

**Ringette BC**

**U10 Practice Plan Template**

Pink Phase (Week 4-8)

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| **Day of the Week** | **Month, Day, Year** | **60 Minutes** | **Location** |
| **Coaches/Helpers:** | **3** |
| **Important Notes:** | **Modified competition (offensive/defensive positioning, shooting, breakout, deking the goalie)** |

**Pink Phase Emphasis**

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| **TgfU** | **Modified Competition** |

**Teaching Games for Understanding** 12 minutes 20%

**Modified Competition** 48 minutes 80%

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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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| **5 RINGS** |
| **0:00XM - 0:00XM** | **10 Minutes** | **Category** |
| **Coaches** | 3 |
| **Equipment** | 10 Rings |
| **Description** |  | 1. Spread out 5 rings on each blue line. Players split into 2 teams and start in their respective benches.
2. Two players exit the bench from each side.
3. One player from each team takes the first ring on the blue line. A minimum of one pass is required before shooting on net.
4. If they do not score, a minimum of one pass is still required before shooting again. The players continue shooting on net until they score.
5. Once the team scores, they go back to the bench and the next two players take the second ring on the blue line.
6. The first team that gets all 5 rings in the net wins.
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| **Key Teaching Points** | Passing, shooting, offensive strategy, deking the goalie. |
| **Adaptations** | **Easier** | No minimum number of passes required. |
| **Harder** | If the team doesn’t score, get the goalie to toss the ring as far as they can. |

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| **RING RACES** |
| **0:00XM - 0:00XM** | **10 Minutes** | **Category** |
| **Coaches** | 2 |
| **Equipment** | Rings, 1 net |
| **Description** |  | 1. Players are divided into 2 lines with the coach in the middle. The coach has a ring.
2. The coach tosses the ring ahead and, on their whistle, the first players in each line race for the ring.
3. The person who gets the ring first is an offence and goes to shoot on the net, the other player acts as defence.
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| **Key Teaching Points** | Checking, defensive positioning, awareness, forehand/backhand shots.\*\*\*If there are too many players waiting, do this drill on the other side of the ice as well\*\*\* |
| **Adaptations** | **Harder** | The first people in each line start on their knees to practice quickly getting up. |

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| **3v3 WITH BREAKOUT** |
| **0:00XM - 0:00XM** | **15 Minutes** | **Category** |
| **Coaches** | 2-3 |
| **Equipment** | Rings |
| **Description** |  | 1. Set up the players in groups of 3 as demonstrated in the diagram to mimic a real game situation in the offensive circle.
2. Play 3v3 with emphasis on offensive/defensive positioning and strategy.
3. If the ring enters the crease, the defence breakout to receive a toss from the goalie. The offence follows the defence for 1v1 checking.
4. After 2 breakouts or when the defence successfully reaches the blue line, rotate the groups of 3.

\*\*\*The players who are not involved in the 3v3 are partner-passing in the middle of the ice. If there are too many players, run the drill from both sides of the ice.\*\*\* |
| **Key Teaching Points** | Offensive/defensive positioning and strategy, breakout |

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| **GROUP GAME - CAT AND MOUSE** |
| **0:00XM - 0:00XM** | **10 minutes** |
| **Equipment** | Rings |
| **Description** | 1. Set a boundary based on how many participants you have.
2. Select 1-2 players to be the “cats”. They do not have rings. Every other player is a “mouse” and they each have a ring. Have the mice spread out within the boundaries
3. On the whistle, the cats can enter the playing area and start checking. The cats’ job is to chase the mice and steal their ring, using either the rainbow check or sweep check to do so.
4. Once they’ve stolen the ring, the cat shoots it out of bounds and the “mouse” that lost their ring now becomes a “cat”.
5. The game is played until only one mouse remains, and that player is the winner.
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| **Key Teaching Points** | Checking (rainbow check, sweep check), ring protection, ring control, forward skating strides, quick accelerations, and finding open space.  |
| **Adaptations** | **Easier** | Expand the boundaries. |
| **Harder** | Shrink the boundaries. |

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