



## **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**