

# Coaching Supports

## Mentorship

If you would like support from an experienced coaching mentor, please contact [reginaringette.ctc@gmail.com](mailto:reginaringette.ctc@gmail.com).

## Additional Resources (Updated September 2025)

The following links will direct you to helpful resources to support skill development, practice planning, and help you develop as a coach. If you should come across any other resources that you found helpful, please let us know at [reginaringette.coachthecoach@gmail.com](mailto:reginaringette.coachthecoach@gmail.com).

As Regina Ringette does not maintain these links, some resources may not be available.

### Fun 1, 2, and 3

Practice plans and assessment forms that will help you determine what your focus should be on for this group of players.

**Ringette Canada:** <https://www.ringette.ca/discover/childrens-ringette/>

Lots of practice plans and tools to help you develop the skills they need at this stage of development.

**Ringette BC: Children's Ringette Manual**

<https://www.ringettebc.ca/wp-content/uploads/2018/09/FUNdamentals-1-Coach-Manual-eVersion.pdf>

### Practice organisation and practice drill ideas

Many hockey drills can also be adapted for ringette focusing on the technical aspects of skating.

<https://www.purehockey.com/c/top-10-hockey-drills-for-beginners>. These drills can be adapted for ringette. Key is to focus on basic skill development.

In developing a practice plan for young athletes (Fun, U12) remember that you will have varying degrees of initial skill levels and potentially limited attention spans 😊. Breaking the team into smaller working groups, doing skill-based activities, and rotating the players to the different stations will help keep the players engaged and allow coaches a bit more 1-1 time with their players.

## GamePlay Building Blocks

Coach the Coach will be adding some additional resources that will help to teach some of the fundamentals of gameplay while developing some of the basic skills players need. If you have any suggestions for topics, let us know at [reginaringette.ctc@gmail.com](mailto:reginaringette.ctc@gmail.com).

### [Forcing Decisions Through Checking Angles](#)

## U12

There are plenty of resources available that can be found by searching U12 ringette drills in your favourite browser. Practice focus should primarily be on skill development, but basic game play strategies will need to be introduced at some point. Keep it simple! For example, for any free pass play (offense or defense), focus on proper execution of one or two options as opposed to having a wider playbook.

- ★ **National Ringette School:** <https://nationalringetteschool.com/drills>
- ★ **Ringette BC:** <https://ringettebc.ca/coaches/coaching-resources/>
  - These are primarily evaluation drills but can be encompassed into your practices to work on conditioning, tempo, or to increase repetition of a skill.
- ★ **Ringette Alberta:** <https://ringettealberta.com/content/tools-for-practice-planning>
  - Templates, drills, warmup exercises, team building ideas, etc.
- ★ **U12 Full Season Practice Plan:** [U12 Practice Plans](#)
  - I have uploaded a season worth of practice plans for a U12B team. As you read, understand that some of the drills and concepts may not be as you would expect but in those cases it is likely we were addressing specific skills deficiencies before tackling more advanced concepts. If you have any questions about the plans, please reach out.

## Teaching Videos

### *Basics of Ringette:*

Ringette Alberta: [https://www.youtube.com/results?search\\_query=ringette+alberta+basic](https://www.youtube.com/results?search_query=ringette+alberta+basic)  
Tons of great videos! Just search "Ringette Alberta Basic" to locate many of the skill based videos you will need for Fun and U12 player development.

### Basics of Ringette –

<https://www.youtube.com/watch?v=BWPH0Pp5h30&pp=ygUdYmFzaWMgcmluZ2V0dGUgc2thdGluZyB2aWRlb3M%3D>

### Ringette Introduction - game situations, rules & referee signals

[https://www.youtube.com/watch?v=EPHdARlZTF4&list=PLRugLhCWmJ6dmYzEA8jwuXrfJdaxQXWg\\_-](https://www.youtube.com/watch?v=EPHdARlZTF4&list=PLRugLhCWmJ6dmYzEA8jwuXrfJdaxQXWg_-)

Demonstration of the basic skating skills needed.

[https://www.youtube.com/results?search\\_query=ringette+ontario+skills+matrix](https://www.youtube.com/results?search_query=ringette+ontario+skills+matrix)

Passing fundamentals.

[https://www.youtube.com/watch?v=6HZLgn\\_91jl](https://www.youtube.com/watch?v=6HZLgn_91jl)

*Skating Drills for Beginners:*

<https://www.youtube.com/watch?v=fMDQPXePY7I>

*Wheel and Jump Middle*

<https://www.youtube.com/watch?v=1LGzwdKA-MU>

*1 on 1 Defensive Tactic*

<https://www.youtube.com/watch?v=oeiNR1c4kTw>

*Ring Possession*

<https://www.youtube.com/watch?v=BehPTwFOZAk>

*Center Push Back*

[https://www.youtube.com/watch?v=Ea\\_w4qXp79c](https://www.youtube.com/watch?v=Ea_w4qXp79c)

## ***For the Goalies!***

Ringette Goalie Drills

<https://www.youtube.com/watch?v=ngt3C5iCNIY>

[https://www.youtube.com/results?search\\_query=bkra+goalie+instruction](https://www.youtube.com/results?search_query=bkra+goalie+instruction)

## ***Coach Resources:***

### ***PowerTech Development Podcast***

This is a hockey training podcast focused on more elite players. However, lots of good insights into developing and coaching players, dealing with parents, role of the coach, etc. Available in YouTube or Podcast format: <https://powertechhockey.ca/podcast/>

Recommended Episodes:

**Ep.198 | Girls Hockey, Coaching Creativity, & Using Trainers**

<https://www.youtube.com/watch?v=BuUAR2aDYuA>

**Ep.196 | Five KEY Coaching Qualities, Building A GREAT Coach**

[https://youtu.be/sQZSxzlqZ44?si=X8oziU2cWjVjP\\_8k](https://youtu.be/sQZSxzlqZ44?si=X8oziU2cWjVjP_8k)

**Ep.160 | Overcoaching and Getting Kids to Respond**

<https://youtu.be/BqUxWjFNz6U?si=UzuFXC0oKhcX01IZ>

**Nutrition Basics with Coach Andy**

<https://youtu.be/78JtMQVdCeI?si=GUrX8e7J83I9F-Sh>

**Ep.143 | Questions About Power Skating**

<https://www.youtube.com/watch?v=12aMXGU31Zg>

**Mind Gym: An Athlete's Guide to Inner Excellence**

<https://www.amazon.ca/Mind-Gym-Athletes-Guide-Excellence/dp/0071395970>

Not something recommended for implementing at the Fun/U12 level but interesting insights into developing mental aspects of sport that can be useful for those athletes who have a more competitive nature to them.

**Coach.ca** - <https://coach.ca/coaching-basics>

The CAC empowers coaches with knowledge and skills, promotes ethics, fosters positive attitudes, builds competence, and increases the credibility and recognition of coaches

***Mental Health***

*Pre-Game Anxiety*

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-tips-for-overcoming-sports-performance-anxiety-in-student-athletes>

*Mental Health and Sport Resources*

<https://coach.ca/mental-health-hub/resources>

*How can I support the mental health of my child in sports?*

<https://keltymentalhealth.ca/support-child-in-sports>