



## Long Term Athlete Development Practices Learning to Train – Stage 2

### **Overview**

These 15 practice plans are designed to follow the progression of skills necessary for athlete's to acquire in the Learning to Train, Stage 2 of Ringette Canada's Long Term Athlete Development (LTAD) model.

Each practice plan can be taught over one or two ice times, providing the coach with a full season of practice plans. For each skill (technical and tactical) to be taught, there are recommendations of drills or activities to use. The skills are broken into the categories as follows:

Technical Skills: Ring Skills, Skating Skills, Goalkeeping Skills

Tactical Skills: Defensive Skills, Offensive Skills, Goalkeeping Skills

### **Key Points**

Many of the activities and drill have key points listed. These are teaching cues that the coach should ensure the athlete's are focusing on. For more information regarding teaching skills and proper skill execution, please refer to the National Coaching Certification Program (NCCP) manuals for Ringette, specifically the Competition-Introduction reference material.

### **Diagram's**

Many drills and activities have a pencil symbol (⇒) with a reference page. Whenever you see the ⇒ symbol, please refer to the Ringette Canada Drill Manual (Ringette Canada © 1992) for diagrams, explanations, and variations. For example, ⇒S4 – 3.4.2 refers to the Skating Skills Section, Page 4, Section 3.4.2. The sections are broken into the categories as follows:

- W Warmup
- S Skating Skills
- R Ring Skills
- G Goaltending Skills
- T Team Play Skills
- F Games for Developing Ringette Skills

This manual offers many valuable drills with diagrams and explanations, and is an excellent resource for any coach. It is available from your Provincial Ringette Association or as part of the coach resources provided with all introductory coaching courses.



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### **Technical Skill Benchmark**

#### **Ring Skills –**

Passing, receiving, checking, shooting (*all within a controlled environment*)  
Acquisition of ring skills and acquisition of position specific skills.

- General – grip, carrying the ring, protecting the ring.
- Passing – forehand sweep, backhand sweep, forehand flip, backhand flip, lead, board, drop.
- Receiving – stabbing the ring, retrieving open rings, off the boards.
- Checking – body position, sweep, side stick, back check, double teaming, checking in corners, checking on boards.
- Shooting – forehand sweep, backhand sweep, forehand flip, backhand flip, forehand wrist.
- Dekes – fake shots.

#### **Skating Skills –**

Starting, stopping, forward, backward, transition (*all within a controlled environment*)

- Starting – v-start, t-start, crossover start.
- Stopping – 2-foot t-stop, backward v-stop, backward t-stop, one foot inside edge stop, one foot outside edge stop, parallel stop.
- Forward – stride, 2-foot glide, 1-foot glide, acceleration, crossovers, sharp turns, double sculling, 2-foot slalom.
- Backward – stride, 2-foot glide, 1-foot glide, acceleration, crossovers, sharp turns, double sculling, 2-foot slalom.
- Transition – basic pivot turn (back to front, front to back), two foot Mohawk pivot – (back to front, front to back).

#### **Goaltending Skills –**

Mobility, stickwork, ring skills, positioning, communication & interaction, style.  
Acquisition of skills.

Identify and develop maximum number of players interested, those identified play no more than ½ time).

- General – grip, ready position/stance, keeping stick on ice, getting up and down quickly.
- Mobility (lateral) – shuffle, t-push and glide.
- Mobility (forward & backward) – push & glide.
- Stickwork – keeping stick flat on ice, handling shots, forehand and backhand passes, cushioning the shot.
- Ring Skills – blocking, stopping, throwing the ring (flat and aim), catching/trapping.
- Positioning – finding the posts, hugging the posts, free passes, triangle.
- Communication & Interaction – calling when open
- Style – stand-up, crouch



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### Tactical Strategy Benchmark

#### **Defensive –**

Defensive: *Acquisition of basic defensive game skills, defensive skills and tactics, individual 1v1 skills, maintain goal side positioning, team tactics*

- **Concepts** – review previous concepts, ice awareness, anticipation – learn cues to read and react to ring carrier and non-ring carriers, learn gap control, channeling and quick transition to defense/offense when they lose/get possession and forechecking, learn tandom and parallel defense in 3 v 2 situations, learn to deal with 4 v 3 situations
- **Individual** – Backwards skating, lateral, agility, speed, pivots, anticipate opportunities created by ring carrier and non-ring carriers, goal-side and inside position on ring carrier and all other opponents, gap control, channel ring-carrier to outside
- **Team tactics** – Forwards forecheck in offensive zone, communicate from free play line to D triangle, supportive coverage in triangle, working with goalkeeper, deal with shorthanded situations – 3 v 2 and 4 v 3 situations.

#### **Offensive –**

Offensive: *Acquisition of basic offensive skills and tactics (1v1 offensive skills/tactics, 2v1 skills, isolate 1 defender and pass or shoot)*

- **Concepts** – 1 on 1 offensive skills - triple threat, work with teammates to create 2 v 1's, quick transitions -offense to defense, defense to offense, create fast breaks, ice awareness, anticipation - read and react to ring and players, any 3 in, attacking triangle, pressuring and outnumbering defense
- **Individual Skills** – Body positioning during transition from zone to zone, protect, drive, shoot or fake shot and make pass
- **Team tactics** - execute free passes, positional play in offensive zone, ice awareness, anticipation, read and react to ring and players, any 3 in concept, attacking triangle, pressuring and outnumbering defense,
- **2 v 1 skills** – support to ring carrier, create space, give and go, screens, create movement inside triangle, ready for pass, deflection, rebound, one time shots, follow or cross with ring carrier and drop or back passes, isolate 1 defender, and pass or shoot

#### **Goaltending –**

Concentration on identification and development of maximum number of players interested and with ability.

- Players interested in playing goal should start to play ½ time.
- Goaltender ring options and use of goalkeeper as pass option for defensive players.
- Introduction of leg saves, butterfly technique



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Practice		#1	#2	#3	#4	#5	#6	#7	#8
Technical Skills	Ring	<b>General:</b> grip, carrying ring, protecting ring <b>Checking:</b> body position, sweep, side stick, back check	<b>Passing:</b> forehand & backhand sweep <b>Receiving:</b> stabbing the ring	<b>Shooting:</b> forehand & backhand sweep	<b>Passing:</b> forehand & backhand flip <b>Receiving:</b> retrieving open rings	<b>Shooting:</b> forehand & backhand flip	<b>Passing:</b> lead passing	<b>Passing:</b> board passing <b>Receiving:</b> off the boards	<b>Checking:</b> checking on boards, checking in corners.
	Skating	<b>Starting:</b> v-start, t-start <b>Stopping:</b> 2-foot t-stop <b>Forward:</b> stride, 2-foot glide, 1-foot glide	<b>Backward:</b> stride, 2-foot glide <b>Stopping:</b> backward v-stop	<b>Backward:</b> 1-foot glide <b>Stopping:</b> backward t-stop	<b>Stopping:</b> one foot inside edge stop, one foot outside edge stop	<b>Forward:</b> crossovers <b>Stopping:</b> parallel stop	<b>Starting:</b> crossover start <b>Forward:</b> acceleration	<b>Backward:</b> acceleration	<b>Backward:</b> crossovers
	Goalie	<b>Style:</b> stand-up <b>General:</b> grip, ready position/stance, keeping stick on ice	<b>General:</b> getting up and down quickly <b>Positioning:</b> finding the posts, hugging the posts	<b>Mobility (lateral):</b> shuffle, t-push and glide <b>Mobility (forward &amp; backward):</b> push & glide.	<b>Ring Skills:</b> blocking, stopping	<b>Mobility (forward &amp; backward):</b> Stickwork – keeping stick flat on ice, handling shots, cushioning the shot.	<b>Style:</b> crouch	<b>Mobility (forward &amp; backward):</b> forehand and backhand passes	<b>Ring Skills:</b> catching/trapping
Tactical Strategy	Defensive			<b>Team:</b> Positional play in defensive zone	<b>Team:</b> breakouts, forwards forecheck in offensive zone	<b>Individual:</b> inside position on ring carrier and all other opponents		<b>Team:</b> forwards communicate from free play line to D triangle	<b>Team:</b> working with goalkeeper
	Offensive		<b>Team:</b> ice awareness, anticipation	<b>Team:</b> any 3 in concept	<b>Team:</b> positional play in offensive zone	<b>Team:</b> execute free passes	<b>2v1:</b> support to ring carrier, ready for pass, give and go <b>2v1:</b> screens, deflection, rebound	<b>Individual:</b> body positioning during transition from zone to zone	<b>Team:</b> read and react to ring and players
	Goalie								<b>Goalie:</b> Ring options and use of goalkeeper as pass option for defensive players



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Practice		#9	#10	#11	#12	#13	#14	#15
Technical Skills	Ring	<b>Shooting:</b> forehand wrist	<b>Passing:</b> drop passes	<b>Dekes:</b> fake shots	<b>Checking:</b> double teaming			
	Skating	<b>Transition:</b> basic pivot turn (back to front, front to back)	<b>Forward:</b> sharp turns <b>Backward:</b> sharp turns	<b>Forward:</b> double sculling	<b>Backward:</b> double sculling	<b>Forward:</b> 2-foot slalom.	<b>Backward:</b> 2-foot slalom.	<b>Transition:</b> two foot Mohawk pivot – (back to front, front to back)
	Goalie	<b>Positioning:</b> triangle		<b>Positioning:</b> free passes	<b>Ring Skills:</b> throwing the ring (flat and aim)	<b>Communication &amp; Interaction:</b> calling when open		
Tactical Strategy	Defensive	<b>Team:</b> supportive coverage in triangle	<b>Individual:</b> goal-side position on ring carrier and all other opponents	<b>Individual:</b> gap control	<b>Individual:</b> channel ring-carrier to outside	<b>Team:</b> 3v2 situations	<b>Team:</b> 4v3 situation	
	Offensive	<b>Individual:</b> protect, drive <b>Team:</b> attacking triangle	<b>2v1:</b> create space, create movement inside triangle	<b>Individual:</b> shoot or fake shot and make pass	<b>2v1:</b> pass or shoot, one time shots	<b>2v1:</b> follow or cross with ring carrier and drop or back passes	<b>Team:</b> pressuring and outnumbering defense	<b>2v1:</b> isolate 1 defender
	Goalie		<b>Goalie:</b> Introduction of leg saves, butterfly technique					