**How To Run High Energy Ringette Practices**

Here are four easy ways to create super-intense, high-energy practices that will pump up players.  
  
**1. Severely limit the amount of time you spend talking.**  
Sport is not for talking.   
It's a "see and do" activity.   
Most coaches take 5 minutes to explain a drill...while the players are twirling in the corner. At ringette camp, we ask our instructors to talk for 2 minutes maximum (ideally, 30 seconds or less).  
And, demos are better than talking - so if you don't have a player on your coaching staff, use your own players.   
  
**2. Use drills that keep your athletes moving at all times.**  
An athlete should never go more than 15 seconds between repetitions in a drill.   
Some ideas:  
--Add a line of defenders, checkers or chasers to the drill.  
--Send more than one athlete at a time from each line.   
--Tell athletes to leave sooner in the drill.   
  
**3. Use music.**  
Many arenas have sound systems you can take advantage of. Put in some Dance Mix '95 and blast it.   
  
**4. Use your own voice to create energy.**  
Yell out words of encouragement during the drill.  
"Perfect, Susan, keep your feet moving!"  
"Force yourself to stay low... I know it burns but you're almost there."  
"Drive, drive, drive to that net! Yes! Great shot!"  
(It never hurts to add in a fist bump or a high five).  
Hokey? Yes.   
Effective? Yes.  
  
And if you're a ringette coach reading this and wondering how you can create supremely skilled, confident U10 players, check out our latest drill book called, The Ringette Beginner Drill Book. It's here:  
  
[http://www.ringettetips.com/ringette-beginner-drill-book/](http://clicks.aweber.com/y/ct/?l=N0C5Q&m=3hdZhk60valVGYF&b=O3VYWigRhRPdQpjTslNQUA)