

**Ringette BC**

**FUNdamentals 2 Practice Plan Template**

Blue Phase (Week 19-24)

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| **Day of the Week** | **Month, Day, Year** | **60 Minutes** | **Location** |
| **Coaches/Helpers:** | **3** |
| **Important Notes:** | **Technical development (passing and receiving, checking)** |

**Blue Phase Emphasis**

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| **Technical Development** | **TgfU** | **Modified Competition** |

**Technical Development** 20 minutes 40%

**Teaching Games for Understanding** 15 minutes 30%

**Modified Competition** 15 minutes 30%

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| **0:00XM - 0:00XM** | **3 Minutes** | **Free Play** |

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| **WARM-UP - FOLLOW THE LEADER** |
| **0:00XM - 0:00XM** | **5 Minutes** | **Category** |
| **Coaches** | 1 leader, other coaches make sure players are following properly |
| **Equipment** | None |
| **Description** |  | 1. Move the nets up to the blue lines. The players will follow the “leader” around the nets.
2. The leader will call out and demonstrate different skills
* Skate fast between the blue lines
* Skate backwards between blue lines
* Forward/backward sculling between blue lines
* 2 ft/1 ft glide between blue lines
* Knee drops on blue lines
* Spin/touch toes/hop on blue lines
* Stop and change directions on whistle
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| **Key Teaching Points** | Crossovers around nets |

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| **STATIONS** |
| **0:00XM - 0:00XM** | **30 Minutes** (including water and transitions) |

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| **STATION 1: SHUTTLE DRILL** |
| **0:00XM - 0:00XM** | **10 Minutes** | **Category** |
| **Coaches** | 1 |
| **Equipment** | 1 ring, 2 cones |
| **Description** |  | 1. The first player passes the ring to the player in the opposite line.
2. As soon as the first player finishes passing, they skate to join the end of the opposite line.
3. Continue by repeating steps 1 and 2
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| **Key Teaching Points** | Passing with accuracy, receiving the ring, sweep passes, backhand passes |
| **Adaptations** | **Harder** | Select one player in the middle to act as a defence trying to intercept the passes, which forces the other players to learn how to pass strategically. Intermittently change the player in the middle. |

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| **STATION 2: RELAY RACE** |
| **0:00XM - 0:00XM** | **10 Minutes** | **Category** |
| **Coaches** | 1 |
| **Equipment** | Rings, cones, net |
| **Description** |  | 1. Divide the players into 2 lines. The first person in each line has a ring. There are cones set up along the ice as indicated in the diagram.
2. On the coach’s whistle, the first person in each line skates backward with the ring.
3. As they approach the far cone, the players skate forward and do tight turns around the cones.
4. Once they finish turning around the last cone, they pass the ring to the next person in line and go to the back of their line. The team that finishes first wins.
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| **Key Teaching Points** | Tight turns, forward/backward skating |
| **Adaptations** | **Easier** | Players do slalom glides instead of tight turns around the cones. |
| **Harder** | The first people in each line start on their knees. |

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| **STATION 3: FRIENDS AND ENEMIES** |
| **0:00XM - 0:00XM** | **10 minutes** |
| **Coaches** | 1 |
| **Equipment** | Rings |
| **Description** | 1. Each player finds a partner. There is one ring per group.
2. When the coach blows the whistle, they are “friends” so the group passes to each other.
3. When the coach blows the whistle again, they are “enemies” so it is a 1v1.
4. When the coach blows the whistle again, they are back to “friends”.
5. Have the players switch partners intermittently.
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| **Key Teaching Points** | Checking, body positioning, passing, finding open space for receiving a pass |
| **Adaptations** | **Easier** | Shorten the amount of time that the group are enemies |
| **Harder** | Make groups of 3 instead of 2 so there can be a 2v1 for enemies |

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| **GROUP GAME - 4v4 SCRIMMAGE** |
| **0:00XM - 0:00XM** | **15 Minutes** | **Category** |
| **Equipment** | 4 mini nets, 4 rubber chickens , 2 – 4 rings  |
| **Description** |  | Tie chickens to nets as targets 4 on 4 with no goalies or 3 on 3 with no goalies depending on # of athletes.  |
| **Key Teaching Points** | Head Up 3 passes minimum before shooting Stay out of the crease |
| **Adaptations** | **Easier** | Minimum 2 passes |
| **Harder** | Breakouts, minimum 4 passes |

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