

**Ringette BC**

**FUNdamentals 1 Practice Plan Template**

Orange Phase (Week 5-14)

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

**Orange Phase Emphasis**

| **Skating Development** | **Technical Dev.** | **TGfU** |
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**Skating Development** 32 minutes 65%

**Technical Development** 9 minutes 17%

**Teaching Games for Understanding** 9 minutes 17%

| **0:00XM - 0:00XM** | **3 Minutes** | **Free Play** |
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| **WARM-UP - TURTLE TAG** |
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| **0:00XM - 0:00XM** | **5 Minutes** | **Category** |
| **Coaches** | 1-2 |
| **Equipment** | None |
| **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. Select 2-3 people to be “IT” who stand in the middle.
3. When the coach blows the whistle, the players on the goal line try to skate to the centre line.
4. If they are approached by someone who is “IT”, they can avoid being tagged by stopping and safely lying on their back like a turtle. If they are tagged, they have to start again from the goal line.
5. The first person who makes it to the centre line wins.
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| **Key Teaching Points** | Falling safely (start by falling on knees, then moving onto the back) and getting up, agility, balance, stopping, forward skating. |

| **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: SCRAPE AWAY** |
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| **0:00XM - 0:00XM** | **8 Minutes** |
| **Coaches** | 1 |
| **Equipment** | Mr. Sketch markers |
| **Description** | 1. Have the players spread out so the coach can draw an object/shape in front of each of them
2. The players should bend their knees and push their feet outwards to try to erase the drawing on the ice using their inside edges
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| **Key Teaching Points** | Stopping, ringette stance |
| **Adaptations** | **Harder** | Players can try skating forward/backward toward their drawing and stopping on it (no longer stationary)Players can try doing a two-foot side stop instead of a snowplowDraw larger pictures |

| **STATION 3: SIMON SAYS** |
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| **0:00XM - 0:00XM** | **8 Minutes** |
| **Coaches** | 1 |
| **Equipment** | None |
| **Description** | 1. Have the players line up on the goal-line and put their sticks against the boards behind them. The coach stands approximately 10ft away, facing the players.
2. The coach calls out commands by saying “Simon Says…” and then adding an action or skill. The players then must complete that action or skill. For example, the coach could say “Simon says touch your toes”, and all players must bend down and touch their toes. If the coach says an action or skill without saying “Simon Says” first, then the players don’t complete that action.
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| **Key Teaching Points** | Balance, agility, coordination, and any skating skills  |
| **Adaptations** | **Easier** | For new skaters, play this game with simple balance skills such as standing up, falling, balancing on 1 foot, hopping off the ice, or turning on the spot.  |
| **Harder** | Add skills such as backwards skating, gliding on one foot, stopping, etc. |

| **GROUP GAME - CLEAN YOUR ROOM** |
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| **0:00XM - 0:00XM** | **10 Minutes** |
| **Equipment** | Rings |
| **Description** | 1. Divide players into 2 teams. Each team is on one side of the red line, everything on their half of the ice is their room. Rings are spread out around both “rooms”. Each ring represents one piece of “garbage”. The goal of the game is to have the least amount of “garbage” (rings) in your “room”.
2. On the whistle, players shoot and pass all the rings to the other team’s side as quickly as they can. Players can only have one ring on their stick at a time, and they are not allowed to cross the centre line onto the other team’s side.
3. When the coach blows the whistle to end the game, all players must stop shooting rings. The team with the “cleanest room” (the least amount of rings on their side) is the winner.
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| **Key Teaching Points** | Strong quick passes, teamwork, passing into open space and skating with a ring. |
| **Adaptations** | **Easier** | Shrink boundaries or play cross-ice |

| **GROUP ACTIVITY – OCTOPUS** |
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| **0:00XM - 0:00XM** | **10 Minutes** | **Category** |
| **Equipment** | None |
| **Description** |  | 1. This game is played without sticks. Players line up on the blue line. Select 2-3 people to be “IT” and stand on the centre line.
2. When the coach blows the whistle, all the players try to skate toward the other blue line without being tagged by those who are “IT”. If a player is tagged, they become a “seaweed” and must remain in the spot that they were tagged.
3. When the coach blows the whistle again, all the players try to skate toward the blue line again. This time, the “seaweed” can also tag the players.
4. The coach can yell “tidal wave” so, for that round, all the “seaweed” no longer have to remain in the same spot that they were tagged. The last player wins.
 |
| **Key Teaching Points** | Agility, balance, stopping, forward skating. |
| **Adaptations** | **Easier** | Shrink boundaries or play cross-ice |
| **Harder** | Add more people who are “IT” to start |

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