

Ringette Practice Plan

Date: 19 April 2023

Team/ Level: _RAB Challenge

Coaches: Jody Nouwen/Beth Veale

Number of Athletes: 30 Skaters, 2 goalies. Level: Train to Train

Equipment Needed: Pylons, Rings, 4 nets

Practice Goals:

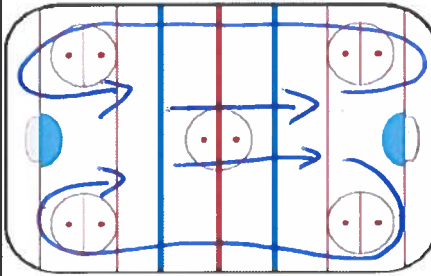
Offensive: Consolidate athlete's ability to create a 1-on-1 offensive advantage using drive skating.

Consolidate offensive deception skills and tactics

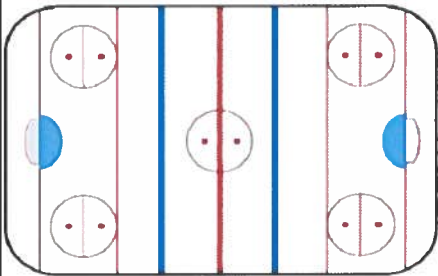
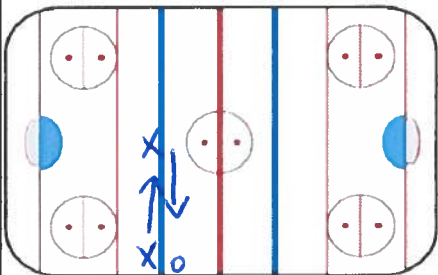
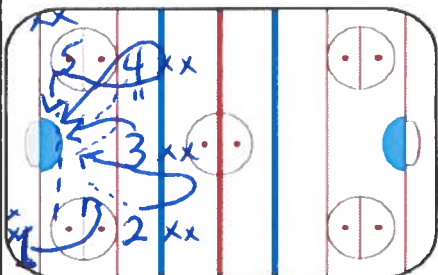
Defensive: Consolidate effective defensive skills when 1 on 1 by containing, channeling and checking

Goalie: Develop the skills and tactics used for completing saving high and low saves:

Goalkeeper Focus: Consolidate positioning in the net, stance, staying square to the shooter and movement (Shuffle and T-Push)

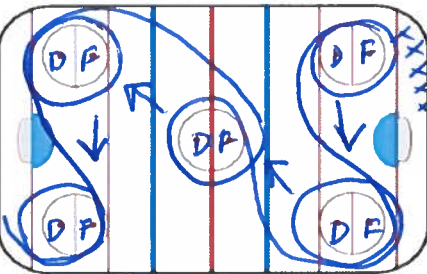
Time	Activity	Diagrams
Introduction – what needs to be organized?	Meet and greet players and get set in dressing room. Ask them to be ready 10 min before ice time. Introductions. Review key points of the practice. 2 whistles – stop, drop and roll 3X, drink, and come into the board, equipment and water bottle check	
Off-ice Warm-Up Pre-Practice Duration:		Location:
On Ice Warm-Up Total Duration: 12 min	<p>Drill Name:– Butterfly (3 min)</p> <p>Description/Key Execution Points (KEP): Stretches including: lunge with a twist, knees to chest, high knees, open the gate close the gate, stick behind back – side to side Agility, Balance, Coordination – 1 foot hops over blue lines, drop and roll, full 360.</p> <p>Key Technical/Teaching Points (KTP): hold stretches between blue lines, controlled movements to the full range of motion.</p>	

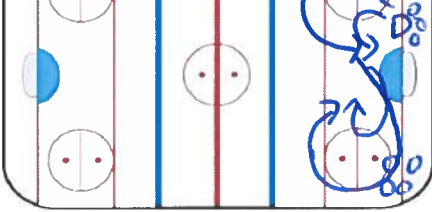
Ringette Practice Plan

	<p>Drill Name: Goalie warm up 6 min</p> <p>Description/KEP: movement 5m shuttles (T push, shuffle, C cuts, slide with butterfly up/down both directions), crease movement drill (post, slide across and up at opposite post, C cut out, T push along crease to middle, butterfly, C cut back into crease, C cut out to crease, butterfly, T push along crease to original post, reset and go other direction)</p> <p>KTP: Full range of motion. Similar motion to skills needed in practice.</p>	
Passing Warm up	<p>Drill Name: Shuttle Partner Passing (3 min)</p> <p>(AL training 20 sec hard skate 20 sec rest X3)</p> <p>KEP – X1 is on boards with the ring. Partner (X2) is facing them in the middle of the ice. X1 starts skating forwards, X2 starts skating backwards. When X1 gets to the middle they pass to X2. As soon as X2 sees the loose ring they jump forward to pick it up and skate to the middle to pass to X1 who started skating backwards as soon as they passed. Continuous.</p> <p>KTP – Focus on quick starts, accurate passing (communication) and jumping on loose ring.</p>	
Goalie Shooting Warm up	<p>5 shot passing drill (5 min)</p> <p>Key execution points KEP –</p> <p>X1 gets pass from X2 execute low walks.</p> <p>X2 gets pass from X3 and cuts in at dot</p> <p>X3 gets pass from X4, break away pass</p> <p>X4 gets drop pass from X5 who is skating up towards them and execute low walk</p> <p>X5 circles back and gets cross crease pass from X1</p> <p>* Allow enough time between shots – shoot from outside edges of slot</p>	

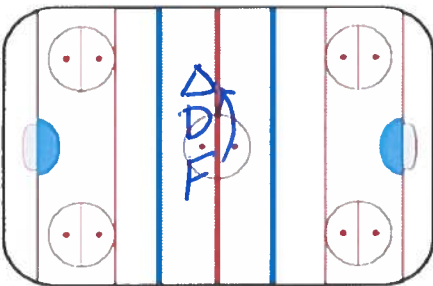
Ringette Practice Plan

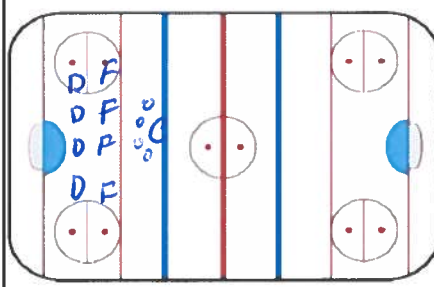
	KTP – Goalie warm up shots from different angles to promote goalie lateral movement. Stick to stick passes, communication	
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<p>Main Part</p> <p>Total Duration:</p> <p>40 min</p>	<p>Drill Name: Circle Dance (6 min)</p> <p>Description/KEP: Try to match up abilities? Start 2 players in each of the 5 circles.</p> <p>X is defending goal A, O is defending Goal B. O drives at X until top of circle, pivot now X drive skates at O. Then move to the next circle. Finish by returning safely back down the boards to the lineup. Second time with ring, pass to the forward each time you pivot.</p> <p>KTP: When on F – Drive at D. When on D, keep 1 stick distance gap, get GSIS positioning. Pivots – lift feet so you are not dragging them and power out with a crossover step so you do not lose speed.</p>	<p>Duration:</p> 
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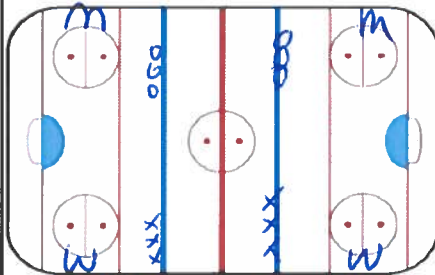
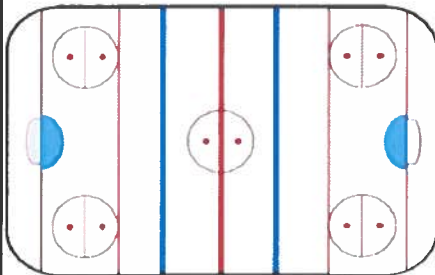
<p>Drill Name: 1 v 1 Station A (8 min)</p> <p>Description/KEP</p> <p>D starts with ring and makes a pass to F. F receives ring and then drives around circle and heads to the net for a shot. D meets F in Circle and tries to take away their shooting opportunity. After the first shot, F continues to opposite corner and grabs a ring. F drives around top of circle while D works to stay D side inside and stop a quality shot.</p> <p>KTP - Off – Be a Threat</p> <ul style="list-style-type: none"> • Beat Defence – Movement - Drive skate, Change of speed, Dekes 	
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Ringette Practice Plan

	<p>Also Beat Goalie, Quality shots, Make them move, short side, 5 hole, far side (freeze goalie)</p> <p>Def - Contain – body position, Channel – gap control, Check – controlled, no Fishing.</p> <p>Drill Name: Pylon Battle Station B (8 min)</p> <p>Description/KEP 1v1 try to get around D to touch pylon with the ring. Start with no sticks.</p> <p>KTP- Off - use change of speed and dekes to try and move around D.</p> <p>Def – Move with O and use stick, body to block O from being able to get around you. Stay D side and don't reach and get out of position.</p>	
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Total Duration:	<p>Drill Name: In Tight 1v1 Station C (8 min)</p> <p>Description. KTP Coach starts near ringette line with rings. Coach passes to any of the O. Once an O gets the ring they make attempt to get a good shot on net. D tries to stop the O from getting a shot.</p>	
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Ringette Practice Plan

	<p>KTP-Off – Use quick feet and deception to try to drive around D and get a quality shot on net.</p> <p>Def – Step up into F and take away their time and space to get a shot off.</p> <p>Off tries to gain advantage and force D out of position.</p> <p>Def – Stays up and aggressive on F, doesn't back into goalie.</p>	
<p>Cooldown Game 5 min</p>	<p>Drill Name: Increasing Number Ringette (5 min)</p> <p>Description/KTP Nets at boards in offensive zone. Game is played across ice. Players (half from each team (similar level?) are at staggered and spread out along ringette line.</p> <p>Start with 1 v1, add 2 players, add 2 players again until 5 v 5. Keep it quick</p>	
<p>Cool-Down On-ice /Off ice</p> <p>Duration: 3 min</p>	<p>Description</p> <p>Same as Warm up</p> <p>KTP: Ensure athletes take a few laps to cool down and stretch anything that they need. This will help with fighting tight muscles over a long weekend of ice times.</p>	
<p>Conclusion:</p> <p>Post Practice Message</p>	<p>Practice Summary</p>	

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	Next team activity and logistics	
Coach Reflection:	Did your practice meet your objective: Why/why not?	
	List 2 things that went well:	List 2 things to improve on:
	1	1
	2	2
	Additional comments	