



U12

Practice plans

This guide was completed by a group of volunteer coaches as part of an LTAD initiative. Thank you to:
Tracey Tulloch, Brian Crandell, Murray Pettem, Lori Blinn



Stage: U12

Practice: # 2 ($\frac{1}{2}$ Ice Practice)

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

- Welcome athletes.
- Review procedures for safety, water breaks, etc.
- Discuss goals of practice + planned drills/activities

Warm up (10-12 minutes)

Drill # 1: (see practice # 2 Drill # 1 doc)

Figure 8 Laps – forwards /W7-2.5.6.3

Dynamic (with movement) Stretches /W7-2.5.2.2

- Shoulders & Arms
- Back & Sides
- Hamstrings & Quadriceps
- Groin & Legs (adductor/inside and abductor/outside) – bubbles between blue lines
- Ankles & Caves
- Snow Queen /S23-3.15.2 – with variation

Drill # 2:

Ring Soccer with basic ringette rules /F3-7.6

- Passing over blue lines
- 3 in the zone
- Everyone is on the ice (i.e. no lines or shifts)
- If possible use two soccer balls so more players engaged
Can limit to 3-touches max if needed

Goalie

General: getting up and down quickly

Positioning: finding the posts, hugging the posts

Find and Hug Posts /G4-5.4.2

- Goalkeeper starts at top of crease and without looking back moves back to find the posts

Cool down (5-10min)

Game of Prisoner's Base /F9-7.25

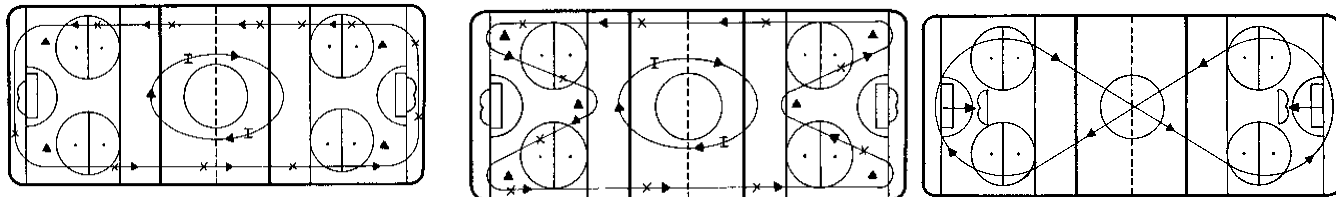
- Two teams are at opposite ends of the ice. The players on one team are the police; those on the other are the robbers. One team moves toward the other.
- One person on the police team gives a signal when the robbers are relatively close, and the police line gives chase. Prisoners are brought back to the goal line and lined up with arms linked.
- If a robber approaches and touches the last person in the prisoner's line, all are freed.
- Then the alternate team approaches (reverse roles).

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

- Wrap up daily activities and prepare athletes for next ice time.
- Before each athlete leaves the ice discuss what position they like playing the best
- Coaches are available for questions

Drill #1

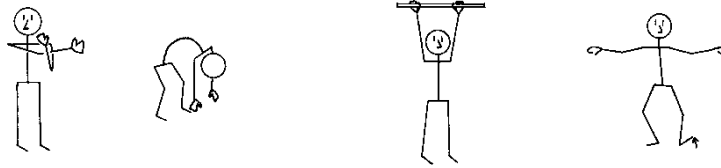
2.5.6.3. Figure eight set-up (third diagram): This is a good warm-up set-up for extra skating conditioning. Instructor/coach/demonstrator can provide comments to players at each end of the ice surface or in the middle near the crossover.



2.5.2.2 Warm-up - Stretches Description

- | | |
|------------------|--|
| Neck | - Stretch the neck slowly, first from one side to the other, shoulder to shoulder, then forward - never back. |
| Shoulders | - Shrug up and down.
- Roll shoulder forward and backward. |
| Arms | - Bring the arm across the body and hold with the opposite hand, stretching the triceps and shoulder.
- Grasping with both hands, bring the arms above the head to stretch the triceps and forearm.
- With both hands behind the back, grasp and stretch the biceps and deltoids. |
| Back | - Position the feet slightly wider than the proper stance, and with the knees bent, roll forward and touch the toes. This will stretch the lower back and hamstrings. |
| Sides | - With one arm, reach above the head to stretch one side, then the other. Avoid over exaggerated side bends.
- Variation - Raise the stick above the head with two hands on it. Press one hand up, then the other. |
| Ankles | - Toe in - Between the blue lines, glide on one foot (knee slightly bent) turn the toe inward and hold for eight seconds.
- Toe out - Use the same motion, but turn the toe out. |
| Calves | - Stationary - With motion, and the feet shoulder width apart, lift the toes (supporting leg knee is slightly bent). Stretch the opposite calf. |
| Hamstrings | - Stationary - Kneel on the ice, bring one leg out to the side with the toe pointing upward, and hold position for 8 seconds (should feel a stretch in the back of the leg and calf area). Switch legs. |
| Quadriceps | - Stationary - Hold onto the boards with one hand and use the other hand to grasp ankle behind back. The supporting knee is bent and the back should be straight, with the knees parallel.
- Moving - Same motion, but between blue lines while gliding.
- Moving - Similar to a groin stretch, the player puts the toe on ice rather than side of foot. |
| Groin (Adductor) | - Moving - One leg is put behind the other, with the inside of the foot on the ice. The supporting knee is bent (no more than 90°). Do not bounce. |
| Abductors | |

(outside of leg) - Moving - Similar to the quadriceps stretch, except the player grasps the foot with the opposite hand, in front of body. This is a good balance drill.

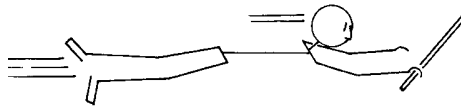


3.15.2 Snow Queen

Equipment: None required.

Description: Players start on the goal line and skate forward the length of the ice. At the first blue line, they dive forward under control and slide on their stomach (with their stick directly out in front - if carrying one). Then they get up as quickly as possible.

Variation: Same as above, except while sliding on the ice, players roll like a log, keeping control of their body (and stick) and then get up again as quickly as possible.



Drill #2

Ring Soccer with basic ringette rules /F3-7.6

- Passing over blue lines
- 3 in the zone
- Everyone is on the ice (i.e. no lines or shifts)
- If possible use two soccer balls so more players engaged

Can limit to 3-touches max if needed

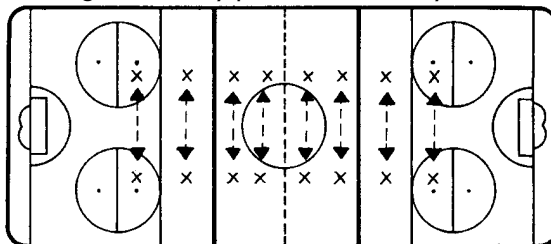
Drill #3

4.2.1 Partner Passing

Equipment: Rings are needed.

Description: Players line up as illustrated approximately 4m. apart. Each pair has a ring and practices passing it back and forth to their partner. The type of pass may be specified by the coach.

Variation: Both partners have rings which they pass simultaneously to each other.



5.4.2 Find and Hug Posts

Equipment: None is required.

Description: The goalkeeper starts at the top of the crease. While always facing forward (not looking at posts), the goalkeeper slowly backs in to the net finding a post on either side. The goalkeeper then hugs the post. Have the goalkeeper practice the move on both sides of the net.

Drill #4

3.9.1 Board Push and Glide

Equipment: None required.

Description: Players start facing end boards. In the basic stance, push off the boards with hands and arms and glide backwards. Then come back to boards and try again. (Beginning skaters are often afraid to go backwards, this drill will take away the fear.)

3.1.6 Gliding

Equipment: None required.

Description: Skate from the end boards to the blue line and glide in basic stance between blue lines, then skate to other end.

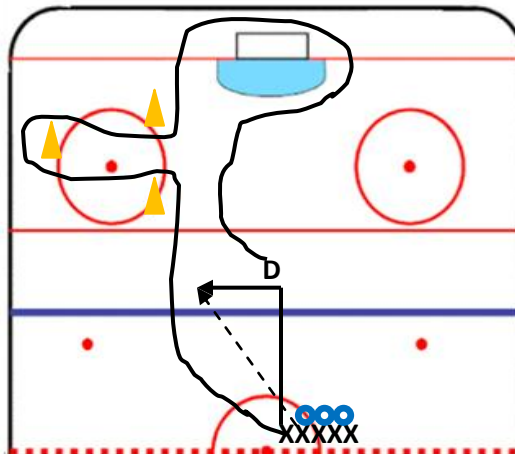
Variation: Skate around the rink and on the whistle command, or at blue lines, glide in a basic stance.

3.10.1 Board Push and Stop

Equipment: None required.

Description: Players start facing boards and push off the boards with the hands and arms and glide in basic stance and then stop. Return to boards and repeat, gradually shortening the glide time with each push off.

Drill #5



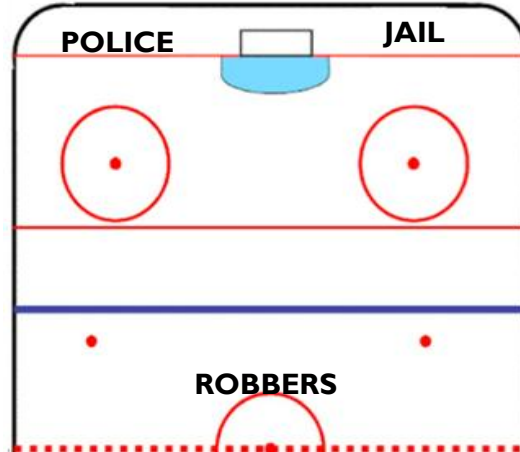
Team: ice awareness, anticipation

- Players line up at red line with ring, with one player (the defender) on the blue line facing them.
- The first player in line skates directly towards the defender, and makes a last second cut at 90° either way just past the blue line.
- The second player in line passes to the first player over the blue line.
- Purpose is for the defender to anticipate the play while the skater/pass receiver learns to create open ice. Positioning at red line can be varied.

- Create drill (change defenders)
- Shot on net – become D

After D – pylon course. Back to end of line

Drill #6



7.25 Prisoner's Base

Purpose: Stops, starts, and changing direction will be practiced.

Equipment: None is required.

Description: Two teams are at opposite ends of the ice. The players on one team are the police; those on the other are the robbers. One team moves toward the other. One person on the police team gives a signal. When the robbers are relatively close, and the police team gives chase. Prisoners are brought back to the goal line and lined up with arms linked. If a robber approaches and touches the last person in the prisoner line, all are freed. Then the alternate team approaches.

Stage: U12

Practice: # 3 ($\frac{1}{2}$ Ice Practice)

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

- Welcome athletes.
- Review procedures for safety, water breaks, etc.
- Discuss goals of practice + planned drills/activities

Warm up (10-12 minutes)

Drill #1: Skating drills: forwards

Circles /S16-3.11.5

- Circles
- Tight turns on dots – 1 foot slalom (add)
- Stops on dots

Drill #2: Stretching – Agility / Balance / Coordination (ABC'S) of Warm-Up

Agility Skating /S22-3.15

- Knee Drop
- Snow Queen
- Hop
- Wide Crossovers
- Skiing
- Inside Edges
- Outside Edges
- Single Leg Snaking

Drill #3: Skating & Passing

Three Person Weave /R16-4.4.5

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

At the other end of the ice players take a (sweep) shot on goal.

Goalie

Ring: blocking, stopping

One to One/ G3-5.3.1

Cool down (5-10min)

Scrimmage

- Any 3 in concept
- Cannot go in the zone 2x in a row
- Cannot stay in the zone for more than 10 seconds
- 3 defenders (protecting house)
- 3 offensive players switch to D after full cycle of drill

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

- Wrap up daily activities and prepare athletes for next ice time.
- Before each athlete leaves the ice discuss what position they like playing the best
- Coaches are available for questions

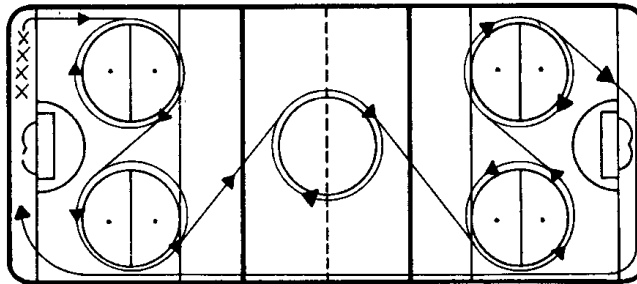
Drill #1

3.11.5 Circles

Equipment: None required.

Description: Players line up in one corner of the ice. Three(3) players begin skating forward around the free pass circle closest to the boards. They complete one and one half revolutions of the circle they start on, then cross to skate 1 1/2 times around the other circle in the same end zone but in the opposite direction. They then continue to the centre circle and then the circles at the far end, alternating between clockwise and counter clockwise. Once the first 3 players have passed the starting point on the first circle, the next 3 join the drill, and so on, until all players are skating.

Variation: This drill may also be done skating backwards; and may be done facing the far end at all times, causing skaters to pivot from forward to backward and vice versa.



Drill #2

3.15 - AGILITY

3.15.1 Knee Drop

Equipment: None required.

Description: Standing in their own space, players drop to their knees (using their hands to break the fall) and get back up again as quickly as possible. Then players do the same while skating - dropping at each blue line and getting up and skating again.

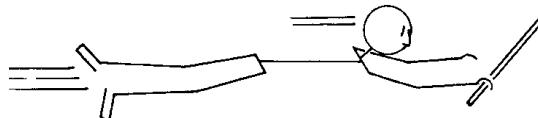
Variation: This drill can also be done with players only touching one knee to the ice at a time while skating.

3.15.2 Snow Queen

Equipment: None required.

Description: Players start on the goal line and skate forward the length of the ice. At the first blue line, they dive forward under control and slide on their stomach (with their stick directly out in front - if carrying one). Then they get up as quickly as possible.

Variation: Same as above, except while sliding on the ice, players roll like a log, keeping control of their body (and stick) and then get up again as quickly as possible.



3.15.3 Hop the Stick

Equipment: One stick for every two players is needed.

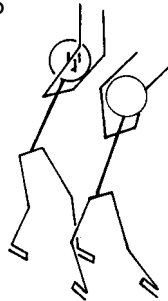
Description: In pairs in their own space on the ice, one partner is the sweeper and the other is the hopper. The sweeper is on two knees holding the stick pointing outward in one or two hands. With the stick on the ice, the sweeper moves it back and forth like a windshield wiper. The hopper has to jump over the stick one foot at a time (like skipping), while trying to keep the head up and eyes straight ahead. Partners then switch roles and repeat the drill.

3.15.4 Mirror Drill

Equipment: None required.

Description: In partners, the two face each other. One is the leader and the other the follower. The leader moves forward, backward, side to side, jumps, falls to knees, to stomach, rolls over, etc. Any combination of these can be used while the follower mimics each of the moves. Then the partners switch roles and continue the drill.

Variation: This drill can also be done as a large group, with the instructor as the leader. Using signals, the leader stands facing the players who are spread out in their own space, and points to what the players are to do



3.15.5 Wide Crossovers

Equipment: None required.

Description: While skating either the length of the ice or around the rink, players lift one leg high to the side, then cross it over the other leg. When that leg touches down on the ice, the other leg is lifted and repeats the movement of the first leg. This is a continuous movement. The intent is to use the outside edges of the skate blades as much as possible.

Variation: This drill can also be done skating backwards.

3.15.6 Skiing

Equipment: None required.

Description: While moving from one end to the other or around the ice, players keep both feet together and cut the ice pushing with their heels on one side then the other in a parallel skiing motion. Both feet stay on the ice at all times.

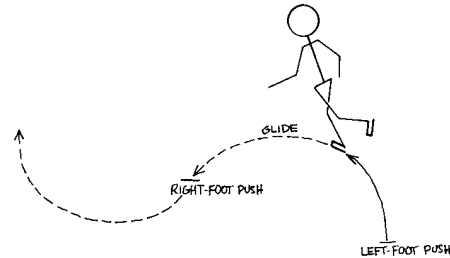
Variation: Once proficient in skiing, moguls can be added so that after each cut the player does a two foot hop before cutting the other way. This is a difficult movement requiring good leg strength.

3.15.7 Inside Edges

Equipment: None required.

Description: While moving from one end to the other or around the ice, players first push once with their left foot and glide on the inside edge of their right foot in a semi-circle to the left. When they get back to the middle, they push once with their right foot and then glide on the inside edge of their left foot in a semi-circle to the right, and repeat the drill. This is a continuous movement.

Variation: This drill can be done backwards as well.



3.15.8 Outside Edges

Equipment: None required.

Description: While moving from one end to the other or around the ice, players first push once with their right foot and glide on their left foot outside edge in a semi-circle to the left. Then when they get back to the middle, they push once with their left foot and glide on the outside edge of their right foot in a semi-circle to the right. Then the drill is repeated in a continuous motion.

Variation: This drill can be done backwards as well.

3.15.9 Single Leg Snaking

Equipment: None required.

Description: While skating forward, players lift one leg off the ice. The supporting leg, well flexed, continues to push, alternating from inside to outside edge, in a snaking motion. The other leg can help with momentum by swinging it in the direction of travel.

Variation: Once proficient, this drill can be done backwards.

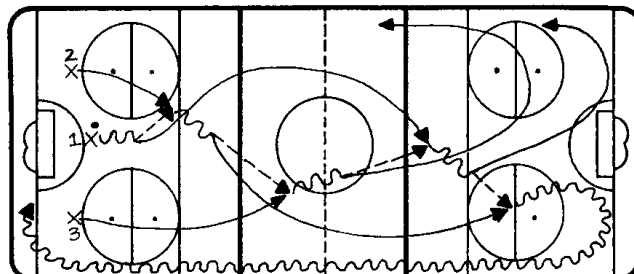
Drill #3

4.4.5 Weave

Equipment: Rings are required.

Description: Players line up in 3 lines at one end. Player 1 starts with the ring, Player 1 passes to Player 2 who is skating towards the centre of the ice. Player 1 skates behind Player 2 but angles in towards the centre of the ice. Player 2 continues to skate and passes to Player 3. Player 2 goes behind Player 3. Player 3 passes to Player 1, and goes behind Player 1, etc.

Variation: Players may shoot on goal.

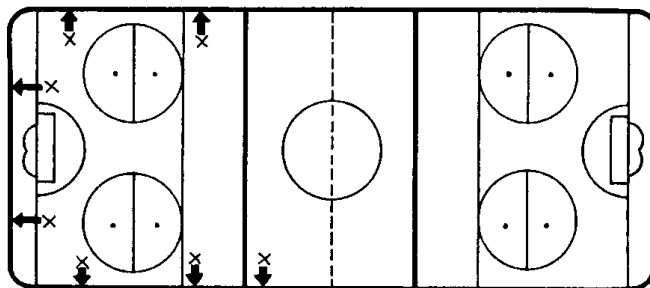


Drill #4

4.10.1 Stationary Shooting

Equipment: Rings are needed.

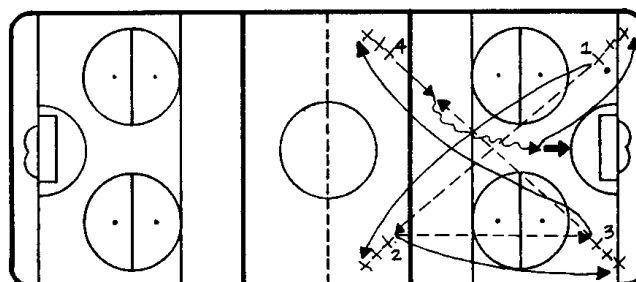
Description: Players spread out around ice surface and practice against the boards. Watch for proper technique.



4.10.3 4 Corners

Equipment: Rings/Pylons are required.

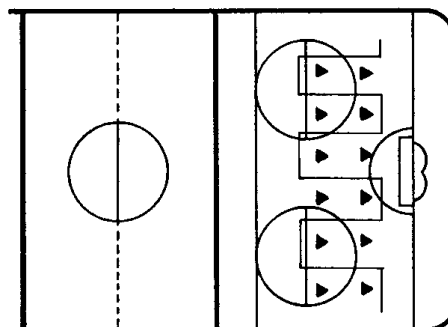
Description: Players line up in four lines (in the shape of a square) at one end. Rings start with Player 1. Player 1 passes to Player 2; Player 2 to Player 3; and Player 3 to Player 4 who is skating towards the net and shoots. All players follow their pass to a new line. Players may stay stationary to start, then encourage players to skate towards the pass.



5.2.4 Pylon Course

Equipment: Approximately 12 pylons are required.

Description: Set up the pylons in two parallel lines about 3 meters apart. Goalkeepers start at one end and go through the pylons in a zig zag pattern with the instructor specifying which actions (shuffle right, telescope forward, T-push left, etc.) are to be done while completing the course.



Drill #5

3.9.3 "C" Cut and Glide

Equipment: None required.

Description: Players start in one corner. Travelling backwards along the goal line, players push with one foot in a "C" cut and then glide in basic stance for a 3 count. Then they push with the other foot and glide for a 3 count. This pattern continues, trying to travel in a straight line, along the goal line, then back along the next blue line, down the other blue line, and back along the far end goal line.

Drill #6

3.10.1 Board Push and Stop

Equipment: None required.

Description: Players start facing boards and push off the boards with the hands and arms and glide in basic stance and then stop. Return to boards and repeat, gradually shortening the glide time with each push off.

Drill #7

Defensive Triangle

The objective of the defensive triangle is to keep the offense out of the "slot" (the area in front of the goal). Ultimately, the triangle will make it more difficult for the opposition to score. The defensive player closest to the ring carrier will always be the apex of the triangle while the other two defencemen form the base. Defencemen should try to keep opponents to the outside and not let them into the centre of the triangle.

6.5.1 Passive Defences

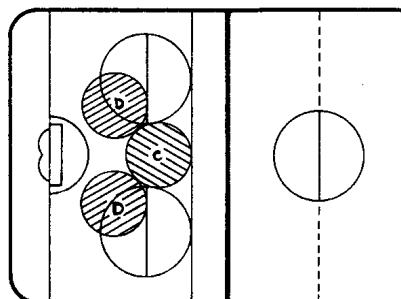
Passive implies that generally it is a formation which waits for opposition to attack. This is most effective against teams that pass frequently when in the offensive zone.

6.5.1.1 - Triangle Defence

Equipment: None is needed.

Description: The triangle is larger when the opposition is further from the goal. The triangle gets smaller, or tighter, as the opposition gets closer to the goal. It is important for the defenders at the base of the triangle to watch for the opposition at the side of net so as to avoid shots from the side, or passes across the crease. It is also important to avoid screening the goalkeeper. To practice group movement within the triangle simply utilize offensive players by passing and skating with the ring, within the zone. Emphasize that the triangular position should be maintained while the players move.

Purpose: This is used to protect the slot area.

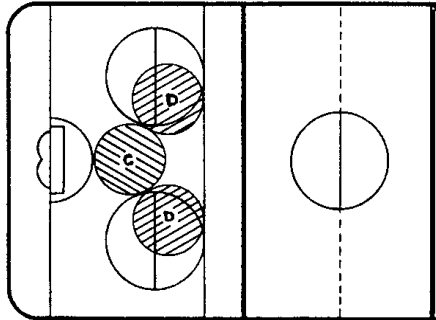


6.5.1.2 - Inverted Triangle

Equipment: None is needed.

Description: The triangle gets smaller or tighter as the opponent gets closer to net. The object is to block the shot and not give the shooter much of the net to shoot for. The goalkeeper should move out of the crease in order to reduce the shooter's angle.

Purpose: To defend against teams that generally shoot rather than pass.

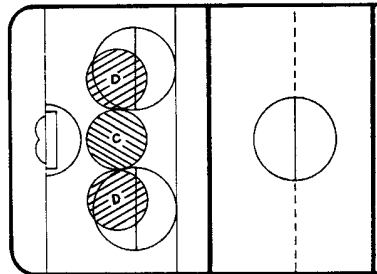


6.5.1.3 - Wall Defence

Equipment: None is needed.

Description: The defender in the middle should attempt to get in front of the shooter. The other two defenders should move closer in an attempt to force the shooter off to the side (Note: This type of defense does not provide any depth, only breadth).

Purpose: This is the system used to form a barrier in front of the shooter.



Drill #8

Tactical – Offensive

Team: any 3 in concept.

First 3 in race

Drill #9

Scrimmage

- Any 3 in concept
- Cannot go in the zone 2x in a row
- Cannot stay in the zone for more than 10 seconds
- 3 defenders (protecting house)
- 3 offensive players switch to D after full cycle of drill

Stage: UI2

Practice: # 4 ($\frac{1}{2}$ Ice Practice)

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

- Welcome athletes.
- Review procedures for safety, water breaks, etc.
- Discuss goals of practice + planned drills/activities

Warm up (10-12 minutes)

Drill #1: Skating Drill

Circles (variation on dots) /S16-3.11.5

- Stop & Starts: stop on dots using specific skate edge
- Tight turns on dots, starting with shoulder

Drill #2: Stretching – Agility / Balance / Coordination (ABC'S) of Warm-Up

Balance Skating /S20-3.14

- Line Jumps
- Squat Glide
- High Knee Prance
- Stick Kick
- One Foot Glide
- On Your Toes
- The Cork Screw

Drill #3: Passing with Partner around ice

Skating Partner Passing/S12-4.3.5

- Skaters in partners, passing back and forth as they skate around the ice surface
- Can use board passes and lead passes, making sure to maintain positioning
Communication should be encouraged

Goalie

Mobility (lateral): shuffle, t-push and glide

Pylon course/G2-5.2.4

Mobility (forward and backward): push & glide

Cool down (5-10min)

Push Pull Game with Sticks

Partner Pull / Horse and Buggy /S4-3.3.2

Partner Push /3.4.4

- Edge control - focus on using inside or outside edge
- Low center of gravity & wide base of support
- Knees bent

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

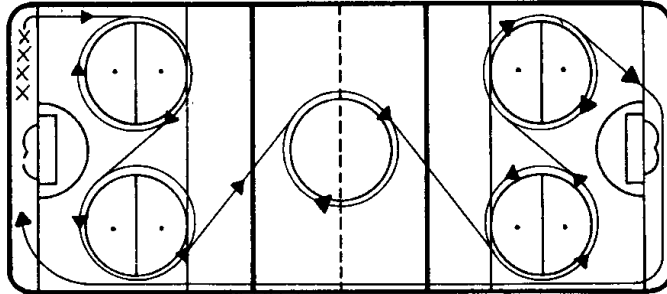
- Wrap up daily activities and prepare athletes for next ice time.
- Before each athlete leaves the ice discuss what position they like playing the best
- Coaches are available for questions

Drill #1

3.11.5 Circles

Equipment: None required.

Description: Players line up in one corner of the ice. Three (3) players begin skating forward around the free pass circle closest to the boards. They complete one and one half revolutions of the circle they start on, then cross to skate 1 1/2 times around the other circle in the same end zone but in the opposite direction. They then continue to the centre circle



Drill #2

3.14 - BALANCE

3.14.1 Line Jumps

Equipment: None required.

Description: Players line up along the goal line. Skating from one end to the other, players do a two foot jump at each line on the ice - free play lines, blue lines, and centre red line.

Variation: More advanced skaters can jump sticks or pylons - but this can be potentially dangerous. Should your older or more advanced players wish to, they may choose to jump higher.

3.14.2 Squat Glide

Equipment: None required.

Description: Players skate from one end to the other, or around the rink, and glide in a sitting position (squat) between the two blue lines. Squatting regularly with the knees bent more than 90° can be quite stressful on the tendons and ligaments of the knees.

3.14.3 High Knee Prance

Equipment: None required.

Description: Players line up along the side boards. Moving across the width of the ice, players prance - drive up off the toe and emphasize the high knee lift, at a speedy tempo.

3.14.4 Stick Kick

Equipment: One stick is needed for each player.

Description: While skating from one end to the other or around the ice, players hold their stick out in front at shoulder height and slowly kick one leg at a time up to meet the end of the stick. This is a controlled movement, not a quick snap.

3.14.5 One Foot Glide

Equipment: None required.

Description: Players skate from one end to the other or around the ice, and glide on one foot between the blue lines or free play lines, maintaining control of their body.

Variation: More advanced players can also try to jump the lines on one foot.

3.14.7 On Your Toes

Equipment: None required.

Description: Players line up along the side boards. Moving across the width of the ice, the players first walk on their toes. Then after becoming proficient at that, players run on their toes.

Variation: This drill may be repeated with players walking and then running on their heels.

3.14.8 The Cork Screw

Equipment: None required.

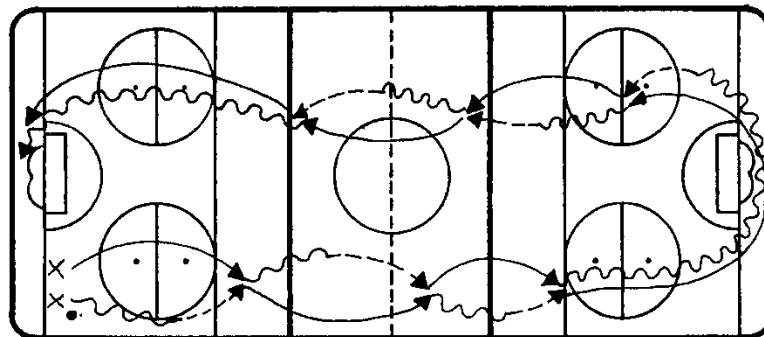
Description: Players stand in their own space, lift one leg slightly off the ice and turn 180° (1/2 turn), then turn back again. Alternate the direction and leg.

Drill #3

4.3.5 Skating Partner Passing

Equipment: Rings are required.

Description: Players start at one end. Players skate around ice passing back and forth while skating together. Encourage players to make as many passes as possible.

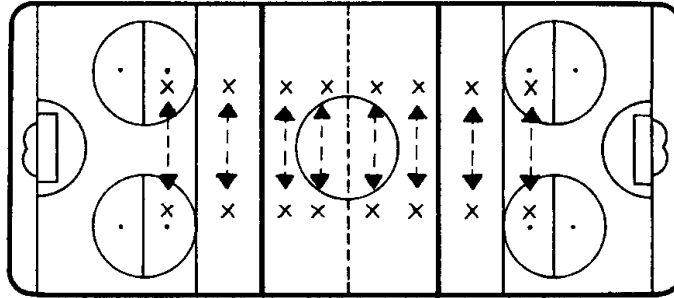


Drill #4

4.2.3 Diagonal Passing

Equipment: Rings are needed.

Description: Players line up as illustrated. Rings are placed at the end of one line. The player closest to the rings passes the ring to the player in the opposite line. That player receives the ring and passes to the second player in the opposite line. Players continue passing the ring back and forth down the line. After a brief pause, the first player passes another ring in the same manner. Repeat from the other end once all the rings have been passed through the drill.



5.3.1 One to One

Equipment: A net or two pylons and five rings to every goalkeeper are needed.

Description: With one shooter for every goalkeeper, the shooter stands in the slot and shoots rings at the goalkeeper who practices the following.

- Variations:
- Cushioning - the shot comes at the stick on the ice and the goalkeeper cushions the ring to keep it in the crease.
 - Deflecting - the shot comes on the ice to either side of the goalkeeper and the stick is used to deflect the ring to the corners.
 - Clearing - the shot comes on the ice and the goalkeeper stops it then uses the stick to clear it to a specific target.

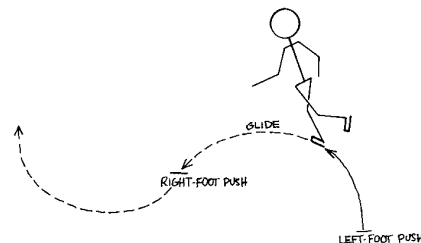
Drill #5

3.15.7 Inside Edges

Equipment: None required.

Description: While moving from one end to the other or around the ice, players first push once with their left foot and glide on the inside edge of their right foot in a semi-circle to the left. When they get back to the middle, they push once with their right foot and then glide on the inside edge of their left foot in a semi-circle to the right, and repeat the drill. This is a continuous movement.

Variation: This drill can be done backwards as well.



3.15.8 Outside Edges

Equipment: None required.

Description: While moving from one end to the other or around the ice, players first push once with their right foot and glide on their left foot outside edge in a semi-circle to the left. Then when they get back to the middle, they push once with their left foot and glide on the outside edge of their right foot in a semi-circle to the right. Then the drill is repeated in a continuous motion.

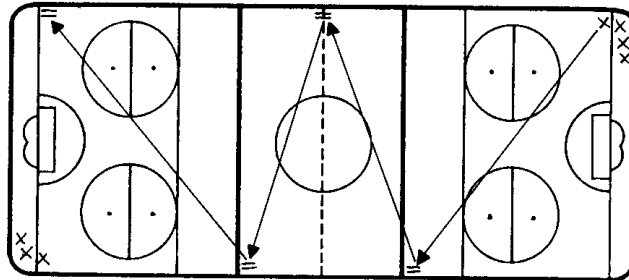
Variation: This drill can be done backwards as well.

3.6.3 W-Drill

Equipment: None required.

Description: Players line up in one corner. The first player skates to the blue line at the opposite boards, stops, and then skates back across to the red line at the other side, stops, then back to the opposite side blue line, stops, and back to opposite side corner and stops. Player always stop facing the direction they are travelling down the ice. Allow sufficient space between players to perform the stop correctly.

Variation: More advanced players can have 2 groups going at once, starting in opposite corners (head up to avoid collision). Try using the free play lines as additional stopping points. This drill can also be done skating backwards.



Drill #6

6.4.3 Deep Centre Breakout

Equipment: None is required.

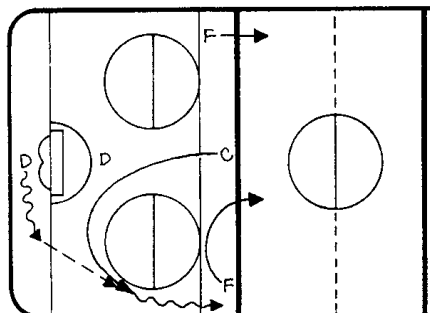
Description: This drill can be done using both ends of the ice surface. The coach should position players and walk through the drill pattern as the play progresses. Start the drill slowly and position all players as outlined in the diagram. The centre starts from centre ice at blue lines, and moves into either corner to swing and receive a pass from the defense behind the net. The right forward (in the diagram) breaks out and fills the centre ice position to accept a pass from the centre. The centre alternates going deep into each corner while the defence also alternate handling the ring behind the net.

Purpose: The objective of the deep centre breakout is to gain possession of the ring in the centre zone.

Variation: The players can start at the centre red line and have the coach shoot the ring into defensive zone. The players skate for their respective positions as quickly as possible.

Add to this drill by using checkers and increasing the pressure on the offensive players.

Reminder: If all forwards are covered, the defense positioned in front of the net should move to the corner opposite to the centre's swing and be open for a pass.



6.4.4 High Centre Breakout

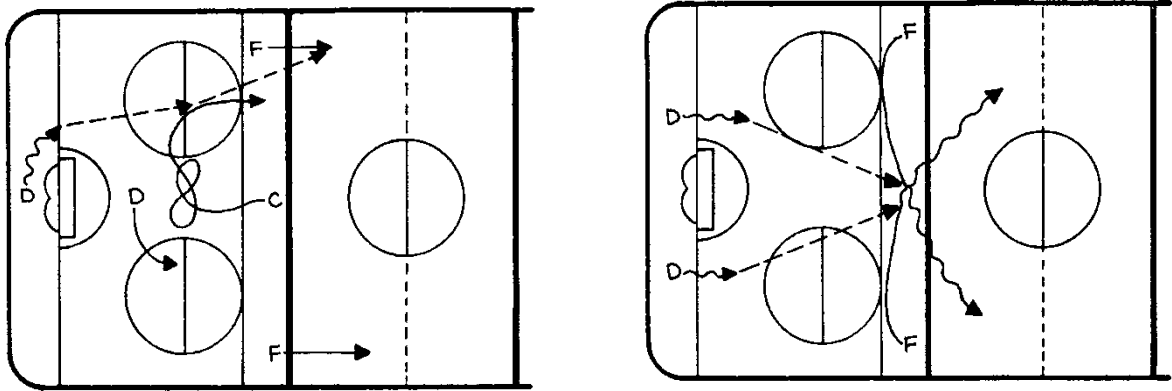
Equipment: None is needed.

Description: The coach should explain the pattern on chalkboard and walk players through the drill during on-ice demonstration. The breakout positions are identical for the forwards and defenders as in the "deep centre breakout". The exception is that the centre should attempt to skate at the proper angle to receive the pass and should also be able to quickly see the opposing defence.

Purpose: The objective of the high centre breakout is to gain possession of the ring in the centre zone.

Variations: #1 Use the same progression as in "deep centre breakout", by adding checkers to increase the pressure on the offensive players. Pressure should only be added when the players have developed adequate knowledge about the pattern and have had opportunity to work together as a unit. The coach can add variations (so can the players) if certain players are not open but the concept is to keep the pattern as simple as possible.

#2 Both ends may be used - alternate passes from one side of net to the other.



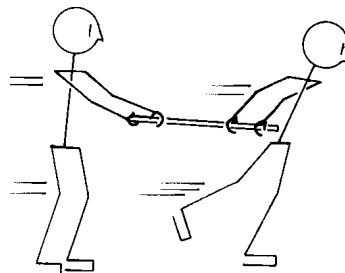
Drill #7

3.3.2 Partner Pull/Horse and Buggy

Equipment: Ringette sticks (one for each person).

Description: In partners, both players face the same direction, one standing in front of the other. Players hold two sticks between them. The front partner pulls the other, while the back partner practices snowplow stops.

Variation: For beginning skaters, the coach/instructor may need to be the puller, and can skate backwards to offer advice on technique. This drill can also be done with the front partner skating backwards.

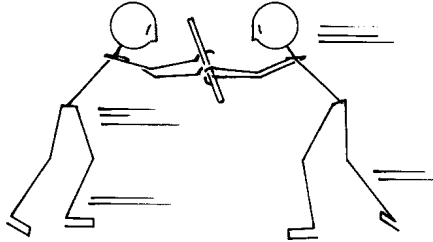


3.4.4 Partner Push

Equipment: None required.

Description: In partners, the back player places hands on the stick of the front player and pushes that player across the ice using the inside edges.

Variation: The front partner can either glide or apply some resistance (e.g. snowplow stop) to make it more difficult.



Stage: U12

Practice: # 5 ($\frac{1}{2}$ Ice Practice)

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

- Welcome athletes.
- Review procedures for safety, water breaks, etc.
- Discuss goals of practice + planned drills/activities

Warm up (10-12 minutes)

Drill #1: Ship Shape /F18-7.41

- Bow (one end of the ice – front of the boat)
- Stern (opposite end of the ice – back of the boat)
- Port (the left side of the ice facing bow)
- Starboard (the right side of the ice facing bow)
- Man Overboard (lie down on ice and get back up quick)
- Captain Aboard (stop, stand straight, and salute coach)
- Swab the Deck (mopping action with ring and stick)
- Mutiny (chase the coach)

Drill #2: Stretching – Agility / Balance / Coordination (ABC'S) of Warm-Up

Figure 8 Laps – forwards /W7-2.5.6.3

Dynamic (with movement) Stretches /W7-2.5.2.2

- Shoulders & Arms
- Back & Sides
- Hamstrings & Quadriceps
- Groin & Legs (adductor/inside and abductor/outside)
- Ankles & Caves

Drill #3: Skating & Passing

Skating Zigzag (Lazy S) /R15-4.4.3

Goalie

Mobility (forward & backward): keeping stick flat on the ice, handling shots, cushioning the shot.

One to One/G3-5.3.1

Cool down (5-10min)

True and False Game /F17-7.40

- The forwards cannot go in the defence zone
- The goalkeeper may never pick up the ring
- The goalkeeper may play the ring anywhere on the ice
- A player can skate through the crease
- The ring must be passed over each blue line

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

- Wrap up daily activities and prepare athletes for next ice time.
- Before each athlete leaves the ice discuss what position they like playing the best
- Coaches are available for questions

Drill #1

7.41 Ship Shape

Purpose: Carrying the ring, stopping, starting, and changing directions will be practiced.

Equipment: One ring per player is needed.

Description: This is a game especially for young skaters. Gather all the skaters in the centre circle and explain the calls.

Bow - one end of the ice (front of the boat).

Stern - the opposite end of the ice (back of the boat.)

Port - the left side of the ice (facing the bow).

Starboard - the right side of the ice (facing the bow).

Man Overboard - lie down on the ice, then get up.

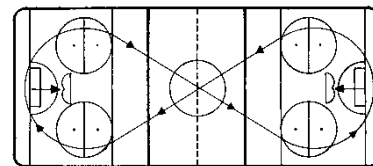
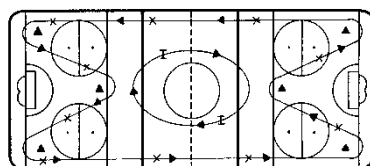
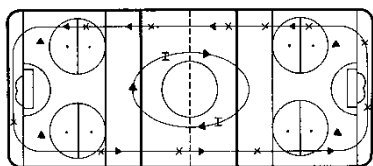
Captain Aboard - salute to the captain (coach).

Swab the Deck - moving the ring and stick around like it was a mop.

Mutiny - chase the coach.

For example, if the instructor yells "bow", all the students skate with their rings to the designated end of the ice and come back. When all are back or nearly back, the teacher makes another call. Continue to reinforce the skating skills, and vary the calls.

2.5.6.3. Figure eight set-up (third diagram): This is a good warm-up set-up for extra skating conditioning. Instructor/coach/demonstrator can provide comments to players at each end of the ice surface or in the middle near the crossover.

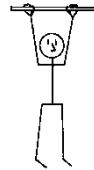
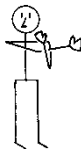


Drill #2

2.5.2.2 Warm-up - Stretches Description

- | | |
|-----------|--|
| Neck | - Stretch the neck slowly, first from one side to the other, shoulder to shoulder, then forward - never back. |
| Shoulders | - Shrug up and down.
- Roll shoulder forward and backward. |
| Arms | - Bring the arm across the body and hold with the opposite hand, stretching the triceps and shoulder.
- Grasping with both hands, bring the arms above the head to stretch the triceps and forearm. |
| Back | - With both hands behind the back, grasp and stretch the biceps and deltoids.
- Position the feet slightly wider than the proper stance, and with the knees bent, roll forward and touch the toes. This will stretch the lower back and hamstrings. |
| Sides | - With one arm, reach above the head to stretch one side, then the other. Avoid over exaggerated side bends.
- Variation - Raise the stick above the head with two hands on it. Press one hand up, then the other. |
| Ankles | - Toe in - Between the blue lines, glide on one foot (knee slightly bent) turn the toe inward and hold for eight seconds.
- Toe out - Use the same motion, but turn the toe out. |

- Calves - Stationary - With motion, and the feet shoulder width apart, lift the toes (supporting leg knee is slightly bent). Stretch the opposite calf.
- Hamstrings - Stationary - Kneel on the ice, bring one leg out to the side with the toe pointing upward, and hold position for 8 seconds (should feel a stretch in the back of the leg and calf area). Switch legs.
- Quadriceps - Stationary - Hold onto the boards with one hand and use the other hand to grasp ankle behind back. The supporting knee is bent and the back should be straight, with the knees parallel.
 - Moving - Same motion, but between blue lines while gliding.
 - Moving - Similar to a groin stretch, the player puts the toe on ice rather than side of foot.
- Groin (Adductor) - Moving - One leg is put behind the other, with the inside of the foot on the ice. The supporting knee is bent (no more than 90°). Do not bounce.
- Abductors (outside of leg) - Moving - Similar to the quadriceps stretch, except the player grasps the foot with the opposite hand, in front of body. This is a good balance drill.



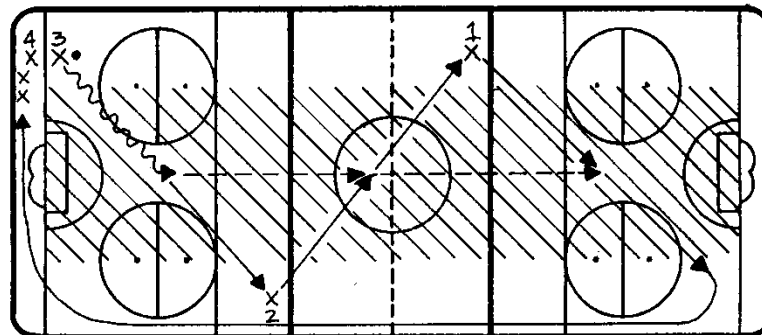
Drill #3

4.4.3 Skating Zigzag

Equipment: Rings/Pylons are needed.

Description: The shaded area is the passing area. Player 1 and Player 2 are at the blue line as shown. Player 3 starts with the ring and skates towards Player 2. Player 3 passes the ring straight up the centre where Player 2 receives it. Player 2 passes to Player 1 who skates to the corner and returns along the boards to the starting position. Player 3 replaces Player 2, and Player 2 replaces Player 1. Player 4 now begins the drill.

Variation: Players may shoot on goal.

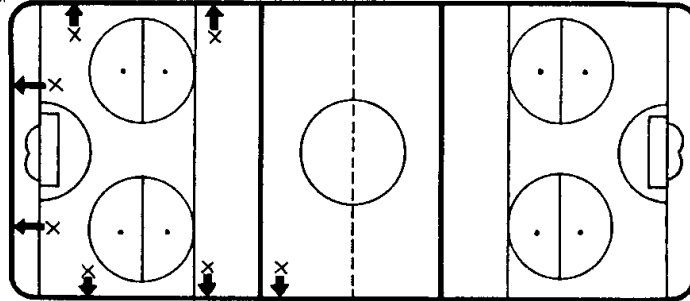


Drill #4

4.10.1 Stationary Shooting

Equipment: Rings are needed.

Description: Players spread out around ice surface and practice against the boards. Watch for proper technique.



5.3.1 One to One

Equipment: A net or two pylons and five rings to every goalkeeper are needed.

Description: With one shooter for every goalkeeper, the shooter stands in the slot and shoots rings at the goalkeeper who practices the following.

- Variations:
- Cushioning - the shot comes at the stick on the ice and the goalkeeper cushions the ring to keep it in the crease.
 - Deflecting - the shot comes on the ice to either side of the goalkeeper and the stick is used to deflect the ring to the corners.
 - Clearing - the shot comes on the ice and the goalkeeper stops it then uses the stick to clear it to a specific target.
-

Drill #5

3.11.1 Circle Sculling

Equipment: None required.

Description: Players spread out evenly among the five free pass circles and start with their left foot on the circle. Pushing with their right foot only, players make hard cuts with their skate around the circle, never lifting their skate off the ice. After about 3 times around the circle, stop and change direction, pushing with their left foot while their right foot stays on the circle.

Variation: This drill can also be used for backward crossover turns.

3.11.2 Cross and Hold Position

Equipment: None required.

Description: Players spread out evenly around the 5 free pass circles and start by placing their left foot on the circle (facing counterclockwise). Using their right foot, players push 3 times and then cross their right foot well over their left foot as far as they can and hold that position

for a 3 count. Then push 3 more times and hold again. After about 3 times around the circle, stop and change direction, using the left foot to push.

3.11.4 End Zone Figure Eight

Equipment: None required.

Description: Players divide into 2 groups, half at each end of the ice. Using the 2 free pass circles in their end, players skate in a figure of eight pattern around the circles. (Around one circle once one way, and on to the other circle, skating around it the opposite way, and back to the other circle, etc.)

Variation: This drill can also be used for backward crossover turns.

Drill #6

3.6.2 Push and Stop

Equipment: None required.

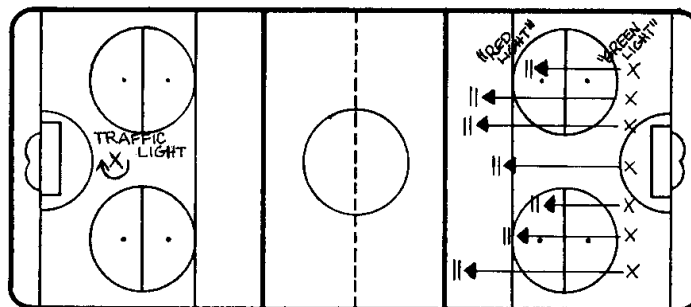
Description: Players line up along the goal line (for large groups make 2 lines). All players begin by pushing with one T-push and then parallel stop facing one direction. Then push again and stop facing the other direction. Continue the length of the ice, alternating the direction of the stop.

Variation: This drill can also be done with increasing strides before stopping. Start with one stride and stop, then 2 strides and stop, then 3, etc.

3.6.6 Red Light, Green Light

Equipment: None required.

Description: One player is the "traffic light" and stands at one end facing everyone else at the other end. The traffic light yells "Green light", then turns around to face away from the skaters. Everyone skates forward. When the light yells "Red light", everyone must stop. The traffic light turns around quickly and sends anyone caught moving back to the starting position. The first player to reach the traffic light, gets to be the light in the next round.



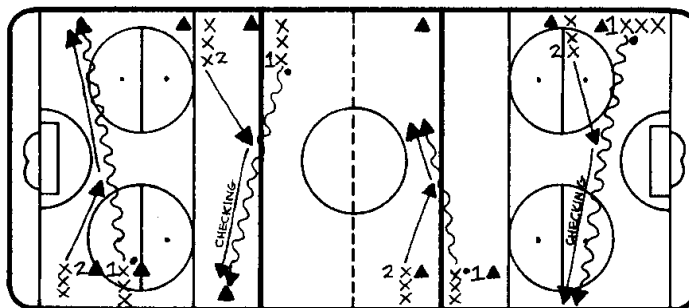
Drill #7

4.7.3 Straight Line

Equipment: Rings are needed.

Description: Players are paired up along the side board. Player 1 has the ring and skates towards the opposite boards with the ring out in front. Player 2 side checks while in stride with Player 1. Switch at the opposite boards.

Variation: Have two checkers for each ring carrier.



Drill #8

6.3.1 Free Pass from Centre

Equipment: None

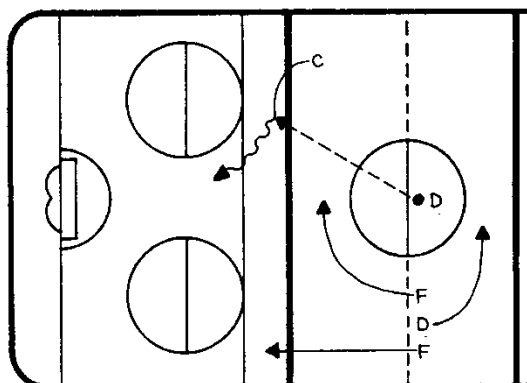
Description: There are various free pass plays ranging from simple and safe plays, to complex and perhaps high risk plays. Beginners should be taught one or two simple free pass plays, and should learn to execute them well. Advanced teams may work on a number of simple and complex free pass plays. The key to well executed free pass plays are:

- anticipation
- timing
- deception
- communication
- alternate or option plays
- discipline
- coverage of players
- practice.

Pass to a teammate outside of the circle, preferably one who is in motion. Move within the circle and do not rush the pass - five seconds to complete the pass is a 'long' time. Use fakes when possible.

Purpose: The main objective is to retain possession of the ring.

Variation: Experiment with numerous free pass patterns.



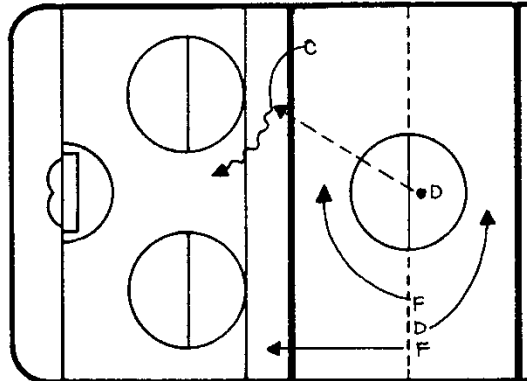
6.3.4 High Risk Free Pass

Equipment: None is needed.

Description: This usually involves a long pass which is intended to create a breakaway shot on goal. These are sometimes used at the end of a period or as a desperation effort in order to score a goal.

Purpose: The main objective is to gain a high percentage scoring opportunity.

Variation: Experiment with numerous free pass patterns.



Drill #9

7.40 True and False

Purpose:

Agility, stopping, and knowledge of rules will be improved.

Equipment:

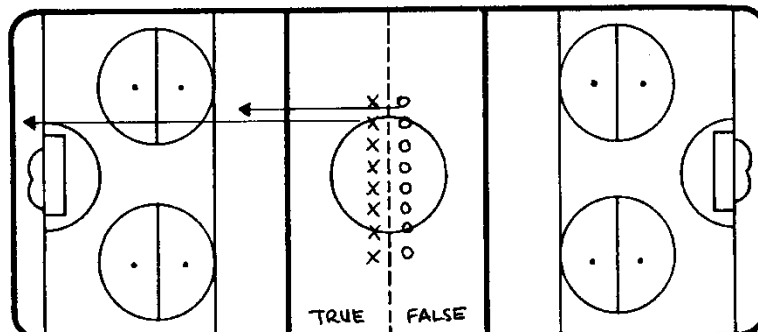
A list of statements, to be called out by the teacher is needed.

Description:

There are two teams. Each team lines up on its blue line facing the other. The coach stands at one end of the red line. One line is designated as the "false" line and the other the "true" line. The coach states a rule. If it is false, the "false" line turns and skates to the end boards. The players on the "true" line chase after those on the "false" line. (e.g. the coach says "the ring may be carried over the blue line." This is obviously false, so the "false" team turns and skates to its end boards with the "trues" chasing in hot pursuit. Anyone who is tagged before reaching the end red line joins the other team and the game is repeated.

Examples of statements are

- the forwards cannot play in the entire defense zone
- the goalkeeper may never pick up the ring
- knee pads are mandatory
- you may body check in Ringette
- there is a blue line bordering each zone
- the goalkeeper may play the ring anywhere on the ice
- there must always be six skaters on the ice
- goalkeeper may pick up the ring on the crease line
- you may go into the crease at any time to play the ring
- the ring must be passed over the blue line .



Stage: UI2

Practice: # 6 ($\frac{1}{2}$ Ice Practice)

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

- Welcome athletes.
- Review procedures for safety, water breaks, etc.
- Discuss goals of practice + planned drills/activities

Warm up (10-12 minutes)

Skating drills: forwards (circles, tight turns on dots or stop on dots)

Drill #1: *Circles* /S16-3.11.5

- Include a debrief about acceleration and which is easier of the two drills
- Do drills again after discussion

Drill #2: Stretching – Agility / Balance / Coordination (ABC'S) of Warm-Up

Agility Skating /S22-3.15

- Knee Drop
- Snow Queen
- Hop
- Wide Crossovers
- Skiing
- Inside Edges
- Outside Edges
- Single Leg Snaking

Drill #3: Technical - Ring

Skating Passing Drill

Give and Go /R14-4.4.2

Goalie

Style: Crouch

Cool down (5-10min)

Chariot Races /F9-7.23

- Knees bent
- Low center of gravity
- Acceleration and drive

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

- Wrap up daily activities and prepare athletes for next ice time.
- Before each athlete leaves the ice discuss what position they like playing the best
- Coaches are available for questions

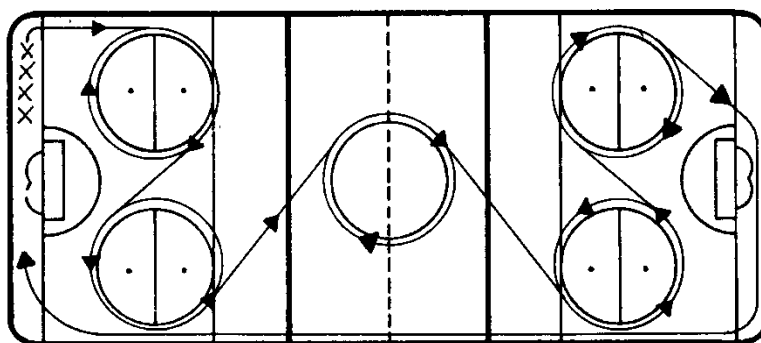
Drill #1

3.11.5 Circles

Equipment: None required.

Description: Players line up in one corner of the ice. Three(3) players begin skating forward around the free pass circle closest to the boards. They complete one and one half revolutions of the circle they start on, then cross to skate 1 1/2 times around the other circle in the same end zone but in the opposite direction. They then continue to the centre circle and then the circles at the far end, alternating between clockwise and counterclockwise. Once the first 3 players have passed the starting point on the first circle, the next 3 join the drill, and so on, until all players are skating.

Variation: This drill may also be done skating backwards; and may be done facing the far end at all times, causing skaters to pivot from forward to backward and vice versa.



Drill #2

3.15 - AGILITY

3.15.1 Knee Drop

Equipment: None required.

Description: Standing in their own space, players drop to their knees (using their hands to break the fall) and get back up again as quickly as possible. Then players do the same while skating - dropping at each blue line and getting up and skating again.

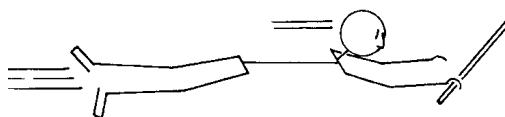
Variation: This drill can also be done with players only touching one knee to the ice at a time while skating.

3.15.2 Snow Queen

Equipment: None required.

Description: Players start on the goal line and skate forward the length of the ice. At the first blue line, they dive forward under control and slide on their stomach (with their stick directly out in front - if carrying one). Then they get up as quickly as possible.

Variation: Same as above, except while sliding on the ice, players roll like a log, keeping control of their body (and stick) and then get up again as quickly as possible.



3.15.3 Hop the Stick

Equipment: One stick for every two players is needed.

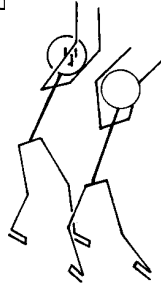
Description: In pairs in their own space on the ice, one partner is the sweeper and the other is the hopper. The sweeper is on two knees holding the stick pointing outward in one or two hands. With the stick on the ice, the sweeper moves it back and forth like a windshield wiper. The hopper has to jump over the stick one foot at a time (like skipping), while trying to keep the head up and eyes straight ahead. Partners then switch roles and repeat the drill.

3.15.4 Mirror Drill

Equipment: None required.

Description: In partners, the two face each other. One is the leader and the other the follower. The leader moves forward, backward, side to side, jumps, falls to knees, to stomach, rolls over, etc. Any combination of these can be used while the follower mimics each of the moves. Then the partners switch roles and continue the drill.

Variation: This drill can also be done as a large group, with the instructor as the leader. Using signals, the leader stands facing the players who are spread out in their own space, and points to what the players are to do.



3.15.5 Wide Crossovers

Equipment: None required.

Description: While skating either the length of the ice or around the rink, players lift one leg high to the side, then cross it over the other leg. When that leg touches down on the ice, the other leg is lifted and repeats the movement of the first leg. This is a continuous movement. The intent is to use the outside edges of the skate blades as much as possible.

Variation: This drill can also be done skating backwards.

3.15.6 Skiing

Equipment: None required.

Description: While moving from one end to the other or around the ice, players keep both feet together and cut the ice pushing with their heels on one side then the other in a parallel skiing motion. Both feet stay on the ice at all times.

Variation: Once proficient in skiing, moguls can be added so that after each cut the player does a two foot hop before cutting the other way. This is a difficult movement requiring good leg strength.

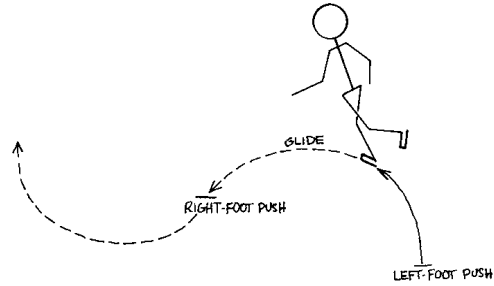
3.15.7 Inside Edges

Equipment: None required.

Description: While moving from one end to the other or around the ice, players first push once with their left foot and glide on the inside edge of their right foot in a semi-circle to the left.

When they get back to the middle, they push once with their right foot and then glide on the inside edge of their left foot in a semi-circle to the right, and repeat the drill. This is a continuous movement.

Variation: This drill can be done backwards as well.



3.15.8 Outside Edges

Equipment: None required.

Description: While moving from one end to the other or around the ice, players first push once with their right foot and glide on their left foot outside edge in a semi-circle to the left. Then when they get back to the middle, they push once with their left foot and glide on the outside edge of their right foot in a semi-circle to the right. Then the drill is repeated in a continuous motion.

Variation: This drill can be done backwards as well.

3.15.9 Single Leg Snaking

Equipment: None required.

Description: While skating forward, players lift one leg off the ice. The supporting leg, well flexed, continues to push, alternating from inside to outside edge, in a snaking motion. The other leg can help with momentum by swinging it in the direction of travel.

Variation: Once proficient, this drill can be done backwards.

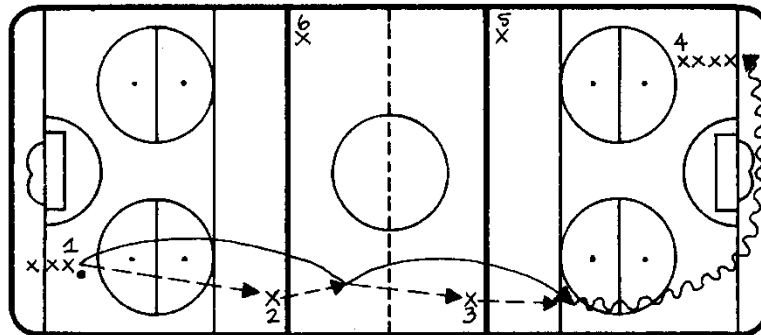
Drill #3

4.4.2 Give and Go

Equipment: Rings are required.

Description: Players line up in opposite corners of the ice. Stationary players are located as indicated. On the whistle, Player 1 passes to Player 2 and receives the pass back over the blue line from Player 2. Player 1 then passes to Player 3 and receives a pass over the second blue line. Player 1 then goes to the other line which has started the same drill down the opposite side of the ice.

Variation: Players may shoot on goal.



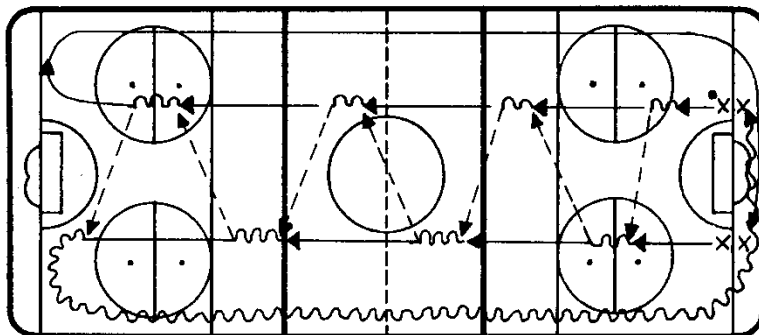
Drill #4

4.4.1 Lead Passing

Equipment: Rings are required.

Description: Players form 2 lines on either side of the goal crease. In pairs, they skate the length of the ice passing ring back and forth ahead of the receiver. The ring must be passed as soon as it is received. When reaching the other end, players return up the ice along boards and change lines.

Variation: Three lines may be used. Players may shoot on the net.



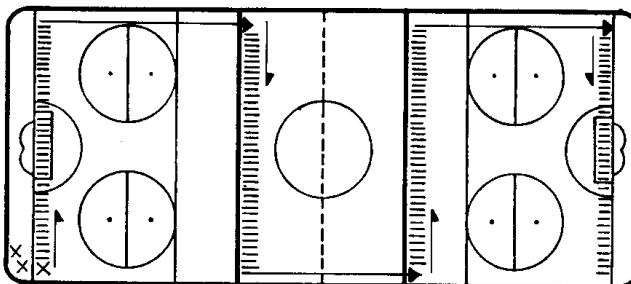
Drill #5

3.7.1 Side Steps

Equipment: None required.

Description: Players line up in one corner. Starting in the basic stance, players step one foot over the other and then bring the other foot back into basic stance again, always keeping shoulders and knees square to the opposite end boards. Continue side stepping all the way across the goal line. Then the players skate straight up the boards to the near blue line and side step along the blue line back to the other side. Continue to the next blue line, and again at the far end goal line.

Variation: More advanced players can use running/hopping side steps, and can go across the free play lines and centre line as well.



3.7.3 Line to Line

Equipment: None required.

Description: Players start on the goal line facing one side. They crossover start and skate to the next line and stop. Then crossover start again and continue to the next line and stop. This continues the complete length of the ice, always stopping and starting facing the same direction. Then they come back down the ice doing the same thing, still facing the same direction, to practice both sides.

3.4.5 Quick Step

Equipment: None required.

Description: Begin in a front start position. Lean forward and take 4 or 5 quick steps and then go into full stride. The quick steps should be pushes off inside edges with toes rotated out initially as far as possible, and body leaning forward.

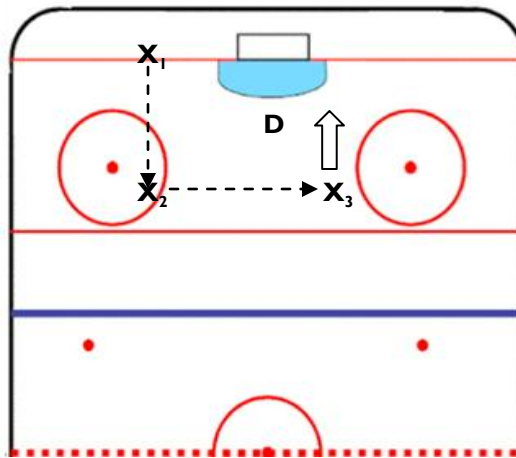
3.5.2 Lengthen Strides

Equipment: None required.

Description: Skating the length of the ice, start off with short, quick strides and gradually increase to long, powerful strides.

Drill #6

Tactical – Offensive



- X_1 passes to X_2 and skates to X_2 position
- X_2 passes to X_3 who shoots (X_2 passes to X_3)
- X_3 immediately becomes defence (after playing D to end of the line)
- Then new X_1 , goes
- Once pass is made to X_2 , she has option to pass back to X_1 , or to X_3 or to shoot.
- Quick rotation

* If they get this, then move to 2 defenses. (5 girls in rotation)

Drill #7

7.23 Chariot Race

Purpose: Development of the drive leg will be accomplished.

Equipment: A rope is required.

Description: Skaters work in threes. Those who cannot skate as well may participate in this game. Two children pull the third, who is in a squat position between them. To make grouping easier, rope may be used, rather than hands

Stage: UI2

Practice: # 7 ($\frac{1}{2}$ Ice Practice)

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

- Welcome athletes.
- Review procedures for safety, water breaks, etc.
- Discuss goals of practice + planned drills/activities

Warm up (10-12 minutes)

Drill #1: Skating

Standard Variations AW7-2.5.6.2

Half ice (length) loops, players skate forwards on outside and backwards on inside doing giant figure-8's.

- On one whistle players change speed (skate faster/slower).
- On two whistles players change direction (stop and go other way).

Drill #2: Stretching – Agility / Balance / Coordination (ABC'S) of Warm-Up

Balance Skating AS20-3.14

- Line Jumps
- Squat Glide
- High Knee Prance
- Stick Kick
- One Foot Glide
- On Your Toes
- The Cork Screw

Drill #3: Skating and Passing:

Connect the Dots AS19-3.13.3

- Tight turns around dots with rings
- As the player comes around the dot they pass to the person coming next and be ready for a pass back from the person in front of them
- Each time call for pass
- Lead in to next drill

Goalie

Mobility (forward & backward): forehand and backhand passes

Stick Handling/G4-5.3.2

Cool down (5-10min)

Power Pass F2-7.3

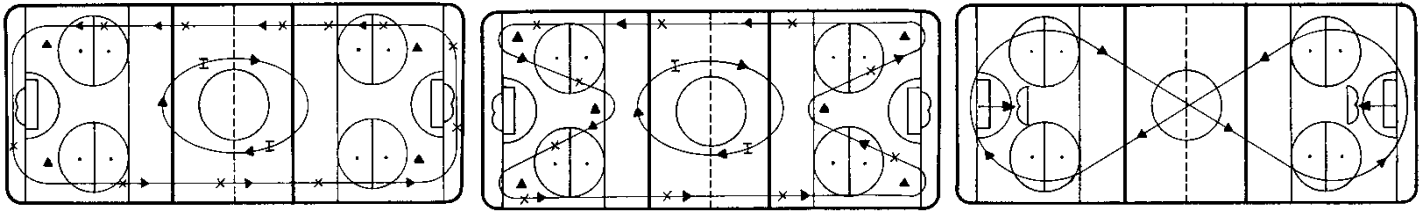
- Purpose is to get rid of all of your team's rings.
- Players divide into two teams and each have $\frac{1}{2}$ the ice, divided by the centre ice red line.
- Each player has a ring and when the whistle goes, tries to get all of their team's rings into the other team's half.
- First team to get rid of all the rings wins.

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

- Wrap up daily activities and prepare athletes for next ice time.
- Before each athlete leaves the ice discuss what position they like playing the best
- Coaches are available for questions

Drill #1

2.5.6.2. Variations on the Standard (second diagram)



Half ice (length) loops, players skate forwards on outside and backwards on inside doing giant figure-8's.

- On one whistle players change speed (skate faster/slower).
- On two whistles players change direction (stop and go other way).

Drill #2

3.14.1 Line Jumps

Equipment: None required.

Description: Players line up along the goal line. Skating from one end to the other, players do a two foot jump at each line on the ice - free play lines, blue lines, and centre red line.

Variation: More advanced skaters can jump sticks or pylons - but this can be potentially dangerous. Should your older or more advanced players wish to, they may choose to jump higher.

3.14.2 Squat Glide

Equipment: None required.

Description: Players skate from one end to the other, or around the rink, and glide in a sitting position (squat) between the two blue lines. Squatting regularly with the knees bent more than 90° can be quite stressful on the tendons and ligaments of the knees.

3.14.3 High Knee Prance

Equipment: None required.

Description: Players line up along the side boards. Moving across the width of the ice, players prance - drive up off the toe and emphasize the high knee lift, at a speedy tempo.

3.14.4 Stick Kick

Equipment: One stick is needed for each player.

Description: While skating from one end to the other or around the ice, players hold their stick out in front at shoulder height and slowly kick one leg at a time up to meet the end of the stick. This is a controlled movement, not a quick snap.

3.14.5 One Foot Glide

Equipment: None required.

Description: Players skate from one end to the other or around the ice, and glide on one foot between the blue lines or free play lines, maintaining control of their body.

Variation: More advanced players can also try to jump the lines on one foot.

3.14.7 On Your Toes

Equipment: None required.

Description: Players line up along the side boards. Moving across the width of the ice, the players first walk on their toes. Then after becoming proficient at that, players run on their toes.

Variation: This drill may be repeated with players walking and then running on their heels.

3.14.8 The Cork Screw

Equipment: None required.

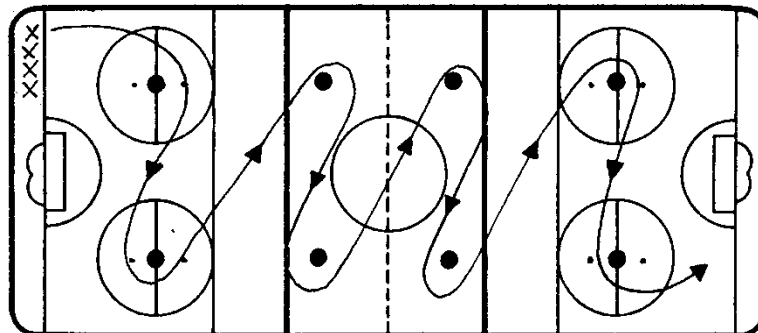
Description: Players stand in their own space, lift one leg slightly off the ice and turn 180° (1/2 turn), then turn back again. Alternate the direction and leg.

Drill #3

3.13.3 Connect the Dots

Equipment: None required.

Description: Players line up in one corner. In a single file line, zig zagging back and forth across the width of the ice, players skate in order, performing a tight/sharp turn around each of the hockey face-off dots on the ice.



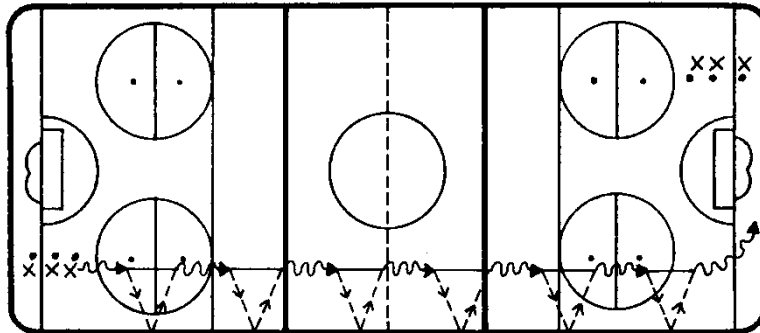
Drill #4

4.6.1 Board Passing

Equipment: Rings are needed.

Description: Players line up in opposite corners of the rink. Each player has a ring. Players skate around the ice surface passing to themselves by rebounding the ring off the boards.

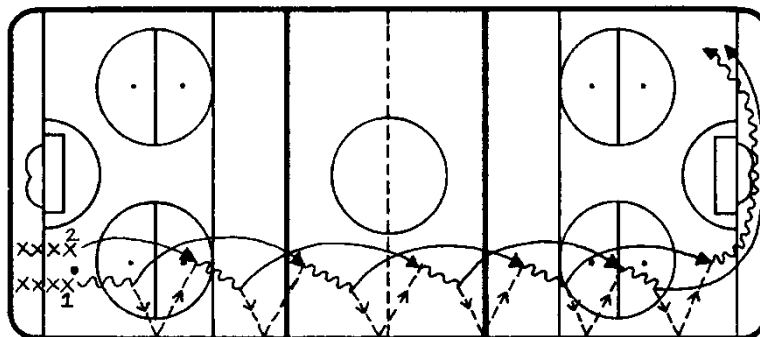
Variation: Pylons may be placed 1m. from boards for players to pass around.



4.6.2 Partner Board Passing

Equipment: Rings are needed.

Description: Players line up at one end of the ice in two lines. One player has a ring. Player 2 skates ahead of Player 1. Player 1 passes off the boards to Player 2. Player 1 skates around Player 2 to get ahead to receive the ring. Once Player 1 is ahead, Player 2 will pass to Player 1, off the boards. Repeat while skating around the ice.



Drill #5

3.9.3 "C" Cut and Glide

Equipment: None required.

Description: Players start in one corner. Travelling backwards along the goal line, players push with one foot in a "C" cut and then glide in basic stance for a 3 count. Then they push with the other foot and glide for a 3 count. This pattern continues, trying to travel in a straight line, along the goal line, then back along the next blue line, down the other blue line, and back along the far end goal line.

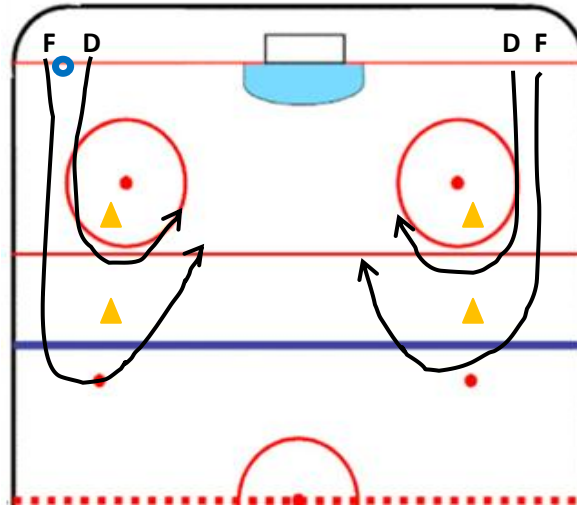
3.8.1 Toe to Heel

Equipment: None required.

Description: Players stand with the outside of one foot flush up against the boards and hang on to the boards with their arm on the same side. The other foot will practice making "C" cuts in the ice by putting toe to toe together and pushing that foot out and around in a semi-circle until it comes nearly heel to heel with the other foot. Continue until the player gets the idea of making "C" cuts, and then change feet.

Drill #6

Technical-Defense/Tactical-Offensive



- 1 on 1 from corners
 - Forward carries ring around pylon at same time
 - At same D races around pylon and tries to check F
 - When done D goes to F and F goes to D line
- 2 on 1 from corners
 - 2 Forwards take off versus 1 D
- Change to a 2 on 2
- Forwards come over blue line and to have to pass back in

Drill #7

7.3 Power Pass

Purpose: This drill is to strengthen passing ability.

Equipment: One ring per player is needed.

Description: Divide the group in half. Each team is responsible for their zone, which is between the goal line and the red line. No one is able to cross the red line into the other end. Players on both teams should have one ring each: the objective of this game is to try and pass all the rings from one zone into the other team's zone. Players should spread out. The rings must remain on the ice at all times. The game begins and stops by sounding the whistle. If you wish to add more competition, explain to the teams that the group that has the least rings in their end when the whistle blows will be rewarded.

Stage: UI2

Practice: # 7 ($\frac{1}{2}$ Ice Practice)

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

- Welcome athletes.
- Review procedures for safety, water breaks, etc.
- Discuss goals of practice + planned drills/activities

Warm up (10-12 minutes)

Drill #1: Skating

Standard Variations AW7-2.5.6.2

Half ice (length) loops, players skate forwards on outside and backwards on inside doing giant figure-8's.

- On one whistle players change speed (skate faster/slower).
- On two whistles players change direction (stop and go other way).

Drill #2: Stretching – Agility / Balance / Coordination (ABC'S) of Warm-Up

Balance Skating AS20-3.14

- Line Jumps
- Squat Glide
- High Knee Prance
- Stick Kick
- One Foot Glide
- On Your Toes
- The Cork Screw

Drill #3: Skating and Passing:

Connect the Dots AS19-3.13.3

- Tight turns around dots with rings
- As the player comes around the dot they pass to the person coming next and be ready for a pass back from the person in front of them
- Each time call for pass
- Lead in to next drill

Goalie

Mobility (forward & backward): forehand and backhand passes

Stick Handling/G4-5.3.2

Cool down (5-10min)

Power Pass F2-7.3

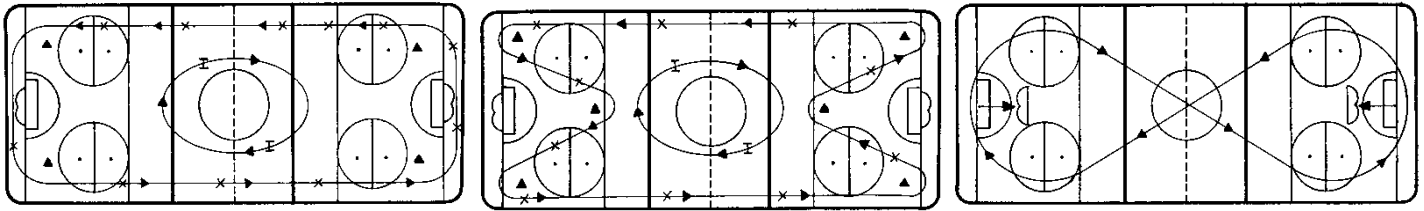
- Purpose is to get rid of all of your team's rings.
- Players divide into two teams and each have $\frac{1}{2}$ the ice, divided by the centre ice red line.
- Each player has a ring and when the whistle goes, tries to get all of their team's rings into the other team's half.
- First team to get rid of all the rings wins.

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

- Wrap up daily activities and prepare athletes for next ice time.
- Before each athlete leaves the ice discuss what position they like playing the best
- Coaches are available for questions

Drill #1

2.5.6.2. Variations on the Standard (second diagram)



Half ice (length) loops, players skate forwards on outside and backwards on inside doing giant figure-8's.

- On one whistle players change speed (skate faster/slower).
- On two whistles players change direction (stop and go other way).

Drill #2

3.14.1 Line Jumps

Equipment: None required.

Description: Players line up along the goal line. Skating from one end to the other, players do a two foot jump at each line on the ice - free play lines, blue lines, and centre red line.

Variation: More advanced skaters can jump sticks or pylons - but this can be potentially dangerous. Should your older or more advanced players wish to, they may choose to jump higher.

3.14.2 Squat Glide

Equipment: None required.

Description: Players skate from one end to the other, or around the rink, and glide in a sitting position (squat) between the two blue lines. Squatting regularly with the knees bent more than 90° can be quite stressful on the tendons and ligaments of the knees.

3.14.3 High Knee Prance

Equipment: None required.

Description: Players line up along the side boards. Moving across the width of the ice, players prance - drive up off the toe and emphasize the high knee lift, at a speedy tempo.

3.14.4 Stick Kick

Equipment: One stick is needed for each player.

Description: While skating from one end to the other or around the ice, players hold their stick out in front at shoulder height and slowly kick one leg at a time up to meet the end of the stick. This is a controlled movement, not a quick snap.

3.14.5 One Foot Glide

Equipment: None required.

Description: Players skate from one end to the other or around the ice, and glide on one foot between the blue lines or free play lines, maintaining control of their body.

Variation: More advanced players can also try to jump the lines on one foot.

3.14.7 On Your Toes

Equipment: None required.

Description: Players line up along the side boards. Moving across the width of the ice, the players first walk on their toes. Then after becoming proficient at that, players run on their toes.

Variation: This drill may be repeated with players walking and then running on their heels.

3.14.8 The Cork Screw

Equipment: None required.

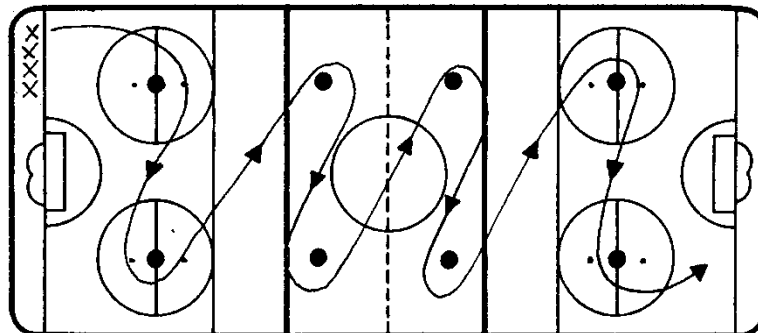
Description: Players stand in their own space, lift one leg slightly off the ice and turn 180° (1/2 turn), then turn back again. Alternate the direction and leg.

Drill #3

3.13.3 Connect the Dots

Equipment: None required.

Description: Players line up in one corner. In a single file line, zig zagging back and forth across the width of the ice, players skate in order, performing a tight/sharp turn around each of the hockey face-off dots on the ice.



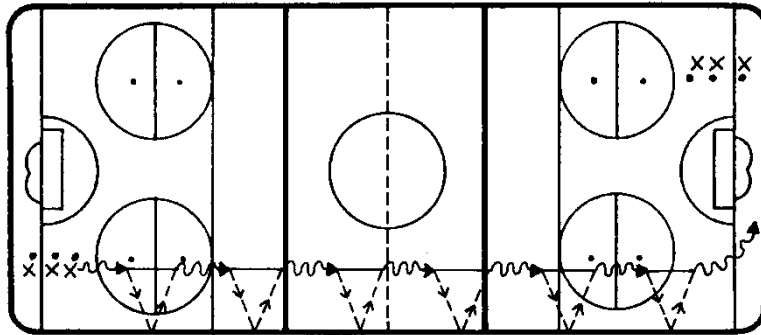
Drill #4

4.6.1 Board Passing

Equipment: Rings are needed.

Description: Players line up in opposite corners of the rink. Each player has a ring. Players skate around the ice surface passing to themselves by rebounding the ring off the boards.

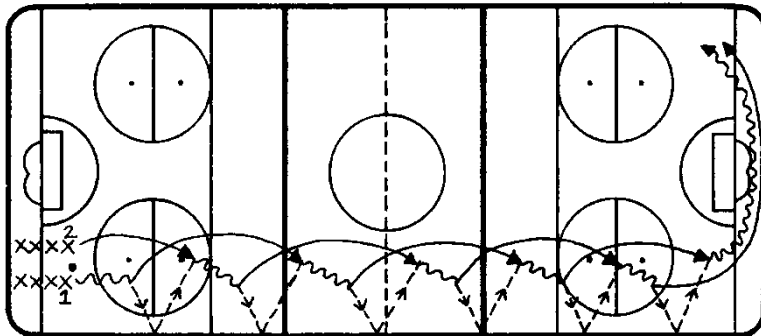
Variation: Pylons may be placed 1m. from boards for players to pass around.



4.6.2 Partner Board Passing

Equipment: Rings are needed.

Description: Players line up at one end of the ice in two lines. One player has a ring. Player 2 skates ahead of Player 1. Player 1 passes off the boards to Player 2. Player 1 skates around Player 2 to get ahead to receive the ring. Once Player 1 is ahead, Player 2 will pass to Player 1, off the boards. Repeat while skating around the ice.



Drill #5

3.9.3 "C" Cut and Glide

Equipment: None required.

Description: Players start in one corner. Travelling backwards along the goal line, players push with one foot in a "C" cut and then glide in basic stance for a 3 count. Then they push with the other foot and glide for a 3 count. This pattern continues, trying to travel in a straight line, along the goal line, then back along the next blue line, down the other blue line, and back along the far end goal line.

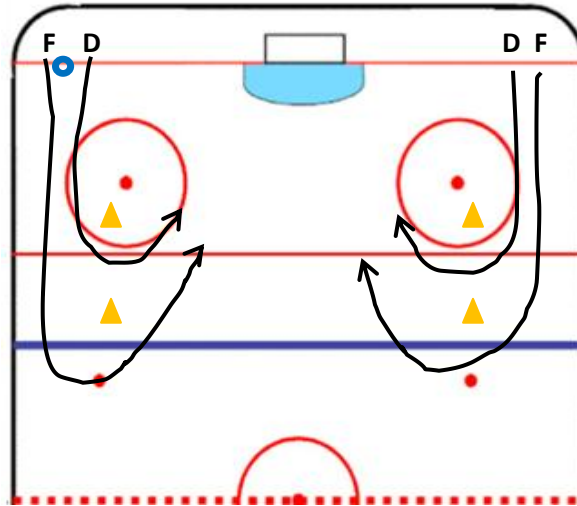
3.8.1 Toe to Heel

Equipment: None required.

Description: Players stand with the outside of one foot flush up against the boards and hang on to the boards with their arm on the same side. The other foot will practice making "C" cuts in the ice by putting toe to toe together and pushing that foot out and around in a semi-circle until it comes nearly heel to heel with the other foot. Continue until the player gets the idea of making "C" cuts, and then change feet.

Drill #6

Technical-Defense/Tactical-Offensive



- 1 on 1 from corners
 - Forward carries ring around pylon at same time
 - At same D races around pylon and tries to check F
 - When done D goes to F and F goes to D line
- 2 on 1 from corners
 - 2 Forwards take off versus 1 D
- Change to a 2 on 2
- Forwards come over blue line and to have to pass back in

Drill #7

7.3 Power Pass

Purpose: This drill is to strengthen passing ability.

Equipment: One ring per player is needed.

Description: Divide the group in half. Each team is responsible for their zone, which is between the goal line and the red line. No one is able to cross the red line into the other end. Players on both teams should have one ring each: the objective of this game is to try and pass all the rings from one zone into the other team's zone. Players should spread out. The rings must remain on the ice at all times. The game begins and stops by sounding the whistle. If you wish to add more competition, explain to the teams that the group that has the least rings in their end when the whistle blows will be rewarded.

Stage: U12

Practice: # 8 ($\frac{1}{2}$ Ice Practice)

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

- Welcome athletes.
- Review procedures for safety, water breaks, etc.
- Discuss goals of practice + planned drills/activities

Warm up (10-12 minutes)

Drill #1: Knee tag (see practice # 8 Drill # 4 doc)

Drill #2: Stretching – Agility / Balance / Coordination (ABC'S) of Warm-Up

Figure 8 Laps – forwards /W7-2.5.6.3

Dynamic (with movement) Stretches /W7-2.5.2.2

- Shoulders & Arms
- Back & Sides
- Hamstrings & Quadriceps
- Groin & Legs (adductor/inside and abductor/outside)
- Ankles & Caves

Drill #3: Skating: circles focusing on technique over speed

Circles /S16-3.11.5

- Skate two players at a time, first one has the ring.
- Second player chases and checks.
- When they get possession, turnover changes positions and other player becomes the checker.
- Only go around circle once

Goalie

Ring: catching/trapping

Catch and Throw/G5-4.7.9

Cool down (5-10min)

Hunting the Rabbit /F11-7.30

- Divide players into groups of Hunters (two players linked together at elbow) and Rabbits (solo players)
- Hunters chase rabbits and when they are caught link together to keep hunting

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

- Wrap up daily activities and prepare athletes for next ice time.
- Before each athlete leaves the ice discuss what position they like playing the best
- Coaches are available for questions

Drill #1

Knee Tag

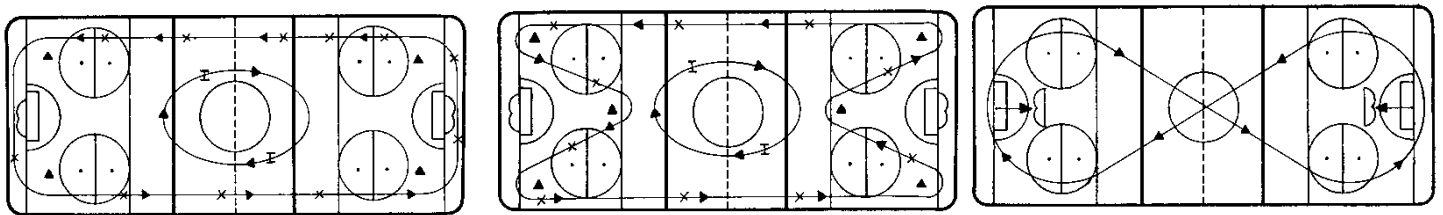
This exercise forces athletes to get low, be agile and be balanced all at once

- Have athletes pair up and spread out in one half of the ice
- On whistle, it becomes a battle to see which member of the pair can touch her partner's knee first

Let the athletes 'duke it out' for 15-20 second intervals and repeat the game 3 or 4 times

Drill #2

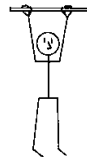
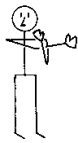
2.5.6.3. Figure eight set-up (third diagram): This is a good warm-up set-up for extra skating conditioning. Instructor/coach/demonstrator can provide comments to players at each end of the ice surface or in the middle near the crossover.



2.5.2.2 Warm-up - Stretches Description

- | | |
|-----------|---|
| Neck | - Stretch the neck slowly, first from one side to the other, shoulder to shoulder, then forward - never back. |
| Shoulders | - Shrug up and down.
- Roll shoulder forward and backward. |
| Arms | - Bring the arm across the body and hold with the opposite hand, stretching the triceps and shoulder.
- Grasping with both hands, bring the arms above the head to stretch the triceps and forearm.
- With both hands behind the back, grasp and stretch the biceps and deltoids. |
| Back | - Position the feet slightly wider than the proper stance, and with the knees bent, roll forward and touch the toes. This will stretch the lower back and hamstrings. |
| Sides | - With one arm, reach above the head to stretch one side, then the other. Avoid over exaggerated side bends.
- Variation - Raise the stick above the head with two hands on it. Press one hand up, then the other. |

- Ankles
- Toe in - Between the blue lines, glide on one foot (knee slightly bent) turn the toe inward and hold for eight seconds.
 - Toe out - Use the same motion, but turn the toe out.
- Calves
- Stationary - With motion, and the feet shoulder width apart, lift the toes(supporting leg knee is slightly bent). Stretch the opposite calf.
- Hamstrings
- Stationary - Kneel on the ice, bring one leg out to the side with the toe pointing upward, and hold position for 8 seconds (should feel a stretch in the back of the leg and calf area). Switch legs.
- Quadriceps
- Stationary - Hold onto the boards with one hand and use the other hand to grasp ankle behind back. The supporting knee is bent and the back should be straight, with the knees parallel.
 - Moving - Same motion, but between blue lines while gliding.
 - Moving - Similar to a groin stretch, the player puts the toe on ice rather than side of foot.
- Groin (Adductor)
- Moving - One leg is put behind the other, with the inside of the foot on the ice. The supporting knee is bent (no more than 90°). Do not bounce.
- Abductors (outside of leg)
- Moving - Similar to the quadriceps stretch, except the player grasps the foot with the opposite hand, in front of body. This is a good balance drill.

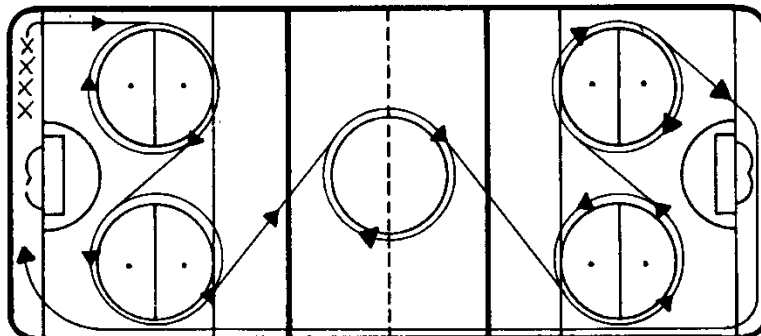


Drill #3

3.11.5 Circles

Equipment: None required.

Description: Players line up in one corner of the ice. Three(3) players begin skating forward around the free pass circle closest to the boards. They complete one and one half revolutions of the circle they start on, then cross to skate 1 1/2 times around the other circle in the same end zone but in the opposite direction. They then continue to the centre circle

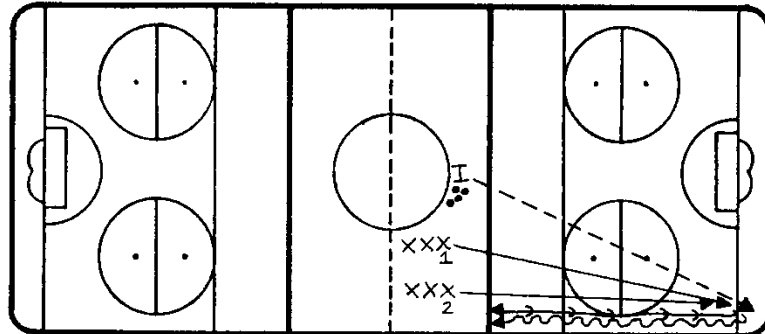


Drill #4:

4.7.8 1 on 1 Corners

Equipment: Rings are required.

Description: Players form two lines at the blue line. The instructor shoots the ring into the corner. Both Player 1 and Player 2 race to get the ring. The player who reaches the ring first is to carry it back to the blue line. The other player checks the ring carrier on the way back. Caution should be taken by the instructor to ensure that the players hold their stick across their body to avoid spearing themselves accidentally.

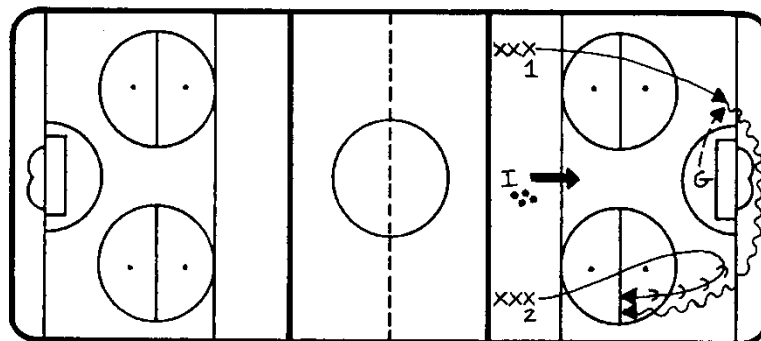


4.7.9 Angle Checking

Equipment: Rings are required.

Description: Players form two lines on either side of the ice. The instructor takes a shot on goal. The goalkeeper tosses the ring to Player 1, who continues around the net. Player 2 skates at an angle, and checks the ring carrier out to the free pass circle. Alternate lines.

Variation: Add one more line for double teaming.



5.5.2 Catch and Throw

Equipment: A shooter with one to five rings is required for every goalkeeper.

Description: With the shooter in the slot and the goalkeeper in the crease, the shooter takes light flip shots. The goalkeeper catches the ring with the glove hand and then throws it, on the ice, back to the shooter. Have the shooter move around providing the goalkeeper with a good target.

Any of the shooting drills which provide the goalkeeper with many shots in succession are excellent for developing goalkeeping skills. When training goalkeepers, it is important to stress technique early in their development. Once good technique is established, rapid succession shooting drills will improve reaction time. It is important that goalkeepers develop a good balance between reaction time (reflexes) and technique (skills).

Variations can be added to the shooting drills to work on specific goalkeeping skills. For example:

- 1) doing the drill without a stick to work on using the feet and upper body more
- 2) dropping into butterfly position between each shot
- 3) moving back to hug the post between shots
- 4) for longer time periods between shots - shuffle to the boards and back, telescope out to the free play line and retreat, do a slide save and stack the pads to each side, or slide the stick over to the boards then go pick it up and get back into position.

There are many constructive practice drills a goalkeeper can do while the skaters are working on something that doesn't involve shooting, and even during scrimmages, which can help to develop skills at a faster rate. All it takes is a little creativity and pre-planning by the instructor or coach with a quick explanation and some encouragement for the goalkeeper.

Drill #5

3.11.1 Circle Sculling

Equipment: None required.

Description: Players spread out evenly among the five free pass circles and start with their left foot on the circle. Pushing with their right foot only, players make hard cuts with their skate around the circle, never lifting their skate off the ice. After about 3 times around the circle, stop and change direction, pushing with their left foot while their right foot stays on the circle.

Variation: This drill can also be used for backward crossover turns.

3.11.2 Cross and Hold Position

Equipment: None required.

Description: Players spread out evenly around the 5 free pass circles and start by placing their left foot on the circle (facing counterclockwise). Using their right foot, players push 3 times and then cross their right foot well over their left foot as far as they can and hold that position for a 3 count. Then push 3 more times and hold again. After about 3 times around the circle, stop and change direction, using the left foot to push.

3.11.3 Partner Turn

Equipment: Sticks (one for every 2 players) are needed.

Description: In partners, each holds on to an opposite end of a stick. One player stands in one spot and will serve as the axis of a circular pattern. The other player skates around the partner while holding the stick with both hands, crossing over both feet while turning. After a number of revolutions, stop and change direction, and then switch roles.

Variation: This drill can also be used for backward crossover turns.

3.11.4 End Zone Figure Eight

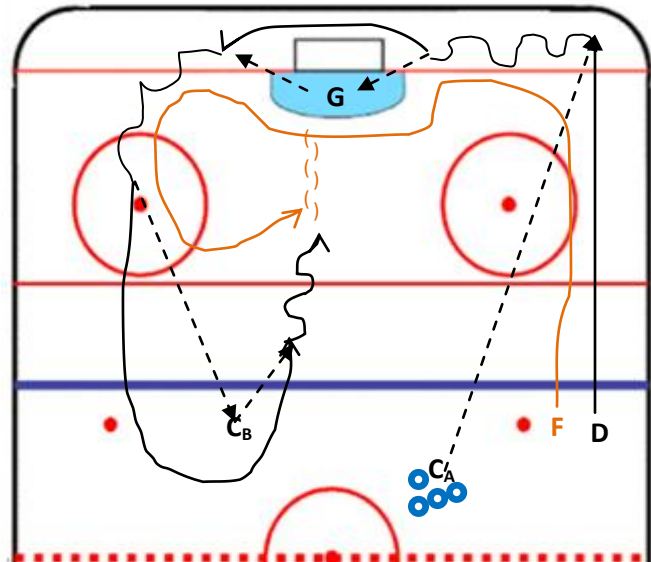
Equipment: None required.

Description: Players divide into 2 groups, half at each end of the ice. Using the 2 free pass circles in their end, players skate in a figure of eight pattern around the circles. (Around one circle once one way, and on to the other circle, skating around it the opposite way, and back to the other circle, etc.)

Variation: This drill can also be used for backward crossover turns.

Drill #6

D to G to D



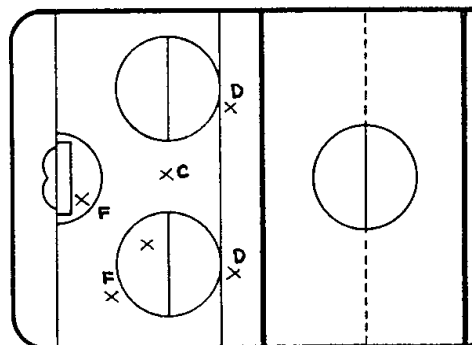
- Coach shoots ring into corner
- D gets extra step and passes to G, G to D

F covers and then plays D as D passes to coach B and gets pass back after going around coach B

Drill #7

6.5.3.1 - In the Offensive Zone

Equipment: None is required.



Description: Anticipation is the key. Cover all players including the goalkeeper's space. Watch out for 'sleepers'. Stay between your check and your goal. Cover both sides of the circle. Anticipate where open ice may be. Don't 'concede' the free pass. Anticipate open ice and the pattern of potential receivers. To practice simply attempt free passes alternating players doing the passing and the direction of the pass.

Stage: UI2

Practice: # 9 ($\frac{1}{2}$ Ice Practice)

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

- Welcome athletes.
- Review procedures for safety, water breaks, etc.
- Discuss goals of practice + planned drills/activities

Warm up (10-12 minutes)

Drill #1: Skating: tight turns on dots

Connect the Dots /S19-3.13.3

Skating: $\frac{1}{2}$ pivots on dots (always facing same boards)

Drill #2: Stretching – Agility / Balance / Coordination (ABC'S) of Warm-Up

Agility Skating /S22-3.15

- Knee Drop
- Snow Queen
- Hop
- Wide Crossovers
- Skiing
- Inside Edges
- Outside Edges
- Single Leg Snaking

Drill #3: Skating & Shooting Drill

Horseshoe (Butterfly or $\frac{1}{2}$ Ice Philly) /S20-3.14

- Adapted to full ice drill using wrist shots

Goalie

Positioning: triangle

Cool down (5-10min)

- *Scrimmage /G20-7.45*

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

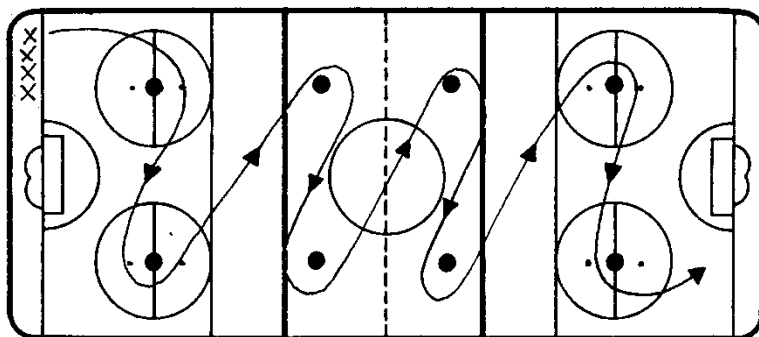
- Wrap up daily activities and prepare athletes for next ice time.
- Before each athlete leaves the ice discuss what position they like playing the best
- Coaches are available for questions

Drill #1

3.13.3 Connect the Dots

Equipment: None required.

Description: Players line up in one corner. In a single file line, zig zagging back and forth across the width of the ice, players skate in order, performing a tight/sharp turn around each of the hockey face-off dots on the ice.



Drill #2

3.15.1 Knee Drop

Equipment: None required.

Description: Standing in their own space, players drop to their knees (using their hands to break the fall) and get back up again as quickly as possible. Then players do the same while skating - dropping at each blue line and getting up and skating again.

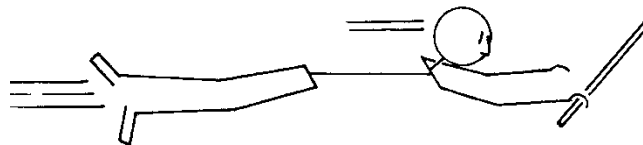
Variation: This drill can also be done with players only touching one knee to the ice at a time while skating.

3.15.2 Snow Queen

Equipment: None required.

Description: Players start on the goal line and skate forward the length of the ice. At the first blue line, they dive forward under control and slide on their stomach (with their stick directly out in front - if carrying one). Then they get up as quickly as possible.

Variation: Same as above, except while sliding on the ice, players roll like a log, keeping control of their body (and stick) and then get up again as quickly as possible.



3.15.3 Hop the Stick

Equipment: One stick for every two players is needed.

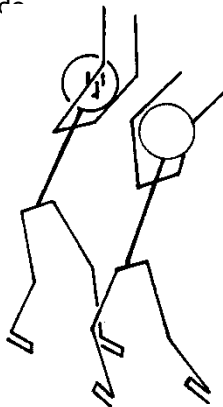
Description: In pairs in their own space on the ice, one partner is the sweeper and the other is the hopper. The sweeper is on two knees holding the stick pointing outward in one or two hands. With the stick on the ice, the sweeper moves it back and forth like a windshield wiper. The hopper has to jump over the stick one foot at a time (like skipping), while trying to keep the head up and eyes straight ahead. Partners then switch roles and repeat the drill.

3.15.4 Mirror Drill

Equipment: None required.

Description: In partners, the two face each other. One is the leader and the other the follower. The leader moves forward, backward, side to side, jumps, falls to knees, to stomach, rolls over, etc. Any combination of these can be used while the follower mimics each of the moves. Then the partners switch roles and continue the drill.

Variation: This drill can also be done as a large group, with the instructor as the leader. Using signals, the leader stands facing the players who are spread out in their own space, and points to what the players are to do.



3.15.5 Wide Crossovers

Equipment: None required.

Description: While skating either the length of the ice or around the rink, players lift one leg high to the side, then cross it over the other leg. When that leg touches down on the ice, the other leg is lifted and repeats the movement of the first leg. This is a continuous movement. The intent is to use the outside edges of the skate blades as much as possible.

Variation: This drill can also be done skating backwards.

3.15.6 Skiing

Equipment: None required.

Description: While moving from one end to the other or around the ice, players keep both feet together and cut the ice pushing with their heels on one side then the other in a parallel skiing motion. Both feet stay on the ice at all times.

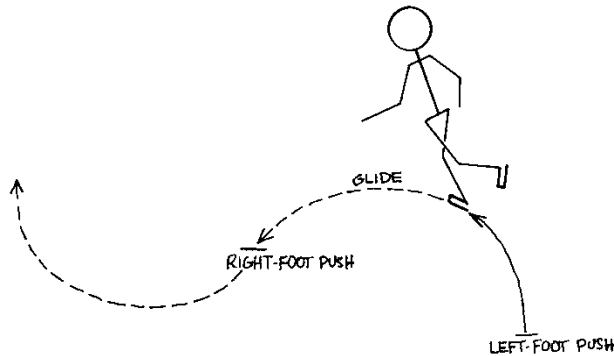
Variation: Once proficient in skiing, moguls can be added so that after each cut the player does a two foot hop before cutting the other way. This is a difficult movement requiring good leg strength.

3.15.7 Inside Edges

Equipment: None required.

Description: While moving from one end to the other or around the ice, players first push once with their left foot and glide on the inside edge of their right foot in a semi-circle to the left. When they get back to the middle, they push once with their right foot and then glide on the inside edge of their left foot in a semi-circle to the right, and repeat the drill. This is a continuous movement.

Variation: This drill can be done backwards as well.



3.15.8 Outside Edges

Equipment: None required.

Description: While moving from one end to the other or around the ice, players first push once with their right foot and glide on their left foot outside edge in a semi-circle to the left. Then when they get back to the middle, they push once with their left foot and glide on the outside edge of their right foot in a semi-circle to the right. Then the drill is repeated in a continuous motion.

Variation: This drill can be done backwards as well.

3.15.9 Single Leg Snaking

Equipment: None required.

Description: While skating forward, players lift one leg off the ice. The supporting leg, well flexed, continues to push, alternating from inside to outside edge, in a snaking motion. The other leg can help with momentum by swinging it in the direction of travel.

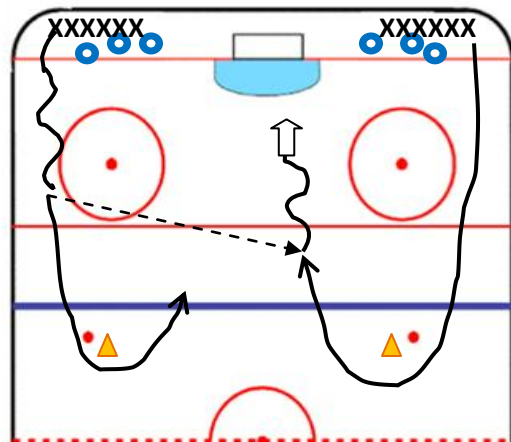
Variation: Once proficient, this drill can be done backwards.

Drill #3

Skating & Shooting Drill

Horseshoe (Butterfly or 1/2 Ice Philly) /S20-3.14

Using wrist shots

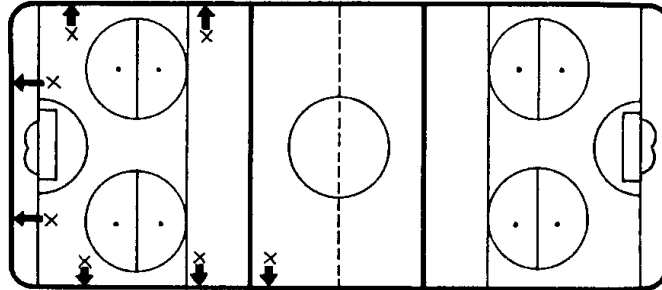


Drill #4

4.10.1 Stationary Shooting

Equipment: Rings are needed.

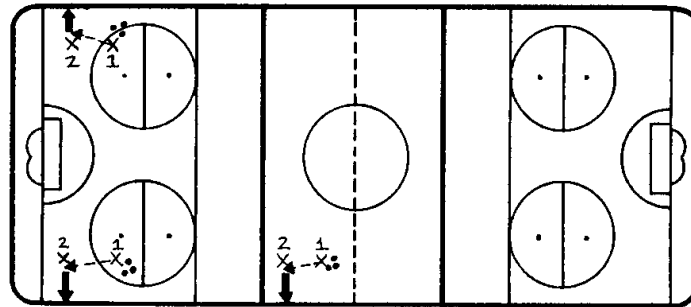
Description: Players spread out around ice surface and practice against the boards. Watch for proper technique.



4.10.2 Quick Shot

Equipment: Rings are needed.

Description: Players are paired and spread out over the ice surface. Each pair has 3-4 rings. Player 1 passes to Player 2 who receives the ring and takes a quick shot. Emphasize quick release and suitable shots.



Drill #5

3.12.1 Step Turns

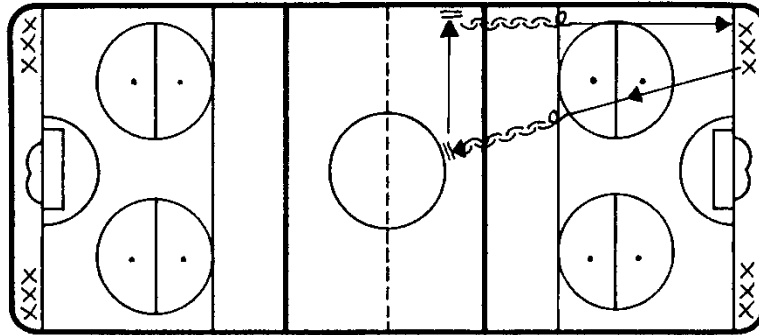
Equipment: None required.

Description: Players spread out along the blue line. On the spot, players walk through the steps of pivoting from forward to backward and vice versa.

3.12.3 Flower Drill

Equipment: None required.

Description: Players divide into 4 groups, one in each corner. The first player in each group skates toward the centre free pass circle, pivoting from forward to backward at the free play line, and stops at the circle. Skating forwards to the nearest side boards, the player pivots to go backward towards their group, and pivots at the free play line again to skate forward to rejoin their group. Once they are finished (or sooner, depending on numbers), the next person in each group takes a turn, and so on.



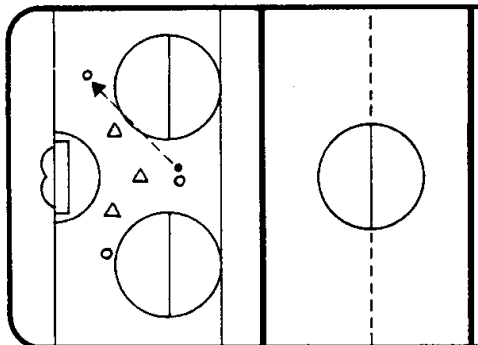
Drill #6

6.3.5 Offensive Triangle ("T" Offense)

Equipment: None is needed.

Description: Offensive players simply pass the ring within a triangle formation while attempting to catch the defence off guard to create a scoring opportunity.

Purpose: The objective of the "T" offense is to set up for a drop pass or to catch the defence out of position. The biggest advantage of the "T" offence is that it can create two on one situations. Offensive players simply pass ring within triangle formation while attempting to catch defense off guard to venture a goal attempt.



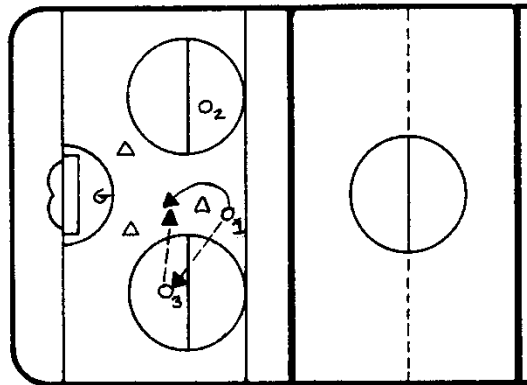
6.3.6 "T" Offense - Give and Go

Equipment: None is required.

Description: O1, the ringhandler at the top of the triangle, passes to the player on the left side(O3). The player at the top(O1) breaks behind the top of the defensive triangle to receive a quick pass from O3. O1 takes a shot on the net. O3 skates to the side of the net for a rebound or a pass from O1.

Purpose: The objective of the give and go is to catch the defence off guard and create a good scoring opportunity.

Variation: The passer may also use the player on the right side of the triangle (O₂).

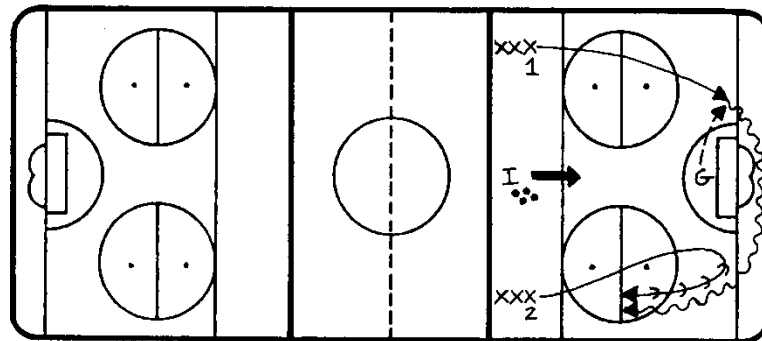


4.7.9 Angle Checking

Equipment: Rings are required.

Description: Players form two lines on either side of the ice. The instructor takes a shot on goal. The goalkeeper tosses the ring to Player 1, who continues around the net. Player 2 skates at an angle, and checks the ring carrier out to the free pass circle. Alternate lines.

Variation: Add one more line for double teaming.

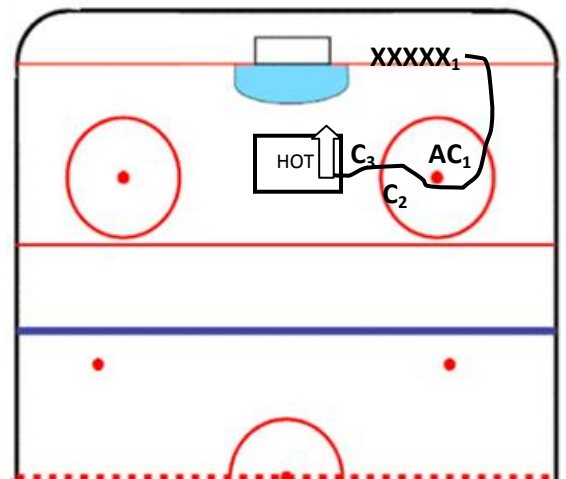


Drill #7

Guard ring and drive

- Line of players
- X1 skates AC ('At me'), goes around coach while guarding ring then past C2 who checks as well
- C3 who checks X1 needs to guard ring alternating ways get to slot for shot

Then do from other side



Drill #8

7.45 Scrimmages

An important aspect of a practice may include a scrimmage. The concept will develop skill and teamwork and give the players an opportunity to practice certain plays before they play an actual game. Once again, "fun" should be a part of this activity.

There are several ways to improve the concept of a scrimmage.

- Omit whistle stoppage. Players should be encouraged to play by the rules so that play will be continuous and more aerobic in nature. At the same time have the players stay away from the boards to prevent freezing the ring and unnecessary congestion.
- Use the players as referees. This will give all players the chance to see what it is like to referee. They will learn to interpret and understand the rules during regular games.
- The coach controls the game and also the location of the ring. Occasionally the coach shall blow the whistle unnecessarily. At this time all players stop and try to locate a new ring that the coach has introduced. The idea is to try and have players react quickly to a new situation and also keep all players involved.
- The coach can also determine the role or the way certain players can play during the scrimmage so that the athlete works on a specific skill. This can be useful because the athlete has a goal to reach (i.e. work hard on checking in the defensive zone, carry the ring with control in the offensive zone). Shoot for the corners, and continue moving even though the ring is not in your zone.

Stage: UI2

Practice: # 10 ($\frac{1}{2}$ Ice Practice)

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

- Welcome athletes.
- Review procedures for safety, water breaks, etc.
- Discuss goals of practice + planned drills/activities

Warm up (10-12 minutes)

Drill #1: Skating: tight turns focusing on technique, to lead into sharp turns
Connect the Dots /S19-3.13.3

Drill #2: Stretching – Agility / Balance / Coordination (ABC'S) of Warm-Up

Balance Skating /S20-3.14

- Line Jumps
- Squat Glide
- High Knee Prance
- Stick Kick
- One Foot Glide
- On Your Toes
- The Cork Screw

Drill #3: Skating: Circles

Leap Frog/Circles /S16-3.11.5

- Players skate full ice circles in small groups, dropping ring back to player behind. Last player in line skates to the front with ring and starts again.

Cool down (5-10min)

Crows and Cranes /G16-7.38

- There are two teams, each team lines up facing the other at the centre red line. The coach stands at one end of the line.
- If the coach says “cranes”, the cranes skate to their end and the crows chase them. If a crane is touched by a crow before reaching the end line (safety zone), they player must join the crows.
- The caller can make things fun by saying “crackers” or “crowns” etc. to confuse everyone.

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

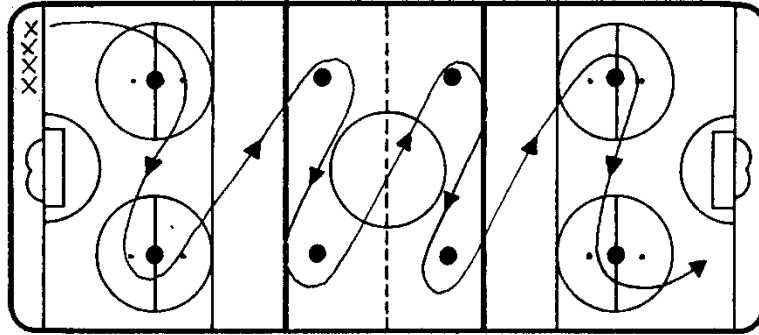
- Wrap up daily activities and prepare athletes for next ice time.
- Before each athlete leaves the ice discuss what position they like playing the best
- Coaches are available for questions

Drill #1

3.13.3 Connect the Dots

Equipment: None required.

Description: Players line up in one corner. In a single file line, zig zagging back and forth across the width of the ice, players skate in order, performing a tight/sharp turn around each of the hockey face-off dots on the ice.



Drill #2

3.14 - BALANCE

3.14.1 Line Jumps

Equipment: None required.

Description: Players line up along the goal line. Skating from one end to the other, players do a two foot jump at each line on the ice - free play lines, blue lines, and centre red line.

Variation: More advanced skaters can jump sticks or pylons - but this can be potentially dangerous. Should your older or more advanced players wish to, they may choose to jump higher.

3.14.2 Squat Glide

Equipment: None required.

Description: Players skate from one end to the other, or around the rink, and glide in a sitting position (squat) between the two blue lines. Squatting regularly with the knees bent more than 90° can be quite stressful on the tendons and ligaments of the knees.

3.14.3 High Knee Prance

Equipment: None required.

Description: Players line up along the side boards. Moving across the width of the ice, players prance - drive up off the toe and emphasize the high knee lift, at a speedy tempo.

3.14.4 Stick Kick

Equipment: One stick is needed for each player.

Description: While skating from one end to the other or around the ice, players hold their stick out in front at shoulder height and slowly kick one leg at a time up to meet the end of the stick. This is a controlled movement, not a quick snap.

3.14.5 One Foot Glide

Equipment: None required.

Description: Players skate from one end to the other or around the ice, and glide on one foot between the blue lines or free play lines, maintaining control of their body.

Variation: More advanced players can also try to jump the lines on one foot.

3.14.7 On Your Toes

Equipment: None required.

Description: Players line up along the side boards. Moving across the width of the ice, the players first walk on their toes. Then after becoming proficient at that, players run on their toes.

Variation: This drill may be repeated with players walking and then running on their heels.

3.14.8 The Cork Screw

Equipment: None required.

Description: Players stand in their own space, lift one leg slightly off the ice and turn 180° (1/2 turn), then turn back again. Alternate the direction and leg.

Drill #3

Skating: Circles

Leap Frog/Circles /S16-3.11.5

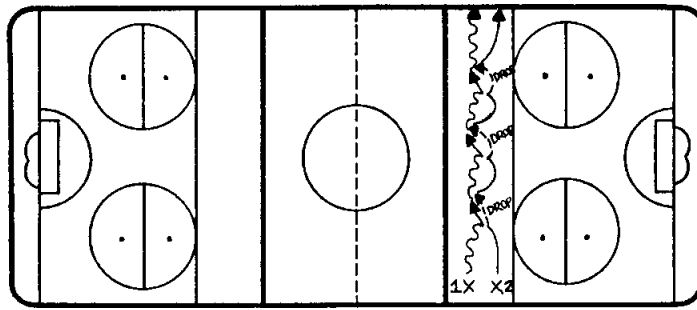
Players skate full ice circles in small groups, dropping ring back to player behind. Last player in line skates to the front with ring and starts again.

Drill #4

4.5.1 One Player Following the Other

Equipment: Rings are required.

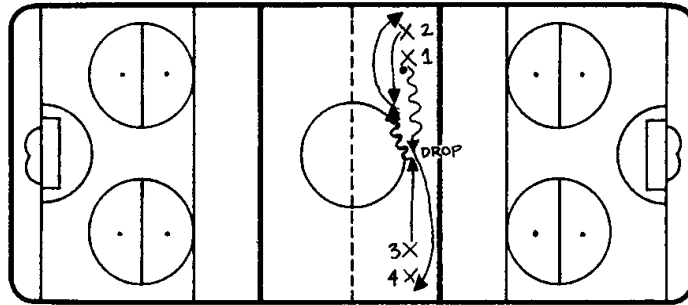
Description: Players line up with a partner along the side boards, one in front of the other. Player 1 and Player 2 skate forward. Player 1 drops ring to Player 2. Player 2 passes ring up to Player 1 who drops it again. Continue across the ice and back. Alternate the ring carriers.



4.5.2 Straight On Drop

Equipment: Rings are required.

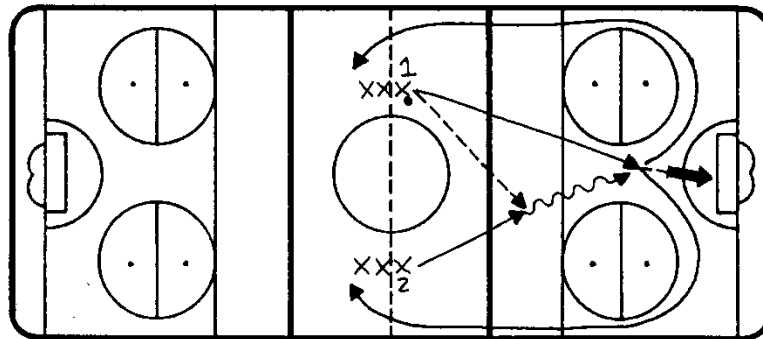
Description: Players line up in two lines facing each other. Player 1 skates towards Player 3, drops the ring, and skates behind the opposite line. Player 3 skates towards Player 2 and drops the ring. Continue through each line and repeat several times.



4.5.4 Drop Pass With Shot

Equipment: Rings are needed.

Description: Players form two lines facing the goal. Player 1 passes across the blue line to Player 2. Player 2 skates toward the goal and drops the ring in front. Player 1 who is skating close behind picks up ring and shoots. Players skate back to the beginning along boards. Alternate lines.



Drill #5

3.13.2 Fish Hook

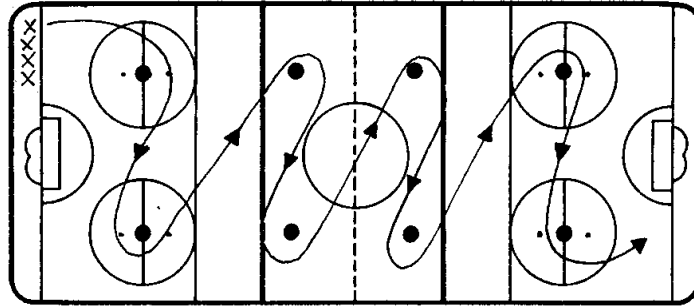
Equipment: One pylon for every 2 players is needed.

Description: With pylons set up about ten feet from the side boards (spaced out) players stand in pairs directly opposite a pylon. The first partner skates to the pylon and turns around it to the left. Then the next partner does the same, and the drill is then repeated turning to the right. Continue to practice, keeping the inside foot slightly ahead and leaning into the turn.

3.13.3 Connect the Dots

Equipment: None required.

Description: Players line up in one corner. In a single file line, zig zagging back and forth across the width of the ice, players skate in order, performing a tight/sharp turn around each of the hockey face-off dots on the ice.



3.13.4 Reaction Turn

Equipment: None required.

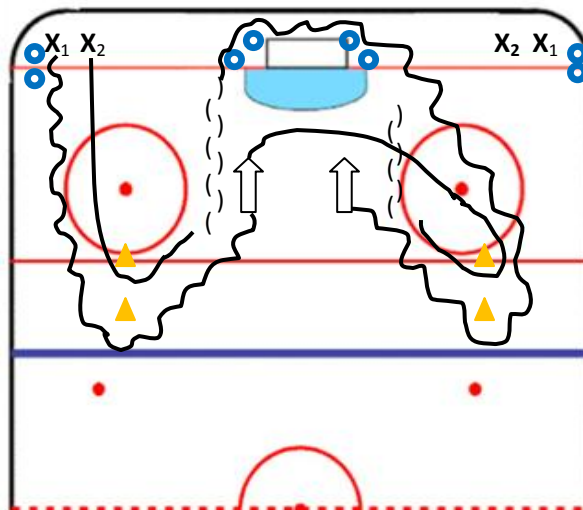
Description: The coach/leader stands at the centre free pass circle while the players line up single file with the first player at the free play line. One at a time, the players skate forward toward the leader. As the players get closer, the leader points to the left or right, and the player then makes a sharp turn in that direction, then goes back and joins the end of the line.

Drill #6

Double shot

- 2 lines
- X1 has ring out from corner around pylon
- X2 is defender, skates backwards
- Keep X1 away from hot spot
- After X1 shoots, then X2 goes behind net, gets ring from goalie
- X1 now plays defence
- Both go around other pylon, on for shot

Then to end of line



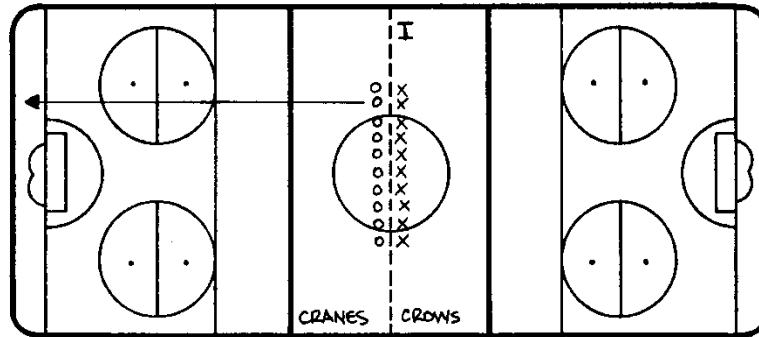
Drill #7

7.38 Crows and Cranes

Purpose: Starting power and stopping will be practiced.

Equipment: None is required.

Description: There are two teams. Each team lines up facing the other at the centre red line. The coach stands at one end of the line. If the coach says "cranes", the cranes skate to their end and the crows chase them. If a crane is touched by a crow before reaching the end red line (safety zone), that player must join the crows. The caller can make things fun by saying "crackers", "crowns", etc., to confuse everyone!



Stage: UI2

Practice: # 11 ($\frac{1}{2}$ Ice Practice)

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

- Welcome athletes.
- Review procedures for safety, water breaks, etc.
- Discuss goals of practice + planned drills/activities

Warm up (10-12 minutes)

Drill #1: Stretching – Agility / Balance / Coordination (ABC'S) of Warm-Up

Figure 8 Laps – forwards W7-2.5.6.3

Dynamic (with movement) Stretches W7-2.5.2.2

- Shoulders & Arms
- Back & Sides
- Hamstrings & Quadriceps
- Groin & Legs (adductor/inside and abductor/outside)
- Ankles & Caves

Drill #2: Game of Nerf Football with Ringette Rules

Drill #3: Slingshot Drill – Full ice

- Players in corner lined up with rings
- First player skates to center ice and loops back
- Picks up a pass at the first blue line and goes to net at far end and shoots
- Second player in line, who just made pass, follows same pattern to center ice and loops back
- Once pass is received she skates to second blue line and loops back, as soon as she turns makes pass to next player skating up
- Receives her pass back over second blue line and skates in on net

Goalie

Positioning: free passes

Cool down (5-10min)

Steal the Gold G19-7.44

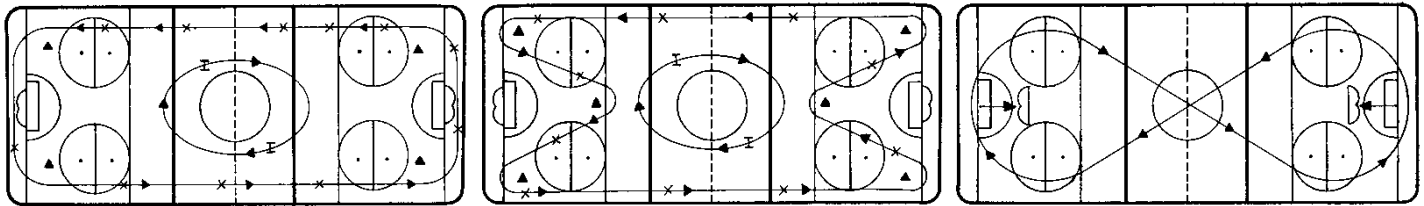
- There are two teams divided by the centre line.
- Seven rings are placed on the dots of each of two diagonal circles.
- There are two “jails” located in each of the opposite diagonal corners.
- The object of the game is to steal the “gold” without being captures by the other team.
- Two players from each team guard the “gold”. Players crossing the centre line may be touched by a guard. If touched, players go to jail.
- A prisoner can be freed when they have possession of a gold ring, when passed from a teammate carrying a “gold” ring.

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

- Wrap up daily activities and prepare athletes for next ice time.
- Before each athlete leaves the ice discuss what position they like playing the best
- Coaches are available for questions

Drill #1

2.5.6.3. Figure eight set-up (third diagram): This is a good warm-up set-up for extra skating conditioning. Instructor/coach/demonstrator can provide comments to players at each end of the ice surface or in the middle near the crossover.



2.5.2.2 Warm-up - Stretches Description

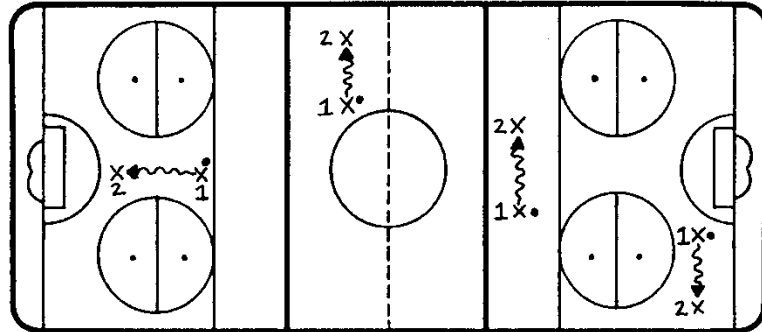
- | | |
|------------------|--|
| Neck | - Stretch the neck slowly, first from one side to the other, shoulder to shoulder, then forward - never back. |
| Shoulders | - Shrug up and down.
- Roll shoulder forward and backward. |
| Arms | - Bring the arm across the body and hold with the opposite hand, stretching the triceps and shoulder.
- Grasping with both hands, bring the arms above the head to stretch the triceps and forearm.
- With both hands behind the back, grasp and stretch the biceps and deltoids. |
| Back | - Position the feet slightly wider than the proper stance, and with the knees bent, roll forward and touch the toes. This will stretch the lower back and hamstrings. |
| Sides | - With one arm, reach above the head to stretch one side, then the other. Avoid over exaggerated side bends.
- Variation - Raise the stick above the head with two hands on it. Press one hand up, then the other. |
| Ankles | - Toe in - Between the blue lines, glide on one foot (knee slightly bent) turn the toe inward and hold for eight seconds.
- Toe out - Use the same motion, but turn the toe out. |
| Calves | - Stationary - With motion, and the feet shoulder width apart, lift the toes (supporting leg knee is slightly bent). Stretch the opposite calf. |
| Hamstrings | - Stationary - Kneel on the ice, bring one leg out to the side with the toe pointing upward, and hold position for 8 seconds (should feel a stretch in the back of the leg and calf area). Switch legs. |
| Quadriceps | - Stationary - Hold onto the boards with one hand and use the other hand to grasp ankle behind back. The supporting knee is bent and the back should be straight, with the knees parallel.
- Moving - Same motion, but between blue lines while gliding.
- Moving - Similar to a groin stretch, the player puts the toe on ice rather than side of foot. |
| Groin (Adductor) | - Moving - One leg is put behind the other, with the inside of the foot on the ice. The supporting knee is bent (no more than 90°). Do not bounce. |

Drill #4

4.10.21 Dekes

Equipment: Rings are needed.

Description: Players are paired up and find free space in which to skate. One player skates toward the stationary defending player. The ring carrier will practice body and head dekes.

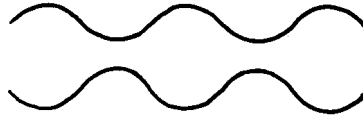


Drill #5

3.8.2 Backward Bubbles

Equipment: None required.

Description: Players start on the goal line facing the near end boards. Starting in a snowplow stop position, players then push out with both feet and make semi-circles until their feet come together again heel to heel. Then push out again and pull in again making circles (bubbles) all the way down the length of the ice (never lifting the feet off the ice).



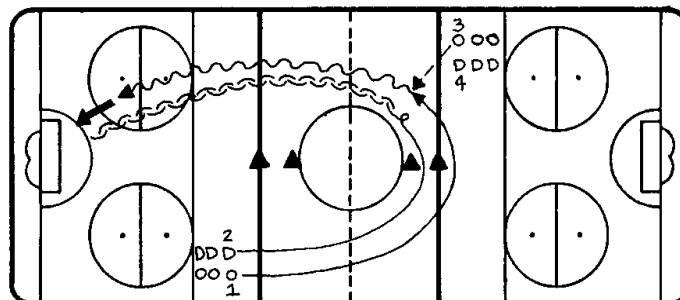
Drill #6

4.10.23 "C" Defending

Equipment: Rings/Pylons are required.

Description: Player 1 and Player 2 skate through pylons as shown. Player 1 goes around the far pylon and receives a pass from Player 3. Player 2 skates between pylons, turns, and skates backward for a 1 on 1. Player 3 and Player 4 continue.

Variation: Add another offensive player for 2 on 1.



Drill #7

7.44 Steal the Gold

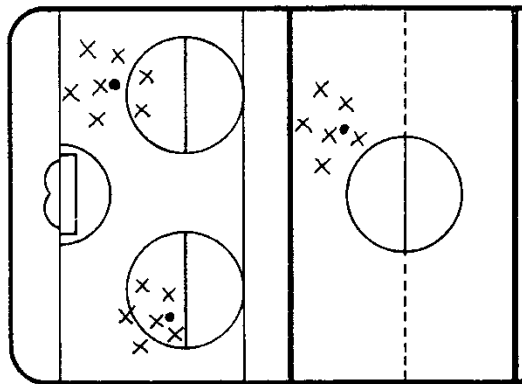
Purpose: This is an activity game.

Equipment: Sticks and rings are required.

Description: There are two teams divided by the centre line. Seven rings are placed on the dots of each of two diagonal circles. There are two "jails" located in each of the opposite diagonal corners. The object of the game is to steal the "gold" without being captured by the other team.

Important Rules

1. Two players from each team guard their "gold". Players crossing the centre line may be touched by a guard.
2. If touched, players go to jail.
3. When holding a "gold" ring, players cannot be touched.
4. One prisoner is freed when touched by a teammate carrying "gold" and will then accompany the player with the "gold" back to the other side.



Stage: U12

Practice: # 12 ($\frac{1}{2}$ Ice Practice)

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

- Welcome athletes.
- Review procedures for safety, water breaks, etc.
- Discuss goals of practice + planned drills/activities

Warm up (10-12 minutes)

Drill #1: Skating: Player skate in and out of cones, protecting the ring and doing tight turns. Focus is on protecting the ring.

Connect the Dots /S19-3.13.3

Drill #2: Stretching – Agility / Balance / Coordination (ABC'S) of Warm-Up

Agility Skating /S22-3.15

- Knee Drop
- Snow Queen
- Hop
- Wide Crossovers
- Skiing
- Inside Edges
- Outside Edges
- Single Leg Snaking

Drill #3: Skating Drill – *Lightning Drill /S11-3.6.5*

- With rings
- Review/demonstrate proper stopping technique.
- Athletes must come to a complete stop
- Focus on knees bent, low to the ice, head up.
- It is not a race, technique matters.

Goalie

Ring Skills: throwing the ring (flat and aim)

Catch and Throw/G5-5.5.2

Cool down (5-10min)

Scrimmage: Double teaming and channelling

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

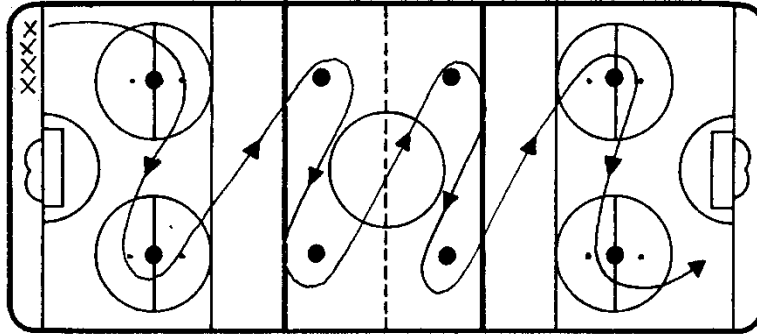
- Wrap up daily activities and prepare athletes for next ice time.
- Before each athlete leaves the ice discuss what position they like playing the best
- Coaches are available for questions

Drill #1

3.13.3 Connect the Dots

Equipment: None required.

Description: Players line up in one corner. In a single file line, zig zagging back and forth across the width of the ice, players skate in order, performing a tight/sharp turn around each of the hockey face-off dots on the ice.



Drill #2

3.15 - AGILITY

3.15.1 Knee Drop

Equipment: None required.

Description: Standing in their own space, players drop to their knees (using their hands to break the fall) and get back up again as quickly as possible. Then players do the same while skating - dropping at each blue line and getting up and skating again.

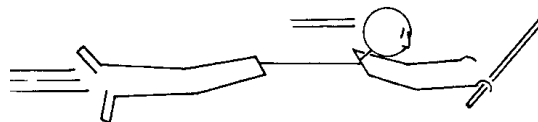
Variation: This drill can also be done with players only touching one knee to the ice at a time while skating.

3.15.2 Snow Queen

Equipment: None required.

Description: Players start on the goal line and skate forward the length of the ice. At the first blue line, they dive forward under control and slide on their stomach (with their stick directly out in front - if carrying one). Then they get up as quickly as possible.

Variation: Same as above, except while sliding on the ice, players roll like a log, keeping control of their body (and stick) and then get up again as quickly as possible.



3.15.3 Hop the Stick

Equipment: One stick for every two players is needed.

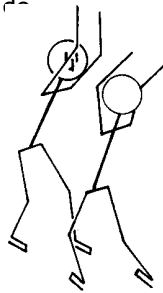
Description: In pairs in their own space on the ice, one partner is the sweeper and the other is the hopper. The sweeper is on two knees holding the stick pointing outward in one or two hands. With the stick on the ice, the sweeper moves it back and forth like a windshield wiper. The hopper has to jump over the stick one foot at a time (like skipping), while trying to keep the head up and eyes straight ahead. Partners then switch roles and repeat the drill.

3.15.4 Mirror Drill

Equipment: None required.

Description: In partners, the two face each other. One is the leader and the other the follower. The leader moves forward, backward, side to side, jumps, falls to knees, to stomach, rolls over, etc. Any combination of these can be used while the follower mimics each of the moves. Then the partners switch roles and continue the drill.

Variation: This drill can also be done as a large group, with the instructor as the leader. Using signals, the leader stands facing the players who are spread out in their own space, and points to what the players are to do.



3.15.5 Wide Crossovers

Equipment: None required.

Description: While skating either the length of the ice or around the rink, players lift one leg high to the side, then cross it over the other leg. When that leg touches down on the ice, the other leg is lifted and repeats the movement of the first leg. This is a continuous movement. The intent is to use the outside edges of the skate blades as much as possible.

Variation: This drill can also be done skating backwards.

3.15.6 Skiing

Equipment: None required.

Description: While moving from one end to the other or around the ice, players keep both feet together and cut the ice pushing with their heels on one side then the other in a parallel skiing motion. Both feet stay on the ice at all times.

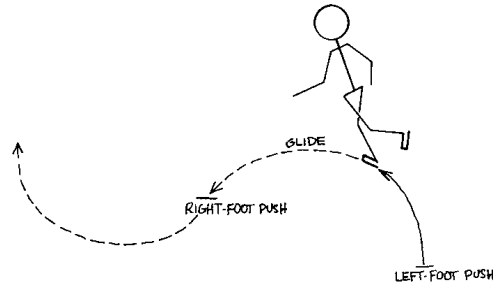
Variation: Once proficient in skiing, moguls can be added so that after each cut the player does a two foot hop before cutting the other way. This is a difficult movement requiring good leg strength.

3.15.7 Inside Edges

Equipment: None required.

Description: While moving from one end to the other or around the ice, players first push once with their left foot and glide on the inside edge of their right foot in a semi-circle to the left. When they get back to the middle, they push once with their right foot and then glide on the inside edge of their left foot in a semi-circle to the right, and repeat the drill. This is a continuous movement.

Variation: This drill can be done backwards as well.



3.15.8 Outside Edges

Equipment: None required.

Description: While moving from one end to the other or around the ice, players first push once with their right foot and glide on their left foot outside edge in a semi-circle to the left. Then when they get back to the middle, they push once with their left foot and glide on the outside edge of their right foot in a semi-circle to the right. Then the drill is repeated in a continuous motion.

Variation: This drill can be done backwards as well.

3.15.9 Single Leg Snaking

Equipment: None required.

Description: While skating forward, players lift one leg off the ice. The supporting leg, well flexed, continues to push, alternating from inside to outside edge, in a snaking motion. The other leg can help with momentum by swinging it in the direction of travel.

Variation: Once proficient, this drill can be done backwards.

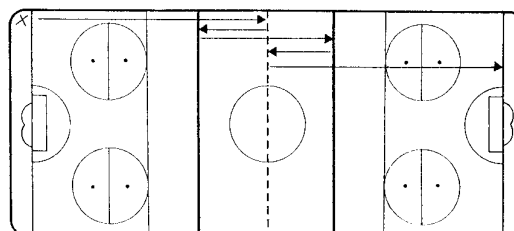
Drill #3

3.6.5 Lightning

Equipment: None required.

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

Variation: Alternate forward and backward skating between each of the stops. Try using the free play lines as additional stopping points. This drill can make good use of sharp turns instead of stops at each line.

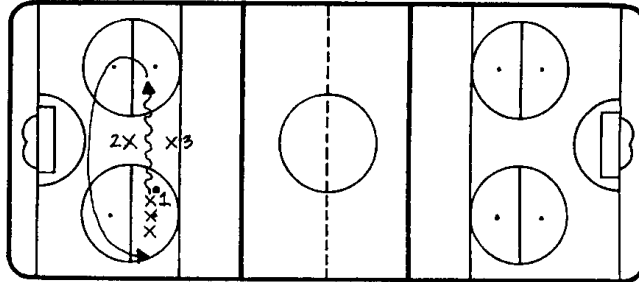


Drill #4

4.9.1 Stationary Double Teaming

Equipment: Rings are required.

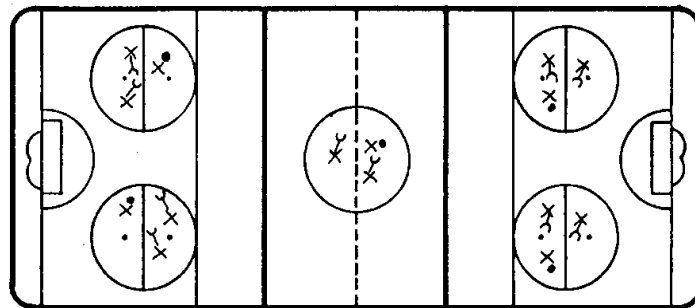
Description: Players are in groups of three. Player 1 skates between Player 2 and Player 3 who check the ring carrier. Player 1 does not protect the ring. Rotate players through every position.



4.9.2 Confined Area Double Teaming

Equipment: Rings are required.

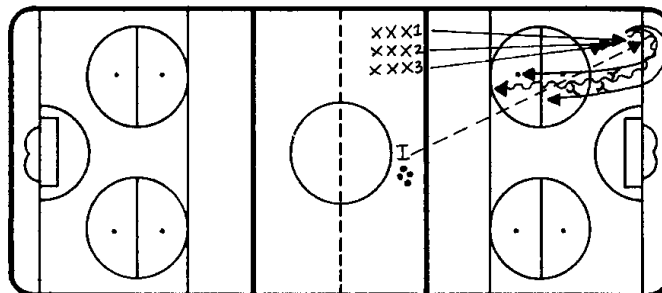
Description: Players are sent to a confined area (e.g. free pass circle) in groups of 3. Two players check the ring carrier. Rotate positions.



4.9.3 2 on 1 Corners

Equipment: Rings are required.

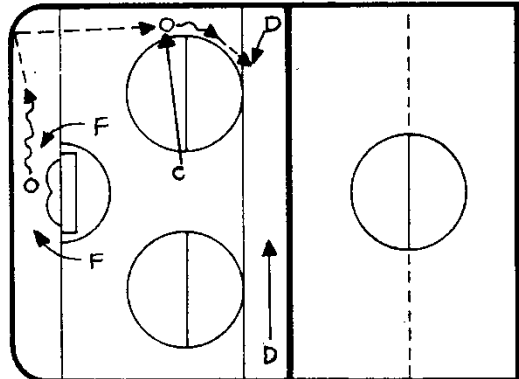
Description: Players line up in three lines outside the blue line. The instructor shoots the ring into the corner. The first player in each line races to the corner. The player reaching the ring first tries to bring it out past the blue line, while the other two players double team. Caution players before about the way they carry their sticks going into the boards.



6.7.3.- Double Teaming

Equipment: None is needed.

Description: In this drill, the offensive player starts with the ring behind the net. The ring can be shot in from the red line and a full complement of offensive and defensive player(s) is/are sent in. The defensive or forechecking team is delayed being sent in by a possible 1-2 seconds. The ring starts out from behind the net and the front two forecheckers play the defence - having a forward come from opposite sides of the net. The defense then passes the ring off the boards to either side. The forechecking defense on the side to which the ring has gone, moves in on the ring handler while the trailing defense covers up. The forechecker tries to stop the play before the ring comes out of the offensive zone.



5.5.2 Catch and Throw

Equipment: A shooter with one to five rings is required for every goalkeeper.

Description: With the shooter in the slot and the goalkeeper in the crease, the shooter takes light flip shots. The goalkeeper catches the ring with the glove hand and then throws it, on the ice, back to the shooter. Have the shooter move around providing the goalkeeper with a good target.

Any of the shooting drills which provide the goalkeeper with many shots in succession are excellent for developing goalkeeping skills. When training goalkeepers, it is important to stress technique early in their development. Once good technique is established, rapid succession shooting drills will improve reaction time. It is important that goalkeepers develop a good balance between reaction time (reflexes) and technique (skills).

Variations can be added to the shooting drills to work on specific goalkeeping skills. For example:

- 1) doing the drill without a stick to work on using the feet and upper body more
- 2) dropping into butterfly position between each shot
- 3) moving back to hug the post between shots
- 4) for longer time periods between shots - shuffle to the boards and back, telescope out to the free play line and retreat, do a slide save and stack the pads to each side, or slide the stick over to the boards then go pick it up and get back into position.

There are many constructive practice drills a goalkeeper can do while the skaters are working on something that doesn't involve shooting, and even during scrimmages, which can help to develop skills at a faster rate. All it takes is a little creativity and pre-planning by the instructor or coach with a quick explanation and some encouragement for the goalkeeper.

Drill #5

3.8.1 Toe to Heel

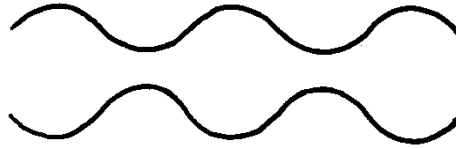
Equipment: None required.

Description: Players stand with the outside of one foot flush up against the boards and hang on to the boards with their arm on the same side. The other foot will practice making "C" cuts in the ice by putting toe to toe together and pushing that foot out and around in a semi-circle until it comes nearly heel to heel with the other foot. Continue until the player gets the idea of making "C" cuts, and then change feet.

3.8.2 Backward Bubbles

Equipment: None required.

Description: Players start on the goal line facing the near end boards. Starting in a snowplow stop position, players then push out with both feet and make semi-circles until their feet come together again heel to heel. Then push out again and pull in again making circles (bubbles) all the way down the length of the ice (never lifting the feet off the ice).



3.8.3 Backward Sculling

Equipment: None required.

Description: Players start on the goal line facing the near end boards, in a basic stance. Pushing with one foot only, make semi-circles or "C" cuts down the length of the ice without lifting the feet off the ice. Return using the opposite foot.

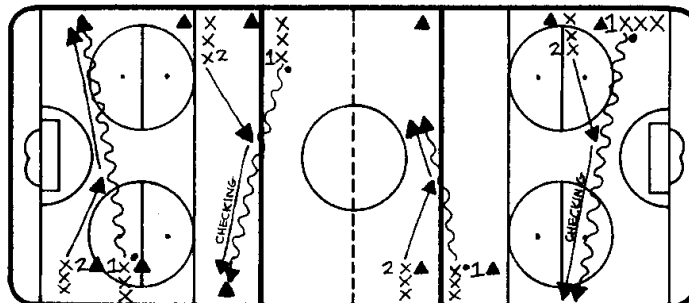
Drill #6

4.7.3 Straight Line

Equipment: Rings are needed.

Description: Players are paired up along the side board. Player 1 has the ring and skates towards the opposite boards with the ring out in front. Player 2 side checks while in stride with Player 1. Switch at the opposite boards.

Variation: Have two checkers for each ring carrier.

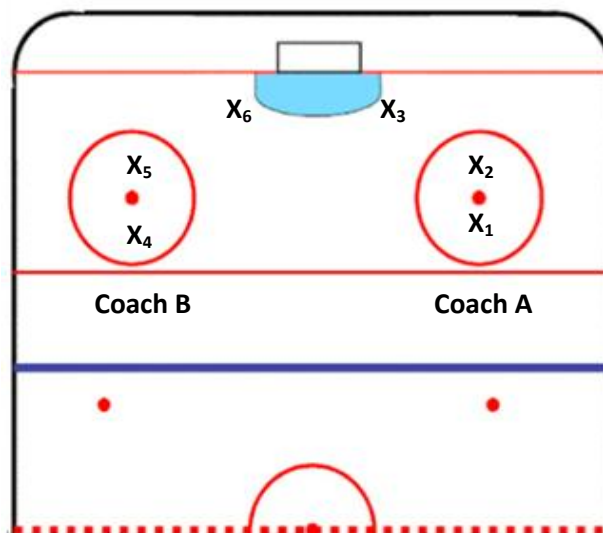


Drill #8

2 on 1 reaction

- X1 and X2 stand with their backs to each other on the face off dot
- Ring is in between them
- Toe caps have to face south and north (to be fair)
- Coach A says 'go', X1 and X2 turn and battle for the ring
- Whoever gets ring passes back to the player who passes to her in a give and go
- Other player plays defence
- Then from other side, X4 and X5 do same thing after Coach B says 'go'
- Pass to X6 and then passes back

Now players switch up



Drill #9

Scrimmage: Double teaming and channelling

Stage: U12

Practice: # 13 ($\frac{1}{2}$ Ice Practice)

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

- Welcome athletes.
- Review procedures for safety, water breaks, etc.
- Discuss goals of practice + planned drills/activities

Warm up (10-12 minutes)

Drill #1: Skating

Combo /S26-3.15.10

Drill#2: Stretching – Agility / Balance / Coordination (ABC'S) of Warm-Up

Balance Skating /S20-3.14

- Line Jumps
- Squat Glide
- High Knee Prance
- Stick Kick
- One Foot Glide
- On Your Toes
- The Cork Screw

Drill#3: Skating & Passing – *Russian Drill* or “C” Drill /R40-4.10.22

- Players form two lines at opposite ends of the ice at the blue line.
- Two stationary players are Player 1 and Player 4.
- Player 2 skates around the centre circle and receives a pass from Player 3.
- Player 2 passes to Player 4, who returns a pass. Player 2 shoots and returns to the original line. After Player 3 made the first initial pass.

Goalie

Communication & Interaction: calling when open

Cool down (5-10min)

Hit the Skate (Kapture the Kid) /F2-7.5

- Players start on the goal line at one end.
- Coaches are at the centre ice red line at the boards and have a bunch of rings (more than the number of players)
- When the coaches yell “kapture the kid” the players skate to the other end and try not to get hit by a ring.

If they do they join the coaches. Last person to be out wins.

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

- Wrap up daily activities and prepare athletes for next ice time.
- Before each athlete leaves the ice discuss what position they like playing the best
- Coaches are available for questions

Description: Players line up along the side boards. Moving across the width of the ice, players prance - drive up off the toe and emphasize the high knee lift, at a speedy tempo.

3.14.4 Stick Kick

Equipment: One stick is needed for each player.

Description: While skating from one end to the other or around the ice, players hold their stick out in front at shoulder height and slowly kick one leg at a time up to meet the end of the stick. This is a controlled movement, not a quick snap.

3.14.5 One Foot Glide

Equipment: None required.

Description: Players skate from one end to the other or around the ice, and glide on one foot between the blue lines or free play lines, maintaining control of their body.

Variation: More advanced players can also try to jump the lines on one foot.

3.14.7 On Your Toes

Equipment: None required.

Description: Players line up along the side boards. Moving across the width of the ice, the players first walk on their toes. Then after becoming proficient at that, players run on their toes.

Variation: This drill may be repeated with players walking and then running on their heels.

3.14.8 The Cork Screw

Equipment: None required.

Description: Players stand in their own space, lift one leg slightly off the ice and turn 180° (1/2 turn), then turn back again. Alternate the direction and leg.

Drill #3

4.10.22 "C" Drill

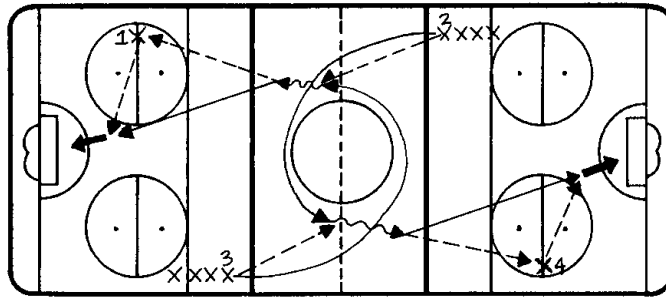
Equipment: Rings are needed.

Description: Players form two lines on opposite sides of the ice at the blue line. Two stationary players are Player 1 and Player 4. Player 2 skates around the centre circle and receives a pass from Player 3. Player 2 passes to Player 4, who returns a pass. Player 2 shoots and returns to the original line. After Player 3 made the first initial pass, Player 3 goes through the same pattern.

Variations: #1: Players may make a board pass to Player 1 over the blue line.

#2: Two players may go at once on the goalkeeper.

#3: Rather than skating around the free pass circle, a pylon may be added and players stop at the pylon, then continue back to the net at which they are shooting.



Drill #4

Main Part

3.15.6 Skiing

Equipment: None required.

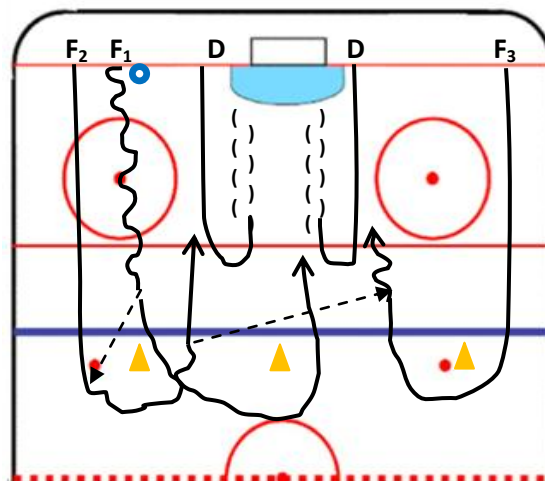
Description: While moving from one end to the other or around the ice, players keep both feet together and cut the ice pushing with their heels on one side then the other in a parallel skiing motion. Both feet stay on the ice at all times.

Variation: Once proficient in skiing, moguls can be added so that after each cut the player does a two foot hop before cutting the other way. This is a difficult movement requiring good leg strength.

Drill #5

3 on 2 from corner

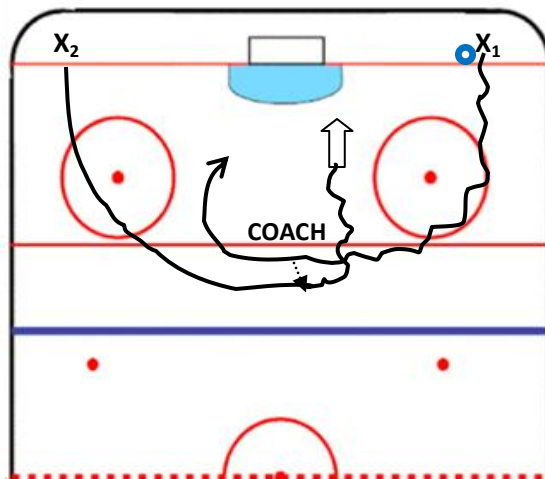
F1 has ring, passes to F2 over blue line coming in 3 on 2 against 2D who has come out



Drill #6

2 on 1 with drop

- Try to have right handed players on goalies right and left on left
- Ring carrier drops ring in front of coach and then goes to open ice
- In diagram X_2 can then shoot or pass back



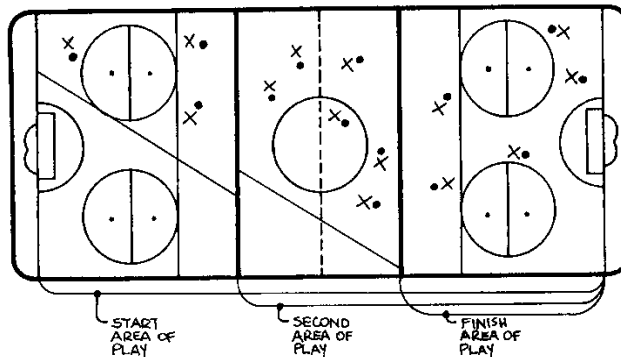
Drill #7

7.5 Hit the Skate

Purpose: This drill will improve skating skills and passing and shooting accuracy.

Equipment: One ring per player is needed.

Description: This is a simple game, but involves all of the skating skills in the player's repertoire. All players have a ring and skate anywhere on the ice surface. Each player tries to hit another player's skate with their ring, while the other players are doing the same. Once you are hit on the skate you are "out" and step aside until the last person has been tagged. With some age groups, the area of play can be restricted to one zone to promote real heads-up play. One specific area may also be designated for those who are "out" so that they may be involved in another activity rather than standing still.



Stage: UI2

Practice: # 14 ($\frac{1}{2}$ Ice Practice)

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

- Welcome athletes.
- Review procedures for safety, water breaks, etc.
- Discuss goals of practice + planned drills/activities

Warm up (10-12 minutes)

Drill #1: Skating drills: forwards

Circles /S16-3.11.5

- Circles
- Tight turns on dots
- Stops on dots

Drill #2: Stretching – Agility / Balance / Coordination (ABC'S) of Warm-Up

Figure 8 Laps – forwards /W7-2.5.6.3

Dynamic (with movement) Stretches /W7-2.5.2.2

- Shoulders & Arms
- Back & Sides
- Hamstrings & Quadriceps
- Groin & Legs (adductor/inside and abductor/outside)
- Ankles & Caves

Drill #3: Skating & Passing Drill

The Star Drill /R9-4.2.7

- Team stands in a large circle in the middle of the ice (with bigger team make two circles)
- Players pass randomly to someone across from them
- Once passed then must follow your pass and always go in same order
- Review safety to be sure to not trip or collide – head up

Cool down (5-10min)

Rebound Game (other players work on shooting centre ice)

- XI shoots on net if it rebounds players on either side can shoot or pass – players get point
- If goalie keeps it, increase or stops it or kicks it behind net – goalie gets point

(see *Rebound Game doc*)

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

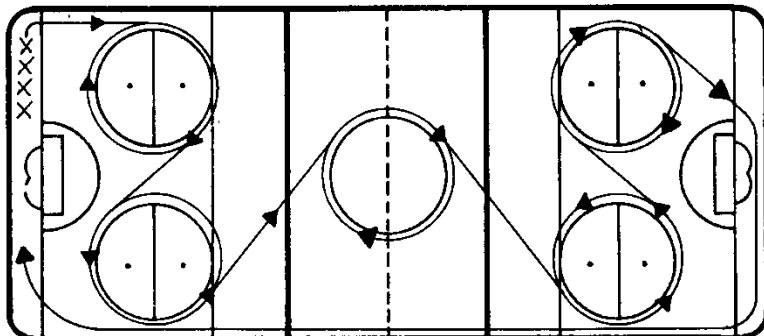
- Wrap up daily activities and prepare athletes for next ice time.
- Before each athlete leaves the ice discuss what position they like playing the best
- Coaches are available for questions

Drill #1

3.11.5 Circles

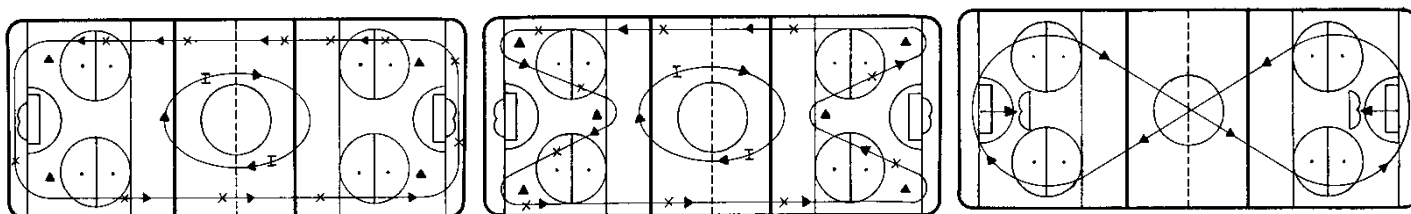
Equipment: None required.

Description: Players line up in one corner of the ice. Three(3) players begin skating forward around the free pass circle closest to the boards. They complete one and one half revolutions of the circle they start on, then cross to skate 1/2 times around the other circle in the same end zone but in the opposite direction. They then continue to the centre circle



Drill #2

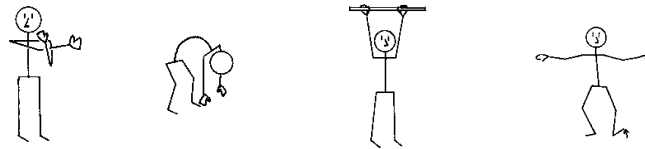
2.5.6.3. Figure eight set-up (third diagram): This is a good warm-up set-up for extra skating conditioning. Instructor/coach/demonstrator can provide comments to players at each end of the ice surface or in the middle near the crossover.



2.5.2.2 Warm-up - Stretches Description

- | | |
|-----------|---|
| Neck | - Stretch the neck slowly, first from one side to the other, shoulder to shoulder, then forward - never back. |
| Shoulders | - Shrug up and down.
- Roll shoulder forward and backward. |
| Arms | - Bring the arm across the body and hold with the opposite hand, stretching the triceps and shoulder.
- Grasping with both hands, bring the arms above the head to stretch the triceps and forearm.
- With both hands behind the back, grasp and stretch the biceps and deltoids. |

- Back
 - Position the feet slightly wider than the proper stance, and with the knees bent, roll forward and touch the toes. This will stretch the lower back and hamstrings.
- Sides
 - With one arm, reach above the head to stretch one side, then the other. Avoid over exaggerated side bends.
 - Variation - Raise the stick above the head with two hands on it. Press one hand up, then the other.
- Ankles
 - Toe in - Between the blue lines, glide on one foot (knee slightly bent) turn the toe inward and hold for eight seconds.
 - Toe out - Use the same motion, but turn the toe out.
- Calves
 - Stationary - With motion, and the feet shoulder width apart, lift the toes(supporting leg knee is slightly bent). Stretch the opposite calf.
- Hamstrings
 - Stationary - Kneel on the ice, bring one leg out to the side with the toe pointing upward, and hold position for 8 seconds (should feel a stretch in the back of the leg and calf area). Switch legs.
- Quadriceps
 - Stationary - Hold onto the boards with one hand and use the other hand to grasp ankle behind back. The supporting knee is bent and the back should be straight, with the knees parallel.
 - Moving - Same motion, but between blue lines while gliding.
 - Moving - Similar to a groin stretch, the player puts the toe on ice rather than side of foot.
- Groin (Adductor)
 - Moving - One leg is put behind the other, with the inside of the foot on the ice. The supporting knee is bent (no more than 90°). Do not bounce.
- Abductors (outside of leg)
 - Moving - Similar to the quadriceps stretch, except the player grasps the foot with the opposite hand, in front of body. This is a good balance drill.



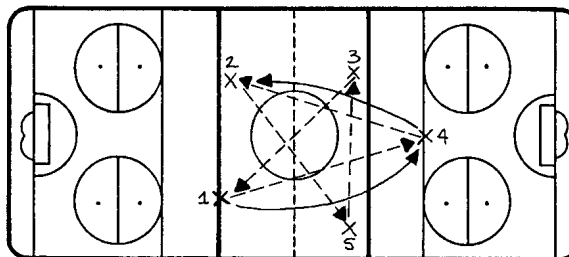
Drill #3

4.2.7 Star

Equipment: Rings are needed.

Description: Divide players into 5 groups and arrange in a circular fashion. Players pass across the circle in the pattern shown (forming a star). Player 1, to Player 4, Player 4 to Player 2, Player 2 to Player 5, Player 5 to Player 3, Player 3 back to Player 1.

Variation: Add a second or third ring to the drill or have the players follow their pass when using one ring.



Drill #4

3.15.6 Skiing

Equipment: None required.

Description: While moving from one end to the other or around the ice, players keep both feet together and cut the ice pushing with their heels on one side then the other in a parallel skiing motion. Both feet stay on the ice at all times.

Variation: Once proficient in skiing, moguls can be added so that after each cut the player does a two foot hop before cutting the other way. This is a difficult movement requiring good leg strength.

Drill#5

4 on 3

- When penalty is being called, tell your players that your goalie will come off AND
- As soon as other team gains control of the ring, the whistle sounds
- So do not worry about the other team scoring
- When goalie reaches our bench, we can put another player on the ice
- Our team needs to take control of the ring and move into the offensive zone for a shot

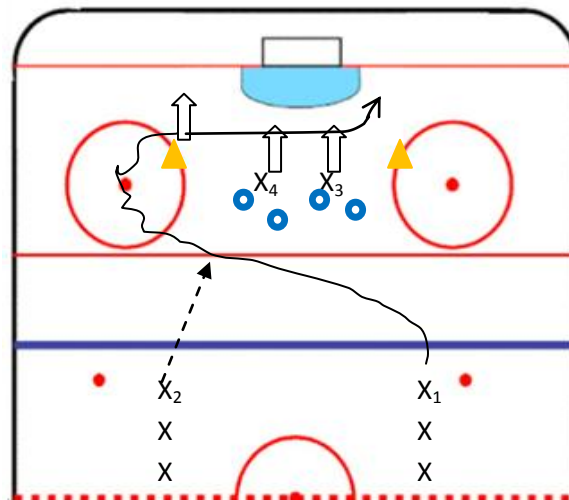
If possible, the extra player will go into the middle of the defensive triangle and screen the goalie or look for a rebound

Drill #6

Shotgun with screen

- X1 skates, gets pass from X2
- Then goes around pylon, so that comes in low
- Shot, then screens for X3 who shoots, then X4 shoots

Then X2 goes, gets pass from X1, around pylon and shoots, then screens for X4 who shoots, then X3 shoots



Drill #7

7.45 Scrimmages

An important aspect of a practice may include a scrimmage. The concept will develop skill and teamwork and give the players an opportunity to practice certain plays before they play an actual game. Once again, "fun" should be a part of this activity.

There are several ways to improve the concept of a scrimmage.

- Omit whistle stoppage. Players should be encouraged to play by the rules so that play will be continuous and more aerobic in nature. At the same time have the players stay away from the boards to prevent freezing the ring and unnecessary congestion.
- Use the players as referees. This will give all players the chance to see what it is like to referee. They will learn to interpret and understand the rules during regular games.
- The coach controls the game and also the location of the ring. Occasionally the coach shall blow the whistle unnecessarily. At this time all players stop and try to locate a new ring that the coach has introduced. The idea is to try and have players react quickly to a new situation and also keep all players involved.
- The coach can also determine the role or the way certain players can play during the scrimmage so that the athlete works on a specific skill. This can be useful because the athlete has a goal to reach (i.e. work hard on checking in the defensive zone, carry the ring with control in the offensive zone). Shoot for the corners, and continue moving even though the ring is not in your zone.

Drill #8

The Rebound Game

A group of players line up on each side of the goalie.

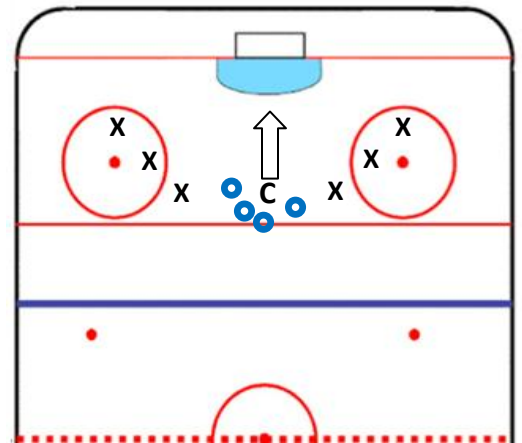
Ex. 3 players on the left side. 3 players on the right side.

A shooter is at the top with a ring standing in the slot.

(You can use as many players as you want.)

The player at the top takes a standing still shot from the slot.

The goalie gets a point if she keeps the ring in the crease or controls the rebound to the side or back boards.



The players get a point if the shooter scores right away OR if they can bury a rebound that was put out right in front of the net.

The players can pass around the rebound shot.

You can limit the passes if you want.

Replace players with other players who were working on shooting skills in centre ice.

Stage: UI2

Practice: # 15 ($\frac{1}{2}$ Ice Practice)

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

- Welcome athletes.
- Review procedures for safety, water breaks, etc.
- Discuss goals of practice + planned drills/activities

Warm up (10-12 minutes)

Drill #1: Circles- Drill Manual S16-3.11.5

- Always facing one direction
- Stops on dots

Drill #2: Forward to Backward Pivots

Drill #3: Stretching-agility/balance/coordination (ABC's of warm-up)

Figure eight laps – forwards - Drill Manual W7-2.5.6.3.

Dynamic stretches - Drill Manual W7-2.5.2.2.

- Shoulders + arms
- Back + sides
- Hamstrings + Quadriceps
- Groin
- Legs (abductor inside and outside)
- Ankles + calves

Cool down (5-10min)

- Game of Backwards Ringette (using the width of the ice)
Backwards British Bull Dog – Drill Manual G13-7.3.2

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

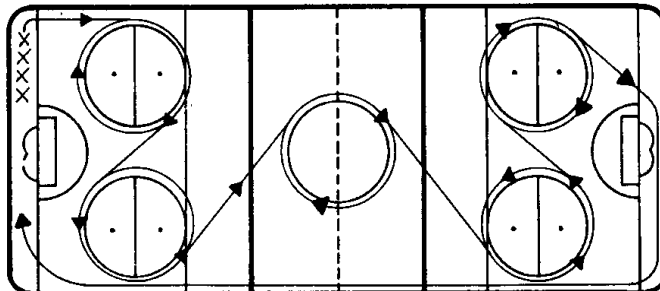
- Wrap up daily activities and prepare athletes for next ice time.
- Before each athlete leaves the ice discuss what position they like playing the best
- Coaches are available for questions

Drill #1

3.11.5 Circles

Equipment: None required.

Description: Players line up in one corner of the ice. Three(3) players begin skating forward around the free pass circle closest to the boards. They complete one and one half revolutions of the circle they start on, then cross to skate 1 1/2 times around the other circle in the same end zone but in the opposite direction. They then continue to the centre circle



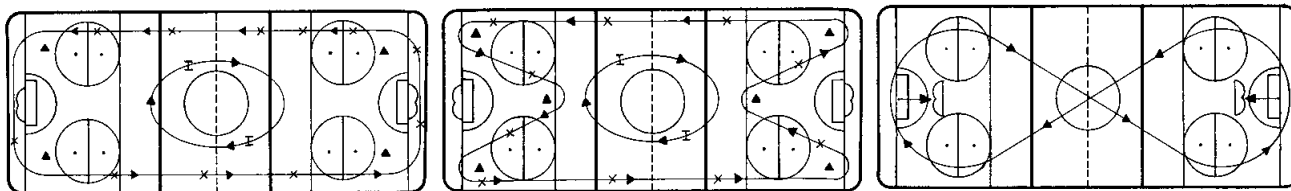
Drill #2

Forward to Backward Pivots

If more than 10 players split into two Groups (A/B or 1/2). First group lines up on line and second group lines up on the end boards behind the group. Players skate forward to free play line, pivot and skate backwards to blue line, pivot and skate forwards to centre line, pivot and skate backwards to blue line, pivot and skate forwards to free play line, pivot and skate backwards to the other end goal line. (Second group may start when first group has reached centre line). Players are instructed to pivot counterclockwise the second time through the drill.

Drill #3

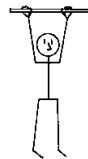
2.5.6.3. Figure eight set-up (third diagram): This is a good warm-up set-up for extra skating conditioning. Instructor/coach/demonstrator can provide comments to players at each end of the ice surface or in the middle near the crossover.



2.5.2.2 Warm-up - Stretches Description

- | | |
|-----------|---|
| Neck | - Stretch the neck slowly, first from one side to the other, shoulder to shoulder, then forward - never back. |
| Shoulders | - Shrug up and down.
- Roll shoulder forward and backward. |
| Arms | - Bring the arm across the body and hold with the opposite hand, stretching the triceps and shoulder. |

- Grasping with both hands, bring the arms above the head to stretch the triceps and forearm.
 - With both hands behind the back, grasp and stretch the biceps and deltoids.
- Back
- Position the feet slightly wider than the proper stance, and with the knees bent, roll forward and touch the toes. This will stretch the lower back and hamstrings.
- Sides
- With one arm, reach above the head to stretch one side, then the other. Avoid over exaggerated side bends.
 - Variation - Raise the stick above the head with two hands on it. Press one hand up, then the other.
- Ankles
- Toe in - Between the blue lines, glide on one foot (knee slightly bent) turn the toe inward and hold for eight seconds.
 - Toe out - Use the same motion, but turn the toe out.
- Calves
- Stationary - With motion, and the feet shoulder width apart, lift the toes(supporting leg knee is slightly bent). Stretch the opposite calf.
- Hamstrings
- Stationary - Kneel on the ice, bring one leg out to the side with the toe pointing upward, and hold position for 8 seconds (should feel a stretch in the back of the leg and calf area). Switch legs.
- Quadriceps
- Stationary - Hold onto the boards with one hand and use the other hand to grasp ankle behind back. The supporting knee is bent and the back should be straight, with the knees parallel.
 - Moving - Same motion, but between blue lines while gliding.
 - Moving - Similar to a groin stretch, the player puts the toe on ice rather than side of foot.
- Groin (Adductor)
- Moving - One leg is put behind the other, with the inside of the foot on the ice. The supporting knee is bent (no more than 90°). Do not bounce.
- Abductors
(outside of leg)
- Moving - Similar to the quadriceps stretch, except the player grasps the foot with the opposite hand, in front of body. This is a good balance drill.



Drill #4

Box Skate

3.12.4 Box Skate

Equipment: Pylons (about 4 for every 2-3 players) are needed.

Description: Four(4) pylons are set up in a box formation (with about 2-3 meters space between each pylon), for every 2 or 3 players. With one player in each group skating around their box at a time, the player pivots from forward to backward and vice versa at every pylon. (They must remain facing the same direction at all times.)

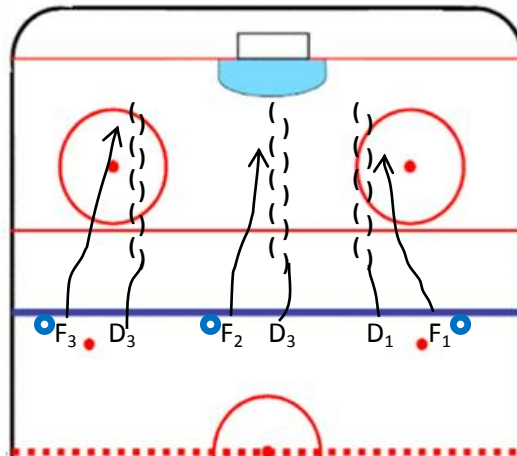
Variation: More advanced and older players can do this drill without the pylons.

- Technical skating:
Transition: 2 foot Mohawk pivot- back to front, front to back
-

Drill #5

Channelling from centre ice

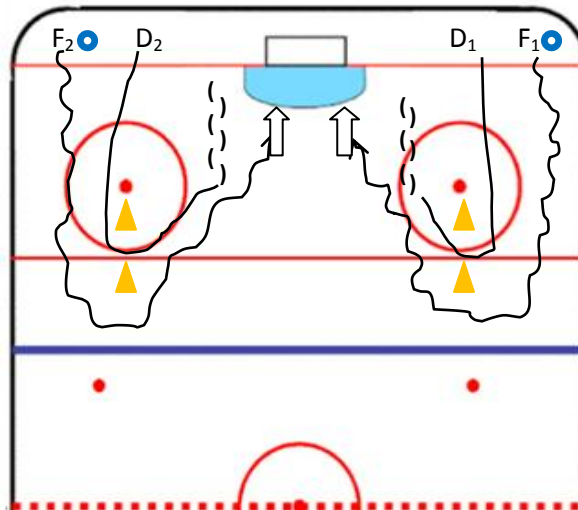
- Forwards have rings
- On whistle, D1 and F1 skate forward
- D1 must decide when to turn to skate backwards, when to skate hip to hip, how to push out
- Make sure everyone plays both F and D
- Players move to other line, so F1 becomes F2, F2 becomes F3, F3 becomes F1



Drill #6

Channelling from corners

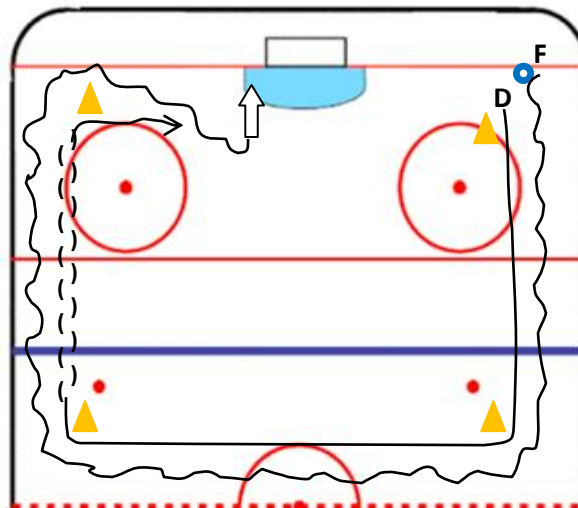
- F1 and D1 leave
- D1 channels away
- F1 gets to hot spot (D uses hand on hip or stick on stick), then D2 and F2
- Variation: D's do not have sticks
- Get their hands on F's hips
- Key teaching: F's vary their speed



Drill #7

Big circle pivots

- F with ring skates around pylons with D at the same time
- D starts skating backwards
- Change direction of circle once everyone through
- D-goal side-inside-tight



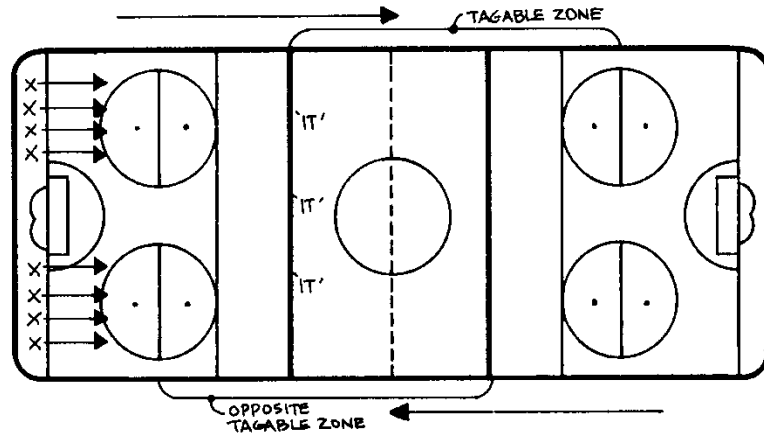
Drill #8

7.32 British Bulldog

Purpose: This will practice forward skating, stopping, and agility.

Equipment: None is required.

Description: One person is "It". "It" stands at centre ice while everyone else lines up at one end. "It" yells, "British Bulldog" and everyone skates from one blue line to the next. Anyone who gets tagged stays in the centre to assist those already caught. The game is played until everyone is tagged.



Stage: UI2

Practice: # 16 (Full Ice Practice)

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

- Welcome athletes.
- Review procedures for safety, water breaks, etc.
- Discuss goals of practice + planned drills/activities
 - Goalie Ring option (priorities) - Review Drill manual T-6.4 to 6.4.5.

Warm up (10-12 minutes)

Drill #1: Skating Drill: Double W drill– (to get players used to traffic and skating with head up)

Drill #2: Light stretching

Cool down (5-10min)

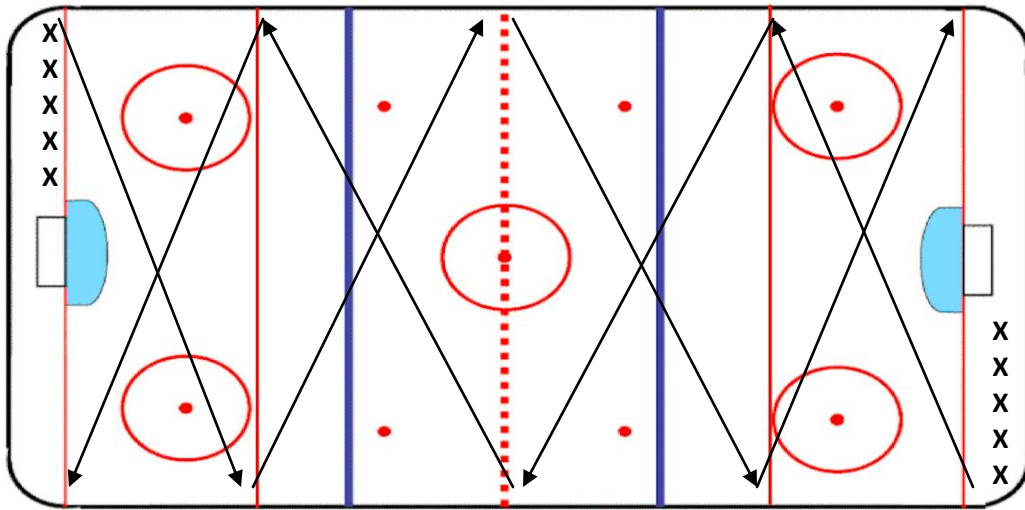
Included into the main part of the practice.

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

- Wrap up daily activities and prepare athletes for next ice time.
- Before each athlete leaves the ice discuss what position they like playing the best
- Coaches are available for questions

Drill #1

Double W



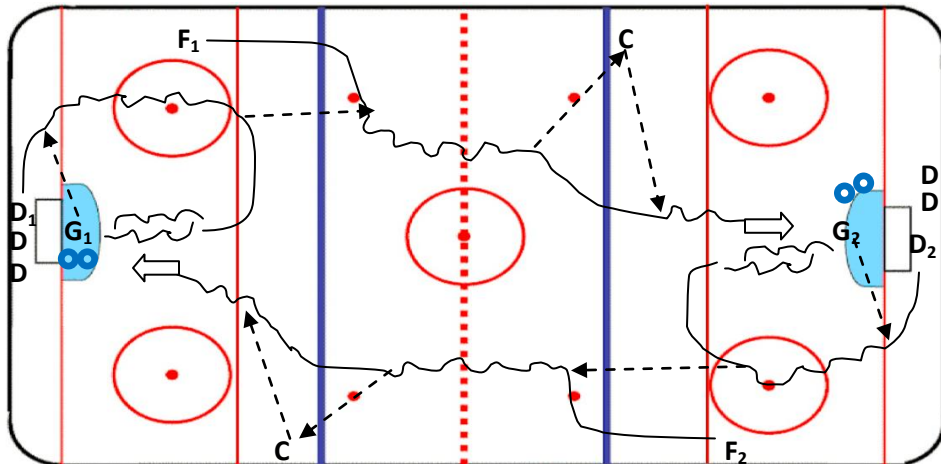
Drill #2

Light stretching

Drill #3

Breakout step # 1 – one on one

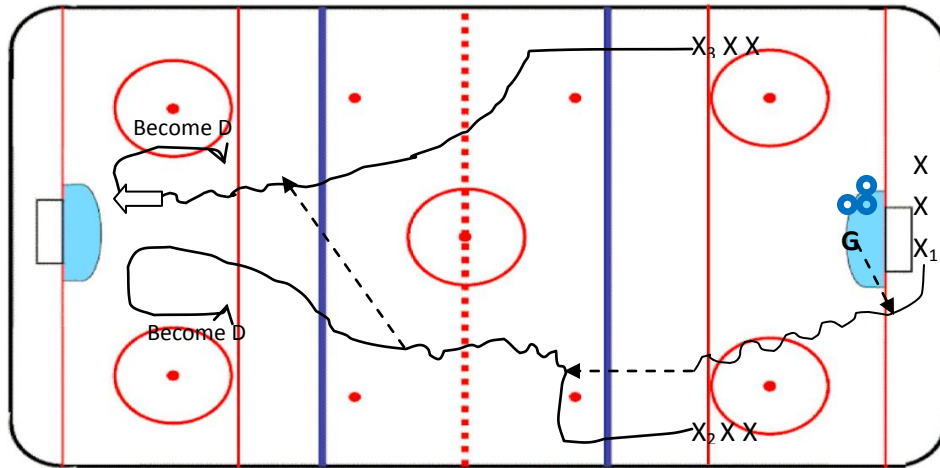
- Run out of both ends
- Start on whistle
- D1 gets pass from G1 at same time as D2 gets pass from G2
- F1 and F2 skate over blue lines and get passes
- D skates to blue line and then plays defence against opposite forward
 - * Watch for D pivots timing
 - * Watch timing of F starting to skate



Drill #4

Breakout step # 2 – two on two

- X1 passes to X2 (and then X1 goes to end of X2 line),
- X2 passes to X3, X2 and X3 go in for shot, then become defence-skate out to blue line-practice pivots.
- 2 on 2 then original X1 and X2 go down to end and rotate.



Drill #5

Controlled scrimmage

- Team 1 defends against Team 2
- Breaks out to other end
- *let teams scrimmage for a while but then reset from other end – add other players once a breakout from each end occurs
- Team 2 defends against Team 1
- When play returns to other end, switch players out

Stage: U12

Practice: # 17 (1/2 Ice Practice)

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

- Welcome athletes.
- Review procedures for safety, water breaks, etc.
- Discuss goals of practice + planned drills/activities

Warm up (10-12 minutes)

Included into the main part of the practice

Cool down (5-10min)

- 3 on 2 player support.

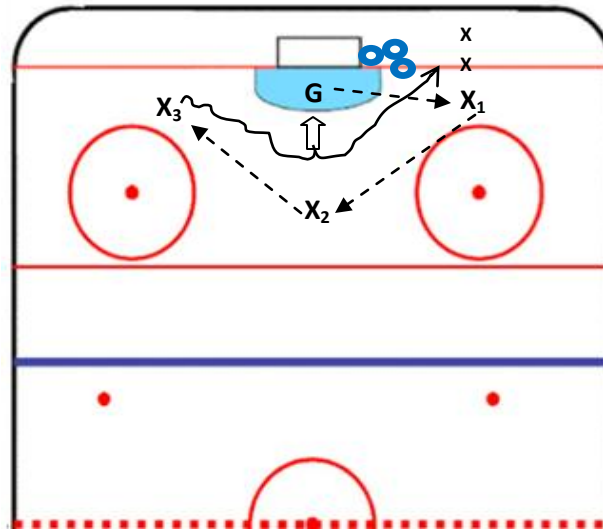
Post-practice wrap up) (3-5min in the dressing room)

- Wrap up daily activities and prepare athletes for next ice time.
- Before each athlete leaves the ice discuss what position they like playing the best
- Coaches are available for questions

Drill #1

Quick passes

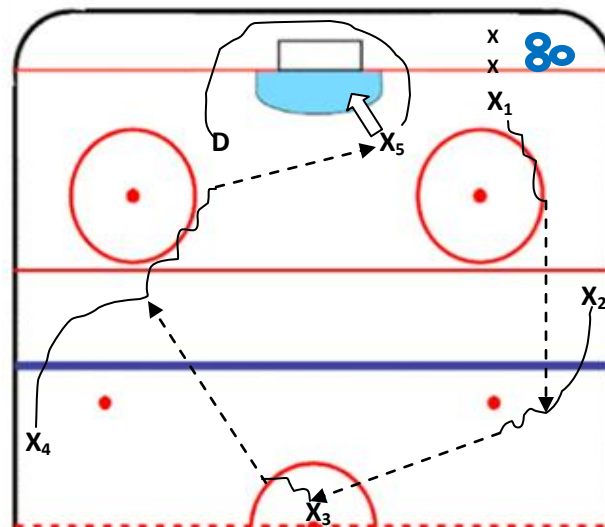
- Goalie passes ring to X1 who passes to X2 who passes to X3 who goes in for shot
- Then X3 goes to end of line
- Then X3 goes through one direction, then changes to go to goalie's right Then X3 goes through one direction, then changes to go to goalie's right



Drill #2

Follow your pass drill

- X1 to X2 (could be a board pass)
- X2 to X3
- X3 to X4 (over blue line)
- X4 skates and passes to X5
- X5 shoots and then becomes defence
- Rotate to positions and go to back of the line



Stage: UI2

Practice: # 18 ($\frac{1}{2}$ Ice Practice)

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

- Welcome athletes.
- Review procedures for safety, water breaks, etc.
- Discuss goals of practice + planned drills/activities

Warm up (10-12 minutes)

Drill #1: Skating Passing Drill

Give and Go R14-4.2.2

- Players in both corners and 4 players on blue lines in the middle of the ice
- At same time both ends start, player skates to free play line and passes to player at blue ice.
- Player passes back at center ice and skater receives ring and passes right away to next player in middle of the ice.
- Player then picks up ring over second blue line and goes in a shoots.

Player then becomes the first passer on the opposite side of the ice

Drill #2: Stretching – Agility / Balance / Coordination (ABC'S) of Warm-Up

Agility Skating S22-3.15

- Knee Drop
- Snow Queen
- Hop
- Wide Crossovers
- Skiing
- Inside Edges
- Outside Edges
- Single Leg Snaking

Cool down (5-10min)

Half ice – Scrimmage: 5on 5 OR

Full ice (discuss pre-practice with other coach)

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

- Wrap up daily activities and prepare athletes for next ice time.
- Before each athlete leaves the ice discuss what position they like playing the best
- Coaches are available for questions

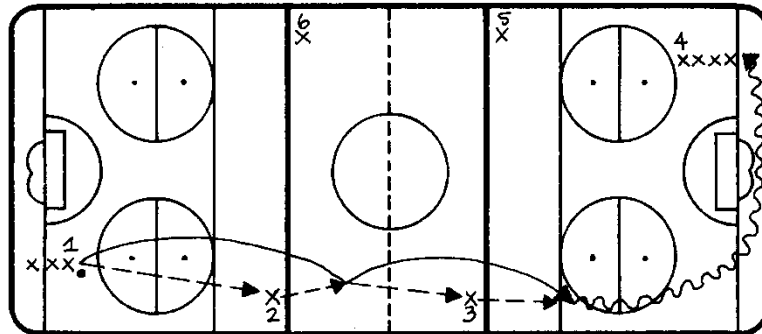
Drill #1

4.4.2 Give and Go

Equipment: Rings are required.

Description: Players line up in opposite corners of the ice. Stationary players are located as indicated. On the whistle, Player 1 passes to Player 2 and receives the pass back over the blue line from Player 2. Player 1 then passes to Player 3 and receives a pass over the second blue line. Player 1 then goes to the other line which has started the same drill down the opposite side of the ice.

Variation: Players may shoot on goal.



Drill #2

3.15.1 Knee Drop

Equipment: None required.

Description: Standing in their own space, players drop to their knees (using their hands to break the fall) and get back up again as quickly as possible. Then players do the same while skating - dropping at each blue line and getting up and skating again.

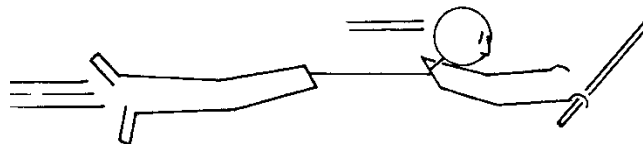
Variation: This drill can also be done with players only touching one knee to the ice at a time while skating.

3.15.2 Snow Queen

Equipment: None required.

Description: Players start on the goal line and skate forward the length of the ice. At the first blue line, they dive forward under control and slide on their stomach (with their stick directly out in front - if carrying one). Then they get up as quickly as possible.

Variation: Same as above, except while sliding on the ice, players roll like a log, keeping control of their body (and stick) and then get up again as quickly as possible.



3.15.3 Hop the Stick

Equipment: One stick for every two players is needed.

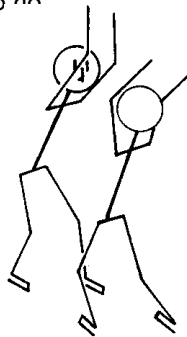
Description: In pairs in their own space on the ice, one partner is the sweeper and the other is the hopper. The sweeper is on two knees holding the stick pointing outward in one or two hands. With the stick on the ice, the sweeper moves it back and forth like a windshield wiper. The hopper has to jump over the stick one foot at a time (like skipping), while trying to keep the head up and eyes straight ahead. Partners then switch roles and repeat the drill.

3.15.4 Mirror Drill

Equipment: None required.

Description: In partners, the two face each other. One is the leader and the other the follower. The leader moves forward, backward, side to side, jumps, falls to knees, to stomach, rolls over, etc. Any combination of these can be used while the follower mimics each of the moves. Then the partners switch roles and continue the drill.

Variation: This drill can also be done as a large group, with the instructor as the leader. Using signals, the leader stands facing the players who are spread out in their own space, and points to what the players are to do.



3.15.5 Wide Crossovers

Equipment: None required.

Description: While skating either the length of the ice or around the rink, players lift one leg high to the side, then cross it over the other leg. When that leg touches down on the ice, the other leg is lifted and repeats the movement of the first leg. This is a continuous movement. The intent is to use the outside edges of the skate blades as much as possible.

Variation: This drill can also be done skating backwards.

3.15.6 Skiing

Equipment: None required.

Description: While moving from one end to the other or around the ice, players keep both feet together and cut the ice pushing with their heels on one side then the other in a parallel skiing motion. Both feet stay on the ice at all times.

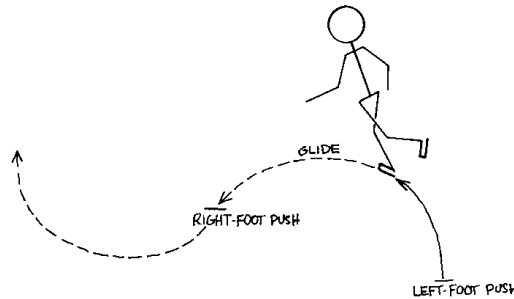
Variation: Once proficient in skiing, moguls can be added so that after each cut the player does a two foot hop before cutting the other way. This is a difficult movement requiring good leg strength.

3.15.7 Inside Edges

Equipment: None required.

Description: While moving from one end to the other or around the ice, players first push once with their left foot and glide on the inside edge of their right foot in a semi-circle to the left. When they get back to the middle, they push once with their right foot and then glide on the inside edge of their left foot in a semi-circle to the right, and repeat the drill. This is a continuous movement.

Variation: This drill can be done backwards as well.



3.15.8 Outside Edges

Equipment: None required.

Description: While moving from one end to the other or around the ice, players first push once with their right foot and glide on their left foot outside edge in a semi-circle to the left. Then when they get back to the middle, they push once with their left foot and glide on the outside edge of their right foot in a semi-circle to the right. Then the drill is repeated in a continuous motion.

Variation: This drill can be done backwards as well.

3.15.9 Single Leg Snaking

Equipment: None required.

Description: While skating forward, players lift one leg off the ice. The supporting leg, well flexed, continues to push, alternating from inside to outside edge, in a snaking motion. The other leg can help with momentum by swinging it in the direction of travel.

Variation: Once proficient, this drill can be done backwards.

