**Ringette BC** 

**FUNdamentals 2 Practice Plan Template**

Orange Phase – Part 2 (Week 8-11)

| **Day of the Week**  | **Month, Day, Year**  | **5:00PM – 6:00PM**  | **Location** |
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| **Coaches/Helpers:**  | **Two coaches, four player coaches** |
| **Important Notes:**  | **After practice treats, bingo dabbers (2-3 colors), cones(15-20), rings (at least 2 or 3 per athlete), bouncy balls (various sizes), scarves (5 – 10), rubber chickens (4)** |

**Orange Part 2 Phase Emphasis**

| **Skating Development**  | **Technical Dev.**  | **TgfU**  | **M.C.** |
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**Skating Development** 32 minutes 65% **Technical Development** 8 minutes 17% **Teaching Games for Understanding** 5 minutes 9% **Modified Competition** 5 minutes 9%

| **5:00PM - 5:03PM**  | **3 Minutes**  | **Water bottles on benches, sticks on boards** |
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| **WARM-UP - TAG** |
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| **5:03PM - 5:07PM**  | **\_4\_\_ Minutes**  | **Category – Skating**  |
| **Coaches**  | **One coach and 1 player coach running warm up.** **One coach and 3 player coaches setting up stations**  |
| **Equipment**  | **None required** |
| **Description** | *1/2 ice only players need to stay inside the blue line, no nets, no sticks.*  | **Banana Tag – pink helmets are it, black helmets are it, coaches are it.** **If player is tagged they must stop and stand with hands together over head.** **To get “free” another player must come and “peel” their hands down.**  |
| **Key Teaching Points** | **Skate with head up, use snowplow stop or 2 foot stop, tag nicely** |

| **Adaptations** | **Easier**  | **Regular tag with arms stretched out making the letter “T”, to get “free” someone must skate under your arm.**  |
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| **Harder** | **If you are tagged you must be on both knees with hands together over your head. When you are “peeled”, you must get up quickly without using your hands on the ice.**  |

| **STATIONS** |
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| **5:07PM - 5:40PM**  | **\_33\_\_ Minutes** (including water and transitions) 1mins to get into groups, 2mins water break between station 2 and 3.  |

| **STATION 1: ACTIVITY TITLE** |
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| **5:08PM - 5:18PM**  | **\_10\_\_ Minutes**  | **Category – Skating Development** |
| **Coaches**  | **1 coach and 1- 2 player coaches** |
| **Equipment**  | **10 cones, one ring per athlete** |
| **Description** |  | **Set up cones per diagram & demonstrate drill. Athletes start at one end of the cones and skate around each cone.** **One coach at the start sending players every second cone to space them out evenly.** **Once players have reached the end, have them line back up at the start.** **After going twice from the one side, switch sides and go twice in the other direction.**  |
| **Key Teaching Points** | **Head up and turn your head with your body as you turn around the cone Keep both feet on the ice while turning around the cone** **Keep your stick away from the cone**  |
| **Adaptations** | **Easier**  | **Skate with no rings, have the cones spaced further apart.**  |
| **Harder**  | **Skate with rings, place the cones closer together, replace two cones with player coaches who try and check as the skaters go by** |

| **STATION 2: ACTIVITY TITLE** |
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| **5:18PM - 5:28PM**  | **10\_\_\_ Minutes**  | **Category – Skating Development** |
| **Coaches**  | **1 player coach**  |
| **Equipment**  | **Bingo dabbers**  |

| **Description** | *Draw random shapes between the goal line and the blue line. Ensure there are enough of the same shape but a good variety. Or allow the players 2 mins to draw their own shapes on the ice.*  | **Have players spread out on goal line** **On the whistle skate and find a shape and stop (snowplow or two foot stop) facing the bleachers On the whistle skate back to the goal line and stop facing the same direction.** **On the next whistle, find a new shape and stop.**  |
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| **Key Teaching Points** | **Head up, knees bent, holding stick properly** **Snowplow stop – toes together, push outwards while stopping** **2 foot stop – try and keep feet parallel and put outwards with outside foot** |
| **Adaptations** | **Easier**  | **Place all of the shapes in a uniform line along the ½ way marker of the circles, the free play line and the blue line.**  |
| **Harder** | **Call out a shape for athlete to find and stop, rather than go back to the goal line, on the next whistle go directly to a new shape and stop.** **Have the athletes find a shape and try and “erase” it off of the ice while practicing their 2 foot stop or snowplow stops.**  |

| **STATION 3: ACTIVITY TITLE** |
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| **5:30PM – 5:40PM**  | **\_10 \_\_ Minutes**  | **Category – Skating Development** |
| **Coaches**  | **1 coach and 1 player coach**  |
| **Equipment**  | **10 – 12 cones**  |
| **Description** |  | **Athletes line up on goal line** **On the whistle start skating backwards to the blue line.**  |
| **Key Teaching Points** | **Head up, knees bent** **Look over shoulder to see where you are going** **Hold stick with one hand or both hands** **“C” cuts**  |
| **Adaptations** | **Easier**  | **Have athletes practice “C” cuts while holding facing and holding onto the boards. No rings while skating backwards**  |
| **Harder**  | **Add rings on sticks.** **Set up cone formation for athletes to skate backwards around**  |

| **GROUP GAME – Clean your room**  |
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| **0:00XM - 0:00XM**  | **\_\_5\_ Minutes**  | **Category – Technical skill**  |

|  |  | **(passing/receiving)** |
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| **Coaches**  | **One coach at each blue line, 2 player coaches at each end of the ice**  |
| **Equipment**  | **Rings (min 2 or 3 per player)** |
| **Description** |  | **Athletes are divided in half on each blue line Each athlete should have 2 or 3 rings** **On the whistle athletes pass their ring as hard as they can to the other side.** **Goal is to have the least amount of rings in your “room” at the end of the game.** **Coach whistles after 1 mins and counts the rings in each room to determine the winner.** **Set the game up and play again.**  |
| **Key Teaching Points** | **Two hands on stick, proper sweeping motion when passing** **Head up** **No going into the centre to retrieve lost rings.**  |
| **Adaptations** | **Easier**  | **Move the game to the Free play line and the blue line to make the space smaller** |
| **Harder**  | **Move the athletes farther back to the free play lines to make the space larger** |

| **GROUP ACTIVITY – 4 on 4 games**  |
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| **0:00XM - 0:00XM**  | **\_\_5\_ Minutes**  | **Category - Modified Competition** |
| **Coaches**  | **1 coach and 2 player coaches at each end**  |
| **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**  | **No crease, 2 passes**  |
| **Harder**  | **Add goalies, add an additional ring, all players on your team must receive a pass before you shoot.**  |

| **5:58PM -6:00PM** | **2 Minutes**  | **Super Hero slide and Team Cheer** |
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