

# Ringette Practice Plans Worksheet

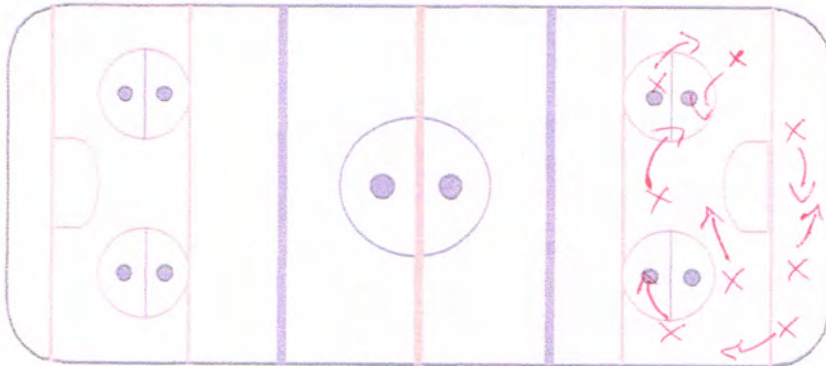
Date: Practice #1 1/2 Ice

Full Ice

Page 1 of 2

(Circle One)

Skating → Passing →

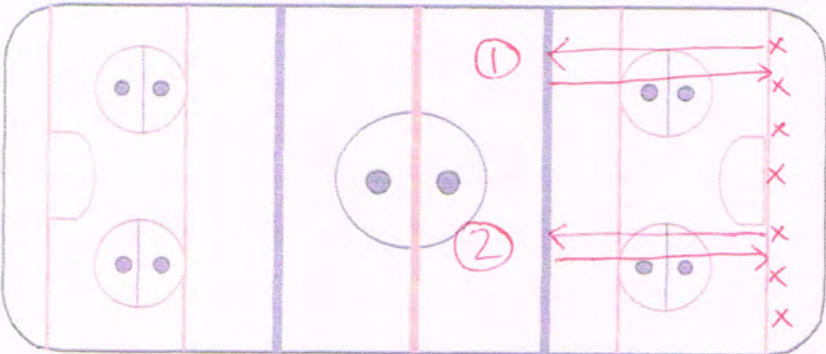


Warm Up (5 min.)

- ① - keep away  
 (girls skate around with ring inside ringette line while 2 girls check. Girls that lose their rings become checkers as well.)

\*water\*

Description: \_\_\_\_\_ Duration: \_\_\_\_\_

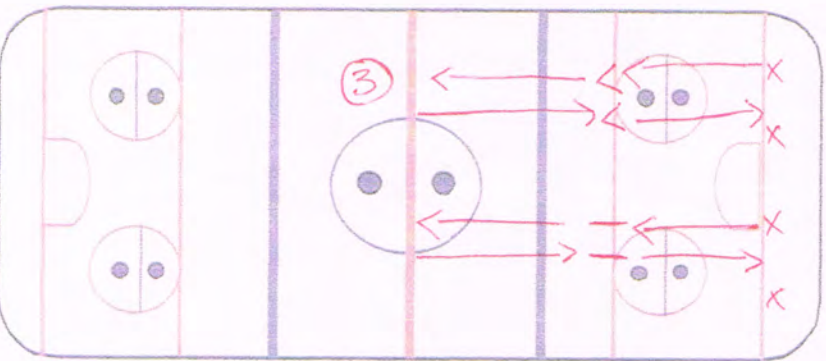


Skating (20 min)

- ① - Start & Stop (long stride pushes to blue line / stop and back to goal line, stop.)  
 ② Start & Stop (hard & fast to blue line / stop, hard to goal line / stop.)

\*water\*

Description: \_\_\_\_\_ Duration: \_\_\_\_\_



Skating (cont)

- ③ Knee Drops (skate from goal line to center ice dropping on knees at ringette line)  
 ④ Super Girl (skate from goal line to center ice sprawling on belly at ringette line)

\*water\*

Description: \_\_\_\_\_ Duration: \_\_\_\_\_

# Ringette Practice Plans Worksheet

Date: Practice #1

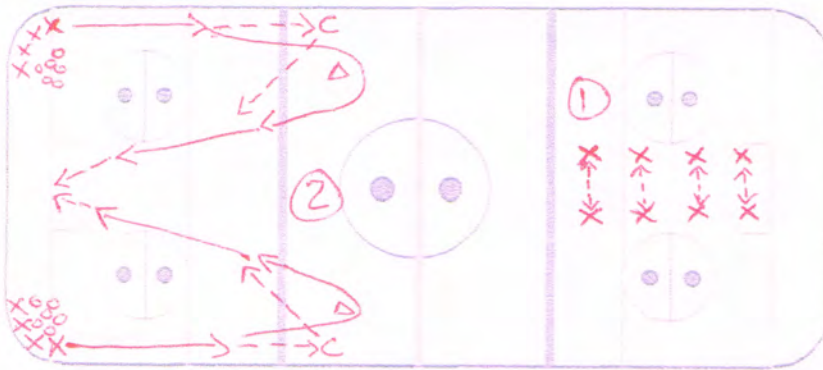
1/2 Ice

Full Ice

Page 2 of 2

(Circle One)

Skating  $\xrightarrow{\hspace{2cm}}$  Passing  $\xrightarrow{\hspace{2cm}}$



Description: \_\_\_\_\_ Duration: \_\_\_\_\_

## Passing (20 min.)

### ① Stationary Passing

(partners passing to each other, stand 5' apart)

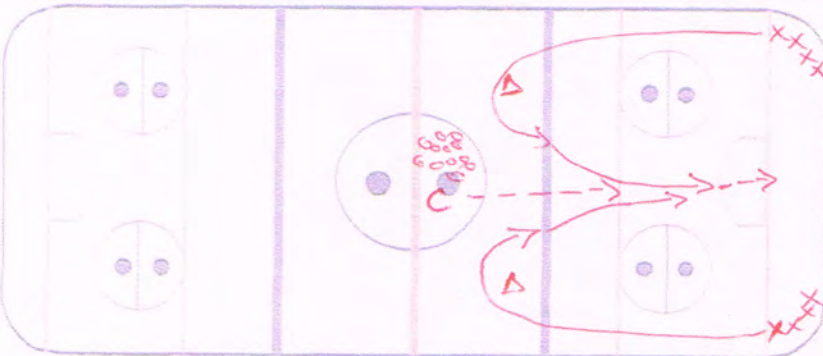
② Blue Line Pass (girls start in corners / skate with ring to blue line / pass to coach / skate around cone / receive pass from coach / shoot.)

\*water\*

## Games (10 min.)

### ① Race to Ring (2 Cats & 1 Mouse)

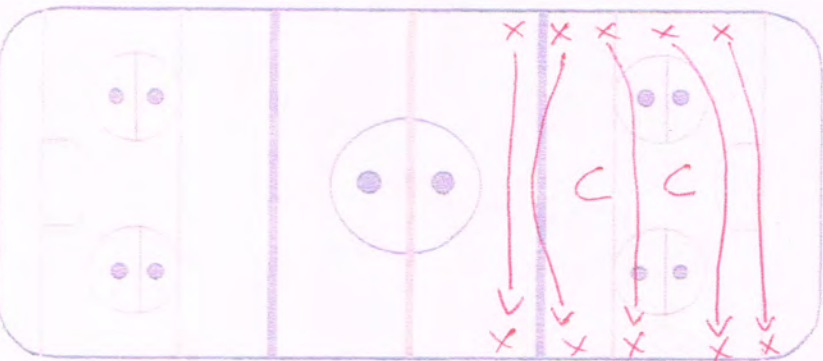
(girls start in both corners / race around cone outside blue line / coach throws a ring into center / girls race to ring & shoot on net)



Description: \_\_\_\_\_ Duration: \_\_\_\_\_

### ② British Bull Dog

(start on side boards with coaches in the center / race across to other boards without being tagged.)



Description: \_\_\_\_\_ Duration: \_\_\_\_\_



# Ringette Practice Plans Worksheet

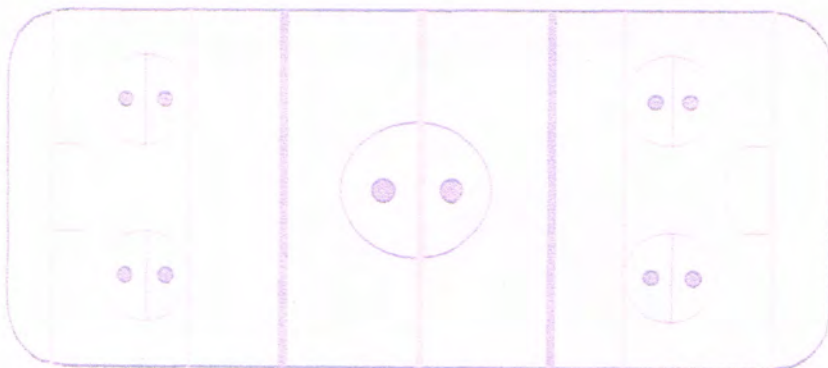
Date: Practice #2 1/4 Ice

Full Ice

Page 1 of 2

(Circle One)

Skating  $\longrightarrow$  Passing  $\dashrightarrow$



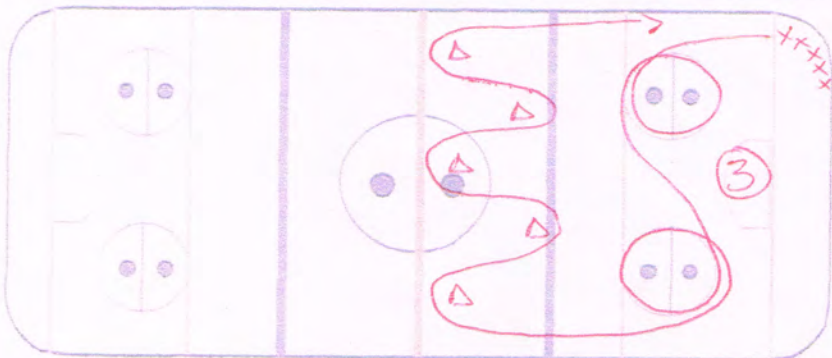
Warm Up (5 min.)

① Keep Away  
\* water \*

Skating (20 min.)

① Start & Stop

Description: \_\_\_\_\_ Duration: \_\_\_\_\_



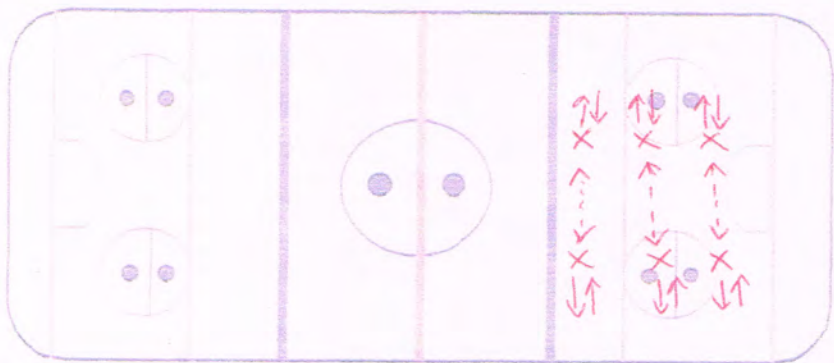
② Knee Drops

③ Circles with Tight Turns

④ Super Girl

\* water \*

Description: \_\_\_\_\_ Duration: \_\_\_\_\_



Passing (25 min.)

① Stationary Passing

② Partner Passing - Moving

(partner girls up / have

them pass back & forth

while moving forward

& backward) \* Only

about 6' apart \*

Description: \_\_\_\_\_ Duration: \_\_\_\_\_

# Ringette Practice Plans Worksheet

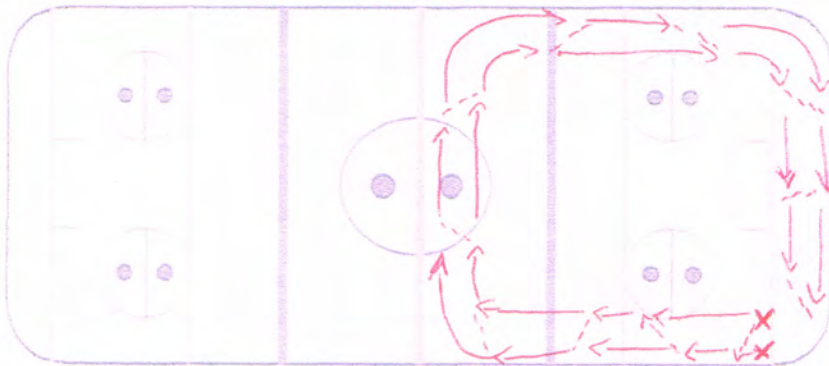
Date: Practice #2 1/2 Ice

Full Ice

Page 2 of 2

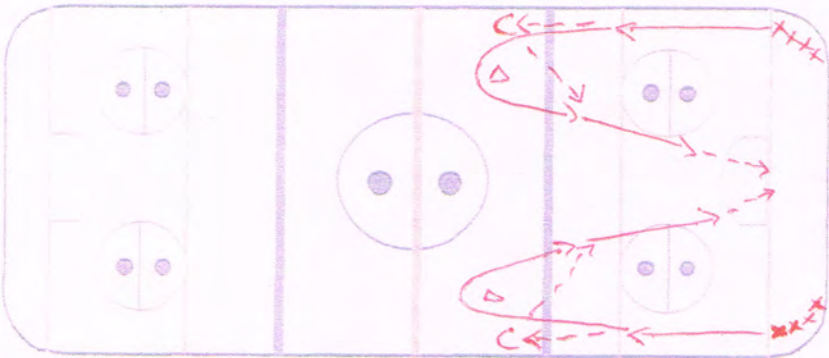
(Circle One)

Skating → Passing →



③ Partner Passing - Boards  
(passing in pairs while skating together along the boards)

Description: \_\_\_\_\_ Duration: \_\_\_\_\_



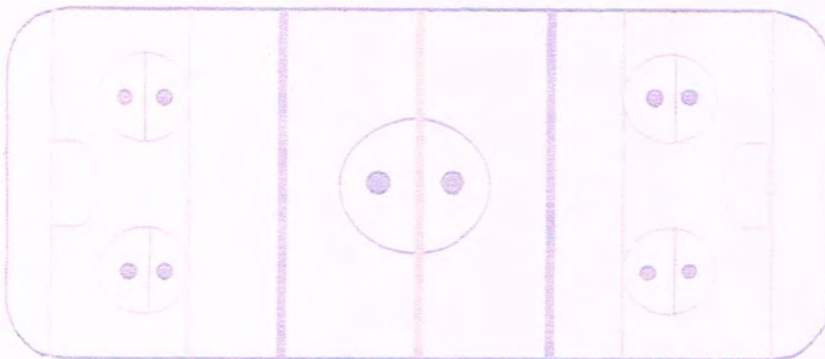
④ Blue Line Pass

\* under \*

Game (5-10 min.)

① Freeze Tag (coaches

Description: \_\_\_\_\_ Duration: \_\_\_\_\_



chase girls / if tagged  
they stand still till  
another girl frees them)

Description: \_\_\_\_\_ Duration: \_\_\_\_\_



# Ringette Practice Plans Worksheet

Date: Practice #3

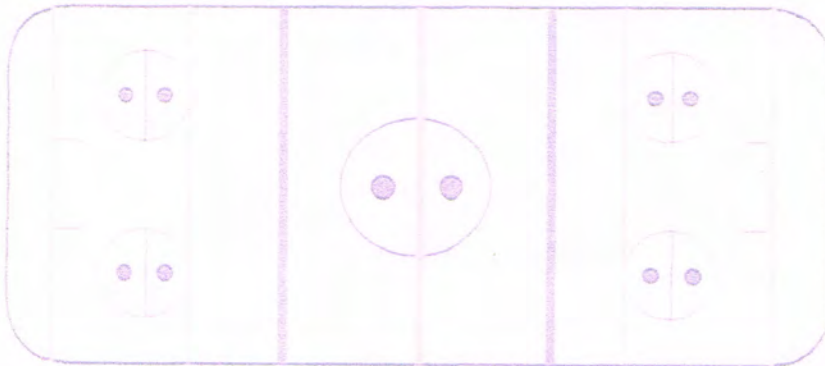
Ice

Full Ice

Page 1 of 2

(Circle One)

Skating  $\longrightarrow$  Passing  $\dashrightarrow$



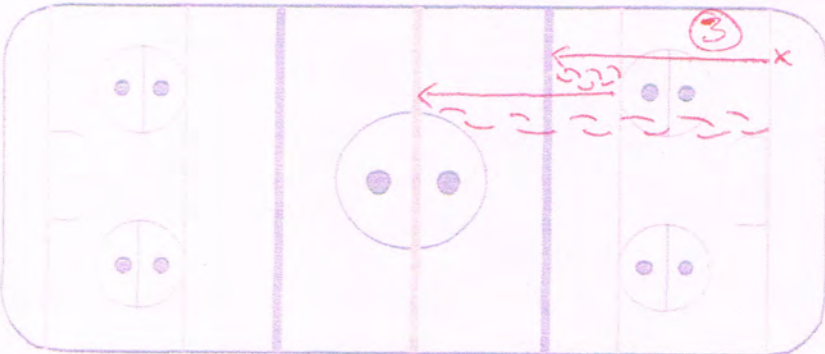
Warm Up (5 min.)

① Keep Away

Skating (20 min.)

① Start & Stops

Description: \_\_\_\_\_ Duration: \_\_\_\_\_



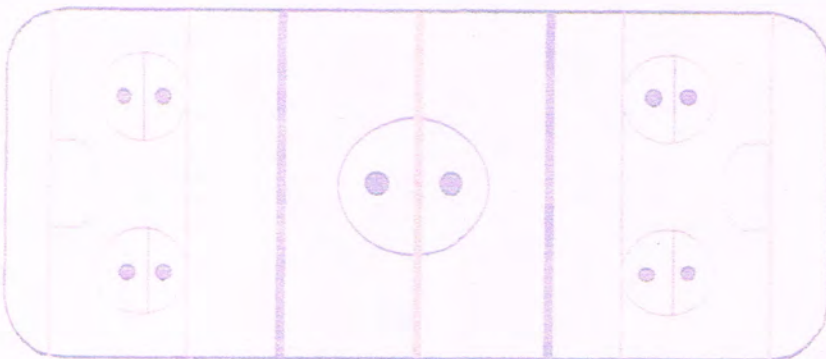
② Knee Drops

③ Transition (from goal line / forward to blue / backwards to ringette / forward to red / backwards to goal line)

④ Super Girl

\* water \*

Description: \_\_\_\_\_ Duration: \_\_\_\_\_



Passing (10 min.)

① Stationary Passing

② Blue Line Pass

Description: \_\_\_\_\_ Duration: \_\_\_\_\_

# Ringette Practice Plans Worksheet

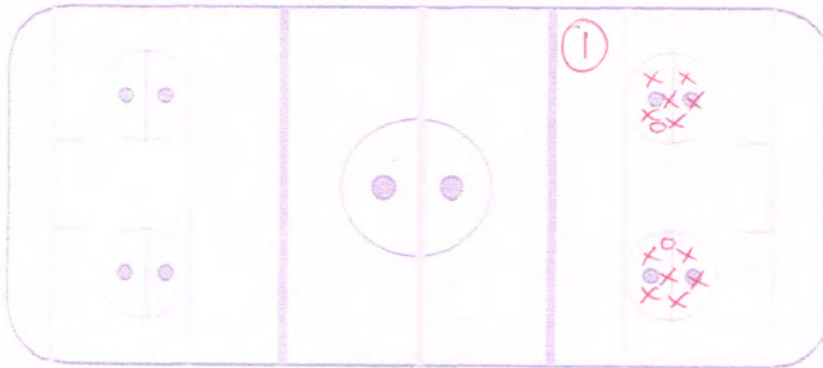
Date: Practice #3 1/2 Ice

Full Ice

Page 2 of 2

(Circle One)

Skating → Passing →



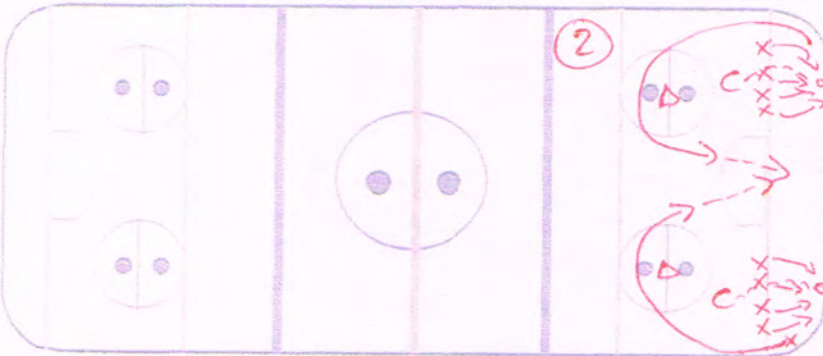
Checking (20 min.)

① Battle in Circle

(1/2 the girls in each circle / one ring to fight for / 1.5-2 minutes then

30 second break with coaching) \*even girls with like skilled players \*

Description: \_\_\_\_\_ Duration: \_\_\_\_\_

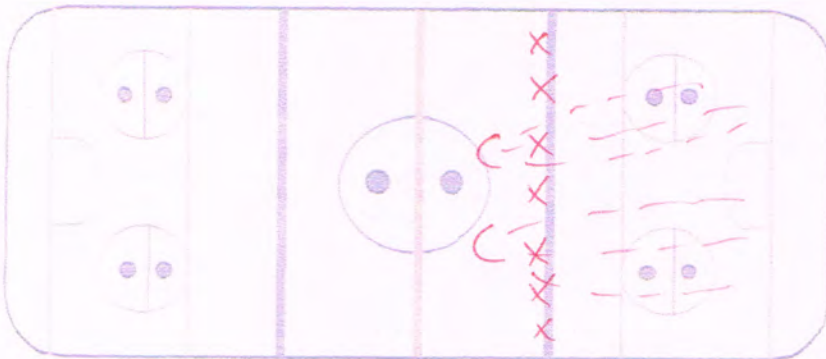


② Ring Toss

(line 3 or 4 girls up on goal line facing boards / throw the ring over their heads / girls battle for ring / girl who comes across goal line with ring shoots on net)

\*water\*

Description: \_\_\_\_\_ Duration: \_\_\_\_\_



Game (5 min)

① Bouncy Balls

(line girls up on blue line with NO sticks / throw in enough bouncy balls so each girl gets one)

\* NO DIVING OR SLIDING ON KNEES

Description: \_\_\_\_\_ Duration: \_\_\_\_\_



# Ringette Practice Plans Worksheet

Date: \_\_\_\_\_

1/2 Ice

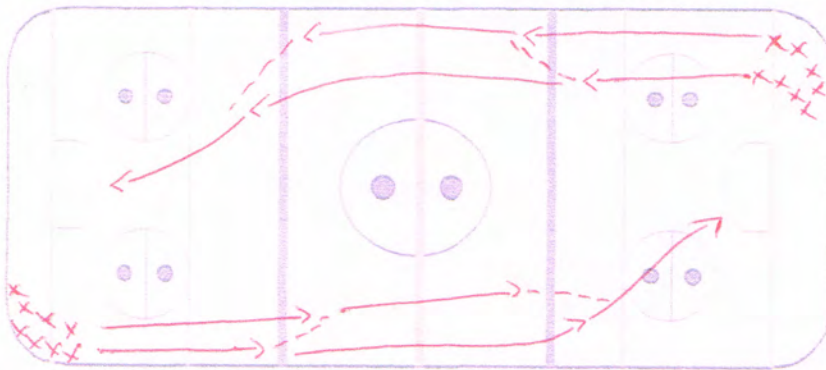
Full Ice

Full Ice

(Circle One)

Skating

Passing



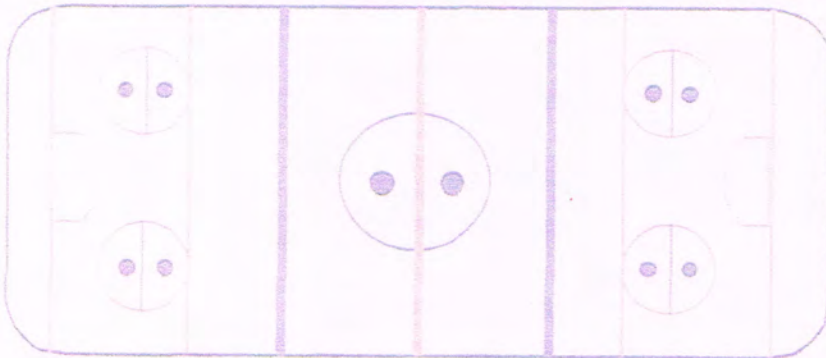
Breakout/Neutral Zone

Passing

(girls in opposite corners / skate up in pairs / passing once across each blue line / shoot on net. Girls should be about 4' apart when

Description: \_\_\_\_\_

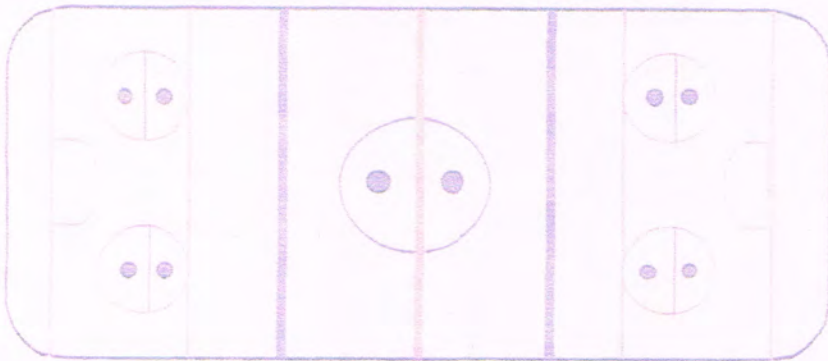
Duration: \_\_\_\_\_



making passes. Passes need to be in front of girl.)

Description: \_\_\_\_\_

Duration: \_\_\_\_\_



Description: \_\_\_\_\_

Duration: \_\_\_\_\_