





# U14

**Practice plans** 

This guide was completed by a group of volunteer coaches as part of an LTAD initiative. Thank you to: Kelly Sims, Yogi Van Weichen, Carolyn Mountjoy, Eric Michaud



# Stage: <u>UI4</u> Practice: <u># I</u> ( $\frac{1}{2}$ Ice Practice)

#### Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

#### Warm up (10-12 minutes)

- Bring nets near ringette lines
- Players skate around ice in same direction
- <u>Drill # 1:</u> followed by stretching
- Drink water

#### Cool down (5-10min)

- Drill #7: # W-2 coaches' surprise
- 3 slow laps + stretches
- Stretches at centre ice

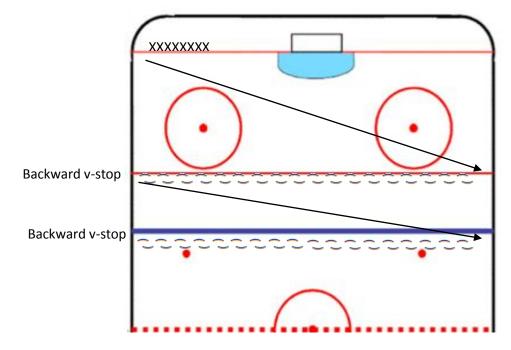
#### Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)

TIME (minutes)	ΑCTIVITY
00 – 05	Drill #1: Warm-up
05 – 07	(water)
07 – 15	Drill #2: SK #4 – 'V' Transitions
15 – 20	<b>Drill #3:</b> SK #1 – Stops + Starts (T + V starts)
20 – 22	Fast lap + water (coach set up for next drill)
22 – 32	Drill #4: P #1 – Static passing
32 – 34	Fast lap + water (coach set up for next drill)
34 – 44	Drill #5: SH #1 – 3 cone rapid shoot out
44 – 46	Fast lap + water (coach set up for next drill)
46 – 56	Drill #6: W #2 – Coach's surprise!
56 – 60	Cool down/stretch, etc.

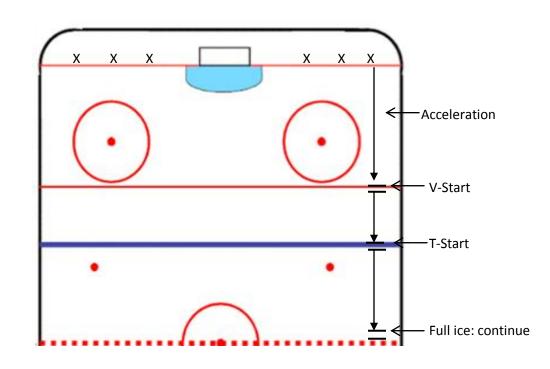
## Drill # |

Drill Name:	Warm-up Skating	Duration:	5 mir	nutes
What Skills a Players:	re we developing?	What do I nee	ed?	
Goalkeepers				
Drill Details:				TIPS
directi	<ul> <li>V.I Coach blows whistle:</li> <li>&gt; I = speed</li> <li>&gt; 2 = stop + change dire</li> <li>V. 2 Players skate between blue</li> </ul>	ection		<ul> <li>Push nets to Ringette line for safety</li> </ul>
0 0 0	between blue lines V. 3 Players stretch legs betwe V. 4 Players stretch arms over V. 5 Gliding backwards (1 leg, etc.)	<sup>-</sup> head	e,	



Drill Name:	Transitions (v)	Duration:	5 minutes
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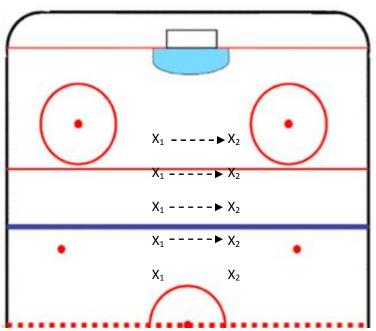
What Skills are we developing?	What do I need?
Players: • Forwards V-starts • Backwards V-stops • Pivots • Acceleration Goalkeepers: With players	• No equipment required
<ul> <li>Drill Details:</li> <li>Players line up in corner</li> <li>Start using V-start, accelerate to far boards, pivot to transition to skating</li> <li>Skate backwards across Ringett either side to ensure form)</li> <li>Backwards V-stop at boards</li> <li>Repeat at blue line</li> <li>Restart drill from centre ice (stato work pivot on both sides) <ul> <li>v. 2 Side-steps on line</li> <li>v. 3 Backwards on line</li> <li>v. 4 Sculling on line</li> </ul> </li> </ul>	o backwards e line (legs on • V-start 3.4 • Backward V –stop 3.10 • Pivots 3.12



Drill Name:Stops + StartsDuration:	5 minutes (2 reps on ½ lce)
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What Skills are we developing?	What do I need?		
Players: • V starts • T starts • Acceleration • Parallel stops Goalkeepers: With skaters	• Push net b	ack again	st boards
<ul> <li>Players line up on goal line</li> <li>Assume T start position (push I support leg)</li> <li>On whistle, push off using T sta Ringette line and stop face desig (ensure players are forced to st</li> <li>Assume V start position (heels apart)</li> <li>On whistle, push off using V sta line and stop facing designated of</li> <li>Assume T start position, on wh centre ice</li> <li>Stop facing designated direction</li> <li>Ensure proper parallel stop tech to demo the stop specifically)</li> </ul>	art, skate to gnated direction top on both sides) together and toes art, skate to blue direction histle, accelerate to	TIPS • •	Watch for full effort, proper technique Suggested coach-to-player ratio = I-3 or I-4 Drill manual ref: o T start 3.2 o V start 3.4 o Parallel stop 3.6

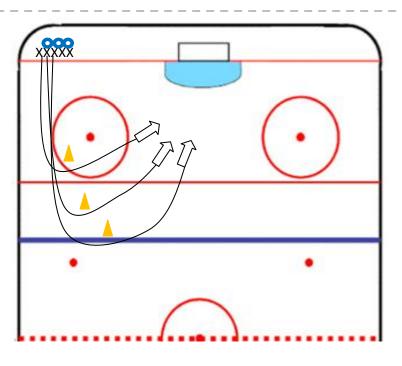




Drill Name:Static passingDuration:	5 minutes
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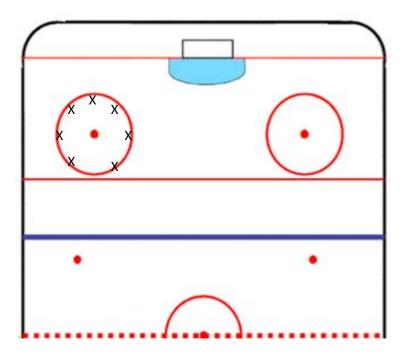
What Skills are we developing? Players: • Pass placement • Pass receiving • Sweep + flip	<ul> <li>What do I need?</li> <li>Rings</li> <li>Variation: 2 = speed rings</li> </ul>
Foot + hand stop  Goalkeepers:	
<ul> <li>Drill Details:</li> <li>Players pair off and face each other imetres apart</li> <li>Player I passes to player 2 and repe</li> <li>After IO passes, take 2 steps back and</li> <li>Further spread out if required <ul> <li>v. I players can skate forward backwards when receiving (</li> <li>v. 2 use speed (mini) rings</li> <li>v. 3 forward and backward point</li> <li>v. 4 use skate to receive ring pass to stick</li> </ul> </li> </ul>	backhand sweep pass backhand sweep pass Communication between players Body + hand position Tip of the stick to the target Show where you want the pass





Drill Name: 3 pylon rapid shoot-out	Duration:	5-10 minutes
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What Skills are we developing?	What do I need?	
Players:	<ul> <li>Rings</li> </ul>	
<ul> <li>Ring protection</li> <li>Skating</li> <li>Shooting</li> <li>Sweep back</li> </ul>	• 3 cones	
Goalkeepers: • Goalie gets 3 shots in rapid succession		
Drill Details:		TIPS
<ul> <li>Players start in corner with ring</li> <li>3 start at same time</li> <li>First goes to farthest pylon, second to closest</li> <li>Skate around pylon and shoot on net</li> <li>*protect ring around pylon</li> </ul>	middle, third to	<ul> <li>Make sure they do forehand and backhand: -flip -sweep -etc.</li> <li>Players to go down low in turn</li> </ul>



Drill Name:	Coach's surprise!	Duration:	
What Skills Players:	are we developing?	What do I need?	
Goalkeepers	5:		

Drill Details:	TIPS	
Start positions		
o Standing		
o Sitting		
<ul> <li>Squatting</li> </ul>		
<ul> <li>Laying down, etc.</li> </ul>		
<ul> <li>Coach asks players to perform a task, i.e.</li> </ul>		
<ul> <li>Touch a specific logo on the boards</li> </ul>		
<ul> <li>Retrieve a ring + shoot</li> </ul>		



# Stage: <u>UI4</u> Practice: <u># 2</u> ( $\frac{1}{2}$ Ice Practice)

#### Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

#### Warm up (10-12 minutes)

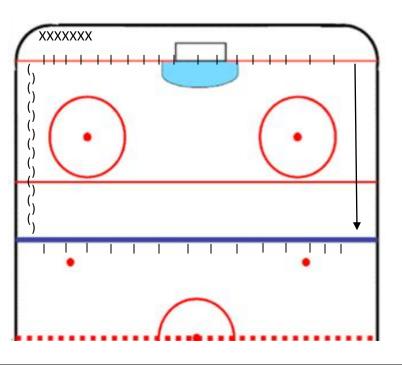
• Drill #1, followed by stretching – pick variation

#### Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)

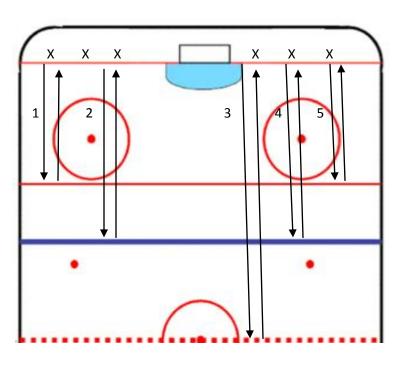
TIME (minutes)	ΑCΤΙVITY
00 – 05	Drill#1: followed by stretching
05 – 07	Fast lap + water * ½ ice = 3 fast laps
07 – 13	Drill#2:Side-step
13 – 20	Drill#3:SK #7 – Man-maker
22 – 24	Water/set up
24 – 29	Drill #4: Pass warm-up
29 – 38	Drill #5: S drill (first variation (head-on)
38 – 40	Hard lap + water
40 - 48	Drill #6: (3 cone rapid shoot)
48 – 55	Drill #7: Cycle one time
55 – 60	Shoot-out

Drill Name:	Warm-up Skating	Duration:	5 minutes	
What Skills a Players:	are we developing?	What do I nee	d?	
Goalkeepers	:			
directi o	players skate around entire surfa	ection ie lines, then backv een blue lines head	vards	<ul> <li>Push nets to Ringette line for safety</li> </ul>

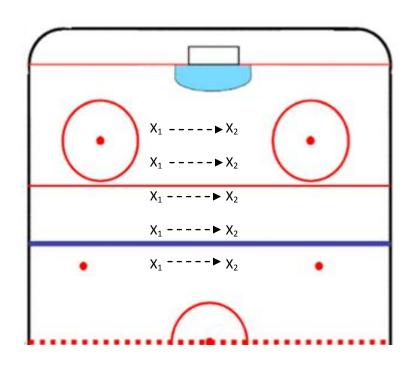


Drill Name:	Side-step	Duration:	5 minutes
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What Skills are we developing?	What do I need?
<ul> <li>Players:</li> <li>Cross over starts</li> <li>Acceleration</li> <li>One leg stop</li> </ul>	<ul> <li>Push net away from goal line</li> </ul>
<b>Goalkeepers:</b> With skaters	
<ul> <li>Drill Details:</li> <li>Players line up in corner</li> <li>Ensure players are facing forward (hips,</li> <li>Side-steps across goal line</li> <li>Watch form/technique/ - speed is not in</li> <li>Approximately 2 metres from boards, u forward skating</li> <li>Accelerate to blue line</li> <li>Repeat side-stepping (facing same direct</li> <li>Across blue line, use one-foot stop</li> <li>Continue back to goal line backwards</li> <li>Repeat drill, starting from opposite corr</li> <li>Variation: split ice up middle and run tw maximize ice/player engagement</li> </ul>	Ensure body does not face side ion to work other leg ner

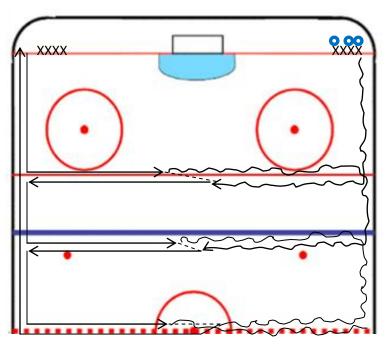


What Skills are we developing? Players:	What do I need? <ul> <li>Rings are optio</li> </ul>	<b>D</b>	
Goalkeepers:			
Drill Details:		TIPS	
Players line up on goal line			
<ul> <li>Skate to line and back</li> </ul>			
$\circ$ v. I Skate forward			
<ul> <li>v. 2 Skate backwards</li> </ul>			
$\circ$ v. 3 Skate forward one way + backwards the other way			
<ul> <li>v. 4 One-leg slalom + two-</li> </ul>	<ul> <li>v. 4 One-leg slalom + two-leg slalom (forwards and</li> </ul>		
backwards)			



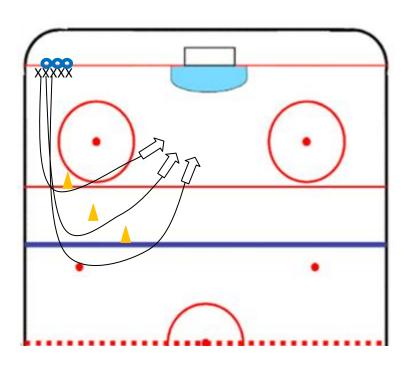
Drill	Static passing	Duration:	5 minutes
Name:	Static passing	Duration.	5 minutes
What Skills	are we developing?	What do I need?	
Players:		<ul> <li>Rings</li> </ul>	
	olacement	Variation	: 2 = speed rings
<ul> <li>Pass r</li> <li>Sweet</li> </ul>	p + flip		
	+ hand stop		
Goalkeeper	s:		
	<u>.</u>		

Drill Details:	TIPS
<ul> <li>Players pair off and face each other approximately 2 metres apart</li> <li>Player I passes to player 2 and repeat</li> <li>After 10 passes, take 2 steps back and repeat</li> <li>Further spread out if required <ul> <li>v. I players can skate forward when passing and backwards when receiving (constantly moving)</li> <li>v. 2 use speed (mini) rings</li> <li>v. 3 forward and backward passing</li> <li>v. 4 use skate to receive ring, then use skate to pass to stick</li> </ul> </li> </ul>	<ul> <li>Focus on forward sweep and backhand sweep pass</li> <li>Communication between players</li> <li>Body + hand position</li> <li>Tip of the stick to the target</li> <li>Show where you want the pass</li> </ul>



Drill Name:	S-drill	Duration:
What Skills	are we developing?	What do I need?
Players:		Rings
Passin	ig and receiving	
Goalkeepers	5:	
-		

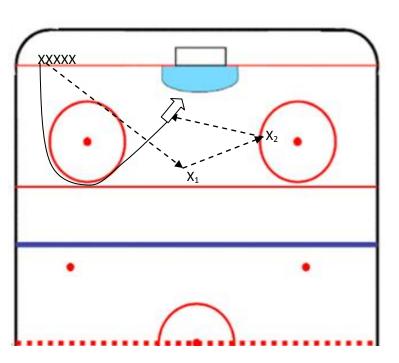
Drill Details:	TIPS
<ul> <li>Two lines in each corner-one side starts with ring</li> <li>Simultaneously, players skate up boards to ringette line and player with ring makes head-on pass to player without (in a specific zone)</li> <li>Players continue to skate to boards, turn up boards to blue line, repeat; centre line, repeat</li> <li>V. I: deep pass</li> </ul>	<ul> <li>Focus on forward and backward sweep</li> <li>Players switch starting points</li> <li>Demonstrate proper technique</li> <li>Remove the drill start</li> </ul>
• V. 2: back pass	



Drill Name:	3 pylon rapid shoot-out	Durat	ion:	5-10 minutes
What Skills	are we developing?	What	do I need	?
<ul><li>Skati</li><li>Shoo</li></ul>	ting	•	Rings 3 cones	
Goalkeeper Goal	ep back <b>*s:</b> ie gets 3 shots in rapid ession			

#### **Drill Details:**

Drill Details:	TIPS
<ul> <li>Players start in corner with ring</li> <li>3 start at same time</li> <li>First goes to farthest pylon, second to middle, third to closest</li> <li>Skate around pylon and shoot on net</li> </ul>	<ul> <li>Make sure they do forehand and backhand: -flip -sweep -etc.</li> </ul>
<ul> <li>*protect ring around pylon</li> </ul>	<ul> <li>Players to go down low in turn</li> </ul>



Drill Name:	Cycle one-timer	Duration:	5-15 minutes
What Skills	are we developing?	What do I need	?
Players:		<ul> <li>Rings</li> </ul>	
<ul><li>Pass placement</li><li>One-timer shot</li></ul>			
<b>Goalkeepers:</b> Following ring while watching moving players – lateral movement			

Drill Details:	TIPS
<ul> <li>Players start in corner with ring</li> <li>Take 3 strides and pass ring to XI and continue skating route as above</li> <li>XI passes to X2 who feeds the ring into slot for X who is arriving for one-time</li> <li>XI and X2 can be coaches to start</li> </ul>	<ul> <li>Ensure the goalie does not 'cheat' – must follow the ring</li> </ul>



# Stage: <u>UI4</u> Practice: <u>#3</u> ( $\frac{1}{2}$ Ice Practice)

#### Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

#### Warm up (10-12 minutes)

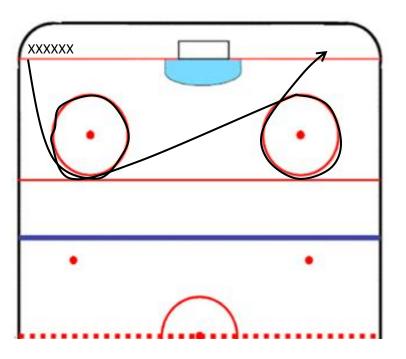
• Drill #1, followed by stretching – pick variation

#### Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)

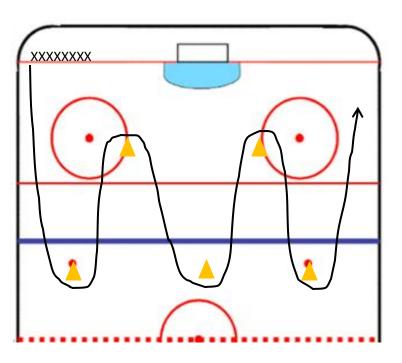
TIME (minutes)	ΑCΤΙVITY
00 – 05	Drill #1: warm-up, stretching
05 – 07	Hard lap + water
07 – 13	Drill #2: Cross-overs
13 – 20	Drill #3: Sharp turns
20 – 22	Water
22 – 33	Drill #4: Combination Drill
33 – 35	Hard lap + water
35 – 40	Drill #5: Rapid fire
40 – 48	<b>Drill #6:</b> transition into rapid pass
48 – 50	Hard lap + water
50 – 57	Drill #7: Static horseshoe

Drill Name:	Warm-up Skating	Duration:	5 minutes
	are we developing?	What do I ne	eed?
Players: Goalkeepers			
Drill Details:			TIPS
directi	<ul> <li>players skate around entire sion</li> <li>V.I Coach blows whistle:</li> <li>I = speed</li> <li>2 = stop + change</li> <li>V. 2 Players skate between</li> <li>between blue lines</li> <li>V. 3 Players stretch legs be</li> <li>V. 4 Players stretch arms of</li> <li>V. 5 Gliding backwards (1</li> </ul>	direction n blue lines, then back etween blue lines over head	line for safety kwards



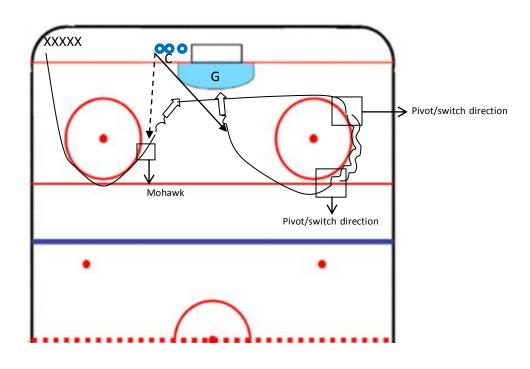
Drill Name: Cross-overs	Duration:	5 minutes
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<ul> <li>What Skills are we developing?</li> <li>Players: <ul> <li>Cross-overs (forward + backward)</li> <li>Pivots</li> <li>Acceleration</li> <li>Ring protection</li> </ul> </li> </ul>	What do I need? • 15 rings	
Goalkeepers: Drill Details: Players line up in corner Send 2-3 players at a time v. 1 Forwards v. 2 Backwards v. 3 Changing directions (pivo v. 4 Start slow stride, when ar Shorten strides + accelerate s to top and moving into next o	rive at top of circle. peed, when returning ircle, slow back down	• Watch form
<ul> <li>Modification 1: add ring, use coach ins forcing ring protection</li> <li>Modification 2: have players touch circ</li> </ul>		



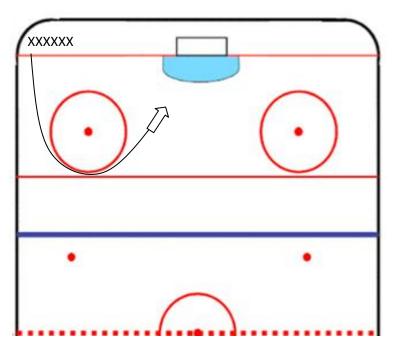
Drill Name:	narp turns	Duration:	5 minutes
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What Skills are we developing?	What do I need?
Players:	• 5 pylons
Acceleration	I5 rings
<ul> <li>Sharp turns</li> </ul>	
• 360 turns	
Backwards	
Protecting the ring	
Goalkeepers:	
With players	
Drill Details:	TIPS
Players line up in corner	<ul> <li>Players to treat pylons as</li> </ul>
<ul> <li>Skate forward with ring to first p</li> </ul>	ylon 'opposing players' and protect
• Turn as tight as possible around o	cone, continue to ring
next pylon	<ul> <li>Drill manual ref:</li> </ul>
o v. I 360 turns around pyl	lons o 3.13
$\circ$ v. 2 front to back, back to	o front transitions
<ul> <li>v. 3 fully backwards</li> </ul>	



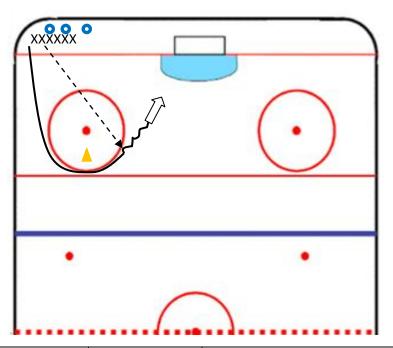
Drill Name:	Double zone pass	Duration:	5-15 minutes
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What Skills are we developing?	What do I need?	
Players: <ul> <li>Pass reception</li> <li>Mohawk</li> <li>Pivots/transitions</li> <li>Shooting</li> </ul> Goalkeepers:	• Rings	
<ul> <li>Drill Details:</li> <li>Players start in corner with ring, coat</li> <li>Player skates around circle, receives shoots</li> <li>Continue skating up around second of second pass and takes shot</li> <li>Return to line</li> </ul>	pass from coach and	<ul> <li>TIPS</li> <li>Use Mohawk to square body to pass/net</li> <li>Coach can be substituted with players</li> </ul>



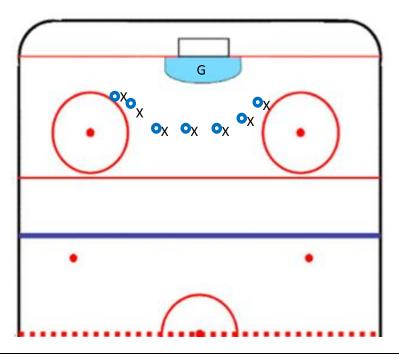
Drill Name:	Rapid fire	Duration:	5-10 minutes	
What Skills are we developing?		What do I need	What do I need?	
Players:		Rings		
Ring p	Ring protection			
Skating				
Shooti	ng			
Deeks				
<ul> <li>Fake sl</li> </ul>	hots			

<ul> <li>Goalkeepers:</li> <li>Continuous shots simulate rebounds</li> </ul>	
<ul> <li>Drill Details: <ul> <li>Players line up with rings in corner</li> <li>On whistle, player skates around, circles and takes shot on net</li> <li>Start next player when previous player reaches outside hash marks to have rapid shots on goalie</li> <li>Variations: <ul> <li>coach requests certain types of shots (i.e. forehand/backhand/deek) and shot placement</li> <li>add defence player on coach</li> </ul> </li> </ul></li></ul>	<ul> <li>Make sure they do forehand and backhand:</li> <li>-flip</li> <li>-sweep</li> <li>-etc.</li> <li>Make sure feet move</li> </ul>



Drill Name:	Duration:
What Skills are we developing?	What do I need?
Players:	Rings
<ul> <li>Pass placement</li> <li>Timing</li> <li>Body and head dekes</li> </ul>	• Pylons
Goalkeepers: • Breakaways	

Drill Details:	TIPS
<ul> <li>Players line up in corner</li> <li>Skate with ring around pylon</li> <li>Next player on line makes pass to where player is headed (before they arrive-using pylon as cone to make pass)</li> <li>After making pass, next player starts drill</li> <li>Take cone out later in season</li> </ul>	<ul> <li>Player with ring works on body and head dekes</li> <li>Switch starting point to other side</li> <li>Call the pass out</li> <li>Make them yell</li> <li>Timing is everything</li> <li>Use cone as marker for the pass</li> </ul>



Drill Name:	Static horseshoe	Duration:	5 minutes
Players: • Shoc • Swee • Wris	-	What do I nee • Rings	ed?
Goalkeeper • Move	<b>rs:</b> e side to side		

ill Details:	TIPS
Start shooting I at a time from one side	Hand position on stick
<ul> <li>Start shooting I at a time from other side</li> <li>Start shooting I at a time from each side – back + forth</li> </ul>	<ul> <li>Foot position</li> <li>Right to left on coach calls player # for the shot</li> </ul>



# Stage: <u>UI4</u> Practice: <u>#4</u> ( $\frac{1}{2}$ Ice Practice)

#### Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

#### Warm up (10-12 minutes)

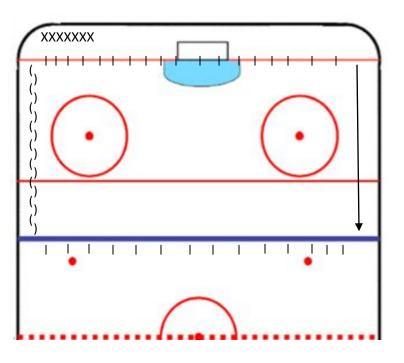
• Drill #1, followed by stretching – pick variation

#### Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)

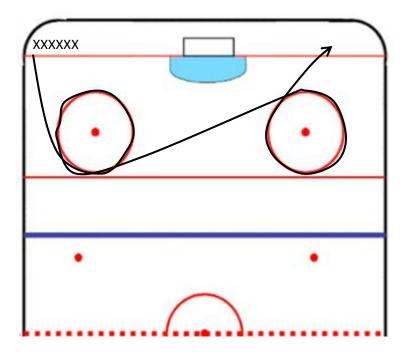
TIME (minutes)	ΑCTIVITY
00 – 05	Drill#1: pick variation
05 – 07	Fast lap + water
07 – 17	Drill #2: Side step
17 – 22	Drill #3: Cross-overs (circles) *v.3
22 – 24	Water
24 – 34	Drill #4: Combination Drill
34 – 36	Water/skate
36 – 46	Drill #5: Leap frog
46 – 48	Water/skate
48 – 58	Drill #6: La Banane
58 – 60	Cool down – stretch

Drill Name:	Warm-up Skating	Duration:	5 mir	nutes	
What Skills a Players:	are we developing?	What do I no	eed?		
Goalkeepers	:				
directi o	players skate around entire su	lirection blue lines, then bac ween blue lines rer head	kwards	TIPS •	Push nets to Ringette line for safety



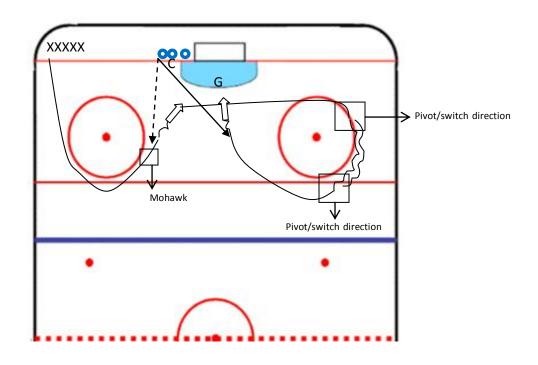
Drill Name:Side-stepDuration:5 minutes
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What Skills are we developing? Players: • Cross over starts • Acceleration	<ul><li>What do I need?</li><li>Push net away from</li></ul>	n goal line
One leg stop     Goalkeepers:     With skaters		
<ul> <li>Drill Details:</li> <li>Players line up in corner</li> <li>Ensure players are facing forward (hips, s)</li> <li>Side-steps across goal line</li> <li>Watch form/technique/ - speed is not im</li> <li>Approximately 2 metres from boards, us forward skating</li> <li>Accelerate to blue line</li> <li>Repeat side-stepping (facing same direction)</li> <li>Across blue line, use one-foot stop</li> <li>Continue back to goal line backwards</li> <li>Repeat drill, starting from opposite corm</li> <li>Variation: split ice up middle and run two maximize ice/player engagement</li> </ul>	shoulders, head) portant se momentum into on to work other leg er	<ul> <li>Watch body alignment</li> <li>Ensure body does not face side</li> </ul>

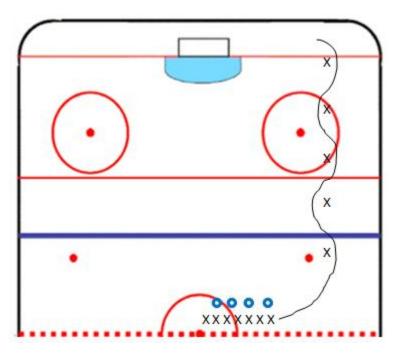


Drill Name:	Cross-overs	Duration:	5 minutes		
What Skills a	are we developing?	What do I need	!?		
Players:		<ul> <li>I5 rings</li> </ul>			
Cross	-overs (forward + backward)				
Pivots					
Accele	eration				
Ring p	rotection				
Goalkeepers	:	_			
Drill Details:			TIPS		
Players	s line up in corner		<ul> <li>Watch form</li> </ul>		
<ul> <li>Send 2</li> </ul>	2-3 players at a time				
0	v. I Forwards				
0	<ul> <li>v. 2 Backwards</li> </ul>				
0	<ul> <li>v. 3 Changing directions (pivots) – always free net</li> </ul>				
0	<ul> <li>v. 4 Start slow stride, when arrive at top of circle.</li> </ul>				
	Shorten strides + accelerate speed, when returning to top and moving into next circle, slow back down				
<ul> <li>Modification 1: add ring, use coach inside circle to</li> </ul>					
	g ring protection				
	cation 2: have players touch cir	cles with hand			
	cation 2. have players touch en				



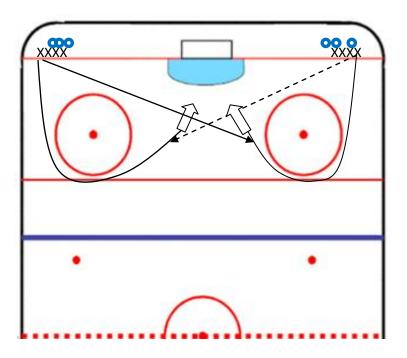


Drill Name:	Double zone pass	Duration:	5-15 minutes
Players: Pass re Mohaw	transitions ng	What do I new • Rings	eed?
<ul> <li>Player shoots</li> <li>Contin second</li> </ul>	s start in corner with ring, coach skates around circle, receives pa ue skating up around second cir l pass and takes shot to line	ass from coach and	<ul> <li><b>TIPS</b> <ul> <li>Use Mohawk to square body to pass/net</li> <li>Coach can be substituted with players</li> </ul> </li> </ul>



Drill Name:	Leap frog	Duration:	
What Skills Players:	are we developing?	What do I need?	
Goalkeeper	5:		

Drill Details:	TIPS	
<ul> <li>Use 4-5 players in stationary position</li> </ul>		
<ul> <li>Players with rings line up at centre, skate in and out of</li> </ul>		
stationary players who are trying to check		
<ul> <li>Can also line-up whole team and last player goes with ring – coach has rings and gives to last player each time</li> </ul>		



Drill Name:	Half horseshoe/La Banane	Duration:	
Players: Passin	are we developing? ng, Pass reception, Timing,	What do I need? • Rings	
Deke Goalkeeper			
<ul> <li>First</li> <li>Pass</li> <li>Swee</li> <li>Skate</li> <li>Shot</li> </ul>	the team in 2 groups girl out of the corner circles and c timing is key p pass to skater or stabs the ring and shoots on net variation – sweep, wrist, backhanc re skaters move feet up to low circ	I + forehand	• Call for the pass



# Stage: <u>UI4</u> Practice: <u># 5</u> ( $\frac{1}{2}$ Ice Practice)

#### Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)
- Review channel + check position / technique

#### Warm up (10-12 minutes)

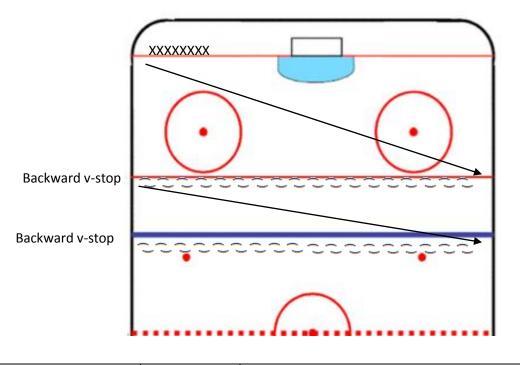
• Drill #1, followed by stretching – pick variation

#### Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)

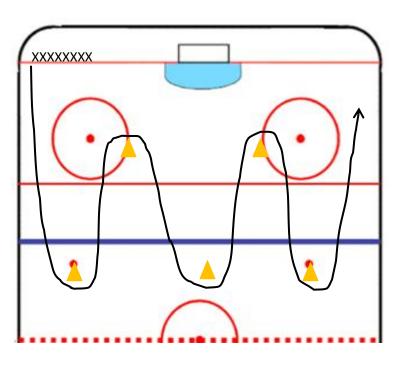
TIME (minutes)	ΑCTIVITY
00 – 05	Drill #1: warm-up
05 – 07	Hard lap + water
07 – 12	Drill #2: V transitions
12 – 22	<b>Drill #3:</b> Sharp turns *v.5 (360, transitions)
22 – 24	Water
24 – 30	Drill #4: 3 pylon rapid shot
30 – 38	Drill #5: progression
38 – 40	Water + fast lap
40 – 45	Drill #6: 3 on 1 (Channel-check) *focus on positioning + technique
45 – 47	Water/lap
47 – 57	Drill #7: 3 angle shoot out

Drill Name:	Warm-up Skating	Duration:	5 mi	inutes	
What Skills a Players:	are we developing?	What do I ne	ed?		
Goalkeepers	:	_			
directi o	<ul> <li>blayers skate around entire surfon</li> <li>V.1 Coach blows whistle:</li> <li>I = speed</li> <li>2 = stop + change dir</li> <li>V. 2 Players skate between bl</li> <li>between blue lines</li> <li>V. 3 Players stretch legs betw</li> <li>V. 4 Players stretch arms ove</li> <li>V. 5 Gliding backwards (1 legs</li> </ul>	rection ue lines, then bac reen blue lines r head	kwards	TIPS •	Push nets to Ringette line for safety



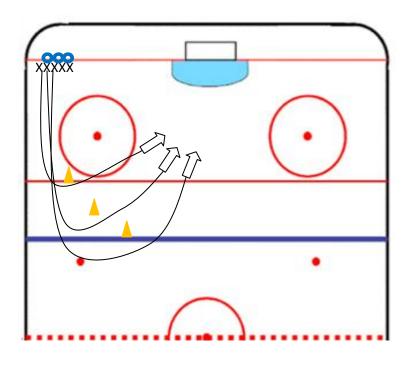
Drill Name:	Transitions (v)	Duration:	5 minutes
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What Skills are we developing?	What do I need?		
Players: • Forwards V-starts • Backwards V-stops • Pivots • Acceleration Goalkeepers: With players	No equipme	ent required	
<ul> <li>Drill Details:</li> <li>Players line up in corner</li> <li>Start using V-start, accelerate the far boards, pivot to transition the skating</li> <li>Skate backwards across Ringet either side to ensure form)</li> <li>Backwards V-stop at boards</li> <li>Repeat at blue line</li> <li>Restart drill from centre ice (state to work pivot on both sides)</li> <li>v. 2 Side-steps on line</li> <li>v. 3 Backwards on line</li> <li>v. 4 Sculling on line</li> </ul>	o Ringette line at o backwards te line (legs on	• Drill r	

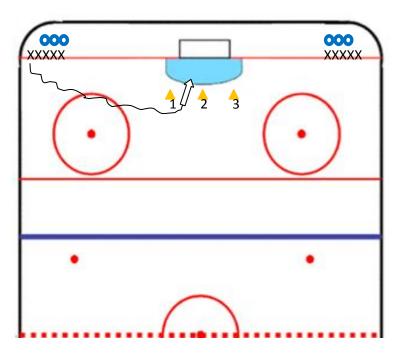


Drill Name:Sharp turnsDuration:	5 minutes
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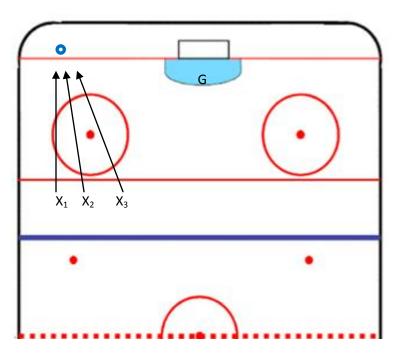
What Skills are we developing?	What do I need?	
Players:	<ul> <li>5 pylons</li> </ul>	
Acceleration	<ul> <li>15 rings</li> </ul>	
<ul> <li>Sharp turns</li> </ul>		
• 360 turns		
<ul> <li>Backwards</li> </ul>		
<ul> <li>Protecting the ring</li> </ul>		
Goalkeepers:		
With players		
Drill Details:	·	TIPS
<ul> <li>Players line up in corner</li> </ul>		<ul> <li>Players to treat pylons as</li> </ul>
<ul> <li>Skate forward with ring to first p</li> </ul>	ylon	'opposing players' and protect
• Turn as tight as possible around	cone, continue to	ring
next pylon		<ul> <li>Drill manual ref:</li> </ul>
<ul> <li>v. I 360 turns around py</li> </ul>	lons	o <b>3.13</b>
$\circ$ v. 2 front to back, back t	o front transitions	
<ul> <li>v. 3 fully backwards</li> </ul>		
,		



What Skills are we developing?	What do I need?	
Players:	<ul> <li>Rings</li> </ul>	
<ul> <li>Ring protection</li> <li>Skating</li> <li>Shooting</li> <li>Sweep back</li> </ul>	• 3 cones	
Goalkeepers: • Goalie gets 3 shots in rapid succession		
Drill Details:		TIPS
<ul> <li>Players start in corner with ring</li> <li>3 start at same time</li> <li>First goes to farthest pylon, second to closest</li> <li>Skate around pylon and shoot on net</li> <li>*protect ring around pylon</li> </ul>	middle, third to	<ul> <li>Make sure they do forehand and backhand: -flip -sweep -etc.</li> <li>Players to go down low in turn</li> </ul>



<ul> <li>What Skills are we developing?</li> <li>Players: <ul> <li>Ring possession</li> <li>Skating, Acceleration</li> <li>Shooting-Sweep</li> <li>Fake shot</li> </ul> </li> <li>Goalikeepers: <ul> <li>Goalie does not know where the shot will be done</li> </ul> </li> </ul>	What do I need? <ul> <li>Rings</li> <li>3 cones</li> </ul>		
<ul> <li>Drill Details:</li> <li>Players line up in corner with ring</li> <li>Coach calls out cone position</li> <li>Players skates out and goes around conto line on other side</li> <li>After all players have gone (alternating guessing where shot is coming from) set</li> <li>Alternate types of shots (forehand, back</li> </ul>	cones to keep goalie tart from other side	TIPS •	Coach calls shot position *Fake shot at various position

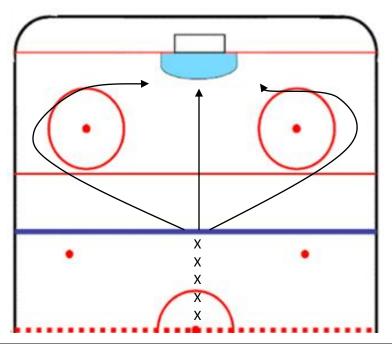


Drill Name:	Channel + Check -2 v1 progression	Duration:
What Skill Players:	s are we developing?	What do I need?
Goalkeepe	ers:	

### **Drill Details:**

Drill Details:	1122
3 lines at ringette line	• Come in at an angle to
On whistle, race to ring	pick up ring
<ul> <li>If XI gets ring, X2 + X3 attempts to channel/check to gain</li> </ul>	
ring	
XI tries to score	

TID



Drill Name:	3 angle shootout	Duration:	Finish
What Skills Players: Shoo Scori Deek Fakes Goalkeeper	ng ss s:	What do I need • Rings	?
Move     Drill Details     Shoo     C     C	t-out Around left circle Around right circle		<ul> <li><b>TIPS</b> <ul> <li>Head up</li> <li>Coach demands type of shot (wrist, backhand, sweep, etc.)</li> </ul> </li> </ul>



# Stage: <u>UI4</u> Practice: <u>#6</u> ( $\frac{1}{2}$ Ice Practice)

### Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

#### Warm up (10-12 minutes)

• Drill #1, followed by stretching – pick variation

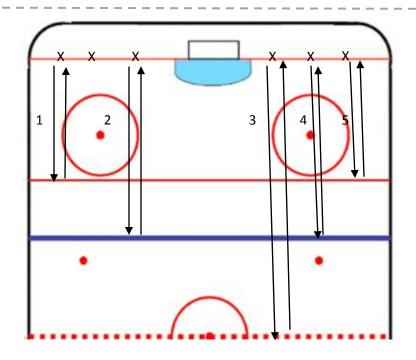
#### Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)

TIME (minutes)	ΑCΤΙVITY
00 – 05	Drill #1: warm-up
05 – 07	Hard lap + water
07 – 12	Drill #2: Man maker
12 – 20	Drill #3: Cross-over + *v.4
20 – 22	Water
22 – 32	Drill #4: East-West
32 – 34	Water/lap
34 – 45	Drill #5: (Channel-check)
45 – 50	Drill #6: Rapid fire
50 – 57	Drill #7: rapid fire with pass
57 – 60	Cool down

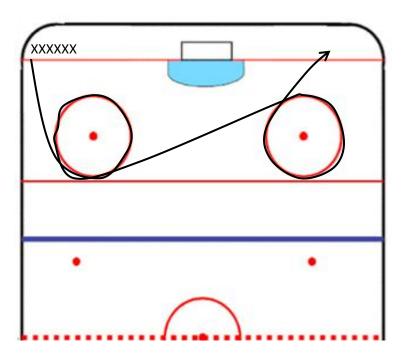
Drill Name:	Warm-up Skating	Duration:	5 minutes
What Skills a Players:	are we developing?	What do I no	eed?
Goalkeepers	:		
Drill Details:			TIPS
directi	<ul> <li>blayers skate around entire on</li> <li>V.I Coach blows whistle:</li> <li>I = speed</li> <li>2 = stop + change</li> <li>V. 2 Players skate betweet</li> <li>between blue lines</li> <li>V. 3 Players stretch legs b</li> <li>V. 4 Players stretch arms</li> <li>V. 5 Gliding backwards (I etc.)</li> </ul>	e direction en blue lines, then bac petween blue lines over head	line for safety





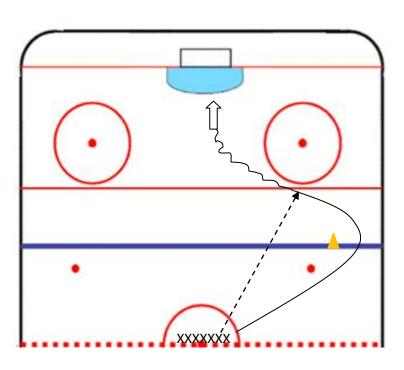
Drill Name:	Man-Maker	Duration:	
What Skills Players:	are we developing?	<ul><li>What do I need?</li><li>Rings are c</li></ul>	

Drill De	etails:	TIPS
•	Players line up on goal line	
• 5	Skate to line and back	
	o v. I Skate forward	
	<ul> <li>v. 2 Skate backwards</li> </ul>	
	$\circ$ v. 3 Skate forward one way + backwards the other way	
	• v. 4 One-leg slalom + two-leg slalom (forwards and	
	backwards)	



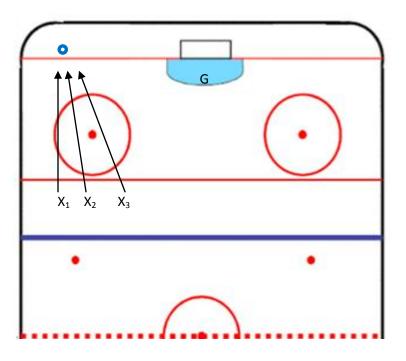
Drill Name:	Cross-overs	Duration	n:	5 minutes
What Skills a	are we developing?	What do	o I need	?
Players:		• I.	5 rings	
<ul><li>Pivots</li><li>Accele</li></ul>				
Goalkeepers	:			

Drill Detai	ils:	TIPS	
<ul> <li>Play</li> <li>Send</li> <li>Mod</li> </ul>	<ul> <li>ils:</li> <li>vers line up in corner</li> <li>d 2-3 players at a time <ul> <li>v. 1 Forwards</li> <li>v. 2 Backwards</li> <li>v. 3 Changing directions (pivots) – always free net</li> <li>v. 4 Start slow stride, when arrive at top of circle. Shorten strides + accelerate speed, when returning to top and moving into next circle, slow back down dification 1: add ring, use coach inside circle to check, cing ring protection</li> </ul></li></ul>	TIPS •	Watch form

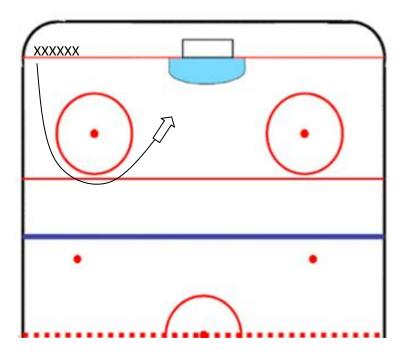


Drill Name:	East-West	Duration:	5-10 minutes
Players: Passin Shooti Cuts	ng	What do I need Rings I pylon	2
Goalkeepers	:		

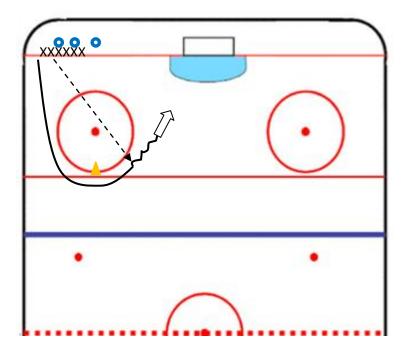
Drill D	etails:		TIPS	
	<ul> <li>XI leaves, cuts around pylon, looks for pass from X2, goes and shoots, etc.</li> </ul>		•	Focus on sweep check
•	Change	e sides		
•	Variati	on:		
	0	have defence try to cut off pass		
	0	have defence in corner		
	0	on whistle, D + F leave at same time		
	0	defence tries to intercept pass or take ring away from F		
	0	Also could have shooter go in corner after their shot		



Drill Name:	Channel + Check -2 vI progression	Duration:		
What Skil Players:	Is are we developing?	What do I need?		
Goalkeepe	ers:			
Drill Deta	ils:		TIPS	
• 3 lii	nes at ringette line		•	Come in at an angle to pick
• On	whistle, race to ring			up ring
• If X ring	(I gets ring, X2 + X3 attempts t g	o channel/check to gain		
XI tries to score				



Drill Name:	Rapid fire	Duration:	5-10 minute	S
	are we developing?	What do I need	?	
Players:		<ul> <li>Rings</li> </ul>		
<ul> <li>Ring p</li> </ul>	rotection			
<ul> <li>Skating</li> </ul>	g			
<ul> <li>Shooti</li> </ul>	ng			
<ul> <li>Deeks</li> </ul>				
<ul> <li>Fake s</li> </ul>	hots			
Goalkeepers	:			
<ul> <li>Contir</li> </ul>	nuous shots simulate rebounds			
Drill Details:			TIPS	
<ul> <li>Player</li> </ul>	s line up with rings in corner		•	Make sure they do
<ul> <li>On wl</li> </ul>	• On whistle, player skates around, circle		n	forehand and backhand:
net	net			-flip
<ul> <li>Start r</li> </ul>	• Start next player when previous player		sh	-sweep
marks to have rapid shots on goalie				-etc.
<ul> <li>Variat</li> </ul>	Variations:			Make sure feet move
0	coach requests certain types o			
	forehand/backhand/deek) and s	hot placement		
0	add defence player on coach			



Drill Name:	Duration:	
<ul> <li>What Skills are we developing?</li> <li>Players: <ul> <li>Pass placement</li> <li>Timing</li> <li>Body and head dekes</li> </ul> </li> <li>Goalkeepers: <ul> <li>Breakaways</li> </ul> </li> </ul>	What do I need? • Rings • Pylons	
<ul> <li>Drill Details:</li> <li>Players line up in corner</li> <li>Skate with ring around pylon</li> <li>Next player on line makes pass to whe (before they arrive-using pylon as cone)</li> <li>After making pass, next player starts d</li> <li>Take cone out later in season</li> </ul>	e to make pass)	<ul> <li>TIPS</li> <li>Player with ring works on body and head dekes</li> <li>Switch starting point to other side</li> <li>Call the pass out</li> <li>Make them yell</li> <li>Timing is everything</li> <li>Use cone as marker for the pass</li> </ul>



# Stage: <u>UI4</u> Practice: <u>#7</u> ( $\frac{1}{2}$ Ice Practice)

### Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

### Warm up (10-12 minutes)

• Drill #1, followed by stretching – pick variation

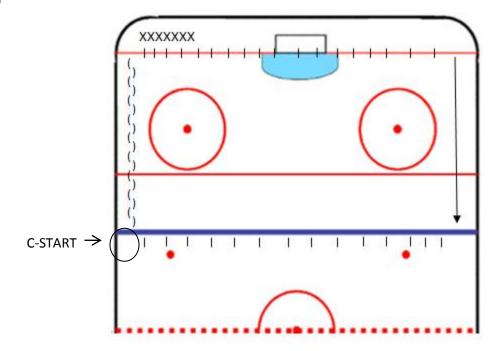
#### Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)

TIME (minutes)	ΑCΤΙVΙΤΥ	
00 – 05	Drill #1: warm-up	
05 – 07	Hard lap + water	
07 – 14	Drill #2: Side step (v. 2)	
14 – 23	Drill#3: sharp turns	
23 – 25	Water	
25 – 35	25 – 35 <b>Drill #4:</b> Static passing-progression to drop pass	
35 – 45	Drill #5: s drill (front + drop)	
45 – 58	Drill #6: Defensive channelling	
58 – 60	Cool down	

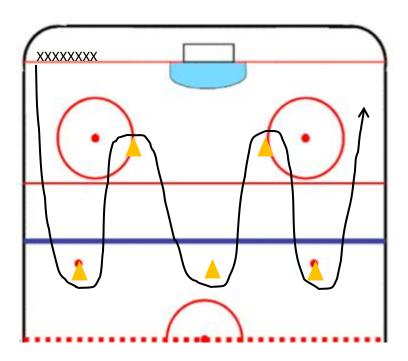
Drill Name:	Warm-up Skating	Duration:	5 minu	ites
What Skills a Players:	re we developing?	What do I ne	eed?	
Goalkeepers	:	-		
Drill Details:			T	TIPS
directi o	<ul> <li>V.I Coach blows whistle:</li> <li>I = speed</li> <li>2 = stop + change di</li> </ul>	rection lue lines, then bacl veen blue lines er head	kwards	• Push nets to Ringette line for safety

Drill #2



Drill Name:	Side-step v. 2 (mid-season)	Duration:
What Skills are we developing? Players:		<ul> <li>What do I need?</li> <li>Push net away from goal line</li> </ul>

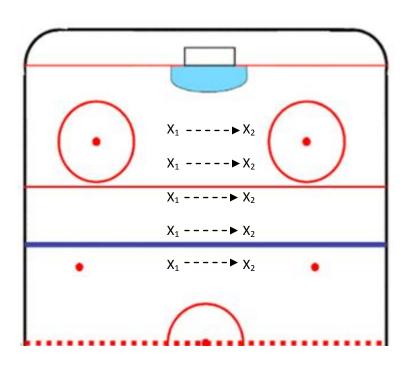
Goalkeepers:	
Drill Details:	TIPS
<ul> <li>Introduce backwards C-start</li> <li>Same drill as SK#2 using backward C-s skate backwards</li> </ul>	• Demo backwards C-start before players do it



Drill Name:	Sharp turns	Durat	ion:	5 minutes
What Skills a	What Skills are we developing?		do I nee	d?
Players:		•	5 pylons	
<ul> <li>Acceler</li> <li>Sharp t</li> <li>360 tur</li> <li>Backwa</li> <li>Protect</li> <li>Goalkeepers:</li> <li>With players</li> </ul>	urns ns ards ting the ring	•	15 rings	

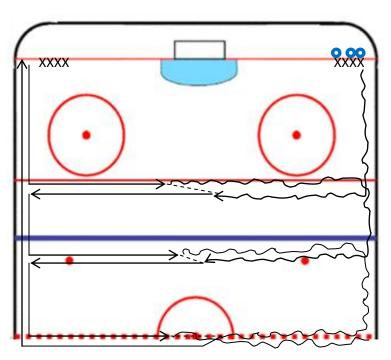
#### **Drill Details:**

TIPS Players line up in corner Players to treat pylons as • • 'opposing players' and protect Skate forward with ring to first pylon • Turn as tight as possible around cone, continue to ring • Drill manual ref: next pylon • • v. I 360 turns around pylons o 3.13 • v. 2 front to back, back to front transitions o v. 3 fully backwards

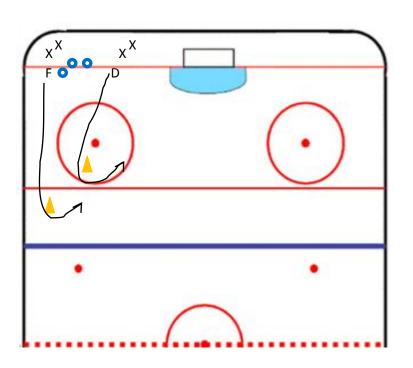


Drill Name:	Static passing	Durat	tion:	5 minutes
What Skills	are we developing?	What	do I need	!?
Players:		•	Rings	
<ul><li>Pass</li><li>Sweet</li></ul>	placement receiving p + flip + hand stop <b>'s:</b>	•	Variation	: 2 = speed rings

Drill Details:	TIPS
<ul> <li>Players pair off and face each other approximately 2 metres apart</li> <li>Player I passes to player 2 and repeat</li> <li>After 10 passes, take 2 steps back and repeat</li> <li>Further spread out if required <ul> <li>v. I players can skate forward when passing and backwards when receiving (constantly moving)</li> <li>v. 2 use speed (mini) rings</li> <li>v. 3 forward and backward passing</li> <li>v. 4 use skate to receive ring, then use skate to pass to stick</li> </ul> </li> </ul>	<ul> <li>Focus on forward sweep and backhand sweep pass</li> <li>Communication between players</li> <li>Body + hand position</li> <li>Tip of the stick to the target</li> <li>Show where you want the pass</li> </ul>



Drill Name:	S-drill	Duration:
<ul> <li>What Skills are we developing?</li> <li>Players: <ul> <li>Passing and receiving</li> </ul> </li> </ul>		What do I need? • Rings
Goalkeepers:		



Drill Name:	Defensive channel	Durat	ion:	5-15 mii	nutes
What Skills are we developing? Players: • Defensive body positioning • Checking (sweep) Goalkeepers:		What • •	<b>do I need</b> Rings 2 pylons	?	
<ul> <li>Drill Details:</li> <li>Forward has ring – around pylon 1 on</li> <li>Can do both corners – 5-10 sec delay</li> </ul>				ТІ	<ul><li>PS</li><li>D timing drill</li><li>Both position D</li></ul>



# Stage: <u>UI4</u> Practice: <u>#8</u> ( $\frac{1}{2}$ Ice Practice)

### Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

### Warm up (10-12 minutes)

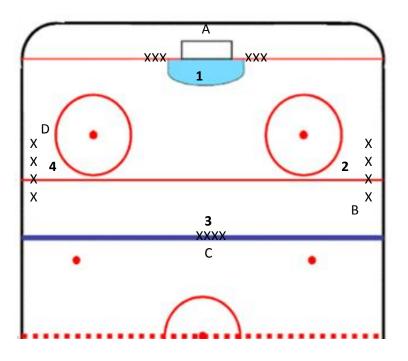
• Drill #1, followed by stretching – pick variation

#### Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)

TIME (minutes)	ΑCΤΙVΙΤΥ	
00 – 05	Drill#1: warm-up	
05 – 07	Water/lap	
07 – 16	Drill #2: Lengths + Widths (full ice if possible)	
16 – 24	Drill #3: v transitions *focus on acceleration (getting low @ b/w SK#8	
24 – 26	Water	
26 – 36	Drill #4: Star-5 + board pass variation	
36 – 38	Lap + water	
38 – 48	Drill #5: Channel + Checking	
48 – 53	Drill #6: Static Horseshoe	

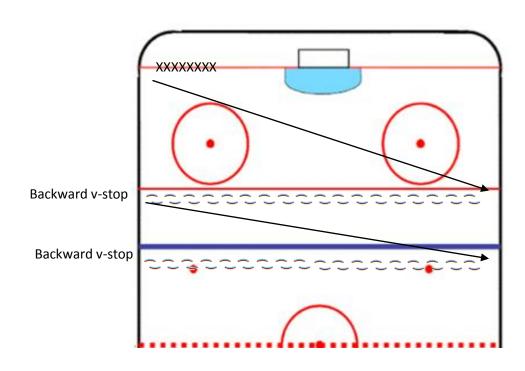
Drill Name:	Warm-up Skating	<b>Duration:</b>	5 min	utes	
What Skills a Players:	are we developing?	What do I no	eed?		
Goalkeepers	:				
directi o	players skate around entire s	direction n blue lines, then bac etween blue lines over head	same :kwards		Push nets to Ringette ine for safety



Drill Name:	Lengths + Widths	Duration:	
What do I n • Rings	are optional		

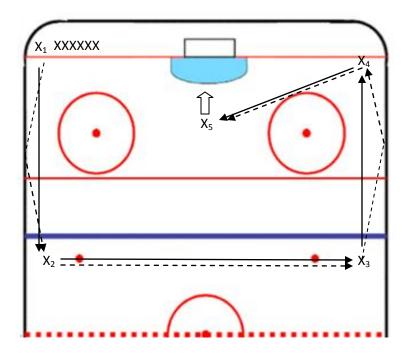
Goalkeepers:	
Drill Details:	TIPS
<ul> <li>Group Iskates to C and back, then move to B</li> <li>Group 2 skates to D and back, then move to C</li> <li>Group 2 skates to A and back, then move to D</li> <li>Group 2 skates to B and back, then move to A <ul> <li>v. 1 Skate forward</li> <li>v. 2 Skate backward</li> <li>v. 3 Sculling</li> <li>v. 4 One-leg slalom + two-leg slalom</li> </ul> </li> </ul>	Best on full ice



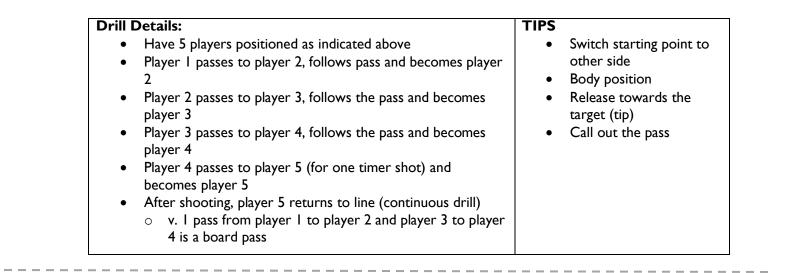


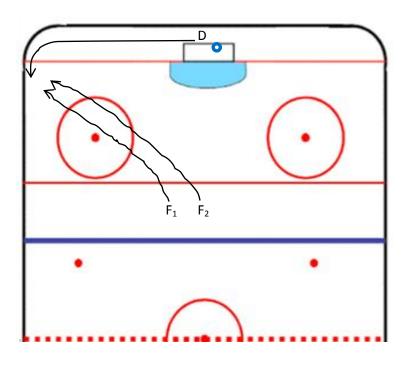
Drill Name:	Transitions (v)	Duration:	5 minutes		
What Skill	What Skills are we developing?		What do I need?		
Players:		<ul> <li>No equ</li> </ul>	lipment required		
<ul> <li>Forwards V-starts</li> <li>Backwards V-stops</li> <li>Pivots</li> <li>Acceleration</li> </ul>					
<b>Goalkeepers:</b> With players					

Drill Details:	TIPS
<ul> <li>Players line up in corner</li> <li>Start using V-start, accelerate to Ringette line at far boards, pivot to transition to backwards skating</li> <li>Skate backwards across Ringette line (legs on either side to ensure form)</li> </ul>	<ul> <li>*Ride the line'</li> <li>Drill manual ref: <ul> <li>V-start 3.4</li> <li>Backward V –stop 3.10</li> <li>Pivots 3.12</li> </ul> </li> </ul>
<ul> <li>Backwards V-stop at boards</li> <li>Repeat at blue line</li> <li>Restart drill from centre ice (start on same side to work pivot on both sides) <ul> <li>v. 2 Side-steps on line</li> <li>v. 3 Backwards on line</li> <li>v. 4 Sculling on line</li> </ul> </li> </ul>	



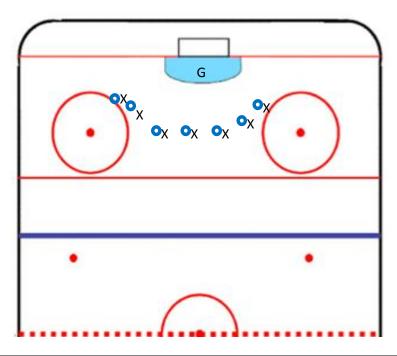
Drill	Star-5	Duration:	5 minutes
Name:		Duración.	5 minutes
What Skills	are we developing?	What do I need	?
Players:		<ul> <li>Rings</li> </ul>	
Passin	g		
Skatin	Skating communication		
Goalkeepers	Goalkeepers:		





Drill Name:	Channel + Check	Duration:
What Skills Players:	are we developing?	What do I need?
Goalkeeper	'S:	

Drill Details:	TIPS
<ul> <li>D starts behind net with ring, must break around net + up boards</li> <li>F1 skates in and channels D towards boards, staying in front of player</li> <li>F2 comes in for the check on the other side of D than F1</li> </ul>	Body position



Drill Name:	Static horseshoe	Duration:	5 minutes	
Name: What Skills are we developing? Players: • Shooting • Sweep • Wrist shots • 2 step shoot Goalkeepers:		What do I nee • Rings	ed?	
<ul> <li>Goalkeepers:</li> <li>Move side to side</li> <li>Drill Details: <ul> <li>Start shooting I at a time from one sid</li> <li>Start shooting I at a time from other s</li> <li>Start shooting I at a time from each side</li> </ul> </li> </ul>		side	0	n



# Stage: <u>UI4</u> Practice: <u>#9</u> ( $\frac{1}{2}$ Ice Practice)

### Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

#### Warm up (10-12 minutes)

• Drill #1, followed by stretching – pick variation

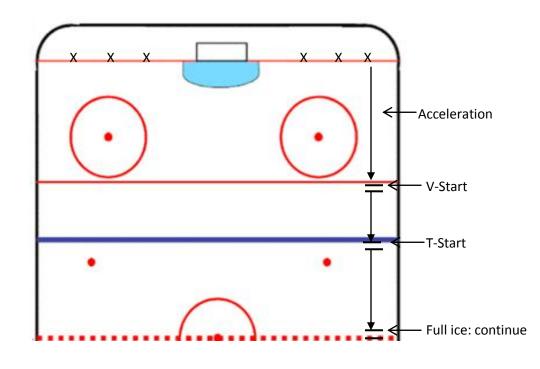
#### Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)

TIME (minutes)	ΑCTIVITY
00 – 05	Drill#1: warm-up
05 – 07	Water/lap
07 – 14	Drill#2: Stops + starts
14 - 24	Drill#3: v. 1-2
24 – 26	Water
26 - 36	Drill#4: Pepper pass
36 - 38	Lap + water
38 – 48	Drill#5: East-West
48 – 58	Drill #6: Defensive Channel
58 - 60	Cool down

Drill Name:	Warm-up Skating	Duration:	5 mi	nutes	
What Skills a Players:	re we developing?	What do I n	eed?		
Goalkeepers	:				
directi o	<ul> <li>blayers skate around entire succession</li> <li>V.1 Coach blows whistle:</li> <li>I = speed</li> <li>2 = stop + change of V. 2 Players skate between blue lines</li> <li>V. 3 Players stretch legs bet</li> <li>V. 4 Players stretch arms of V. 5 Gliding backwards (1 legs)</li> </ul>	lirection blue lines, then bac ween blue lines ver head	kwards	TIPS •	Push nets to Ringette line for safety

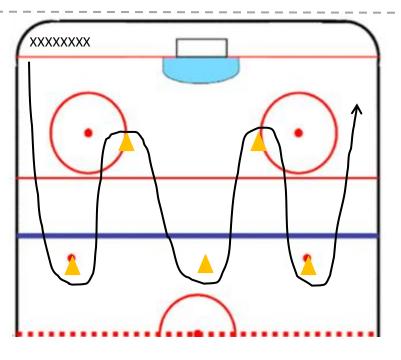




Drill	Stops + Starts	Duration:	5 minutes (2 reps on $\frac{1}{2}$ lce)
Name:	50ps · 50ar 05	Buración.	

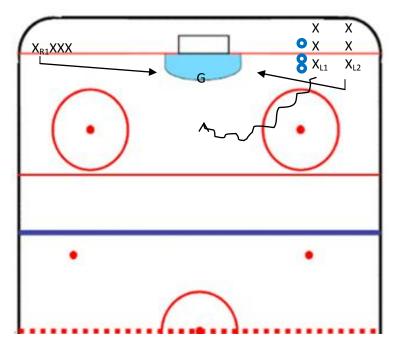
What Skills are we developing? W	/hat do l need?
Players: • V starts • T starts • Acceleration • Parallel stops Goalkeepers: With skaters	• Push net back against boards
<ul> <li>Drill Details: <ul> <li>Players line up on goal line</li> <li>Assume T start position (push leg b support leg)</li> <li>On whistle, push off using T start, sl Ringette line and stop face designate (ensure players are forced to stop c (ensure players are forced to stop c Assume V start position (heels toge apart)</li> <li>On whistle, push off using V start, sl line and stop facing designated direct</li> <li>Assume T start position, on whistle centre ice</li> <li>Stop facing designated direction</li> <li>Ensure proper parallel stop technique to demo the stop specifically)</li> </ul> </li> </ul>	<ul> <li>Suggested coach-to-player ratio = 1- 3 or 1-4</li> <li>Drill manual ref: <ul> <li>T start 3.2</li> <li>V start 3.4</li> <li>Parallel stop 3.6</li> </ul> </li> </ul>





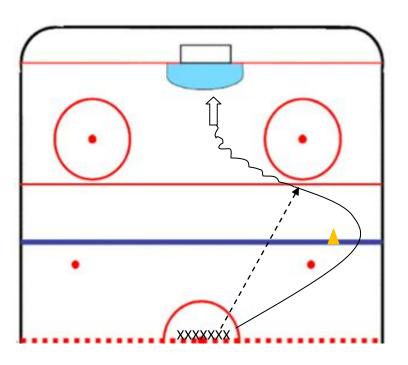
Drill Name:Sharp turnsDuration:	5 minutes
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What Skills are we developing?	What do I need?
Players: • Acceleration • Sharp turns • 360 turns • Backwards • Protecting the ring Goalkeepers: With players	<ul> <li>5 pylons</li> <li>15 rings</li> </ul>
<ul> <li>Drill Details:         <ul> <li>Players line up in corner</li> <li>Skate forward with ring to first py</li> <li>Turn as tight as possible around conext pylon                 <ul> <li>v. 1 360 turns around pylo</li> <li>v. 2 front to back, back to ov. 3 fully backwards</li> </ul> </li> </ul> </li> </ul>	cone, continue toand protect ring• Drill manual ref:0• 3.13



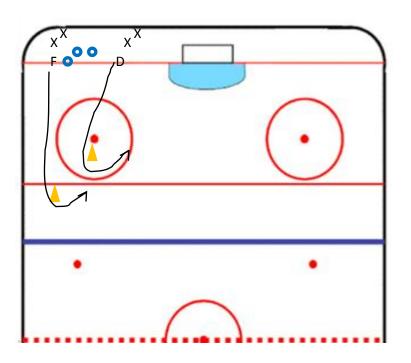
Drill Name: Pepper passing	Duration:	5 minutes
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What Skills are we developing?	What do I need?	
Players: Pass placement Ring reception Shooting Body + head dekes Goalkeepers: Lateral and depth movement	• Ring	
<ul> <li>Drill Details:</li> <li>Right handed shots line up in one line, line</li> <li>RIskates to low post, LI skates to top in the line</li> <li>LI passes alternately to RI and L2 who is crease passes</li> <li>Goalie must shift with ring</li> <li>Any player may shoot at any time</li> <li>Passes should be crisp and accurate</li> <li>Variation: add one or two defender very accurate</li> <li>Modification: second line should be you have most of</li> </ul>	of slot, L2 to low post also makes cross- rs once passes are	<ul> <li>Use skate to stop ring if player misses it with stick</li> <li>Body and head dekes</li> <li>Add defenders to practice situation</li> </ul>



Prill East-West I	Duration:	5-10 minutes
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What Skills are we developing? Players: • Passing • Shooting • Cuts Goalkeepers:	What do I need? • Rings • I pylon
<ul> <li>Drill Details:</li> <li>XI leaves, cuts around pylon, looks for and shoots, etc.</li> <li>Change sides</li> <li>Variation: <ul> <li>have defence try to cut off pas</li> <li>have defence in corner</li> <li>on whistle, D + F leave at same</li> <li>defence tries to intercept pass from F</li> <li>Also could have shooter go in</li> </ul> </li> </ul>	ss ne time s or take ring away



Drill Name:	Defensive channel	Durati	ion:	5-15 minutes
Players: • Defer	are we developing? nsive body positioning king (sweep)	•	<b>do I need</b> Rings 2 pylons	?

Goalkeepers:	
<ul> <li>Drill Details:</li> <li>Forward has ring – around pylon 1 on 1</li> <li>Can do both corners – 5-10 sec delay</li> </ul>	<ul> <li>TIPS</li> <li>D timing drill</li> <li>Both position D</li> </ul>



# Stage: <u>UI4</u> Practice: <u># 10</u> ( $\frac{1}{2}$ Ice Practice)

### Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

#### Warm up (10-12 minutes)

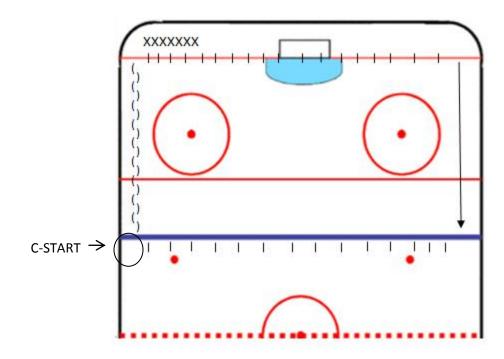
• Drill #1, followed by stretching – pick variation

#### Post-practice wrap up) (3-5min in the dressing room)

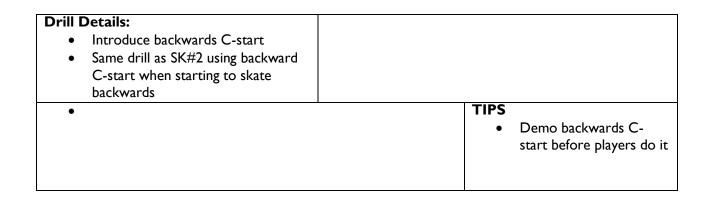
- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)

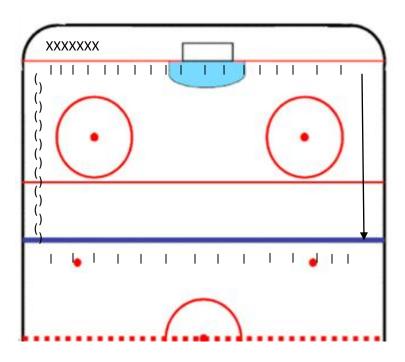
TIME (minutes)	ΑCTIVITY
00 – 05	Drill#1: warm-up
05 – 07	Water/lap
07 – 14	Drill#2: Stops + starts
14 - 24	Drill#3: v. 1-2
24 – 26	Water
26 - 36	Drill#4: Pepper pass
36 - 38	Lap + water
38 – 48	Drill#5: East-West
48 – 58	Drill #6: Defensive Channel
58 - 60	Cool down

Drill Name: Warm-up Skating	Duration:	5 min	utes	
What Skills are we developing? Players:	What do I no	eed?		
Goalkeepers:	-			
<ul> <li>Drill Details:</li> <li>Have players skate around entire surfadirection <ul> <li>V.1 Coach blows whistle:</li> <li>I = speed</li> <li>2 = stop + change direction</li> </ul> </li> <li>V. 2 Players skate between blue between blue lines <ul> <li>V. 3 Players stretch legs between</li> <li>V. 4 Players stretch arms over</li> <li>V. 5 Gliding backwards (1 leg, etc.)</li> </ul> </li> </ul>	ection ie lines, then bac een blue lines head	same :kwards	TIPS •	Push nets to Ringette line for safety



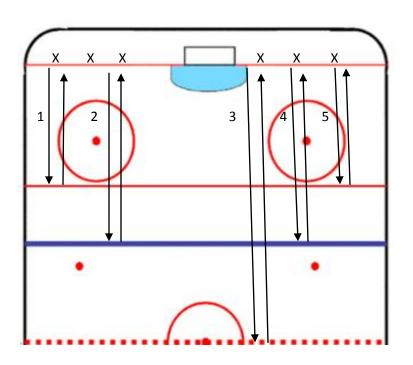
Drill Name:	Side-step v. 2 (mid-season)	Duration:	
Goalkeepers:		• Push net a	? away from goal line





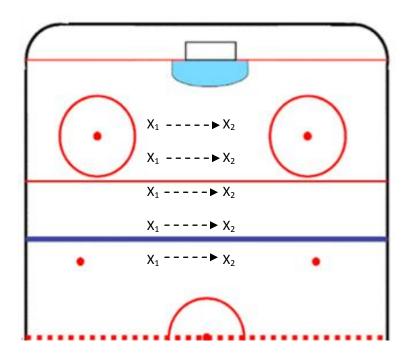
Drill Name:	Side-step	Duration:	5 minutes
Players:		What do I ne • Push ne	ed? et away from goal line
<b>Goalkeepers:</b> With skaters			

Drill I	Details:	TIPS	
• • •	Details: Players line up in corner Ensure players are facing forward (hips, shoulders, head) Side-steps across goal line Watch form/technique/ - speed is not important Approximately 2 metres from boards, use momentum into forward skating Accelerate to blue line Repeat side-stepping (facing same direction to work other leg Across blue line, use one-foot stop	TIPS • •	Watch body alignment Ensure body does not face side
• •	Continue back to goal line backwards Repeat drill, starting from opposite corner Variation: split ice up middle and run two shorter 'boxes' to maximize ice/player engagement		



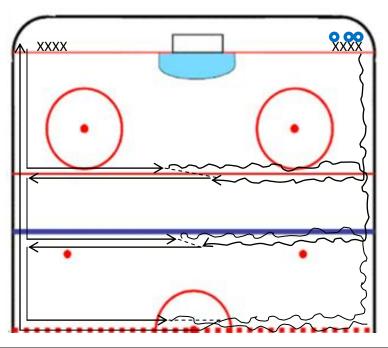
Drill Name:	Man-Maker	Duration:	
What Skills	are we developing?	What do I need?	
Players:		<ul> <li>Rings are d</li> </ul>	optional
Goalkeeper	s:		

Drill Details:	TIPS
Players line up on goal line	
Skate to line and back	
<ul> <li>v. I Skate forward</li> </ul>	
<ul> <li>v. 2 Skate backwards</li> </ul>	
$\circ$ v. 3 Skate forward one way + backwards the other way	
<ul> <li>v. 4 One-leg slalom + two-leg slalom (forwards and</li> </ul>	
backwards)	



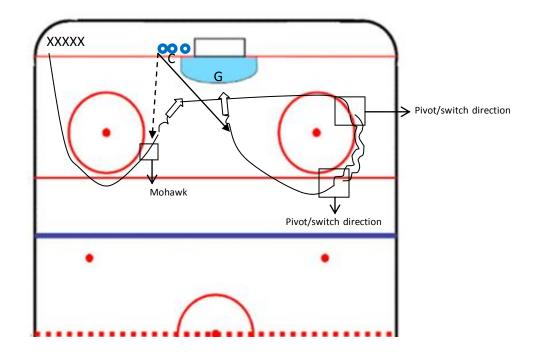
Drill	Static passing	Duration:	5 minutes
Name:		Bulation	
What Skills	are we developing?	What do I need	d?
Players:		<ul> <li>Rings</li> </ul>	
Pass	placement	Variation	: 2 = speed rings
Pass	receiving		
• Swee	• Sweep + flip		
<ul> <li>Foot + hand stop</li> </ul>			
Goalkeepers:			

Drill Details:	TIPS
<ul> <li>Players pair off and face each other approximately 2 metres apart</li> <li>Player I passes to player 2 and repeat</li> <li>After 10 passes, take 2 steps back and repeat</li> <li>Further spread out if required <ul> <li>v. I players can skate forward when passing and backwards when receiving (constantly moving)</li> <li>v. 2 use speed (mini) rings</li> <li>v. 3 forward and backward passing</li> <li>v. 4 use skate to receive ring, then use skate to pass to stick</li> </ul> </li> </ul>	<ul> <li>Focus on forward sweep and backhand sweep pass</li> <li>Communication between players</li> <li>Body + hand position</li> <li>Tip of the stick to the target</li> <li>Show where you want the pass</li> </ul>



Drill	S-drill	Duration:	
Name:	3-0111	Duration:	
What Skills	are we developing?	What do I need	?
Players:		<ul> <li>Rings</li> </ul>	
Passir	ig and receiving		
Goalkeepers	5:		
•			

Drill Details:	TIPS
<ul> <li>Two lines in each corner-one side starts with ring</li> <li>Simultaneously, players skate up boards to ringette line and player with ring makes head-on pass to player without (in a specific zone)</li> <li>Players continue to skate to boards, turn up boards to blue line, repeat; centre line, repeat <ul> <li>V. 1: deep pass</li> <li>V. 2: back pass</li> </ul> </li> </ul>	<ul> <li>Focus on forward and backward sweep</li> <li>Players switch starting points</li> <li>Demonstrate proper technique</li> <li>Remove the drill start</li> </ul>



Drill Name:	Double zone pass	Duration:	5-15 minutes
What Skills a	What Skills are we developing?		1?
Players:		<ul> <li>Rings</li> </ul>	
Pass re	ception	Ŭ	
Mohaw	/k		
Pivots/1	Pivots/transitions		
Shooting			
Goalkeepers:		-	

Drill Details:	TIPS
<ul> <li>Players start in corner with ring, coach has all rings</li> <li>Player skates around circle, receives pass from coach and shoots</li> <li>Continue skating up around second circle and receives second pass and takes shot</li> <li>Return to line</li> </ul>	<ul> <li>Use Mohawk to square body to pass/net</li> <li>Coach can be substituted with players</li> </ul>



# Stage: <u>UI4</u> Practice: <u># II</u> ( $\frac{1}{2}$ Ice Practice)

### Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

#### Warm up (10-12 minutes)

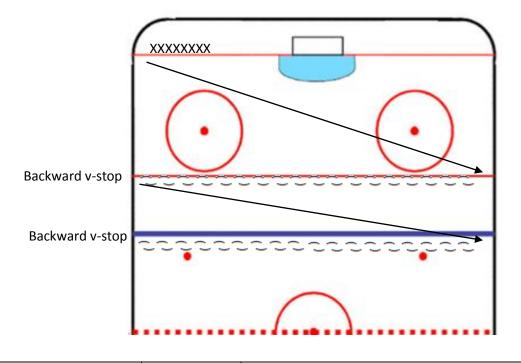
• Drill #1, followed by stretching – pick variation

#### Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)

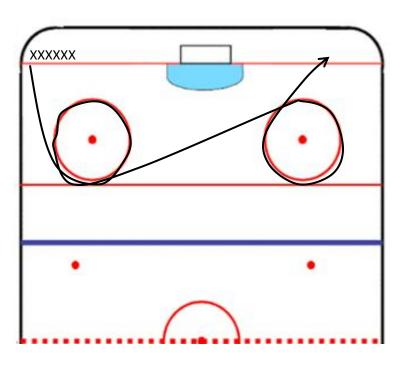
TIME (minutes)	ΑCΤΙVΙΤΥ
00 – 05	Drill#1: warm-up
05 – 07	Hard lap/water
07 – 15	Drill#2: Transitions
15 – 23	Drill#3: Cross overs (v. 4)
23 – 25	Drill#4: Man maker
25 – 30	Water
30 – 38	Drill#5: Rapid fire variation
38 – 40	Lap/water
40 – 50	Drill#6: Cycle-one timer
50 – 58	Drill#7: 3 angle shoot out
58 – 60	Cool down

Drill Name: Warm-up Skating	Duration:	5 minutes
What Skills are we developing? Players:	What do I ne	ed?
Goalkeepers:		
<ul> <li>Drill Details:</li> <li>Have players skate around ent direction <ul> <li>V.1 Coach blows whis</li> <li>I = speed</li> <li>2 = stop + cha</li> <li>V. 2 Players skate between blue lines</li> <li>V. 3 Players stretch leg</li> <li>V. 4 Players stretch ar</li> <li>V. 5 Gliding backward etc.)</li> </ul> </li> </ul>	tle: ange direction ween blue lines, then bacl gs between blue lines	line for safety



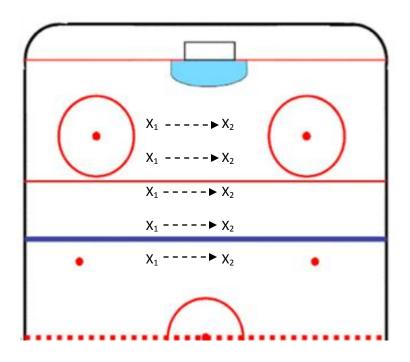
Drill Name:	Transitions (v)	Duration:	5 minutes
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What Skills are we developing?	What do I need	?		
Players:	No equipment required			
<ul> <li>Forwards V-starts</li> </ul>				
<ul> <li>Backwards V-stops</li> </ul>				
• Pivots				
Acceleration				
Goalkeepers:				
With players				
Drill Details:		TIPS		
• Players line up in corner		•	'Ride t	the line'
• Start using V-start, accelerate	• Start using V-start, accelerate to Ringette line at		Drill n	nanual ref:
far boards, pivot to transition	far boards, pivot to transition to backwards		0	V-start 3.4
skating			0	Backward V –stop 3.10
Skate backwards across Ringette line (legs on			0	Pivots 3.12
either side to ensure form)				
<ul> <li>Backwards V-stop at boards</li> </ul>				
<ul> <li>Repeat at blue line</li> </ul>				
• Restart drill from centre ice (start on same side				
to work pivot on both sides)				
<ul> <li>v. 2 Side-steps on line</li> </ul>				
$\circ$ v. 3 Backwards on line	9			
<ul> <li>v. 4 Sculling on line</li> </ul>				

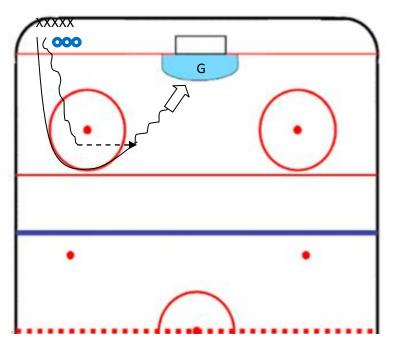


Drill Name: Cross-overs	Duration:	5 minutes
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What Skills are we developing?	What do I need?	
<ul> <li>Players:</li> <li>Cross-overs (forward + backward)</li> <li>Pivots</li> <li>Acceleration</li> <li>Ring protection</li> </ul>	• 15 rings	
Goalkeepers:		
<ul> <li>Drill Details:</li> <li>Players line up in corner</li> <li>Send 2-3 players at a time <ul> <li>v. 1 Forwards</li> <li>v. 2 Backwards</li> <li>v. 3 Changing directions (pivor</li> <li>v. 4 Start slow stride, when ar Shorten strides + accelerate s to top and moving into next c</li> </ul> </li> <li>Modification 1: add ring, use coach ins</li> </ul>	rive at top of circle. peed, when returning ircle, slow back down	• Watch form

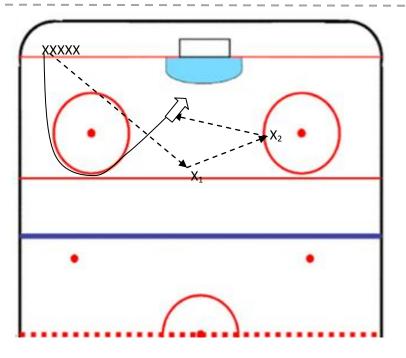


What Skills are we developing?	What do I need?
Players:	Rings
<ul> <li>Pass placement</li> <li>Pass receiving</li> <li>Sweep + flip</li> <li>Foot + hand stop</li> </ul> Goalkeepers:	<ul> <li>Variation: 2 = speed rings</li> </ul>
<ul> <li>Drill Details:</li> <li>Players pair off and face each other metres apart</li> <li>Player I passes to player 2 and repe</li> <li>After I0 passes, take 2 steps back a</li> <li>Further spread out if required <ul> <li>v. I players can skate forwar backwards when receiving (</li> <li>v. 2 use speed (mini) rings</li> <li>v. 3 forward and backward</li> </ul> </li> </ul>	and backhand sweep pass eat and repeat ard when passing and (constantly moving) and backhand sweep pass Communication between players Body + hand position Tip of the stick to the target Show where you want the pass
<ul> <li>v. 4 use skate to receive rin pass to stick</li> </ul>	



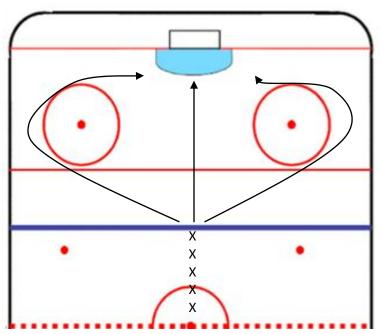
Drill Name:	Rapid fire - variation	Duration:	5-10 minutes
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What Skills are we developing?	What do I need?	
Players: • Lead pass • Pass timing/placement • Shooting Goalkeepers:	• Rings	
<ul> <li>Drill Details:</li> <li>First player starts with ring</li> <li>Second player (and rest) follows closely</li> <li>Second player makes pass through circl player I</li> <li>Continuous drill</li> </ul>		<ul> <li>TIPS</li> <li>Good follow-up drill to the rapid fire (SH#2)</li> <li>Head up</li> <li>Look for ring</li> <li>deek</li> </ul>



Drill Name:	Cycle one-timer	Duration:	5-15 minutes
What Skills	are we developing?	What do I need	?
Players:		Rings	
Pass p			
-			
Goalkeeper	s:		
Following ring while watching moving			
players – later			

Drill Details:	TIPS
<ul> <li>Players start in corner with ring</li> <li>Take 3 strides and pass ring to XI and continue skating</li> </ul>	• Ensure the goalie does not 'cheat' – must follow the
route as above	ring
<ul> <li>XI passes to X2 who feeds the ring into slot for X who is arriving for one-time</li> </ul>	
<ul> <li>XI and X2 can be coaches to start</li> </ul>	



Drill Name:	3 angle shootout	Duration:	Finish
What Skill	s are we developing?	What do I ne	ed?
Players:		<ul> <li>Rings</li> </ul>	
<ul> <li>Shoot</li> </ul>	oting		
• Scor	ing		
<ul> <li>Dee</li> </ul>	ks		
• Fake	S		
Goalkeepe	rs:		
<ul> <li>Mov</li> </ul>	ement		
Drill Detai	ls:	·	TIPS
<ul> <li>Shoot</li> </ul>	ot-out		<ul> <li>Head up</li> </ul>
	Around left circle		Coach demands type of
	<ul> <li>Around right circle</li> </ul>		shot (wrist, backhand,
	<ul> <li>Straight at goalie</li> </ul>		sweep, etc.)



# Stage: <u>UI4</u> Practice: <u># I2</u> ( $\frac{1}{2}$ Ice Practice)

### Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

### Warm up (10-12 minutes)

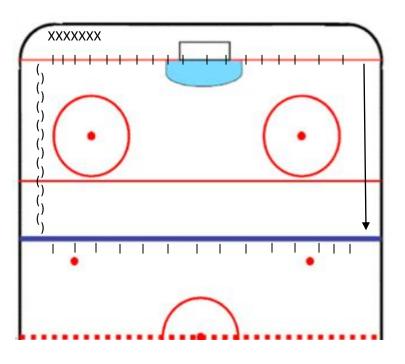
• Drill #1, followed by stretching – pick variation

#### Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)
- Discuss importance of nutrition / excercie/ hydration over Christmas break

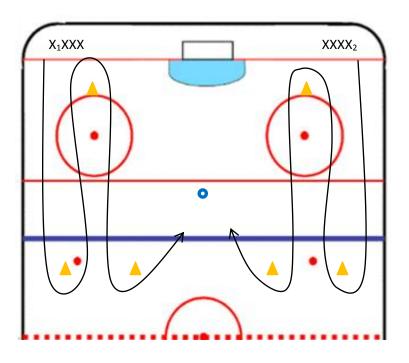
TIME (minutes)	ΑCΤΙVΙΤΥ
00 – 05	Drill#1: warm-up
05 – 07	Hard lap/water
07 – 14	Drill#2: Side step
14 – 24	Drill#3: Race for the ring
24 – 26	Water
26 – 36	Drill#4: progressing 2 on 1
36 – 38	Water/lap
38 – 40	Drill#5: 3 man weave
40 – 50	<b>Drill#6:</b> finish shooting drill
50 – 60	Drill#7: Shoot out game

Drill Name: Warm-up Skating Duration: 5 m			5 minutes	
What Skills are we developing?What do I need?Players:		1?		
Goalkeepers	:	-		
<ul> <li>Drill Details:</li> <li>Have players skate around entire surface of the ice in same direction <ul> <li>V.I Coach blows whistle:</li> <li>I = speed</li> <li>2 = stop + change direction</li> <li>V. 2 Players skate between blue lines, then backwards between blue lines</li> <li>V. 3 Players stretch legs between blue lines</li> <li>V. 4 Players stretch arms over head</li> <li>V. 5 Gliding backwards (I leg, 2 leg, touch I knee, etc.)</li> </ul> </li> </ul>			ards	Push nets to Ringette line for safety



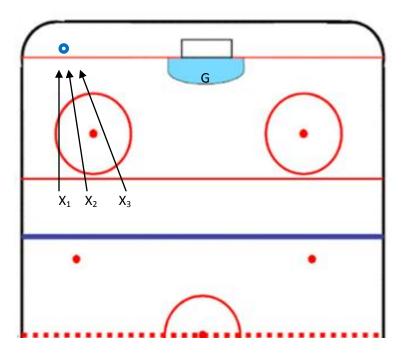
Drill Name:	Side-step	Duration:	5 minutes
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What Skills are we developing?	What do I need?	
<ul> <li>Players:</li> <li>Cross over starts</li> <li>Acceleration</li> <li>One log stop</li> </ul>	<ul> <li>Push net away f</li> </ul>	from goal line
One leg stop     Goalkeepers:     With skaters     Drill Detaile:		TIDS
<ul> <li>Drill Details:</li> <li>Players line up in corner</li> <li>Ensure players are facing forward (hips, Side-steps across goal line</li> <li>Watch form/technique/ - speed is not in</li> <li>Approximately 2 metres from boards, us forward skating</li> <li>Accelerate to blue line</li> <li>Repeat side-stepping (facing same direct</li> <li>Across blue line, use one-foot stop</li> <li>Continue back to goal line backwards</li> <li>Repeat drill, starting from opposite corn</li> <li>Variation: split ice up middle and run tw maximize ice/player engagement</li> </ul>	nportant se momentum into ion to work other leg ner	<ul> <li>TIPS</li> <li>Watch body alignment</li> <li>Ensure body does not face side</li> </ul>



Name. Variation	Drill Name:	I versus Irace with skating variation	Duration:	5 minutes
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<ul> <li>What Skills are we developing?</li> <li>Players: <ul> <li>Tight turns</li> <li>Pivots</li> <li>Retrieving open rings</li> </ul> </li> </ul>	<ul> <li>What do I need?</li> <li>Rings</li> <li>6 pylons</li> </ul>
Goalkeepers: Rebounds	
<ul> <li>Drill Details:</li> <li>Players line up in each corner</li> <li>XI and X2 start on whistle, race thro retrieve ring</li> <li>Player who does not get ring back che rebound</li> <li>V. I forwards to first pylon, backward</li> <li>V. 2 all backwards until last pylon</li> </ul>	cks and/or goes for

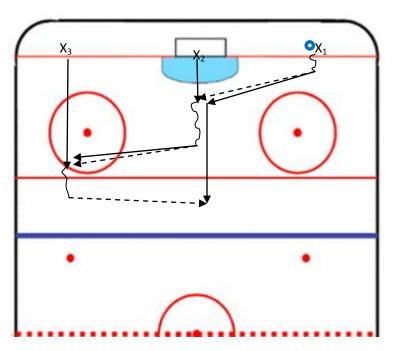


Drill Name:	Channel + Check -2 vI progression	Duration:
What Skills Players: Goalkeeper	are we developing? s:	What do I need?

#### **Drill Details:**

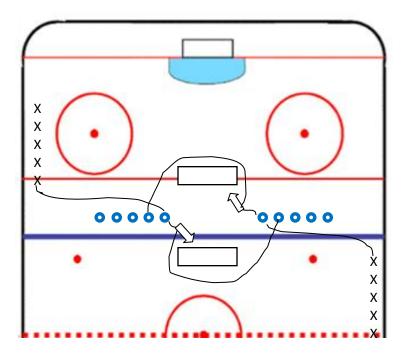
Drill Details:	TIPS
• 3 lines at ringette line	Come in at an
On whistle, race to ring	angle to pick up
<ul> <li>If XI gets ring, X2 + X3 attempts to channel/check to gain</li> </ul>	ring
ring	
XI tries to score	

### Drill #5

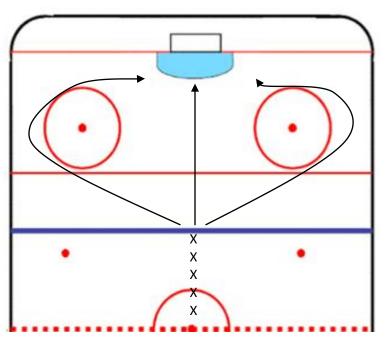


TIDC

Drill Name:	3 man weave	Duration:	5 minutes	
What Skills are we developing?		What do I ne	ed?	
Players: • Ring		<ul> <li>Rings</li> </ul>		
Follo	w your pass			
Pass reception				
Goalkeeper	<b>*S:</b>	-		
Drill Detail	s:		TIPS	
<ul> <li>Player start on goal line in 3 lines</li> </ul>		•	Call the pass	
• All players start at same time				-
• XI has ring, makes pass to X2 and follows/takes X2 position			osition	
• X2 receives ring, passes to X3 and follows/takes X3 position			osition	
	• X3 passes to X1, etc.			
	·			



Drill Name:	Finish shooting drill	Duratio	on:	5-10 minut	es
<ul> <li>What Skills are we developing?</li> <li>Players: <ul> <li>Open ring stabbing</li> <li>Wrist shots</li> <li>Skating</li> <li>Acceleration</li> </ul> </li> <li>Goalkeepers: <ul> <li>Rapid succession of shots</li> </ul> </li> </ul>		•	<b>lo I need</b> 10 Rings Two nets	?	
<ul> <li>Rapid</li> </ul>	succession of shots				
pick-u • Keep	rer from each line goes, pick-u up ring on other side – shoot going – 5 rings each player c – next 2 players	ıp ring, shoot,	, around n	et •	Head up Rapid wrist shots Fats skating



Drill Name:	3 angle shootout	Duration:	Finish
What Skills are we developing?		What do I ne	ed?
Players: • Shooting • Scoring • Deeks • Fakes		Rings	
Goalkeepe • Mov	e <b>rs:</b> vement		
Drill Deta	ils:		TIPS
• Sho	ot-out <ul> <li>Around left circle</li> <li>Around right circle</li> <li>Straight at goalie</li> </ul>		<ul> <li>Head up</li> <li>Coach demands type of shot (wrist, backhand, sweep, etc.)</li> </ul>



# Stage: <u>UI4</u> Practice: <u># I2</u> ( $\frac{1}{2}$ Ice Practice)

### Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

### Warm up (10-12 minutes)

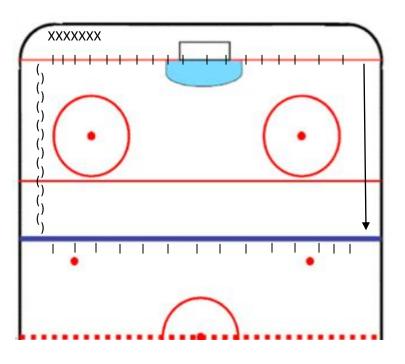
• Drill #1, followed by stretching – pick variation

#### Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)
- Discuss importance of nutrition / excercie/ hydration over Christmas break

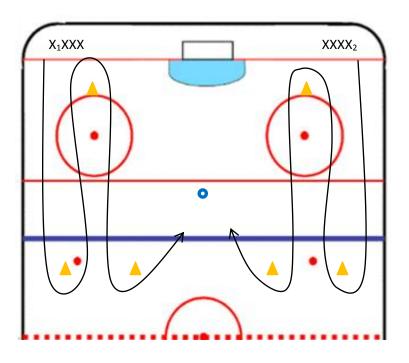
TIME (minutes)	ΑCΤΙVΙΤΥ
00 – 05	Drill#1: warm-up
05 – 07	Hard lap/water
07 – 14	Drill#2: Side step
14 – 24	Drill#3: Race for the ring
24 – 26	Water
26 – 36	Drill#4: progressing 2 on 1
36 – 38	Water/lap
38 – 40	Drill#5: 3 man weave
40 – 50	<b>Drill#6:</b> finish shooting drill
50 – 60	Drill#7: Shoot out game

Drill Name:	e: Warm-up Skating Duration: 5 r			
What Skills are we developing? Players:		What do I need	1?	
Goalkeepers	:	-		
<ul> <li>Drill Details:</li> <li>Have players skate around entire surface of the ice in same direction <ul> <li>V.1 Coach blows whistle:</li> <li>&gt; 1 = speed</li> <li>&gt; 2 = stop + change direction</li> <li>V. 2 Players skate between blue lines, then backwards between blue lines</li> <li>V. 3 Players stretch legs between blue lines</li> <li>V. 4 Players stretch arms over head</li> <li>V. 5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>				Push nets to Ringette line for safety



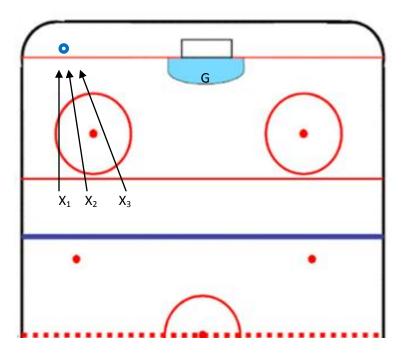
Drill Name:	Side-step	Duration:	5 minutes
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What Skills are we developing?	What do I need?	
<ul> <li>Players:</li> <li>Cross over starts</li> <li>Acceleration</li> <li>One leg stop</li> <li>Push net away free</li> </ul>		from goal line
<b>Goalkeepers:</b> With skaters		TIDS
<ul> <li>Drill Details:</li> <li>Players line up in corner</li> <li>Ensure players are facing forward (hips, shoulders, head)</li> <li>Side-steps across goal line</li> <li>Watch form/technique/ - speed is not important</li> <li>Approximately 2 metres from boards, use momentum into forward skating</li> <li>Accelerate to blue line</li> <li>Repeat side-stepping (facing same direction to work other leg</li> <li>Across blue line, use one-foot stop</li> <li>Continue back to goal line backwards</li> <li>Repeat drill, starting from opposite corner</li> <li>Variation: split ice up middle and run two shorter 'boxes' to maximize ice/player engagement</li> </ul>		<ul> <li>TIPS</li> <li>Watch body alignment</li> <li>Ensure body does not face side</li> </ul>



Name. Variation	Drill Name:	I versus Irace with skating variation	Duration:	5 minutes
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<ul> <li>What Skills are we developing?</li> <li>Players: <ul> <li>Tight turns</li> <li>Pivots</li> <li>Retrieving open rings</li> </ul> </li> </ul>	<ul> <li>What do I need?</li> <li>Rings</li> <li>6 pylons</li> </ul>
Goalkeepers: Rebounds	
<ul> <li>Drill Details:</li> <li>Players line up in each corner</li> <li>XI and X2 start on whistle, race thro retrieve ring</li> <li>Player who does not get ring back che rebound</li> <li>V. I forwards to first pylon, backward</li> <li>V. 2 all backwards until last pylon</li> </ul>	cks and/or goes for

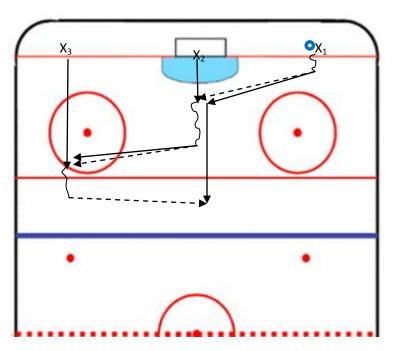


Drill Name:	Channel + Check -2 vI progression	Duration:
What Skills Players: Goalkeeper	are we developing? s:	What do I need?

#### **Drill Details:**

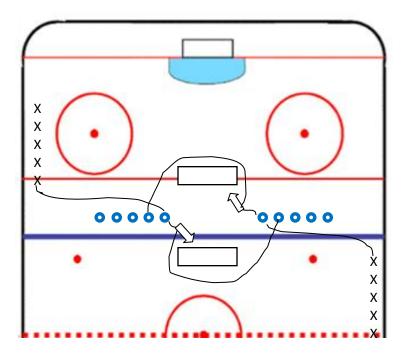
Drill Details:	TIPS
• 3 lines at ringette line	Come in at an
On whistle, race to ring	angle to pick up
<ul> <li>If XI gets ring, X2 + X3 attempts to channel/check to gain</li> </ul>	ring
ring	
XI tries to score	

### Drill #5

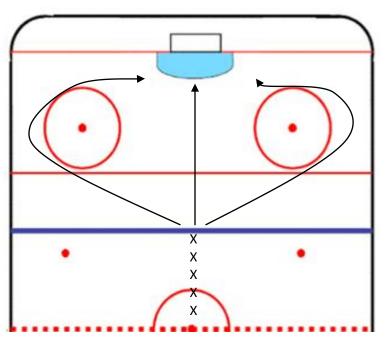


TIDC

Drill Name:	3 man weave	Duration:	5 minutes	
What Skills are we developing?		What do I ne	ed?	
Players:		<ul> <li>Rings</li> </ul>		
Follow your pass				
Pass reception				
Goalkeeper	<b>*S:</b>	-		
Drill Details:			TIPS	
• Player start on goal line in 3 lines			•	Call the pass
• All players start at same time				-
• XIh	as ring, makes pass to X2 and fo	llows/takes X2 pc	osition	
• X2 receives ring, passes to X3 and follows/takes			osition	
• X3 passes to XI, etc.				
	·			



Drill Name:	Finish shooting drill	Duratio	on:	5-10 minut	es
<ul> <li>What Skills are we developing?</li> <li>Players: <ul> <li>Open ring stabbing</li> <li>Wrist shots</li> <li>Skating</li> <li>Acceleration</li> </ul> </li> <li>Goalkeepers:</li> </ul>		•	<b>lo I need</b> 10 Rings Two nets	?	
<ul> <li>Rapid</li> </ul>	succession of shots				
Drill Details I play pick-u Keep Reset	ıp ring, shoot,	, around n	et •	Head up Rapid wrist shots Fats skating	



Drill Name:	3 angle shootout	Duration:	Finish
What Skills are we developing?		What do I ne	ed?
Players: • Shooting • Scoring • Deeks • Fakes		Rings	
Goalkeepe • Mov	e <b>rs:</b> vement		
Drill Deta	ils:		TIPS
• Sho	ot-out <ul> <li>Around left circle</li> <li>Around right circle</li> <li>Straight at goalie</li> </ul>		<ul> <li>Head up</li> <li>Coach demands type of shot (wrist, backhand, sweep, etc.)</li> </ul>



# Stage: <u>UI4</u> Practice: <u># I3</u> ( $\frac{1}{2}$ Ice Practice)

### Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

### Warm up (10-12 minutes)

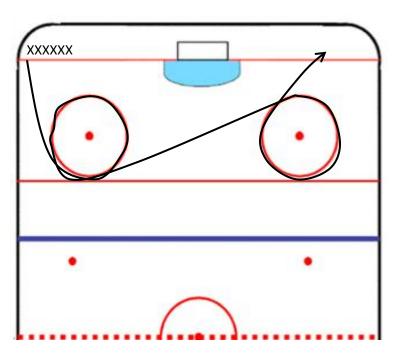
• Drill #1, followed by stretching – pick variation

#### Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)
- Discuss importance of nutrition / excercie/ hydration over Christmas break

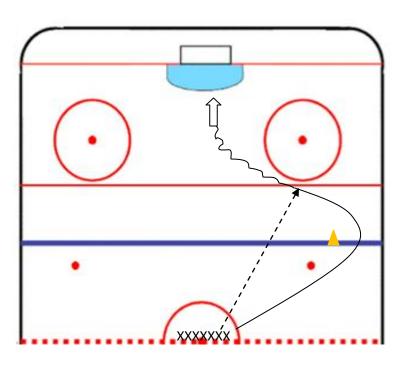
TIME (minutes)	ΑCΤΙVITY
00 - 05	Drill#1: warm-up
05 – 07	Drill#2:Hard lap/water
07 - 14	Drill#3: Cross-overs
14 - 20	Drill#4: East-West
22 – 24	Water
24 - 34	Drill#5: 1on 1race
34 – 36	Water/lap
36 - 42	Drill#6: 3 pylon rapid shoot out
42 – 50	Drill#7: 3 pylon front net shoot out
50 - 60	Drill#8: Cool down

Drill Name:	Warm-up Skating	Duration:	5 minute	es
What Skills a Players:	re we developing?	What do I ne	ed?	
Goalkeepers	:			
directi o	<ul> <li>blayers skate around entire son</li> <li>V.1 Coach blows whistle:</li> <li>I = speed</li> <li>2 = stop + change</li> <li>V. 2 Players skate between</li> <li>between blue lines</li> <li>V. 3 Players stretch legs be</li> <li>V. 4 Players stretch arms of</li> <li>V. 5 Gliding backwards (1 etc.)</li> </ul>	direction n blue lines, then bacl etween blue lines over head	«wards	<ul> <li>Push nets to Ringette line for safety</li> </ul>

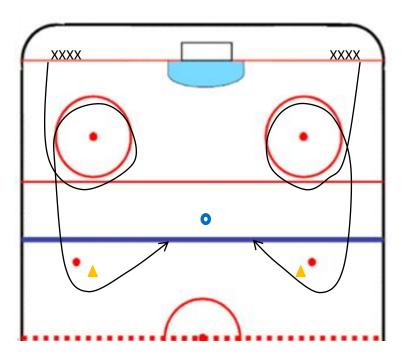


Drill Name:	Cross-overs	Duration:	5 minutes
iname:			

<ul> <li>What Skills are we developing?</li> <li>Players: <ul> <li>Cross-overs (forward + backward)</li> <li>Pivots</li> </ul> </li> </ul>	What do I need? • 15 rings	
<ul><li>Acceleration</li><li>Ring protection</li></ul>		
Goalkeepers:	-	
<ul> <li>Drill Details:</li> <li>Players line up in corner</li> <li>Send 2-3 players at a time</li> </ul>		• Watch form
<ul> <li>v. I Forwards</li> <li>v. 2 Backwards</li> <li>v. 3 Changing directions (pivo</li> <li>v. 4 Start slow stride, when an Shorten strides + accelerate s to top and moving into next of the strides of the strides</li></ul>	rrive at top of circle. peed, when returning	
<ul> <li>Modification 1: add ring, use coach inst forcing ring protection</li> <li>Modification 2: have players touch circ</li> </ul>	ide circle to check,	

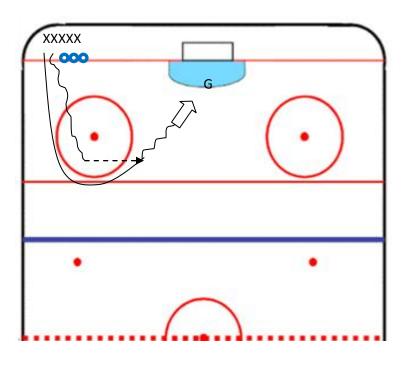


What Skills are we developing? Players: • Passing • Shooting • Cuts Goalkeepers:	What do I need? <ul> <li>Rings</li> <li>I pylon</li> </ul>	
<ul> <li>Drill Details:</li> <li>X1 leaves, cuts around pylon, looks for and shoots, etc.</li> <li>Change sides</li> <li>Variation: <ul> <li>have defence try to cut off pass</li> <li>have defence in corner</li> <li>on whistle, D + F leave at same</li> <li>defence tries to intercept pass from F</li> <li>Also could have shooter go in 6</li> </ul> </li> </ul>	e time or take ring away	• Focus on sweep check



Drill Name:	l versus Irace	Durat	ion:	5 minutes
What Skills	are we developing?	What	do I need	?
Players:		•	Rings	
Cros	s overs	•	2 pylons	
Ring	pick up		.,	

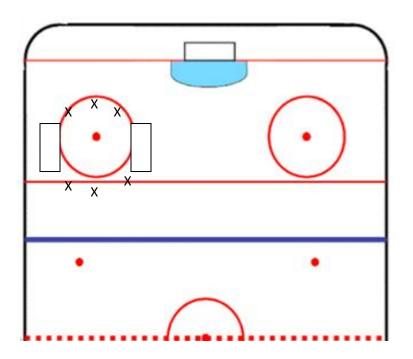
Goalkeepers:	
Drill Details:	TIPS
<ul> <li>Start players in two lines in corners</li> <li>Players skate cross-overs around circles, over blue line and sharp turn around pylon</li> <li>Race to ring (stationary) for I versus I</li> <li>Player with ring goes for shot on net, player with ring back checks and follows up for rebound if available</li> </ul>	<ul> <li>Switch sides after reps</li> <li>Focus on second player back checking technique</li> </ul>



Drill Name:	Rapid fire - variation	Duration:	5-10 minutes
What Skills	are we developing?	What do I nee	d?
Players:		<ul> <li>Rings</li> </ul>	
Lead	pass		
Pass	timing/placement		
Shoce	ting		
Goalkeeper			
-			

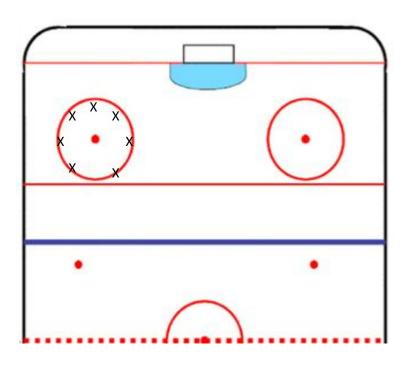
### Drill Details:

Drill Details:		
<ul> <li>First player starts with ring</li> <li>Second player (and rest) follows closely behind</li> </ul>	•	Good follow-up drill to the rapid
<ul> <li>Second player makes pass through circle timed so in front of player 1</li> </ul>	•	fire (SH#2) Head up
Continuous drill	•	Look for ring deek



Drill Name:	Trapped 3 on 3	Duration:	5-15 minutes
Players: • Ring p • Passir • Shoot	•	What do I need • Rings • 2 nets	1?
Goalkeeper Focus on heav	<b>s:</b> vy action play in the 'slot'		

Drill Details:	TIPS
<ul> <li>Place both nets on outside of circles, one goalie in each net</li> <li>3 versus 3 skaters on each side of circle</li> <li>Coach throws ring into circle and players race to retrieve ring</li> <li>3 versus 3 for 30 seconds or until one team scores</li> <li>Modification: if only one goalie, the team with goalie should have 2 skaters only, and team shooting on empty net must hit specified corner (i.e. top L/R, bottom L/R, etc.)</li> </ul>	<ul> <li>Will seem like a game to players, but forces them to work in close quarters, team up and get open</li> </ul>



Drill Name:	Coach's surprise!	Duration:	
What Skills	are we developing?	What do I need	d?
Players:			
Goalkeepers	5:		
Drill Details	:		TIPS
• Start	positions		
0	Standing		
0	Sitting		
0	Squatting		
0	Laying down, etc.		
Coact	n asks players to perform a task, i.e.		
0	Touch a specific logo on the boards		
0	Retrieve a ring + shoot		



# Stage: <u>UI4</u> Practice: <u># I4</u> ( $\frac{1}{2}$ Ice Practice)

### Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

### Warm up (10-12 minutes)

• Drill #1, followed by stretching – pick variation

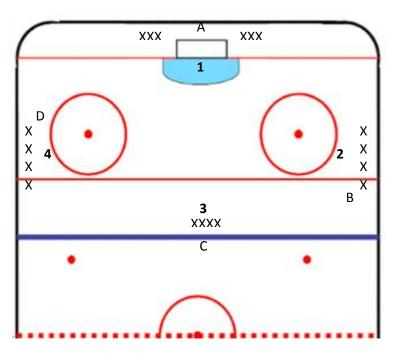
#### Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)
- Discuss importance of nutrition / excercie/ hydration over Christmas break

TIME (minutes)	ΑCΤΙVITY
00 – 05	Drill#1: warm-up
05 – 07	Hard lap/water
07 – 15	Drill#2: Lengths + Widths
15 – 23	Drill#3: Sharp turns
23 – 25	Water
25 – 35	Drill#4: 1on 1race (pylons)
35 – 37	Water/lap
37 – 45	Drill#5: Pepper pass
45 – 55	Drill#6: v. 1 (add D)
55 – 60	Cool down

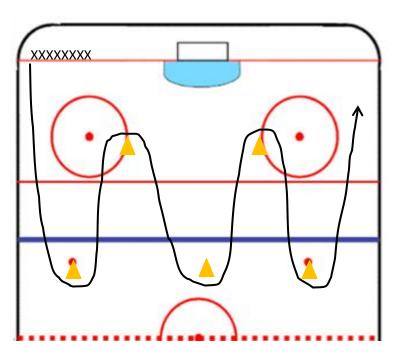
Drill Name:	Warm-up Skating	Duration:	5 minutes	
What Skills a Players:	re we developing?	What do I nee	d?	
Goalkeepers	:	-		
directi o	<ul> <li>blayers skate around entire surfation</li> <li>V.1 Coach blows whistle:</li> <li>I = speed</li> <li>2 = stop + change dire</li> <li>V. 2 Players skate between blue between blue lines</li> <li>V. 3 Players stretch legs betwee</li> <li>V. 4 Players stretch arms over</li> <li>V. 5 Gliding backwards (1 leg, etc.)</li> </ul>	ection ie lines, then backv een blue lines <sup>-</sup> head	line fo	nets to Ringette or safety





Drill Name:	Lengths + Widths	Duration:
What Skills	are we developing?	What do I need?
Players:		<ul> <li>Rings are optional</li> </ul>
_		

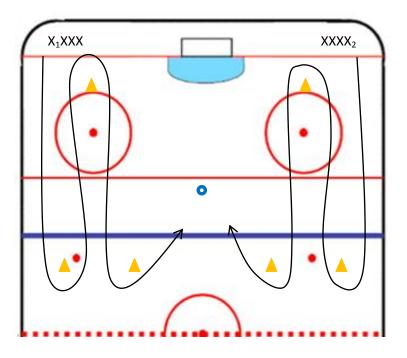
Goalkeepers:	
Drill Details:	TIPS
<ul> <li>Group Iskates to C and back, then move to B</li> <li>Group 2 skates to D and back, then move to C</li> <li>Group 2 skates to A and back, then move to D</li> <li>Group 2 skates to B and back, then move to A <ul> <li>v. 1 Skate forward</li> <li>v. 2 Skate backward</li> <li>v. 3 Sculling</li> <li>v. 4 One-leg slalom + two-leg slalom</li> </ul> </li> </ul>	Best on full ice



Drill Name:	Sharp turns	Duration:	5 minutes
Players: • Accele • Sharp • 360 tu • Backw	ırns vards cting the ring	What do I nee • 5 pylons • 15 rings	5

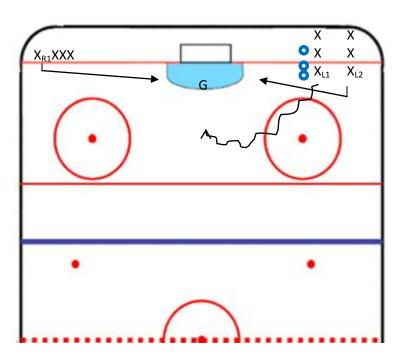
#### **Drill Details:**

TIPS Players to treat pylons as 'opposing players' and protect Players line up in corner • • Skate forward with ring to first pylon • Turn as tight as possible around cone, continue to ring • Drill manual ref: next pylon • o v. I 360 turns around pylons o 3.13 • v. 2 front to back, back to front transitions o v. 3 fully backwards



Drill Name:	I versus Irace with skating variation	Duration:	5 minutes
What Skills	are we developing?	What do I need	?
Players:		<ul> <li>Rings</li> </ul>	
<ul> <li>Tight turns</li> <li>Pivots</li> <li>Retrieving open rings</li> </ul>		• 6 pylons	
Goalkeepers: Rebounds			

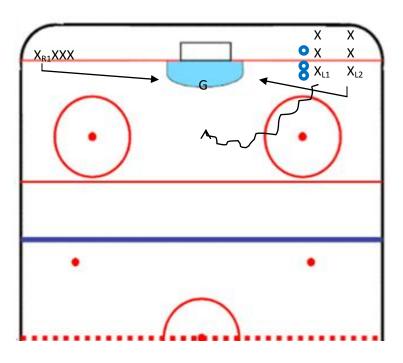
Drill Details:	TIPS
<ul> <li>Players line up in each corner</li> <li>XI and X2 start on whistle, race through 3-pylon course and retrieve ring</li> <li>Player who does not get ring back checks and/or goes for rebound</li> <li>V. I forwards to first pylon, backwards to second</li> <li>V. 2 all backwards until last pylon</li> </ul>	<ul> <li>Players must turn tight to pylons</li> </ul>



Drill Name:	Pepper passing	Duration:	5 minutes
What Skills are we developing?		What do I need	!?
Players:		<ul> <li>Ring</li> </ul>	
<ul> <li>Pass placement</li> </ul>			
Ring reception			
<ul> <li>Shoot</li> </ul>	ing		
Body + head dekes			
<ul><li>Goalkeepers:</li><li>Lateral and depth movement</li></ul>			

Drill Details:	TIPS
<ul> <li>Right handed shots line up in one line, left handed in 2</li> <li>R1skates to low post, L1 skates to top of slot, L2 to low post</li> <li>L1 passes alternately to R1 and L2 who also makes cross-crease passes</li> <li>Goalie must shift with ring</li> <li>Any player may shoot at any time</li> <li>Passes should be crisp and accurate <ul> <li>Variation: add one or two defenders once passes are very accurate</li> <li>Modification: second line should be on L or R-whichever you have most of</li> </ul> </li> </ul>	<ul> <li>Use skate to stop ring if player misses it with stick</li> <li>Body and head dekes</li> </ul>

\*\*Add defenders



Poppor passing	Duration	5 minutos	
repper passing	Duration.	5 minutes	
ills are we developing?	What do I ne	ed?	
	Ring		
ss placement			
ng reception			
Shooting			
<ul> <li>Body + head dekes</li> </ul>			
Goalkeepers:			
teral and depth movement			
·			
	ss placement ng reception ooting dy + head dekes	Ils are we developing? What do I ne • Ring • Ring • Ring • Ring • Ring • Ring • Ring • Ring • Ring	IIs are we developing?     What do I need?       iss placement     • Ring       ing reception     • or Ring       ooting     • dekes       dy + head dekes     • ers:

Drill Details:	TIPS
<ul> <li>Right handed shots line up in one line, left handed in 2</li> <li>R1 skates to low post, L1 skates to top of slot, L2 to low post</li> <li>L1 passes alternately to R1 and L2 who also makes cross-crease passes</li> <li>Goalie must shift with ring</li> <li>Any player may shoot at any time</li> <li>Passes should be crisp and accurate <ul> <li>Variation: add one or two defenders once passes are very accurate</li> <li>Modification: second line should be on L or R-whichever you have most of</li> </ul> </li> </ul>	<ul> <li>Use skate to stop ring if player misses it with stick</li> <li>Body and head dekes</li> </ul>



# Stage: <u>UI4</u> Practice: <u># 15</u> ( $\frac{1}{2}$ Ice Practice)

### Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

#### Warm up (10-12 minutes)

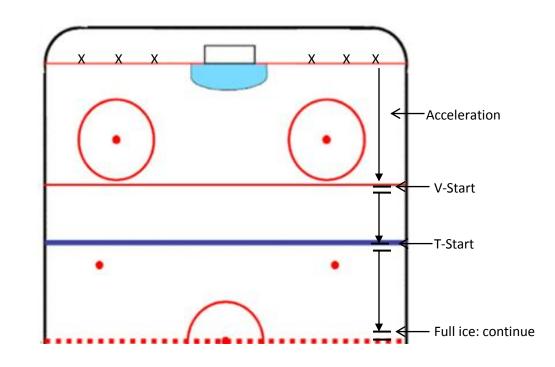
• Drill #1, followed by stretching – pick variation

#### Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)

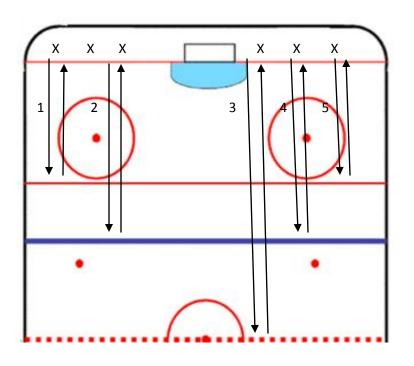
TIME (minutes)	ΑCΤΙVΙΤΥ		
00 – 05	Drill#1: warm-up		
05 – 07	Hard lap/water		
07 – 16	Drill#2: SK#1 – Stops + Starts		
16 - 24	Drill#3: SK#7 – Man maker with ring		
24 – 26	Water		
26 – 32	Drill#4: P#1 – 3 variations		
32 – 42	<b>Drill#5:</b> P#6 – S drill, v. 3		
42 - 44	Hard lap/water		
44 – 58	Drill#6:Trapped 3 on 3		
58 – 60	Cool down		

Drill Name: Warm-up Skating	Duration:	5 minutes	5
What Skills are we developing? Players:	What do I ne	eed?	
Goalkeepers:			
<ul> <li>Drill Details:</li> <li>Have players skate around entire surfadirection <ul> <li>V.1 Coach blows whistle:</li> <li>I = speed</li> <li>2 = stop + change direction</li> <li>V. 2 Players skate between blue between blue lines</li> <li>V. 3 Players stretch legs between</li> <li>V. 4 Players stretch arms over</li> <li>V. 5 Gliding backwards (1 leg, etc.)</li> </ul> </li> </ul>	ection le lines, then bac een blue lines head	kwards	<ul> <li>Push nets to Ringette line for safety</li> </ul>

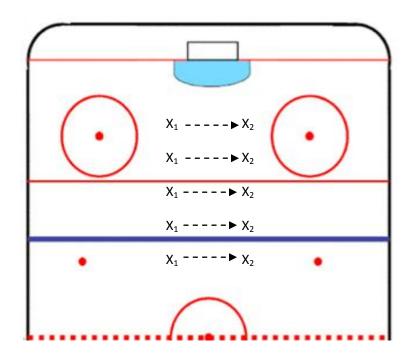


Drill Name: Stops	+ Starts	Duration:	5 minutes (2 reps on ½ Ice)
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What Skills are we developing?	What do I need?	,
Players: • V starts • T starts • Acceleration • Parallel stops Goalkeepers: With skaters	• Push net b	ack against boards
<ul> <li>Drill Details:</li> <li>Players line up on goal line</li> <li>Assume T start position (push lesupport leg)</li> <li>On whistle, push off using T sta Ringette line and stop face desig (ensure players are forced to st</li> <li>Assume V start position (heels to apart)</li> <li>On whistle, push off using V sta line and stop facing designated of Assume T start position, on wh centre ice</li> <li>Stop facing designated direction</li> <li>Ensure proper parallel stop tech to demo the stop specifically)</li> </ul>	rt, skate to gnated direction top on both sides) together and toes rt, skate to blue direction istle, accelerate to	<ul> <li>TIPS</li> <li>Watch for full effort, proper technique</li> <li>Suggested coach-to-player ratio = 1-3 or 1-4</li> <li>Drill manual ref: <ul> <li>T start 3.2</li> <li>V start 3.4</li> <li>Parallel stop 3.6</li> </ul> </li> </ul>

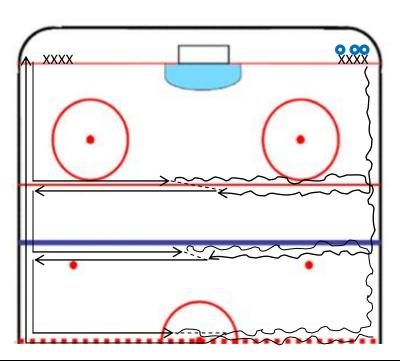


Drill Name:	Man-Maker	Duration:		
What Skil	lls are we developing?	What do I need	?	
Players:		Rings are	optional	
Goalkeep	ers:			
Drill Deta	ils:		TIPS	
<ul> <li>Play</li> </ul>	yers line up on goal line			
• Ska	te to line and back			
	<ul> <li>v. I Skate forward</li> </ul>			
	<ul> <li>v. 2 Skate backwards</li> </ul>	v. 2 Skate backwards		
	o v. 3 Skate forward one w	v. 3 Skate forward one way + backwards the other way		
	5	v. 4 One-leg slalom + two-leg slalom (forwards and		
	backwards)			



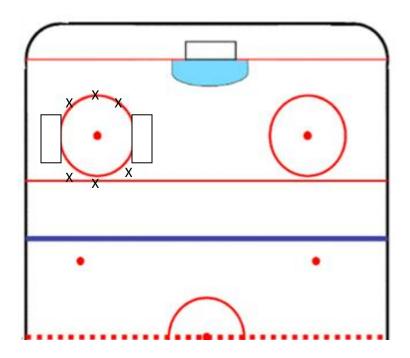
Drill Name:	Static passing	Duration: 5 minutes	
What Skills are we developing? Players:		What do I need? • Rings	
<ul><li>Pass</li><li>Sweet</li></ul>	placement receiving p + flip + hand stop	<ul> <li>Variation: 2 = speed rings</li> </ul>	
Goalkeeper	Goalkeepers:		

Drill Details:	TIPS
<ul> <li>Players pair off and face each other approximately 2 metres apart</li> <li>Player I passes to player 2 and repeat</li> <li>After 10 passes, take 2 steps back and repeat</li> <li>Further spread out if required <ul> <li>v. I players can skate forward when passing and backwards when receiving (constantly moving)</li> <li>v. 2 use speed (mini) rings</li> <li>v. 3 forward and backward passing</li> <li>v. 4 use skate to receive ring, then use skate to pass to stick</li> </ul> </li> </ul>	<ul> <li>Focus on forward sweep and backhand sweep pass</li> <li>Communication between players</li> <li>Body + hand position</li> <li>Tip of the stick to the target</li> <li>Show where you want the pass</li> </ul>



Drill Name:	S-drill	Duration:	
What Skills	are we developing?	What do I need	?
Players:		<ul> <li>Rings</li> </ul>	
Passing and receiving		J J	
Goalkeeper	s:		

rill Details:	TIPS
<ul> <li>Two lines in each corner-one side starts with ring</li> <li>Simultaneously, players skate up boards to ringette line and player with ring makes head-on pass to player without (in a specific zone)</li> <li>Players continue to skate to boards, turn up boards to blue line, repeat; centre line, repeat <ul> <li>V. 1: deep pass</li> <li>V. 2: back pass</li> </ul> </li> </ul>	<ul> <li>Focus on forward and backward sweep</li> <li>Players switch starting points</li> <li>Demonstrate proper technique</li> <li>Remove the drill start</li> </ul>



Drill	Trapped 3 on 3	Durati	on.	5-15 minutes	
Name:		Duraci	011.	J-15 minutes	
What Skills	are we developing?	What	do I need	?	
Players:		•	Rings		
Ring	Ring protection		2 nets		
Passing					
• Shooting					
Body position					
Goalkeepers:					
Focus on heavy action play in the 'slot'					

Drill Details:	TIPS
<ul> <li>Place both nets on outside of circles, one goalie in each net</li> <li>3 versus 3 skaters on each side of circle</li> <li>Coach throws ring into circle and players race to retrieve ring</li> <li>3 versus 3 for 30 seconds or until one team scores</li> <li>Modification: if only one goalie, the team with goalie should have 2 skaters only, and team shooting on empty net must hit specified corner (i.e. top L/R, bottom L/R, etc.)</li> </ul>	<ul> <li>Will seem like a game to players, but forces them to work in close quarters, team up and get open</li> </ul>



# Stage: <u>UI4</u> Practice: <u># 16</u> ( $\frac{1}{2}$ Ice Practice)

### Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

#### Warm up (10-12 minutes)

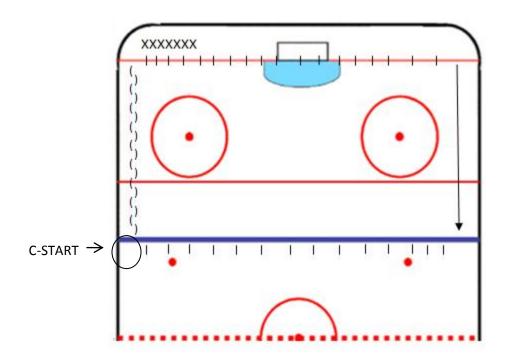
• Drill #1, followed by stretching – pick variation

#### Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)

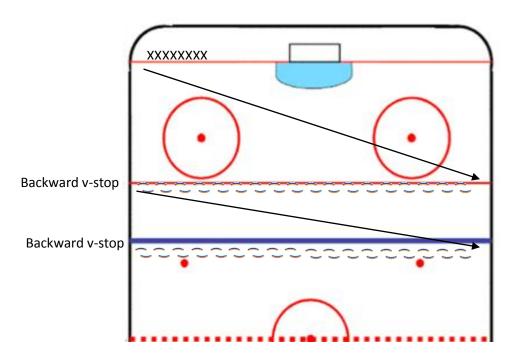
TIME (minutes)	ΑCTIVITY	
00 – 05	Drill#1: warm-up	
05 – 07	Hard lap/water	
07 – 15	Drill#2: Backwards C start	
15 – 23	Drill#3	
23 – 25	Water	
25 – 30	Drill#4: 3 variations	
30 - 38	Drill#5: La Banane	
38 - 40	Lap/water	
40 – 58	Drill#6: Double zone pass	
58 – 60	Cool down	

Drill Name:	Warm-up Skating	Duration:	5 minutes	
What Skills Players:	are we developing?	What do I ne	eed?	
Goalkeepers	:			
directi o	players skate around entire s	direction blue lines, then bac tween blue lines ver head	kwards	<ul> <li>Push nets to Ringette line for safety</li> </ul>



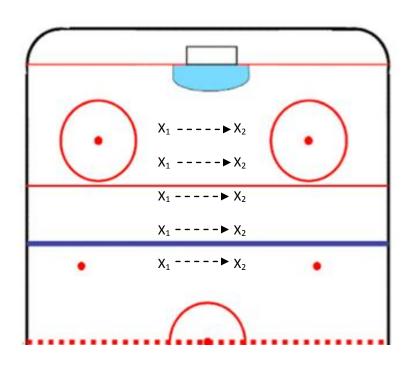
Drill Name:	Side-step v. 2 (mid-season)	Duration:
What Skills	are we developing?	What do I need?
Players:		<ul> <li>Push net away from goal line</li> </ul>

Caellyconorm	
Goalkeepers:	TIDO
Drill Details:	TIPS
<ul> <li>Introduce backwards C-start</li> </ul>	<ul> <li>Demo backwards C-</li> </ul>
<ul> <li>Same drill as SK#2 using backward C-start when starting to skate backwards</li> </ul>	start before players do it



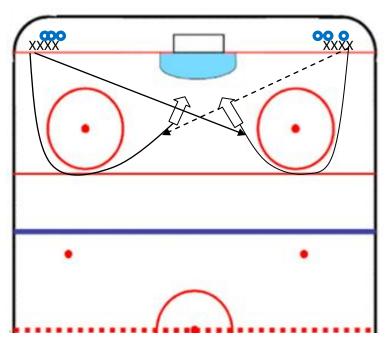
Drill Name:	Transitions (v)	Duration:	5 minutes
	a ana ura davralanin -?	\A/hat da luca	24
what Skill	s are we developing?	What do I ne	ed:
Players:		<ul> <li>No equ</li> </ul>	ipment required
Forv	<ul> <li>Forwards V-starts</li> </ul>		
Back	<ul> <li>Backwards V-stops</li> </ul>		
<ul> <li>Pivo</li> </ul>	ts		
• Acc	Acceleration		
<b>Goalkeepe</b> With players			

Drill Details:		TIPS		
<ul> <li>Player</li> <li>Start of far booskating</li> <li>Skate either</li> <li>Backw</li> <li>Repeation</li> <li>Restantion</li> </ul>	s line up in corner using V-start, accelerate to Ringette line at ards, pivot to transition to backwards	•	Drill n o	the line' nanual ref: V-start 3.4 Backward V –stop 3.10 Pivots 3.12



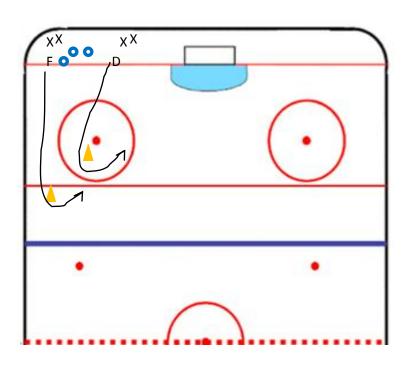
Drill	Static passing	Duration:	5 minutes		
Name:	Static passing	Duration.	5 minutes		
What Skills	What Skills are we developing?		d?		
Players:		<ul> <li>Rings</li> </ul>			
Pass	placement	Variation	<ul> <li>Variation: 2 = speed rings</li> </ul>		
Pass	receiving				
Swee	p + flip				
Foot	+ hand stop				
Goalkeepers:					
-					

Drill Details:	TIPS
<ul> <li>Players pair off and face each other approximately 2 metres apart</li> <li>Player I passes to player 2 and repeat</li> <li>After 10 passes, take 2 steps back and repeat</li> <li>Further spread out if required <ul> <li>v. I players can skate forward when passing and backwards when receiving (constantly moving)</li> <li>v. 2 use speed (mini) rings</li> <li>v. 3 forward and backward passing</li> <li>v. 4 use skate to receive ring, then use skate to pass to stick</li> </ul> </li> </ul>	<ul> <li>Focus on forward sweep and backhand sweep pass</li> <li>Communication between players</li> <li>Body + hand position</li> <li>Tip of the stick to the target</li> <li>Show where you want the pass</li> </ul>



Drill Name:	Half horseshoe/La Banane	Duration:
Players: Passin	<b>are we developing?</b> ng, Pass reception, Timing, ting, Timing, Communication, s	What do I need? • Rings
Goalkeeper	s:	

Drill Details:	TIPS
• Split the team in 2 groups	Call for the pass
• First girl out of the corner circles and calls the pass	
Pass timing is key	
• Sweep pass to skater	
<ul> <li>Skater stabs the ring and shoots on net</li> </ul>	
<ul> <li>Shot variation – sweep, wrist, backhand + forehand</li> </ul>	
• Ensure skaters move feet up to low circle	



Drill Name:	Defensive channel	Durat	ion:	5-15 (	minute	S
What Skills are we developing? Players: • Defensive body positioning • Checking (sweep) Goalkeepers:		What • •				
<ul> <li>Drill Details:</li> <li>Forward has ring – around pylon I on I</li> <li>Can do both corners – 5-10 sec delay</li> </ul>				-	TIPS • •	D timing drill Both position D



# Stage: <u>UI4</u> Practice: <u># 17</u> ( $\frac{1}{2}$ Ice Practice)

### Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

#### Warm up (10-12 minutes)

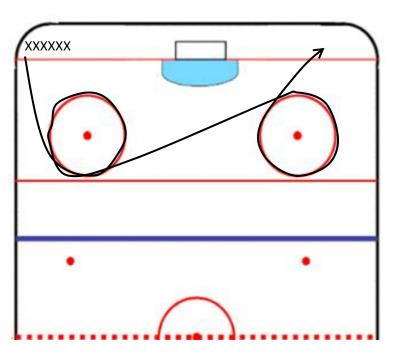
• Drill #1, followed by stretching – pick variation

### Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)

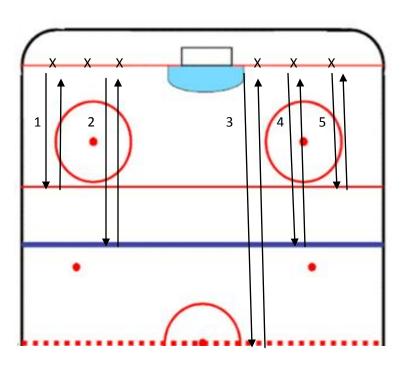
TIME (minutes)	ΑCΤΙVΙΤΥ
00 – 05	Drill#1: warm-up
05 – 07	Hard lap/water
07 – 15	Drill#2: Cross-overs with variations
15 – 23	Drill#3: Man makers with variations
23 – 25	Lap/Water
25 – 30	Drill#4:3 variations
30 - 40	Drill#5: 1 v1 with pass
40 - 42	Hard lap/water
42 – 52	Drill#6: Yogi's drill (3 on 2)
52 – 58	Shoot out
58 – 60	Cool down

Drill Name:	Warm-up Skating	Duration:	5 m	inutes	
What Skills Players:	are we developing?	What do I n	eed?		
Goalkeepers	:	-			
directi ○	players skate around entire surfa	ection ue lines, then bac		TIPS •	Push nets to Ringette line for safety
0	V. 4 Players stretch arms over V. 5 Gliding backwards (1 leg, etc.)	<sup>•</sup> head	nee,		



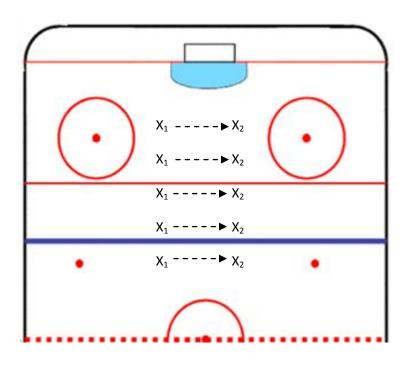
Drill Name: Cross-overs	Duration:	5 minutes
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<ul> <li>What Skills are we developing?</li> <li>Players: <ul> <li>Cross-overs (forward + backward)</li> <li>Pivots</li> <li>Acceleration</li> <li>Ring protection</li> </ul> </li> </ul>	What do I need? • 15 rings	
Goalkeepers:	-	
<ul> <li>Drill Details:</li> <li>Players line up in corner</li> <li>Send 2-3 players at a time <ul> <li>v. 1 Forwards</li> <li>v. 2 Backwards</li> <li>v. 3 Changing directions (pivot</li> <li>v. 4 Start slow stride, when ar</li> <li>Shorten strides + accelerate s</li> <li>to top and moving into next c</li> </ul> </li> <li>Modification 1: add ring, use coach ins forcing ring protection</li> <li>Modification 2: have players touch circe</li> </ul>	rive at top of circle. peed, when returning ircle, slow back down ide circle to check,	• Watch form



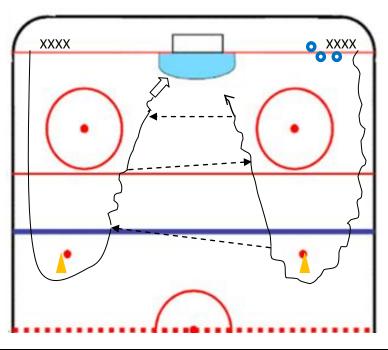
Drill	Man Makan	Duration	
Name:	Man-Maker	Duration:	

What Skills are we developing? Players:	<ul><li>What do I need?</li><li>Rings are optional</li></ul>		
Goalkeepers:			
Drill Details:		TIPS	
Players line up on goal line			
<ul> <li>Skate to line and back</li> </ul>			
<ul> <li>v. I Skate forward</li> </ul>			
<ul> <li>v. 2 Skate backwards</li> </ul>			
<ul> <li>v. 3 Skate forward one way</li> </ul>	v. 3 Skate forward one way + backwards the other way		
<ul> <li>v. 4 One-leg slalom + two-le backwards)</li> </ul>	eg slalom (forwards and		



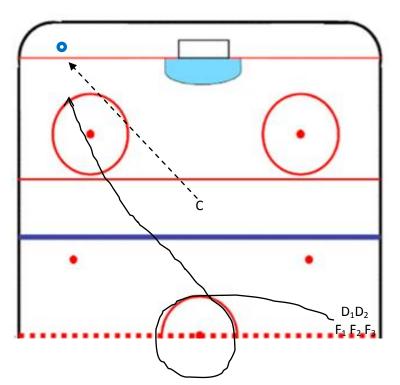
Drill	Static passing	Duration:	5 minutes		
Name:	Static passing	Duration.	5 minutes		
What Skills	are we developing?	What do I need	1?		
Players:		<ul> <li>Rings</li> </ul>			
Pass	placement	<ul> <li>Variation: 2 = speed rings</li> </ul>			
Pass	ss receiving				
Swee	p + flip				
Foot	+ hand stop				
Goalkeepers:					

Drill Details:	TIPS
<ul> <li>Players pair off and face each other approximately 2 metres apart</li> <li>Player I passes to player 2 and repeat</li> <li>After 10 passes, take 2 steps back and repeat</li> <li>Further spread out if required <ul> <li>v. I players can skate forward when passing and backwards when receiving (constantly moving)</li> <li>v. 2 use speed (mini) rings <ul> <li>v. 3 forward and backward passing</li> <li>v. 4 use skate to receive ring, then use skate to pass to stick</li> </ul> </li> </ul></li></ul>	<ul> <li>Focus on forward sweep and backhand sweep pass</li> <li>Communication between players</li> <li>Body + hand position</li> <li>Tip of the stick to the target</li> <li>Show where you want the pass</li> </ul>



Drill Name:	l versus Ipass	Durat	ion:	5 minutes
What Skills	are we developing?	What	do I need?	
Players:		Rings		
Passing on the fly		•	2 pylons	
Goalkeepers	5:			
Following the	ring			

Drill Details:	TIPS
<ul> <li>Players line up in each corner, one with ring</li> </ul>	
<ul> <li>Skate to blue line and come around cone</li> </ul>	
<ul> <li>Players pass back and forth and finish with shot on goal</li> </ul>	
<ul> <li>Player who does not shoot goes for rebound if available</li> </ul>	
Variation: add defence man	



Drill Name:	Yogi drill	Duration:		
What Ski Players:	ills are we developing?	What do I need?		
Goalkeep	pers:			
Drill Deta	ails:		TIPS	
• D2	2 and F3 start at centre		•	D has to carry ring
• Oi	n whistle, D's skate around circl	e followed closely by F's		out – cannot shoot
Coach shoots ring into corner			out	
• D	I retrieves ring, D2 protects net	t i i i i i i i i i i i i i i i i i i i		
• FI challenges for ring, F2 is close, ready to check, second line				
of defence				
F3 gets open for pass				
• Pu	Put ring on goalie and do ring throw			



# Stage: <u>UI4</u> Practice: <u># 18</u> ( $\frac{1}{2}$ Ice Practice)

### Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

#### Warm up (10-12 minutes)

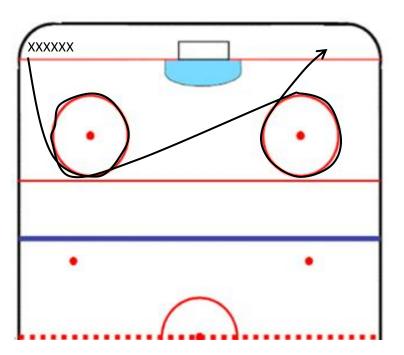
• Drill #1, followed by stretching – pick variation

#### Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)

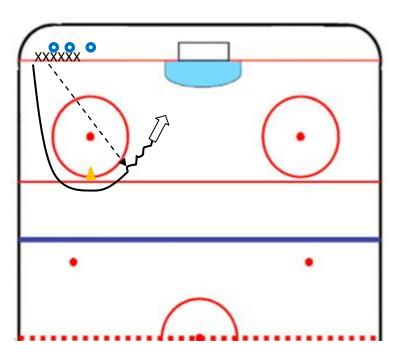
TIME (minutes)	ΑCΤΙVΙΤΥ
00 – 05	Drill#1: warm-up
05 – 07	Hard lap/water
07 – 17	Drill#2: Cross-overs with all variations
17 – 25	Drill#3
25 – 27	Water
27 – 32	Drill#4: Combination Drill
32 – 34	Hard lap/water
34 – 40	Drill#5: Pepper pass
40 – 55	Drill#6: Pepper pass with 2 D
55 – 60	Cool down

Drill Name:	Warm-up Skating	Duration:	5 m	inutes	
What Skills Players:	are we developing?	What do I ne	ed?		
Goalkeepers	:	-			
Drill Details: • Have r	players skate around entire surfa	ce of the ice in s	me	TIPS	Push nets to Ringette
directi	on		une		line for safety
0	<ul> <li>V.I Coach blows whistle:</li> <li>I = speed</li> </ul>				
0	<ul> <li>2 = stop + change dire</li> <li>V. 2 Players skate between blu</li> </ul>		words		
0	between blue lines	e intes, then back	wai us		
0	<ul> <li>V. 3 Players stretch legs between blue lines</li> </ul>				
0	<ul> <li>V. 4 Players stretch arms over head</li> </ul>				
0	V. 5 Gliding backwards (1 leg, 2 etc.)	2 leg, touch 1 kn	ee,		



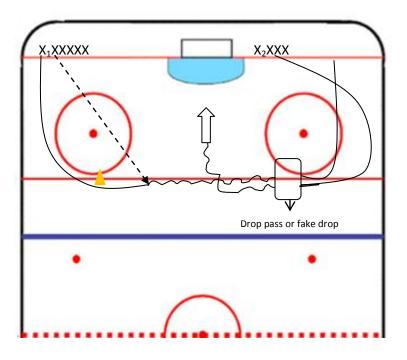
Drill Name: Cross-overs	Duration:	5 minutes
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What Skills are we developing?	What do I need?	
<ul> <li>Players:</li> <li>Cross-overs (forward + backward)</li> <li>Pivots</li> </ul>	<ul> <li>15 rings</li> </ul>	
<ul><li>Acceleration</li><li>Ring protection</li></ul>		
Goalkeepers:		
Drill Details:		TIPS
<ul> <li>Players line up in corner</li> <li>Send 2-3 players at a time <ul> <li>v. 1 Forwards</li> <li>v. 2 Backwards</li> <li>v. 3 Changing directions (pivots) – always free net</li> <li>v. 4 Start slow stride, when arrive at top of circle.</li> <li>Shorten strides + accelerate speed, when returning</li> </ul> </li> </ul>		• Watch form
<ul> <li>to top and moving into next of</li> <li>Modification 1: add ring, use coach inst forcing ring protection</li> <li>Modification 2: have players touch circle</li> </ul>	ide circle to check,	



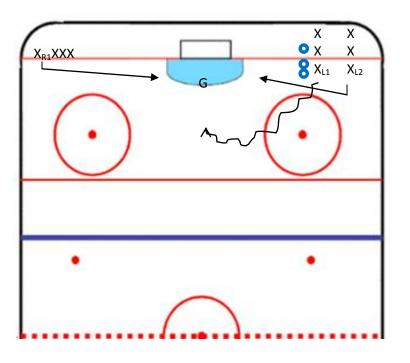
Drill Name: Duration:
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<ul> <li>What Skills are we developing?</li> <li>Players: <ul> <li>Pass placement</li> <li>Timing</li> <li>Body and head dekes</li> </ul> </li> </ul>	What do I need? <ul> <li>Rings</li> <li>Pylons</li> </ul>	
Goalkeepers: • Breakaways Deill Deteiler		
<ul> <li>Drill Details:</li> <li>Players line up in corner</li> <li>Skate with ring around pylon</li> <li>Next player on line makes pass to whe (before they arrive-using pylon as cone</li> <li>After making pass, next player starts di</li> <li>Take cone out later in season</li> </ul>	e to make pass)	<ul> <li>TIPS</li> <li>Player with ring works on body and head dekes</li> <li>Switch starting point to other side</li> <li>Call the pass out</li> <li>Make them yell</li> <li>Timing is everything</li> <li>Use cone as marker for the pass</li> </ul>



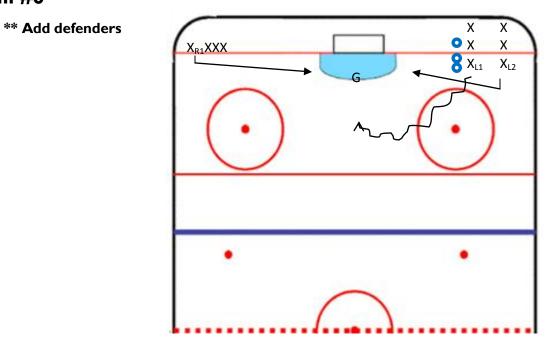
DrillName:	Duration:	5-10 minutes
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<ul> <li>What Skills are we developing?</li> <li>Players: <ul> <li>Pass placement</li> <li>Timing</li> <li>Shooting</li> </ul> </li> </ul>	What do I need? • Rings • I pylon		
<b>Goalkeepers:</b> On progression, goalie does not know if drop pass will occur – must react			
<ul> <li>Drill Details:</li> <li>Progression #2 (continuation of previous When picking up ring, continue across</li> <li>X2 is coming around circle (work on same time) either fake drop pass + cu shot or make drop pass and go for reference.</li> <li>Curl around circle, get pass, shoot</li> </ul>	s ringette line timing of arriving at url towards net for	TIPS •	Reinforce use of head and body fake pass in progression (v. 2) Ensure players are using multiple shot types



ill Pepper passing	Duration:	5 minutes
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<ul> <li>What Skills are we developing?</li> <li>Players: <ul> <li>Pass placement</li> <li>Ring reception</li> <li>Shooting</li> <li>Body + head dekes</li> </ul> </li> </ul>	What do I need? • Ring		
Goalkeepers: <ul> <li>Lateral and depth movement</li> </ul>			
<ul> <li>Drill Details:</li> <li>Right handed shots line up in one line,</li> <li>R1skates to low post, L1 skates to top</li> <li>L1 passes alternately to R1 and L2 who crease passes</li> <li>Goalie must shift with ring</li> <li>Any player may shoot at any time</li> <li>Passes should be crisp and accurate <ul> <li>Variation: add one or two defende very accurate</li> <li>Modification: second line should be you have most of</li> </ul> </li> </ul>	of slot, L2 to low post also makes cross- rs once passes are	TIPS •	Use skate to stop ring if player misses it with stick Body and head dekes



Drill Name: Pepper passing	Duration:	5 minutes
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What Skills are we developing?	What do I need?	
Players: Pass placement Ring reception Shooting Body + head dekes Goalkeepers: Lateral and depth movement	• Ring	
<ul> <li>Drill Details:</li> <li>Right handed shots line up in one line,</li> <li>RIskates to low post, LI skates to top</li> <li>LI passes alternately to RI and L2 who crease passes</li> <li>Goalie must shift with ring</li> <li>Any player may shoot at any time</li> <li>Passes should be crisp and accurate</li> <li>Variation: add one or two defended very accurate</li> <li>Modification: second line should be you have most of</li> </ul>	o of slot, L2 to low post o also makes cross- ers once passes are	<ul> <li>Use skate to stop ring if player misses it with stick</li> <li>Body and head dekes</li> </ul>



# Stage: <u>UI4</u> Practice: <u># 19</u> ( $\frac{1}{2}$ Ice Practice)

### Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

#### Warm up (10-12 minutes)

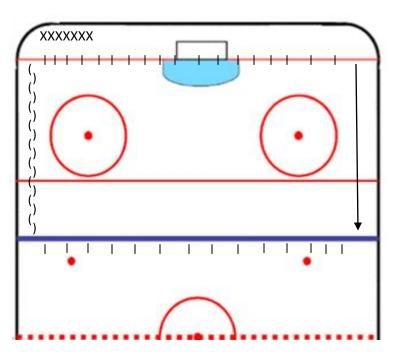
• Drill #1, followed by stretching – pick variation

#### Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)

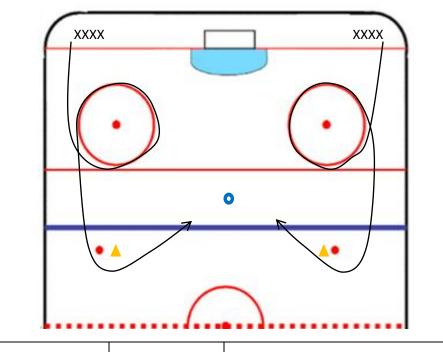
TIME (minutes)	ΑCΤΙVΙΤΥ	
00 – 05	Drill#1: warm-up	
05 – 07	Hard lap/water	
07 – 15	Drill#2: Side step	
15 – 23	Drill#3: 1 v 1 race	
23 – 25	Water	
25 – 35	Drill#4: Star-5 with board pass	
35 – 37	Lap/water	
37 – 47	Drill#5: Channel + checking	
47 – 57	Drill#6: 3 angle shoot out	
57 – 60	Cool down	

Drill Name:	Warm-up Skating	Duration:	5 m	inutes	
What Skills Players:	are we developing?	What do I nee	ed?		
Goalkeepers	:				
<b>Drill Details:</b> • Have r	players skate around entire surfa	ce of the ice in sa	me	TIPS	Push nets to Ringette
directi			ine		line for safety
0	V.I Coach blows whistle: > I = speed				
	2 = stop + change dire				
0	V. 2 Players skate between blu between blue lines	e lines, then back	wards		
<ul> <li>V. 3 Players stretch legs between blue lines</li> </ul>					
0	<ul> <li>V. 4 Players stretch arms over head</li> </ul>				
0	V. 5 Gliding backwards (1 leg, 2 etc.)	2 leg, touch 1 kne	e,		

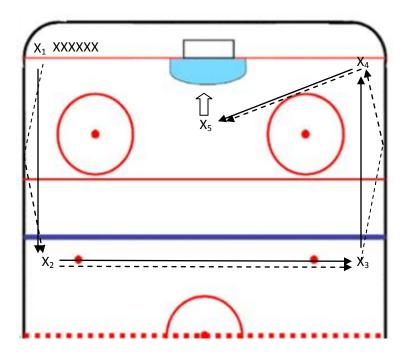


Drill Name:	Side-step	Duration:	5 minutes

What Skills are we developing?	What do I need?		
Players: • Push net away		from goa	l line
Cross over starts		0	
Acceleration			
One leg stop			
Goalkeepers:			
With skaters			
Drill Details:	I	TIPS	
Players line up in corner		•	Watch body
• Ensure players are facing forward (hips, shoulders, head)			alignment
Side-steps across goal line		•	Ensure body does not
Watch form/technique/ - speed is not important			face side
• Approximately 2 metres from boards, use momentum into			
forward skating			
Accelerate to blue line			
<ul> <li>Repeat side-stepping (facing same direction to work other leg</li> </ul>			
<ul> <li>Across blue line, use one-foot stop</li> </ul>			
<ul> <li>Continue back to goal line backwards</li> </ul>			
<ul> <li>Repeat drill, starting from opposite corner</li> </ul>			
<ul> <li>Variation: split ice up middle and re</li> </ul>			
maximize ice/player engagement	un two shorter Doxes to		

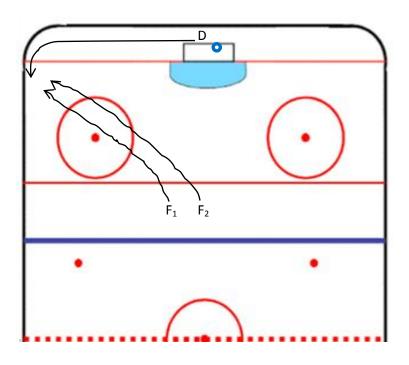


What Skills are we developing? Players: • Cross overs • Ring pick up Goalkeepers:	What do I need? <ul> <li>Rings</li> <li>2 pylons</li> </ul>		
<ul> <li>Drill Details:</li> <li>Start players in two lines in corners</li> <li>Players skate cross-overs around circle sharp turn around pylon</li> <li>Race to ring (stationary) for 1 versus</li> <li>Player with ring goes for shot on net checks and follows up for rebound if</li> </ul>	l , player with ring back	TIPS • •	Switch sides after reps Focus on second player back checking technique



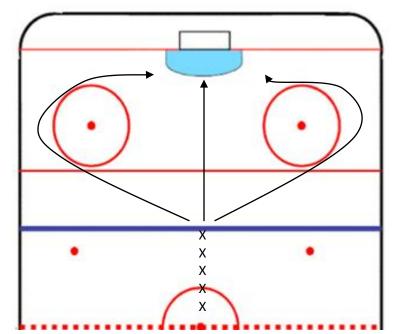
Drill Name:	Star-5	Duration:	5 minutes
What Skills	What Skills are we developing?		?
Players:		<ul> <li>Rings</li> </ul>	
Passing			
Skating communication			
Goalkeepers	<b>;</b>		

Drill I	Details:	TIPS	
•	Have 5 players positioned as indicated above Player 1 passes to player 2, follows pass and becomes player 2	•	Switch starting point to other side Body position
•	Player 2 passes to player 3, follows the pass and becomes player 3	•	Release towards the target (tip)
•	Player 3 passes to player 4, follows the pass and becomes player 4	•	Call out the pass
•	Player 4 passes to player 5 (for one timer shot) and becomes player 5		
•	<ul> <li>After shooting, player 5 returns to line (continuous drill)</li> <li>v. I pass from player 1 to player 2 and player 3 to player</li> <li>4 is a board pass</li> </ul>		



Drill Name:	Channel + Check	Duration:
What Skills Players:	are we developing?	What do I need?
Goalkeeper	'S:	

Drill Details:	TIPS	
<ul> <li>D starts behind net with ring, must break around net + up boards</li> <li>FI skates in and channels D towards boards, staying in front of player</li> <li>F2 comes in for the check on the other side of D than FI</li> </ul>	Body position	



Drill Name:	3 angle shootout	Duration:	Finish
Players: Shoo Scori Deek Fakes	ng is	What do I nee • Rings	q;
Goalkeeper • Move			
Drill Details • Shoo c c	t-out Around left circle Around right circle		<ul> <li>TIPS</li> <li>Head up</li> <li>Coach demands type of shot (wrist, backhand, sweep, etc.)</li> </ul>



# Stage: <u>UI4</u> Practice: <u># 20</u> ( $\frac{1}{2}$ Ice Practice)

### Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

#### Warm up (10-12 minutes)

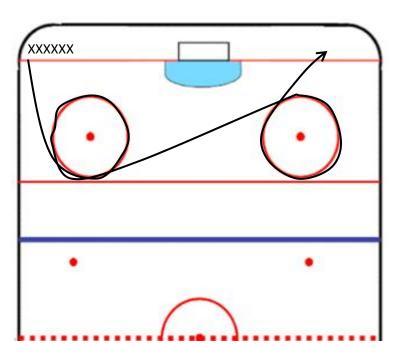
• Drill #1, followed by stretching – pick variation

### Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)

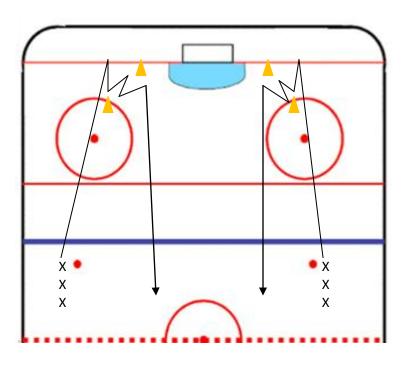
TIME (minutes)	ΑCΤΙVΙΤΥ	
00 – 05	Drill#1: warm-up	
05 – 07	Hard lap/water	
07 – 15	Drill#2: Cross overs	
15 – 23	Drill#3: W Relay race	
23 – 25	Water	
25 – 30	Drill#4: Static passing	
30 – 37	Drill#5: S drill	
37 – 47	Drill#6: Cycle one timer	
47 – 49	Lap/water	
49 – 58	Drill#7: Double zone pass	
58 - 60	Cool Down	

e developing?	What do I need?		
skate around entire surfa			
skate around entire surfac			
<ul> <li>Goalkeepers:</li> <li>Drill Details: <ul> <li>Have players skate around entire surface of the ice in same direction</li> <li>V.1 Coach blows whistle:</li> <li>&gt; I = speed</li> <li>&gt; 2 = stop + change direction</li> <li>V. 2 Players skate between blue lines, then backwards between blue lines</li> <li>V. 3 Players stretch legs between blue lines</li> <li>V. 4 Players stretch arms over head</li> <li>V. 5 Gliding backwards (1 leg, 2 leg, touch 1 knee,</li> </ul> </li> </ul>			Push nets to Ringette line for safety
	<ul> <li>I = speed</li> <li>2 = stop + change dire</li> <li>Players skate between blu</li> <li>veen blue lines</li> <li>Players stretch legs betwe</li> <li>Players stretch arms over</li> </ul>	<ul> <li>I = speed</li> <li>2 = stop + change direction</li> <li>Players skate between blue lines, then backwar</li> <li>reen blue lines</li> <li>Players stretch legs between blue lines</li> </ul>	<ul> <li>I = speed</li> <li>2 = stop + change direction</li> <li>Players skate between blue lines, then backwards veen blue lines</li> <li>Players stretch legs between blue lines</li> <li>Players stretch arms over head</li> </ul>



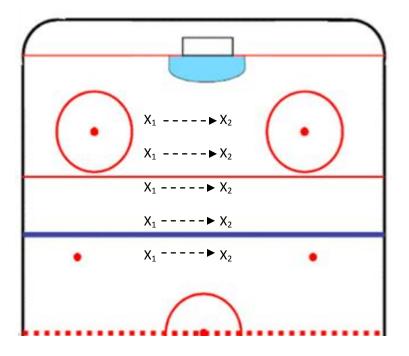
Drill Name: Cross-overs	Duration:	5 minutes
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<ul> <li>What Skills are we developing?</li> <li>Players: <ul> <li>Cross-overs (forward + backward)</li> <li>Pivots</li> <li>Acceleration</li> </ul> </li> </ul>	What do I need? • 15 rings	
Ring protection		
Goalkeepers:		
Drill Details:		• Watch form
<ul> <li>Players line up in corner</li> <li>Send 2-3 players at a time <ul> <li>v. I Forwards</li> <li>v. 2 Backwards</li> <li>v. 3 Changing directions (pivots) – always free net</li> <li>v. 4 Start slow stride, when arrive at top of circle.</li> <li>Shorten strides + accelerate speed, when returning to top and moving into next circle, slow back down</li> </ul> </li> <li>Modification 1: add ring, use coach inside circle to check,</li> </ul>		
<ul><li>forcing ring protection</li><li>Modification 2: have players touch circles with hand</li></ul>		



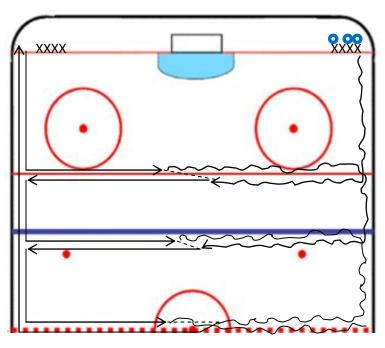
Drill Name:	W-Passing	Duration:	
i tuitte.			

What Skills are we developing? Players:	<ul><li>What do I need?</li><li>Rings are optional</li></ul>	
Goalkeepers:	_	
<ul> <li>Drill Details:</li> <li>One from each line leaves at the sar player comes back across the blue li (race)</li> </ul>		<ul><li><b>TIPS</b></li><li>Explosive skating</li><li>Full stops</li></ul>



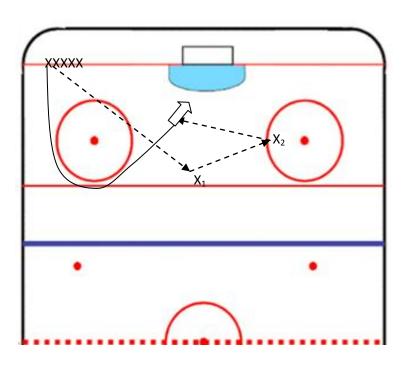
Drill Name:	Static passing	Duration:	5 minutes
What Skills are we developing? Players:		What do I need? • Rings	
<ul> <li>Pass placement</li> <li>Pass receiving</li> <li>Sweep + flip</li> <li>Foot + hand stop</li> </ul>		• Variation:	2 = speed rings
Goalkeeper	s:		

Drill Details:	TIPS
<ul> <li>Players pair off and face each other approximately 2 metres apart</li> <li>Player I passes to player 2 and repeat</li> <li>After 10 passes, take 2 steps back and repeat</li> <li>Further spread out if required <ul> <li>v. I players can skate forward when passing and backwards when receiving (constantly moving)</li> <li>v. 2 use speed (mini) rings</li> <li>v. 3 forward and backward passing</li> <li>v. 4 use skate to receive ring, then use skate to pass to stick</li> </ul> </li> </ul>	<ul> <li>Focus on forward sweep and backhand sweep pass</li> <li>Communication between players</li> <li>Body + hand position</li> <li>Tip of the stick to the target</li> <li>Show where you want the pass</li> </ul>



Drill Name:	S-drill	Duration:
What Skills are we developing? Players: • Passing and receiving		What do I need? • Rings
Goalkeepe	rs:	

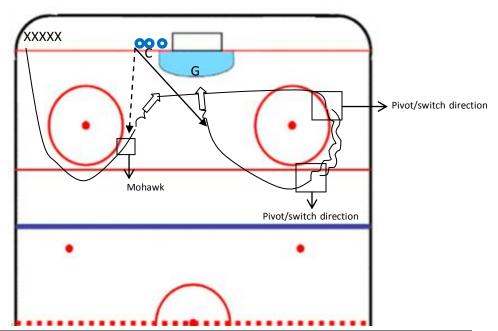
Drill Details:	TIPS
<ul> <li>Two lines in each corner-one side starts with ring</li> <li>Simultaneously, players skate up boards to ringette line and player with ring makes head-on pass to player without (in a specific zone)</li> <li>Players continue to skate to boards, turn up boards to blue line, repeat; centre line, repeat <ul> <li>V. 1: deep pass</li> <li>V. 2: back pass</li> </ul> </li> </ul>	<ul> <li>Focus on forward and backward sweep</li> <li>Players switch starting points</li> <li>Demonstrate proper technique</li> <li>Remove the drill start</li> </ul>



Drill Name:	Cycle one-timer	Duration:	5-15 minutes
What Skills	What Skills are we developing?		d?
Players:		<ul> <li>Rings</li> </ul>	
Pass	placement		
One-	timer shot		
<b>Goalkeepers:</b> Following ring while watching moving players – lateral movement			

#### Drill Dotails

Drill Details:	TIPS
<ul> <li>Players start in corner with ring</li> <li>Take 3 strides and pass ring to XI and continue skating route as above</li> <li>XI passes to X2 who feeds the ring into slot for X who is arriving for one-time</li> <li>XI and X2 can be coaches to start</li> </ul>	<ul> <li>Ensure the goalie does not 'cheat' – must follow the ring</li> </ul>



Drill Name:	Double zone pass	Duration:	5-15 minutes	
Players: Pass re Mohaw	transitions ng	What do I need • Rings	1?	
<ul> <li>Drill Details:</li> <li>Players start in corner with ring, coach</li> <li>Player skates around circle, receives pas shoots</li> <li>Continue skating up around second circle second pass and takes shot</li> <li>Return to line</li> </ul>		ss from coach and	<ul> <li>TIPS</li> <li>Use Mohawk to body to pass/net</li> <li>Coach can be su with players</li> </ul>	



# Stage: <u>UI4</u> Practice: <u># 21</u> ( $\frac{1}{2}$ Ice Practice)

### Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

#### Warm up (10-12 minutes)

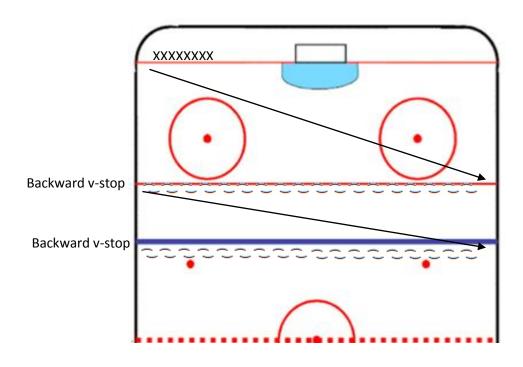
• Drill #1, followed by stretching – pick variation

### Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)

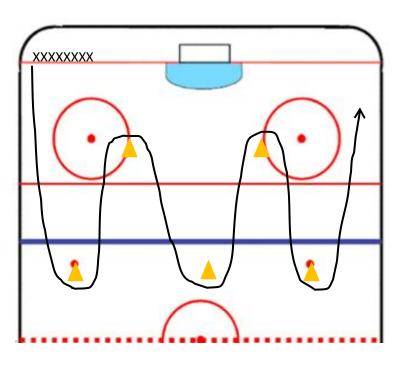
TIME (minutes)	ΑCΤΙVΙΤΥ		
00 - 05	Drill#1: warm-up		
05 – 07	Hard lap/water		
07 – 17	Drill#2: with variations		
17 – 23	Drill#3: Sharp turns		
23 – 25	Water		
25 – 30	Drill#4: La Banane		
30 – 35	Drill#5: 3 pylon rapid shoot out		
35 – 43	Drill#6		
43 – 45	Hard lap/water		
45 – 55	Drill#7:Trapped 3 on 3		
55 – 60	Game – Cool down		

Drill Name:	Warm-up Skating	Duration:	5 minutes
What Skills Players:	are we developing?	What do I ne	need?
Goalkeepers	:		
directi o	<ul> <li>blayers skate around entire on</li> <li>V.1 Coach blows whistle:</li> <li>I = speed</li> <li>2 = stop + change</li> <li>V. 2 Players skate between blue lines</li> <li>V. 3 Players stretch legs b</li> <li>V. 4 Players stretch arms</li> <li>V. 5 Gliding backwards (1 etc.)</li> </ul>	e direction en blue lines, then bac petween blue lines over head	line for safety ckwards



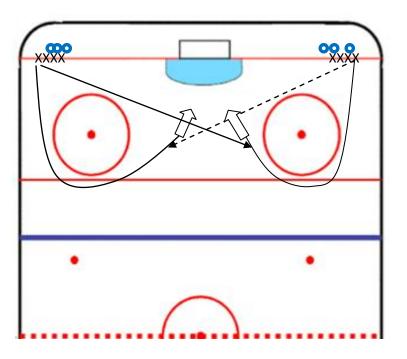
<b>Drill</b> Name: Trai	insitions (v)	Duration:	5 minutes
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What Skills are we developing?	What do I need?
Players: • Forwards V-starts • Backwards V-stops • Pivots • Acceleration Goalkeepers: With players	No equipment required
<ul> <li>Drill Details:</li> <li>Players line up in corner</li> <li>Start using V-start, accelerate to far boards, pivot to transition to skating</li> <li>Skate backwards across Ringett either side to ensure form)</li> <li>Backwards V-stop at boards</li> <li>Repeat at blue line</li> <li>Restart drill from centre ice (state to work pivot on both sides) <ul> <li>v. 2 Side-steps on line</li> <li>v. 3 Backwards on line</li> <li>v. 4 Sculling on line</li> </ul> </li> </ul>	o backwards e line (legs on • V-start 3.4 • Backward V –stop 3.10 • Pivots 3.12



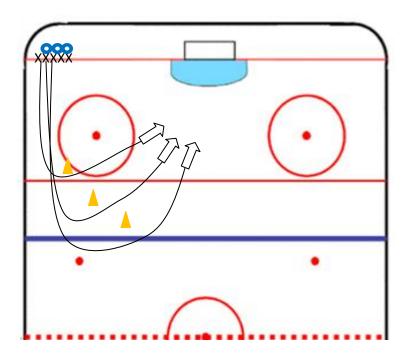
Drill Name:Sharp turnsDuration:	5 minutes
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What Skills are we developing?	What do I need?	
Players:	<ul> <li>5 pylons</li> </ul>	
Acceleration	<ul> <li>I5 rings</li> </ul>	
<ul> <li>Sharp turns</li> </ul>		
• 360 turns		
<ul> <li>Backwards</li> </ul>		
<ul> <li>Protecting the ring</li> </ul>		
Goalkeepers:		
With players		
Drill Details:		TIPS
Players line up in corner		• Players to treat pylons as 'opposing
• Skate forward with ring to first p	ylon	players' and protect ring
• Turn as tight as possible around	cone, continue to	Drill manual ref:
next pylon		o <b>3.13</b>
o v. I 360 turns around py	lons	
$\circ$ v. 2 front to back, back t	o front transitions	
$\circ$ v. 3 fully backwards		
<ul> <li>v. 3 fully backwards</li> </ul>		



Drill Name:	Half horseshoe/La Banane	Duration:	
What Skills	are we developing?	What do I need	?
Players:		<ul> <li>Rings</li> </ul>	
Passir	ng, Pass reception, Timing,		
Shoo	ting, Timing, Communication,		
Deke	S T		

Goalkeepers:	
Drill Details:	TIPS
• Split the team in 2 groups	Call for the pass
• First girl out of the corner circles and calls the pass	
Pass timing is key	
Sweep pass to skater	
Skater stabs the ring and shoots on net	
• Shot variation – sweep, wrist, backhand + forehand	
<ul> <li>Ensure skaters move feet up to low circle</li> </ul>	



Drill Name:	3 pylon rapid shoot-out	Duratio	on: 5-10 minutes
What Skills	are we developing?	What d	o I need?
Players:		• R	Rings
<ul><li>Skati</li><li>Shoc</li></ul>	0	• 3 cones	
	r <b>s:</b> ie gets 3 shots in rapid ession		

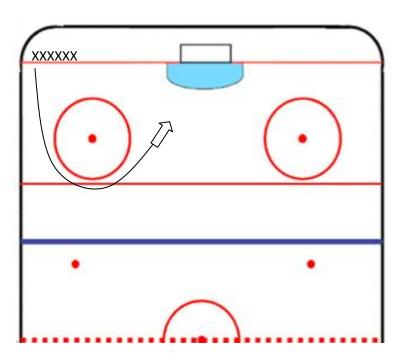
#### **Drill Details:**

- Players start in corner with ring
- 3 start at same time
- First goes to farthest pylon, second to middle, third to closest
- Skate around pylon and shoot on net
- \*protect ring around pylon

#### TIPS

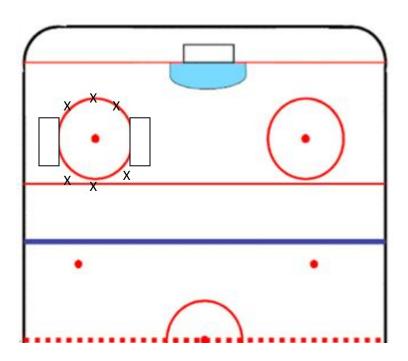
- Make sure they do forehand and backhand:

   -flip
   -sweep
   -etc.
- Players to go down low in turn



Drill Name:	Rapid fire	Duration:	5-10 minutes
What S	What Skills are we developing?		ed?
Players	:	<ul> <li>Rings</li> </ul>	
•	Ring protection Skating Shooting		
<ul><li>Deeks</li><li>Fake shots</li></ul>			
Goalke	Goalkeepers:		
•	Continuous shots simulate rebo	unds	

orill Details:	TIPS
<ul> <li>Players line up with rings in corner</li> <li>On whistle, player skates around, circles and takes shot on net</li> <li>Start next player when previous player reaches outside hash marks to have rapid shots on goalie</li> <li>Variations: <ul> <li>coach requests certain types of shots (i.e. forehand/backhand/deek) and shot placement</li> <li>add defence player on coach</li> </ul> </li> </ul>	<ul> <li>Make sure they do forehand and backhand: -flip -sweep -etc. Make sure feet move</li> </ul>



Drill Name:	Trapped 3 on 3	Durat	tion:	5-15 minutes
Players: Ring p Passir Shoot	0	What • •	t <b>do l need</b> Rings 2 nets	?
Goalkeepers Focus on heav	<b>s:</b> /y action play in the 'slot'			

Drill Details:	TIPS
<ul> <li>Place both nets on outside of circles, one goalie in each net</li> <li>3 versus 3 skaters on each side of circle</li> <li>Coach throws ring into circle and players race to retrieve ring</li> <li>3 versus 3 for 30 seconds or until one team scores</li> <li>Modification: if only one goalie, the team with goalie should have 2 skaters only, and team shooting on empty net must hit specified corner (i.e. top L/R, bottom L/R, etc.)</li> </ul>	<ul> <li>Will seem like a game to players, but forces them to work in close quarters, team up and get open</li> </ul>