

**Ringette BC**

**FUNdamentals 1 Practice Plan Template**

Green Phase (Week 18-24)

| **Day of the Week** | **Month, Day, Year** | **60 Minutes** | **Location** |
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| **Coaches/Helpers:** | **3** |
| **Important Notes:** | **Skating (stopping, balance, agility) and technical development (passing accuracy, checking)** |

**Green Phase Emphasis**

| **Skating Development** | **Technical Development** | **TGfU** | **Modified Comp.** |
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**Skating Development** 17 minutes 35%

**Technical Development** 17 minutes 35%

**Teaching Games for Understanding** 8 minutes 15%

 **Modified Competition** 8 minutes 15%

| **0:00XM - 0:00XM** | **3 Minutes** | **Free Play** |
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| **WARM-UP - FREEZE TAG** |
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| **0:00XM - 0:00XM** | **5 minutes** |
| **Equipment** | 2-3 rings |
| **Description** | 1. This game is played without sticks and it starts when the coach blows the whistle. The players who are “IT” will hold a ring and skate around, trying to tag the other players with the ring. When a player is tagged they must freeze.
2. To be un-frozen they have to get tagged by a player that is not frozen.
3. Coaches will intermittently change which players are “IT”
 |
| **Key Teaching Points** | Forward skating strides, acceleration, changing direction, balance, agility, awareness and stopping. |
| **Adaptations** | **Easier** | Expand the boundaries. |
| **Harder** | Shrink the boundaries. |

| **STATIONS** |
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| **0:00XM - 0:00XM** | **25 Minutes** (including water and transitions) |

| **STATION 1: CIRCUIT** |
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| **0:00XM - 0:00XM** | **8 Minutes** | **Category** |
| **Coaches** | 1 |
| **Equipment** | Rings, Mr. Sketch markers |
| **Description** |  | 1. With a ring on their stick, players follow the path on the ice outlined by the marker
2. Players jump on the drawing of a rabbit
3. Players scrape outward (stop) on the arrows
4. Players do a spin on the swirl
5. Players do a sweep shot on the net
6. Players skate backward until they reach the start of the circuit
 |
| **Key Teaching Points** | Forward skating strides, backward skating strides, balance, agility, awareness and stopping. |
| **Adaptations** | **Harder** | Add more complex obstacles:* Backward stopping
* One-foot glides
* Touch toes
* Lateral side steps
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| **STATION 2: HIT THE RING** |
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| **0:00XM - 0:00XM** | **8 Minutes** | **Category** |
| **Coaches** | 1 |
| **Equipment** | Rings |
| **Description** |  | 1. Split the players into 2 lines.
2. A coach sends a ring in the middle and, when they blow the whistle, the first players in each line play 1 vs 1 for about 20 seconds.
3. On the next whistle, the player who ends up with the ring shoots it along the ice to an open area. This ring is now the target.
4. Then, each player takes a turn shooting one ring as close to the target as possible. The player with the closest ring gets one point.
5. Repeat steps 1-4 with the next players in line.
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| **Key Teaching Points** | Passing with accuracy (forehand and backhand), checking, awareness and stopping. |
| **Adaptations** | Adjust the playing area based on the skill level of participants. |

| **STATION 3: RED LIGHT, GREEN LIGHT** |
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| **0:00XM - 0:00XM** | **8 minutes** |
| **Coaches** | 1 |
| **Equipment** | Rings |
| **Description** | 1. All players start on the goal line with a ring. Make sure they are all standing in the “ready position”. The coach stands approximately 20ft away, facing the players.
2. The coach calls out commands. Include as many commands as players are capable of remembering and executing. Commands may include:

• Red light, Green light, Yellow light – players stop, go, and glide • Reverse – players skate backwards to the start • Speed bump – players hop • Roundabout – players turn in a circle• Car crash – players fall down and stand up. • Police Car/Ambulance/ Fire Truck – players stop, spin and make a siren noise while doing so. 1. The players must follow the commands as quickly as possible while remaining in control of their body and their ring.
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| **Key Teaching Points** | Proper stance (ready position), forward skating strides backwards c-cuts, acceleration (V starts or crossover starts), stopping (snowplow or sideways), gliding, balance, and agility.  |
| **Adaptations** | **Easier** | If you have weaker skaters, consider having them play without rings or with no sticks at all. Have weaker skaters do V-starts and snowplow stops.  |
| **Harder** | For stronger skaters, choose a direction that they must face when they stop (so they are doing a sideways stop) and have them do crossover starts. |

| **GROUP GAME - CAT AND MOUSE** |
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| **0:00XM - 0:00XM** | **10 minutes** |
| **Equipment** | Rings |
| **Description** | 1. Set a boundary based on how many participants you have.
2. Select 1-2 players to be the “cats”. They do not have rings. Every other player is a “mouse” and they each have a ring. Have the mice spread out within the boundaries
3. On the whistle, the cats can enter the playing area and start checking. The cats’ job is to chase the mice and steal their ring, using either the rainbow check or sweep check to do so.
4. Once they’ve stolen the ring, the cat shoots it out of bounds and the “mouse” that lost their ring now becomes a “cat”.
5. The game is played until only one mouse remains, and that player is the winner.
 |
| **Key Teaching Points** | Checking (rainbow check, sweep check), ring protection, ring control, forward skating strides, quick accelerations, and finding open space.  |
| **Adaptations** | **Easier** | Expand the boundaries. |
| **Harder** | Shrink the boundaries. |

| **GROUP ACTIVITY – STAR WARS** |
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| **0:00XM - 0:00XM** | **10 minutes** |
| **Equipment** | Rings |
| **Description** | 1. Line up all the players along the goal line. Have all the players put their sticks down behind the goal line out of the way of the playing area.
2. Explain to the players that they are now in outer space and all of the rings are asteroids. Their goal is to get to the other end of the ice without being hit with an asteroid. Coaches stand along the boards in the neutral zone with all of the rings.
3. On the whistle the players try to skate from one end of the rink to the other end without getting touched by a ring.
4. The coaches shoot the rings from side to side trying to hit the players. Coaches need to be aware of how hard is appropriate to pass the ring and make sure all passes are on the ice.
5. When a player gets hit by an “asteroid” they retrieve their stick and help the coaches. The game continues back and forth until there is one player left
 |
| **Key Teaching Points** |  Forward skating strides, acceleration, balance, agility, awareness and stopping.  |
| **Adaptations** | **Easier** | For weaker skaters, either have the players skate from free-play line to free-play line, or play cross ice. |
| **Harder** | For stronger skaters, place the nets in the middle of the ice on the ringette lines. The players will skate clockwise around the ice. This allows the players to practice crossovers and makes the game go faster.  |

| **0:00XM - 0:00XM** | **3 Minutes** | **Wrap-Up and Team Cheer** |
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