

**SOUTH CALGARY
RINGETTE ASSOCIATION**



COACH MANUAL

Updated: June 2020

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Thank you for volunteering as a coach with the South Calgary Ringette Association (SCRA). We sincerely appreciate your dedication and the time you give to provide our players with a great Ringette experience every season.

The purpose of this Coach Manual is to give you information to help your season run smoothly and provide a positive Ringette experience for your coaches, players and parents.

GENERAL INFORMATION

Role of the Coach

SCRA expects that coaches will provide a positive experience and a rewarding environment for the athletes

- Fun, Safe, Respectful environment for athletes and team
- Learning, Confidence, Leadership experiences

The role of the coach at SCRA is centered on:

- **Teaching:** Teaching the athletes the skills required to be confident playing the game.
- **Coach Development:** Mentor all coaches on your team staff so they can develop new skills, knowledge, promote different styles and be able to take on additional responsibility in future years.
- **Ethics:** Acting with the highest ethics in accordance with the SCRA policies
- **Respect:** Treating all around you with the highest degree of respect
- **Life Skills:** Sharing teachings that will provide athletes with life lessons beyond the game of Ringette
- **Coach Philosophy:** Develop a coaching philosophy, evolve it over time, and share it with parents at the first parent meeting and throughout the year.
- **Development before Winning:** Needs to be the primary thinking of coaches at SCRA. Develop skills and build the confidence of the athletes.
- **Allow the Athletes to “Play”:** The opportunities to play without adult supervision have diminished significantly over the years. Make sure you facilitate time for the athletes to just “Play”. It is the best time to see the skills in action.

Code of Conduct

The conduct of coaches, team staff, players and parents defines the values of the association in which they play. For this reason the association outlines the expectations of all members in the SCRA code of conduct and posts it on the South Calgary website. In addition our Code of Conduct policy, all SCRA members are expected to adhere to the Respect in Sport program and the True Sport Principles.

Coaches should review our Code of Conduct and ensure coaching staff, team staff, players and parents are always aware of the expectations.

Measures of success

Success is not measured in the Win/Loss column. It is measured in the smiles on the faces of the athletes as they participate in the variety of team activities throughout the season. As an association we want to facilitate a sport for life principle, our young athletes need to come back year after year.

COACHING DEVELOPMENT

SCRA coaching development is currently focused around these requirements and initiatives;

- A Coaches Orientation meeting is facilitated early in the season.
- Accreditation requirements are outlined at the association, city, and provincial levels. Coaching accreditation sessions are facilitated by the provincial ringette body. SCRA will reimburse coaches for these sessions. Sign up early as sessions always fill up quickly.
- Coaching Clinics are held at various times throughout the season. These are hosted by both South Calgary and Ringette Calgary.
- On-Ice guest coaching and instruction sessions.
- Coaching development at SCRA has access to experienced coaches within the association who are willing to help at any time. Ask for support.
- Coaching the Female Athlete seminar.
- Coaches scrimmage
- Coach power skating. On ice session to learn how to perform and teach the technical aspects of skating.

Coach Resources

There are several sources of information to help coaches and are outlined below:

SCRA – www.southcalgaryringette.com

- Policies / guides are included on the website. It is important that all coaches review and become familiar with all of these documents.
- Sample practice plans and other helpful tools are also on the website

Ringette Calgary – www.ringettecalgary.ca

- Each year Ringette Calgary updates their Coaches Handbook and hosts a mandatory coaches meeting. It is important for coaches to thoroughly review this document to understand the obligations contained within. This manual is the basis of the mandatory coaches meeting that is held each year early in the season.
- Overall leagues schedules and team contacts are also available on the website.
- Rules and Regulations pertaining to city play are available on the website.
- Coaches should visit the website and review all of the available information and materials related to the season ahead.

Ringette Alberta - www.ringettealberta.com

Ringette Alberta hosts a comprehensive website with information related to ringette play within Alberta.

- Coaches should be familiar with policies related to play within the province, specifically; Player affiliation policy, team advance retreat policy, goaltender development policy, and code of conduct. It's worthwhile to know the list.
- Full information regarding provincial play information is provided on the website.

- Athlete development information.
- Coaching certification requirements and schedules for upcoming clinics.

Ringette Canada - www.ringette.ca

- Current rules of ringette are hosted here.
- Ringette Canada provides reference practice plans for various age groups.
- Schedules for regional and national play.
- ABC Ringette Program. Guidelines for skill development and practice plans can be found at: <https://sites.google.com/a/ringette.ca/ringetteabcringette/>

NRS - NRS – nationalringetteschool.com

- Website has lots of resources including “drills of the week”

Coach Mentors

- Ringette Alberta offers a Coach Mentorship Program. Check online for details: <https://ringettealberta.com/mentorship-program-for-coaches/>
- Reach out to your fellow SCRA coaches. Our association is fortunate to have so many experienced coaches that have a wealth of knowledge and can offer support and guidance.

Junior Coach Program

- Junior coaches are available to support teams; typically U12 and under unless otherwise requested
- The goal of this program is to mentor and develop these young athletes into future coaches
- Look for opportunities to develop incorporate them into practices and develop leadership skills
- Contact the SCRA Coach Admin if interested

PLAYER / GOALIE DEVELOPMENT

Long Term Athlete Development (LTAD)

LTAD is a developmental pathway whereby athletes follow optimal training, competition, and recovery regimens from childhood through all phases of adulthood". This planned approach is intended to build toward a "Sport for Life" principle.

Full information on the Ringette LTAD plan is available on the Ringette Canada Website. It is a suggested reading for both new and returning Ringette coaches.

Key aspects of the Ringette LTAD include;

- Guidance around specialization
- Information regarding sensitive periods of trainability.
- Details around periodization (How long the season should be)
- Detailed information on the developmental phases of young athletes
- Guidance on game structure
- Guidance on the skills to be taught during each phase of development.
- Key guidance on optimal practice to game ratio

Power Skating / Gym Practices

- SCRA works to establish contracts with service providers for powerskating and dryland gym practices.
- These development opportunities will be added to each team's schedule on Sportzsoft.
- Coaches should attend the powerskating sessions to help on the ice and learn skills to take back to your own practices. It is recommended that the skating skills are incorporated into 15-20 minutes of every practice.
- Gym practices are an effective time to review plays, work on conditioning or develop team bonding.
- Check the "Coaches" page on the SCRA website for handouts and drills

Goalie clinics

- To support the development of goalies, SCRA provides goalie clinics during the season to offer goalie specific training to all full time and part time goalies.
- It is recommended that a coach also attends the clinics with their goalie to learn the skills to take back to your own practices.
- SCRA goalies from all age groups (U10-U19) are welcome to sign up to attend these sessions.

Player Position Development

The goal of the community Ringette program is to allow athletes to become well rounded confident athletes. Coaches significantly aid this in building skills and exposing athletes to different roles within the team. Coaches should maintain a log of positions played for each game to assist with this. In particular, encouraging as many goalies as possible at the Children's Ringette (AS-U12) level is critical to address the shortage of goalies in the older age groups (U14-U19).

SCRA strongly suggests the following regarding assignment of positions for games:

Active Start (AS)

- All positions played; all players rotate through goalie position during games

U10-1

- Players - Rotate through all positions all season.
- Goalies - All players rotate in first half. No fewer than 8 players in the 2nd half, rotate equally.

U10-2

- Players - Rotate through all positions all season
- Goalies - All players rotate through positions in first half. Can reduce to no fewer than 6 players in the second half and rotate equally.

U10-3

- Players - Rotate through all positions all season
- Goalies - All players rotate through positions in first half. Can reduce to no fewer than 5 second year players in the second half and rotate equally.

U12

- Players - Rotate through all positions all season
- Goalies – If your team does not have a full time goalie, all players rotate through the position in first half. Can reduce to 2-3 players in the second half and rotate equally. If you have a FT goalie, it is strongly recommended for PT goalies or other interested players to rotate into the position. (ie. serve as team's back up goalie instead of an affiliate, attend goalie clinics, dress as a second goalie for full-ice practices)

U14

- Players – Give players opportunity to try all positions in first half of season. In second half, can have dedicated positions, but keep open to continuing to rotating positions to develop all skills.
- Goalies - Dedicated goalies

U16 - U19

- Players - Can have dedicated positions, but keep open to rotating to develop all skills
- Goalies - Dedicated goalies

Coaching the Female Athlete

While community Ringette is a co-ed sport, the large majority of our young athletes are females. When you read this section of the manual it will appear that in the highest sense “coaching is coaching”, no matter the gender of the athletes. This is true because the key aspects of coaching are consistent across both genders. The key to understanding how to coach the female athlete is the way we coach and the order by which we develop the key aspects

Confidence

Building confidence must be the primary teaching goal for coaching young female athletes. This can be accomplished by:

- Having a solid plan that is consistent across the coaching staff. The plan can be adapted, but, it must be done in small achievable steps.
- Build on drills. Start with basic drills and build on them. Allowing the athletes to achieve the desired result before moving on, is a must.
- Provide “Real” encouragement to the athletes during the execution of the drills or during the games. Watch the athletes and "Be specific".
- Empower the athletes. Share chances to build confidence outside of the athletic skills. Facilitate leadership opportunities.
- Pride comes on the heels of real encouragement. Take time to identify celebrate individual athlete accomplishments.
- Lean coaching in games is a must. Coaching happens in practices. Set goals for each game (no more than 2). Coach only to those goals in the game so the chances of success are greater.
- Coach to enable decision making. Keep it lean and achievable. In the end confidence will lead to creative independent play.

Respect/Trust

A key element of coaching at SCRA can be guided by:

- Earning respect. Female athletes will want to know that you have a deep care for the game and that you have put the work into learning the game.
- Slow down. There will be questions; there will be lots of questions. You must stop and answer them to be respectful. You may have to facilitate Q&A sessions regarding strategy and goals. The details matter to the athletes.
- Listen.
- Start most everything with the “Why”? Male athletes just do.
- Get to know the athletes and coach each individually as the season develops.
- Always share where the skills will lead. Paint a picture that defines the season plan.
- Share the simple base tactics and let it happen. Teaching tactics at practice, (ex. free ring) is most times a poor use of the ice. Draw it on the board at a learning session or make a handout or an off ice activity.
- As shared before, “Allow Time for Play”. It is a great way of slowing down and showing trust.

Inclusion

- Athletes really want to be part of the group. The social side of the game is, at most times, bigger than the game.
- Sitting an athlete is strongly discouraged. This will affect the other athletes as well as the athlete being singled out.

Leadership

- Lead rather than coach. Don't yell because it will have a detrimental effect on the team. Quiet and calm coaching to the goals is the most rewarding method of coaching.
- Allow the athletes to lead the pregame talks to their fellow teammates. Help them with topics that will help lead the team.
- When you set small goals there is no fail. If we do not achieve the goal for the game, we go back to the practice.
- Include leadership teaching moments at every practice and game. Try to hit upon a single leadership subject at every event. Use the following list as your guide.
 - Friendship
 - Respect
 - Doing your best
 - Friends
 - Confidence
 - Teamwork
 - Responsibility
 - Hard work
 - Loyalty
 - Determination
 - Courage
 - Commitment
 - Punctuality

Fun

- Relax and have Fun.
- Show excitement and be enthusiastic about the team and the whole experience.
- Think like a kid.

Acceptance, Effort and Performance

There are a couple key differences between male and female athletes. It was about putting these three words in order for each;

Performance - Effort – Acceptance

For male athletes, the order is;

1)Performance, 2) Effort and 3) Acceptance

For female athletes, the order is;

1)Acceptance, 2) Effort and 3) Performance

Girls need to feel good to play well. Boys need to play well to feel good.

PRE-SEASON

Police Clearance (PIC)

- Strongly encouraged to check you have a valid PIC or apply for a new one before submitting your coaching application.
- Head Coaches must have applied with application. All others needed by the end of November. Cannot volunteer if not received.
- Contact coachingadmin@southcalgaryringette.com to receive volunteer letter. Using the 10 digit Volunteer Alberta account number is free. Otherwise cost is covered by applicant.
- Valid for three years.
- Apply online - <https://policeinformationcheck.calgarypolice.ca/>
- Additional screening may be required.

Coaching Clinics and Accreditation

Coaches are required to take different courses to coach at different levels. The current Ringette Alberta coaching requirements and deadlines can be found on their website.

Ringette Alberta clinics

- Check their website for clinic schedules and sign up information. Clinics are limited and fill up fast.

Coaching Association of Canada clinics – <http://www.coach.ca>

- You must maintain enough NCCP points to continue coaching and some courses expire. Check your coaching status.
- If you are having trouble logging in to your “Locker” account, then Do NOT create a new account. Contact Ringette Alberta for assistance -- Email: bronwen@ringettealberta.com.

Respect in Sport - <https://ringettecalgary.ca/information/ris>

- All SCRA coach staff must complete the Respect in Sport for Activity Leaders course.
- Proof of certification must be provided to update your coaching record prior to the November 30th completion deadline.
- Certification is valid for 3 years once the online course is completed. *RIS-Activity Leader* certification is fully transferable to any other sports program.
- Contact our Coach Admin for more info.

Pre-Season Evaluations

- Pre-season evaluations start in early September. Coaches and industry professionals are used to evaluate our athletes.
- all coach applicants are expected to support the process by evaluating game play sessions

- As much as possible, coaches are encouraged to evaluate age groups that are at the age group or younger than they have previously coached. Unless absolutely necessary due to limited volunteer resources, coaches are also strongly discouraged from evaluating their own child's age group.
- Check the SCRA website for more info about our Pre-Season Evaluations process, and watch for more information and volunteer sign up links in August / September
- Note: All head coaches must also complete End-of-Season player evaluations to help tag players for the following year in case a player is unable to participate in evaluations for valid/approved reasons. Details will be sent to head coaches at the end of the season.

Coach Selection

- Anyone interested in head coach, assistant coach and on-ice helper must complete our Coach application form. Watch our website for the application information to be posted prior to the season.
- SCRA's coaching selection process is evolving and will vary each year. Typically, coach selection is completed by a committee of 4-5 people from the SCRA board executive. (ie. President, VP Development, VP Operations, VP Admin, Past President)
- Except for U16/U19 age groups where a full draft process used in team formation, coaches are selected AFTER players are evaluated and placed on teams.
- Generally SCRA prefers to limit coach involvement to one team if possible.
- SCRA also aims to encourage coaches to develop Head Coaching experience and give more people opportunities to develop coaching skills. The expectation is for the experienced coaches to help mentor new Head Coaches so we can enhance our coaching team within SCRA.
- SCRA also aims to encourage and develop more female coaches. Ringette Alberta policy mandates that all teams must have a female coach on the team staff – either head coach or assistant coach. Ringette Alberta's goal is to target 50% female Head Coaches by 2022-2023.
- **Any disciplinary action or significant incidents/complaints in previous seasons may limit future coaching opportunities.**

A word about Female Coach vs. "female on the bench"

Not simply a "female on the bench", female coaches are actively engaged in the coaching activities and are vital members of every team staff. It is imperative that more individuals learn the game and gain confidence to actively coach. Further, RAB policy requires that all teams must have a female coach on the team staff as either head coach or assistant coach. Teams that do not meet this requirement cannot be registered with RAB. To this end, the association supports the development of female coaches and would like to see more female coaches step into Head Coaching roles.

DURING THE SEASON

Team Introduction

- The head coach is asked to notify the team after the team list is provided. This notification and opening email to the team should be sent as soon as possible.
- Highlight important upcoming events such as practices or team meetings.
- Provide your contact information and an introduction.
- A request should be made for a team manager and other key team roles at the same time. The Manager Handbook on our website is another good resource for tips.

Team Management

Assistant Coaches

- Assistant coaches should be fully engaged in the season plan. Consistency of teaching is the key to building confidence in the athletes and providing a positive athlete experience.
- Assistants should be fully capable of planning and running stations and entire practices. Head Coaches are expected to mentor assistants and give all of them an opportunity to develop and run a practice.
- At higher levels coaches can and should divide responsibilities for development and coaching among the assistants, example; forward and defence.

Jr. Coaches

- SCRA encourages and facilitates the placement of junior coaches on most teams, generally U12 and under unless otherwise requested.
- Junior coaches must complete our application.
- Junior coaches must be accredited and registered in accordance with RAB policy in order to attend practices and games.
- In the same way that assistant coaches need to be engaged, so do Jr. Coaches. Jr. Coaches in a contributing role can be a very positive influence on the athlete's experience. The expectation is that head coaches will mentor junior coaches and give them an opportunity to plan and teach practice drills on ice.
- See the Jr Coach page on our website for more info.

On-Ice Helpers

- On-ice help by the non-coaching parents should be encouraged to help you at practices as may be needed on occasion.
- As per RAB policy, these parents need to have a valid police check on file, complete the required online course in a manner similar to Jr Coaches, and be registered with RAB.
- On-ice help should be limited to the logistics of marshaling equipment /athletes and providing positive encouragement during the practices.
- They are NOT accredited by RAB to provide any coaching capacity.
- On-Ice Helpers do NOT receive volunteer credit.

Manager

- Having a good manager will make the team run smoothly throughout the season.
- The manager also helps buffer parents from coaches.
- SCRA has posted a comprehensive Manager Handbook and other resources to aid in defining the role of the team manager.
- Check our Managers page on the website for more info.

Tournament Coordinator

A tournament coordinator needs to be appointed early in the season (there are some very early tournaments). The coordinator can compile a list of tournaments and related deadlines from the Ringette Alberta website or other association websites. The team can then choose which events to apply for. Note that many fill up and it can be challenging to get selected for your preferred tournaments. It can sometimes be helpful to apply to several to increase your chances of success.

Social Coordinator

The social environment is an important factor in supporting the game environment. Planning fun team events is the key to a season's success. Planned and meaningful social events can define a season. An energetic social coordinator is central to an excellent season.

Team Shot Clock Coordinator

For U12 and older, teams will be assigned a set of shot clocks for use at their home games when a hard-wired shot clock is not available at the arena. The team's shot clock coordinator is responsible for storing, carrying and setting up the shot clock. It is recommended that you always bring your shot clock, even if the arena has a hard-wired clock or if you are the visiting team. It frequently helps to have the extra set on hand.

Off-ice officials

Off-ice officials are required to be provided for all games. The manager or another parent should be identified to coordinate the requirements. It is important to remember that when a parent is designated in the role of off-ice official that they are a member of the officiating group, and must act accordingly. A guide to shot clock operation is on the SCRA manager's site.

Dressing Room Supervision

- A minimum of 2 volunteers must be on hand to supervise dressing rooms at all times.
- It is important to ensure that all players are getting along and that there is no bullying or harassment.
- Dressing room supervision is a requirement for practices and games whenever athletes are in the dressing room.
- For U12 and higher, discretion must be provided for athletes in the dressing room. As community Ringette is a co-ed sport, males and females should be provided with separate dressing areas. Only female supervisors may supervise the female dressing area, and only male supervisors may supervise the male dressing area.

Athlete Meetings

Periodic athlete / team meetings off the ice during the season are a good way to share overall tactics and game-play philosophies. In this way, ice time can be better served for skill development. A fun social event or down-time at tournaments are good opportunities to facilitate team meetings.

First team meeting

The first meeting with the athletes should be planned to ensure the season begins on a positive note. The coach should endeavour to;

- Meet the athletes and learn names quickly
- Introduce the coaching staff
- Touch on the goals for the season
- Review coaching philosophy
- Talk about bullying / harassment and the consequences of such behaviour. Some teams have also signed a team conduct contract.
- Outline the season expectations, relax and have fun!

Athlete Feedback

- At the U12 level and above, it is always interesting to gather athlete feedback, such as an athlete questionnaire or a journal. The results of a questionnaire could also be shared with the parents.
- This type of feedback will help the coach understand the needs of the athletes and will communicate and identify areas for development and what the players are enjoying.
- Opportunities for one-on-one feedback and discussions could also be incorporated with team meetings, while adhering to the “Rule of Two” (ie. one-on-one interactions within earshot and view of a second screened bench staff member.)

Working with Parents

Parent Meeting

A parent meeting should be held as soon as possible, ideally once a manager is identified or to recruit a manager. The manager and coach should plan the meeting together with the intent of:

- Introducing the coaching staff
- Sharing the coaching philosophy
- Talk about expectations
- Talk about the SCRA code of conduct
- Discuss routes of communication. Use the manager and for emotionally charged situations implement a 24 hour rule before discussing heated issues.
- Indicate that any issues or troubles should be communicated both ways rather than letting them simmer.
- Talk about the season plan
- Identifying other required team volunteers

- Identify wishes in terms of tournaments, number of extra events
- Discuss team funding

Other Parent Considerations and Suggestions

- As early as possible, have an informal party for the parents. The parents can have some fun and get to know each other.
- Be as open as possible with parents at all times. Parents must realize there are proper times to bring up concerns (ie. NOT in front of the team in the dressing room right after a game), but parents should feel like they can come to you at some point each time the team plays or practices.
- Always project the image of being concerned with their child. They should feel you are their child's number one advocate.
- Don't let problems simmer! It is most important to get the facts first and refrain from passing judgement. It is in your best interest to make the first contact if you are having trouble with a child. Most problems can be rectified with a calm and relaxed phone call to a parent soon after any incident.
- Encourage parents to **NOT** make discouraging or disparaging remarks about coaches, referees, opponents, other parents or teammates at any time – especially in the presence of players.
- Finally, realize that despite all your best efforts – you can't please everyone, but you can be calm and open with all parents.

Dealing with Difficult Parents

The Head Coach is expected to exercise a high level of integrity and confidentiality in dealing with all issues and concerns that are raised. A Head Coach is to strive to do the best job they can for the players, parent(s)/guardian(s) and team. A parent raising an issue or concern cannot be held against a player.

Your team manager is a good resource to assist with trying to resolve an issue with a parent. If that fails reach out to our VP Development or SCRA President. Contact information can be found on the SCRA website under Contacts.

If you encounter parents who are unreasonable with their criticism, interference or excessive feedback there are several steps you should follow:

- Document all conversations or email exchanges and copy your manager.
- Make sure the parent(s) are aware that they will not be allowed to anonymously be the squeaky wheel.
- Consider holding a meeting with the parent involved to address their concerns before the issue escalates; also strongly consider having your manager or an assistant coach attend this meeting.

- Parents can be very emotional when their kids are involved so always respect this and try to find a solution that works for all parties.

Ice Scheduling

- Our ice schedulers work very hard to ensure practice ice schedules balance out across the season for teams within each age division.
- All teams will receive their share of “non-prime” ice times: AS-U12 tend to get the early morning ice times and U14-U19 tend to get the late evening ice times.
- Practice ice cannot be cancelled or returned. If you have a practice that you can’t use, try to give it to the other team you are sharing the ice with. You can also offer the ice time in our “Practice Pool” in SportzSoft however if it doesn’t get picked up then your team is still responsible for it. More info about the Practice Pool is on our website on the “Managers” page.
- Schedulers try to manage ice as equitably as possible, however your tournament blocks and league game schedules impact our ability to schedule practices.
- To alleviate the impact of changes, practice ice is typically scheduled 2-3 weeks at a time

Tournaments

- Our website provides some info and tips on SCRA tournaments, EGRT, out-of-town tournaments and season-end playoff tournaments.
<https://southcalgaryringette.com/tournaments/>
- Refer to the Ringette Calgary website for the current protocols and deadlines for entering tournament blocks in your SportzSoft schedule.

Player Safety

Safety Planning

- Know who is safety trained in your coaching staff and parent group.
- Safety kits should be on hand at practices and games.
- Formulate and document an emergency plan with your coaching staff. Review the plan a couple times during the season.

Player Medical forms

- Forms should be circulated and collected by the manager early in the season. The manager and the coaching staff should review the forms to identify medical conditions.
- These medical forms should be stored in a secure manner by the coach/manager and available for reference at all practices and games in case of emergency.

Concussions

- Concussions awareness is a requirement of a fast paced sport of Ringette. Resources are available on the Ringette Alberta and Ringette Canada websites.

- Coaches should all be aware and able to do a primary assessment of a potential concussion.
- If a player leaves or misses a game due to a concussion, they must receive clearance from a doctor before they are cleared to come back on the ice in a practice or game.

IN ALL CASES WHERE AN INJURY APPEARS SERIOUS, DO NOT MOVE PLAYER. CALL FOR AN AMBULANCE.

Spinal Injury

Concussion

Simple Injury

Don't move the player! - Ask player if she can move legs, arms & head. Check A, B, C's - Airways, Breathing, and Circulation.

Sit player out - Ask questions; "where are you?", "who are you?", "what day is it?", "what is happening in the game?"
First Aid Room for cuts, etc. Ensure that the player is fit to return prior to allowing her to return to the ice/game.

For more information on Ringette Canada's Concussion Management Guidelines and access to other forms pertaining to Concussions:

- <https://ringettealberta.com/injuries-reporting-preventing/>
- <https://www.ringette.ca/concussion/>

Dressing Room Supervision

- Supervision is mandatory to ensure player safety and prevent bullying / harassment.
- The "Rule of Two" (ie. minimum of two adults at all times) is also mandatory.
- All Coaches are responsible for supervision of their dressing room from 1/2 hour before practice or game time, until the last player leaves the dressing room after a practice or game.
- If you are unable to have coaches in the room please ask parents to substitute.
- Be very careful to avoid being in the dressing room with a single player who is not your child, in this case always try to have a second adult with you.
- Community Ringette is a co-ed sport. At the U12 level and above, athletes must be given discretion in the dressing room. Male and female athletes should be provided with separate dressing areas.
- Only female supervisors may supervise the female dressing area, and only male supervisors may supervise the male dressing area until all players are dressed in at least their base level equipment (i.e. Under Armor).
- If a player arrives late, they may need to change into their base level gear in another area that offers privacy and safety such as a washroom.

Season Plans

- Every season and every level is deserving of a season plan that is appropriate for the age and ability of the players. The plan serves to keep the coaching staff aligned and the teaching focused throughout the season.

- All coaching staff should be engaged in the development and support the final plan.
- The plan should be based on Ringette Canada's skills matrix. A heavy focus on skills should be established in the early portion of the season
- The LTAD for Ringette establishes a general guide regarding the practice to game ratio for the sport. That being said, this ratio will always be hard to achieve. Although it has been slightly lost, the early season (Oct – Dec) is generally considered the development portion of the season.
- In order to come closer to the desired practice to game ratio, it is good practice to treat games during the development phase as practices. The coach should coach to very small goals during this phase to keep the skill development of the athletes aligned with the season plan. Build up to major competitions such as Golden Ring and playoffs.

Practice Plans

- Practice planning should align with the season plan. Overreacting to game results will generally only serve to confuse and hamper the overall development of the athletes.
- Practice plans need to be developed for each practice. Plans should be circulated to the coaching staff and at higher levels, the athletes. Skill development has to be the primary focus of the drills during practice. Skating and passing are considered the primary skills related to the game of ringette. (See our website for sample practice plans)
- The coaches must be highly aware of the teaching points related to each drill and be ready to watch and teach.
- Strategies and tactics, as stated before, can most times, draw down the tempo of a practice. Strategies and tactics are best left to teach off of the ice. Components of the overall tactics can always be incorporated into skill based drills.
- Remember to always incorporate drills and have teaching points related to play without the ring. The ability to find open ice and support the ring carrier are skills that make the biggest impact on games at the later stages.
- Flow of the practices and full use of the ice is critical to achieving results from practices. The concerns over ½ or full ice have virtually disappeared as many drills have been developed to utilize the ice efficiently. With a fully engaged coaching staff, the use of stations is still a very efficient way to keep many athletes active. There are many resources in the association to help coaches in developing a strategy for efficient ice usage for the purposes of skill development.
- Always remember to keep it simple, teachable and achievable. Practice is about building the skills and confidence of the athletes. Active start will have up to three teams on the ice at a time so use 3 satiations and each team run one of them.

Keys to a successful practice:

- Follow your season plan
- Use a set practice plan form and keep them on file
- Know the drill sequence
- Energize the practice
- Dedicate a coach for goaltending drills and another for skating drills

- Emphasis skill development – Skate, Stab and Shoot
- Provide practice rules for structure, safety and efficiency

Create a positive learning environment:

- Positive talk and positive gestures
- Talk to every player every practice
- Provide feedback throughout practices
- Relate drills to related game situations
- Ask players what they see
- Ask if you've missed anything
- Demonstrate drills and be patient.
- Find teaching moments and provide positive commentary
- Stations are effective to keep players moving and involve more players
- Balance individual skill with small group/team play work
- Vary on the formations/alignments

Incorporate challenges and fun games

- Open and close with a bang
- Incorporate fun and skills together
- Use games as team building
- Utilize competitive challenges
- Have teaching aids available (Ropes – tires – pylons – arena boards – spray paint – balls - chairs)

Conduct a warmup and condition your team

- Dynamic stretching as a group
- Vary conditioning
- Drills may simulate conditioning needs

Concentrate on Skating

- Dedicate skating skills time for *EVERY* practice
- Dedicate one coach to focus on this practice element
- Learn some good drills and games
- Incorporate some basic goalie skating skills into skating drills for all players – T-pushes, C cuts, shuffles etc. This ensures all players learn these skills which will help with basic balance and skating and prepare all players for the goalie position as well.

Include goaltenders!

- Make them an important part of the team. Celebrate the position.
- Ensure a coach works with the goalie every ice time. Ensure the goalie is in-volved for the entire practice.

- Proper stretching
- Telescoping – forward and back
- Shuffles – side to side
- Letter Drills – movement drills
- Up/Downs – alternate legs
- Save selection
- Poke checks
- Sweep checks
- Playing proper angles

Ringette is different from hockey:

- It is a possession game
- It is a game of short passes
- It is a support game, Offensive and Defensive (more like basketball and lacrosse)
- The game breaks out of your zone up the middle, not up the boards
- You break into the opponents zone into quiet ice
- You use the blue lines to your advantage, chase the ring carrier into the corners
- It is a defensive containment game (with the shot clock)
- Speed kills

Game Plans

Pre-Game Plan

- Expectations for arrival time at games should be established early in the season at your team / parent meetings.
- Groups U12 and up typically participate in some form of pre-game warm-up. Warm-ups are another great chance for the athletes to have fun as a team.
- The warm-up should be planned and facilitated. Ideas for warm-ups are;
 - Team building activities
 - Ring toss
 - Running
 - Dynamic stretching. Important that athletes avoid static stretching when cold
 - Passing a soccer ball
 - Hacky sack
- Dressing room supervision as stated previously is a requirement whenever athletes are present in the dressing room.

Game Plan

- The coach should prepare a game plan to present to the athletes prior to the game. The plan should include;

- Positional line-up
 - Captains / Assistants (which can be selected through various means, but, best to rotate through the entire team).
 - Present the goals for the game - no more than one key goal for each position, and one team goal, ensure the goals line up with the season plan.
 - Leadership moment – ie. allow the captains to present on a predetermined leadership topic to inspire the team (Bring; photos, quotes, or cheers)
- Sportsmanship during the games is addressed directly in the SCRA code of conduct. Issues that require attention should be addressed immediately.
 - Abuse of the officials does not align with the SCRA code of conduct and will not be tolerated. Officials in ringette are typically younger athletes, and as in every sport, there will be mistakes. Knowing this, there is really no need to address officials during the game. Officials know when they make a mistake.
 - Over coaching during games is an easy trap to fall into. Experience will show you that in the long run it is best to coach to simple goals. Let the game happen look for moments when athletes achieve the goals and celebrate. Not achieving is not a failure; it just means “back to practice”.
 - Cheers are the great part of the game at the youngest levels. The players do cheers between periods and in the dressing room following the game. Have the social coordinator find and help the players develop an awesome repertoire of team cheers.
 - Some form of hardest worker / best teammate / team player prize (ie. shared stuffy) is appropriate to present following games. Coaches can use this as positive reinforcement and highlight the game goals. Ensure the prizes are spread equitably throughout the year. Keep a list.

Bench management

Recommendations for managing the bench:

- Allowed up to 5 coaches on the bench, however it is strongly recommended to have 4 or less on the bench. Have other coaches take on roles like keeping stats, taking video or watching for certain team goals.
- Set expectations for each coaching role on the bench
- Recommended that door coach focus on shift lengths, fair rotation of players and communicate any issues to HC
- Too much coaching from multiple coaches is very counter-productive and a negative experience for the players
- Keep enthusiasm high but yelling low
- MAXIMUM 7 GOAL SPREAD

Off-Ice Activities

Off-ice activities are an important part of the season. Ideas include:

- Banner party
- Decorated uniform storage pillow case party
- Decorated stick case or water bottle party
- Gym ringette
- Bowling
- Off ice fitness sessions
- Yoga or spin classes
- Outdoor skating
- Strategy sessions

Player Conduct

- Players are expected to adhere to the SCRA Code of Conduct and live up to the True Sport Principles.
- Players must always show respect for others – players, coaches, officials, fans and opponents. You are always a representative of SCRA.
- Encourage issues to be communicated.
- Zero tolerance for harassment or bullying! Players, parents and coaches have a duty to report incidents to the head coach. Consider having players sign a conduct contract at the start of the season that outline expectations and consequences.
- Minor incidents should be corrected promptly and informally, taking a constructive approach and with the goal of bringing about a change in negative attitudes and behaviour.
- Serious incidents should be dealt with more formally. Document the incidents and contact the SCRA President for guidance.

END OF SEASON

Coaches

- All head coaches must complete End-of-Season player evaluations to help tag players for the following year in case a player is unable to participate in evaluations for valid/approved reasons. Details will be sent to head coaches at the end of the season.
- Head coaches will also be asked to assist our Treasurer with information needed to complete our Goalie Refunds. Details will be sent out at the end of the season.

Managers

Typically the manager will coordinate many of the year end activities. Often it includes:

- Team party – good chance to say good bye and thank you
- Return of coach bags, goalie equipment, shot clocks and jerseys
- Finalizing team finances

Parents

- Parents will be asked to provide feedback through our Season-End coach surveys. Information will be reviewed and shared with coaches. The responses also inform our coach selection process for the next season.

Questions?

If you have any questions or if you have any edits to this manual, please contact our Coach Admin team.

Thank you for volunteering to be a coach!
You make our season possible.

We hope you have a fun and fantastic season!