

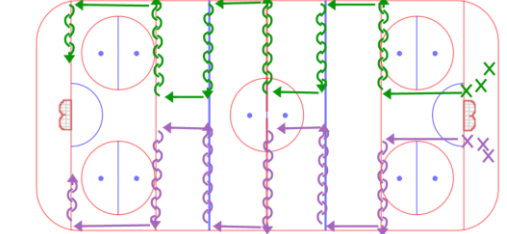
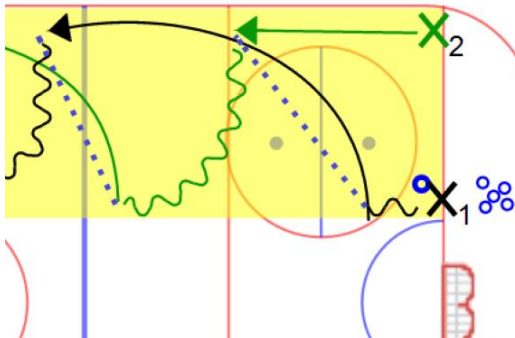
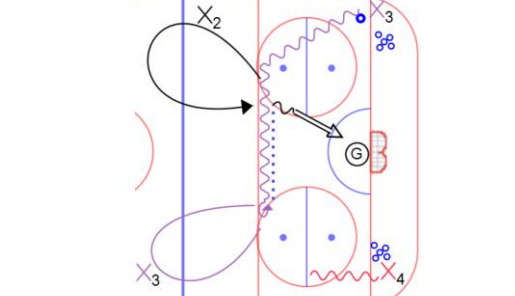
Ringette Practice Plan

Division U19A Full/half Length 75min

Practice goals: quick feet, 1v1 positioning + marking, communication

Notes: have athletes evenly split wearing dark and light jerseys (or pinnies)

Warmup: 10-15 minutes

<p>Castle</p> <ul style="list-style-type: none"> Sharp turns, quick push off after pivot <p>Goalie can do shuffles or t-pushes as alternatives to skating forwards/backwards.</p>	
<p>Skaters: Two-player weave</p> <p>Goalie: stretch</p> <ul style="list-style-type: none"> Maintain distance, don't get too close Stick to stick passes, not too far in front Two quick strides off the boards right away Communicate! 	
<p>Everyone: stretch & water</p>	
<p>Goalie warmup/shooting</p> <ul style="list-style-type: none"> No dekes, 5 pushups if you miss the net Strong passes Skate hard onto the ring Pay attention to timing (skate with your head up) <p>Goalies rotate every few shots or take a break as needed. Shooters continue.</p>	

Main Part: 40-55 minutes (grab water between activities, or as needed provided athletes are not in a dangerous area on the ice)

<p>1v1 out of the corner (8-10 min)</p> <ul style="list-style-type: none"> • F starts in the corner with a ring • D starts in their approximate triangle position – no stick to start • F must go at least to the ringette line (can go further) and stay on one half of the ice • D channels goalside-inside keeping the F to the outside • F drives to the net to find a quality scoring opportunity <p>It's important that the F works to create a quality scoring chance, not simply shooting from far away.</p> <p>D learn to not focus on their sticks, but to keep feet moving/match speed, and channel</p>	
<p>2 stations: (8-10 min then switch)</p> <p>1. Keep-away/ultimate ringette Blue line to red line or ringette line, boards to boards, 3v3 or 4v4. Count passes, or try to "score" by touching the ring to the boards. Can't skate with the ring. The goal is to make QUICK passes and then quickly move to support the ring-carrier. Opponent can NOT check when ring is on a stick, but can intercept. Mark 1v1 all over, communicate.</p> <p>This encourages quick decision-making on both sides of the ring. Count passes in a row, or try to "score".</p> <p>2. Back passes/low post passes (goalie) Offensive zone back passes to the low post. Skate up towards the top of the triangle, drawing a D and C with you, then back pass (the side of the body furthest from the defender) to the low post to a teammate who shoots or walks. Goalie should practice coming out to follow the play, communicate the low player to teammates, and follow the pass.</p>	

<p>Work on breakout – flare, forwards high-low (10-15 min)</p> <ul style="list-style-type: none"> • Don't leave until the goalie has control of the ring • Centre stall before going behind • 2 hard strides off the boards • Forwards heads up, watch timing; it's better to leave a bit late than too early <p>Add checkers, make it a 5v5 and practice tight marking. Without sticks first. Remaining athletes may need to be on the bench.</p>	
<p>Tulo's Box, 2v2 (5-10 min)</p> <p>D1 pass to F1 (or D2 to F2). F1 & F2 must cross and do a drop/back pass. F1/2 are now breaking up the ice to create a scoring chance, and D1/2 are marking up and defending.</p> <p>D communicate who they're marking. Be in a position to see the ring and the player. F work on changing speed/direction and using the quiet zones. Think about the 2-player weave!</p>	

Cool Down: 5-10 minutes

<p>Turtle tag Blue line to blue line (or other lines), athletes crawl from one to the other, while an athlete/coach are "it" in the middle. If a player (turtle) rolls onto its back they can't be tagged.</p> <p>A few easy laps & stretch</p>	
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