



U6 LEARN TO SKATE Sample Season Plan

**USE THE RINGETTE CANADA ABC PROGRAM AND THE ORA SKILL MATRIX TO HELP YOU
TO DETERMINE SKILL OBJECTIVES FOR YOUR ATHLETES**

- Stick and ring safety – proper way to hold the stick, leaning on the stick, etc.
- Carrying the ring
- Forehand sweep (Passing)
- Learning to spear the ring
- Checking – sweep check
- Shooting – Forehand sweep
- Skating – v-start, t-start (continue to acquire and consolidate this skill throughout), balance, falling and getting up, basic stance, turning (transition – towards the end of the year), lift one foot, marching on the spot, stopping (make snow – learn edges), snowplow

FORWARD SKATING

- Stride , one-foot and two-foot glide, glide with knee and toe touch, gliding into a curve

BACKWARD SKATING

- Board push, hold boards and make C's (end of year)

PYSCHOSOCIAL SKILLS

- Social skills, team work, fair play, positive thinking

GOALIE SKILLS

- Not applicable at this level