

FUNDamentals – Practice Plans

At this stage the focus is on the development of agility, balance and coordination (ABC's). Basic ringette skills such as skating, passing, receiving, shooting and general knowledge are also introduced and developed. It is important to develop each of these skills over the course of the season.

Having variety in the types of drills with a focus on fun and activity based learning will keep your participants engaged throughout the season. The FUNDamentals practice plans will include:

- A warm-up period
- Station work – to develop specific skills in small groups to ensure proper coach to participant ratio
- A cool down – in the form of a fun game
- Wrap up – Review of skills and a team cheer

All practice plans have been developed **for half-ice** and are **50 minutes** in length as this is what the majority of associations have available to them.

If your local association gets a 60 minute (or greater) block of ice, the practice sessions are easily modified by adding additional time to each station and increasing the time of the game activity at the conclusion of practice.

FUN = Learning

Players at all levels must be mentally engaged in order to best acquire new skills. Practices should focus on skill repetition in a games' format. If the skills repetition is hidden in the form of a game, children are capable of extended periods of focused effort. Play and FUN are the key to emotional engagement in the skills repetition.

Repetition

A series of 10 practice plans are available. This will provide material for 20 practice sessions. Young children are comfortable with repetition and like familiarity in the drills that they are asked to perform. It is recommended using the same practice for 2 consecutive ice-times. You will notice that your second practice will run more efficiently as explanations will not be required as much, giving you more time to provide feedback to ensure proper skill acquisition.

Similar drills are rotated down the progression from practice to practice. This gives each practice a slightly different look and feel without changing too much.

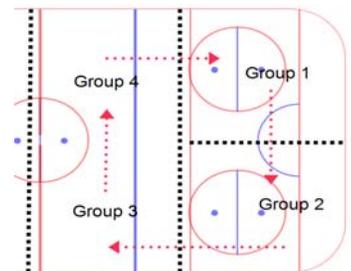
Learning environment

It is important to keep in mind that children are doers. Keeping the activity level high and the instruction level short and precise will increase the quality of learning your practice will provide.

Coaches must always strive to maximize the learning environment. The goal is to have the players actively participating in a drill within one minute of station rotation. Keep explanation, demonstration and setup time to a minimum.

Set up

- Before going onto the ice, divide your team into 4 groups
- Warm up is conducted with the entire team
- Groups are then sent to a specific station for rotation #1
 - All groups will rotate to complete each station
- Stations will then be modified and groups will complete rotation #2
 - All groups will rotate to complete each station
- Each station will be lead by **at least one coach** and **last 5 minutes**. The more coaches you have at each station, the more efficient your practice will be
- One person must be designated as the timekeeper. This person will keep track of the time and signal when a rotation is required



FUNdamentals - Practice # 1

Warm-up (5 minutes)

Frozen tag

Select one player to be the tagger. When a player gets tagged they must stand still (frozen) until a teammate touches them to become free again

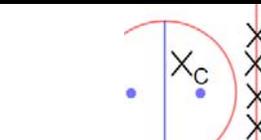
Stations – Rotation 1 (20 minutes)

Skating

Balance and agility

Introduce the basic steps of how to stand back up after falling down.

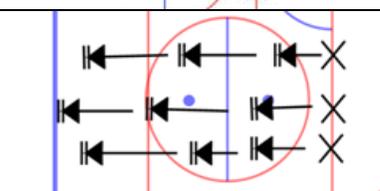
Key teaching points: Get to knees, one leg up, use stick as stability point to stand back up.



Skating

Red light, green light

Participants line up on the goal line. When the coach yells green light, participants skate forward. When the coach yells RED light, participants must stop. Once all participants have reached the blue line, repeat the drill towards the goal line.

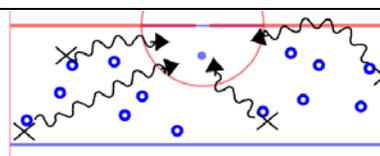


Skating

Clean your room

Scatter all rings around the playing area. Participants must pick up all the rings and bring them back to the designated area (free pass circle) using their stick.

Key teaching points: two hands on their stick, head up.



Stations – Rotation 2 (20 minutes)

Passing

Forehand sweep pass - introduction

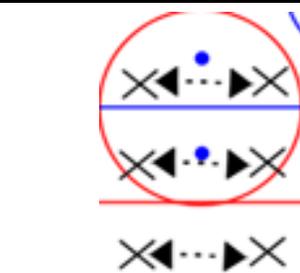
Coach to introduce and demonstrate the basics of the sweep pass.

Participants work in pairs, passing the ring back and forth from a distance of 1-2m.

Key teaching points:

Participants should not be facing each other belly button to belly button. They should turn their body sideways so that the side of their body is facing their partner.

Standing in this position will allow them to get a full range of motion for their pass. The ring should complete a half moon pattern on the ice as they bring the ring back and propel it forward. The passing motion should end with the stick pointing towards their partner.

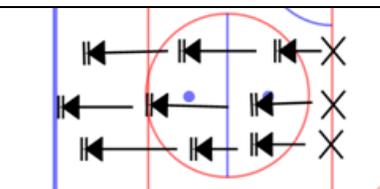


Skating

Snow plow stop

Coach to introduce and demonstrate the basics of the stop.

Participants line up on the goal line and complete the snow plow stop on the sound of the whistle.

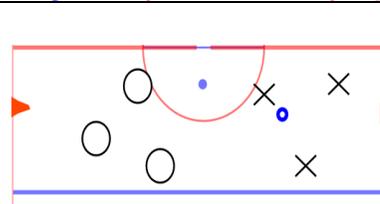


Mini Game

2 groups play 3vs3 cross-ice mini game. Place a pylon or an object at each end of the playing area to act as the 'net'. A team scores by hitting the pylon with the ring.

The emphasis should be on team play, passing and understanding the basic concept of 'trying to score goals' and 'trying to stop the other team from scoring goals'.

The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.



Games and cool down (5 minutes)

Hit the skate

All participants skate around with a ring and try to hit the skate of one of the coaches. When a coach is hit, they must crouch down as they are out of the game. The goal of the game is to hit all of the coaches' skates. Repeat this drill if time allows.

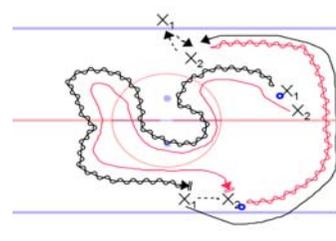
Team Cheer!

FUNdamentals - Practice # 2

Warm-up (5 minutes)

Buzzing Bees

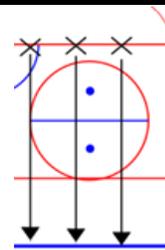
Participants will work in pairs with one ring. Participant A will start with the ring and skate around the ice surface. Participant B must follow A around as closely as possible. The goal is not to steal the ring, but to become A's shadow. When the whistle blows, participants stop and pass the ring back and forth with their partner. They should be completing short passes. On the second whistle, B skates away with the ring with A shadowing. This process is repeated for the duration of the warm-up.



Stations – Rotation 1 (20 minutes)

Skating

Introduce, demonstrate and practice: T- Start, 2 foot glide, drop to knees & get up.

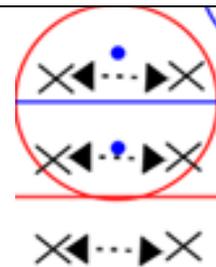


Passing

Review and demonstrate: forehand pass

Once the review of the key passing points is complete, participants pair up and practice stationary passes with their partner. The coach should circulate to provide encouragement and feedback.

Key teaching points: eye contact, communication with partner, head up, half moon motion.

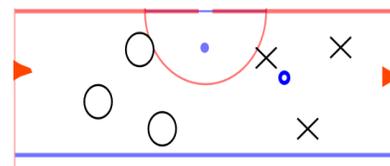


Mini Game

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The emphasis should be on team play, passing and understanding the basic concept of 'trying to score goals' and 'trying to stop the other team from scoring goals'.

The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.

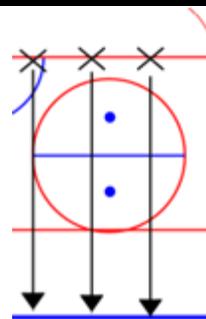


Water break!

Stations – Rotation 2 (20 minutes)

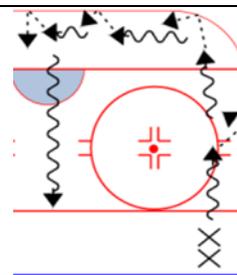
Skating

Continue: Introduce, demonstrate and practice: T start and glides
Introduce, demonstrate and practice: running on skates and dropping to knees & getting back up.



Passing

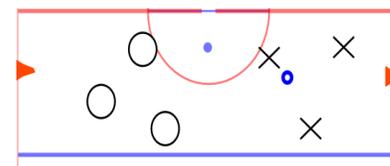
Participants skate near the board with a ring propelling the ring off the boards and picking it up again.



Mini Game

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*The emphasis should be on team play, passing and understanding the basic concept of 'trying to score goals' and 'trying to stop the other team from scoring goals'.
The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.*



Games and cool down (5 minutes)

Toilet tag

Select one or two players to be the tagger. When a player gets tagged they must kneel down on one knee with one arm up in the air and must remain in this position until a teammate 'flushes the toilet' by pulling their arm down. The player must make the noise of a flushing toilet, and then they can stand back up and become free again.



Team Cheer!

FUNdamentals - Practice # 3

Warm-up (5 minutes)

Skating → Introduce large group instructions

Participants line up on the goal line. Coaches are to demonstrate each of the following skills. Participants perform the same skill after each demonstration.

1. T push + glide
2. Up and down (1 knee)
3. Log rolls
4. Wonder woman slides (Snow queens)
5. Forward skating with the focus on big long strides

Stations – Rotation I (20 minutes)

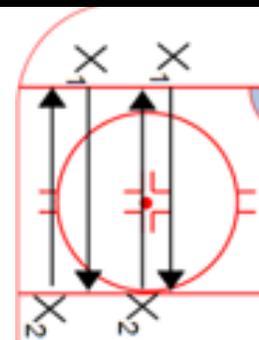
Scooter relay

Skating – Gliding, balance.

One partner begins the relay on the goal line, the other on the free play line. The participant on the goal line must make their way to their partner while balancing on one foot and pushing with the other. Once they reach the free play line, their partner must make their way to the goal line using the same technique.

The relay is then repeated while balancing on the other foot.

TIP: Use the example of pushing forward on a skate board to explain the skating technique to the participants.



Checking

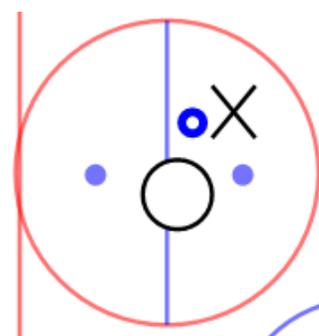
Introduction to the basics of checking the ring.

Participants will work in pairs. One is designated as the ring carrier; the other will be the checker.

The ring carrier stands still with the ring, in the basic stance position. The checker has 4-5 turns to perform the checking motion. The roles are reversed and the drill is repeated.

Key teaching points: The checking motion should resemble a slicing motion (karate chop) and not a lifting motion. Asking the participants to make the 'Hi Ya' karate chop sound when performing the skill could help them consolidate the concept.

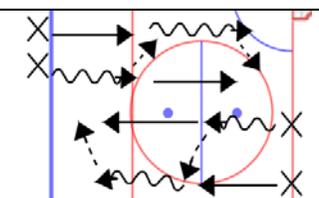
Emphasis should be put on the checker's body position. The checker should be shoulder to shoulder and hip to hip with the ring carrier.



Passing

Forehand passing – in motion

Participants will complete forehand passes to a partner while skating towards the blue line. Once they have reached the blue line, participants will repeat the drill in the direction of the goal line.



Skating

Edges and balance

Participants will skate from red line to free play line using the following techniques:

- Tip toes (walking)
- Heels (walking)
- Forward C-cuts

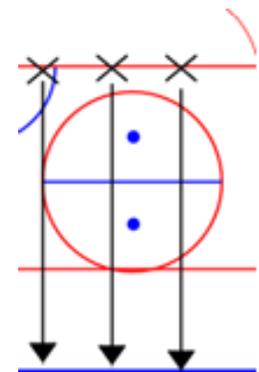
Key teaching points: It is important to emphasize that the participants feel the edges of their skates while completing this drill. Use the following comparisons to help the participants understand the concepts:

Slice of pizza = inside edge

Place feet in a 'pizza' slice shape (toes in, triangle shape) to feel inside edges.

Cowboys = Outside edge

The sensation one gets when placing both feet on the outside edges of the skate will resemble that of the bow legs of a cowboy.



Water break!

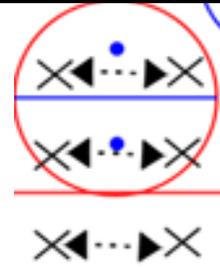
Stations – Rotation 2 (20 minutes)

Passing

Backhand passing – stationary

Start in a half moon formation with the coaching passing back and forth to each participant. Once the review of the key passing points is complete, participants pair up and practice stationary passes with their partner. The coach should circulate to provide encouragement and feedback.

Key teaching points: eye contact, communication with partner, head up.



Checking

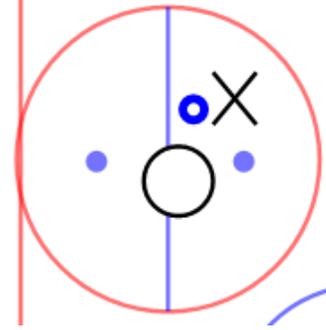
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Emphasis should be put on the checker's body position. The checker should be shoulder to shoulder and hip to hip with the ring carrier.

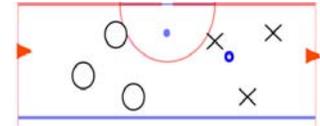


Mini Game

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The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.

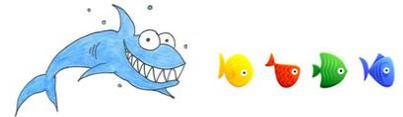


Games and cool down (5 minutes)

Shark and fish

Two players are designated as the sharks to start. The fish must skate from blue line to blue line

without being tagged. If they are tagged, they become sharks too.



Team Cheer!

FUNdamentals - Practice # 4

Warm-up (5 minutes)

Frozen tag

Select one player to be the tagger. When a player gets tagged they must stand still (frozen) until a teammate touches them to become free again

Stations – Rotation I (20 minutes)

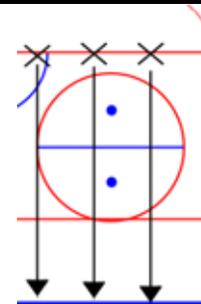
Skating

Backward skating and Forward C-cut

Participants will skate from goal line towards the centre line using the following techniques:

- Forward C-cut
- Backward motion creation
- Intro Backward c-cut

Key teaching points: Coach should demonstrate each skill.



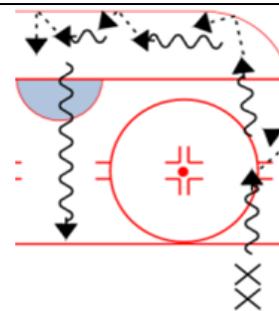
Passing

Backhand passing – in motion

Participants will work individually.

1. Each participant will complete 10-15 stationary backhand passes off the boards.
2. Participants skate along the boards completing backhand passes while in motion.

Key teaching points: head up, understanding the deflection angle off the boards, always in motion.

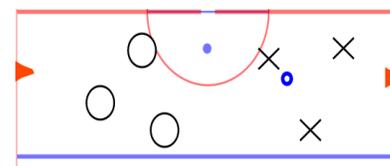


Mini Game

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The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.



Water break!

Stations – Rotation 2 (20 minutes)

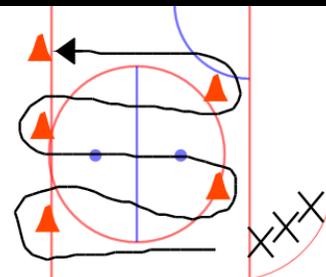
Skating

Turns

Participants skate through the pylon course while completing sharp turns around the pylons.

Key teaching points: Encourage participants to turn as close to the pylon as possible, their head should be up at all times.

Coaches should position themselves throughout the drill at one of the pylons. Participants must then perform the turn around the coach, providing a great opportunity to assess the skill level and provide encouragement and feedback.

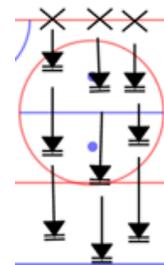


Skating

Snow plow stops

Participants will skate from goal line towards the centre line, stopping on the whistle.

Key teaching points: Participants should start to progress toward the $\frac{1}{2}$ snow plow stop. The stop is performed in the same motion, but the weight is on one foot. Encourage them to alternate between left and right foot.

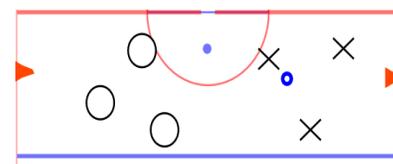


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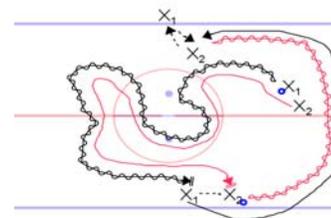
The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.



Games and cool down (5 minutes)

Buzzing Bees

Participants will work in pairs with one ring. Participant A will start with the ring and skate around the ice surface. Participant B must follow A around as closely as possible. The goal is not to steal the ring, but to become A's shadow. When the whistle blows, participants stop and pass the ring back and forth with their partner. They should be completing short passes. On the second whistle, B skates away with the ring with A shadowing. This process is repeated for the duration of the cool down.



Team Cheer!

FUNDamentals - Practice # 5

Warm-up (5 minutes)

Follow the leader

A coach is designated as the leader. All participants will skate around the ice surface completing the same motions as the leader. This drill should include:

1. T pushes
2. Gliding
3. Falling and getting back up
4. Log rolls
5. Wonder woman slides (Snow queens)
6. Forward skating with the focus on long strides
7. Backwards skating motions
8. Edges – Pizzas and Cowboys

The more creative and animated you are, the more fun the participants will have.

It is also possible to have some of the participants take the lead throughout the warm up.

Stations – Rotation I (20 minutes)

Skating

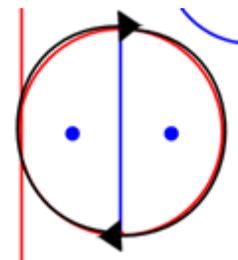
Forward crossover progression

Participants skate around the circle using the ½ lollipop motion with the outside foot. Repeat this drill in the opposite direction (changing the stable foot).

What is a lollipop motion?

Place feet in a V formation with heels together. Perform a C cut with both feet at the same time and the glide on both feet. The C cut motion would create a circular pattern on the ice (top of lollipop) and the gliding motion a straight line (the stick).

Key teaching points: The emphasis should be placed on making a sound with the skate during the C cut motion and on balance during the gliding motion.



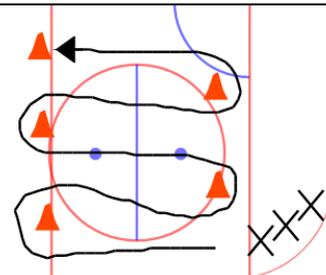
Skating

Turns

Participants skate through the pylon course while completing sharp turns around the pylons.

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Skating

Edges and balance

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- Tip toes (walking)
- Heels (walking)
- Forward C-cuts

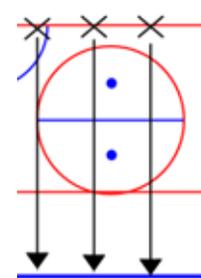
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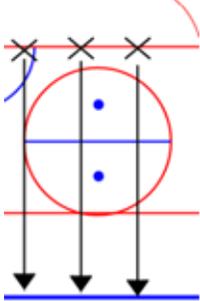
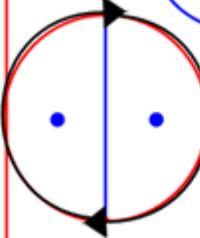
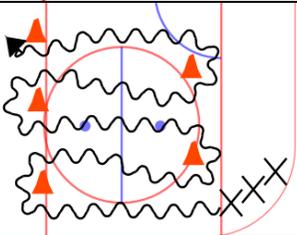
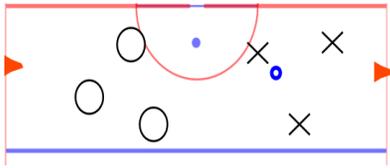
Slice of pizza = inside edge

Place feet in a 'pizza' slice shape (toes in, triangle shape) to feel inside edges.

Cowboys = Outside edge

The sensation one gets when placing both feet on the outside edges of the skate will resemble that of the bow legs of a cowboy.



<p>Skating <i>Backward skating</i> Participants will skate from red line to free play line using the following techniques:</p> <ul style="list-style-type: none"> • Backward motion creation • Intro Backward c-cut <p><u>Key teaching points:</u> <i>Coach should demonstrate each skill.</i></p>	
Water break!	
Stations – Rotation 2 (20 minutes)	
<p>Skating <i>Forward crossover progression</i> Participants skate around the circle using the ½ lollipop motion with the outside foot. Repeat this drill in the opposite direction (changing the stable foot) <u>Progression:</u> Following the C cut, the outside foot should continue the motion to bring foot ahead of the other. Keeping the laces of skate in front.</p>	
<p>Ring Skills <i>Carrying the ring</i> Participants skate through the obstacle course while carrying the ring. <u>Key teaching points</u> – <i>protect the ring, keep it close to the body, keep the ring away from the obstacles.</i></p>	
<p>Mini Game 2 groups play 3vs3 cross-ice mini game. Place a pylon or an object at each end of the playing area to act as the 'net'. A team scores by hitting the pylon with the ring.</p> <p><i>The emphasis should be on team play, passing and understanding the basic concept of 'trying to score goals' and 'trying to stop the other team from scoring goals'.</i> <i>The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.</i></p>	
Games and cool down (5 minutes)	
<p>Capture the Gold This game requires 2 teams. Participants do not use their sticks. Designate a 'gold area' at opposite ends of the playing area for each of the teams using pylons and place an equal amount of rings in each area. On the whistle, teams must try and capture the other teams' gold (the rings) and bring it back to their 'gold area'. If a player with gold in their hands is tagged by an opponent, the gold must be returned. Participants are not allowed to guard the 'gold area' – they must be 1-2m away. Gold areas are considered safe zones, participants cannot be tagged. The team with the most gold at the end wins.</p>	
Team Cheer!	

FUNdamentals - Practice # 6

Warm-up (5 minutes)

Game of tag: Coaches' and participants' choice

Discuss with coaches or participants prior to the ice session.

Stations – Rotation 1 (20 minutes)

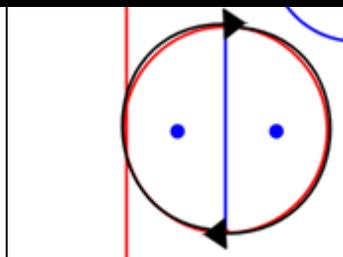
Skating

Forward crossover progression

Review of steps 1 and 2.

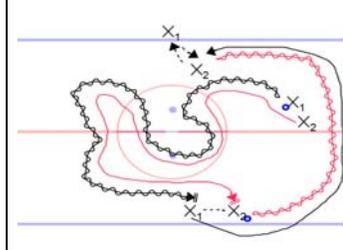
Step 1: Participants skate around the circle using the ½ lollipop motion with the outside foot. Repeat this drill in the opposite direction (changing the stable foot).

Step 2: Following the C cut, the outside foot should continue the motion to bring foot ahead of the other. Keeping the laces of skate in front.



Buzzing Bees

Participants will work in pairs with one ring. Participant A will start with the ring and skate around the ice surface. Participant B must follow A around as closely as possible. The goal is not to steal the ring, but to become A's shadow. When the whistle blows, participants stop and pass the ring back and forth with their partner. They should be completing short passes. On the second whistle, B skates away with the ring with A shadowing. This process is repeated for the duration of the designated period of time.



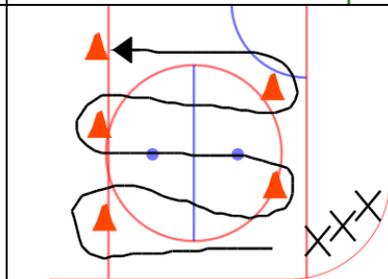
Skating

Turns

Participants skate through the pylon course while completing sharp turns around the pylons.

Key teaching points: Encourage participants to turn as close to the pylon as possible, their head should be up at all times.

Coaches should position themselves throughout the drill at one of the pylons. Participants must then perform the turn around the coach, providing a great opportunity to assess the skill level and provide encouragement and feedback.



Shooting

Sweep shot - Introduction

Coach to demonstrate the basics of the sweep shot.

Participants practice sweep shot at distance of 1-2m from the boards.

Key teaching points: Participants should not face the boards; they should turn their body so that their front foot is parallel to the boards.

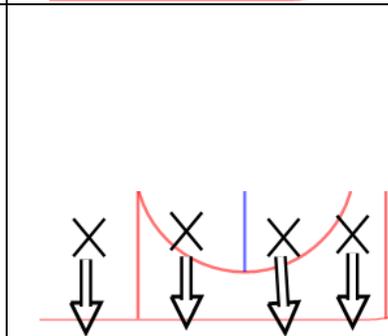
Participants should be taught to transfer their weight from their back foot to their front foot.

Using the term 'rocking back and forth' will help children this age understand the concept.

Participants should shift their weight to the back foot (the ring should follow this motion), they should then transfer their weight forward in quick motion while simultaneously propelling the ring forward with their arms and pointing at the target.

In children's terms: They should rock onto their back foot and then send their weight and arms forward in a 'kaboom' shot with their ring pointing at the target.

Encouraging them to make the 'kaboom' sound while performing the shot will help them understand the concept.



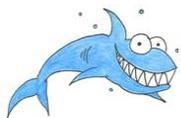
Water break!

FUNdamentals - Practice # 7

Warm-up (5 minutes)

Shark and fish

Two players are designated as the sharks to start. The fish must skate from blue line to blue line without being tagged. If they are tagged, they become



skate from blue line to blue line without being tagged. If they are tagged, they become sharks too.

Stations – Rotation I (20 minutes)

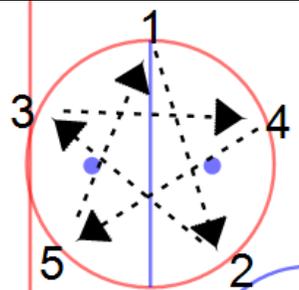
Passing

Star Passing

Participants line up around the circle. The ring is passed around the circle in a star pattern.

Progression: Participants can follow their pass.

Key teaching points: eye contact, communication with partner, head up.
Encourage participants to call out the name of their teammate before they pass the ring.

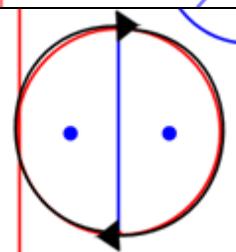


Skating

Forward crossover progression

See previous practice for cross over details.

Participants complete forward crossovers in both directions around the circle.



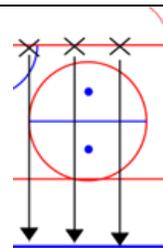
Skating

Backward skating

Participants will skate from red line to free play line using the following techniques:

- Backward motion creation
- Intro Backward c-cut

Key teaching points: Coach should demonstrate each skill.



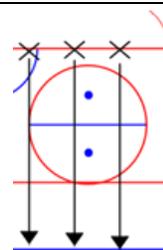
Skating

Forward partner pull

Participants will work in pairs.

Both players face the same direction, one standing in front of the other. Participants hold 2 sticks between them. The front partner pulls the other. Once the end point is reached, partners switch positions and complete the drill again.

Variation: the Back participant can create resistance by performing the snow plow stop.



Water break!

Stations – Rotation 2 (20 minutes)

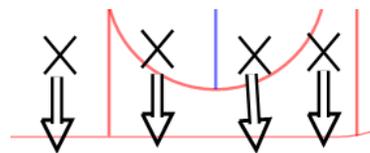
Shooting

Backhand Flip Shot - Introduction

Coach to demonstrate the basics of the sweep shot.
Participants practice sweep shot at distance of 1-2m from the boards.

Key teaching points: Participants should not face the boards; they should turn their body so that when standing in the basic stance position, their foot near the ring is closest to the boards. Participants should be taught to transfer their weight from their back foot to their front foot. Using the term 'rocking back and forth' will help children this age understand the concept. To lift the ring, participants should be using a shovelling motion as they propel the ring forward.

In children's terms: Using terminology such as 'shovelling snow' will help children this age grasp the basic concept.



Passing

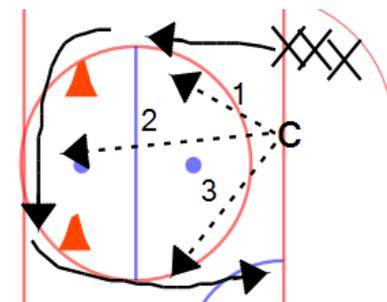
Pass reception

Participants will skate the pattern as outlined receiving 3 passes.

1. Receive a pass from behind
2. Receive a pass from the side
3. Receive a pass head on

Upon receiving the ring, the participant dumps the ring and gets ready to receive the next pass.

In the initial stages of this drill, the coach should be passing to the participants, as the season progresses, teammates can pass to each other.

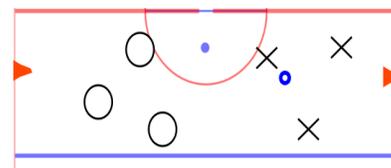


Mini Game

2 groups play 3vs3 cross-ice mini game. Place a pylon or an object at each end of the playing area to act as the 'net'. A team scores by hitting the pylon with the ring.

The emphasis should be on team play, passing and understanding the basic concept of 'trying to score goals' and 'trying to stop the other team from scoring goals'.

The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.



Games and cool down (5 minutes)

Ring Soccer

Divide groups into 2 teams. Participants can only use their skates to kick the ring around the playing surface. Set up pylons at each end as nets. Remember, participants can only use the side of their skate blade to kick the ring.

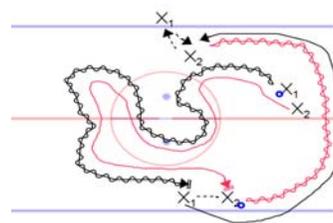
Team Cheer!

FUNdamentals - Practice # 8

Warm-up (5 minutes)

Buzzing Bees

Participants will work in pairs with one ring. Participant A will start with the ring and skate around the ice surface. Participant B must follow A around as closely as possible. The goal is not to steal the ring, but to become A's shadow. When the whistle blows, participants stop and pass the ring back and forth with their partner. They should be completing short passes. On the second whistle, B skates away with the ring with A shadowing. This process is repeated for the duration of the warm-up.



Stations – Rotation 1 (20 minutes)

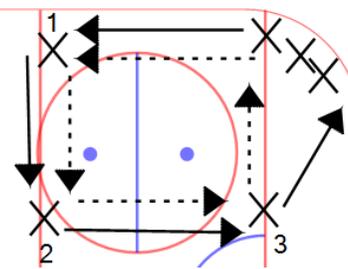
Passing

Jack-in-the-box passing

Participants line up as indicated in the diagram. The ring is passed in a box pattern. Participants follow their pass and wait in the ready position for the next pass.

Key teaching points: Participants must hustle to gain the next position. Passer must ensure that their partner has reached their position before delivering the pass.

Head up, eye contact and pointing stick at target with follow through.

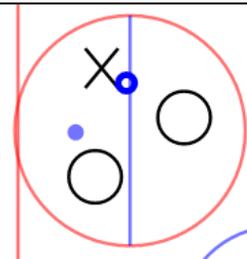


Checking

Introduction to 2 vs 1 checking

Participants will work in groups of 3. One is designated as the ring carrier; the other 2 will be the checkers.

The ring carrier will skate around the designated area with the ring. The checkers must work together to retrieve the ring. The participant, who retrieves the ring, becomes the ring carrier and the other 2 continue as the checkers.



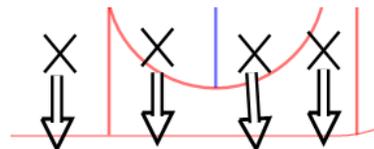
Shooting

Sweep shot - Continued

Coach to demonstrate the basics of the sweep shot to remind the participants of the key points.

Participants practice sweep shot at distance of 1-2m from the boards.

Have the participants identify a target on the boards and ask them to see how many times they can hit the target.



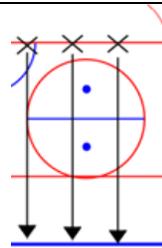
Skating

Backward skating

Participants will skate from red line to free play line using the following techniques:

- Backward motion creation
- Intro Backward c-cut

Key teaching points: Coach should demonstrate each skill.



Water break!

Stations – Rotation 2 (20 minutes)

Skating

Forward V Start

Participants line up on the goal line.

Coach demonstrates the basics of the V start.

Participant skate toward the centre line, stopping and performing the start when the whistle is blown. Repeat in the direction of the goal line.

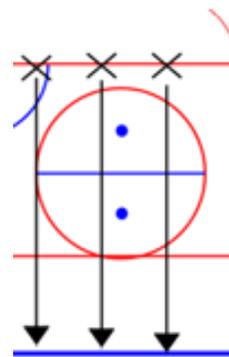
Key Teaching points:

Step 1: Feet in V shape, heels together.

Step 2: Let the body 'fall' forward, transferring the body weight forward.

Step 3: Take a few short running steps, chopping motion on the front inside edge to create acceleration.

Step 4: Shift body weight back to a regular position, resume long complete strides.



Skating

Parallel stop – 2 foot stop

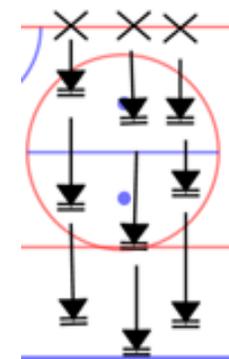
Participants line up on the goal line.

Coach demonstrates the basics of the parallel stop.

Participants skate toward the centre line, performing the stop when the whistle is blown. Repeat in the direction of the goal line.

Key teaching points: This is a progression from the ½ snow plow stop. Participants should now be able to begin to use both feet in a parallel stop motion.

Children's speak: Using the example of 'pulling the brake lever' will help the participants grasp the basic concept of this stop. Completing the action of pulling a lever up with their arm will create the motion and a weight transfer required to perform the introduction of this skill.

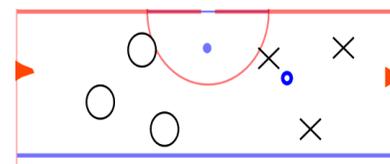


Mini Game

2 groups play 3vs3 cross-ice mini game. Place a pylon or an object at each end of the playing area to act as the 'net'. A team scores by hitting the pylon with the ring.

The emphasis should be on team play, passing and understanding the basic concept of 'trying to score goals' and 'trying to stop the other team from scoring goals'.

The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.

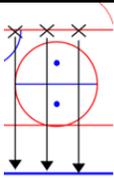
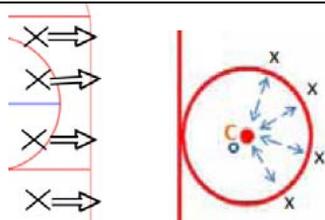
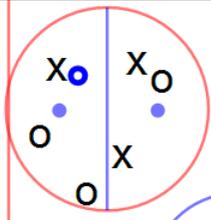
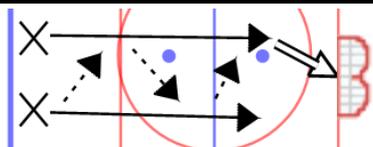
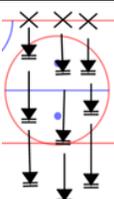
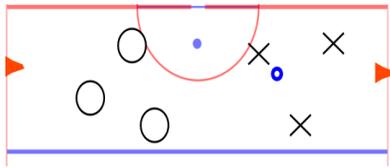


Games and cool down (5 minutes)

Snow queens

Participants line up on the goal line. On the whistle they skate to the free play line and dive and slide as far as they can with their arms extending in front of them. Repeat this drill, starting at the centre line and working back towards the goal line.

Team Cheer!

FUNdamentals - Practice # 9	
Warm-up (5 minutes)	
Steal the ring	
All but one participant begin the drill with a ring. On the whistle the ring carriers skate around the designated area. The participant without a ring must check the ring away from others. Once the ring is checked away, these participants become 'checkers'. The game continues until no ring carriers are left.	
Stations – Rotation 1 (20 minutes)	
Skating <i>Wave Skating</i> Review of all skating techniques seen this season.	
Shooting and ring control Part 1: Participants take a few minutes to practice their backhand flip shot against the boards. (10 to 15 shots) Part 2: Participants line up in a semi circle around the coach. Coach to direct flip shot towards each participant who must knock it down to the ice with their hand.	
Checking 3vs3 checking in circle. Teams work together to try and check the ring away from the other team. If the ring carrier skates out of the circle with the ring, they must give the ring to the other team. Coaches should participate in this drill as groups may not have 6 skaters to participate in the drill.	
Water break!	
Stations – Rotation 2 (20 minutes)	
Passing <i>Pair passing in motion</i> Players line up at the blue line with a partner. Participants pass the ring back and forth as they skate towards the net to take a shot. Variation: Participants must complete a pass off the boards.	
Skating <i>Starts and Stops</i> Review of all techniques seen this season.	
Mini Game 2 groups play 3vs3 cross-ice mini game. Place a pylon or an object at each end of the playing area to act as the 'net'. A team scores by hitting the pylon with the ring. <i>The emphasis should be on team play, passing and understanding the basic concept of 'trying to score goals' and 'trying to stop the other team from scoring goals'.</i> <i>The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.</i>	
Games and cool down (5 minutes)	
Obstacle course relay	
Set up a course with as many obstacles as you can find. Two groups compete to complete the course first.	
Team Cheer!	

FUNdamentals - Practice # 10

NOTE: This practice will require that the group be split into two teams.

Warm-up (5 minutes)

Prior to stepping onto the ice – let the participants select the warm-up activity.

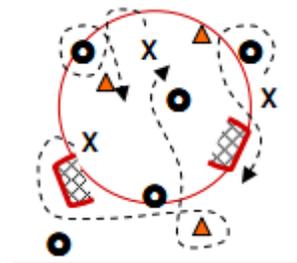
Stations – Rotation 1 (15 minutes)

Ring Handling

Chaos

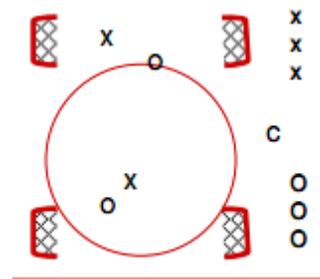
Participants skate around the obstacles with a ring. There is no set pattern they must follow, encourage them to try and skate around as many obstacles as possible.

Key teaching points: Holding the stick properly, protecting the ring (body between ring and obstacle), head up, keep ring close to body.



Ring handling and checking

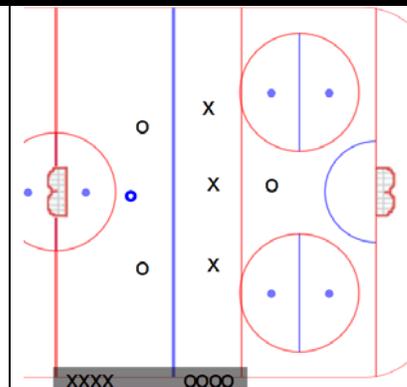
Two 1vs1 mini games will take place simultaneously. Participants are changed every 30 seconds.



Stations – Rotation 2 (30 minutes)

Game time!

- Play 3vs3 using half of the ice surface.
- No goalies.
- Use benches to simulate line changes.
- Play 2 minute shifts – stop the play and change all participants.
- When a goal is scored, the ring is given to the defending team, and play continues.
- Ensure to have coaches on the benches as well as on the ice to encourage and provide feedback to the participants.



Team Cheer!