

NW Ringette Coaches Quick Reference Guide

Thank you for volunteering to be a head coach for NW Ringette. If at any time during the season you require guidance or assistance in your coaching, please reach out to the VP of Development. Coaches from older divisions are also a great support & resource. Coach email addresses are listed on the NW website with their team & divisions.

The following is an overview of some basic information to help you have a successful season.

General Information

Coaching the Female Athlete

The following are things to remember while coaching a female athlete:

- Coaches often find success when emphasizing a fun and positive environment
- Motivating factors for male and female participation tend to be different so it is important to take the time to understand the difference in competitive behaviour between girls and boys

Girls	Boys
Acceptance -> Effort -> Performance	Effort -> Performance -> Acceptance

- Enjoyment of a sport is often enhanced through a personal, democratic relationship with her coach.
- Usually more self-conscious and will internalize more than boys.
- It is important to develop a training & learning environment that creates a climate of acceptance and social connection
- Team unity and identity are vital – (team shirts, slogans, traditions, cheers, team craft gatherings, team volunteer opportunities).
- Prevent cliques from forming, do not create divisions around age, experience, titles.
- Create external sources of fun: pre-season activities, team meals, movie nights, bowling, or overnight trips.

Children’s Ringette

Children’s Ringette refers to all programs up to and including U10 and U12 programs introducing participants to the sport for the first time.

The Children’s Ringette initiative represents a concerted effort to make adjustments to ringette practices and competitions to meet the needs of children, while promoting a fun, safe and healthy environment which supports the development of physical literacy and the long-term development of all players.

For detailed information please visit: <https://www.ringette.ca/programs/childrensringette/>

Team Structure and Expectations

Team Structure

The following are things to consider as you begin the season:

- **Assemble a coaching staff:** You will receive a list of approved assistant coaches that you must choose from. You must have at least one female coach. You must also name a goalie coach. NW has a goalie program that will help to support this coach. Goalie experience is great but not necessary.
- **Junior coaches** are available for active start, U10 & U12 and are an important role model for the younger girls. They will be assigned at the start of the season. Please involve your Jr. Coach in your practices and on the bench during games.
- **Team philosophy:** Ensure you discuss your team philosophy with your assistant coaches. Everyone needs to be “on board” and apply the philosophy consistently.
- **First team parent meeting:** Once you obtain your roster and have a practice or two, it is a good idea to set a date/time for your first team parent meeting. Try to have a manager in place prior to this meeting so he/she can help you run the meeting. Otherwise, you will have to run the meeting and you can ask for a manager to step forward at the initial meeting. The following should be discussed at the first parent meeting:
 - **Assign team roles:** At the first team meeting, remind the parents that you will need everyone to step up and take on a role in order to make the season run smoothly for the players. Below are the team roles which will need to be filled:
 - **Manager:** liaison between coach and parents, works directly with the coach to plan and organize the off-ice portion of the season, communicates with parents regarding all team events, communicates with other roles on the team
 - **Treasurer:** manages the team funds and works out a budget along with the manager and coach, sets up and controls a team bank account, shares a budget with families throughout the season
 - **Tournament-Coordinator:** applies to tournaments
 - **Minor officials-Coordinator:** organizes parents to ensure that the minor official roles are always filled
 - **Jersey Parent:** collects and launders jerseys after every game. Ensures the jerseys are at every game
 - **Social-Coordinator:** while working with the manager, plans/books/organizes team social events such as parent party
 - **Coaching philosophy:** The initial team meeting is a great venue for communicating your coaching philosophy and team expectations. Use this meeting to set the tone for the season.

- **24 hour rule:** Discuss how to deal with any concerns that may come up. Parents must respect policy and apply the 24 hour rule before addressing an issue. Explain the 24 hour rule in your parent meeting.
- **Important dates:** Share important dates that are available: Golden Ring, Provincials, potential tournaments etc.
- **Teamsnap:** Set expectations around updating Teamsnap.
- **Resources:** Remind parents that there is always information on the NW, RAB and RC websites
- **Team Budget:** See considerations under the setting a team budget section

Setting a Team Budget

It is important to set a team budget for the season. Things to think about with respect to this budget are:

- The team budget covers tournament fees, team functions/parties, team swag
- At a parent meeting, discuss and determine a “cash call” vs fundraising. Discuss possible Budget numbers for the team.
- Remain realistic with the budget and know your families—a survey asking families about how much money they would like to spend is a great way to determine what will work best
- The Team budget should be discussed openly and regularly with the parents.
- A statement of account should be provided and/or easily accessible at multiple times throughout the season.

Tournaments and block bookings

Things to consider with respect to tournaments and block bookings for the season.

- Discuss and decide as a parent group how many tournaments to attend. Most teams aim to attend 3 with one out of town tournament (but dependent on team discussion)
- Enter tournaments immediately. Tournaments fill up quickly
- Refer to Ringette Calgary for allowance of reschedules and blocked weekends.

Banner party/team socials and team building activities

- Plan social events throughout the season. An event or two early in the season are especially beneficial as it allows the players to get to know each other sooner as you work towards developing the team environment.
- Hold a parent party at the beginning of the year so families become acquainted. Hopefully one family will step up to host such an event otherwise plan around existing team games/practices if possible.

- Banner party at U10 and under—every team has a team banner with all the players names/numbers etc. displayed on the banner. Have someone take on the role of Banner Parent (an individual who plans and coordinates the banner making party)
- The banner parent is in charge of the banner and ensures it is hung on the bench at every game.

Year-end planning

Team wind- up: may include team get together/party, individual/team recognition, reflection, slide show, memory sharing.

Coaching Resources

Season/Practice planning

Develop a timeline for skill progression throughout the season:

- Create a season outline/season plan
- Follow [the LTAD model](http://ltd.ringette.ca/wp-content/uploads/2015/09/Ringette_mag_EN_WEBversion-1.pdf) in your planning. (http://ltd.ringette.ca/wp-content/uploads/2015/09/Ringette_mag_EN_WEBversion-1.pdf)

Practice Plan considerations

When developing your practice plans please consider the following:

- Each practice should include basic Ringette skills: Skating, Ring stabs, checking, passing and shooting
- Set expectations on the ice: when the whistle blows—gather with the coach, listen, hustle from drill to drill etc
- Repeat, Repeat, Repeat (You don't have to have a new practice every time, revisit with new eyes and new skills)
- Remind yourself that success can be different for each player. Be sure to set each player up for success throughout the practice. Help girls to recognize their personal success and growth.
- Keep practices fun and high energy. Start and End each practice with a favorite drill/activity/game.
- Stations are an effective way to use the ice and coaches and create lower coach/player ratios. Stations are smaller groups of skaters in a small section of the ice working on a specific skill or drill. Then all players rotate through the stations
- In U14 and under, practice players in both Offensive and Defensive positions/drills. Playing all positions will help to develop stronger more well-rounded players

The following are additional resources to help with your practice planning:

- [Practice Plan Template](https://ringettecalgary.ca/docs/RINK.pdf) (<https://ringettecalgary.ca/docs/RINK.pdf>)

- [Sample Practice plans](https://sites.google.com/a/ringette.ca/ringetteabcringette/u9-practice-plans) (<https://sites.google.com/a/ringette.ca/ringetteabcringette/u9-practice-plans>)
- [For more practice plans and other coach resources visit](https://ringettealberta.com/coaching-resources/) (<https://ringettealberta.com/coaching-resources/>)

Game day expectations/team structure

The following section will help you organize your game day expectations and team structure.

- Set and communicate a time that everyone should be at the rink prior to each game.
- Establish a pre-game routine which may include: a dryland warm-up, player time in the dressing room, pre-game coach chat
- Set a time prior to the game that everyone should be ready and waiting for the coach to address them. Recommendation – the team should have all their gear on sitting together on the dressing room bench 15 minutes prior to game time.
- In U14 and under no positions are declared at the time of evaluations. All players should have the opportunity to play both offense and defense.
- Post-game expectations for players: post game chat with the coaches.
- Post-game chat focus: positivity, team reflection, give the girls opportunity to talk openly as well
- Many teams award something that may belong to the team for “heart and hustle” this type of award has evolved and changed from team to team. There are many ways players can be acknowledged for their positive contributions to the team in practices and in games.

*Remember that the kids are always “seeing” you. Remind yourself that your reaction on the bench during games, on the ice during practice, or off the ice has a huge influence on your athletes. They see how you interact with the officials, other players and other coaches/parents. Athletes are most successful when they are in a positive, calm, respectful setting. If you or your coaches feel your emotions becoming elevated take a step back to find composure. Always remember that the officials are also learning and will make mistakes

Dryland

Some coaches choose to plan an occasional dryland event. This may include: gym time, an outdoor practice, yoga e.t.c. Dryland is another great team building opportunity and an extension of athletic skill development.

Goalie Expectations

Goalie expectations are different with each division.

- U10 – ALL players rotate and play as goalie. There are no designated goalies. Ideally, have your player practice first and then go into a game situation

- U12 – No player should play more than ½ time as goalie. There are a few exceptions to this. Players should still rotate and have a chance at playing goalie. Ideally, have your player practice first and then go into a game situation
- U14 – Players can play full time as a goalie. Some teams at this level may still have to rotate goalies.
- U16/U19 – Goalie is a full time position

For U10 & U12 it is the coaches responsible to encourage all players to take a turn at playing goalie in a positive manner. You might have one or two players that are very scared about being in net. In those cases have them just practice in nets and see how that goes before asking them to play in a game.

- All teams must assign a goalie coach, this does not mean the person has to have goalie experience. The association will provide additional training to your goalie coaches to ensure they have the necessary tools to be successful coaching the goalies.

Ringette Calgary Coaching Information

Additional Coach Information can be found on the Ringette Calgary website. Please follow this [link: https://ringettecalgary.ca/coaches/coaches-info/](https://ringettecalgary.ca/coaches/coaches-info/)