

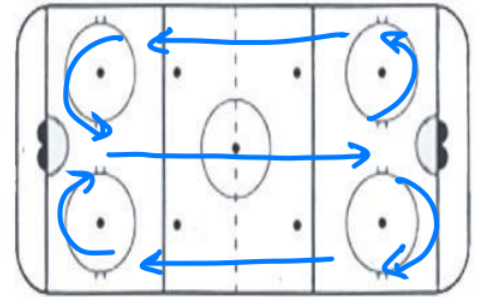


Ringette Evaluations Practice Plan – U10-U12-U14



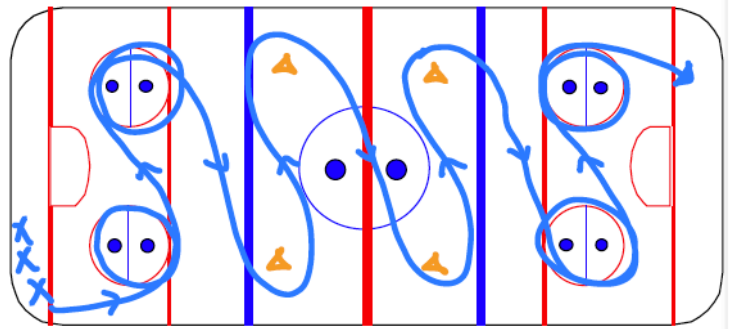
Warmup - 5 Mins

- Skate down the middle $\frac{3}{4}$ speed, peel off half each way and switch each time you go back down
- $\frac{1}{2}$ speed down the outside
- Quick circle stretch in middle



Circles and Dots - 7 mins

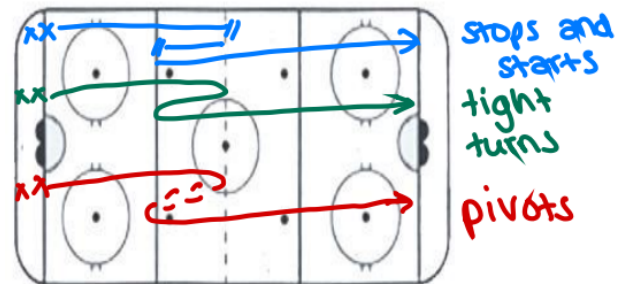
- Players skate around the first two circles, then tight turn around the four pylons in the middle, then skate around the final two circles.
- This drill is continuous, so please send one after the other or 2-3 at a time.
- Although the tight turns will always be forward, the circles can be done with forwards crossovers, backwards crossovers, and then pivots at the top and bottom of the circle.



Lighting Skate – 10-12 mins

- Players lines up in 4-6 lines
- Go all the way down and back – so 6 times total
- Stops – always face same way x2
- Tight turns – always face same way x2
- Pivots – always face same way x2

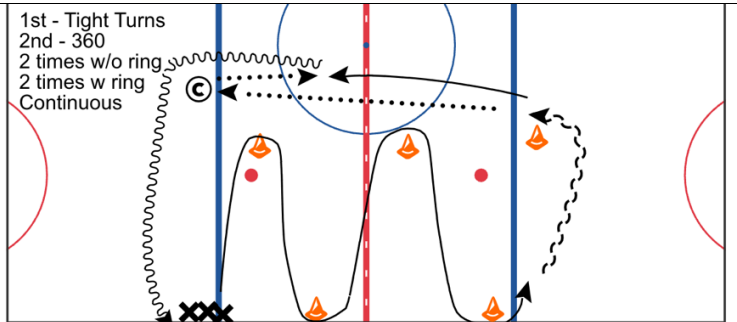
All lines go at same time on whistle



Stations – 7-8 mins per station (rotate till all 4 complete)

Station 1 - Tight turn / 360 station

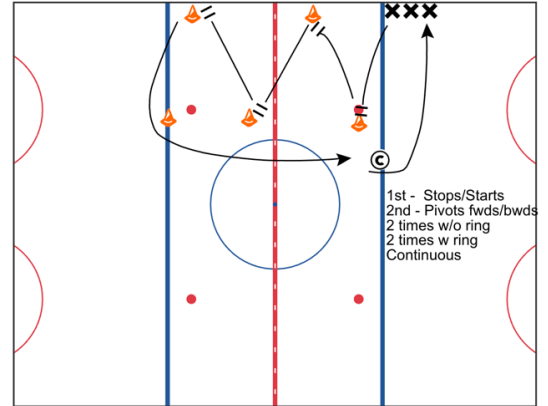
- 2 times w/o ring, 2 time with ring
- Turn at each pylon
- Have players continually do this till station is over
- Add pass to Coach



Ringette Evaluations Practice Plan Pg.2 - U10-U12-U14

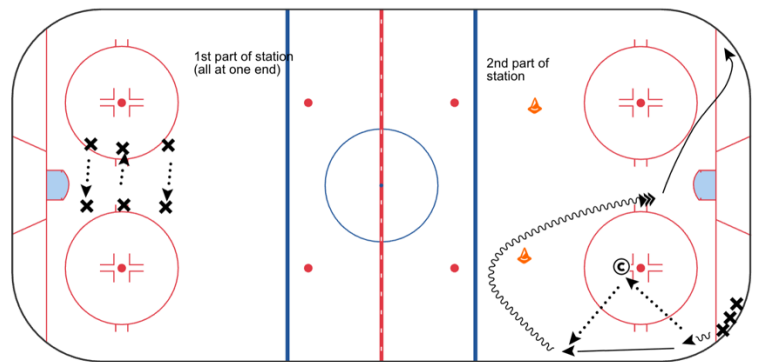
Station 2 - Stopping station / Pivot Station

- 2 times w/o ring, 2 time with ring
- Stop or Pivot at each pylon
- Have players continually do this till station is over
- Add pass to Coach for experienced players



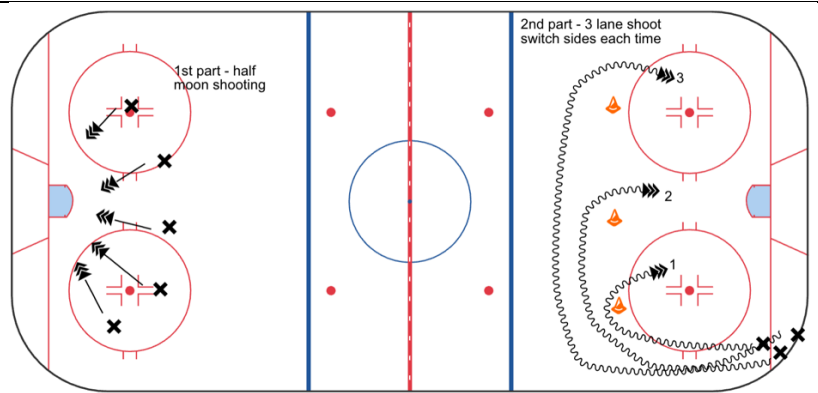
Station 3 - Passing / Ring Protection station

- 1st **3 mins** - players passing standing still 10' apart, slowly spread them out to make longer pass, can progress to Shuttle passing backwards / forwards
- 2nd **3-4 mins** - skate from corner to pass to coach in motion, receive pass back, go around far pylon, protect ring and shoot on goal – then go to other corner
- Coach must move quick on this drill to get all in
- Coach moves from side to side (set up 2 pylons so player can protect ring on both sides)



Station 4 - Shooting / Ring Protect station

- 1st **3 mins** - players set up in half moon and shoot, 1st standing, 2nd take 1 step in shoot, 3rd take 3 strides in and shoot
- 2nd **3-4 mins** - 3 leave out of corner, P1 goes around 1st pylon, protects ring and shoots, P2 goes around 2nd pylon protects ring and shoots, P3 goes around 3rd pylon protects ring and shoots
- Coach must move quick



Ringette Evaluations Practice Plan Pg.3 - U10-U12-U14

<p>If time permits 1 v 1 – 7-8 min</p> <ul style="list-style-type: none"> • Opposite corners will go at the same time on the whistle. • The defence will pass it forward who will then take turns with the ring around the faceoff dot. • The defence will put it backwards and maintain proper gap control, creating a 1v1. • Then the other set of corners will go 	
<p>If time permits Short and Long - 7 mins</p> <ul style="list-style-type: none"> • On the whistle, the first player in each line will skate their pattern. • Players in the Short lines will cut around the near face off dots to receive a pass from their side's Long line. Players in the Long lines will cut around the far set of face off dots to receive a pass from their side's Short Line. • Although Players should be alternating between the Long and Short lines, they will always stay on their half of the ice. 	