

**Ringette BC**

**U10 Practice Plan Template**

Green Phase (Week 8-15)

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| **Day of the Week** | **Month, Day, Year** | **0:00XM - 0:00XM** | **Location** |
| **Coaches/Helpers:** | **2-3** |
| **Important Notes:** | **Skating development (crossovers, tight turns, pivots) and technical development (head-on passes, lead passes, one-timers) and modified competition (breakout, offensive/defensive positioning)** |

**Green Phase Emphasis**

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| **Skating Development** | **Technical Development** | **TGfU** | **Modified Comp.** |

**Skating Development** 21 minutes 35%

**Technical Development** 21 minutes 35%

**Teaching Games for Understanding** 9 minutes 15%

**Modified Competition** 9 minutes 15%

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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** | Nets |
| **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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| **SLINGSHOT** |
| **0:00XM - 0:00XM** | **10 Minutes** | **Category** |
| **Coaches** | 2 |
| **Equipment** | 2 Cones, Rings, Nets |
| **Description** |  | 1. A1 starts without a ring and does a tight turn around the cone, receiving a head-on pass over the blue line from A2.
2. A1 curls back toward the cone and drop-passes the ring for A2.
3. A1 skates over the second blue line for a lead pass from A2 and shoots on the net. They join the line behind B2. Meanwhile, A2 repeats what A1 just did.
4. B1 and B2 are doing the same drill from the other side of the ice.
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| **Key Teaching Points** | Tight turns, head-on passes, drop-passes, lead passes, shooting |
| **Adaptations** | **Easier** | A1 can go straight into a lead pass from A2 instead of doing a drop pass.  |
| **Harder** | Add a defence. |

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| **STATIONS** |
| **0:00XM - 0:00XM** | **20 Minutes** (including water and transitions) |

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| **STATION 1: 1v1 WITH PIVOTS** |
| **0:00XM - 0:00XM** | **10 Minutes** | **Category** |
| **Coaches** | 1 |
| **Equipment** | 2 Cones, Rings, Net |
| **Description** |  | A1 acts as offence and does a tight turn around the far cone with a ring to shoot on the net, A2 acts as defence and pivots from forward to backward around the closer cone without a ring. |
| **Key Teaching Points** | Pivoting from forward to backward, defensive/offensive body positioning |
| **Adaptations** | **Harder** | Add another offence. |

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| **STATION 2: ONE-TIMERS** |
| **0:00XM - 0:00XM** | **10 Minutes** | **Category** |
| **Coaches** | 1 |
| **Equipment** | 2 Cones, Rings, Net |
| **Description** |  | 1. B1 skates down by the crease and receives a pass from A2.
2. As soon as B1 stabs the ring, they shoot on the net (one-timer). They should be receiving the ring somewhat behind so there is enough force to shoot the ring.
3. After B1 shoots, A1 skates down by the crease and receives a ring from B2, repeating the previous steps.
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| **Key Teaching Points** | One-timers, forehand/backhand passes and shots |
| **Adaptations** | **Harder** | Instead of one-timers, get players to “walk the crease” |

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| **5v5 SCRIMMAGE** |
| **0:00XM - 0:00XM** | **10 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 – STAR WARS** |
| **0:00XM - 0:00XM** | **5 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.  |

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