

RAB Challenge 2025 - practice plan #1

Date: Friday, April 11, 2025

Time: 60 minutes

Location: Tri-Leisure Centre North & South, Spruce Grove

Coaches: Keely Brown/Bronwen Harvey

Athletes: 30 skaters, 4 goalies per ice time

Level: L2T, T2T

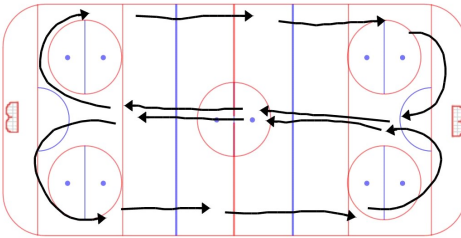
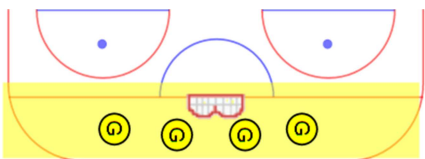
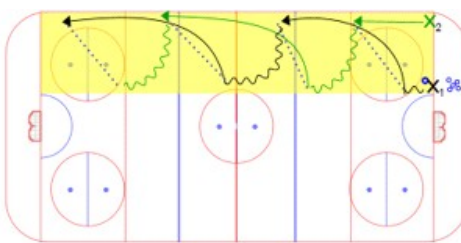
Equipment: rings, pylons, 4 nets, bingo dabbers

Practice goals:

Offense: keep your feet moving, follow your pass, start moving your feet before making a pass

Defense:

Goaltending: pushing out in the crease, challenging the shooter

Time	Activity/Description	Diagram
-45 to -30 minutes	Off-ice warmup	Find space to do this! Dynamic warmup is best
-10 minutes	Introduction of instructors, review practice plan and goals	in the dressing room
0-10 minutes	On-ice warmup: long butterfly. Stretches including lunch w/ twist, knees to chest, side to side, stick behind back, hips open and shut. Agility includes 2 foot and 1 foot hops over blue lines, knee touches, 360 spin at blue lines etc.	
0-15 minutes	Goalies warmup: 5m shuttles including t-push, shuffle, c cuts, slide with butterfly both directions, crease movement, etc. Full range of motion	
10-15 minutes	Warmup- Passing - 2 player weave. Work on keeping the space between passers. Always pass over the blue lines and make sure the first two strides with or without the ring are towards the boards/middle, NOT straight ahead.	

RAB Challenge 2025 - practice plan #1

Date: Friday, April 11, 2025

Time: 60 minutes

Location: Tri-Leisure Centre North & South, Spruce Grove

Time	Activity/Description	Diagram
15-22 minutes	<p>Warmup - shooting/goalie warmup, 5 shot out of both ends.</p> <p>X1 leaves from the corner and receives a pass down low from X2. X1 posts the goalie then does a low walk and shoots.</p> <p>X2 drives towards the faceoff dot, receives a pass from X3, drives through the dot and shoots.</p> <p>X3 takes a few quick strides and receives a breakaway pass from X4. X3 shoots (no dekes)</p> <p>X5 skates towards X4 and makes a drop pass. X4 picks up the drop pass, posts the goalie and does a low walk.</p> <p>X5 skates around the line of #4s timing themselves. They will receive a cross-crease pass from X1 and make a quick shot.</p> <p>The timing and rotation is important. Wait until the goalie is ready before each shot. Use different angles for the shots. No dekes/fakes.</p>	

RAB Challenge 2025 - practice plan #1

Date: Friday, April 11, 2025

Time: 60 minutes

Location: Tri-Leisure Centre North & South, Spruce Grove

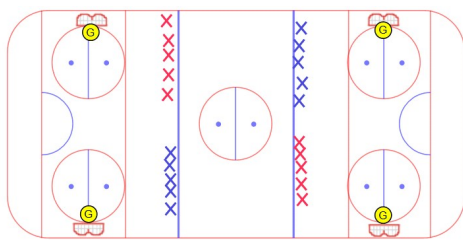
Time	Activity/Description	Diagram
22-52 minutes (3 x 10 minute stations) Goalies may want to do 2 stations: 15 minutes in the end with Ando's, and 15 minutes with the Tapani at the other end	Station 1: Ando's 2 v 0 half ice weave. Purple will take two strides with the ring and pass to green. Purple makes a wide cut so that the sight line is established. Green takes a few strides and makes a pass over the blue line to purple. Purple will drive low, post the goalie, and do a low walk. Green will drive wide and follow purple, but wait on the close side of the net for a cross-crease pass.	
	Station 2a: figure 8 skate & pass. Using dots on the ice, rings, or cones, partners stand about two stick lengths apart and always face each other. They do a figure 8 pattern with a pivot and pass to each other continuously. Station 2b: short-short-long. In groups of 3 (may need coach/instructor participation) this is a continuous passing cycle where athletes have to move once they've passed.	
	Station 3: Tapani 2 v 0. F1 will take two hard strides towards F2 and make a pass. F1 will then cut sharply around F2, then head to the boards. F2 will take two hard strides and pass to F1 just inside the ringette line. F1 will post the goalie and do a low walk. F2 will follow F1 and wait on the near post for a cross-crease pass.	

RAB Challenge 2025 - practice plan #1

Date: Friday, April 11, 2025

Time: 60 minutes

Location: Tri-Leisure Centre North & South, Spruce Grove

Time	Activity/Description	Diagram
52-60 minutes	Game/cool-down. Increasing number ringette. Try to split athletes into similar skill levels. Half at each end. Start with 1 v 1, then add another from each team until it gets to 4v4 or 5v5. Keep things moving quickly.	
60 minutes	Cool-down laps. Recommend doing some light stretching/cooling down off-ice after practice	
60+ minutes	Conclusion - done in the dressing room with Team Coaches and Junior Coaches. Reiterate the key points of the practice - follow your pass!!	
Coach reflections:	Did the practice meet your objective? Why/why not?	
	List 2 things that went well	
	List 2 things that need improvement	