

## "Tech Talk" – Issue 2 - for the Ringette Coach

Developed by the Ringette Canada Coaching and Player Development Committee. The Committee members are: Phyllis Sadoway (Chair), Jim Stansberry, Donnell Schoenhofen, Danielle Hobday (Athlete Representative - Technical), Richard Robert, Jean-Marc Cartier, Beth Vallis, Al Ternes (First Vice President Technical), Lyndsay Wheelans (Technical Director).

This "email" newsletter for the ringette coach will be sent out 3 times per year (October, December and March).

The newsletter will include information for ringette coaches at all levels such as: philosophy, ethics, resources, growth and development, physical training, mental skills training, practice planning, program development and leadership development.....

If you know of anyone who is interested in obtaining this "Tech Talk" email newsletter, please have them send an email to [lyndsay@ringette.ca](mailto:lyndsay@ringette.ca) with "Subscribe Tech Talk" in the subject line.

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### UNDER 11's - LOTS OF GAMES AND A BIT OF COMPETITION

(John Armstrong, Sports Coach, Vol 23, No. 1 Autumn 2000, page 14-16)

It's important that under 11's are given the opportunity to socialize with the other competitors. An environment must be set up where kids compete then relax and play with other competitors. Getting the parents to relax and stand back is the key! Aim for a very relaxed social atmosphere as the the game finishes. Kids should be inconspicuously supervised to ensure that competitive behaviour on the field is not perpetuated off the field.

#### General Focus:

Diversity of interests and sports should be encouraged

Gross motor skills are developed and used to build more advanced motor skills

Sequencing of skills in forming patterns of play are encouraged

#### Coaching Points:

Basic skills begin to become automated

There is a willingness from the participants to learn new things - don't lose this opportunity

Continue to build confidence with the little steps

Encourage general health activity - introducing stretching, eating good food, etc.  
Place more importance on the reinforcement of technique  
Introduce some longer endurance based activities - just don't tell them!  
Increase their peripheral awareness of other participants  
Ensure good parent involvement

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## MORE SECRETS OF POSITIVE COACHING

(Gary Hicks, "The Ten Secrets of Positive Coaching", Texas Coach, Vol. 44, No.4)

### Instill Confidence

When we know, without a doubt, that we are going to succeed at a task, we very seldom fail. Our own adult experiences tell us that we perform better at a board meeting, sales presentation, or any other performance when we feel good about ourselves and we are confident. We primp, polish and encourage each other before and after with supportive remarks such as "you look great" or "you did a great job". Yet we see coaches tear at the very roots of self-esteem with disparaging remarks like "why did you do that?", "didn't we work on that in practice?", "if you can't do it any better than that, I'll get somebody in there who can", "you're embarrassing me". We need to build up our athletes, not tear them down. We can instill confidence by using encouraging remarks and positive coaching. If you can't say it positively, don't say it. A young team was showing a great deal of confidence until the end of the game, when they became afraid of losing another game. After Coach Doe crushed what confidence they had left, the outcome was obvious; another loss.

What should Coach Doe have done at that time-out? He/she should have reminded the team about how hard they had worked, how great they were and how much he/she believed in them. He/she should have helped the team to forget their fears and motivated the team to charge out onto the ice and win a game that was rightfully theirs. The coach's words should have built fires instead of soaking the team with cold water. If you scream at your athletes, throw things and tell them how pitiful they are, you might as well forfeit the game, the outcome will be the same.

### Set the Example

People may not believe what you say but they will always believe what you do. You may not have realized it when you took your coaching job, but you need to be aware it is a 24-7 position. Not only are you required to be on the job when you are coaching, you have to set the example 24 hours a day, 7 days a week. How can you expect your athletes to "buy in" to your lectures about the importance of discipline if you are late to work, dress

sloppy, have a horrible diet, treat your coworkers with contempt, etc., etc. When we, as coaches, don't set the pace for our athletes, we can not expect them to follow us.

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## HOW TO DEVELOP SCORING SKILLS IN RINGETTE

### Shooting Accuracy

When young ringette athletes are first developing their shooting skills there seems to be a real emphasis on the wrist shot. It seems that the most gratifying goal is the one that finds the mesh of the top corner of the net. Goals that go in the bottom corner score the same amount of points as goals that go in the top corner corner with a wrist shot. All goals count and accuracy is the most important factor in scoring goals. It is also important to point out that on ice shots are typically more difficult for a goalkeeper to stop. Always have your athletes shoot and follow through to a target when practising their shooting skills and have them practise both their forehand and backhand shooting skills with targets in the high and low corners of the net.

### Shooting Confidence

If you do not shoot, you will never score. I have heard so many coaches tell a ringette athlete "you are not really a scorer". If you tell an athlete this then you can basically expect exactly what you expected; they will not shoot and they will not score. Assist with an athlete's shooting confidence by simply having shooting as a consistent part of your practice. If your team practises two times a week over a 24 week season and you have each athlete take an extra 50 shots against a target on the boards or on the net at every practice, that athlete will have shot an extra 2400 shots in a season. That would have to help to develop shooting confidence. The best scorers in ringette have shot the ring well over 5 million times – do you ever wonder why they are so good at it? Great scorers have also developed their shooting skills off the ice. With so many things to practise in a team game there is not a lot of time in a practice to fully develop individual skills so give every player a ring and ask them to practise their shot in their basement, garage or driveway at home.

### Game Like Practice

Shooting and scoring in ringette requires confidence to shoot when the goalkeeper is in the net but also when there are defenders defending. A typical warm-up drill such as the horseshoe is a great warm-up drill but you as the coach need to "think the game" in order to make shooting practice drills more effective for developing the shooting and scoring skills of the athletes in the game. Drills to develop game like shooting and scoring skills should start from inside the free play line rather than from the blue line. It is not often that a player gets the opportunity to skate in all the way from the blue line to shoot and

score in a game. Add a defender in the shooting drills. At first give the shooters more time and space to shoot (have the defenders start further away or start on one knee). As the shooters get better decrease the space and time that the shooter has to shoot (start the defender closer to the shooter).

#### The Prime Scoring Area

How often do you see a player in the prime scoring area (around the mid-way point between the two free pass circles) pass the ring off to the corner or make one more deke rather than shooting? This happens a lot in ringette. There is some notion in ringette that the net has to be completely empty before the player will shoot. It is kind of like always going for the “slam dunk” in basketball. If you are always going for the corner pass or the deke, it becomes a lot easier to defend against. In practice emphasize and encourage the players to shoot when they are in the prime scoring area.

#### Length of Stick

The proper stick length is dependent on the individual preference of the athlete. With an athlete who has fully developed shooting skills, a longer stick would add more power to the shot while a shorter stick would allow a quicker release of the ring. A player has to find a balance between power and quickness for shooting without compromising their other ring skills such as passing, receiving, deking, and checking. Use the beginning of the season to allow athletes to test out small adjustments in stick length.

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#### GENERAL INFORMATION and DATES TO REMEMBER

The Coaches Association of Canada (CAC) is asking all coaches to send their e-mail address directly to the 3M NCCP Database by going to [http://www.coach.ca/new\\_e.htm](http://www.coach.ca/new_e.htm) and clicking on Access Coaching Information Online.

The CAC has launched the 3M NCCP Database Online, a service that allows coaches to check their certification status. Coaches can check their status by going to the Web interface at <http://www.coach.ca/data/> .

#### New Online Journal

The Women in Coaching program has launched the Canadian Journal for Women in Coaching. This online resource is designed to address key issues and challenges facing women coaches. Its purpose is to provide timely, accurate, targeted information in order to establish a healthier and more positive environment for women coaches at all levels in Canada and throughout the world.

March 2001 Feature

#### DEVELOPING THE NEXT GENERATION OF WOMEN COACHES

Sport in Canada is in transition as growing numbers of girls and women claim their rightful places as participants and competitors. By the end of the 20th century, women athletes accounted for 47 per cent of athletes on our national teams, a quantum leap by any standard. This growth is laudable; however, if taken as an indication that all is well from a gender equity standpoint, the statistic is misleading. Nowhere is the problem more evident than in coaching. The Canadian Journal for Women in Coaching turned to former national coach Dru Marshall and asked her to suggest strategies to help develop the next generation of women coaches. The result is *Developing the Next Generation of Women Coaches*, a thoughtful, provocative, and personal examination of what can and should be done.

<http://www.coach.ca/women/e/journal/index.htm>

2001 Canadian Ringette Championships - April 2-7, 2001, Moncton, New Brunswick

2002 Canadian Ringette Championships - Regina, Saskatchewan

2002 World Ringette Championships – November, Edmonton, Alberta

2003 Canada Winter Games - February, 2003, New Brunswick

2003 Canadian Ringette Championships - Waterloo, Ontario

The Sport Leadership 2001 conference is coming to Toronto this fall.

On October 19, 20, and 21, the Coaching Association of Canada, in partnership with the National Sport Centre - Ontario and the Sport Alliance of Ontario, will present Sport Leadership 2001 at the Delta Meadowvale Resort and Conference Centre in Mississauga, Ontario.

Why not take advantage of the professional development and networking opportunities available at Sport Leadership 2001 by scheduling your board of directors or committee meetings at the Delta Meadowvale on that weekend?

Detailed information about the conference will be available on the CAC Web site at [www.coach.ca](http://www.coach.ca) in the coming weeks.