

Ringette Practice Plan

Team/ Level: RAB Challenge **Coaches:** Jody N/Beth V

Number of Athletes: 30 skaters 4 goalies **Level:** Train to Train

Equipment Needed: Pylons, rings, 4 nets, marker, board

Practice Goals:

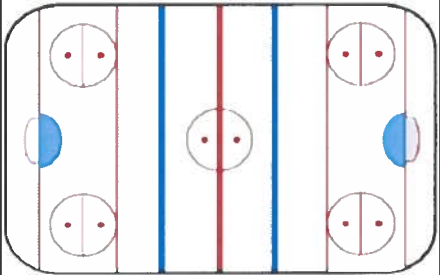
Offense – Consolidate athletes’ ability to create 1v1 & 1 & 2v2 advantages using drop passes and deception.

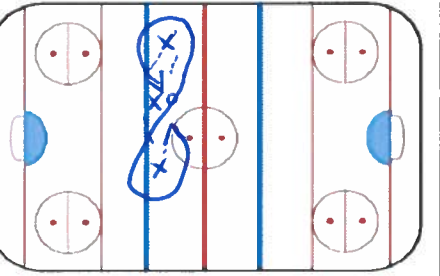
Defensive: Consolidate effective defensive skills when 1v1 & 2v2. Includes containing, channelling, and checking.

Goalkeeper Focus: Develop skills and tactics for reading the play and being ready for all types of shots.

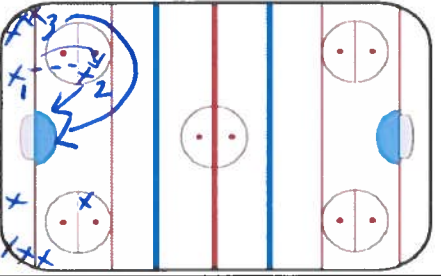
Time	Activity	Diagrams
Introduction – what needs to be organized?	Greet players in change room. Review key points of practice. 2 whistles, quick feet shuffles and a fast lap.	
Off-ice Warm-Up Pre-Practice Duration:		Location:
On Ice Warm-Up /Goalie Warm up Total Duration: 5 min	<p>Drill Name: Perimeter skate. Objective: Warm up body and stretch.</p> <p>Description/Key Execution Points (KTP): Stretch on one side (work upper body to lower body) with long strides on other side. Next, backwards between blue lines, then pivots front to back and back to front on every line.</p>	

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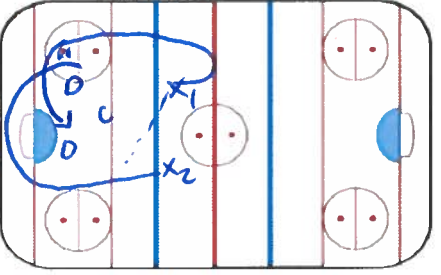
	<p>Goalie warm up Drill Name: Mirror Drill Objective: For goalie to be able to quickly read and react to a movement.</p> <p>Description/KEP: One goalie takes the lead and does actions like a T-push, C-cut, butterfly while the other follows her lead. Switch who leads after 1 min</p>	

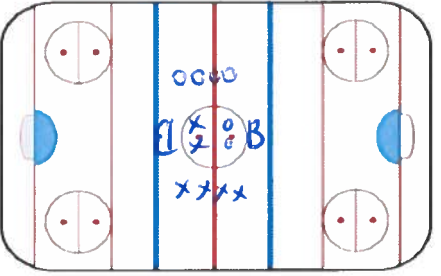
<p>Main Part</p> <p>Total Duration: 5 min</p>	<p>Drill Name: Player warm up Figure 8 drill Objective: Work on edges and passing while moving. Also working on timing of passes</p> <p>Description/KEP: 3 players per group 2 players line up across from each other about 10 feet apart while the third starts in the middle with a ring. The athlete in the middle (P1) skates towards P2 and passes, then she skates behind P2, does a tight turn and calls for a pass back. Now P1 skates toward P3 and does the same thing. P1 keeps going for 45 sec then they swap positions. KTP: Be ready with stick pointing to where you want the ring. Use verbal communication to call for ring, make tight turns in order to turn around quickly and be ready for next pass.</p>	
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Ringette Practice Plan

<p>Total Duration: 10min</p>	<p>Drill Name: Double Barrel Drill Objective: Warm up Goalie with many types of shots (no dekes to start). Work on passing a receiving the ring and making a quality shot on net.</p> <p>Description/KEP X1 starts with a ring in the line near the net. She passes to X2 who is in the players circle and then follows her pass behind X2 and gets ready to receive ring in next round. When X1 receives the ring she skates in a few steps and shoots. X3 comes from the corner with a ring and cuts around the top of the circle to take a shot as soon as X1 gets her ring.</p> <p>Repeat on the other side and continue to alternate sides.</p> <p>Option 1 – After X1 shoots she goes in front to screen for X3</p> <p>Option 2 – After x1 shoots she plays D vs X3</p> <p>KTP: Coach should call out when a side should start in order to keep the flow of the drill and not overwhelm the goalie.</p>	
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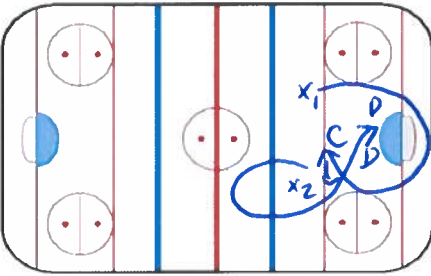
Ringette Practice Plan

<p>Main Part</p> <p>Total Duration: 7 min</p>	<p>Drill Name: Low drop Objective: To utilize a 2 system Offense to gain advantage for an attack on the net</p> <p>Description/KEP:</p> <p>3 stationary players play a passive triangle.</p> <p>X1 passes to X2 over the blue line. X1 creates time and space for herself while X2 receives the ring and drives behind the net with ring. X1 then skates towards X2 near the low D and she receives a drop pass from X2. X1 drives low and shoots or does a low walk. X2 comes back into the slot area for a rebound or a pass from X1</p> <p>KTP: Timing is key. X1 must time her move towards X2 in order to get the drop pass just at the right spot. X2 must make a good outside lane drop pass that is easy to pick up.</p>	<p>Duration:</p> 
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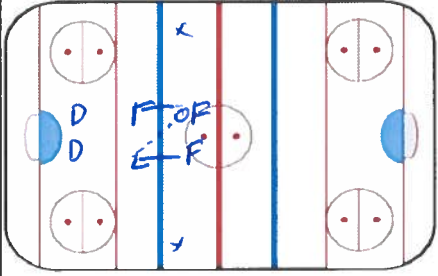
<p>Main Part</p> <p>Total Duration: 7 min</p>	<p>Drill Name: 2v2 in centre circle Objective: Players work to get open for their partner in order to beat the opponents and get quality shots on the net.</p> <p>Description/KEP: Split into 2 teams. 2 nets on top and bottom of the centre circle. Start with coach passing a ring in. 2 players from each team battle and try to score on opponent's net. Other teammates line up on sides of the circle and be ready for a pass. Players from the middle can pass to them in order to gain an advantage. Players battle for about 30 sec until coach blows whistle.</p>	<p>Duration:</p> 
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Ringette Practice Plan

	<p>KTP: F must move to open space in order to get open for a pass. Utilize drop passes and dekes to get around D. D stay D side and force O to make a bad move.</p>	
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<p>Duration: 7 min</p>	<p>Drill Name: High drop</p> <p>Objective: Offense to gain advantage for an attack on the net.</p> <p>Description: Start with a passive triangle of 2 D and a Centre. X1 starts at ringette line and skates behind the net with the ring. X2 starts at the ringette line and skates out of the zone and times it to come back in the zone for a high drop pass from X1. X1 drives at the centre and then drops to X2. X2 picks up pass and drives to the net for a shot. X1 stays ready for a pass back from X2 if its open.</p> <p>KTP: Timing of pass by X1 and timing of arrival for pass by x2. Drop pass must be flat and easy to pick up. Pass must be far enough from the centre so she cant steal it.</p>	
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<p>Duration: 10-12 min</p>	<p>Drill name: Defense Dominates</p> <p>Objective: To battle 2v2 in the zone.</p> <p>Forwards use drops and dekes to gain advantage and score.</p> <p>Defense – stay D side inside, contain and channel.</p> <p>Description:</p> <p>2 D start in the slot. 2 F pass over the blue line and come in for a shot vs. the 2 D. If the F score, they stay and become the new D. If they do not score and the D are able to get the ring and pass to a player over the blue line they stay in as the D and the forwards go back to the centre to try again on their turn. Goalie rings happen when they save a shot. Object of the game is to stay in as D for as long as possible.</p>	
<p>Cool down</p> <p>Conclusion:</p>	<p>Skate perimeter and stretch. Talk with a partner about your favorite drill and what you learned.</p>	

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