

**Ringette BC**

**U10 Practice Plan Template**

Orange Phase (Week 4-8)

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| **Day of the Week** | **Month, Day, Year** | **60 Minutes** | **Location** |
| **Coaches/Helpers:** | **3** |
| **Important Notes:** | **Skating development (crossovers, tight turns) and technical development (one-timers, lead passes)** |

**Orange Phase Emphasis**

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| **Skating Development** | **Technical Dev.** | **TGfU** |

**Skating Development** 32 minutes 65%

**Technical Development** 8 minutes 17%

**Teaching Games for Understanding** 8 minutes 17%

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

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| **WARM-UP - TORNADO** |
| **0:00XM - 0:00XM** | **5 Minutes** | **Category** |
| **Coaches** | 2 (one per line) |
| **Equipment** | None |
| **Description** |  | Players line up in each corner and follow the path outlined in the diagram by doing forward/backward crossovers. Players alternate lines once they finish. |
| **Key Teaching Points** | Forward/backward crossovers |

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| **BUTTERFLY** |
| **0:00XM - 0:00XM** | **10 Minutes** | **Category** |
| **Coaches** | 2 |
| **Equipment** | Rings and cones |
| **Description** |  | 1. There are coaches by the boards in the middle and they have rings. The players are divided into 2 lines by corners with rings.
2. A1 starts without a ring and does a tight turn around the opposite cone and receives a pass from A2. They shoot on the net.
3. A1 continues around the other cone and receives a pass from B1. They shoot on the net again.
4. After, A1 skates up to C1 and receives a pass from the coach. They pass the ring back to the coach.
5. A1 receives a lead pass from C2 and shoots on the net. They skate back to the opposite line.
6. As A1 does step 4, B1 repeats what A1 has done but from the opposite side of the ice.
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| **Key Teaching Points** | Tight turns, forehand/backhand passes, forehand/backhand shots, receiving a head-on/lead passes. |
| **Adaptations** | **Easier** | If it is too complicated, after step 2, A1 just goes to the back of the opposite line. |

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| **3-PERSON WEAVE** |
| **0:00XM - 0:00XM** | **10 Minutes** | **Category** |
| **Coaches** | 2-3 |
| **Equipment** | Rings |
| **Description** |  | 1. B1 has a ring and passes to C1 over the blue line. They follow their pass.
2. C1 moves toward the middle and passes to A1 over the next blue line. They follow their pass.
3. A1 has the option of shooting on the net or passing to either B1 or C1 to shoot.
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| **Key Teaching Points** | Lead forehand/backhand passes, forward skating. |
| **Adaptations** | **Harder** | Add 1-2 defence. |

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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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| **GROUP GAME - CLEAN YOUR ROOM** |
| **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 |

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