

# YEARLY PLAN

TEAM: \_\_\_\_\_

DIVISION: \_\_\_\_\_

LEVEL: \_\_\_\_\_

Dates	Months 2019-20	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June - August		
	Dates (Monday)	2 9 16 23 30	7 14 21 28	4 11 18 25	2 9 16 23 30	6 13 20 27	3 10 17 24	2 9 16 23 30	6 13 20 27	4 11 18 25	13 weeks		
Events	Competition												
	Tournaments												
	League Games												
	Exhibition Games												
	Practice												
	Dryland												
	Tryouts												
Other													
Weeks		1 2 3 4 5	6 7 8 9	10 11 12 13	14 15 16 17 18	19 20 21 22	23 24 25 26	27 28 29 30 31	32 33 34 35	36 37 38 39	40-52		
Period		Preparation Period				Competition Period					Transition Period		
Phases		General Prep Phase			Specific Prep Phase			Pre - Comp Phase			Main Comp Phase		

- PM Parent Meeting
- PP Pool Party
- TM Treadmill Training - Brock
- TP1 Team Party - Introduction
- TP2 Team Christmas Party
- TP3 Team Year end party
- EXO Excercise on Own

NO Team activities

- x1 One team event that week
- x2 Two team events that week
- x3 Three team events that week
- x4 Four Team events that week

- RR Rusty Ring Cochrane Sep 20-22, 2019
- RiO Ring it On Calgary Sep 27-29, 2019
- LK Lonnie Krahn Calgary Oct 11-13
- TR Turkey Ring St. Albert Oct 11-14, 2019
- BR Brass Ring Beaumont Oct 18-20, 2019
- RR Ringette Rumble Calgary Nov 1-3, 2019
- PR Platinum Ring Sherwood Park Nov 8-11, 2019
- RoF Ring of Fire Airdrie Nov 8-11, 2019
- CH Chinook Lethbridge Nov 15-17, 2019
- IB Ice Breaker Lacombe Nov 15-17, 2019
- JR Jingle Ring Calgary Nov 22-24, 2019
- WD Wood Edmonton Nov 22-24, 2019
- DR Diamond Ring Fort Sask Nov 29-Dec 1, 2019
- EH Ed Horvath Medicine Hat Dec 6-8, 2019
- BCC Bob Campbell Cochrane Dec 13-15, 2019
- ED Erika Driesen Lacombe Dec 13-15, 2019

- PD1 Playdowns 1st round
- PD2 Playdowns 2nd round
- PC Provincial Championship
- W Western Championships Prince George March 25-28, 2020
- N National Championship Ottawa April 5-11, 2020
- AWG Alberta Winter Games Airdrie Feb 14-17, 2020

- Fol Friends on Ice Red Deer Jan 3-5, 2020
- SoC Ringette Scores on Cancer Edmonton Jan 10-12, 2020
- WT Wild Things Leduc Jan 10-12, 2020
- GR Golden Ring Calgary Jan 17-19, 2020
- SR Silver Ring Edmonton Jan 17-19, 2020
- LMR Laurie Morton Strathmore Jan 31-Feb 2, 2020
- ST Sweetheart Spruce Grove Feb 14-17, 2020

The Training Objectives for a Specific Athletic Ability or Ringette Skill or Specific Technical and Tactical Elements		
Development of Physical/Motor Abilities or Acquisition of Skills/Tactics	Maintenance of Physical/Motor Abilities or Consolidation of Skills/Tactics	Refinement of Skills/Tactics

Training Emphasis is shown in the thickness of the band		
High	Moderate	Low

		Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr
Technical Preparation	Individual Skills								
	Skating								
	Ring Skills								
	Checking								
	Shooting								
	Channeling								
	Team Tactics								
Break out									

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	Dates (Monday)	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	3	10	17	24	2	9	16	23	30	6	13	20	27	4	11	18	25	13 weeks		
	Offensive System																																										
	Team Defense																																										
	Triangle Play																																										
	Special Situations																																										
Mental Preparation	Positive Environment Self Awareness Emotional Control Attentional Control Imagery Skills Goal Setting Evaluation																																										
	Decision-making																																										
Physical Preparation	Athletic Abilities																																										
	Speed																																										
	Speed - Endurance																																										
	Aerobic Stamina																																										
	Maximum Strength																																										
	Speed - Strength																																										
	Strength - Endurance																																										
Motor Preparation	Agility																																										
	Balance																																										
	Coordination																																										