

DRILLS FOR SKILLS INDEX

U6 — U10

This index has been prepared to help you quickly find effective drills for developing particular skills. The index was developed by experienced coaches who reviewed widely available coaching resources and selected the drills they thought should be brought to your attention. For each drill, they indicated the divisions it is particularly suited for, and whether it requires full ice or half ice.

Enjoy!



Skill Stages

For each of the drills listed in this index , evaluators have identified the suitability of the drill for each division, and the skills stage the drill is particularly useful for. These stages are identified with I, A, C and R. The definitions of these are listed below.

Initiation

- First contact with the skill

Training Emphasis: Basic stances and positions. Getting the idea of what the movements are about and look like.

Acquisition

- The athlete can coordinate and execute key components in the correct order.
- Timing of the skill lacks synchronism, rhythm, and flow.
- The athlete needs to think about what they are doing during the execution of the skill.

Training Emphasis: Global Execution and general form of movement.

Consolidation

- Performance is inconsistent but movement is starting to show coordination.
- Skill is performed with rhythm under stable conditions.
- Some elements of performance are maintained (when the athlete is under pressure, conditions change or demands increase).

Training Emphasis: Maintaining the form and movements and some performance consistency under a variety of conditions under stress.

Refinement

- Performance is very consistent and precision is high in demanding conditions.
- Movements are automated with only minor fine-tuning necessary.
- Critical reflection and correction is possible by the athlete.

Training Emphasis: Creating conditions that stress the specific elements that need adjustments.

Drills for Skills Skating Starts & Stops



Drill Number & Name	Skills	Source	Full Ice?	Divisions				
				U6	U7	U8	U9	U10
3.2.1: One Push	"T" Start - front (3.2.1, 3.2.2, 3.2.2 in progression)	Ringette Canada Drill Manual	Full Ice or Half	I	I	I	A	A
3.2.2: Scooter	"T" Start - front	Ringette Canada Drill Manual	Full Ice or Half	I	I	I	A	A
3.2.3: Decreasing Pushes	"T" Start - front	Ringette Canada Drill Manual	Full Ice or Half	I	I	I	A	A
3.4.1: Fall To Boards	"V" Start-front	Ringette Canada Drill Manual	Full Ice or Half	I	I	I	A	A
3.4.2: Run On The Spot	"V" Start-front	Ringette Canada Drill Manual	Full Ice or Half	I	I	I	A	A
3.4.3: Run Across Ice	"V" Start-front	Ringette Canada Drill Manual	Full Ice or Half	I	I	I	A	A
3.4.4: Partner Push	"V" Start-front	Ringette Canada Drill Manual	Full Ice or Half	I	I	I	A	A
3.4.5: Quick Step	"V" Start-front	Ringette Canada Drill Manual	Full Ice or Half	I	I	I	A	A
3.7.1: Slide Steps	Crossover Start - to get foot motion	Ringette Canada Drill Manual	Full Ice or Half			I	I	A
3.7.2: Cross The Line	Crossover Start	Ringette Canada Drill Manual	Full Ice or Half			I	I	A
3.7.3: Line To Line	Crossover Start	Ringette Canada Drill Manual	Full Ice or Half			I	I	A
3.8.1: Toe To Heel	Backward "C" Start (3.8.1, 3.8.3, 3.9.3 in progression)	Ringette Canada Drill Manual	Full Ice or Half			I	I	I
3.8.3: Backward Sculling	Backward "C" Start	Ringette Canada Drill Manual	Full Ice or Half			I	I	I
3.9.3: "C" Cut and Glide	Backward "C" Start (3.8.1, 3.8.3 and 3.9.3 in progression)	Ringette Canada Drill Manual	Full Ice or Half			I	I	I
3.3.1: Board Hold	Forward Snowplow Stop - to get foot motion	Ringette Canada Drill Manual	Full Ice or Half	I	I	I	A	A
3.3.2: Partner Pull/Horse and Buggy	Forward Snowplow Stop	Ringette Canada Drill Manual	Full Ice or Half	I	I	I	A	A
3.10.1: Board Push and Stop	Backward "V" Stop (snowplow)	Ringette Canada Drill Manual	Full Ice or Half		I	I	I	A
3.3.3: Stops and Starts	Backward "V" Stop (snowplow)	Ringette Canada Drill Manual	Full Ice or Half		I	I	I	A
3.5.4: Level Stick Skating	Backward "V" Stop (snowplow)	Ringette Canada Drill Manual	Full Ice or Half		I	I	I	A
3.6.3: W-Drill	Backward "V" Stop (snowplow)	Ringette Canada Drill Manual	Full Ice or Half		I	I	I	A

Drills for Skills Skating Starts & Stops



Drill Number & Name	Skills	Source	Full Ice?	Divisions				
				U6	U7	U8	U9	U10
3.6.4: Stop & Change Direction	Backward "V" Stop (snowplow)	Ringette Canada Drill Manual	Full Ice or Half					A
3.6.5: Lightning	Backward "V" Stop (snowplow)	Ringette Canada Drill Manual	Full Ice or Half					A
3.6.2: Push & Stop	Parallel Stop	Ringette Canada Drill Manual	Full Ice or Half					
3.6.6: Red Light, Green Light	Parallel Stop	Ringette Canada Drill Manual	Full Ice or Half					

Stopping Progression

Snowplow 

Drag back foot (inside edge) 

T stop front foot (inside edge) 

Stop front foot only (lift rear foot) 

Parallel stop 

Stop outside edge (Rear foot only - front foot in air) 

Drills for Skills Skating: Forward



Drill Number & Name	Skills	Source	Full Ice?	Divisions				
				U6	U7	U8	U9	U10
	Front Start	CI Reference Material - page 110, 111	Full Ice or Half	I	I	I	A	A
	T-Start	CI Reference Material - page 111,112; and Section 3.2 of Ringette Canada Drill Manual	Full Ice or Half	I	I	I	A	A
	V-Start	Section 3.4 of Ringette Canada Drill Manual	Full Ice or Half	I	I	I	A	A
3.5.1 : Push and Glide	Forward Striding - edges and edge control	Ringette Canada Drill Manual	Full Ice or Half			I	I	I
3.5.2: Lengthen Strides	Forward Striding - proper stride technique (stride length)	Ringette Canada Drill Manual	Full Ice or Half			I	I	I
3.5.3: Rhythm Skating	Forward Striding - acceleration & gliding - rhythm of foot	Ringette Canada Drill Manual	Full Ice or Half			I	I	I
3.5.4: Level Stick Skating	Forward Striding - transfer of weight & balance	Ringette Canada Drill Manual	Full Ice or Half			I	I	I
3.5.6: Player Chase	Forward Striding	Ringette Canada Drill Manual	Full Ice or Half		I	I	I	A
3.5.7: Foxes and Hare	Forward Striding	Ringette Canada Drill Manual	Full Ice or Half		I	I	I	A
3.5.9: Shuttle Skate	Forward Striding	Ringette Canada Drill Manual	Full Ice or Half		I	I	I	A
3.5.11: Fast Down The Middle	Forward Striding	Ringette Canada Drill Manual	Full Ice			I	I	I
3.5.12: Lengths & Widths	Forward Striding - make this into a game/race	Ringette Canada Drill Manual	Full Ice or Half				I	I
3.11.1: Circle Sculling	Forward Crossover Turns	Ringette Canada Drill Manual	Full Ice or Half				I	I
3.11.2: Cross & Hold Position	Forward Crossover Turns	Ringette Canada Drill Manual	Full Ice or Half				I	I
3.11.3: Partner Turn	Forward Crossover Turns	Ringette Canada Drill Manual	Full Ice or Half				I	I
3.11.4: End Zone Figure Eight	Forward Crossover Turns	Ringette Canada Drill Manual	Full Ice or Half				I	I
3.11.5: Circles	Forward Crossover Turns	Ringette Canada Drill Manual	Full Ice or Half			I	I	I
3.11.6: Inch Worm	Forward Crossover Turns	Ringette Canada Drill Manual	Full Ice or Half			I	I	I
3.11.7: Pylon Courses	Forward Crossover Turns	Ringette Canada Drill Manual	Full Ice or Half		I	I	I	I

Drills for Skills Skating: Forward



Drill Number & Name	Skills	Source	Full Ice?	Divisions				
				U6	U7	U8	U9	U10
3.12.1: Step Turns	Pivots	Ringette Canada Drill Manual	Full Ice or Half		I	I	A	A
3.12.2: 180's	Pivots	Ringette Canada Drill Manual	Full Ice or Half		I	I	A	A
3.12.4: Box Skate	Pivots	Ringette Canada Drill Manual	Full Ice or Half		I	I	A	A
3.13.1: Grab & Turn	Sharp Turns	Ringette Canada Drill Manual	Full Ice or Half			I	I	A
3.13.2: Fish Hook	Sharp Turns	Ringette Canada Drill Manual	Full Ice or Half			I	I	A
3.13.3: Connect The Dots	Sharp Turns	Ringette Canada Drill Manual	Ideally Full			I	I	A
3.13.4: Reaction Turn	Sharp Turns	Ringette Canada Drill Manual	Full Ice or Half			I	I	A

Drills for Skills

Backward Skating



Drill Number & Name	Skills	Source	Full Ice?	Divisions				
				U6	U7	U8	U9	U10
3.9.1: Board Push and Glide	Board Push and Glide - (beginning skaters are often afraid to go backwards, this drill will take away that fear - as they become more confident, turn it into a competition - who can glide the furthest?)	Ringette Canada Drill Manual	Full Ice or Half	I	I	A	A	A
3.9.3: "C" Cut and Glide	Backward Stride - Backward push in a "C" format. Variation: have players start holding onto the boards, make the letter "C" with left and then right, over and over again	Ringette Canada Drill Manual	Full Ice or Half			I	I	A
"C" Cut Stride	Weaving around pylons - set up pylons in a line from goal-line to blue line, athletes skate backwards through the pylons	N/A	Full Ice or Half			I	I	A
3.4.4: Partner Push	Backward Stride	Ringette Canada Drill Manual	Full Ice or Half			I	I	A
3.8.2: Backward Bubbles	Backward Stride - Improving backward skating	Ringette Canada Drill Manual	Full Ice or Half			I	I	A
Drill #2: Ringette Canada U10 Practice Plan #5	Backward Stride	Ringette Canada U10 Practice Plan #5	Full Ice or Half			I	I	A
3.5.9: Shuttle Skate (Backwards)	Backward Stride	Ringette Canada Drill Manual	Full Ice or Half			I	I	A
3.12.1: Step Turns	Pivot Turns (start from backward and go to forward)	Ringette Canada Drill Manual	Full Ice or Half			I	I	A
3.12.2: 180 's	Pivot Turns ** Note - can do this for warm-up, players pivot on coach's whistle**	Ringette Canada Drill Manual	Full Ice or Half			I	I	A
3.12.4: Box Skate	Pivot Turns	Ringette Canada Drill Manual	Full Ice or Half			I	I	A
7.22: Backward and Forward	Turning	Ringette Canada Drill Manual	Full Ice or Half			I	I	A
3.11.1: Circle Sculling	Backward Crossover Turns - once player can skate backwards progress through these.	Ringette Canada Drill Manual	Full Ice or Half				I	I
3.11.2: Cross and Hold Position	Backward Crossover Turns	Ringette Canada Drill Manual	Full Ice or Half				I	I
3.11.3: Partner Turn	Backward Crossover Turns	Ringette Canada Drill Manual	Full Ice or Half				I	I
3.11.4: End Zone Figure Eight	Backward Crossover Turns	Ringette Canada Drill Manual	Full Ice or Half				I	I
3.11.5: Circles	Backward Crossover Turns	Ringette Canada Drill Manual	Full Ice or Half				I	I
3.11.6: Inch Worm	Backward Crossover Turns	Ringette Canada Drill Manual	Full Ice or Half				I	I
3.11.7: Pylon Courses	Backward Crossover Turns	Ringette Canada Drill Manual	Full Ice or Half				I	I

Drills for Skills

Backward Skating



Drill Number & Name	Skills	Source	Full Ice?	Divisions				
				U6	U7	U8	U9	U10
3.13.1 Grab and Turn	Sharp turns - change direction when skating backward	Ringette Canada Drill Manual	Full Ice or Half					

Drills for Skills Balance and Agility



Drill Number & Name	Skills	Source	Full Ice?	Divisions				
				U6	U7	U8	U9	U10
Practice Plan #1 - CSI Manual	Basic stance	CSI Manual - Practice Plan #1	Full Ice or Half	I	I	A	A	C
3.1.1: Partner Push	Basic stance	Ringette Canada Drill Manual	Full Ice or Half	I	I	A	A	C
3.1.5: Marching	Basic stance	Ringette Canada Drill Manual	Full Ice or Half	I	I	A	A	C
3.14.1: Line Jumps	Balance - 2 feet jumping	Ringette Canada Drill Manual	Full Ice or Half		I	I	A	A
3.14.5: One Foot Glide	Balance: skate - lift one foot and glide on the other foot, repeat lifting the other foot	Ringette Canada Drill Manual	Full Ice or Half		I	I	A	A
3.14.6: T-Balance	Balance	Ringette Canada Drill Manual	Full Ice or Half	I	I	A	A	A
3.14.2: Squat Glide	Balance	Ringette Canada Drill Manual	Full Ice or Half			I	I	I
3.14.3: High Knee Prance	Balance	Ringette Canada Drill Manual	Full Ice or Half				I	I
3.14.8: The Cork Screw	Balance	Ringette Canada Drill Manual	Full Ice or Half			I	I	I
3.14.10: Pull Across The Line	Balance	Ringette Canada Drill Manual	Full Ice or Half			I	I	A
Glide and Touch Toes	Balance	Self-explanatory	Full Ice or Half	I	I	I	A	A
3.15.1: Knee Drop	Agility - fall & get up safely	Ringette Canada Drill Manual	Full Ice or Half	I	I	I	A	A
3.15.2: Snow Queen	Agility - fall & get up safely	Ringette Canada Drill Manual	Full Ice or Half	I	I	A	A	C
3.15.5: Wide Crossovers	Agility	Ringette Canada Drill Manual	Full Ice or Half			I	I	I
3.15.6: Skiing	Agility - not to be done backwards	Ringette Canada Drill Manual	Full Ice or Half			I	I	A
3.15.7: Inside Edges	Agility	Ringette Canada Drill Manual	Full Ice or Half		I	I	I	A
3.15.8: Outside Edges	Agility	Ringette Canada Drill Manual	Full Ice or Half		I	I	I	A
3.15.9: Single Leg Snaking	Agility	Ringette Canada Drill Manual	Full Ice or Half			I	I	I
3.15.10: Combo	Agility	Ringette Canada Drill Manual	Full Ice or Half					

Drills for Skills

Ring Handling



Drill Number & Name	Skills	Source	Full Ice?	Divisions				
				U6	U7	U8	U9	U10
Stick Drop, CSI Manual Practice Plan #1	Basic Stick Grip	CSI Manual, Practice Plan #1	Full Ice or Half	I	I	A	A	C
4.1.1: Ring Toss	Ring Handling	Ringette Canada Drill Manual	or half			I	I	A
4.1.2: Mirror	Ring Handling	Ringette Canada Drill Manual	or half		I	I	A	A
4.1.3: Pylon Course	Ring Handling	Ringette Canada Drill Manual	or half		I	I	A	A
4.1.4: Zig Zag	Ring Handling - could be done on less ice	Ringette Canada Drill Manual	or half		I	I	A	A
4.1.5: Human Pylons	Ring Handling - easily modified by age	Ringette Canada Drill Manual	or half		I	I	A	A
4.1.6: Going Around Opponents	Ring Handling	Ringette Canada Drill Manual	or half		I	I	A	A
4.2.1: Partner Passing	Stationary Passing/Receiving	Ringette Canada Drill Manual	or half		I	I	A	A
4.2.2: Receiving	Stationary Passing/Receiving	Ringette Canada Drill Manual	or half		I	I	A	A
4.2.3: Diagonal Passing	Stationary Passing/Receiving	Ringette Canada Drill Manual	or half			I	I	I
4.2.4: Pepper Passing	Stationary Passing/Receiving	Ringette Canada Drill Manual	or half			I	I	I
4.2.5: Follow Your Pass	Stationary Passing/Receiving	Ringette Canada Drill Manual	or half				I	I
4.2.6: Zig/Zag	Stationary Passing/Receiving	Ringette Canada Drill Manual	or half				I	I
4.2.7: Star	Stationary Passing/Receiving	Ringette Canada Drill Manual	or half				I	I
4.2.8: "W" Passing	Stationary Passing/Receiving	Ringette Canada Drill Manual	or half				I	I
4.3.1: Back & Forth	Motion Passing/Receiving	Ringette Canada Drill Manual	or half				I	I
4.3.2: Single Line	Motion Passing/Receiving	Ringette Canada Drill Manual	or half			I	I	I
4.3.3: Pass Around The Circle	Motion Passing/Receiving	Ringette Canada Drill Manual	or half				I	I
4.3.4: Figure Eight	Motion Passing/Receiving	Ringette Canada Drill Manual	Y				I	I
4.3.5: Skating Partner Passing	Motion Passing/Receiving	Ringette Canada Drill Manual	Y			I	I	I
4.3.6: Head on Passing	Motion Passing/Receiving	Ringette Canada Drill Manual	or half			I	I	I
4.3.7: Stress Pass	Motion Passing/Receiving	Ringette Canada Drill Manual	or half				I	I
4.4.1: Lead Passing	Lead Passing/Receiving	Ringette Canada Drill Manual	Y			I	I	A

Drills for Skills

Ring Handling



Drill Number & Name	Skills	Source	Full Ice?	Divisions				
				U6	U7	U8	U9	U10
4.4.2: Give & Go	Lead Passing/Receiving	Ringette Canada Drill Manual	Y				I	I
4.4.3: Skating Zigzag	Lead Passing/Receiving	Ringette Canada Drill Manual	Y				I	I
4.4.4: Pass & Cross	Lead Passing/Receiving	Ringette Canada Drill Manual	Y				I	I
4.4.6: Diagonal Pass & Skate	Lead Passing/Receiving	Ringette Canada Drill Manual	Y				I	I
4.4.8: Pylon Lead Passing	Lead Passing/Receiving	Ringette Canada Drill Manual	Y				I	I
4.5.3: Drop Pass Around Ice	Drop Pass	Ringette Canada Drill Manual	Y				I	I
4.5.4: Drop Pass With Shot	Drop Pass	Ringette Canada Drill Manual	or half				I	I
4.6.1: Board Passing	Use of Boards	Ringette Canada Drill Manual	or half		I	I	I	A
4.6.2: Partner Board Passing	Use of Boards	Ringette Canada Drill Manual	Y		I	I	I	A
4.7.1: Standing Position	Side Stick Check	Ringette Canada Drill Manual	or half		I	I	I	A
4.7.2: Confined Area	Side Stick Check	Ringette Canada Drill Manual	or half			I	I	A
4.7.3: Straight Line	Stick Check	Ringette Canada Drill Manual	or half			I	I	A
4.7.5: Chase	Stick Check	Ringette Canada Drill Manual	Y			I	I	A
4.7.6: Human Checking Pylons	Stick Check	Ringette Canada Drill Manual	or half			I	I	A
4.8.1: Stationary Sweep Check	Sweep Check	Ringette Canada Drill Manual	or half		I	I	I	A
4.8.2: Motion Sweep Checking	Sweep Check	Ringette Canada Drill Manual	or half			I	I	A
4.8.3: Angle Sweep Checking	Sweep Check	Ringette Canada Drill Manual	or half			I	I	I
4.9.2: Confined Area Double Teaming	Double Teaming	Ringette Canada Drill Manual	or half				I	I
4.10.16: Cross-Crease	Forehand Pass - use variation 1	Ringette Canada Drill Manual				I	I	I
4.10.13: Follow In	Forehand Pass	Ringette Canada Drill Manual				I	I	I
4.10.8: Horseshoe	Forehand Pass	Ringette Canada Drill Manual			I	I	I	I

Drills for Skills

Ring Handling



Drill Number & Name	Skills	Source	Full Ice?	Divisions				
				U6	U7	U8	U9	U10
4.10.10: Pass from the Corner	Forehand Pass - would not do variation for this age	Ringette Canada Drill Manual			I	I	I	A
4.10.6: Five Point Drill	Forehand Pass	Ringette Canada Drill Manual			I	I	I	A
4.10.28: Pass and Shoot	Lead Pass	Ringette Canada Drill Manual				I	I	A
4.10.11: Pass From the Blue Line	Lead Pass	Ringette Canada Drill Manual				I	I	A
4.10.13: Follow In	Spearing the Ring	Ringette Canada Drill Manual			I	I	I	A
4.10.11: Pass From the Blue Line	Spearing the Ring	Ringette Canada Drill Manual			I	I	I	A
4.10.10 - Pass from the Corner	Spearing the Ring - would not do variation for this age	Ringette Canada Drill Manual			I	I	I	A
4.10.8: Horseshoe	Spearing the Ring	Ringette Canada Drill Manual			I	I	I	A
4.10.6: Five Point Drill	Spearing the Ring	Ringette Canada Drill Manual			I	I	I	A
4.10.23: "C" Defending	Body position for checking and protecting the ring	Ringette Canada Drill Manual						I
4.10.1: Stationary Shooting	Sweep Shot	Ringette Canada Drill Manual			I	I	I	A
4.10.1: Stationary Shooting	Flip Shot	Ringette Canada Drill Manual			I	I	I	A
4.10.28: Pass and Shoot	Sweep Shot - focus on the sweep shot	Ringette Canada Drill Manual					I	I
4.10.2: Quick Shot	Sweep Shot	Ringette Canada Drill Manual					I	I
4.10.2: Quick Shot	Flip Shot	Ringette Canada Drill Manual					I	I
4.10.13: Follow In	Flip Shot - focus on taking a flip shot on net	Ringette Canada Drill Manual					I	I
7.43: Ring Agility	Control Ring	Ringette Canada Drill Manual	Full Ice or Half	I	I	I	A	A
7.41: Ship Shape	Heads up with ring. Follow directions from coach.	Ringette Canada Drill Manual	Full Ice or Half		I	I	I	A
7.42: Ring Spud Game	Stabbing the ring and skate fast	Ringette Canada Drill Manual	Full Ice or Half		I	I	I	A

Drills for Skills

Goalkeeping



Drill Number & Name	Skills	Source	Full Ice?	Divisions				
				U6	U7	U8	U9	U10
	Basic Stance	CI Resource Material - page 173	Full Ice or Half			I	I	A
	Stick Grip - keeping stick on ice	CI Resource Material - page 173	Full Ice Or Half			I	A	A
5.2.1: Mirror	Mobility - basic Stance - up and down movement	Ringette Canada Drill Manual	Full Ice or half			I	I	I
5.2.6: Combo	Mobility - movement, positioning & basic stance	Ringette Canada Drill Manual	Full Ice or Half			I	I	I
5.5.1: Frisbee Throw	Catching and Throwing - Throwing variation: Have the whole team do this at U8. Make frisbee glide along the ice, player must do a one-knee drop to retrieve, then send it back. For U9 and U10 - work with the goalie who will be playing in the next game and have them hit targets near where your players would be in a breakout	Ringette Canada Drill Manual	Full Ice or half			I	I	I
5.5.2: Catch and Throw	Catching and Throwing - Catching variation: Coach tosses the ring to the goalie's catching hand, emphasis on either blocking or catching, then goalie throws to pylon (simulating game play)	Ringette Canada Drill Manual	Full Ice or Half				I	I
5.5.2: Catch and Throw	Catching and Throwing - Ring distribution variation: Coach passes the ring to the goalie's stick, goalie can redirect it to a "safe" space with their stick, or can pick it up and throw it to a specific area	Ringette Canada Drill Manual	Full Ice or Half				I	I
3.15.1: Knee Drop	Agility - up and down	Ringette Canada Drill Manual	Full Ice or Half			I	I	A
	Style - stand up	CI Resource Material - page 173 & 174	Full Ice or Half			I	I	A
	Style - crouch and one knee drop	CI Resource Material - page 173 & 174	Full Ice or Half			I	I	A
	Movement - shuffle	CI Resource Material - page 174	Full Ice or Half			I	I	A
	Movement - T push & glide (all skaters as well)	CI Resource Material - page 174	Full Ice or Half		I	I	A	A
	Movement - Push & Glide (all skaters as well)	CI Resource Material - page 175	Full Ice or Half		I	I	A	A
	Movement - Telescoping	CI Resource Material - page 176	Full Ice or Half			I	I	I
5.3.2: Stick Handling	Stickwork - on ice	Ringette Canada Drill Manual	Full Ice or Half			I	A	A
	Stick work - stick on ice	CI Resource Material - page 177	Full Ice or Half			I	A	A
	Stick work - catching hand in ready position	CI Resource Material - page 177	Full Ice or Half			I	I	A
	Stick work - handling shot	CI Resource Material - page 178 & 179	Full Ice or Half			I	I	I

Drills for Skills

Goalkeeping



Drill Number & Name	Skills	Source	Full Ice?	Divisions				
				U6	U7	U8	U9	U10
	Stick work - forehand and backhand passes	CI Resource Material - page 179	Full Ice or Half			I	I	I
	Stick work - shot deflection	CI Resource Material - page 179	Full Ice or Half				I	I
	Ring skills - blocking	CI Resource Material - page 170	Full Ice or Half			I	I	I
	Ring skills - stopping	CI Resource Material - page 170	Full Ice or Half			I	I	I
	Ring skills - throwing	CI Resource Material - page 176	Full Ice or Half			I	I	A
	Positioning - finding posts	CI Resource Material - page 177	Full Ice or Half			I	A	A
	Positioning - hugging posts	CI Resource Material - page 177	Full Ice or Half			I	A	A
5.4.2: Find and Hug Posts	Finding and Hugging the posts	Ringette Canada Drill Manual	Full Ice or Half			I	I	I
5.4.1: Rope Angles	Playing the angles	Ringette Canada Drill Manual	Full Ice or Half				I	I
5.1.1: Dive	Basic Stance- Start in ready stance, dive forward, then return to ready stance	Ringette Canada Drill Manual	Full Ice or Half			I	I	I
5.2.1: Mirror	Ready Stance - with a partner, one partner finds a way to get out of ready stance (ex. Drop and roll over), the other must follow and return to ready stance	Ringette Canada Drill Manual	Full Ice or Half			I	I	I
One Knee Drop	Skate from goal line to blue line, drop alternating knees four times	N/A	Full Ice or Half				I	I
Goalie Grip	"GRIP" - players skate in a circle, while skating, coach says "Grip!", each player slides their top hand to middle of stick with index finger pointing towards the end of the stick and glides in ready stance until coach blows whistle	N/A	Full Ice or Half			I	I	A
Getting up and down quickly	"GO" - while players are skating, coach says "knees (belly, back, etc.)" and players drop to knees and get back up asap, continue skating, repeat	N/A	Full Ice or Half			I	I	A
Shuffle	"Shuffle" - Move the net back, players start lined up in the corner, shuffle across goal line, skate up to free-play line, shuffle across, skate up to blue, shuffle along blue line, skate up to red, shuffle along red line, skate back	N/A	Full Ice or Half			I	I	I
Drill #1, CI Resource Material - page 164	Shuffle	CI Resource Material - page 164	Full Ice or Half			I	I	I
T-Push and Glide	"T-Push and Glide" - Move the net back, players start lined up in the corner, t-push and glide across goal line, skate up to free-play line, t-push and glide across, skate up to blue, t-push and glide along blue line, skate up to red, t-push and glide along red line, skate back	N/A	Full Ice or Half			I	I	I

Drills for Skills

Goalkeeping



Drill Number & Name	Skills	Source	Full Ice?	Divisions				
				U6	U7	U8	U9	U10
Telescoping	"Telescoping" - Move the net back, players start lined up in the corner, telescope across goal line, skate up to free-play line, telescope across, skate up to blue, telescope along blue line, skate up to red, telescope along red line, skate back	N/A	Full Ice or Half					
Handling Shots	Semi-Circle - Players line up in a semi-circle around the crease, each with a ring, the goalie takes shots from each in turn (variation, one side then the other, OR U8 after everyone has taken a shot, the "goalie" rotates out, the next player comes in for their turn)	N/A	Full Ice or Half					
Stopping with Control	Semi-Circle -Focus on how the goalie stops and controls the ring - Players line up in a semi-circle around the crease, each with a ring, the goalie takes shots from each in turn (variation, one side then the other, OR U8 after everyone has taken a shot, the "goalie" rotates out, the next player comes in for their turn)	N/A	Full Ice or Half					