



## U10 MAJOR NOVICE GUIDE TO SUCCESS For Associations

### GENERAL OBJECTIVES

- To develop fundamental Ringette skills in a fun, participation-based environment
- To continue to develop physical and motor capacities
- To develop general physical fitness
- To introduce the development of mental skills
- To introduce and develop simple tactics
- To introduce game play with focus on application of skills learned in training
- To introduce and develop decision-making skills in controlled conditions
- To encourage players to strive to succeed and do their best

### COMPLIANCE INFORMATION FOR U10 MAJOR NOVICE

- Focus on FUN!
- 70% Development, 30% Competition – Team Activity Logs must be maintained and submitted to the Regional Sport Development Coordinator by April 30<sup>th</sup>
- Teams are selected vertically using the Skills Matrix
- Team Composite Scores will be recorded on each team's TRF
- Athletes are evaluated using the Skills Matrix by October 20<sup>th</sup> and again by February 28<sup>th</sup>
- Introduction of game-play
- Scores may be kept
- Positional play is introduced (including goaltenders) – all athletes must rotate through all positions consistently
- Qualified officials on the ice for competitions
- A maximum of 4 events per year, including any year-end event – standard ORA sanctioned event rules apply

### WHAT SKILLS DO WE FOCUS ON AT U10?

- Skating Skills:
  - Basic stance, falling and getting up, edges, balance on skates, starts, stops, forward/backward stride and glide
- Basic Ring Skills:
  - Basic skills, grip, carrying and protecting the ring, passing, receiving and retrieving the ring, checking, shooting – all within a controlled environment
- Introduce Goalkeeping Skills:
  - Introduce concept and rotate position to all players, basic grip, stance, stick on ice, skating and ring skills, mobility and stick work, positioning, and ring distribution

- Offensive Tactical Skills
  - Acquisition of basic offensive skills and tactics, individual 1-on-1 and team offensive skills, individual skills for ring carriers and non-ring carriers, basic team tactics, creating open space and movement
- Defensive Tactical Skills
  - Acquisition of basic defensive skills and tactics, individual 1-on-1 skills, maintain goal side positioning, introduce basic team tactics

### **STARTING THE SEASON**

- Associations must ensure all U10 athletes are evaluated using the ORA Skills Matrix
  - Associations must organize and facilitate the evaluations, independently of any coaches' evaluations
    - The ORA Skills Video is a valuable tool to assist evaluators with this process
  - Athletes are divided into teams vertically (balanced teams, not tiered)
  - Associations must ensure each team is able to meet the deadlines for submitting the completed Skills Matrix – by October 20<sup>th</sup> and again by February 28<sup>th</sup> – to the Regional Sport Development Coordinator
  - Each U10 team's Team Composite Score must appear on their TRF
- Associations are responsible for ensuring that all teams understand and utilize the Team Activity Log throughout the season
  - Associations must ensure each team submits a completed Team Activity Log to the Regional Sport Development Coordinator by the April 30<sup>th</sup> deadline
  - Associations should help the team identify a volunteer from their team to complete this document throughout the season
- Associations should help identify objectives for the U10 team(s) based on the skill competencies of the athletes on the team(s)
- Associations should assist the U10 coach(es) in developing a Long Range Plan for the season
  - This should be an on-going process throughout the season

### **I DON'T HAVE ENOUGH U10 ATHLETES, WHAT DO I DO NOW?!**

- When this situation occurs, the Association Executive should be in contact with the Region's Sport Development and Membership Services Coordinators in order to ensure that the resulting team is registered in the best possible category
  - E.g. If you have 6 U9 players and 7 U10 players, but your U10 players score relatively low on the Skills Matrix, then the best place for this team **MIGHT** be U9

### **ADDITIONAL ON-ICE COACHING CLINICS**

- If you have someone with a strength in a particular skill area within your Association, invite them on the ice to coach your coaches on a specific skill – how to break it down and instruct it, common errors in execution, etc.
- These experts can then be additional resources throughout the season

## **EVENTS**

In addition to hosting your regular annual tournament you could host an event with modified game structures (e.g. multiple games on one surface, 3-on-3 format, etc.)

- Athletes could register as individual players, and teams for the event could be formed with players from various Associations
- Could include Skills Exhibitions
- Could include off-ice activities as well
  - Face-painting, colouring, crafts, clowns, balloon art, magic show, etc.
  - Participation awards
  - Pizza party
  - Candy jar table

## **ATHLETE VOLUNTEERS**

- Early in the season in your Association form a pool of athlete volunteers who have various areas of expertise (e.g. skating, shooting, passing, goal-tending, etc.)
- This is a great way to involve your athletes who don't have the time to commit to being a full-time coach
  - Contact information for these athletes should be distributed to coaches at the start of the season and athletes can be contacted to come out to practices for any team who can use them
  - Some of the athlete volunteers may be able to make the commitment to be at every on-ice session for a particular team
- Athlete volunteers should always be under the supervision of an adult coach
  - Many of these athletes may be in high school and looking to complete their requisite Community Involvement volunteer hours, so may ask the coach to sign their volunteer hours sheets when they come out to help
- These athletes can be used on-ice to:
  - Assist with less-skilled players and to provide one-on-one instruction (one athlete volunteer could work with the same younger athlete all the time)
  - Demonstrate and correct skills/drills
  - Provide feedback to coaches/recommend drills
  - Set up/clear up drills
- These volunteers can be encouraged to run drills on their own
- Ask them for suggestions and really listen to what they have to say
- Coaches should give feedback to these athlete volunteers to let them know how they are appreciated and how they could improve
- Consider an interview process for selecting appropriate volunteers to help out on the ice
- Track success – identify those who take on more – expand to the next job
- Consider offering an award to be given annually to an older athlete who has made a difference with the younger athletes by volunteering their time with practices, at games, and also at special events

**PLEASE SEE THE ACCOMPANYING GUIDE TO SUCCESS FOR U10 MAJOR NOVICE COACHES**