



U16|U19

Practice plans

This guide was completed by a group of volunteer coaches as part of an LTAD initiative. Thank you to:
Madeleine Crandell, Paul Youldon, Jeff Allen, Tracy Peacock, Terry Nosal

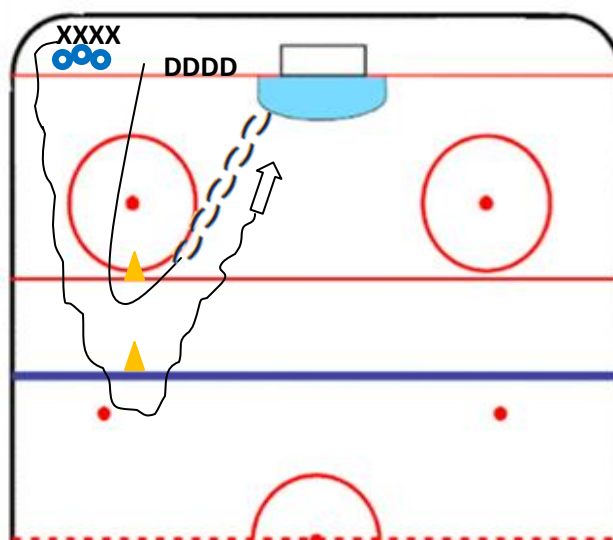




Stage: U16/U19
CHECKING DRILLS

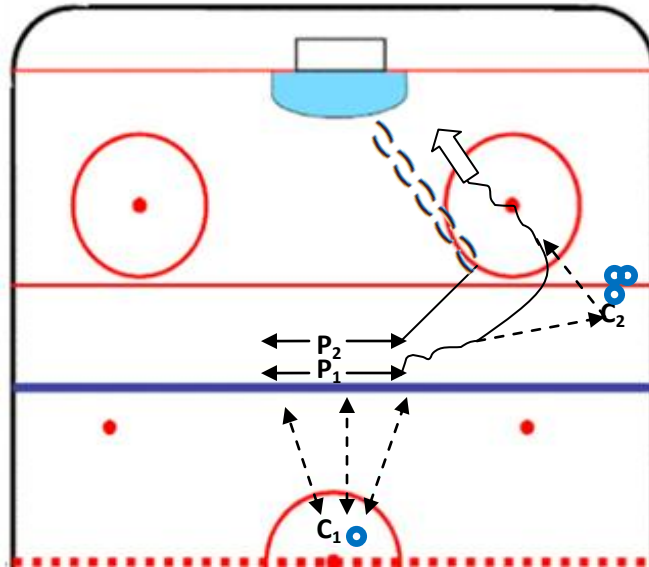
Drill #	ACTIVITY
1	1 on 1 Defending
2	Man on Marking
3	2 vs 1 in Corner
4	Confined Area Double Teaming (Ref. 4.9.2)
5	Angle Checking (with or without sticks) (Ref. 4.7.9)
6	C-Drill
7	It's not fair

Drill # 1



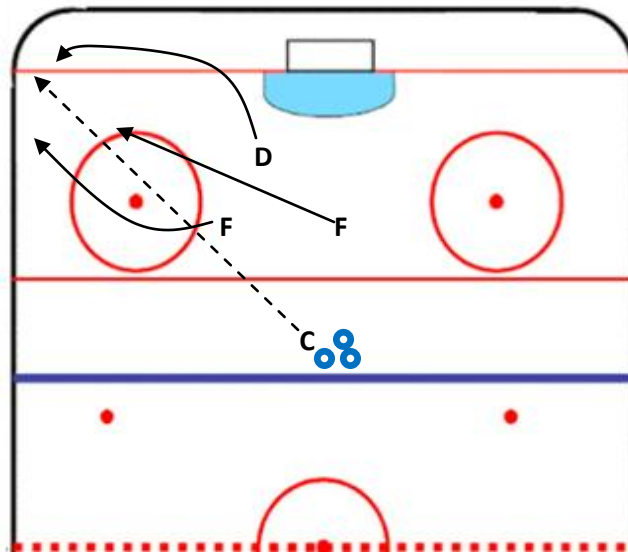
Drill Name:	1 on 1 Defending		Duration:	5 minutes	
What Skills are we developing?	Players: <ul style="list-style-type: none"> Start this drill with Defence having no stick and progress to Sweep Check Focus here is on the Defender, Body Position for gap control between attacker and getting the Sweep check. 		What do I need? <ul style="list-style-type: none"> Ring 		
Goalkeepers:	Involved in this drill				
Drill Details:	<ul style="list-style-type: none"> Players form two lines in one of the corners of the rink Player 1 starts out with the ring (offensive player) and rounds the farthest pylon Player 2 (Defensive Player) heads out at the same time around the closest pylon As both players round the pylon, player 2 sets themselves up to defend against player 1 Player 2 should keep them positioned Belly Button to Belly Button with player 1 Ring carrier trying to get around Defender – Defender challenging the ring carrier by checking at stick – taking away the shooting lane Defender sweep checks attacking player 			TIPS <ul style="list-style-type: none"> Start with no stick with defence Progress to stick- angle checking + sweep checking Add another forward to create 2 on 1 	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations	
December	Introduction to the drill, run 1/2 to 3/4 speed. Focus on technique.		Run full speed. And focus on gap control	Add another forward and run a 2 on 1	
Skills Matrix					
Skating, Sharp Turns, Acceleration	Ring Skills, Checking, Body position, Sweep	Skating Backward, Sharp Turns			

Drill # 2



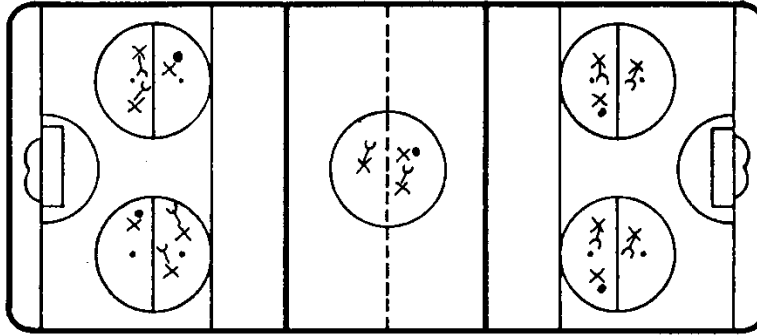
Drill Name:	Man on Marking	Duration:	5 minutes	
What Skills are we developing?		What do I need?		
Players: <ul style="list-style-type: none"> • Focus is on Covering Players • Ensure the ring is moved quick • Work on lateral movement - defence marking • Receiving passes under pressure 		<ul style="list-style-type: none"> • Ring • Whistle 		
Goalkeepers:		TIPS		
Involved in this drill				
Drill Details:			<ul style="list-style-type: none"> • Make sure defence is shoulder to shoulder with the forward not looking at the ring. 	
<ul style="list-style-type: none"> • Coach 1 starts with ring, passes to player 1, who is trying to get open • Player 1 takes pass and returns pass to coach 1 • Player 2 defends and tries to get ring from player 1 if player 2 gets ring, passes back to coach 1 • After 3 passes to coach 1, coach 1 blows whistle, player 1 moves to coach 1 to take another pass, player 2 defends as player 1 tries to score. 				
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
		December-February		
Skills Matrix				
Ring Skills, Checking Body Position				

Drill # 3



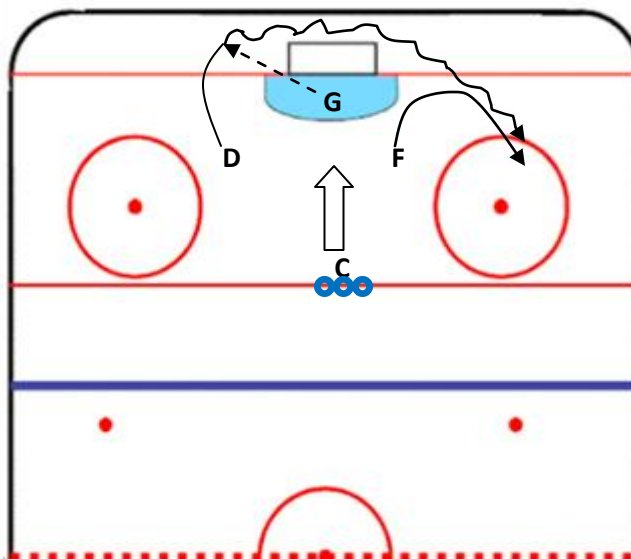
Drill Name:	2 versus 1 in corner			Duration:	7-10 minutes
What Skills are we developing?	Players: (see matrix)			What do I need? • Rings	
Goalkeepers: Involved in this drill					
Drill Details:				TIPS	
<ul style="list-style-type: none"> • Alternate sides • Coach passes ring to corner • Defence skates to retrieve loose ring • Both forwards attack • Focus on role of forwards • First forward angles player to the boards • Second forward comes in for the side stick check or 2nd stick in • Defence works on ring protection; quick feet out of the corners • Repeat on the other side 				<ul style="list-style-type: none"> • Teach Forward roles - containment and tie player up using the boards 	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations	
		December-February			
Skills Matrix					
Skating Acceleration, Forward Crossover	Ring Skills, Checking Body position (Angling), Side Stick				

Drill # 4



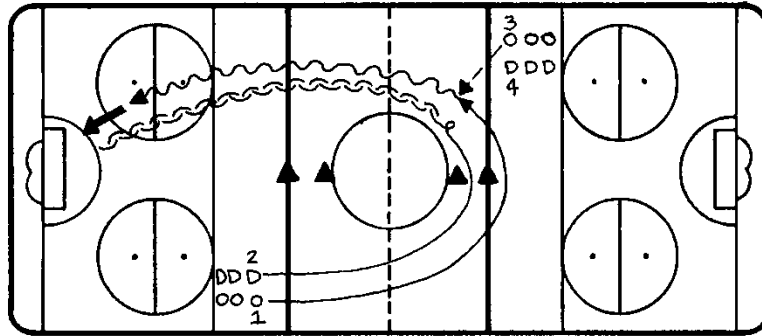
Drill Name:	Confined Area Double Teaming			Duration:	5 minutes
What Skills are we developing?	Players: (see matrix)			What do I need? <ul style="list-style-type: none"> Rings 	
Goalkeepers:					
Drill Details:					TIPS
4.9.2 Confined Area Double Teaming Equipment: Rings are required. Description: Players are sent to a confined area (e.g. free pass circle) in groups of 3. Two players check the ring carrier. Rotate positions.					
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations	
		December-February			
Skills Matrix					
Ring Skills, Checking Double Teaming, Back Check, Sweep Check					

Drill # 5



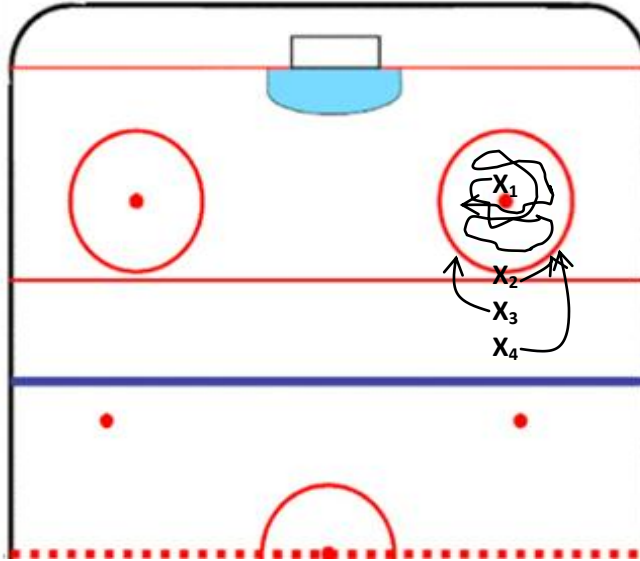
Drill Name:	Offence Angle Checking	Duration:	10 minutes	
What Skills are we developing?		What do I need?		
Players: (see matrix)		<ul style="list-style-type: none"> Rings 		
Goalkeepers: Involved in this drill				
Drill Details: <ul style="list-style-type: none"> Players form two lines on either side 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. 			TIPS <ul style="list-style-type: none"> The object is to force the ring carrier to the boards and away from the net; Offence - forward attacking opposing defence with the ring. 	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
November-December	Start forward without using a stick	December-February	Add one more line for double teaming.	
Skills Matrix				
Ring Skills, Checking Body Position, IonI checking	Ring Skills, General Carrying the Ring	Ring Skills Receiving, Retrieving open rings		

Drill # 6



Drill Name:	C-Defending	Duration:	10 minutes
What Skills are we developing?		What do I need?	
Players: <ul style="list-style-type: none"> • Acceleration – forward/backward • Pivots • Forward sweep pass • Receiving 		<ul style="list-style-type: none"> • Rings • Pylons 	
Goalkeepers: Involved in this drill			
Drill Details: 4.10.23 "C" Defending			TIPS
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.			
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks
November - December		January - February	3 Players go for a 2 vs. 1; 4 players go for a 2 on 2
Skills Matrix			
Skating Acceleration - Forward/Backward	Skating Transitions, Pivots	Ring Skills, Passing, Forward Sweep	

Drill # 7



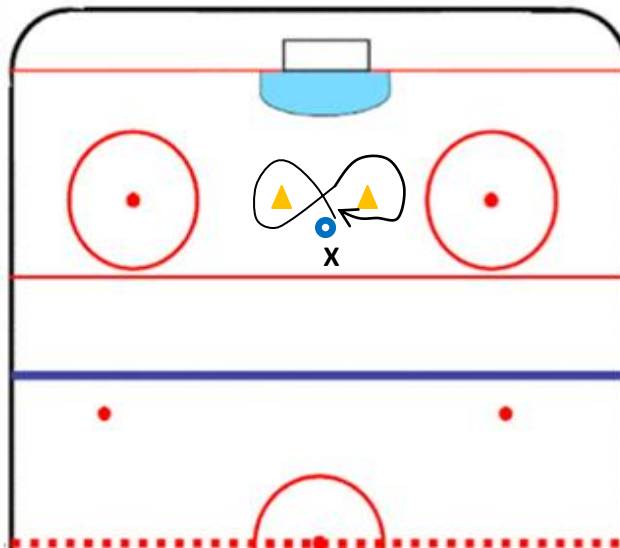
Drill Name:	It's not fair		Duration:	7-10 minutes	
What Skills are we developing?	Players: (see matrix)			What do I need? • Ring	
Goalkeepers: Not involved in this drill					
Drill Details:	<ul style="list-style-type: none"> • Player 1 skates around circle with ring for approx 10 seconds • Add player 2 to create 1 on 1 checking • After 20 seconds add player 3 for a 2 on 1 checking • If able, add player 4 for a 3 on 1 checking 			TIPS	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations	
November					
Skills Matrix					
Ring Skills, General Protecting the ring	Ring Skills, Checking, Body Position				



Stage: U16/U19
DEKES DRILLS

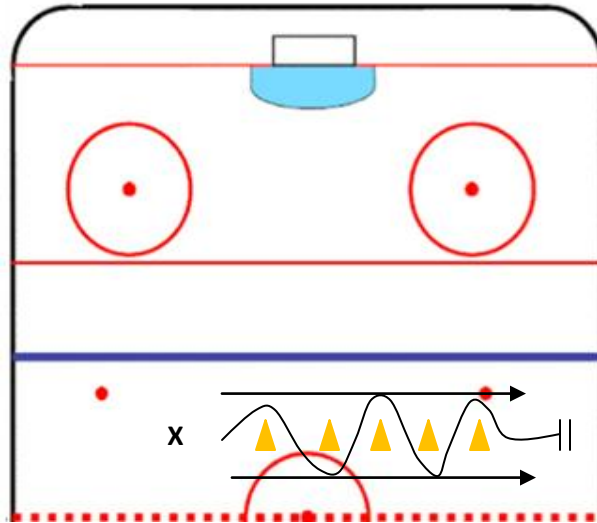
Drill #	ACTIVITY
1	Figure 8
2	Stick Weaves
3	Fake Drop
4	Fake Pass
5	Fake Shot

Drill # 1



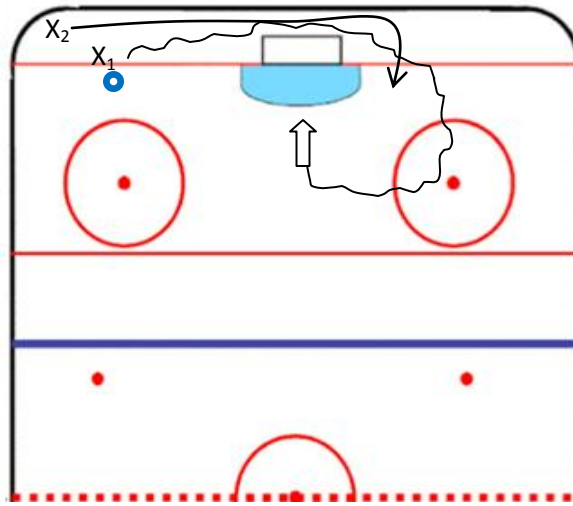
Drill Name:	Figure Eights			Duration:	5 minutes
What Skills are we developing?	Players: (see matrix)			What do I need? <ul style="list-style-type: none"> • Ring • 2 small pylons 	
Goalkeepers:					
Drill Details:				TIPS	
<ul style="list-style-type: none"> • Small pylons 2-3 feet apart • Player standing stationary with ring on stick make a figure 8 around the pylons 				<ul style="list-style-type: none"> • Emphasize on moving upper body with stick movement • Wide stance and knees bent 	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations	
Late December		January			
Skills Matrix					
Ring Skills, Dekes, Body and head fakes					

Drill # 2



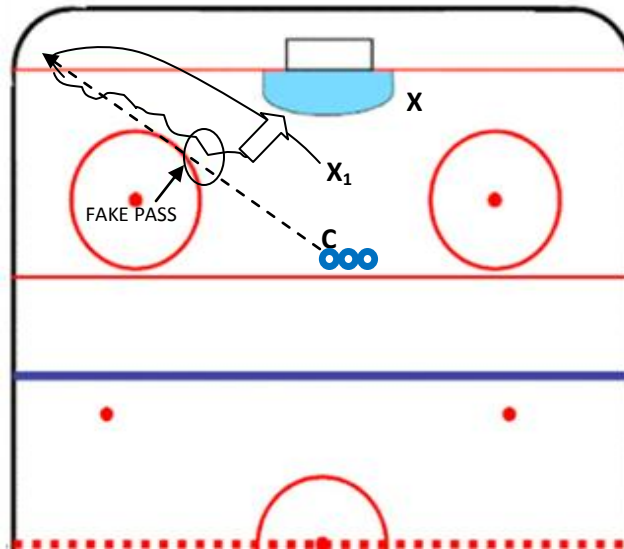
Drill Name:	Stick Weaving	Duration:	5 minutes	
What Skills are we developing?	What do I need? <ul style="list-style-type: none"> • Rings • 6 pylons 			
Players: (see matrix)				
Goalkeepers: Involved in this drill				
Drill Details: <ul style="list-style-type: none"> • Small pylons 2-3 feet apart • Player skates hard toward pylons from center line • Player puts one skate on each side of pylon gliding maintaining a wide stand over all pylons or cones, carry ring and weave ring through pylons 	TIPS <ul style="list-style-type: none"> • Emphasize on body and head fakes by weight shifting with stick movement • Wide stance and knees bent. 			
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
Late December		January	Add pylons and increase intensity	
Skills Matrix				
Ring Skills, Dekes, Body and head fakes				

Drill # 3



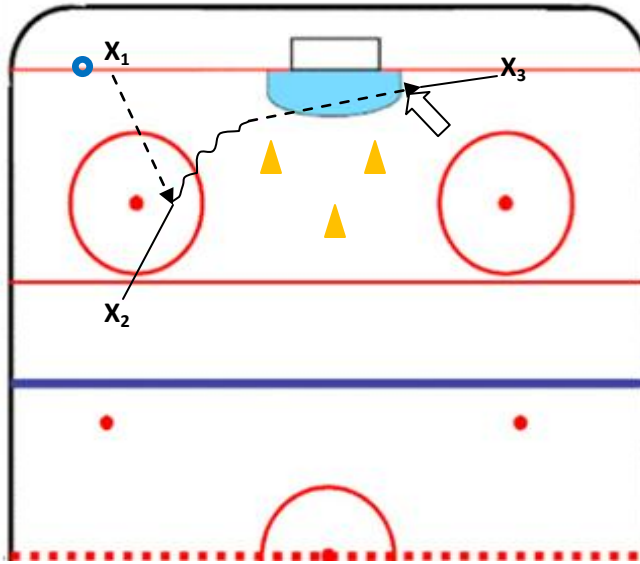
Drill Name:	Fake drop		Duration:	5 minutes	
What Skills are we developing?	Players: (see matrix)			What do I need? <ul style="list-style-type: none"> Rings 	
Goalkeepers:					
Drill Details:				TIPS	
<ul style="list-style-type: none"> Player 1 with ring skates behind the net and cycles the top of the offensive zone Player 2 follows and stays at the side of the crease Player 1 fakes a back pass and drives to the net 					
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations	
		January-February			
Skills Matrix					
Ring Skills, Dekes *Fake Drop (not in matrix but should be)		Ring Skills, Shooting Forehand Sweep, Forehand Wrist			

Drill # 4



Drill Name:	Fake pass		Duration:	5 minutes	
What Skills are we developing?	Players: (see matrix)			What do I need? <ul style="list-style-type: none"> Rings 	
Goalkeepers:					
Drill Details:				TIPS	
<ul style="list-style-type: none"> Coach passes ring into the corner Player 1 retrieves ring Player 2 plays Defence Player 1 <u>fakes pass back</u> to coach and drives to the top of the crease for a shot Variable: Fake crease pass 					
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations	
		January-February			
Skills Matrix					
Ring Skills, Dekes, Fake Pass					

Drill # 5



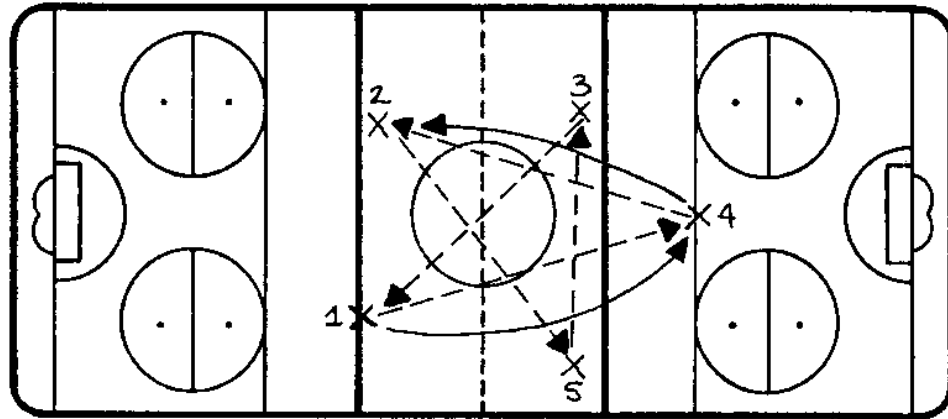
Drill Name:	Fake shot		Duration:	5 minutes	
What Skills are we developing?	Players: (see matrix)			What do I need? <ul style="list-style-type: none"> Rings 	
Goalkeepers:					
Drill Details:	<ul style="list-style-type: none"> Player 1 passes to player 2 who is skating to the net Player 1 fakes a shot and makes a crease pass to player 3 and shoots Rotate Positions 			TIPS	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations	
		January-February			
Skills Matrix					
Ring Skills, Dekes, Fake Pass					



Stage: U16/U19
PASSING DRILLS

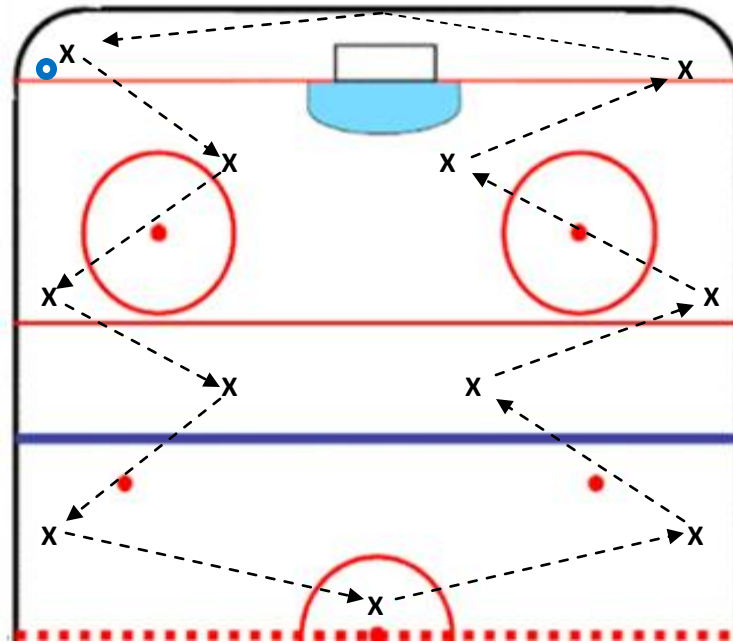
Drill #	ACTIVITY
1	Star (Ref 4.2.7)
2	Modified W-Pass
3	2-Ring Partner Pass
4	Diagonal Pass (Ref 4.4.6) Stage 1
5	Diagonal Pass Stage 2
6	Support Give and Go
7	Breakaway Lead Pass #1
8	Breakaway Lead Pass #2
9	Full Ice - Philly
10	4 Corner Full Ice
11	8 Pylon Pass
12	Drop Pass with Shot (Ref 4.5.4)
13	Finland
14	4 Corner Follow your Pass (Ref 4.10.3)

Drill # 1



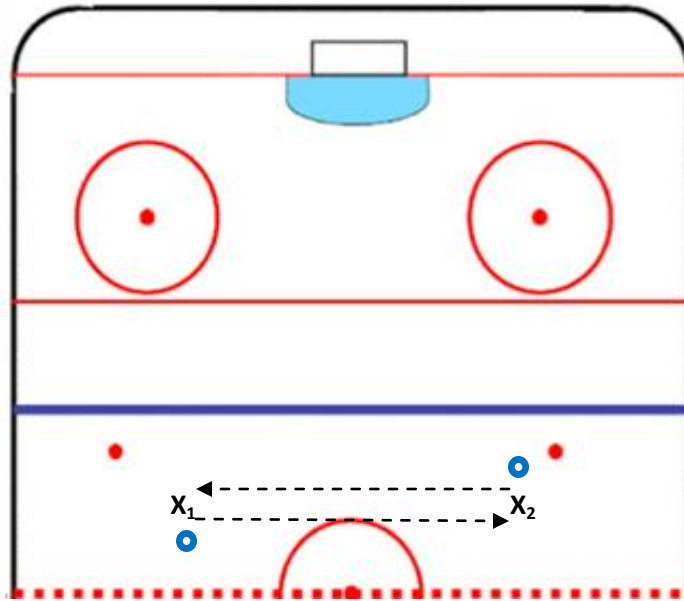
Drill Name:	Star Passing	Duration:	5 minutes	
What Skills are we developing?		What do I need?		
Players: <ul style="list-style-type: none"> • Works on hand-eye coordination • Focus on communication • Have the passer call the receivers name when passing 		<ul style="list-style-type: none"> • Rings 		
Goalkeepers:				
Not involved in this drill				
Drill Details:			TIPS	
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.			<ul style="list-style-type: none"> • Be sure to use forehand sweep and backhand sweep • Progression: add extra rings 	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
October-December		January-February	Add Extra Rings; Add small orange rings	Increase intensity
Skills Matrix				
Passing, Receiving, Forehand sweep	Passing, Receiving, Stabbing the Ring	Passing, receiving	Passing, Backhand Sweep	

Drill # 2



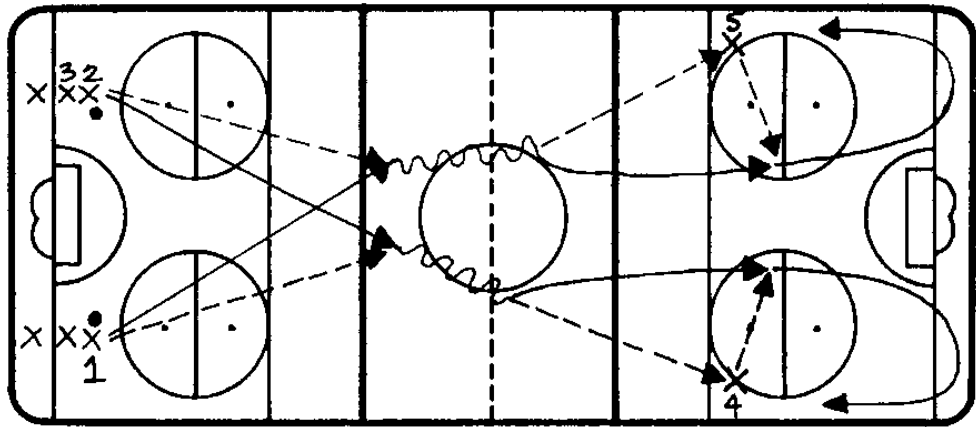
Drill Name:	W Pass modified	Duration:	5 minutes	
What Skills are we developing?		What do I need?		
Players: <ul style="list-style-type: none"> • Works on hand-eye coordination • Focus on communication • Have the passer call the receivers name when passing 		<ul style="list-style-type: none"> • Rings 		
Goalkeepers:				
Not involved in this drill				
Drill Details:			TIPS	
<ul style="list-style-type: none"> • Varies to the number of players on ice • Zigzag the players to the basic form that is shown on diagram • Every other player has a ring • Pass to player on their right, turn to receive pass from player on the left • Call team mates name to receive the ring • Continuous passing for duration of drill • Switch direction of ring flow half way through drill 			<ul style="list-style-type: none"> • Be sure to use forehand sweep and backhand sweep 	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
October-December		January-February	Use small orange rings; increase intensity	October-December
Skills Matrix				
Passing, receiving Forehand sweep	Passing, Receiving, Stabbing the Ring	Passing, receiving Sweep	Passing, Backhand Sweep	

Drill # 3



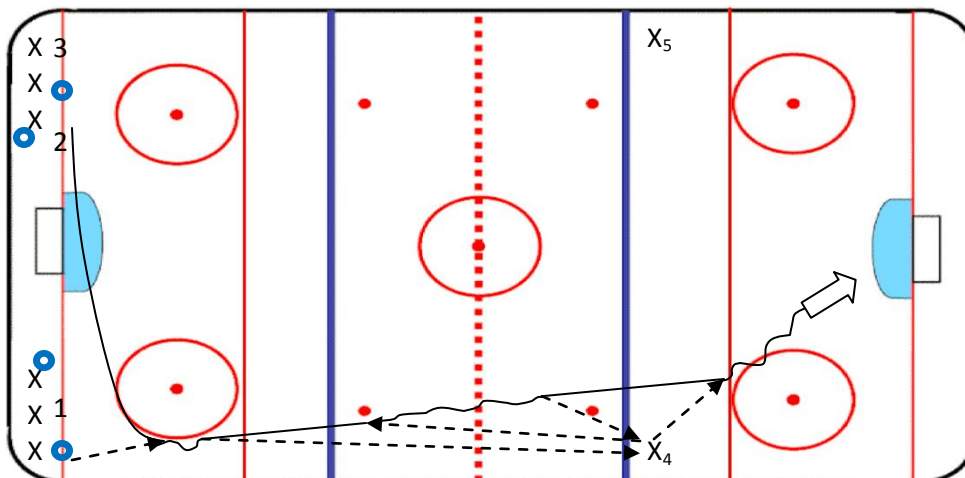
Drill Name:	2 Ring Partner passing		Duration:	5 minutes	
What Skills are we developing?	Players: <ul style="list-style-type: none"> • Works on hand-eye coordination • Focus on ring control • Focus on firm, accurate passes 		What do I need?		
Goalkeepers:	Not involved in this drill		<ul style="list-style-type: none"> • Rings 		
Drill Details:			TIPS		
<ul style="list-style-type: none"> • Players partner in to pairs • Stationary drill, players stand approximately 10 ft from boards on either side of ice facing each other both have a ring • Players hold ring on their left side and pass to each other at the same time so the other player must receive the ring on their right side • Players then move the ring across their body and repeat • Continuous drill for duration • Switch the side they pass from half way • Practice forehand and backhand sweep passing 					
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations	
October-December		January-February	Move partners closer to each other. Make more difficult	Use small orange rings	
Skills Matrix					
Passing, receiving Passing, Forehand sweep		Passing, Receiving, Stabbing the Ring		Passing, receiving Passing, Backhand Sweep	

Drill # 4



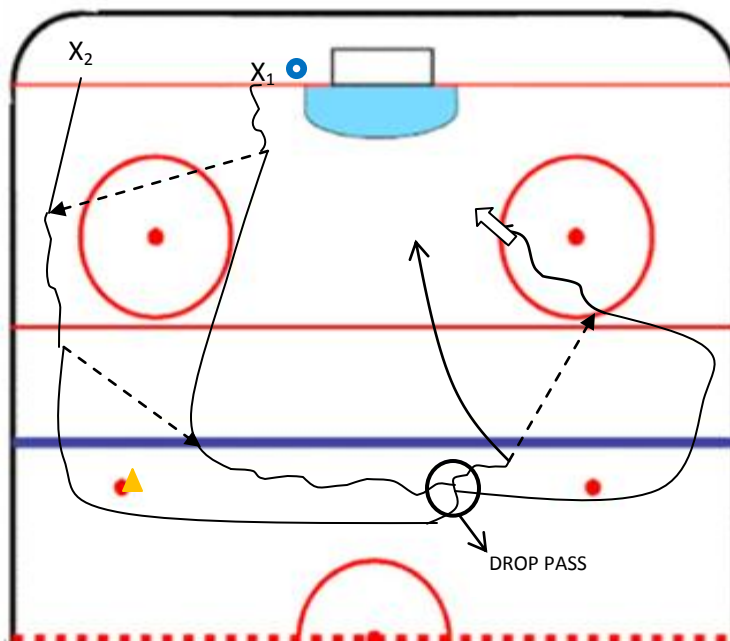
Drill Name:	Passing and Receiving	Duration:	5 minutes	
What Skills are we developing?	Players:		What do I need?	
	<ul style="list-style-type: none"> • Works on hand-eye coordination • Focus on ring control • Focus on firm, accurate passes 		<ul style="list-style-type: none"> • Rings 	
Goalkeepers:	Involved in this drill			
Drill Details:	4.4.6 Diagonal Pass and Skate		TIPS	
Equipment:	Rings are required			
Description:	<p>Players line up in 2 lines. Player 1 has the ring. Player 2 skates across the blue line and receives a pass from Player 1. Player 2 passes ring to Player 5, skates across blue line and receives pass back from Player 5. Player 2 curls behind goal line and goes back along boards to the start. Meanwhile Player 1 skates out and receives a pass from Player 3, etc.</p>			
Variation:	Players may shoot on goal.			
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
October-November				
Skills Matrix				
Passing, receiving Forehand sweep	Passing, Receiving, Stabbing the Ring	Ring Skills, Shooting, Forehand wrist shot		

Drill # 5



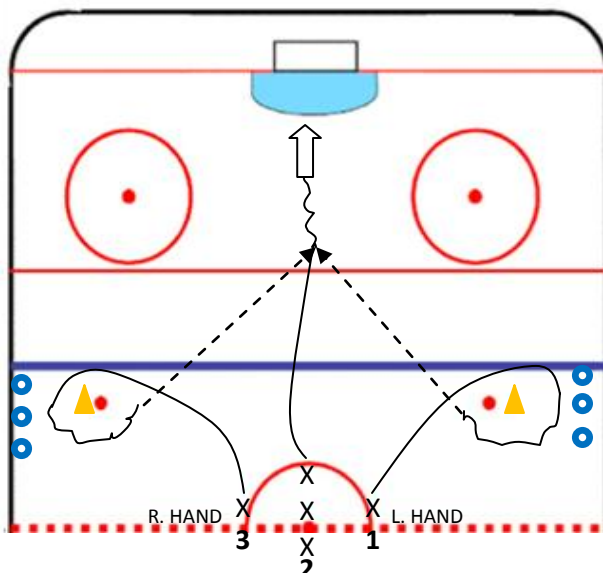
Drill Name:	Diagonal Pass and Skate	Duration:	5 minutes	
What Skills are we developing?	What do I need?			
Players:	<ul style="list-style-type: none"> • Works on hand-eye coordination • Focus on ring control • Focus on firm, accurate passes 		<ul style="list-style-type: none"> • Rings 	
Goalkeepers:	Involved in this drill			
Drill Details:	<ul style="list-style-type: none"> • Players line up in 2 lines • Player 1 has the ring • Player 2 skates across the ice in front of the net and receives a pass from player 1 • Player 2 Passes ring to player 4 as soon as she receives the pass, skates across blue line and receives pass from player 4, passes it back to player 4 before hitting next blue line, receives pass back from player 4 then shoots on net • Once player 2 has received the ring from player 1, player 1 skates out and receives a pass from player 3, passes to player 5, continue the flow of the first player on the opposite side • Players skate back along boards and return to their lines after shooting 			TIPS
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
		December-January		
Skills Matrix				
Passing, receiving Forehand sweep	Passing	Passing, Receiving, Stabbing the Ring	Ring Skills, Shooting, Forehand wrist shot	

Drill # 6



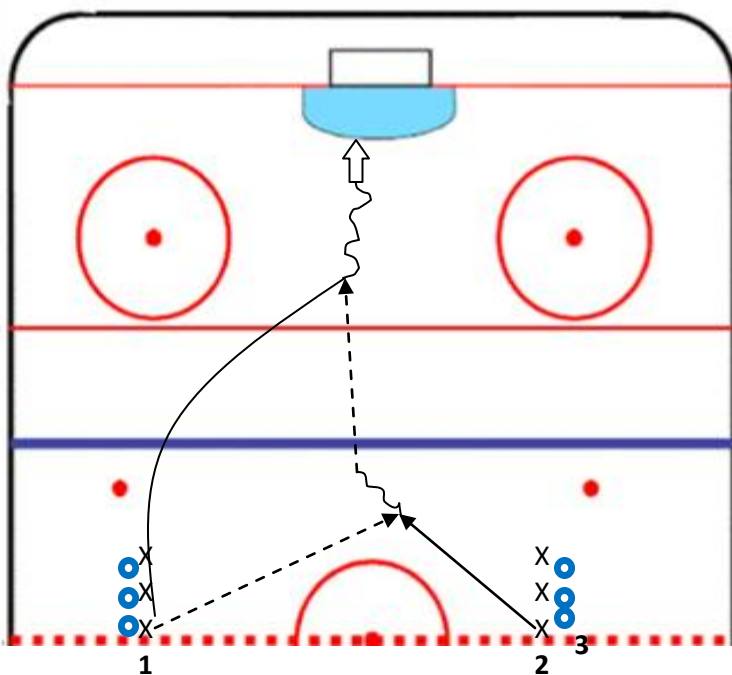
Drill Name:	Support give and go	Duration:	5 minutes	
What Skills are we developing?	Players: <ul style="list-style-type: none"> Focus on support on the boards Emphasize on transition 	What do I need? <ul style="list-style-type: none"> Rings 1 pylon 		
Goalkeepers:				Involved in this drill
Drill Details:			TIPS	
<ul style="list-style-type: none"> Players line up in 2 lines Player 1 has the ring, pass to player 2 who has turned towards the pass then passes back to player 1 over blue line Player 2 delays over blue line to pick up the ring that is dropped at the centre of the ice Player 1 skates over the blue line by the boards, turns and receives pass and then returns ring to player 2 skating hard to the net and shoot 				
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
December	Introduction to the drill, run 1/2 to 3/4 speed. Focus on technique	January-February	Run full speed. Add Chaser on ring carrier	
Skills Matrix				
Passing, Receiving Passing Forehand sweep, Lead Pass, Drop Pass	Passing, Receiving, Stabbing the Ring	Ring Skills, Shooting, Forehand wrist shot	Ring Skills, General Carrying the ring	

Drill # 7



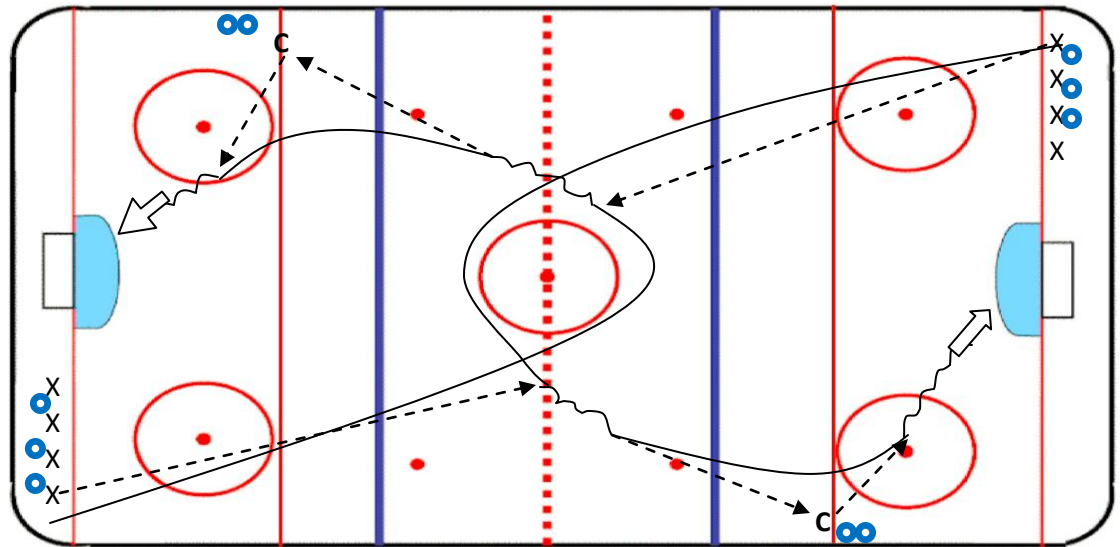
Drill Name:	Breakaway lead pass I		Duration:	5 minutes	
What Skills are we developing?			What do I need?		
Players: <ul style="list-style-type: none"> • Focus on Timing - Patience of receiver • Do not want to be waiting for break away pass 			<ul style="list-style-type: none"> • Rings • 2 pylons 		
Goalkeepers:					
Involved in this drill					
Drill Details:					TIPS
<ul style="list-style-type: none"> • Group in Left Hand Shooters and Right Hand Shooters if possible • Player 1 skates around pylon to retrieve a ring, comes around and throws a breakaway lead pass to player 2 • Player 2 shoots • Player 3 then goes to retrieve a ring and throws lead pass for breakaway to next player • Player 1 goes to 2; 2 to 3; 3 to 1 					
Suggested Time to use Drill for Preparation		Suggested Time to use Drill for Competition		Competition 10-15 weeks	Competition Variations
October-December	Preparation 7-10 Weeks			Add defence pressure to ring carrier	
Skills Matrix					
Ring Skills, Passing Lead Pass	Ring Skills, Receiving, Stabbing the Ring, Retrieving open rings	Ring Skills, Shooting Forehand wrist shot		Ring Skills, General Carrying the ring	

Drill # 8



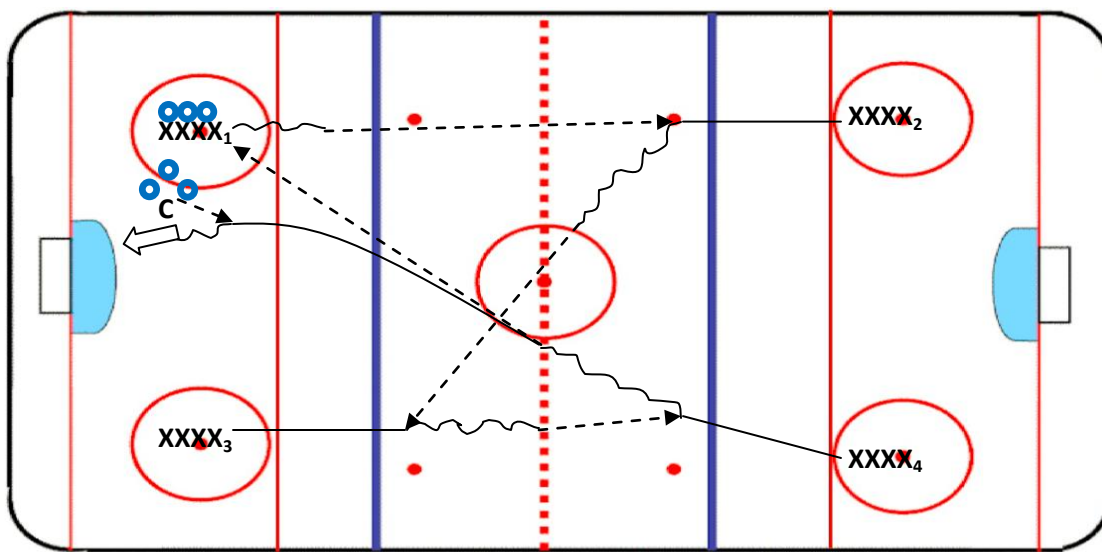
Drill Name:	Breakaway lead pass 2	Duration:	5 minutes	
What Skills are we developing?	Players: <ul style="list-style-type: none"> • Focus on Timing • Focus on weight of the pass - not too hard or too soft 	What do I need? <ul style="list-style-type: none"> • Rings 		
Goalkeepers:				Involved in this drill
Drill Details:		TIPS		
<ul style="list-style-type: none"> • Player 1 throws lead pass to player 2 • Player 2 receives and throws lead pass to player 1 going for a breakaway • Player 3 throws pass and drill repeats 				
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
October-December			Add defence pressure to ring carrier	
Skills Matrix				
Ring Skills, Passing Lead Pass	Ring Skills, General Carrying the Ring	Ring Skills, Shooting Forehand wrist shot, Backhand wrist shot		

Drill # 9



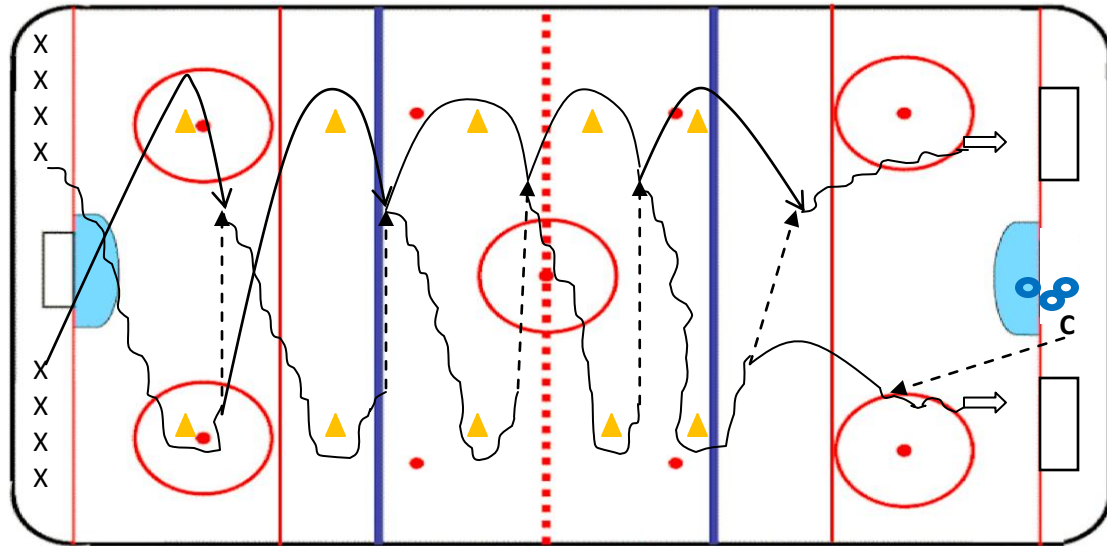
Drill Name:	Full Ice Philly		Duration:	5 minutes	
What Skills are we developing?			What do I need?		
Players: <ul style="list-style-type: none"> • Players skate out strong • Players make hard accurate passes to just in front of skaters • Skaters focus on the pass stabbing the ring then driving to the net • Goaltender and players are to work on deking 			<ul style="list-style-type: none"> • Rings 		
Goalkeepers:					
Involved in this drill					
Drill Details:				TIPS	
<ul style="list-style-type: none"> • Players form two lines at opposite ends and sides of the rink • Player one from each end skates up around the center circle, as player 1 rounds the center circle • Player 2 from the line at the opposite end of the rink passes them the ring, player one picks up the pass and takes a shot on goal, then proceeds on to the back of the opposite line, repeat this process until each player has gone 3 times • Players line then move to the opposite side of their end of the rink and repeat the process • The goalie will move to the other end net for the second time through • Drill may need to be changed to 1/2 ice Philly if not enough players 				<ul style="list-style-type: none"> • In the end with no goalie work on wrists shots to top corner 	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations	
November-December		January-February	Add Coach across blue line for a Give and go pass;	Add Defence	
Skills Matrix					
Passing, receiving Forehand sweep	Passing	Passing, Receiving, Stabbing the Ring	Ring Skills, Shooting, Forehand wrist shot		

Drill # 10



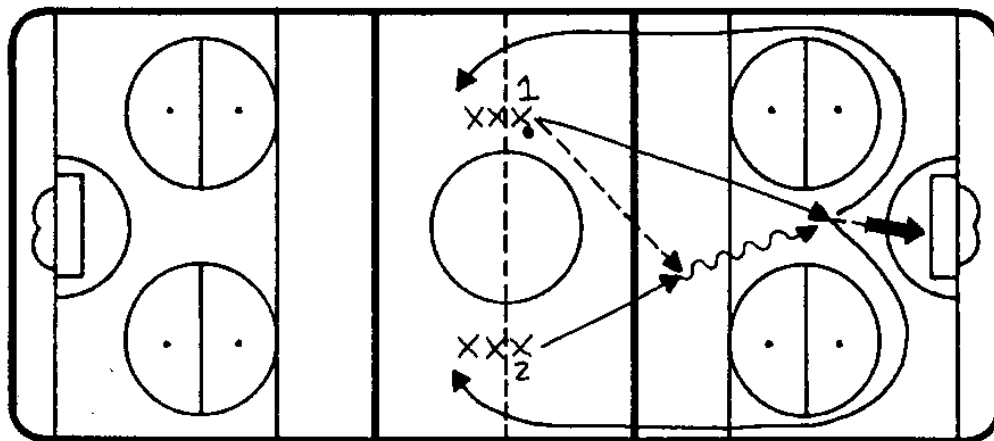
Drill Name:	4 corner Full Ice		Duration:	5 minutes	
What Skills are we developing?	Players:			What do I need?	
	<ul style="list-style-type: none"> No carrying ring over a blue line Trying to keep skating while receiving the ring 			<ul style="list-style-type: none"> Rings 	
Goalkeepers:	Involved in this drill				
Drill Details:	<ul style="list-style-type: none"> Divide team into 4 corners Rings in one corner Player 1 skate forward to free play line passes to player 2 who is skating towards the ring Pick up ring before it goes over the blue line Player 2 passes across the ice to player 3 Player 3 passes ring to player 4 who is skating towards her Player 4 passes over the blue line to player 1 and skates to the net and receives pass from coach and takes a shot Players follow their pass and line up at the end of the next line. 				TIPS
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks		Competition Variations
December		January-February	Add 2 Rings (Player 1 sends a second pass after first ring is passed to player 3)		
Skills Matrix					
Ring Skills, Passing, Forehand sweep	Ring Skills, Receiving, Stabbing the Ring, Retrieving open rings	Ring Skills, Shooting Forehand wrist shot			

Drill # 11



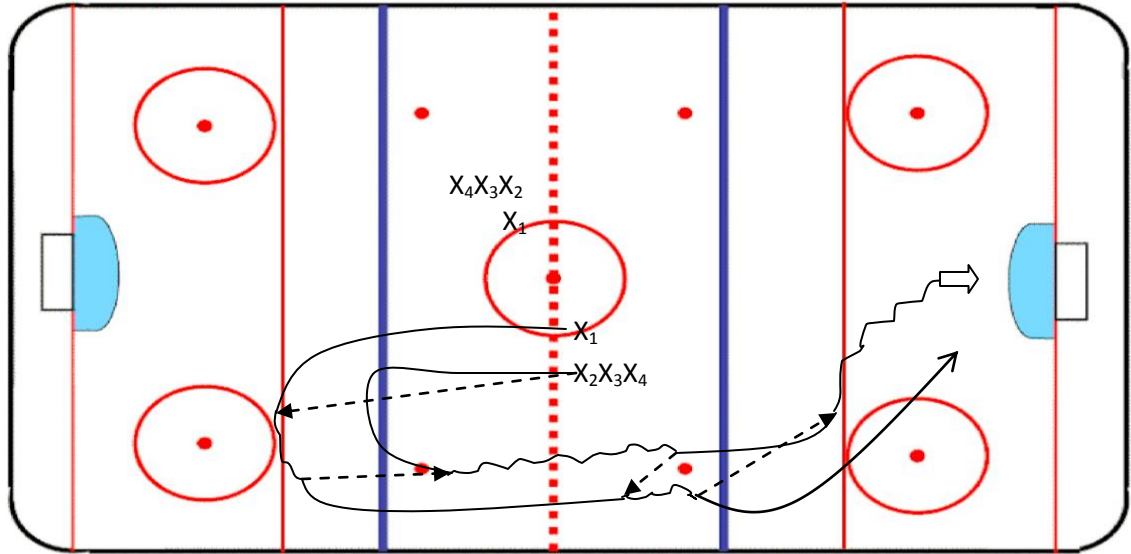
Drill Name:	8 Pylon Pass		Duration:	5-7 minutes	
What Skills are we developing?	Players: (see matrix)		What do I need?		
Goalkeepers: Involved in this drill			<ul style="list-style-type: none"> • Rings • 10 pylons 		
Drill Details:				TIPS	
<ul style="list-style-type: none"> • Start with 2 lines of players (partners), one starts with ring - skates to pylon • The partner skates to opposite pylon • Both cut around pylon and throw the pass • Partner receives pass and drill continues all the way through the pylons • Coach at the end passes ring to player without ring for a shot • Variation: Change forehand pass to drop pass between pylons 				<ul style="list-style-type: none"> • Be sure pylons are not too close to prevent collisions 	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations	
December	Use Drop pass	January-February	Change drop pass to forward sweep pass	Change to Backward sweep pass	
Skills Matrix					
Ring Skills, Passing, Forehand sweep, drop pass		Ring Skills, Receiving, Stabbing the Ring, Retrieving open rings		Ring Skills, Shooting Forehand wrist shot	

Drill # 12



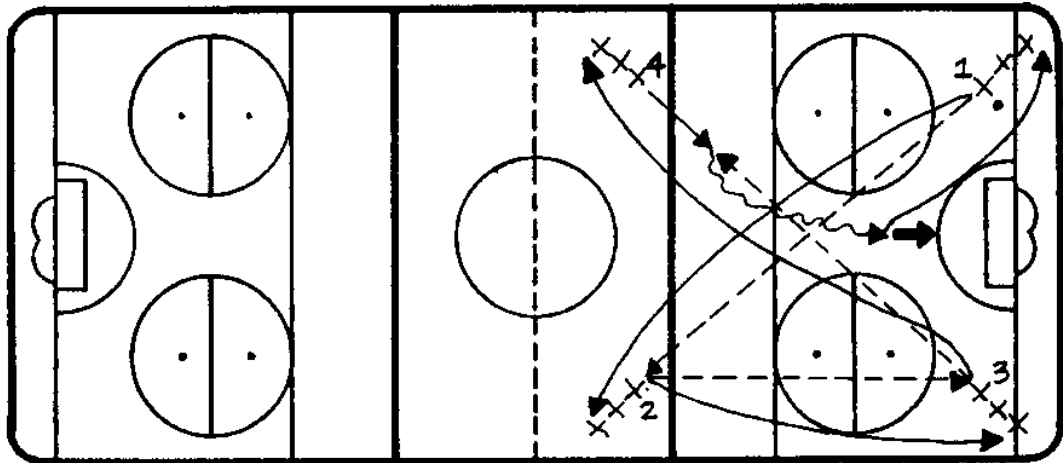
Drill Name:	Drop pass with shot			Duration:	5 minutes
What Skills are we developing?	Players: (see matrix)			What do I need? <ul style="list-style-type: none"> Rings 	
Goalkeepers:					
Drill Details:					TIPS
4.5.4 Drop Pass With Shot Equipment: Rings are needed. Description: Players form two lines 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.					
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations	
		January-February			
Skills Matrix					
Skating, Forward Stride	Ring Skills, Passing Forehand sweep, drop pass	Ring Skills, Shooting Forehand wrist shot			

Drill # 13



Drill Name:	Finland		Duration:	5 minutes	
What Skills are we developing?	Players: (see matrix)			What do I need? <ul style="list-style-type: none"> Rings 	
Goalkeepers:					
Drill Details:				TIPS	
<ul style="list-style-type: none"> Two groups Use both sides of the ice Player 1 skates into the zone and turns to receive a pass from player 2 Player 2 skates towards the blue line and turns to the boards and receives a pass from player 1 Both players skate down the ice and player 2 back passes the ring to player 1 and then receives a return pass from player 2 Player 1 takes a shot Player 3 starts to skate into zone to continue the drill 					
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations	
October-November		December	Increase intensity; Add Defender		
Skills Matrix					
Skating, Forward Stride	Ring Skills, Passing Lead Pass, *Back Pass (currently not in skills matrix but should be added)		Ring Skills, Shooting Forehand wrist shot		

Drill # 14



Drill Name:	4 Corner follow your pass	Duration:	5 minutes	
What Skills are we developing?	What do I need? • Rings			
Players: (see matrix)				
Goalkeepers: Not involved in this drill				
Drill Details: 4.10.3 4 Corners			TIPS	
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.				
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
October-November		February	Use small orange rings; increase intensity	
Skills Matrix				
Ring Skills, Passing, Forehand sweep, Backhand sweep				

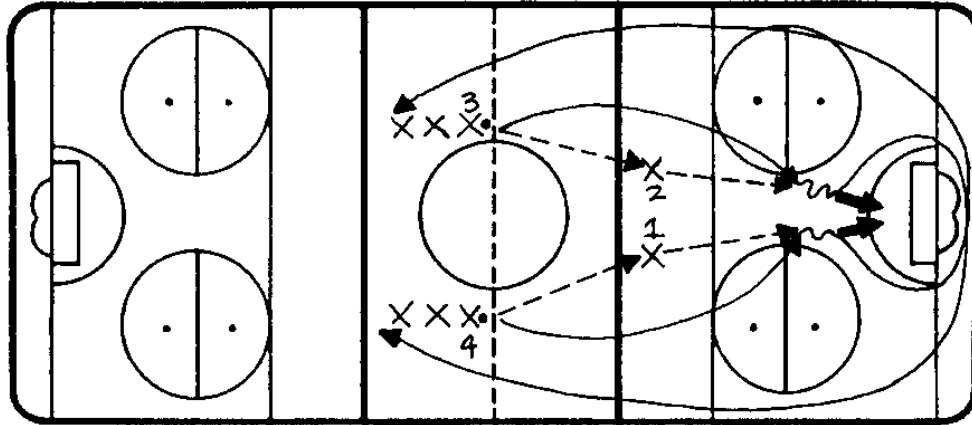
Stage: U16/U19
SHOOTING DRILLS

Drill #	ACTIVITY
1	V-Drill (Ref. 4.10.5)
2	5 Point Drill (Ref. 4.10.6)
3	One-Timers (Ref. 4.10.7, 4.10.16, 4.10.10)
4	Quick Shot with Rebound
5	Moving Cross Crease
6	Horseshoe ½ ice (Ref. 4.10.8)
7	Terry's Targets
8	3 Line Shooting

Note:

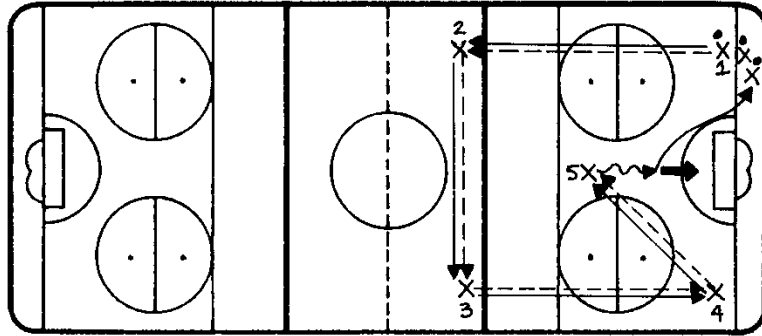
- Many of the passing drills incorporate shooting
- Always remember to vary the shooting option
- Add targets to the nets for ALL drills – even with goalie in.
This will teach players to see “mesh” (target’, instead of where the goalie is.

Drill # 1



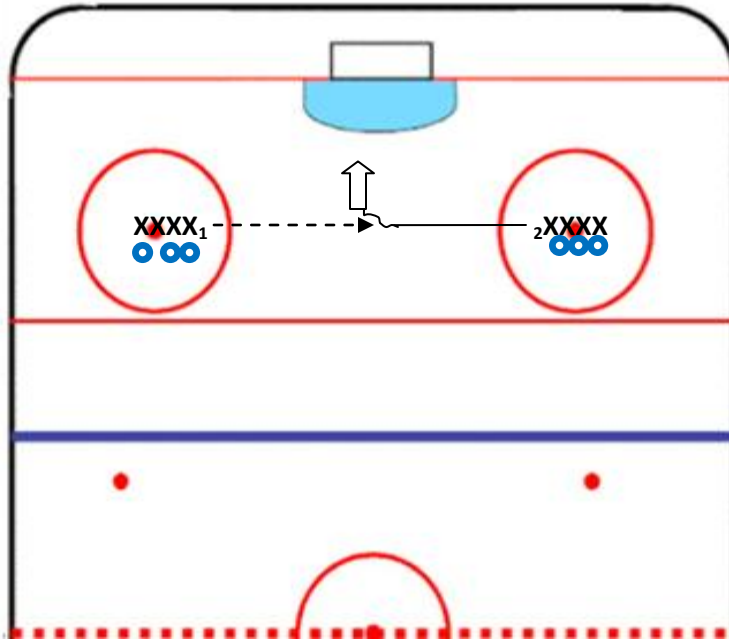
Drill Name:	V drill	Duration:	5 minutes
What Skills are we developing?	What do I need?		
Players: (see matrix)	<ul style="list-style-type: none"> Rings 		
Goalkeepers: Involved in this drill			
Drill Details: 4.10.5 "V" Drill	<p>Equipment: Rings are needed.</p> <p>Description: Two players stand just inside the blue lines. The other players form two lines behind the red line. Player 3 passes to Player 2, then skates toward net, receives the pass back from Player 2, and shoots. The other line performs the same exercise on their side. Remember to change the two stationary players often.</p>		<p>TIPS</p> <ul style="list-style-type: none"> Remember to mix up the shots Change from fore hand to back hand and wrist shot to flip shots
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks
November - December		December-February	
Skills Matrix			
Ring Skills Passing, Forehand sweep	Ring Skills Receiving Stabbing the Ring	Ring Skills Shooting Forehand Sweep, Backhand Sweep, Forehand flip, Backhand flip, Forehand Wrist, Backhand wrist	

Drill # 2



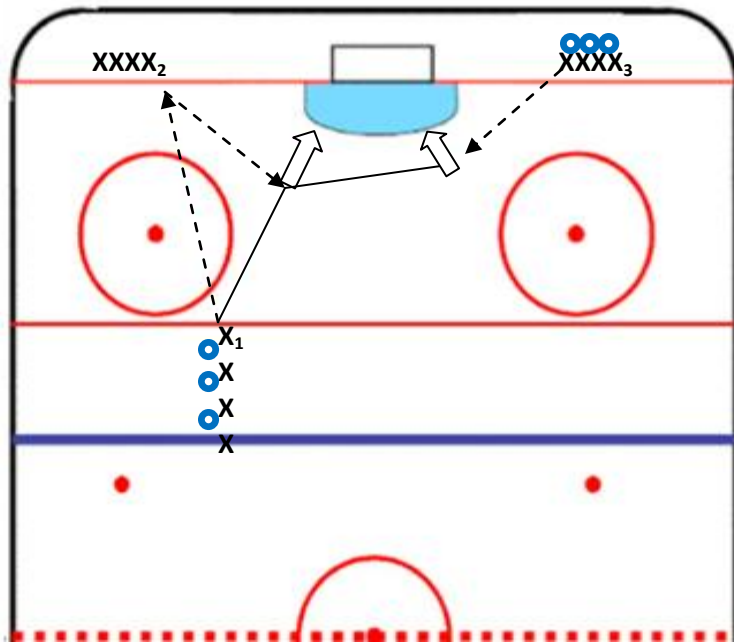
Drill Name:	5 Point drill	Duration:	5 minutes	
What Skills are we developing?	What do I need? <ul style="list-style-type: none"> Rings 			
Players: (see matrix)				
Goalkeepers: Involved in this drill				
Drill Details: 4.10.6 5 Point Drill			TIPS	
Equipment:	Rings are needed.			
Description:	Station five players in the positions indicated. The rest of the players line up in one corner with the rings. The object is to pass the ring to the next station then skate there quickly. Player 5 skates down the middle and picks up the pass from Player 4 and takes a shot on goal. Player 5 then goes to the end of the first line.			
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
November - December		December-February	Add a board pass	
Skills Matrix				
Ring Skills Passing, Board pass, Forehand Sweep, Backhand pass	Ring Skills Receiving Stabbing the Ring	Ring Skills Shooting Forehand Sweep, Backhand Sweep, Forehand flip, Backhand flip, Forehand Wrist, Backhand wrist		

Drill # 3



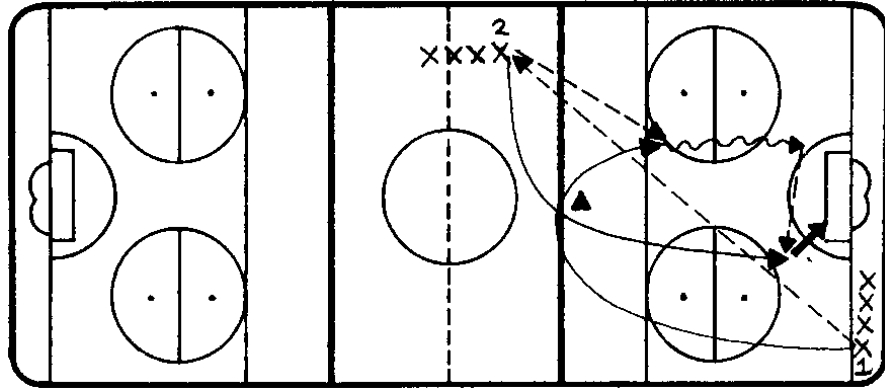
Drill Name:	One Timers			Duration:	5 minutes
What Skills are we developing?	Players: <ul style="list-style-type: none"> Ref 4.10.7 (pressure shooting) in Ringette Canada Drill Manual Ref 4.10.16 (cross crease 1,2,3) in Ringette Canada Drill Manual Ref 4.10.10 (pass from the corner) in Ringette Canada Drill Manual 			What do I need?	
Goalkeepers:	Involved in this drill			<ul style="list-style-type: none"> Rings 	
Drill Details:	<ul style="list-style-type: none"> Player 1 passes to player 2 who is skating to the ring - receives the ring and shoots Then player 1 skates to the ring, player 3 passes... continue on 			TIPS	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations	
		Late December-February			
Skills Matrix					
Ring Skills Shooting Forehand Sweep, Backhand Sweep, Forehand Wrist, Backhand Wrist					

Drill # 4



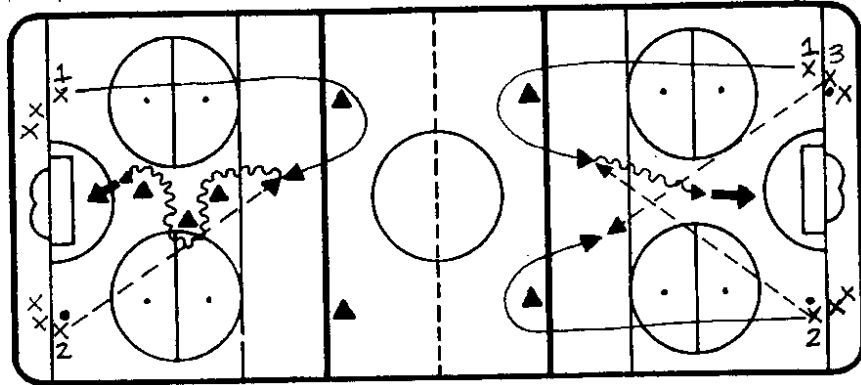
Drill Name:	Quick Shot with Rebound	Duration:	5 minutes	
What Skills are we developing?	Players: (see matrix)		What do I need? • Rings	
Goalkeepers:	Involved in this drill			
Drill Details:	<ul style="list-style-type: none"> • Player 1 passes down to player 2 • Player 2 returns pass to player 1 skating in who takes a shot (flip-forehand/backhand) • Player 1 then receives rebound pass from player 3 and quick shot • Player 1 to 3; 3 to 2; 2 to 1. 			TIPS
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
		January-February	Add defender to middle of hot spot (defender with or without a stick)	
Skills Matrix				
Ring Skills Shooting, Forehand flip, Backhand flip				

Drill # 5



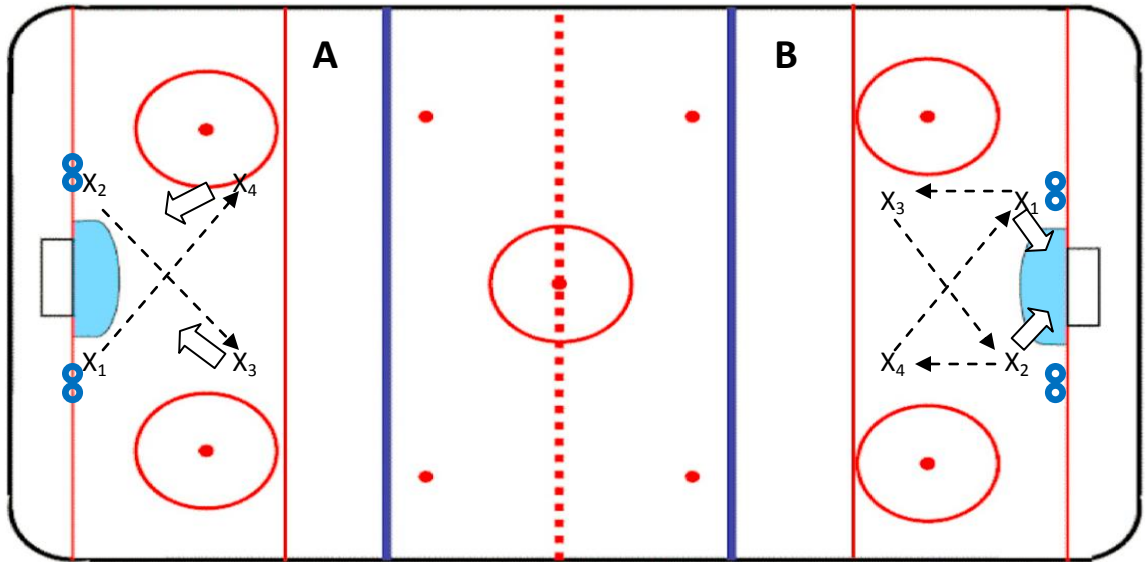
Drill Name:	Moving cross crease	Duration:	5 minutes	
What Skills are we developing?		What do I need?		
Players: (see matrix)		<ul style="list-style-type: none"> • Rings • 1 pylon 		
Goalkeepers: Involved in this drill				
Drill Details: 4.10.18 Moving Cross Crease			TIPS	
<p>Equipment: Rings/Pylons are needed.</p> <p>Description: Player 1 passes to Player 2 and skates around the pylon. Player 2 passes back to Player 1, and skates around pylon down to the side of the crease. Player 1 makes a pass across the crease to Player 2 who shoots. Return to the opposite line along the boards.</p>				
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
December		January-February		
Skills Matrix				
Ring Skills Shooting Forehand Sweep, Backhand Sweep, Forehand Wrist, Backhand Wrist				

Drill # 6



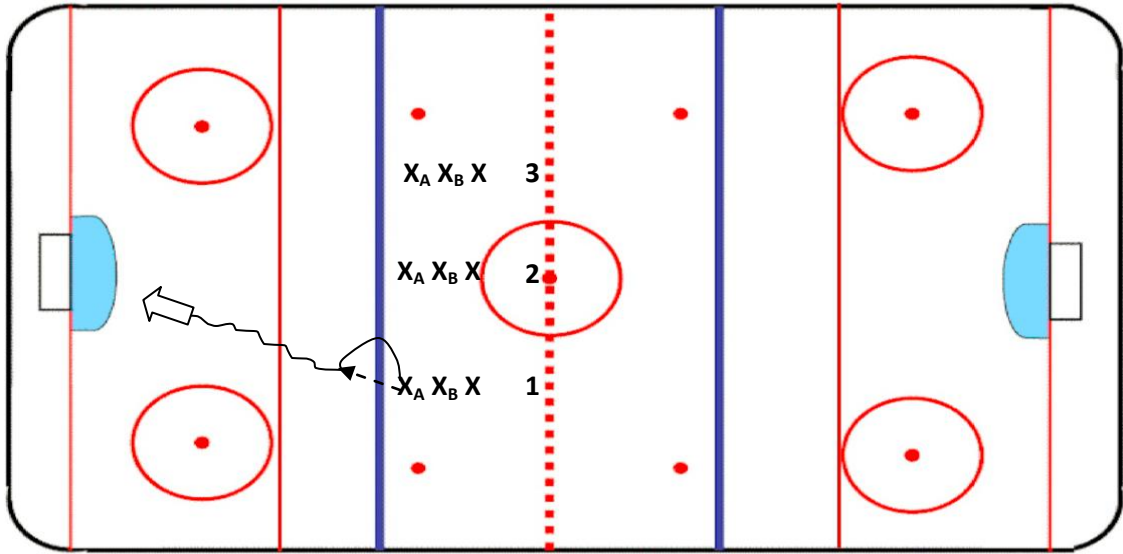
Drill Name:	Horseshoe (half ice)		Duration:	5 minutes	
What Skills are we developing?	Players: (see matrix)			What do I need? <ul style="list-style-type: none"> • Rings • 2 or 4 pylons 	
Goalkeepers:					
Drill Details: 4.10.8 Horseshoe				TIPS	
<p>Equipment: Rings/Pylons are required.</p> <p>Description: Players form two lines in opposite corners. Player 1 skates up and around the first pylon. Player 2 passes the ring to Player 1 and begins to skate around the pylon. Player 1 shoots, and goes behind the opposite line. Player 3 passes the ring to Player 2 etc.</p> <p>Variation: Add pylons in front of the net to weave through.</p>					
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations	
December		January-February	Add pylons in front of net to weave through		
Skills Matrix					
Ring Skills Shooting Forehand Sweep, Backhand Sweep, Forehand Wrist, Backhand Wrist					

Drill # 7



Drill Name:	Terry's Targets		Duration:	5-7 minutes	
What Skills are we developing?	Players: (see matrix)		What do I need?		
Goalkeepers:	Not involved in this drill		<ul style="list-style-type: none"> • Rings • Targets (can be pretty much anything, cow bells, jugs, cones, rings....) 		
Drill Details:			TIPS		
<ul style="list-style-type: none"> • Tie "targets" into 4 corners of nets • Objective: to teach players to look to where they are shooting • 2 groups • Group A: player 1 passes to 4 who shoots at designated target • Player 2 passes to 3 who shoots • (Rotate position after all rings used up) • Group B: change direction of pass so low post player is shooting 			<ul style="list-style-type: none"> • Switch sides to work on a variety of forehand and backhand shots 		
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations	
December		January-February	Make targets smaller(e.g. small orange rings)		
Skills Matrix					
Ring Skills Shooting Forehand Sweep, Backhand Sweep, Forehand Wrist, Backhand Wrist					

Drill # 8



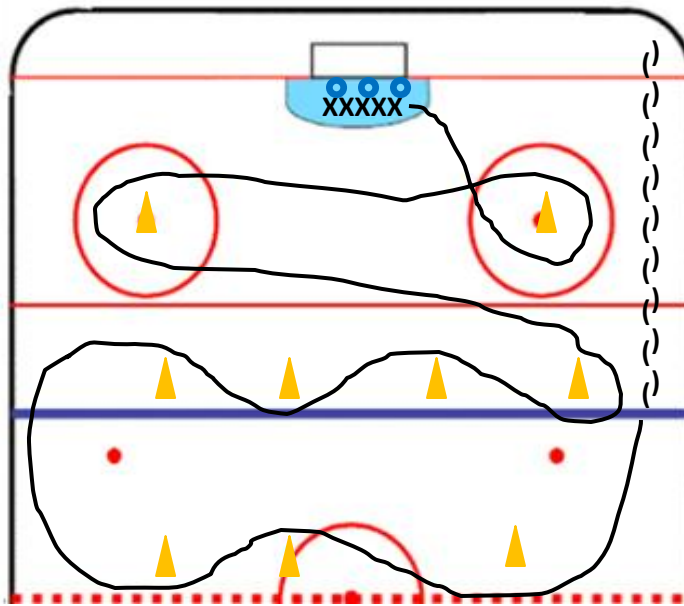
Drill Name:	3 line shooting		Duration:	5 minutes	
What Skills are we developing?	Players: (see matrix)		What do I need? <ul style="list-style-type: none"> • Rings • 3 pylons (optional) 		
Goalkeepers: Involved in this drill					
Drill Details: <ul style="list-style-type: none"> • Line # 1: player A makes c-cut, faces back to player B, who passes to player A, who carries ring to net and shoots on net • As soon as player A in line # 1 takes pass, • Player A in line # 2 does c-cut and takes pass from player B • Line 3 goes next... continue 			TIPS <ul style="list-style-type: none"> • Great drill for goaltenders • Player turns head back to receive pass 		
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks		Competition Variations
November-December					
Skills Matrix					
Ring Skills Shooting Forehand Sweep, Backhand Sweep, Forehand Wrist, Backhand Wrist					



Stage: U16/U19
SKATING DRILLS

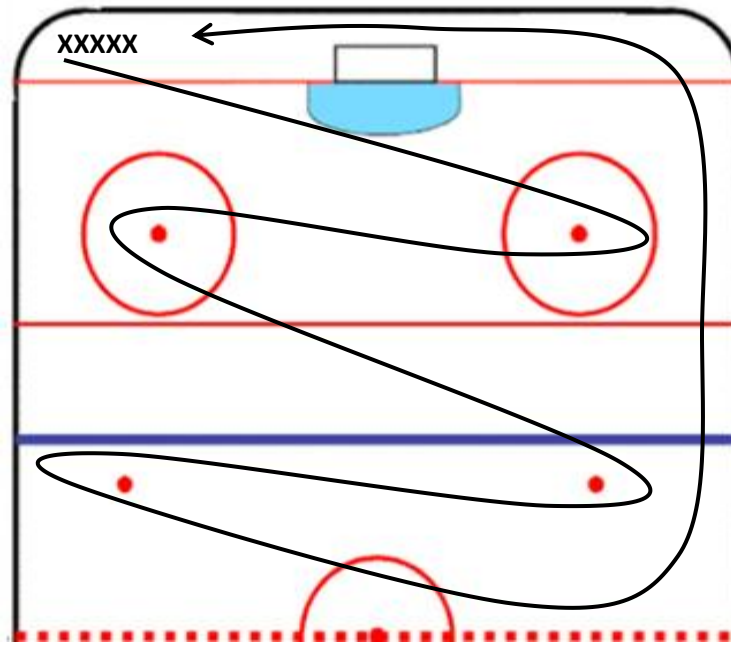
Drill #	ACTIVITY
1	Basic Slalom
2	Crossover
3	Zig Zag Stop
4	Backwards with Stop
5	Face the End
6	Modified W
7	Stops & Starts
8	Forward / Backward Pivot
9	Backwards Crossover
10	Backwards Mix
11	Backwards Skating Course
12	Backwards 2 Player Race

Drill # 1



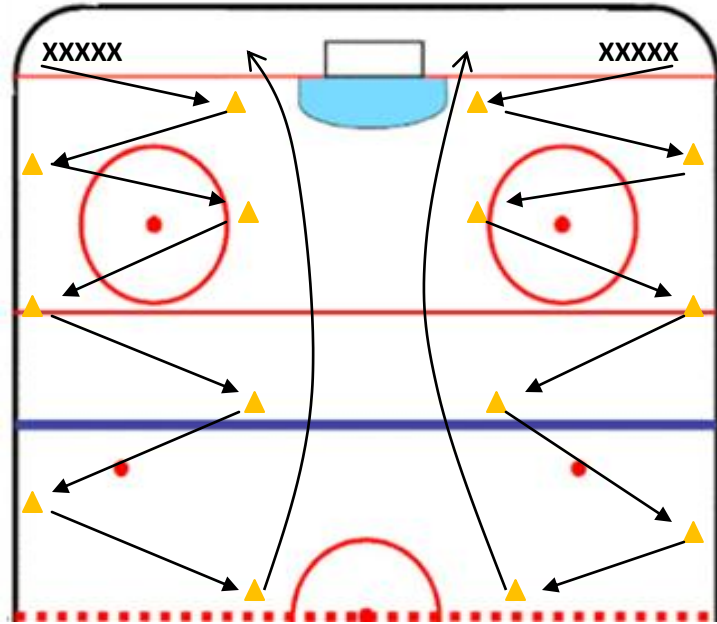
Drill Name:	Slalom	Duration:	5 minutes	
What Skills are we developing?	Players:		What do I need?	
	<ul style="list-style-type: none"> Protect the ring 		<ul style="list-style-type: none"> Rings 9 Pylons 	
Goalkeepers:	Not involved in this drill			
Drill Details:			TIPS	
<ul style="list-style-type: none"> Line up pylons as per diagram Skaters line up in front of net as shown First player skates out to pylon A full tight turn and follow pattern as shown Pivot backwards after pylon course to goal line and rejoin group Send players to start course after first player turns at first pylon 			<ul style="list-style-type: none"> Keep the ring to the outside of the pylon Proper Grip on stick, pressure on stick Pylon represents opposition Tight turns both skates on ice inner foot out front Keep knees bent 	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
October	Insert checkers to replace some pylons and stick check	January	Add Pylons and increase speed;	Perform Backwards; One foot slalom through the pylons.
Skills Matrix				
General Carry Ring	General Protecting Ring	Skating Sharp Turns	Skating two foot Slalom	

Drill # 2



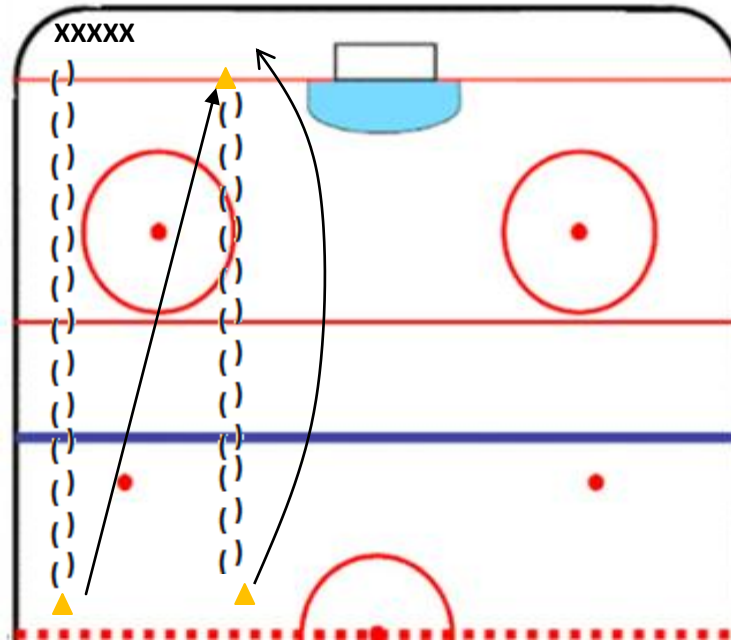
Drill Name:	Crossover Dots	Duration:	5 minutes	
What Skills are we developing?		What do I need?		
Players: <ul style="list-style-type: none"> • Keep tight with the dots • Focus on not coasting 				
Goalkeepers: Involved in this drill				
Drill Details:			TIPS	
<ul style="list-style-type: none"> • Line up in corner behind net • Hard skate to far circle • Do tight crossovers around dot and follow diagram around dots • Skate back to behind net 			<ul style="list-style-type: none"> • Repetition of Crossover movement is key to play acceleration development 	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
October	Wider turns	January	tighter crossovers and increase speed; add rings, focus on acceleration through turns	
Skills Matrix				
Skating Crossovers	Skating Acceleration	Forward Stride		

Drill # 3



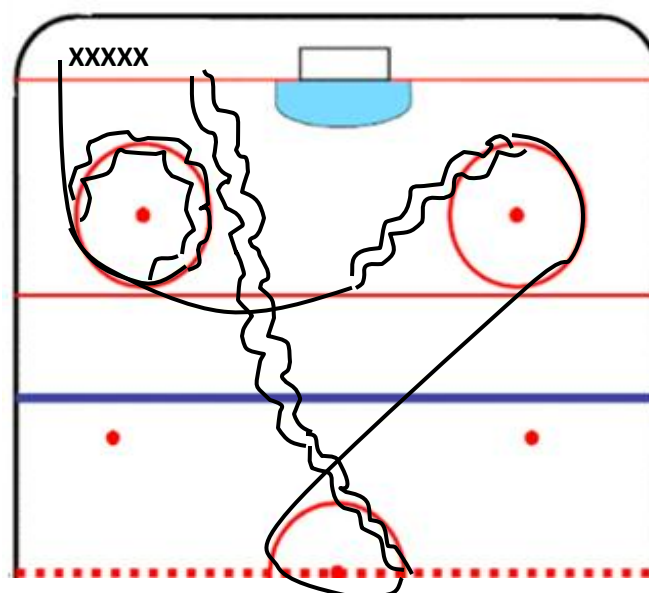
Drill Name:	Zigzag Stop	Duration:	5 minutes	
What Skills are we developing?		What do I need?		
Players: <ul style="list-style-type: none"> Focus on Acceleration and hard, fast takeoffs 		<ul style="list-style-type: none"> 14 Pylons if 2 lines 7 if one line 		
Goalkeepers: Involved in this drill				
Drill Details:			TIPS	
<ul style="list-style-type: none"> Line up in corner behind net Fast takeoffs to first pylon 2 foot stop Fast takeoff to next pylon 				
Suggested Time to use Drill for Preperation	Preperation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
October	Parallel stops	January	increase speed and intesity; alternate from forward to backward	Add additional Pylons; use Inside/Outside edge stops
Skills Matrix				
Skating Acceleration	Skating Forward Stride	Power pushes		

Drill # 4



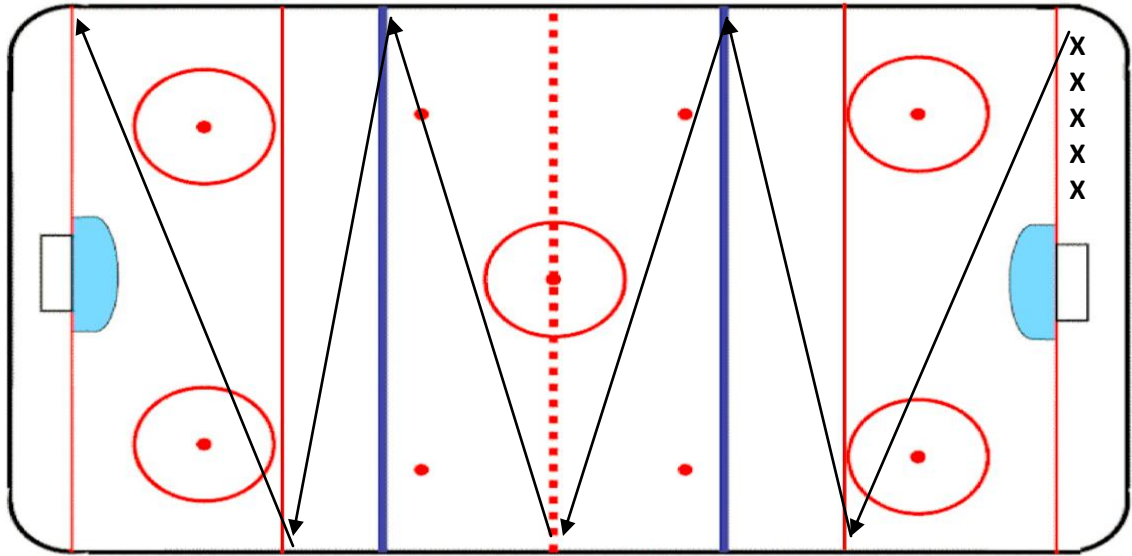
Drill Name:	Backward Stop	Duration:	5 minutes
What Skills are we developing?		What do I need?	
Players: <ul style="list-style-type: none"> • Quick Feet, • Leaning forward • Powerful push on C Cuts to start moving quickly 		<ul style="list-style-type: none"> • 6 pylons 	
Goalkeepers: Involved in this drill			
Drill Details:			TIPS
<ul style="list-style-type: none"> • Line up in both corners • Half of team on each side • Starting backwards, backwards skating hard to center and backwards stop • Skate forward to goal line and stop • Start backwards to next pylon then forward to the goal line and back into group 			
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks
October, November			Increase intensity; make it a race between the 2 lines.
Skills Matrix			
Skating Backward Stride	General Backward C-Start	Skating Backward V-Stop	

Drill # 5



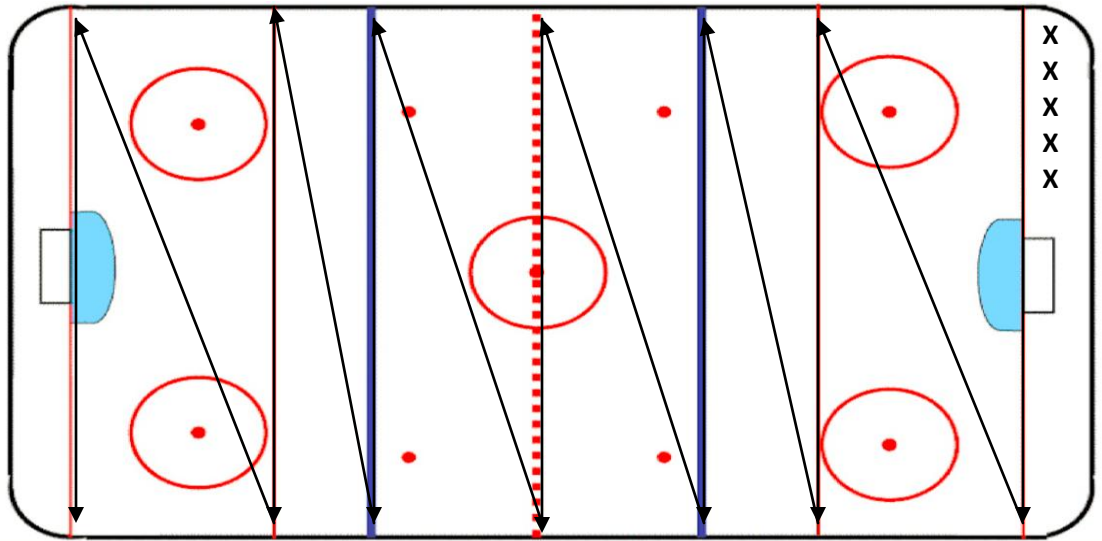
Drill Name:	Face the far net	Duration:	5 minutes	
What Skills are we developing? Players:		What do I need?		
<ul style="list-style-type: none"> Pivot without losing speed with crossovers Focus on balance and mobility 				
Goalkeepers: Involved in this drill				
Drill Details:			TIPS	
<ul style="list-style-type: none"> Line up in corner behind net Variation of the simple circles drill Always face the far net Pivoting front to backward skating. 				
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
October - February			increase intensity	add rings
Skills Matrix				
Skating Forward Crossover	Skating Backward Crossovers	Skating Transitions	Pivots	

Drill # 6



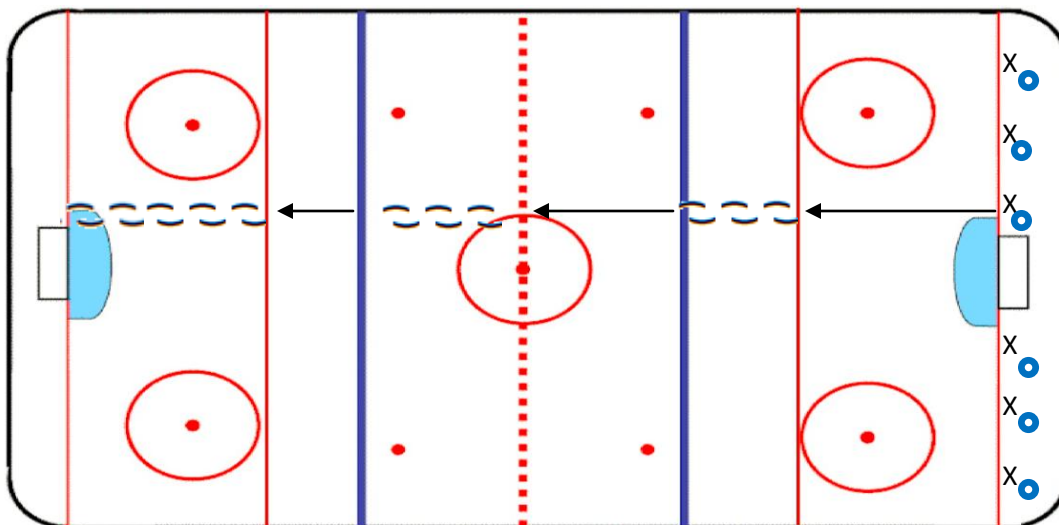
Drill Name:	Modified W drill		Duration:	5 minutes	
What Skills are we developing?			What do I need?		
Players: <ul style="list-style-type: none"> Keep facing forward for stops This ensures they use both sides to stop with Some players will only want to stop in the direction they are comfortable with 			<ul style="list-style-type: none"> Rings for progression 		
Goalkeepers: Involved in this drill					
Drill Details:			TIPS		
<ul style="list-style-type: none"> Line up in corner behind net Variation of the simple W drill. Ringette lines 			Progression: <ul style="list-style-type: none"> Add rings to the lines (enough rings at the first line) Quickly retrieve open ring, then drop off at the next line Continue skating and stopping at the second last line Retrieve another open ring and then drop at the next line 		
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks		Competition Variations
October		December - January	Add Rings at Ringette line and far blue line, players do not stop at these lines they do a tight turn while picking up the ring. Drop the ring at the next line. Make the stops for all other lines that do not have rings		
Skills Matrix					
Skating Forward Acceleration	Skating Starting Acceleration	Skating Stopping	Parallel Stop		

Drill # 7



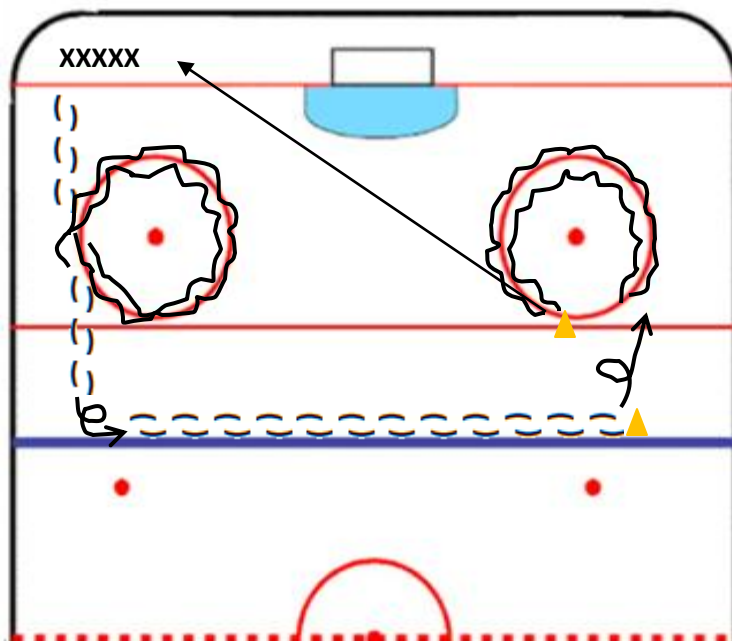
Drill Name:	Stops and Starts		Duration:	5 minutes	
What Skills are we developing?	Players: <ul style="list-style-type: none"> • Players are to be making complete two foot stops • Crossover starts facing the correct direction • Skating hard into each stop. 		What do I need?		
Goalkeepers:	Involved in this drill				
Drill Details:	<ul style="list-style-type: none"> • Line up in corner behind net • Move nets to boards out of the way • A 1st player skates along the goal line to where the line meets the board • Once the player makes a complete stop, they continue on to the opposite side of the rink where the free play line meets the boards • Once the player makes a complete stop they continue along the free play line to the opposite side of the rink where the free play line meets the boards • Continue on as shown in diagram. • Second player starts after the first player has made his first complete stop and continued on to the next line • Players finish at the corner and wait until all the players have completed the drill • Repeat the drill going back to the other end of the rink 			TIPS	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations	
October			Increase intensity; Add going backwards along the lines instead of forward skating.	use one foot stops	
Skills Matrix					
Skating Forward Acceleration	Skating Starting Acceleration	Skating Stopping Parallel Stop	Skating Starting Crossover Start		

Drill # 8



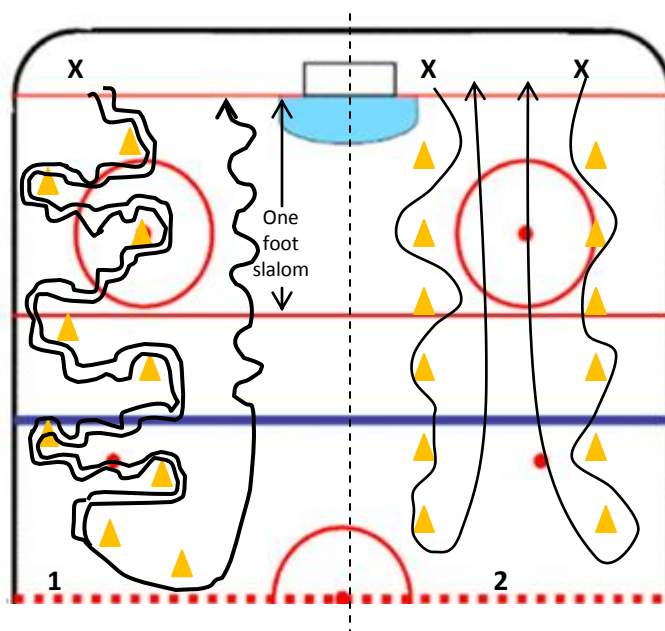
Drill Name:	Forward to Backwards Pivots			Duration:	5 minutes
What Skills are we developing?	<p>Players:</p> <ul style="list-style-type: none"> • Players are to not slow into pivot, Bending knees to keep weight centered over skates • Pivot forwards to backwards details: Lead with your heels, Keep Low - do not straighten up; Do not stop, keep your speed up; Allowed one cross- then stride; stride with full extension • Pivot Backwards to Forwards: Keep low with deep knee bend-do not straighten up; Keep weight over insisted support leg; rotate upper body and hips before you turn your feet; turn your lead toe before you place it on the ice; once you turn, stride and accelerate out of your turn. 				What do I need?
Goalkeepers:	Involved in this drill				
Drill Details:	<ul style="list-style-type: none"> • If more than 10 players split into two Groups • 1st Group lines up on the line and second group lines up on the end boards behind the 1st Group • Players skate forward to free play line, pivot and skate backwards to blue line, pivot and skate forwards to center 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 • Turn clockwise the first time down the ice and counter clockwise the second time through the drill. 				TIPS
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations	
November		December - January	Add Rings and Intensity		
Skills Matrix					
Skating Transitions Pivots	Skating Transitions Basic Pivot turn (front to back)&(back to front)				

Drill # 9



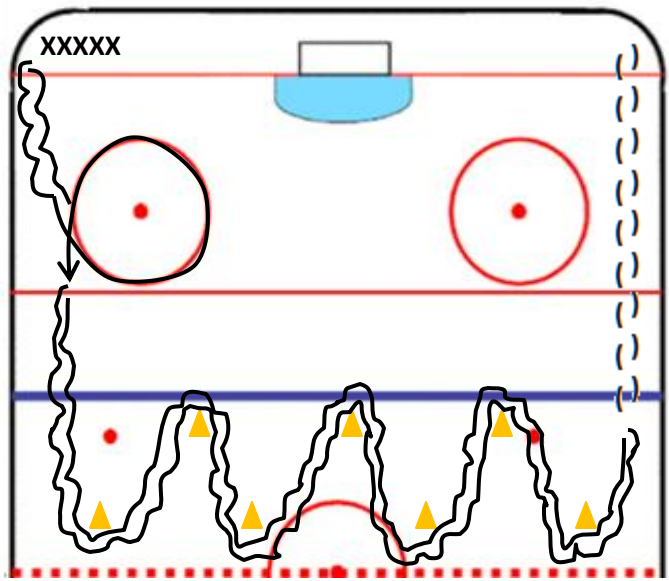
Drill Name:	Backwards Crossovers		Duration:	5 minutes	
What Skills are we developing?			What do I need?	<ul style="list-style-type: none"> • 2 pylons 	
Players: (see matrix)					
Goalkeepers: Involved in this drill					
Drill Details:	<ul style="list-style-type: none"> • Setup a Pylon on Blue line 10 ft from boards on both sides of ice • Line up in corner behind net • Starting backwards around circle, backwards skating to the blue line on outside of pylon, backward double sculling all the way across the ice to outside of second pylon • Backward skating around second circle then back into line. 			TIPS	<ul style="list-style-type: none"> • Sitting low • Knees bent • Pushing on inside edges
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations	
November-February					
Skills Matrix					
Skating Backward Acceleration	Skating Backward Power Pushes	Skating Backward Double Sculling	Skating Backward V-Stop; Backward T-Stop		

Drill # 10



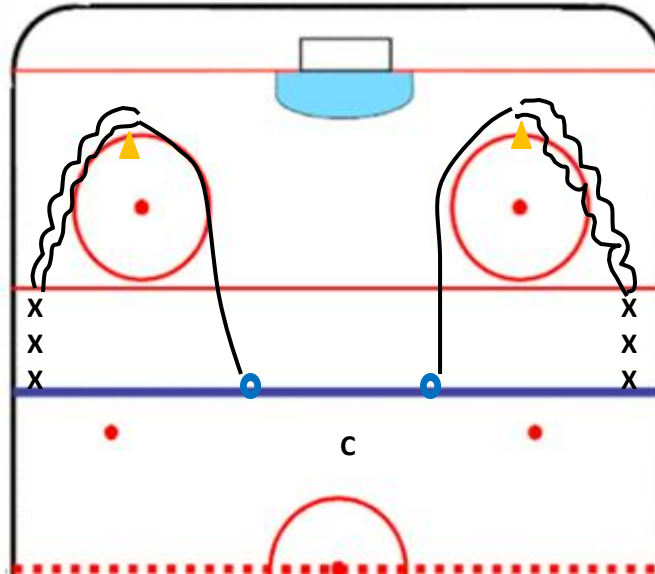
Drill Name:	Backwards Mix			Duration:	5 minutes
What Skills are we developing?					What do I need?
Players: <ul style="list-style-type: none"> Sitting low, knees bent, pushing on inside edges U16 level: Acquiring the Skills. May not be able to perform all the details of this drill well more time and wider turns may be needed possibly take away a set of pylons if all players are struggling. U19 level: Refining the Skill - All players should be able to run this drill at full speed. 					
Goalkeepers:					TIPS
Not involved in this drill					
Drill Details:					
<ul style="list-style-type: none"> Two different drills on each side 2 Groups Setup pylons as shown in diagram One group on left side of ice and second on other side Switch groups after they run through the course 3 times each Left side: Line up in corner behind net, skating backwards do tight turns around slalom course, pivot at blue line to forward skating around pylon at centre line and at the blue line coming back pivot backwards onto one foot and one foot slalom back to the coal line Right side: Divide this group into two and line up in line with the pylons as shown in diagram Players start backwards and skate backwards using the 2 foot slalom up through pylons and all the way back to the goal line. 					
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations	
December	Run at 3/4 speed to focus on technique	January-February	increase intensity		
Skills Matrix					
Skating Backward Sharp Turns	Skating Backward 2 foot Slalom	Skating 1 foot slalom			

Drill # 11



Drill Name:	Backward Skating Course		Duration:	5 minutes
What Skills are we developing?			What do I need?	
Players: (see matrix)			• 8 pylons	
Goalkeepers: Involved in this drill				
Drill Details:			TIPS	
<ul style="list-style-type: none"> • Start in Corner • Backwards around circle, then Backwards Slalom through pylons - 2 feet • Last pylon turn to forwards- at blue line pivot to backwards and glide on I skate back to goal line. 			<ul style="list-style-type: none"> • Sitting low • Knees bent • Pushing on inside edges 	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
November		December - January	Increase intensity, change 1 foot backward glide portion to 1 foot backward slalom	
Skills Matrix				
Skating Backward-1 Foot Glide	Skating Backward-2 foot Slalom	Skating Transitions Basic Pivot Turn (Front to back) & (Back to front)		

Drill # 12



Drill Name:	Backward 2 Player Race	Duration:	10 minutes	
What Skills are we developing?	What do I need? • 2 rings			
Players: (see matrix)				
Goalkeepers: Not involved in this drill				
Drill Details:	<ul style="list-style-type: none"> • 2 teams • Teams line up on opposite sides of the ice between the free play line and the blue line facing the near end of the rink • Coach stands on the center line • 2 rings on the blue line near the center • First of each team go on whistle • Backward skating to the bottom of the circle then pivot and skate forward and race to one of the rings and take it to coach • 2nd player to the ring has to do 5 push-ups • Reset rings and run the next 2 players • Continue until all players have gone through 		TIPS <ul style="list-style-type: none"> • Sitting low • Knees bent • Pushing on inside edges 	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
December		January-February	Increase speed and intensity	
Skills Matrix				
Skating Backward Acceleration	Skating Backward Stride	Skating Transitions Basic Pivot Turn (back to front)		