

**Ringette BC**

**U10 Practice Plan Template**

Blue Phase (Week 18-25)

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| **Day of the Week** | **Month, Day, Year** | **60 Minutes** | **Location** |
| **Coaches/Helpers:** | **2-3** |
| **Important Notes:** | **Technical development (lead passing) and modified competition (awareness, offensive/defensive positioning)** |

**Blue Phase Emphasis**

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| **Technical Development** | **TGfU** | **Modified Competition** |

**Technical Development** 24 minutes 40%

**Teaching Games for Understanding** 18 minutes 30%

**Modified Competition**  18 minutes 30%

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

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| **WARM-UP - FREEZE TAG** |
| **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”
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| **Key Teaching Points** | Forward skating strides, acceleration, changing direction, balance, agility, awareness and stopping. |
| **Adaptations** | **Easier** | Expand the boundaries. |
| **Harder** | Shrink the boundaries. |

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| **CHASE DRILL** |
| **0:00XM - 0:00XM** | **7 Minutes** | **Category** |
| **Coaches** | 2-3 |
| **Equipment** | Rings, nets |
| **Description** |  | 1. A1 and A2 pass down the ice.
2. As A1 and A2 approach the ringette line, B1 and B2 begin passing down the ice.
3. Either A1 or A2 shoot on the net and immediately start chasing and checking B1 and B2.
4. Repeat steps 1-3.
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| **Key Teaching Points** | Back-checking, lead passing with pressure, shooting |

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| **4 CORNERS** |
| **0:00XM - 0:00XM** | **10 Minutes** | **Category** |
| **Coaches** | 1-2 |
| **Equipment** | Cones, rings |
| **Description** |  | 1. There are four cones with a line of players behind each of them as demonstrated in the diagram. A coach is by the boards with the rings.
2. A1 and A2 are on the same team, B1 and B2 are on the same team. The coach flips the ring in the middle and indicates which net they are shooting on. On their whistle, it is 2v2. Make sure the teams pass over the blue line.
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| **Key Teaching Points** | Offensive/defensive positioning, awareness, passing, shooting. |
| **Adaptations** | **Harder** | Minimum 3 passes before shooting. |

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| **5v5 SCRIMMAGE** |
| **0:00XM - 0:00XM** | **17 Minutes** |
| **Coaches** | 2-3 |
| **Equipment** | Ring |
| **Description** | * Full ice scrimmage with breakout
* A coach on each bench designates positions for players
* A coach blows their whistle every 1-2 minutes for shift changes
* If a player makes a mistake/causes a penalty, stop the play and explain the situation to prevent future occurrences
* Emphasize offensive/defensive positioning and strategy
* Emphasize lead passes and one-on-one checking (stay goal-side for defence)
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| **Adaptations** | **Easier** | Shrink boundaries and make it 4v4. |
| **Harder** | Add another ring. |

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| **GROUP ACTIVITY – OCTOPUS** |
| **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.
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| **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 |

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