

Ringette and/or Floor Hockey Toolbox



Practice Plan #1

Goal of the practice: Introduce basic stance, T-start, basic grip, and ringhandling.
Equipment needed: Pylons, rings, whistle, coaching board.

Date: _____

Introduction (2–3 minutes)

Warm-up (5–10 minutes)

GAME: Frozen Tag

- Players are without sticks.
- Limit size of playing area to $\frac{1}{2}$ or $\frac{2}{3}$ of ice surface.
- Choose 3 or 4 players to be “it” at a time (choose green helmets or blue pants or pink skate laces, etc.).
- Play a couple of times with different groups of players being “it”.

ACTIVITY: Stationary Stretch

- Coach leads stretching with players stationary around center circle.
- Straight neck stretches (ear to shoulder).
- Move head from side to side (slowly).
- Move head from front to back (slowly).
- Shoulder shrugs.
- Arm circles.
- Trunk twists.
- Groin stretch (knees on ice and slide them apart).
- Knee lifts.
- Toe touches.

Main Part (30–45 minutes)

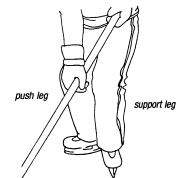
TEACHING: Basic Stance

- Allows players to move quickly in any direction.

ACTIVITY: Basic Stance

- Experiment with stability provided in improper stances by gently pushing on players with straight knees, feet together, etc.

- Knees bent, bum down, back straight, head up.
- Two hands on stick.
- Feet shoulder width apart.
- Weight over balls of feet.



TEACHING: T-starts

- A start that is easy to learn.

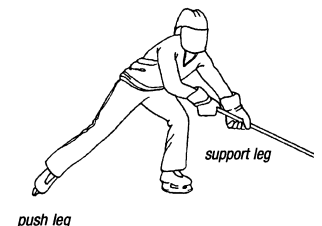
ACTIVITY: T-starts

- Players line up on the goal line and do a T-start with one leg holding it as long as they can. See who can glide the furthest. Alternate legs.

ACTIVITY: Scootering

- Players do T-starts across width of ice concentrating on long pushes and keeping the head level (have players pretend there are pizzas on their heads that will fall off and ‘splat’ on the ice if they bob up and down).
- Skate across 4 times, going from quick pushes to long, hard ones. Alternate legs.

- Make a T-start with your skates by turning one skate at 90° to the other which remains pointed in the direction of travel.
- Push with back skate and glide on front skate.
- Use hip, knee and ankle for thrust.





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Practice Plan #1 (continued)

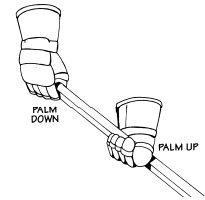
TEACHING: Basic Grip

- An effective way to hold the stick for ringhandling.

ACTIVITY: Stick drop

- Players drop the stick, quickly pick it up, regain basic stance. Check grip. Have another player try to check the stick out of the player's hands.

- Upper hand holds the stick as if you are shaking hands with it.
- Lower hand is placed a forearm's length down the stick.



TEACHING: Ringhandling

- Protecting the ring with the body while skating.

ACTIVITY: Whistle Ring Drop

- Players all carry a ring skating in a circle around $\frac{2}{3}$ of ice – on the whistle everybody drops their ring and picks up another one. Switch skating direction every now and then.

ACTIVITY: Instructor Mirror Drill

- Players have to do exactly what the coach does with their stick and ring.
- Work both stationary and while skating (stick behind the back, through the legs, carry with one hand, etc.).

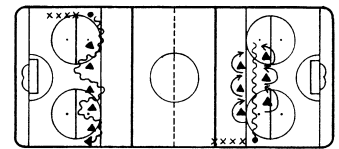
ACTIVITY: Obstacle Course

- Players weave through zig zag pylons (keeping the ring away from the pylons); OR
- Players go straight down the middle of pylons, stretching their arms and sticks (while carrying a ring) around pylons. Ensure pylons are appropriately spaced for age, size, and ability of participants.

- Head up (aware).
- Apply more pressure on stick when carrying the ring.



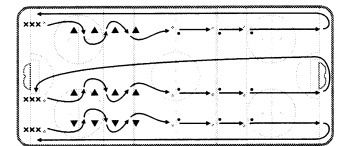
- Keep ring close to the body (behind back foot, close to heel).
- Build a wall' – body between ring and pylons.



GAME: Relay Race

- First player carries the ring through the pylons, then drops their ring at the red line and picks up another one, then drops that one at the blue line, picks up a stationary one, then drops and picks up again at the free play line.
- The player then skates all the way to the end, touches the boards, then skates back.
- Next player in line goes as soon as the player ahead touches the end boards.

- Set up pylons in a weave pattern for each of 3 or more groups.
- Set up 3 rings (one for each group) across the center line, blue line and free play line).



Cool-Down (5–10 minutes)

ACTIVITY: Stretching

- Repeat warm-up stretches skating at $\frac{1}{2}$ speed around the ice.

Conclusion (2–3 minutes)

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Practice Plan #2

Goal of the practice: Review T-start and ringhandling. Develop forward skating stride. Introduce forehand and backhand passing.

Equipment needed: Pylons, rings, whistle, coaching board.

Date: _____

Introduction (2–3 minutes)

Warm-up (5–10 minutes)

ACTIVITY: Keepaway (T-starts only)

- Choose 3 or 4 players to be “it” – they try to check the rings off all the other players.

GAME: Children’s game – “Head, shoulders, knees and toes”

- Players bend to touch each of the parts of the body indicated in the song. Repeat faster each time.
- “Head and shoulders, knees and toes, knees and toes, knees and toes;
- Head, shoulders, knees and toes, eyes, ears, mouth and nose.”

Main Part (30–45 minutes)

REVIEW: T-starts

- Use T-starts down the length of the length of the ice using only right leg to the close blue line, left leg to the red line, right leg to the far blue line and left leg to the goal line.

TEACHING: Sculling Stride

- Used to introduce full skating stride.

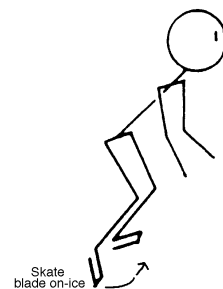
ACTIVITY: Sculling Stride

- Players scull with one foot along each line on the ice.
- Use goal lines, blue lines and middle red line, alternating sculling leg each line. Repeat twice.

ACTIVITY: Chariot Pull

- Players get in partners, both players facing forward, players hold onto sticks to form chariots.
- Front partner pulls while rear partner provides resistance by not skating. Switch partners. Have each player pull twice.

- Keep skate blade on the ice
- Push all the way out with one leg, bring it right back in underneath your body.
- “Heel to heel, then toe to toe.”
- As players become more proficient, rear player can offer more resistance by gliding in a “snow plow” position with toes together.



TEACHING: Skating Stride

- To move across the ice as effectively as possible.

ACTIVITY: Partner Push Drill

- Player 1 pushes player 2 (holding onto their waist) down the length of the ice).

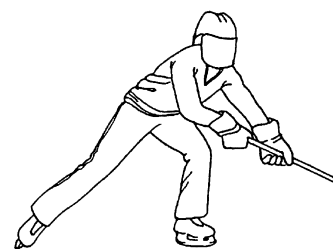
ACTIVITY: Stick Push

- Players place sticks flat on the ice in front of them and push them across the width of the ice.

ACTIVITY: Human Train

- Split players into groups of four and have them form a train without sticks - hold onto each others’ waists – on whistle groups skate down length of ice.
- 1st whistle – first player stops skating and coasts – 2nd whistle – second player stops skating and coasts – keep going until last person is pushing whole group – can also switch around so players pull – first player ends up pulling group. Rotate positions.

- Knees bent, bum down, back straight, head up.
- Full leg extension and recovery.
- Two hands on stick.





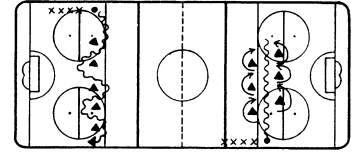
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Practice Plan #2 (continued)

REVIEW: Ringhandling

- Obstacle Course.
- Players weave through zig zag pylons (keeping the ring away from the pylons); OR
- Players go straight down the middle of pylons, stretching their arms and sticks (while carrying a ring) around pylons. Ensure pylons are appropriately spaced for age, size, and ability of participants.

- Keep ring close to the body (behind back foot, close to heel).
- 'Build a wall' – body between ring and pylons.



TEACHING: Stationary Passing (forehand and backhand)

- To pass the ring using forehand and backhand to a teammate.

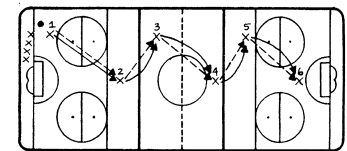
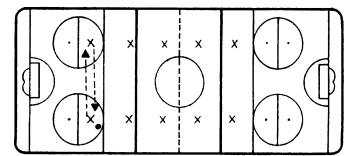
ACTIVITY: Stationary Partner Passing

- Players are put in partners and form 2 lines across from each other.
- Alter the distance between partners – make short passes then move apart and make longer passes, etc.

ACTIVITY: Follow Your Pass Drill

- Set up in both ends of ice if there are enough players.
- Players start from corner, make pass, take that person's spot, then receive pass from player behind.
- constant movement – players should be stationary when they pass, then skate to next spot, turn around to receive pass, then pass again.

- Make eye contact.
- Passer must follow through with their stick – point at the target.
- Receiver must give a target to the passer.
- Transfer weight from back leg to front leg.
- Use both forehand and backhand passes.



GAME: Hot Potato Ring

- Players are split into 2 teams – half on one side of center red line, half on the other.
- Each side starts with 8–10 rings scattered around.
- Object is to get all of the rings out of your zone and into the other team's zone – at end of game, the team with the fewest rings on their half wins.

OR

GAME: Hit the Skate

- Each player starts with a ring.
- Everyone skates around playing area (2 ½ of ice depending on numbers) trying to hit other players' skates with their rings.
- If your skate is hit, go to boards and do 2 jumping jacks, then join the game again.

- Promotes strong hard, and quick passes.
- Explain to players they have to get the rings out of their zone as quickly as they can by passing them over the red line.

Cool-Down (5–10 minutes)

ACTIVITY: "Head and shoulders, knees and toes"

- Repeat "head and shoulders, knees and toes" skating at ½ speed around the ice.

Conclusion (2–3 minutes)



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Practice Plan #3

Goal of the practice: Develop forward skating stride. Review stationary passing. Introduce V-start and lead passing.

Equipment needed: Pylons, rings, 4-6 chairs, whistle, coaching board.

Date: _____

Introduction (2–3 minutes)

Warm-up (5–10 minutes)

ACTIVITY: Animal Stretching

- Players skate around perimeter and perform stretches led by coach.

ACTIVITY: Balance Drills

- Players skate around perimeter of ice while coach calls instructions from center, such as:
 - Balance on one leg between blue lines.
 - Balance on inside leg around end corners.
 - Hop over blue lines.
 - On center red line go down on tummies and get back up quickly.
 - Push sticks on ice between blue lines.

- Be a stork (one leg pulled up).
- Be a frog (hopping).
- Be a snake (crawling along the ice).
- Be an elephant (arms swinging like a trunk).
- Be a giraffe (stretch up high).
- Be a horse (gallop).
- Be a bird (fly with arms out).

Main Part (30–45 minutes)

TEACHING: V-starts

- A quick start used to accelerate out of basic stance.

ACTIVITY: Falling Forward

- Line up one body length from boards (basic stance with toes out, leaning forward) and fall towards the boards, bracing yourself with your hands.

ACTIVITY: Stick Jumping

- Set up 4 or 5 sticks, parallel to each other and about 1 meter apart (or less depending on age, size and skill of participant).
- Players V-start and accelerate through sticks by hopping over them.

ACTIVITY: Chariot Pull

- Players get in partners, both players facing forward, players hold onto sticks to form chariots.
- Front partner pulls by starting with a V-start while rear partner provides resistance by not skating. Switch partners. Have each player pull twice.

ACTIVITY: Chair Relay

- Players split up into 4 or 6 groups, depending on numbers.
- First player in line pushes chair all around perimeter of ice, and hands it to next person in line once they get back to their group.
- First team to have all players complete the skate wins.

- Heels together toes out.
- Forward lean.
- Diamond shape in between legs big enough to fit a glove between the knees.
- 3 to 5 short, quick, choppy steps.
- As players become more proficient, rear player can offer more resistance by gliding in a “snow plow” position with toes together.
- Requires 4–6 plastic/metal chairs.
- Each group gets a chair to push around the perimeter of the groups.





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Practice Plan #3 (continued)

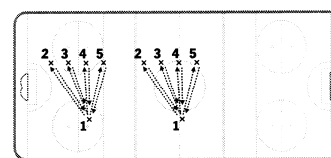
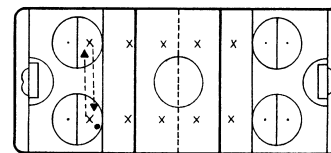
REVIEW: Stationary Passing (forehand and backhand)

- Players are put in partners and form 2 lines across from each other.
- Alter the distance between partners – make short passes then move apart and make longer passes, etc.

ACTIVITY: Pepper Passing Drill

- In groups of five, player 1 does not have a ring, other four players have rings.
- One player stands away from other four, who stand in a line facing lone player.
- Player 1 receives pass from player 2, then passes back, player 1 then gets pass from player 3, and returns it, then player 1 receives pass from 4, passes it back, gets pass from 5 and passes back.
- Player 1 keeps going through group receiving and making quick passes until whistle blows and player 1 changes position with another group member.

- Use both forehand and backhand passes.



TEACHING: Lead Passing

- Passing to a player who is moving.

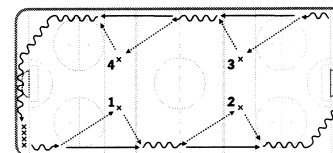
ACTIVITY: Give-and-Go Lead Passing

- Will need four coaches, or 2 coaches and 2 players to be stationary passers.
- Players skate counter-clockwise around ice, make a pass to a stationary passer 1 then receive a lead pass back, then pass to stationary passer 2, receive a lead pass back.
- Line up in other end and go through again with passers 3 and 4.

ACTIVITY: Pairs Passing

- Players skate with partner around perimeter of ice making short lead passes to each other. Change directions.

- Make eye contact.
- Passer must follow through with their stick – point at the target.
- Receiver must give a target to the passer.
- Transfer weight from back leg to front leg.
- Pass in front of moving player.
- Use both forehand and backhand passes.



GAME: Fireman's Drill

- Split players into 2 teams and line them up in zig zag pattern.
- First player from each team starts with 5–10 rings.
- Object is to get all rings passed through zig zag to end person and back through pattern to first person as fast as possible.
- All rings will go through pattern down to last player – once last player has all rings at the end, start sending them all back through pattern.
- First team with all rings back at start position wins.

- Ensure players make eye contact.
- Passes should be made when receiver gives a target.



Cool-Down (5–10 minutes)

ACTIVITY: Animal Stretches

- Repeat animal stretches while skating at ½ speed around the ice.

Conclusion (2–3 minutes)

Ringette and/or Floor Hockey Toolbox



Practice Plan #4

Goal of the practice: Review forward skating stride. Develop lead passing. Introduce parallel stop and board passing.

Equipment needed: Pylons, rings, 4–6 chairs, whistle, coaching board.

Date: _____

Introduction (2–3 minutes)

Warm-up (5–10 minutes)

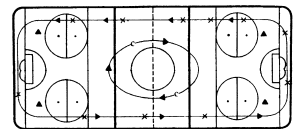
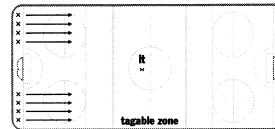
GAME: British Bulldog

- One person is 'it'. 'It' stands at center ice while everyone else lines up at one end. 'It' yells "British Bulldog" and everyone skates from one end of the ice to the next through the tagable zone. 'It' tries to tag as many people as possible. Anyone who gets tagged stays in the center to assist 'it'. The game is played until everyone is tagged.

ACTIVITY: Stretch Skating

- Players skate around perimeter and perform stretches led by coach.
- Coach skates in opposite direction of the players.

- Coaches can help 'it' tag people if necessary.
- Restrict the tagging area to between the blue lines or between the free play lines for safety.



Main Part (30–45 minutes)

REVIEW: Forward Skating

- "What Time is it Mr. Wolf?"
- One 'wolf' is needed at the end of the ice. The other skaters are at the opposite end. Skaters move closer to the 'wolf' (whose back is turned). Each time they ask "what time is it Mr. Wolf?", if the 'wolf' replies 8 o'clock the players take 8 strides, 6 o'clock (6 strides) etc. The 'wolf' may, at any time, reply 'dinner time', and then give chase and tries to catch one of the skaters. The player who is caught first becomes the next 'wolf'.

- Head, shoulders, knees, feet turn (in order).
- "Sit down" (not completely!)
- Use both feet/blades.
- Keep head up.

TEACHING: Parallel Stop

- Stop that allows you to change direction.

ACTIVITY: Making Snow

- Players "make snow" by pushing foot out sideways while holding the boards.

ACTIVITY: "Sitting on a chair"

- Player line up at goal line and complete the following:
- Do a T-start, glide in basic stance position, turn head, shoulders and knees (in this order – feet will follow) and "sit" down like they are on a chair.
- Practice stopping on both sides. Repeat down length of ice.

Ringette and/or Floor Hockey Toolbox



Practice Plan #4 (continued)

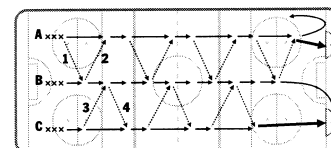
GAME: Red light, Green light

- One player is 'it' at one end of the ice. The "it" player's back is turned away from the other skaters. Skaters are at the opposite end of the ice. When 'it' says 'green light' the players skate towards the "it" players. When the "it" players says 'red light' players must stop. 'It' turns around after he or she says red light and if they catch anyone not stopped, that player must go back to the start line. 'It' continues to say green light and red light until someone passes the "it" player. They then become 'it' and everyone else starts at the opposite end again.

REVIEW: Lead Passing (forehand and backhand)

- Russian Drill.
- Players line up in 3 lines with players in the outside lanes having rings.
- Player in line A passes to B, B passes back, then player in line C passes to B, B passes back. Alternate passes down the ice.
- Players in lines A and C shoot on their respective nets.

- Place both nets at the far end of the ice.
- Make eye contact.
- Receivers give a target, passers point at target.
- Use both forehand and backhand passes.



TEACHING: Board Pass

- Pass that bounces off the boards to a teammate.

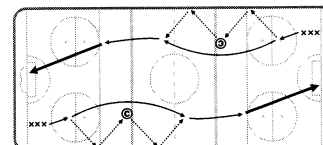
ACTIVITY: Board Pass – Stationary

- Partners stand facing each other about 4 meters apart and 3 meters from the boards.
- Make board passes to each other moving closer together and further apart.

ACTIVITY: Board Pass – Moving

- Player skates towards coach, and board passes to him/her.
- Coach board passes back to player who then shoots on far net.

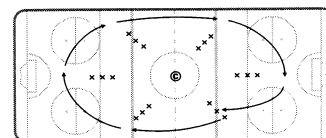
- Make eye contact.
- Passer must follow through with their stick – point at the target.
- Receiver must give a target to the passer.
- Anticipate the angle of the rebound.
- Transfer weight from back leg to front leg.
- Use both forehand and backhand passes.



GAME: Chair Relay

- Players split up into 4 or 6 groups, depending on numbers.
- First player in line pushes chair all around perimeter of ice, and hands it to next person in line once they get back to their group.
- First team to have all players complete the skate wins.

- Requires 4–6 plastic/metal chairs.
- Each group gets a chair to push around the perimeter of the groups.



Cool-Down (5–10 minutes)

ACTIVITY: Stretches

- Repeat warm-up stretches while skating at ½ speed around the ice.

Conclusion (2–3 minutes)

Ringette and/or Floor Hockey Toolbox



Practice Plan #5

Goal of the practice: Review parallel stop, passing. Introduce backward skating, forehand and backhand sweep shots and backhand flip shot.

Equipment needed: Pylons, rings, whistle, coaching board.

Date: _____

Introduction (2–3 minutes)

Warm-up (5–10 minutes)

GAME: Ship Shape

- The coach must gather all players to explain the calls.
- The ice becomes a ship and the coach shouts one of the “calls” and all players skate with rings to the designated end of the ice and come back. When all players are back or nearly back, the coach makes another call. Vary the calls.

ACTIVITY: Mirror Stretching

- Players mimic a partner’s stretches (staying in one spot).

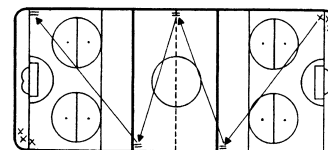
- Bow – one end of the ice (front of the ship).
- Stern – opposite end of the ice (back of the ship).
- Port – left side of the ice (facing the bow).
- Starboard – right side of the ice (facing the bow).
- Man Overboard – lie down on the ice and get up quickly.
- Captain Aboard – salute to the captain (coach).
- Swab the Deck – moving the stick and ring around like it was a mop.
- Mutiny – chase the coach.

Main Part (30–45 minutes)

REVIEW: Parallel Stop

- Players stop on all the dots in a zig zag pattern all the way down the ice facing the end boards when they stop.

- Head, shoulders, knees, feet turn (in order).
- “Sit down” (not completely!).
- Use both feet/blades.
- Keep head up.



TEACHING: Backwards Skating

- Allows movement in a backwards direction.

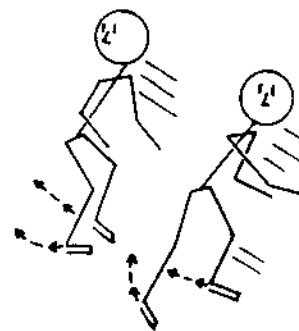
ACTIVITY: C-cuts against the boards

- Players lean against boards and make a ‘C’ with each leg – push heel out then pull heel in. Alternate legs.

ACTIVITY: C-cuts along lines

- Players make ‘C’s with one leg along the lines, then the other leg, then alternate legs.
- Keep supporting leg with knee bent on the line while starting foot makes a fully extended ‘C’ and then recovers fully under body.
- Add alternating arm pumps with each stride.

- Knees bent, bum down, back straight, head up.
- Big “C” cuts.
- Full recovery.
- No bum wiggle.
- No bouncing – focus on line around boards.
- Toe to toe, then heel to heel.
- For safety, look over your shoulder every now and then.





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Practice Plan #5 (continued)

REVIEW: Passing (forehand and backhand)

- Circle Passing.
- 4 or 5 players skate around each circle with a ring.
- Players pass to each other using forehand and backhand passes.

- Make eye contact.
- Passer must follow through with their stick – point at the target.
- Receiver must give a target to the passer.

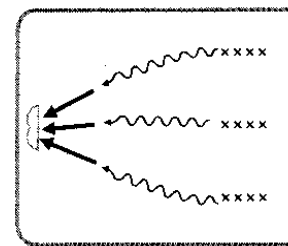
TEACHING: Sweep Shot (forehand and backhand)

- On-ice shot that is similar to a pass but uses maximum force.

ACTIVITY: 3 Line Shooting Drill

- Players line up in 3 lines and skate towards the net (staying in their own lane) and shoot on the net from progressively further distances.

- Follow through by pointing stick at the intended target.
- Transfer weight from back leg to front leg.
- Keep stick down and under control.



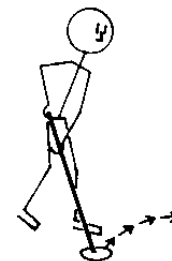
TEACHING: Backhand Flip Shot

- Effective way to raise the ring when shooting.

ACTIVITY: Shooting against boards

- Players stand about 3 meters away from boards and practice shooting backhand flip shots against boards.
- Coach goes to each player to help correct technique.

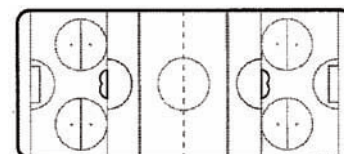
- Stand sideways to target.
- Make a shoveling motion to lift the ring.
- Follow through by pointing stick at the intended target.
- Transfer weight from back leg to front leg.
- Keep stick down and under control.



GAME: Scrimmage

- Modified game rules – Shortened ice surface
- Game begins with the visiting team taking the center-ice free pass. The player has 5 seconds to put the ring into play by passing or shooting it.
- The ring must be passed, shot with the stick, deflected, batted or legally kicked with the side of the blade to another player across the red line.

- Score should not be kept.
- Each team plays with 3 skaters and one goalkeeper at a time.



Cool-Down (5–10 minutes)

ACTIVITY: Stretches

- Repeat partner mirror stretching while skating at ½ speed around the ice.

Conclusion (2–3 minutes)

Ringette and/or Floor Hockey Toolbox



Practice Plan #6

Goal of the practice: Review backward skating, V-start, passing and shooting. Introduce backwards stopping, tight turns and side stick check.

Equipment needed: Pylons, rings, whistle, coaching board.

Date: _____

Introduction (2–3 minutes)

Warm-up (5–10 minutes)

GAME: Hit the Skate

- Each player starts with a ring.
- Everyone skates around playing area (2/3 of ice surface depending on numbers) trying to hit other players' skates with their rings.
- If your skate is hit, go to boards and do 2 jumping jacks, then join the game again.

GAME: "Simon Says"

- Coach leads stationary stretching exercises by playing "Simon Says".

Main Part (30–45 minutes)

REVIEW: V-start

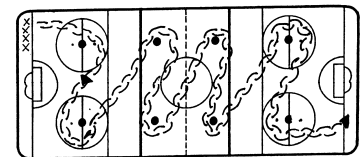
- 'Run' across the width of the ice with short, choppy steps.

- Heels together toes out.
- Forward lean.

REVIEW: Backwards Skating

- Players skate backwards to all the dots in a zig zag pattern all the way down the ice.

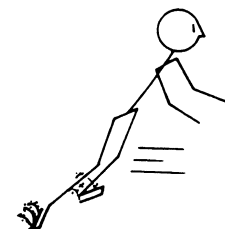
- Big "C" cuts.
- Full recovery.
- No bum wiggle.
- No bouncing – focus on line around boards.



TEACHING: Backwards Stop

- Effective stop when skating backwards.

- Heels together, toes out.
- Forward lean.
- Use both feet/blades.

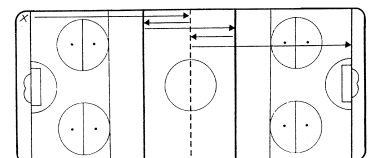


ACTIVITY: Push off boards

- Players practice pushing off the boards backwards and stopping.

ACTIVITY: Lines

- Players start at the goal line and skate to centre red line, stop, and skate to the blue line closest to their starting point, and stop. Then they skate to the far blue line, stop, skate to the centre red line, stop, and then skate to the far end. Always face the same side when stopping to practice left and right stops.





Ringette and/or Floor Hockey Toolbox

Practice Plan #6 (continued)

TEACHING: Tight turns

- Changing direction using the smallest radius possible.

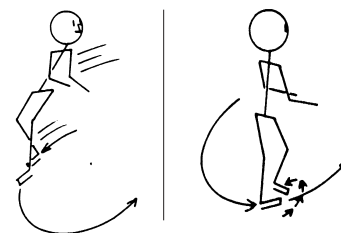
ACTIVITY: Pylons to turn around

- Pylons are set up around the ice surface.
- Player skate forwards toward the pylon and glide in basic stance position.
- They turn their head, shoulders, knees and toes around the pylon to go in the opposite direction.

ACTIVITY: Figure 8

- Players are in groups of 3 and using 2 players as pylons, do figure 8's around each other using tight turns. Rotate through the 3 positions.

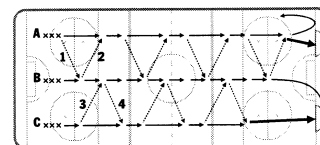
- Turn head to desired direction first.
- Inside foot in front (lead foot).
- Knees bent.
- Lean into turn.



REVIEW: Passing and Shooting

- Russian Drill.
- Players line up in 3 lines with players in the outside lanes having rings.
- Player in line A passes to B, B passes back, then player in line C passes to B, B passes back. Alternate passes down the ice
- Players in lines A and C shoot on their respective nets.

- Place both nets at the far end of the ice.
- Make eye contact.
- Receivers give a target, passers point at target.
- Use variety of shots (sweep and flip shots)



TEACHING: Side Stick Check

- Gain possession of the ring from a player on the opposing team.

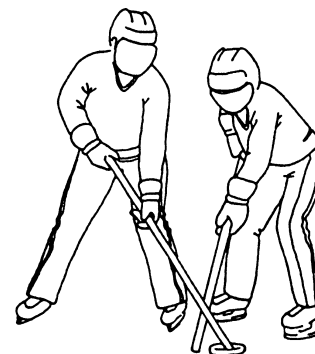
ACTIVITY: Stick check

- Players line up on the boards in partners; one partner has the ring and starts skating slowly across the ice keeping in a straight line. Player without the ring skates up beside ring carrier and checks their stick.
- Repeat skating faster and applying more pressure to the ring.

ACTIVITY: Keep Away

- 5 or 6 players (with rings) are in each circle. Players try to check each other's rings. If their ring goes out of the circle it is dead and they have to check someone else to get a ring. The last player in the circle with a ring wins.

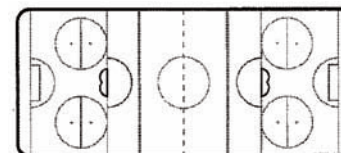
- Shoulder to shoulder/hip to hip.
- Quick pumping action.
- Check on opponent's stick side.
- Check bottom 1/3 of the stick using a rainbow motion with your stick.
- Element of surprise.



GAME: Scrimmage

- Modified game rules – shortened ice surface.
- Game begins with the visiting team taking the center-ice free pass. The player has 5 seconds to put the ring into play by passing or shooting it.
- The ring must be passed, shot with the stick, deflected, batted or legally kicked with the side of the blade to another player across the red line.

- Score should not be kept.
- Each team plays with 3 skaters and one goalkeeper at a time.



Cool-Down (5-10 minutes)

ACTIVITY: Stretches

- Repeat "Simon Says" while skating at 1/2 speed around the ice.

Conclusion (2-3 minutes)



Ringette and/or Floor Hockey Toolbox

Practice Plan #7

Goal of the practice: Review V-starts and tight turns. Introduce pivots. Develop passing and shooting skills.

Equipment needed: Pylons, rings, whistle, radio (music), coaching board.

Date: _____

Introduction (2–3 minutes)

Warm-up (5–10 minutes)

GAME: Planet Tag

- Players are without sticks.
- Limit size of playing area to ½ or ¾ of ice surface.
- Choose 3 or 4 players to be “it” at a time (choose green helmets or blue pants or pink skate laces, etc.).
- Play a couple of times with different groups of players being “it”
- If tagged by an “it”, player squats at spot tagged. Player can be ‘freed’ when a person who is not “it” or tagged does a tight turn around the tagged player (‘orbits’ the ‘planet’).

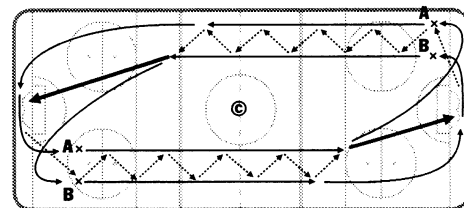
- Straight neck stretches (ear to shoulder).
- Move head from side to side (slowly).
- Move head from front to back (slowly).
- Shoulder shrugs.
- Arm circles.
- Trunk twists.
- Groin stretch (knees on ice and slide them apart).
- Knee lifts.
- Toe touches.

ACTIVITY: Stationary Stretch

- Coach leads stretching with players stationary around center circle.

ACTIVITY: Partner Passing

- Players are in partners with one ring. Starting at the goal line, skating counter-clockwise, partners pass to each other down the length of the ice.
- When a player with a ring gets to the free play line, they can shoot on the net, retrieve the ring and continue down the other side of the ice. Change directions.

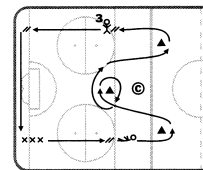


Main Part (30–45 minutes)

REVIEW: V-starts and tight turns

- Obstacle course (one on each half of the ice).
- V-start at the goal line, slide on stomach from free play line to blue line, tight turn around pylons, 3 jumping jacks at free play line, stop on goal line. Return to the back of the line.

- Knees bent, bum down, back straight, head up.
- Lean into turns.



TEACHING: Pivots

- To turn from forwards to backwards or backwards to forwards while continuing to skate in the same direction.

- Head, shoulders, hips feet.
- Glide – heel to heel – recover.
- Transfer weight.
- Pick feet up to avoid scraping.
- “Open” hips to face the direction you want to pivot.

ACTIVITY:

- Across width of the ice, march on skates lifting knees high. On the whistle, have skaters turn from front to back. On next whistle, turn from back to front (focus on ‘open hips’).
- Do the same thing as above, but skating, trying both ways.
- Try the same thing, but with only one pivot each width of the ice.

Ringette and/or Floor Hockey Toolbox



Practice Plan #7 (continued)

GAME: Musical Rings

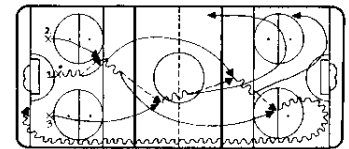
- Same as musical chairs.
- In a circle with 10 player and 9 rings, the players skate around the circle when the music plays. When the music stops ...

- Need music to play this game.

REVIEW: Passing and shooting

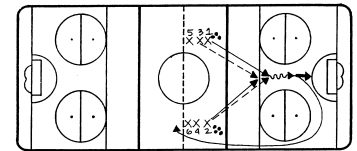
- Weave.
- Players line up in 3 lines at one end.
- Player 1 starts with the ring and passes to Player 2 who is skating towards the center of the ice. Player 1 skates behind Player 2 but angles in towards the center of the ice.
- Player 2 continues to skate and passes to Player 3. Player 2 goes behind Player 3. Player 3 passes to Player 1, etc. Player with the ring at the far end takes a shot on goal.

- Make eye contact.
- Pass in front of your teammate (lead pass).
- Practice using a variety of shots (forehand, backhand, sweep and flip shots).



ACTIVITY: Shooting Drill

- Players form 2 lines behind the blue line. Rings are placed at the beginning of each line. Player skates in and receives a pass from Player 2, Player 1 shoots, and joins Player 2 in line. Player 2 then skates in and receives a pass from Player 3, shoots, and joins in Player 1 line.



GAME: Scrimmage

- Modified game rules – shortened ice surface.
- Game begins with the visiting team taking the center-ice free pass. The player has 5 seconds to put the ring into play by passing or shooting it.
- The ring must be passed, shot with the stick, deflected, batted or legally kicked with the side of the blade to another player across the red line.

- Score should not be kept.
- Each team plays with 3 skaters and one goalkeeper at a time.

Cool-Down (5–10 minutes)

GAME: “Snow Queen” Contest

- Players line up at the goal line, skate to the red line and then slide on their stomachs as far as they can.

ACTIVITY: Stretches

- Repeat warm-up stretches while skating at ½ speed around the ice.

Conclusion (2–3 minutes)

Ringette and/or Floor Hockey Toolbox



Practice Plan #8

Goal of the practice: Review pivots. Introduce cross-overs (forwards), sweep check and drop passes. Develop checking skills.

Equipment needed: Pylons, rings, whistle, coaching board.

Date: _____

Introduction (2–3 minutes)

Warm-up (5–10 minutes)

GAME: Hot Potato Ring

- Two teams are selected, and each team is given the same number of rings. The object of the game is to end up with the least number of rings on one's side by passing them to the opponents. Players must take rings passed to them before passing them on. The coach should identify a type of pass which must be used by all players.

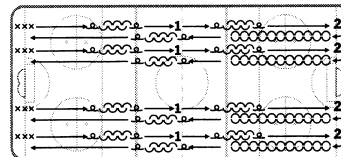
ACTIVITY: Stretching

- Coach leads stretching with players skating around the perimeter of the ice.
- Straight neck stretches (ear to shoulder).
- Move head from side to side (slowly).
- Move head from front to back (slowly).
- Shoulder shrugs.
- Arm circles.
- Trunk twists.
- Groin.
- Knee lifts.
- Toe touches.

Main Part (30–45 minutes)

REVIEW: Pivots

- Relay Race.
- Players are in groups of 3-4, lined up at the goal line. Players pivot on every line while skating to the end boards and back.
- Pick feet up to avoid scraping.
- "Open" hips to face the direction you want to pivot.



TEACHING: Crossovers (forwards)

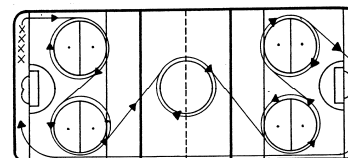
- To turn a while skating forwards and produce an increase in speed.
- Both feet push.
- Knees bent.
- Shoulder straight.
- Cross all the way over.
- Practice crossovers in both directions.

ACTIVITY: Lateral Movement

- Players move laterally across the lines by crossing one leg over the other, keeping their shoulders, hips, and knees square.

ACTIVITY: Circles Progression

- Players are split into 5 groups (1 group at each circle).
- Players go around their circle doing the following skill progression:
 - Keeping inside foot on the circle, pumping with outside foot (both feet stay on the ice)
 - Continue pumping, but on every third pump, cross outside foot over inside foot and hold for 3 seconds.
 - Continuous crossovers – players skate around all 5 circles practicing their crossovers and skating in opposite directions around each circle.



Ringette and/or Floor Hockey Toolbox

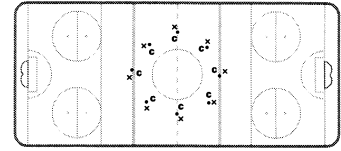


Practice Plan #8 (continued)

REVIEW: Side stick check.

- With groups of partners, make a circle. On whistle, 'C' checks partner 'X'. Blow the whistle every 15 seconds. On each whistle, checkers rotate to the next person to check. Switch positions.

- Shoulder to shoulder/hip to hip.
- Quick pumping action.
- Check on opponent's stick side.
- Check bottom 1/3 of the stick using a rainbow motion with your stick.



TEACHING: Sweep Check

- Technique used to check the ring when you are facing an opponent.

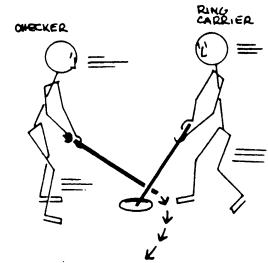
ACTIVITY: Stationary Sweep Check

- Players are in partners facing each other. One player has a ring and the other player tries to sweep check the ring away.

ACTIVITY: Moving Sweep Check

- Players sweep check their partner going across the width of the ice, the player with the ring going forwards, the player with out the ring going backwards.

- Facing the person you are checking.
- Big sweeping motion.
- Low angle of stick.
- Stay low (knees bent).
- 2 hands for strength.



TEACHING: Drop Pass

- Pass used to trick an opponent.

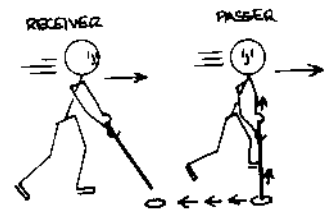
ACTIVITY: Drop Pass Drill

- Players skate across the width of the ice with a partner. Player with the ring skates in front, takes stick out of the ring, and leaves it for the partner.

ACTIVITY: Perimeter Drop Pass Drill

- Skating around ice with partner, one ring between the two players. Front player drops ring for back player then slows down. Back player picks ring up and skates past partner to become front player. Repeat around the perimeter of the ice.

- Score should not be kept.
- Each team plays with 3 skaters and one goalkeeper at a time.



GAME: Scrimmage

- Modified game rules – shortened ice surface.
- Game begins with the visiting team taking the center-ice free pass. The player has 5 seconds to put the ring into play by passing or shooting it.
- The ring must be passed, shot with the stick, deflected, batted or legally kicked with the side of the blade to another player across the red line.

- Score should not be kept.
- Each team plays with 3 skaters and one goalkeeper at a time.

Cool-Down (5-10 minutes)

ACTIVITY: Stretches

- Repeat warm-up stretches while skating at 1/2 speed around the ice.

Conclusion (2-3 minutes)

Ringette and/or Floor Hockey Toolbox



Practice Plan #9

Goal of the practice: Review cross-overs and agility. Develop checking. Introduce deking.

Equipment needed: Pylons, rings, whistle, coaching board.

Date: _____

Introduction (2–3 minutes)

Warm-up (5–10 minutes)

ACTIVITY: Keepaway Checking

- Players stay in the neutral zone, between the blue lines.
- ½ of players are checkers.
- If the checker gets ring they become the ring carrier and the player who was checked becomes the checker.

ACTIVITY: Player-led Stretching

- Players stand around the center circle and players demonstrate stretches one at a time while others perform the stretch.

Main Part (30–45 minutes)

REVIEW: Crossovers

- Crossover Pylon Course.
- Scatter 15 pylons randomly around the ice. Follow the leader weaving through the pylons, using crossovers in both directions.

- Both feet push.
- Knees bent.
- Shoulder straight.
- Cross all the way over.
- Practice crossovers in both directions.

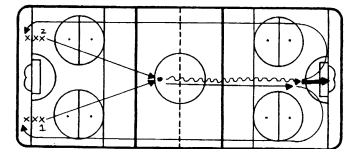
REVIEW: Agility Skills

- Skating around the perimeter of the ice, players practice the following:
 - Slalom skiing – both skates weaving together,
 - Sculling – one foot and two feet,
 - Dropping on their knees and getting up quickly on the red line,
 - High knee marching.

REVIEW: Checking

- Chase Checking.
- Players line up in 2 lines at the goal line (one in each corner).
- A player from each line races for the ring. The player who gets the ring goes to the net and shoots, the other player checks.

- Shoulder to shoulder/hip to hip.
- Quick pumping action.
- Check on opponent's stick side.
- Check bottom ½ of the stick using a rainbow motion with your stick.



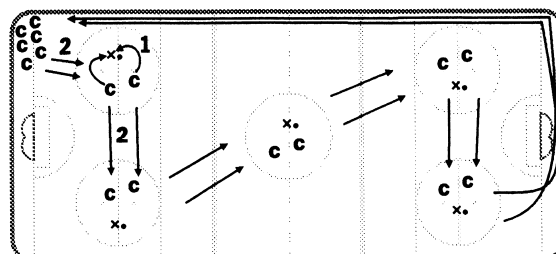


Ringette and/or Floor Hockey Toolbox

Practice Plan #9 (continued)

ACTIVITY: Circle Checking

- 1 ring carrier in each circle, and 2 checkers in each circle. The other players line up in one corner. Ring carriers and checkers must stay in their respective circles until the whistle goes.
- On the first whistle, checkers check the ring carrier together. On second whistle, checkers rotate. Two players from the line go to the first circle, the last 2 checkers go to the end of the line. 20–30 seconds in each circle.
- Rotate ring carriers.



TEACHING: Deaking

- To trick an opponent by faking one way and going in a different direction.

- Deke forehand to backhand.
- Exaggerate the motion.
- Use head, shoulders and stick.

ACTIVITY: Deaking Around Pylons

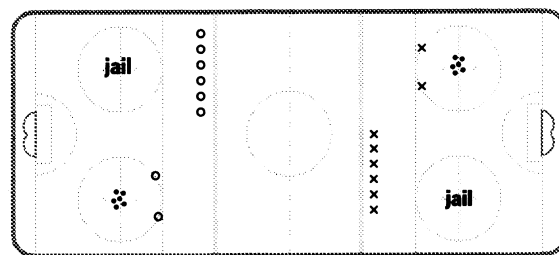
- Place pylons in a path towards the net. Players line up and skate to the net deking around the pylons and then take a shot on net.

ACTIVITY: Deaking Around Players

- Half of the players stand on each blue line and face each other. Players on one blue line have rings and skate towards their partner and deke around them. Partner then gives feedback to player to see if they were fooled.

GAME: Gold Thieves

- Two teams are divided by the centre line. Several rings (gold) are placed on the dots of each of two diagonal circles. Two jails are located in each of the opposite diagonal corners. The object of the game is to steal the 'gold' without being captured by the other team.
- Two players from each team guard their 'gold'. Players crossing the centre line may be touched by a guard. If touched, the players go to jail.
- When holding a gold ring, players cannot be touched. A prisoner is freed when touched by a teammate carrying 'gold' and will then accompany the player with the 'gold' back to the other side.



Cool-Down (5–10 minutes)

ACTIVITY: Stretches

- Repeat player-led warm-up stretches while skating at ½ speed around the ice.

Conclusion (2–3 minutes)



Ringette and/or Floor Hockey Toolbox

Practice Plan #10

Goal of the practice: Review skating skills (starts, stops, turns and crossovers) and ring skills (ringhandling, passing, shooting, checking and deking).

Equipment needed: Pylons, rings, whistle, balls, coaching board.

Date: _____

Introduction (2–3 minutes)

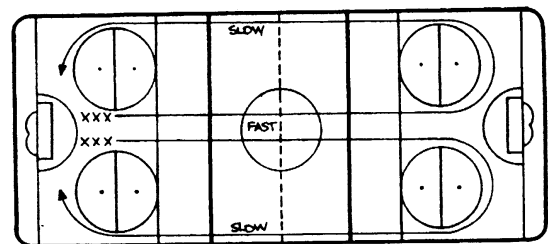
Warm-up (5–10 minutes)

GAME: Multi-ring Scrimmage

- Use 2 or 3 rings in a cross ice scrimmage.

ACTIVITY: Stretching (Butterfly Pattern)

- Coach leads stretching while players skate in the butterfly pattern. Players stretch on the outside and skate fast down the middle.

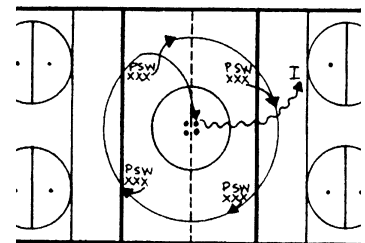


Main Part (30–45 minutes)

REVIEW: Skating Skills

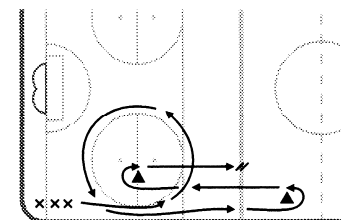
- Pip, Squeak and Wilbur.
- Divide the skaters into groups of three. In each group of 3, assign each skater one of the three names (Pip, Squeak or Wilbur).
- Place each of the groups an equal distance from a central point where there is a ring for each group.
- The 'Big Cheese' (coach) calls out either 'Pip', 'Squeak', or 'Wilbur', and the skater assigned that name from each group, skates around all the groups in a large circle. After skating around all of the groups, the player cuts into the centre, picks up a ring, and takes it to the 'Big Cheese'.
- Rings are then put back in the centre and the game is repeated with the coach calling out another name. Encourage players to change directions, and use backward skating.

- Knees bent, bum down, back straight, head up.
- Two hands on stick.
- Push with both feet.
- Lean in to turn.
- Cross all the way over.
- Practice crossovers in both directions.



ACTIVITY: Relay Race – Four Clover

- Players start in corner (run from all 4 corners and complete the following):
 - Forward crossovers around circle, skate forward to the dot by the blue line, tight turn around dot, return to the dot in the circle and do a tight turn around it, skate forward to the blue line, stop and skate forward back to the start line and tag the next person to go. Scatter 15 pylons randomly around the ice. Follow the leader weaving through the pylons, using crossovers in both directions.



Ringette and/or Floor Hockey Toolbox

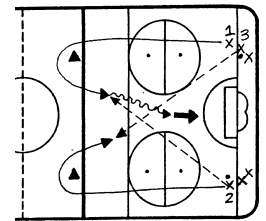
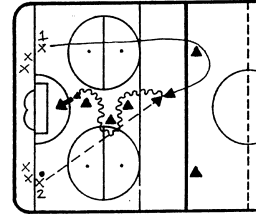


Practice Plan #10 (continued)

REVIEW: Ring Skills

- Horseshoe.
- Players form two lines in opposite corners. Player 1 skates up and around the first pylon. Player 2 passes the ring to Player 1 and begins to skate around the pylon. Player 1 shoots, and goes behind the opposite line. Player 3 passes the ring to Player 2, etc.
- Add pylons in front of the net for players to weave through (or deke around).

- Make eye contact.
- Protect the ring with your body.
- Keep your head up.
- Receiver give a target.
- Passer follow through by pointing at the target.
- Practice variety of shots.



GAME: Scrimmage

- Modified game rules – shortened ice surface.
- Game begins with the visiting team taking the center-ice free pass. The player has 5 seconds to put the ring into play by passing or shooting it.
- The ring must be passed, shot with the stick, deflected, batted or legally kicked with the side of the blade to another player across the red line.

- Score should not be kept.
- Each team plays with 3 skaters and one goalkeeper at a time.

Cool-Down (5–10 minutes)

ACTIVITY: Stretches

- Repeat warm-up stretches while skating at $\frac{1}{2}$ speed around the perimeter of the ice.

Conclusion (2–3 minutes)