

## FUNDAMENTALS 2

DAILY PHYSICAL ACTIVITY WITH AN EMPHASIS ON FUN. THE DEVELOPMENT OF THE BUILDING BLOCKS FOR SPORTS SKILLS. *I AM SKATING!*



- **Agility**
- **Balance**
- **Coordination**
- **Speed**
- Landing
- Starts & Stops
- Twists & Turns
- Ready Position
- Stretch & Curl
- Spatial Awareness
- Dodging
- Rhythm (fluid movement)



- Climb
- Hop
- Leap
- Jump
- Roll
- Run
- Skip
- Walk
- Gallop
- Slide
- Swing
- Glide
- Changing Direction (backwards, forwards and sideways)



- Effort
- Try it all! (Positions, skills, sports)
- Respect (Body, others, equipment, facility)
- Fun & Friendship
- Cooperation & Teamwork
- Team Goals



- Catch, trap & stop
- Throw & Roll
- Kick
- Strike with a stick
- Use objects of different sizes and weight
- Travel with objects



Help to increase children's confidence by offering positive, specific praise and feedback. An increased confidence will encourage and motivate children to try new things, helping to build their competency in fundamental movement and ringette skills.

- Balance of unstructured play and basic instruction. Focus on play not practice.
- More touch time = more opportunities to learn
- Increase participation – avoid elimination games or activities that require waiting in line
- Focus on mastery – keep kids engaged by challenging them appropriately and facilitating success
- Ask leading questions – help participants develop games literacy (predicting play, learning strategy)
- Involve children in set-up and clean-up
- Encourage vigorous play (elevated heart rates, fast breathing, and pink cheeks)
- Give positive, specific praise and feedback



### Introduction

- "T" Starts
- Double Sculling
- Inside Edges (1 foot on a curve)
- T-Push to one-foot glide
- Power Pushes
- Backwards Skating (C-Cut, weight transfer)
- Backwards two-foot glide
- T-Push to one foot glide on inside edge
- Stride (stroking with less glide in between pushes)

### Acquisition

- "V" Starts
- Fall and Stand (Static & Dynamic)
- Basic Stance
- Balance
  - 360 turn (Static)
  - Touch knees/toes, 1 foot hop, 2 foot hop (Static & Dynamic)
  - Glide on a curve
  - Slalom Glide
- Snowplow stops (2 foot, 1 foot on both sides)
  - Scrape inside edge
- Marching (forward & backward)
- Stroking (push, glide sequence)
- T-push

## RINGETTE SKILLS



### Player Skills

- Stick safety & grip
- Carry ring on stick (forehand & backhand)
- Protecting the ring
- Forehand pass
- Backhand pass
- Board pass
- Stab/Receive the ring
- Retrieve the ring
- Forehand, on-ice shot
- Backhand flip shot
- Checking
  - Body Position
  - Sweep Check
  - Rainbow Check
  - Stick Contact First

### Goalie Skills

- Stick Safety & Grip
- Frisbee throw
- Orientation in the net (posts, crease)
- Following play
- T-push & Shuffle

## GAMES LITERACY



Minor games are fun and teach children game concepts used in sport. Use games with few rules and no elimination to maximize participation. Use teachable moments in games to ask questions and help children discover strategies and tac-tics to apply in ringette games. (ie. "What would happen if...", "What could you do to...", "What would you do it...") **Examples:** Tag Games, Skittles, Capture the Flag