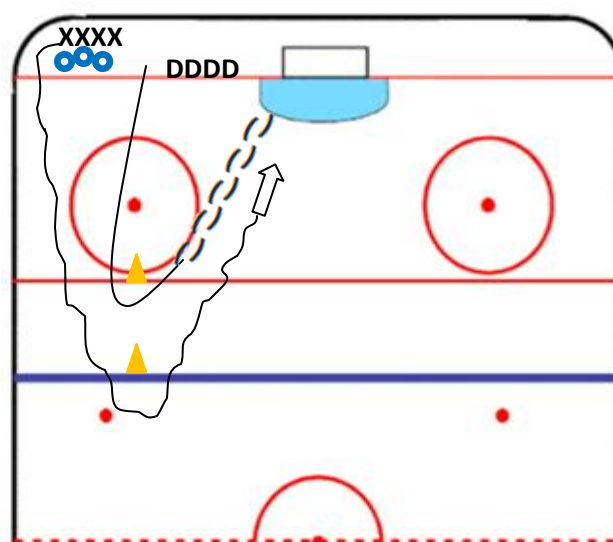


**Stage: UI6/UI9**  
**CHECKING DRILLS**

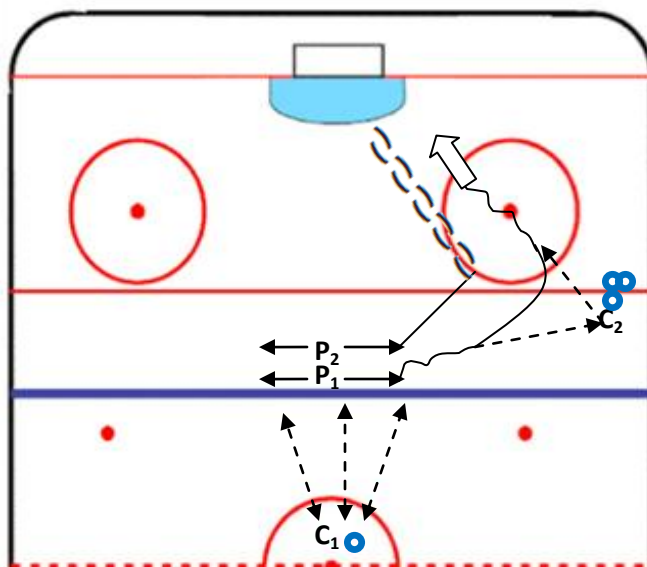
<b>Drill #</b>	<b>ACTIVITY</b>
1	1 on 1 Defending
2	Man on Marking
3	2 vs 1 in Corner
4	Confined Area Double Teaming ( Ref. 4.9.2)
5	Angle Checking ( with or without sticks) (Ref. 4.7.9)
6	C-Drill
7	It's not fair

## Drill # 1



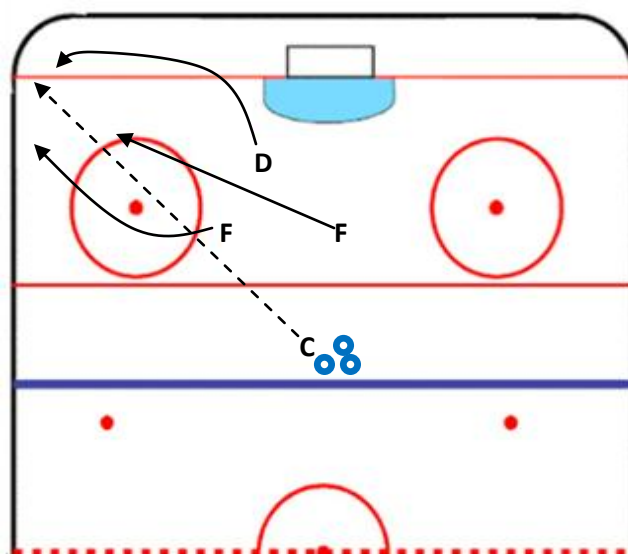
<b>Drill Name:</b>	1 on 1 Defending			<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"><li>Start this drill with Defence having no stick and progress to Sweep Check</li><li>Focus here is on the Defender, Body Position for gap control between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

## Drill # 2



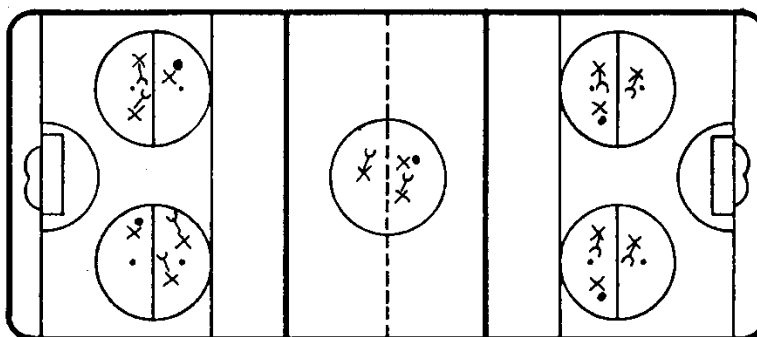
<b>Drill Name:</b>	Man on Marking		<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"><li>• Focus is on Covering Players</li><li>• Ensure the ring is moved quick</li><li>• Work on lateral movement - defence marking</li><li>• Receiving passes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

## Drill # 3



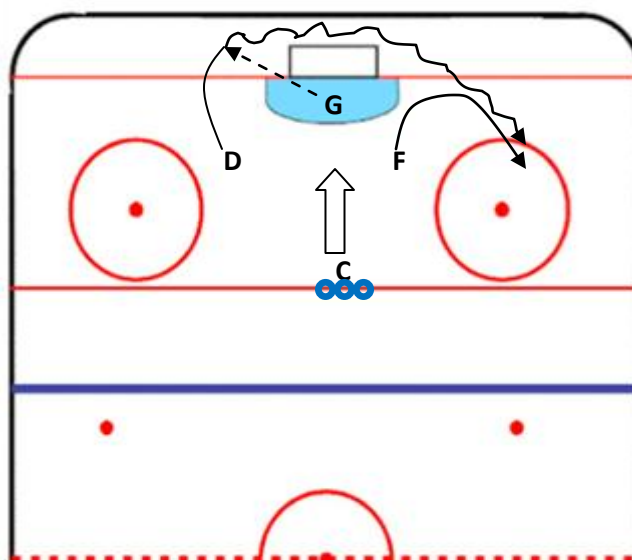
<b>Drill Name:</b>	2 versus 1 in corner		<b>Duration:</b>	7-10 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> (see matrix)			<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li></ul>		
<b>Goalkeepers:</b> Involved in this drill					
<b>Drill Details:</b> <ul style="list-style-type: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

## Drill # 4



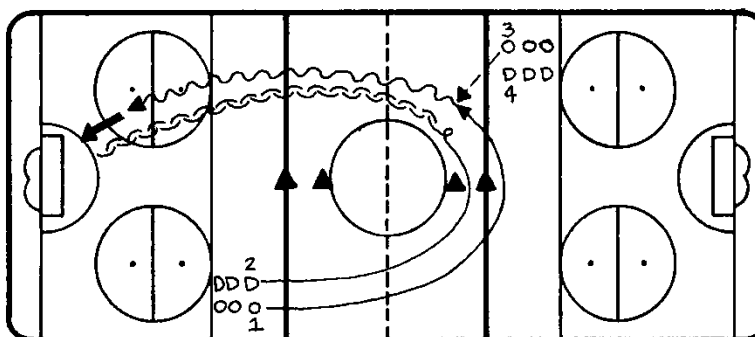
<b>Drill Name:</b>	Confined Area Double Teaming		<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> (see matrix)			<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li></ul>		
<b>Goalkeepers:</b> Not involved in this drill					
<b>Drill Details:</b> <b>4.9.2 Confined Area Double Teaming</b>  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.				<b>TIPS</b>	
<b>Suggested Time to use Drill for Preparation</b>		<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>		
			December-February		
<b>Skills Matrix</b>					
Ring Skills, Checking Double Teaming, Back Check, Sweep Check					

## Drill # 5



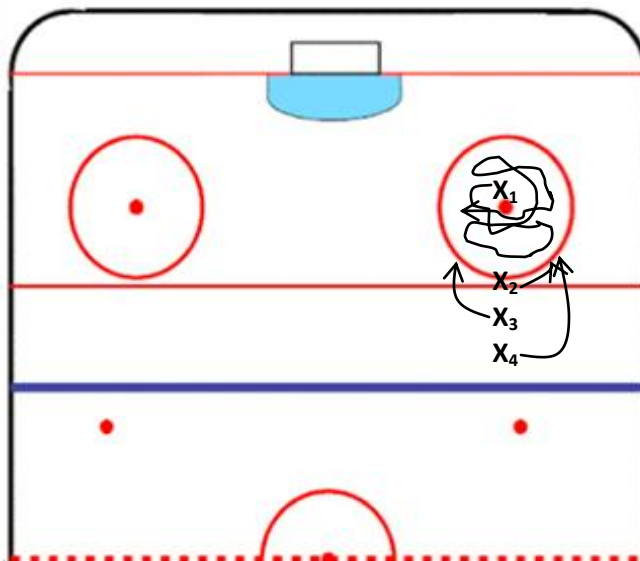
<b>Drill Name:</b>	Offence Angle Checking	<b>Duration:</b>	10 minutes	
<b>What Skills are we developing?</b>		<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li></ul>		
<b>Players:</b> (see matrix)				
<b>Goalkeepers:</b> Involved in this drill				
<b>Drill Details:</b> <ul style="list-style-type: none"><li>• Players form two lines on either side of the ice</li><li>• The instructor takes a shot on goal</li><li>• The goalkeeper tosses the ring to player 1, who continues around the net</li><li>• Player 2 skates at an angle, and checks the ring carrier out to the free pass circle</li><li>• Alternate lines.</li></ul>			<b>TIPS</b> <ul style="list-style-type: none"><li>• The object is to force the ring carrier to the boards and away from the net; Offence - forward attacking opposing defence with the ring.</li></ul>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>
November-December	Start forward without using a stick	December-February	Add one more line for double teaming.	
<b>Skills Matrix</b>				
Ring Skills, Checking Body Position, IonI checking	Ring Skills, General Carrying the Ring	Ring Skills Receiving, Retrieving open rings		

## Drill # 6



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

## Drill # 7



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

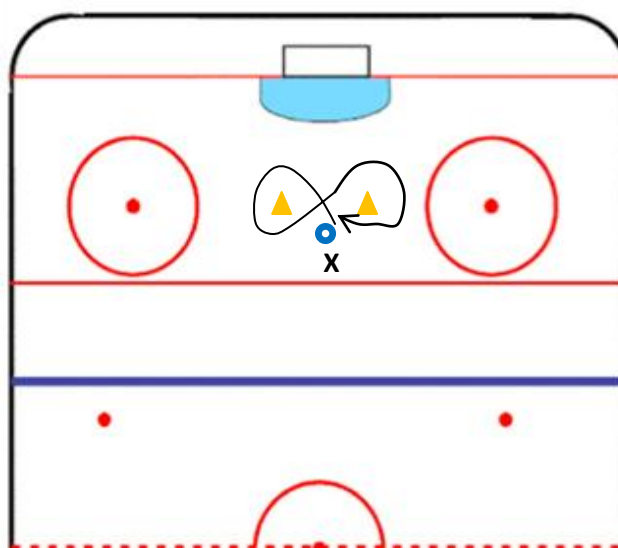




**Stage: U16/U19**  
**DEKES DRILLS**

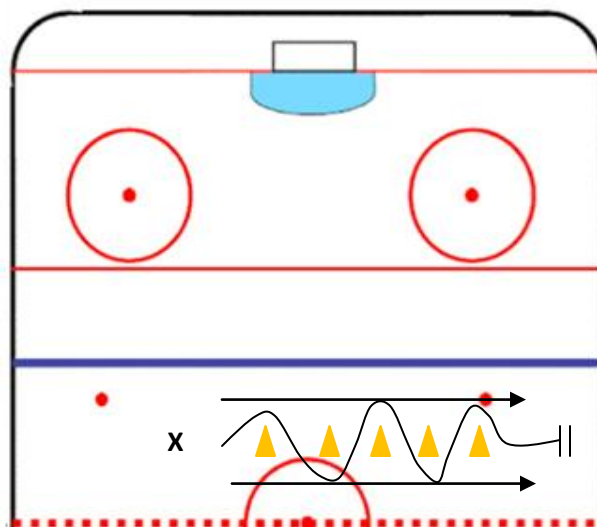
Drill #	ACTIVITY
1	Figure 8
2	Stick Weaves
3	Fake Drop
4	Fake Pass
5	Fake Shot

## Drill # 1



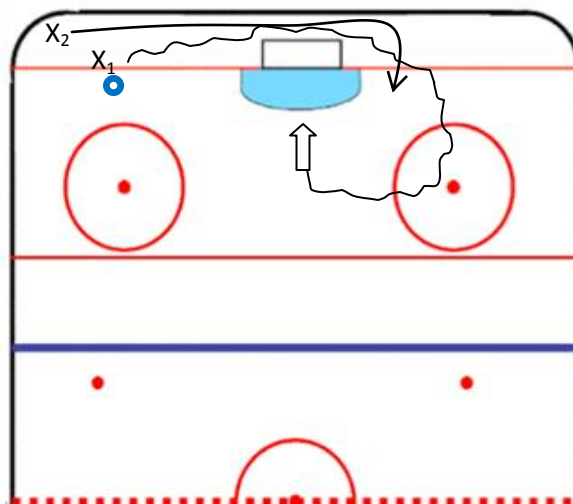
<b>Drill Name:</b>	Figure Eights		<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> (see matrix)			<b>What do I need?</b> <ul style="list-style-type: none"><li>• Ring</li><li>• 2 small pylons</li></ul>		
<b>Goalkeepers:</b> Not involved in this drill					
<b>Drill Details:</b> <ul style="list-style-type: none"><li>• Small pylons 2-3 feet apart</li><li>• Player standing stationary with ring on stick make a figure 8 around the pylons</li></ul>				<b>TIPS</b> <ul style="list-style-type: none"><li>• Emphasize on moving upper body with stick movement</li><li>• Wide stance and knees bent</li></ul>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>		<b>Competition Variations</b>
Late December		January			
<b>Skills Matrix</b>					
Ring Skills, Dekes, Body and head fakes					

## Drill # 2



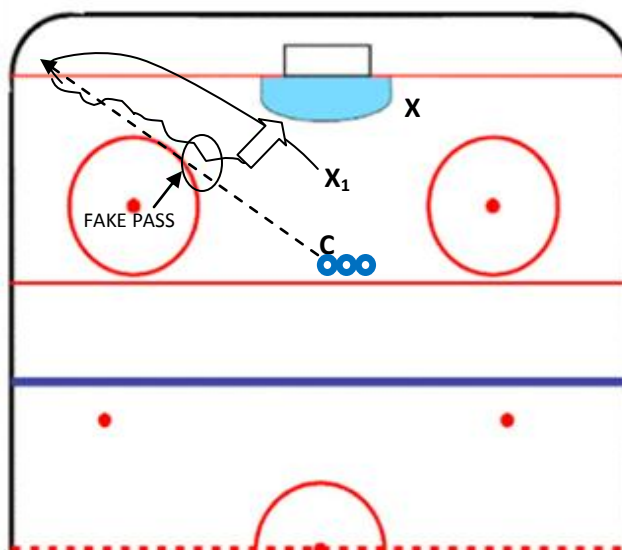
<b>Drill Name:</b>	Stick Weaving	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> (see matrix)		<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li><li>• 6 pylons</li></ul>		
<b>Goalkeepers:</b> Involved in this drill				
<b>Drill Details:</b> <ul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

## Drill # 3



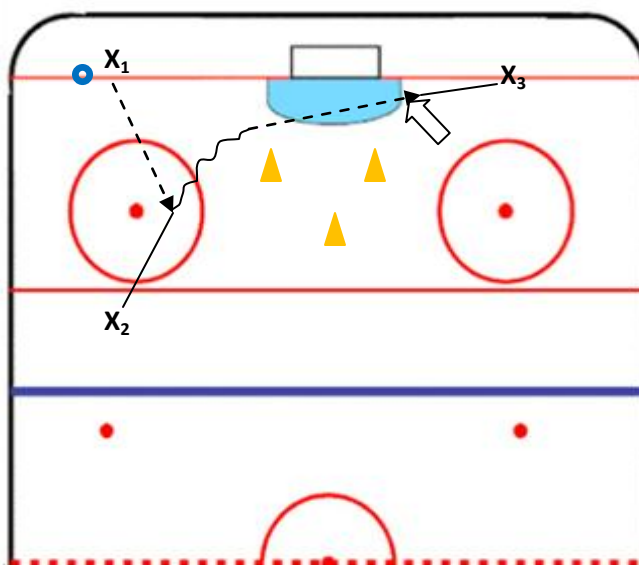
<b>Drill Name:</b>	Fake drop		<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> (see matrix)			<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li></ul>		
<b>Goalkeepers:</b> Involved in this drill					
<b>Drill Details:</b> <ul style="list-style-type: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

## Drill # 4



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

## Drill # 5

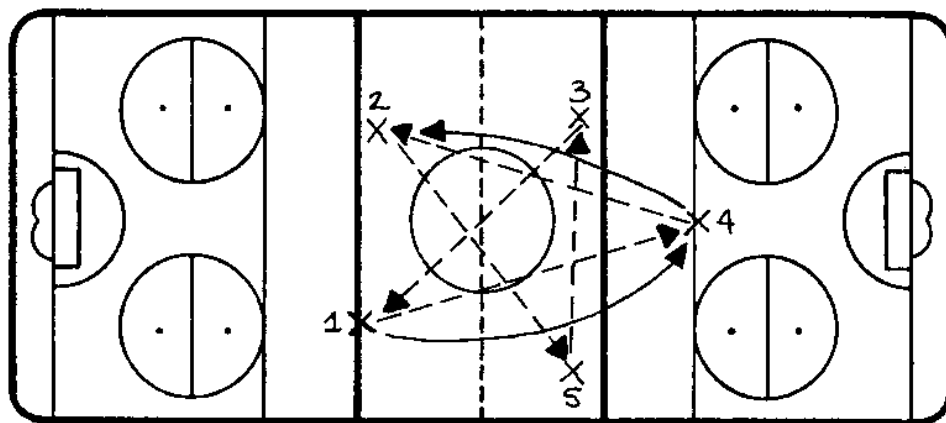


<b>Drill Name:</b>	Fake shot		<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> (see matrix)			<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li></ul>		
<b>Goalkeepers:</b> Involved in this drill					
<b>Drill Details:</b> <ul style="list-style-type: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

**Stage: UI6/UI9**  
**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)

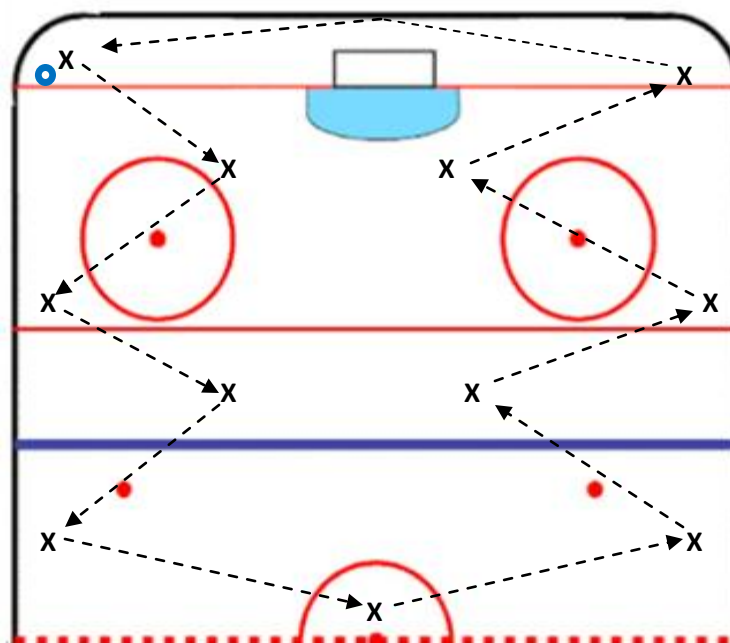
## Drill # 1



<b>Drill Name:</b>	Star Passing	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"><li>• Works on hand-eye coordination</li><li>• Focus on communication</li><li>• Have the passer call the receivers name when passing</li></ul>		<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li></ul>		
<b>Goalkeepers:</b> Not involved in this drill				
<b>Drill Details:</b> <b>4.2.7 Star</b>  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.			<b>TIPS</b> <ul style="list-style-type: none"><li>• Be sure to use forehand sweep and backhand sweep</li><li>• Progression: add extra rings</li></ul>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>
October-December		January-February	Add Extra Rings; Add small orange rings	Increase intensity
<b>Skills Matrix</b>				
Passing, Receiving Passing, Forehand sweep	Passing, Receiving, Stabbing the Ring	Passing, receiving Passing, Backhand Sweep		

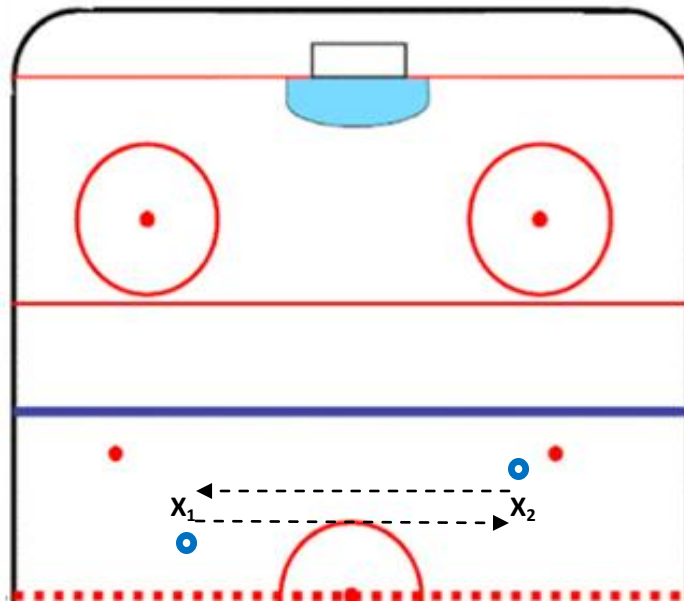


## Drill # 2



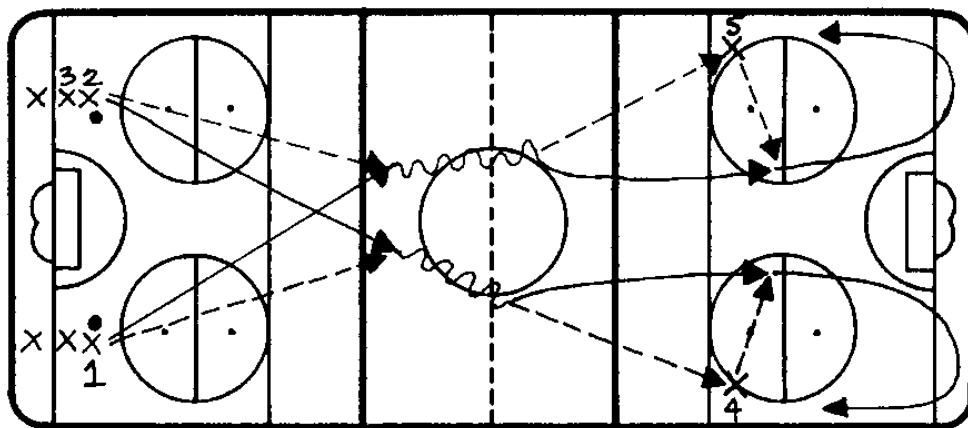
<b>Drill Name:</b>	W Pass modified	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"><li>• Works on hand-eye coordination</li><li>• Focus on communication</li><li>• Have the passer call the receivers name when passing</li></ul>		<b>What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

## Drill # 3



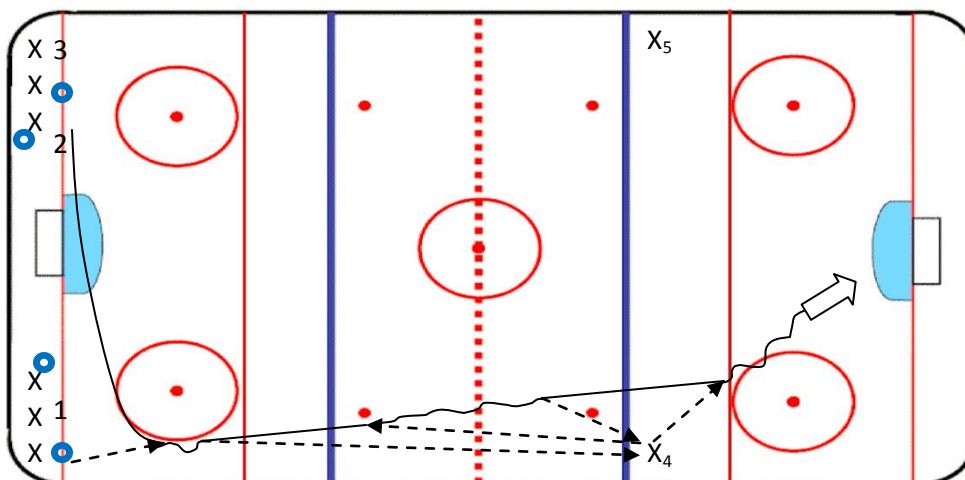
<b>Drill Name:</b>	2 Ring Partner passing		<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"><li>• Works on hand-eye coordination</li><li>• Focus on ring control</li><li>• Focus on firm, accurate passes</li></ul>			<b>What do I need?</b>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

## Drill # 4



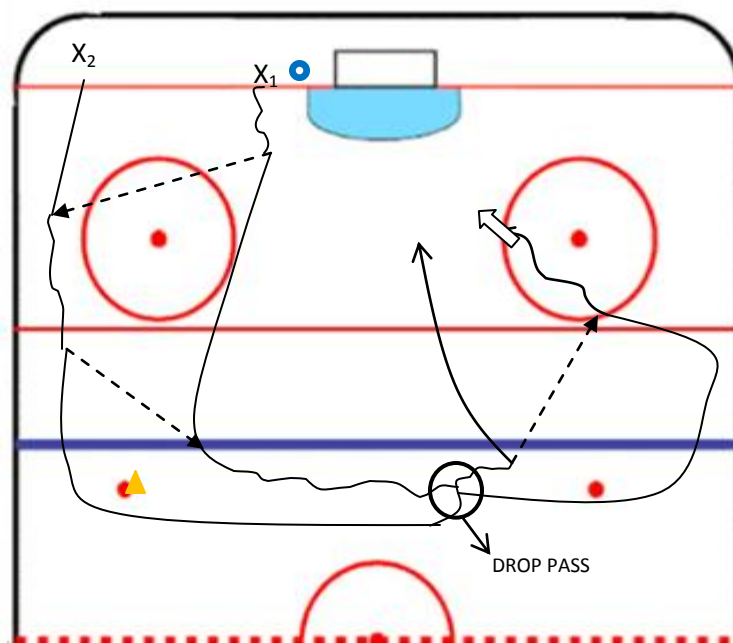
<b>Drill Name:</b>	Passing and Receiving	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b>		<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li></ul>		
<b>Players:</b> <ul style="list-style-type: none"><li>• Works on hand-eye coordination</li><li>• Focus on ring control</li><li>• Focus on firm, accurate passes</li></ul>				
<b>Goalkeepers:</b> Involved in this drill				
<b>Drill Details:</b> <b>4.4.6 Diagonal Pass and Skate</b>  Equipment: Rings are required Description: 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.  Variation: Players may shoot on goal.			<b>TIPS</b>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>
October-November				
<b>Skills Matrix</b>				
Passing, receiving Forehand sweep	Passing, Receiving, Stabbing the Ring	Ring Skills, Shooting, Forehand wrist shot		

## Drill # 5



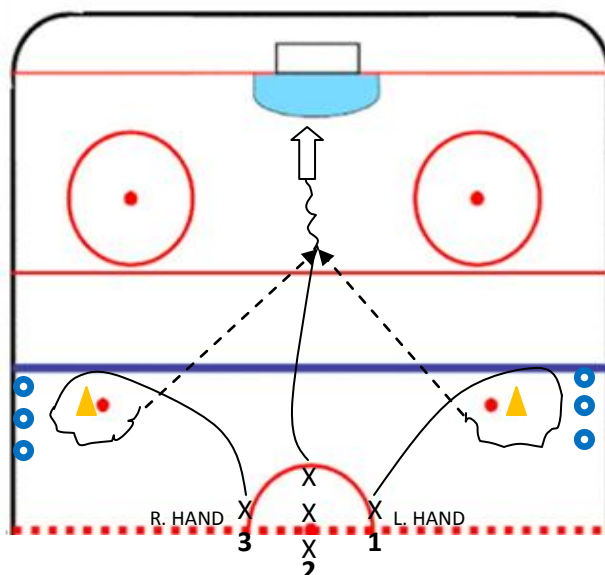
<b>Drill Name:</b>	Diagonal Pass and Skate	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"><li>• Works on hand-eye coordination</li><li>• Focus on ring control</li><li>• Focus on firm, accurate passes</li></ul>		<b>What do I need?</b>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

## Drill # 6



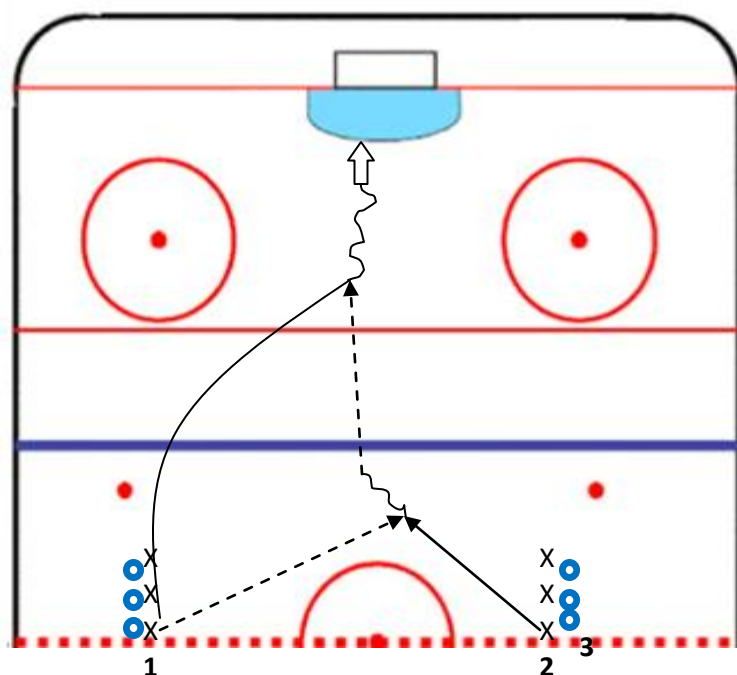
<b>Drill Name:</b>	Support give and go	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"><li>• Focus on support on the boards</li><li>• Emphasize on transition</li></ul>		<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li><li>• 1 pylon</li></ul>		
<b>Goalkeepers:</b> Involved in this drill				
<b>Drill Details:</b> <ul style="list-style-type: none"><li>• Players line up in 2 lines</li><li>• Player 1 has the ring, pass to player 2 who has turned towards the pass then passes back to player 1 over blue line</li><li>• Player 2 delays over blue line to pick up the ring that is dropped at the centre of the ice</li><li>• 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</li></ul>			<b>TIPS</b>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>
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	
<b>Skills Matrix</b>				
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



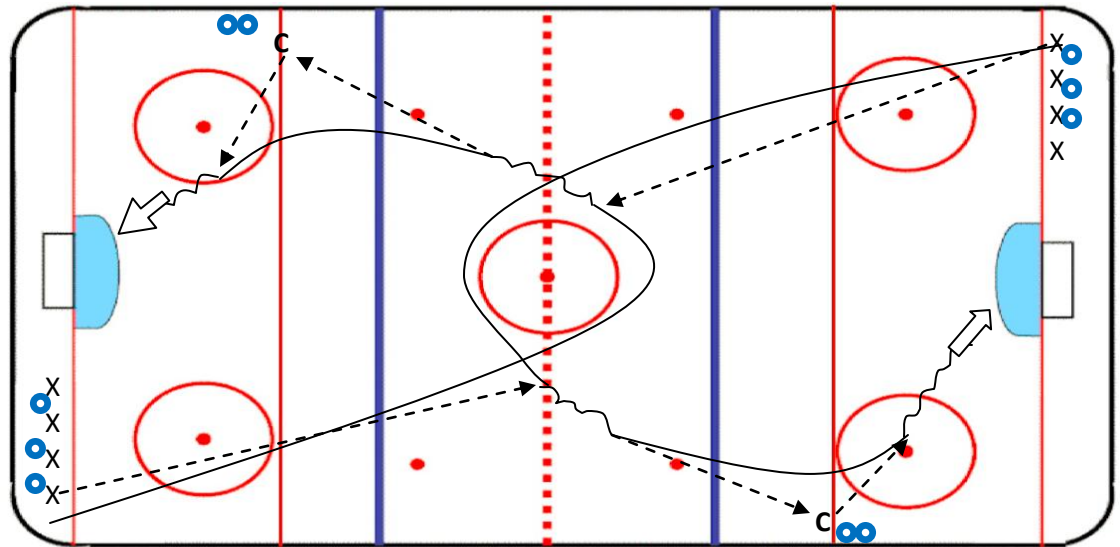
<b>Drill Name:</b>	Breakaway lead pass 1	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b>		<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li><li>• 2 pylons</li></ul>		
<b>Players:</b> <ul style="list-style-type: none"><li>• Focus on Timing - Patience of receiver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



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

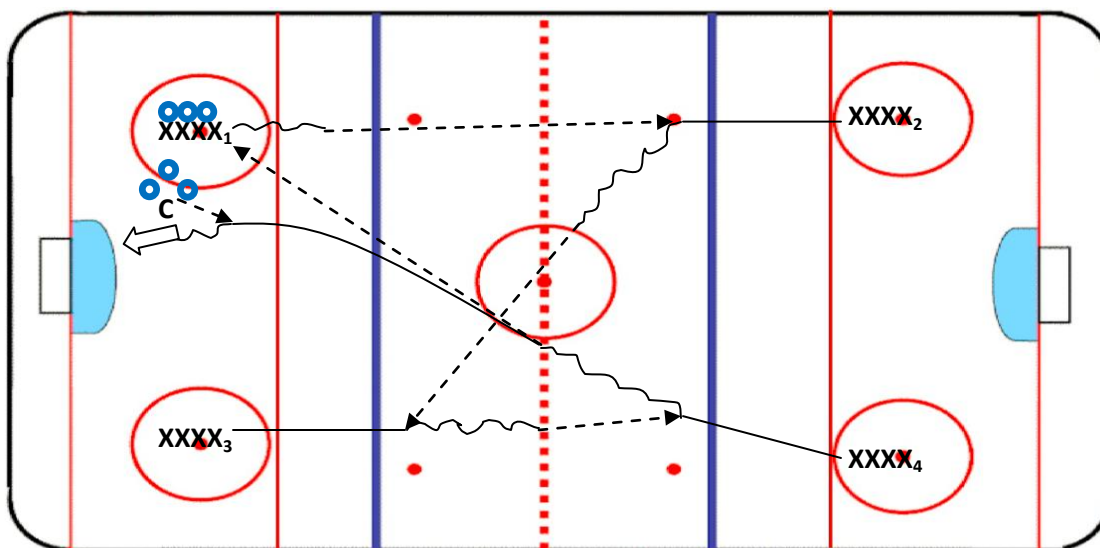
## Drill # 9



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

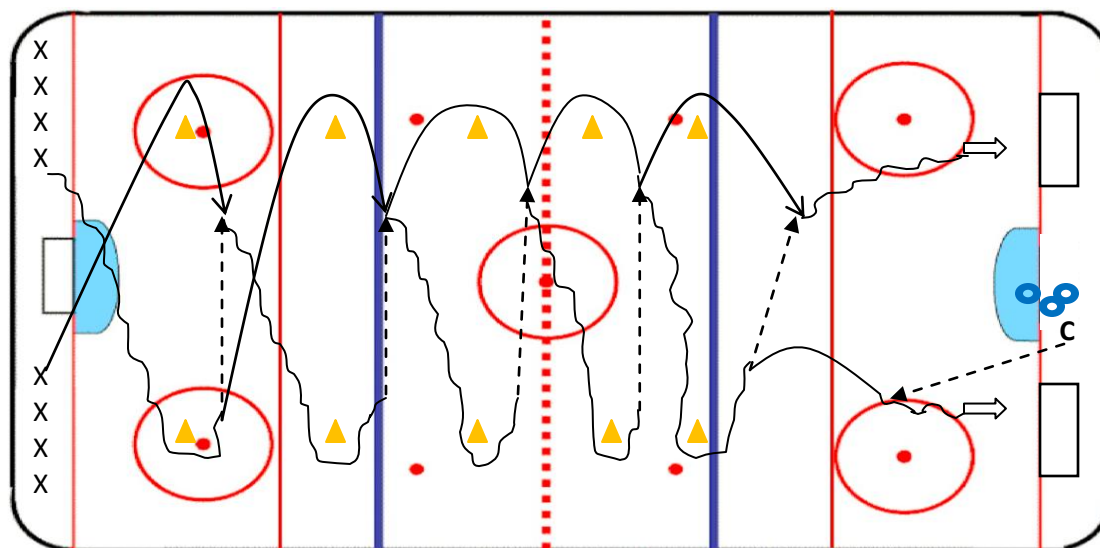


## Drill # 10



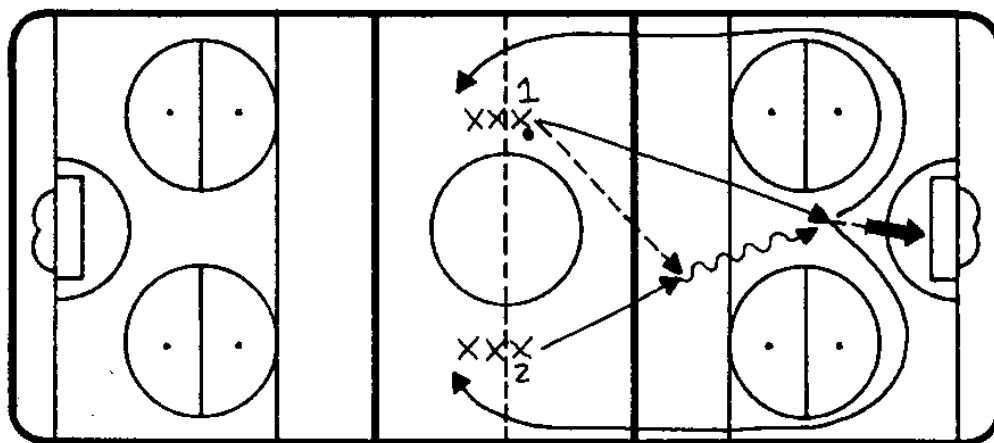
<b>Drill Name:</b>	4 corner Full Ice		<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b>			<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li></ul>		
<b>Players:</b> <ul style="list-style-type: none"><li>• No carrying ring over a blue line</li><li>• Trying to keep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

## Drill # 11



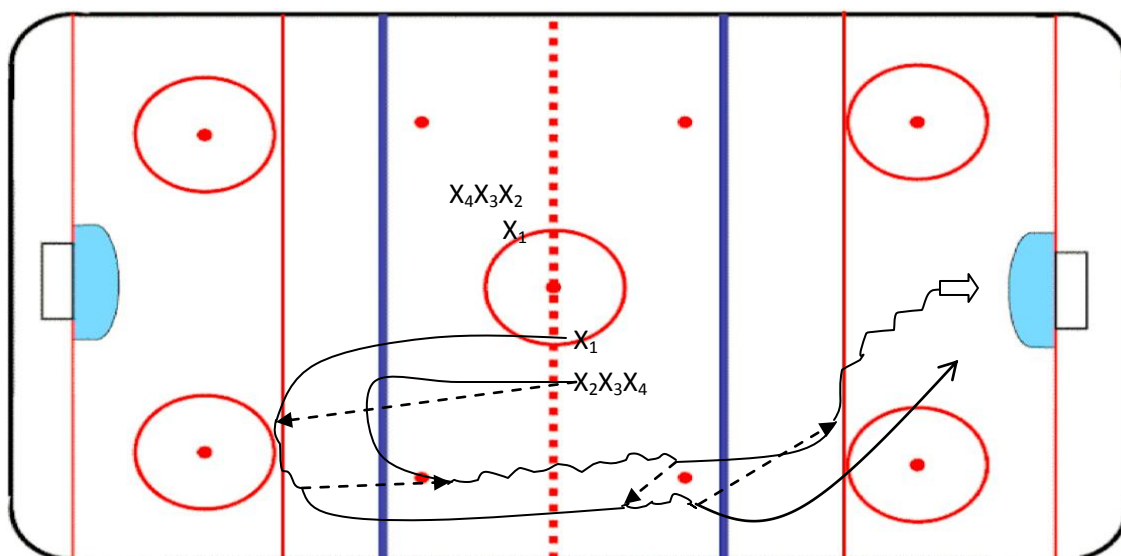
<b>Drill Name:</b>	8 Pylon Pass		<b>Duration:</b>	5-7 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> (see matrix)			<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li><li>• 10 pylons</li></ul>		
<b>Goalkeepers:</b> Involved in this drill					
<b>Drill Details:</b>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

## Drill # 12



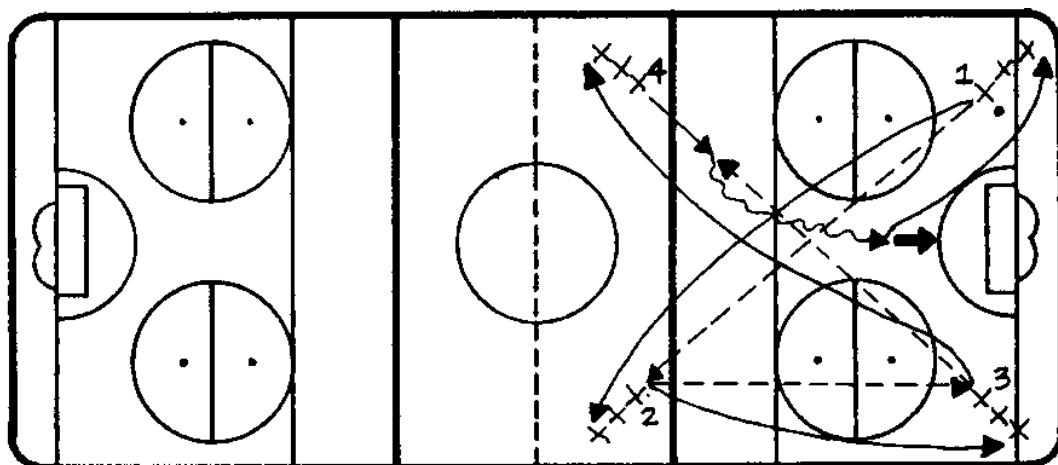
<b>Drill Name:</b>	Drop pass with shot		<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b> <b>Players:</b> (see matrix)			<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li></ul>	
<b>Goalkeepers:</b> Involved in this drill				
<b>Drill Details:</b> <b>4.5.4 Drop Pass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

## Drill # 13



<b>Drill Name:</b>	Finland	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> (see matrix)		<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li></ul>		
<b>Goalkeepers:</b> Involved in this drill				
<b>Drill Details:</b> <ul style="list-style-type: none"><li>• Two groups</li><li>• Use both sides of the ice</li><li>• Player 1 skates into the zone and turns to receive a pass from player 2</li><li>• Player 2 skates towards the blue line and turns to the boards and receives a pass from player 1</li><li>• 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</li><li>• Player 1 takes a shot</li><li>• Player 3 starts to skate into zone to continue the drill</li></ul>			<b>TIPS</b>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>
October-November		December	Increase intensity; Add Defender	
<b>Skills Matrix</b>				
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



<b>Drill Name:</b>	4 Corner follow your pass	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> (see matrix)	<b>What do I need?</b> <ul style="list-style-type: none"><li>Rings</li></ul>			
<b>Goalkeepers:</b> Not involved in this drill				
<b>Drill Details:</b> <b>4.10.3 4 Corners</b>  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.			<b>TIPS</b>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>
October-November		February	Use small orange rings; increase intensity	
<b>Skills Matrix</b>				
Ring Skills, Passing, Forehand sweep, Backhand sweep				

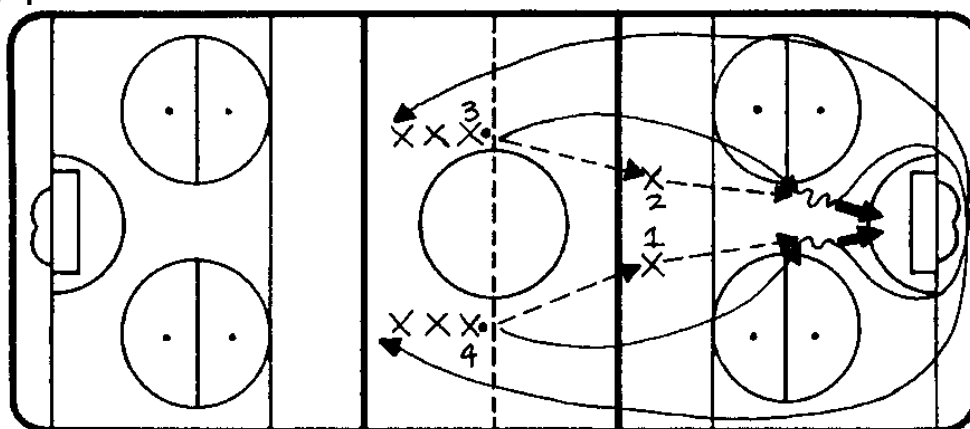
**Stage: U16/U19**  
**SHOOTING DRILLS**

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:**

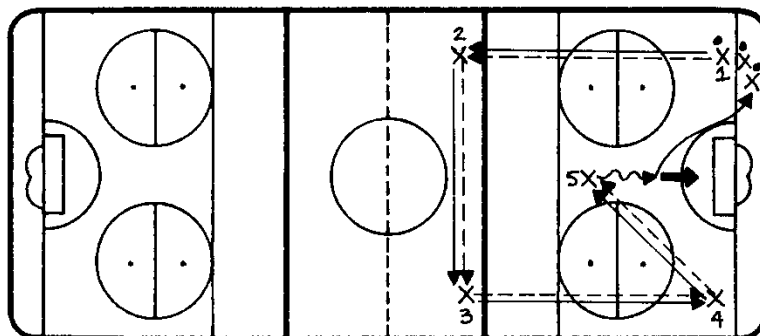
- Many of the passing drills incorporate shooting
- Always remember to vary the shooting option
- Add targets to the nets for ALL drills – even with goalie in.  
This will teach players to see “mesh” (target’, instead of where the goalie is.

## Drill # 1



<b>Drill Name:</b>	V drill	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b>		<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li></ul>		
<b>Players:</b> (see matrix)				
<b>Goalkeepers:</b> Involved in this drill				
<b>Drill Details:</b> <b>4.10.5 "V" Drill</b>  Equipment: Rings are needed. 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.			<b>TIPS</b> <ul style="list-style-type: none"><li>• Remember to mix up the shots</li><li>• Change from fore hand to back hand and wrist shot to flip shots</li></ul>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>
November - December		December-February		
<b>Skills Matrix</b>				
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		

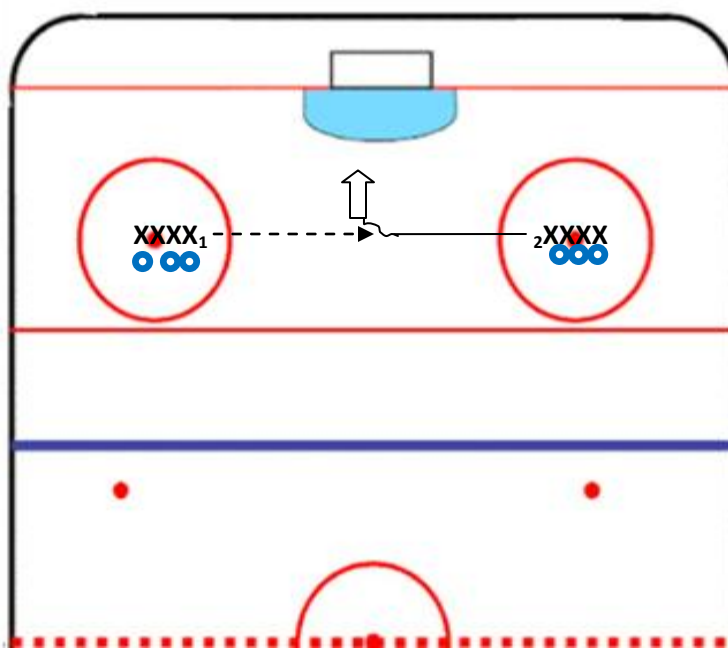
## Drill # 2



<b>Drill Name:</b>	5 Point drill	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> (see matrix)		<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li></ul>		
<b>Goalkeepers:</b> Involved in this drill				
<b>Drill Details:</b> <b>4.10.6 5 Point Drill</b>  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.			<b>TIPS</b>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>
November - December		December-February	Add a board pass	
<b>Skills Matrix</b>				
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		

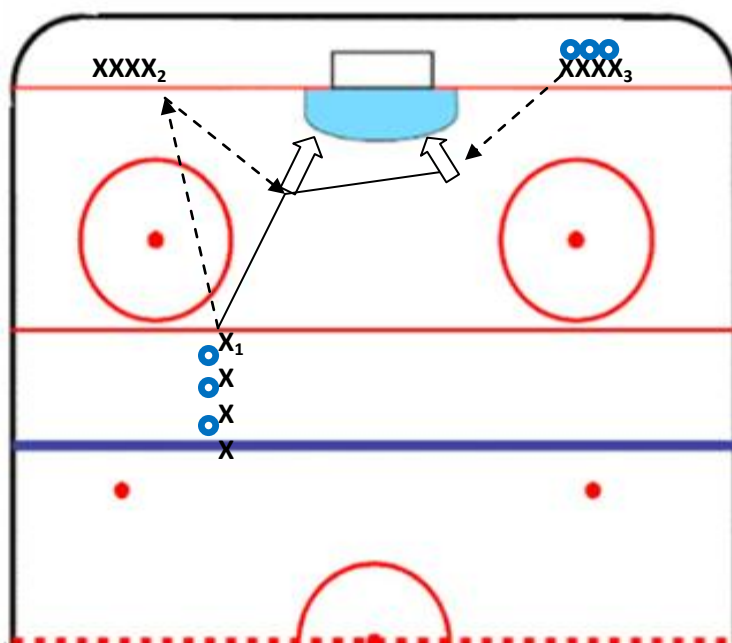


## Drill # 3



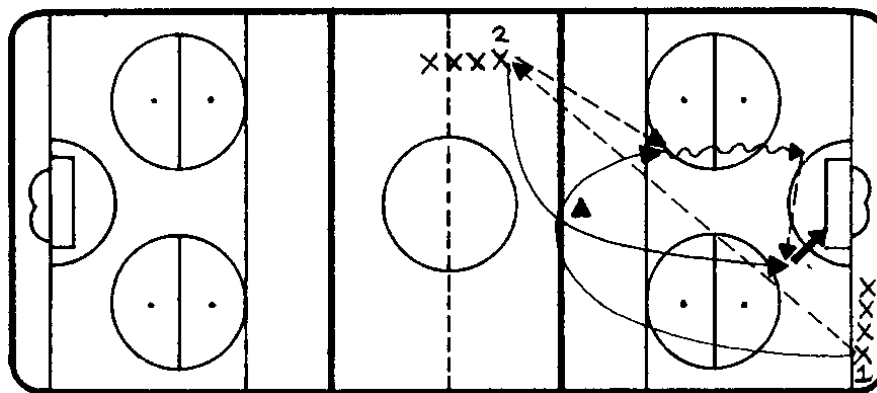
<b>Drill Name:</b>	One Timers			<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"><li>• Ref 4.10.7 (pressure shooting) in Ringette Canada Drill Manual</li><li>• Ref 4.10.16 (cross crease 1,2,3) in Ringette Canada Drill Manual</li><li>•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

## Drill # 4



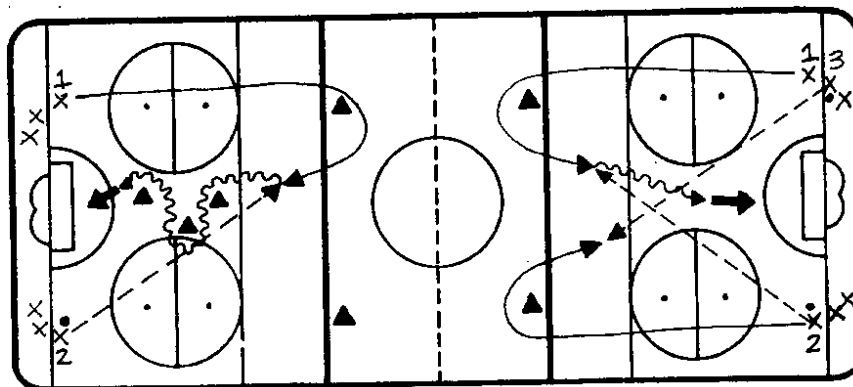
<b>Drill Name:</b>	Quick Shot with Rebound	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> (see matrix)		<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li></ul>		
<b>Goalkeepers:</b> Involved in this drill				
<b>Drill Details:</b> <ul style="list-style-type: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

## Drill # 5



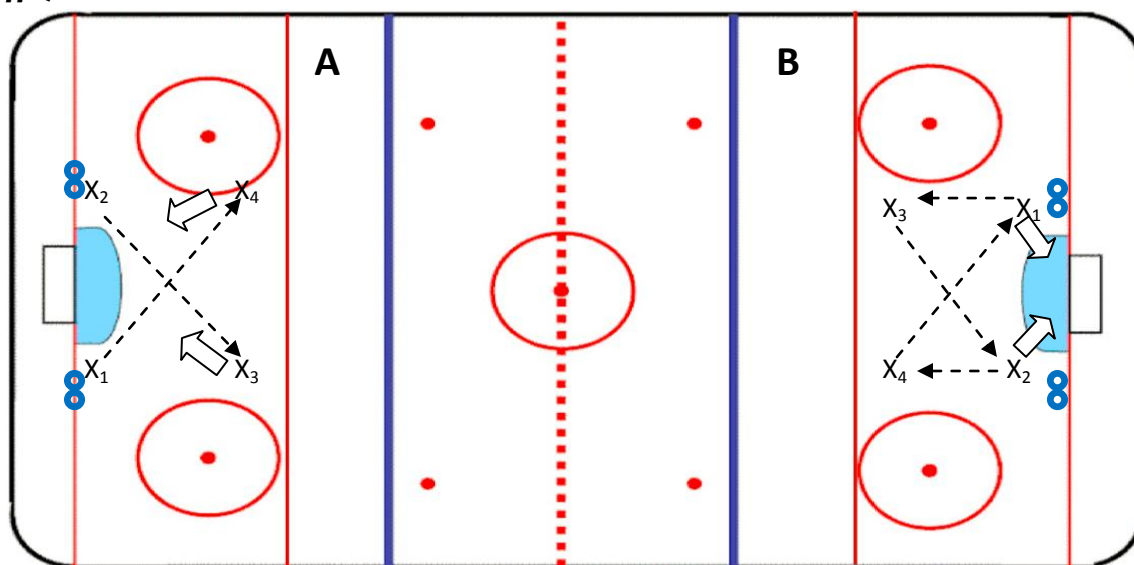
<b>Drill Name:</b>	Moving cross crease	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b>		<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li><li>• 1 pylon</li></ul>		
<b>Players:</b> (see matrix)				
<b>Goalkeepers:</b> Involved in this drill				
<b>Drill Details:</b> <b>4.10.18 Moving Cross Crease</b>  Equipment: Rings/Pylons are needed. 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.			<b>TIPS</b>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>
December		January-February		
<b>Skills Matrix</b>				
Ring Skills Shooting Forehand Sweep, Backhand Sweep, Forehand Wrist, Backhand Wrist				

## Drill # 6



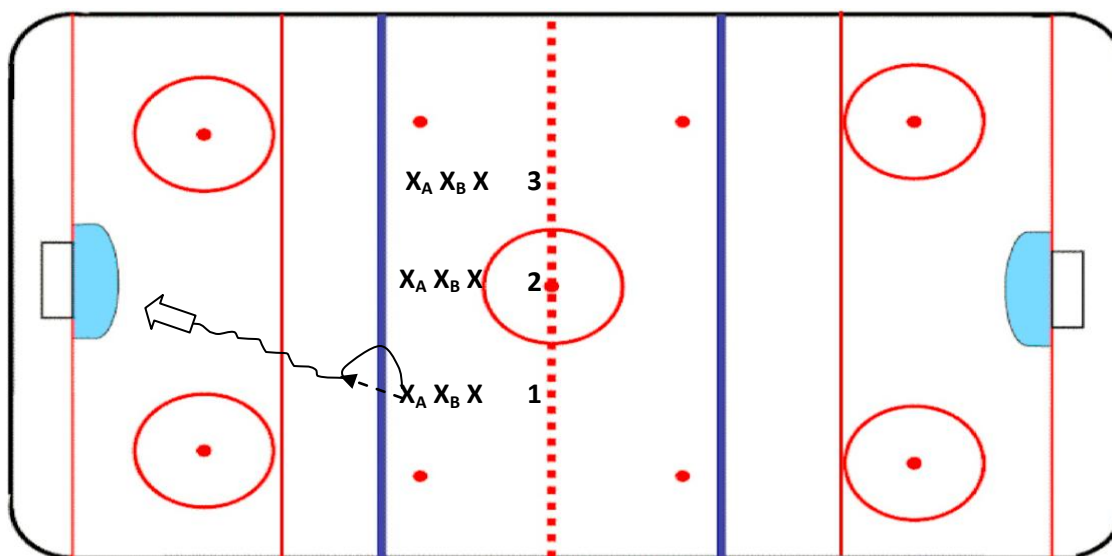
<b>Drill Name:</b>	Horseshoe (half ice)		<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> (see matrix)			<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li><li>• 2 or 4 pylons</li></ul>		
<b>Goalkeepers:</b> Involved in this drill					
<b>Drill Details:</b> <b>4.10.8    Horseshoe</b>  Equipment:    Rings/Pylons are required. 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.  Variation:    Add pylons in front of the net to weave through.				<b>TIPS</b>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>	
December		January-February	Add pylons in front of net to weave through		
<b>Skills Matrix</b>					
Ring Skills Shooting Forehand Sweep, Backhand Sweep, Forehand Wrist, Backhand Wrist					

## Drill # 7



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

## Drill # 8



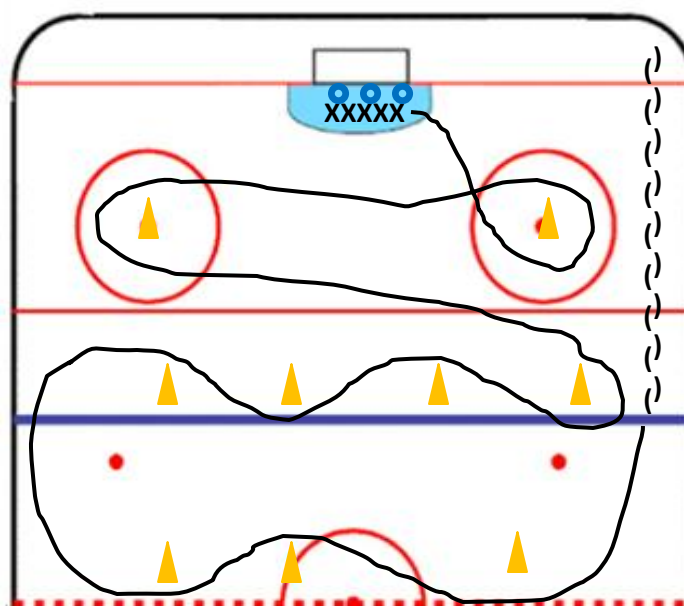
<b>Drill Name:</b>	3 line shooting		<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> (see matrix)			<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li><li>• 3 pylons (optional)</li></ul>		
<b>Goalkeepers:</b> Involved in this drill					
<b>Drill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

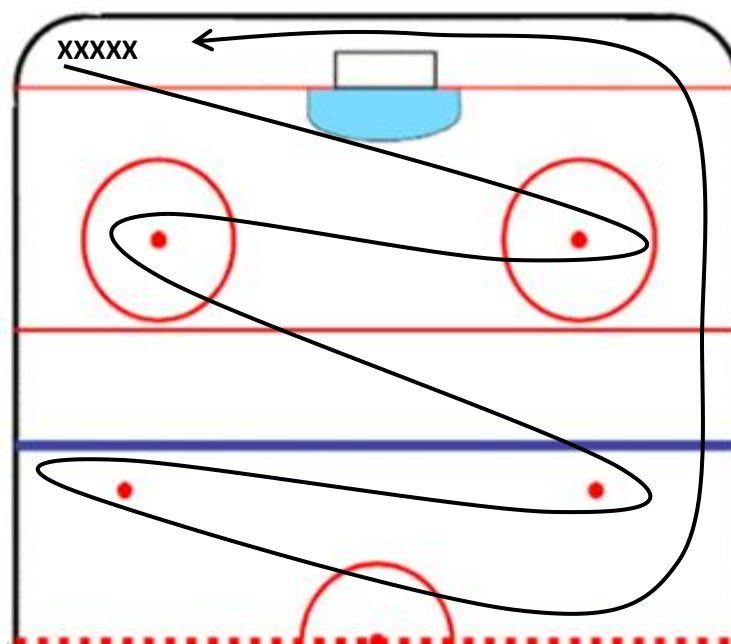
## Drill # 1



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

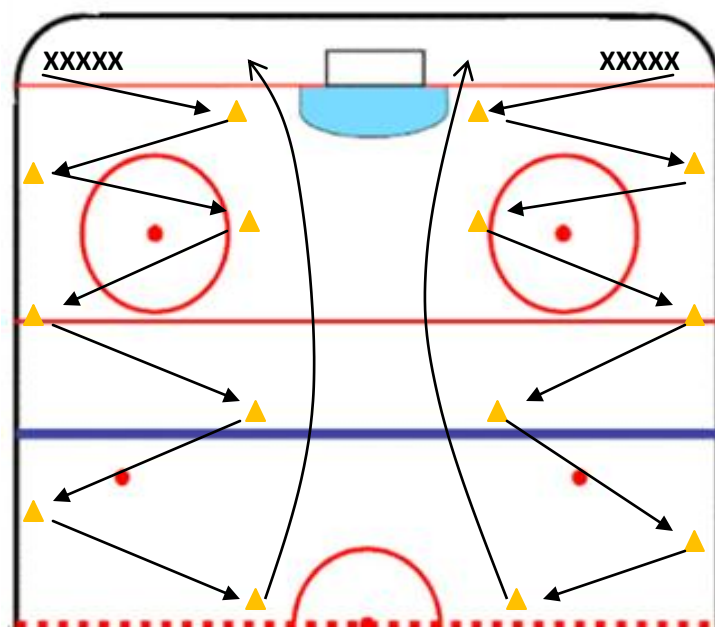


## Drill # 2



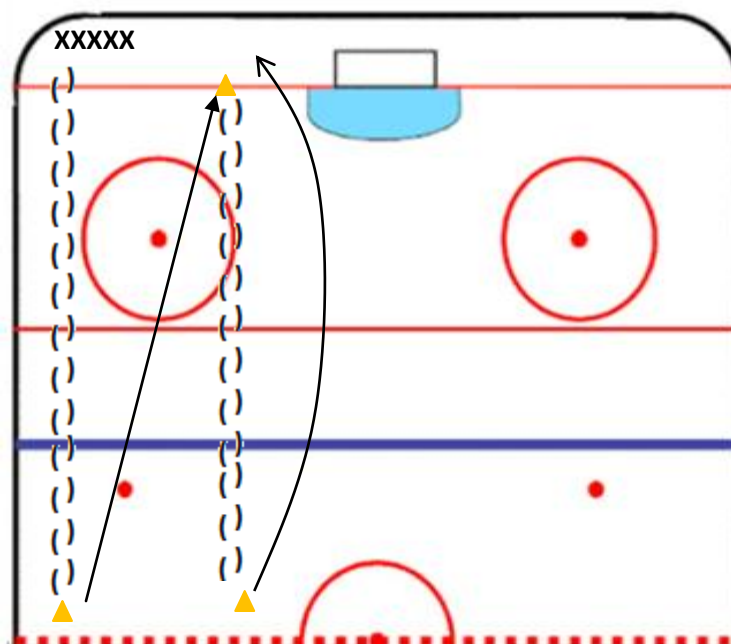
<b>Drill Name:</b>	Crossover Dots	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"><li>• Keep tight with the dots</li><li>• Focus on not coasting</li></ul>		<b>What do I need?</b>		
<b>Goalkeepers:</b> Involved in this drill				
<b>Drill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

## Drill # 3



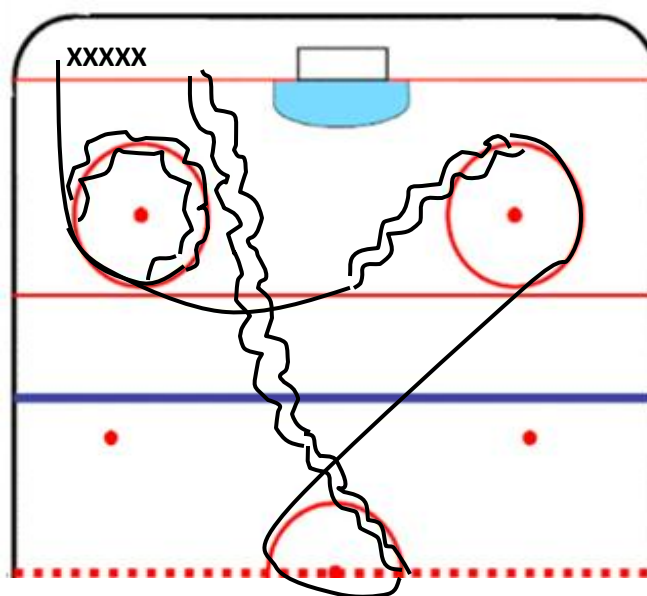
<b>Drill Name:</b>	Zigzag Stop	<b>Duration:</b>	5 minutes		
<b>What Skills are we developing?</b>		<b>What do I need?</b> <ul style="list-style-type: none"><li>• 14 Pylons if 2 lines</li><li>• 7 if one line</li></ul>			
<b>Players:</b> <ul style="list-style-type: none"><li>• Focus on Acceleration and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

## Drill # 4



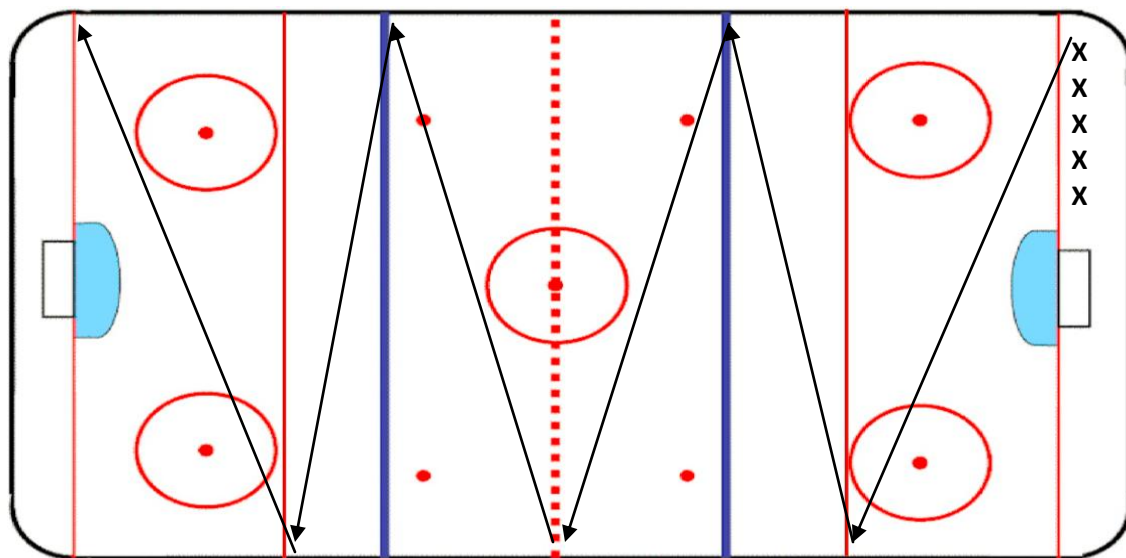
<b>Drill Name:</b>	Backward Stop	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"><li>Quick Feet,</li><li>Leaning forward</li><li>Powerful push on C Cuts to start moving quickly</li></ul>		<b>What do I need?</b> <ul style="list-style-type: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

## Drill # 5



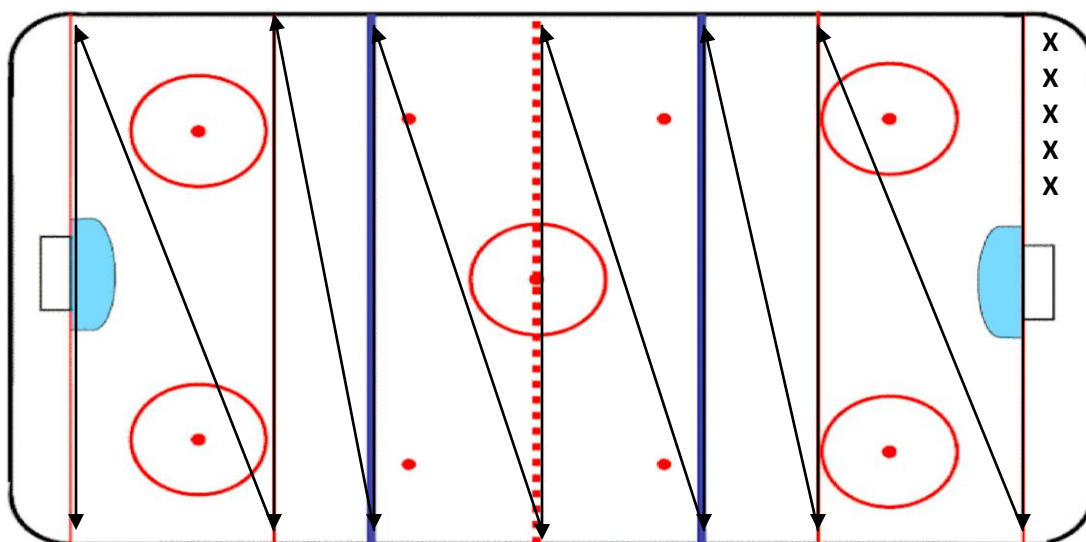
<b>Drill Name:</b>	Face the far net	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"><li>• Pivot without losing speed with crossovers</li><li>• Focus on balance and mobility</li></ul>		<b>What do I need?</b>		
<b>Goalkeepers:</b> Involved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

## Drill # 6



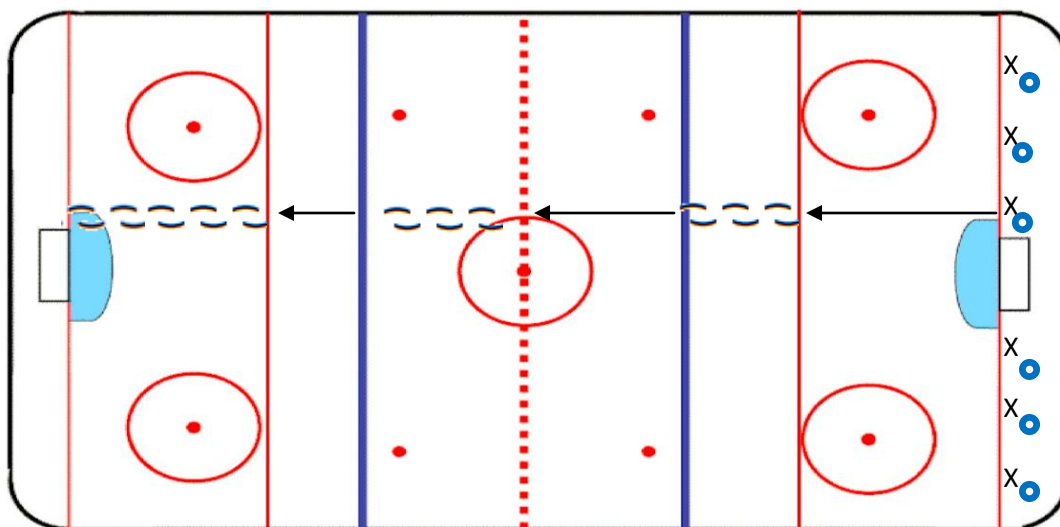
<b>Drill Name:</b>	Modified W drill		<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"><li>Keep facing forward for stops</li><li>This ensures they use both sides to stop with</li><li>Some players will only want to stop in the direction they are comfortable with</li></ul>			<b>What do I need?</b> <ul style="list-style-type: none"><li>Rings for progression</li></ul>		
<b>Goalkeepers:</b> Involved in this drill					
<b>Drill Details:</b> <ul style="list-style-type: none"><li>Line up in corner behind net</li><li>Variation of the simple W drill. Ringette lines</li></ul>			<b>TIPS</b> Progression: <ul style="list-style-type: none"><li>Add rings to the lines (enough rings at the first line)</li><li>Quickly retrieve open ring, then drop off at the next line</li><li>Continue skating and stopping at the second last line</li><li>Retrieve another open ring and then drop at the next line</li></ul>		
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>		<b>Competition Variations</b>
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		
<b>Skills Matrix</b>					
Skating Forward Acceleration	Skating Starting Acceleration		Skating Stopping Parallel Stop		

## Drill # 7



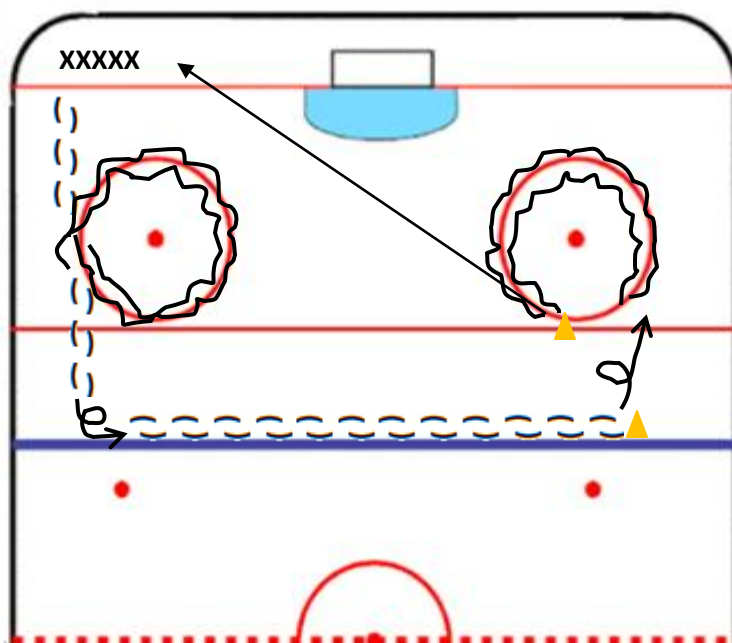
<b>Drill Name:</b>	Stops and Starts		<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"><li>• Players are to be making complete two foot stops</li><li>• Crossover starts facing the correct direction</li><li>• Skating hard into each stop.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

## Drill # 8



<b>Drill Name:</b>	Forward to Backwards Pivots			<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"><li>• Players are to not slow into pivot, Bending knees to keep weight centered over skates</li><li>• 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</li><li>• 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.</li></ul>				<b>What do I need?</b>	
<b>Goalkeepers:</b> Involved in this drill					
<b>Drill Details:</b> <ul style="list-style-type: none"><li>• If more than 10 players split into two Groups</li><li>• 1st Group lines up on the line and second group lines up on the end boards behind the 1st Group</li><li>• 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</li><li>• Turn clockwise the first time down the ice and counter clockwise the second time through the drill.</li></ul>					<b>TIPS</b>
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>	
November		December - January	Add Rings and Intensity		
<b>Skills Matrix</b>					
Skating Transitions Pivots	Skating Transitions Basic Pivot turn (front to back)&(back to front)				

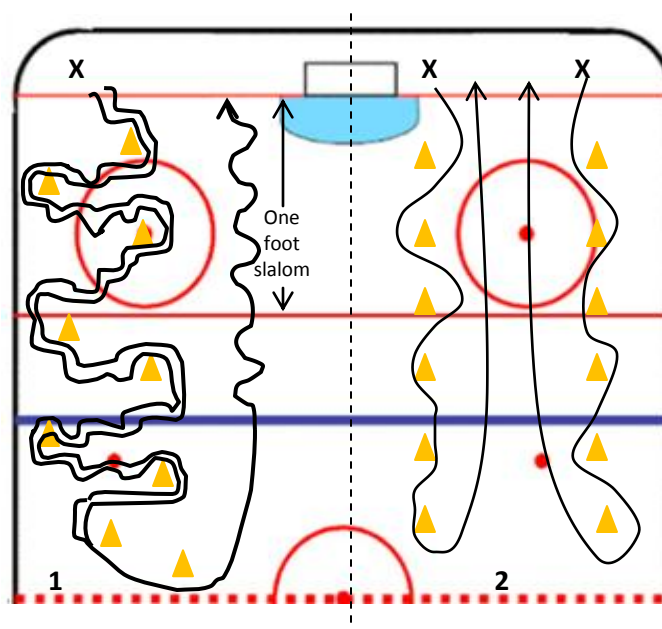
## Drill # 9



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

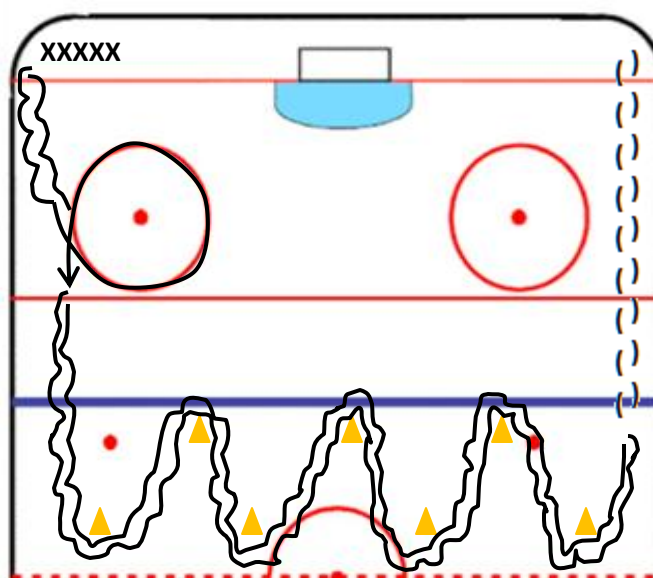


## Drill # 10



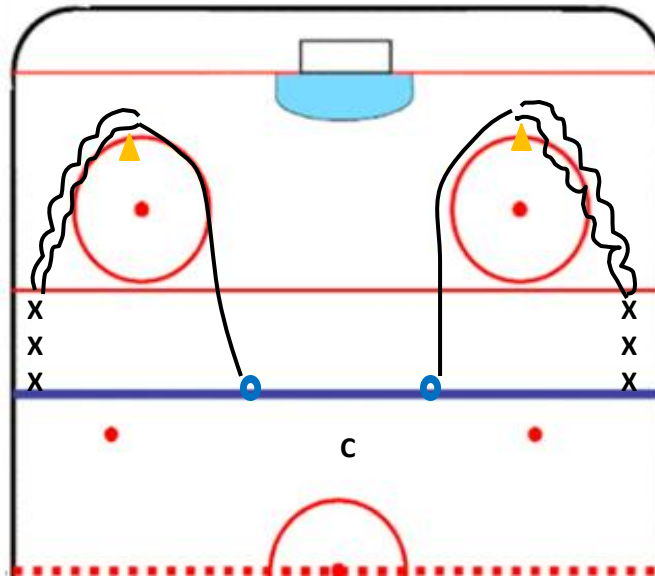
<b>Drill Name:</b>	Backwards Mix			<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>				<b>What do I need?</b> <ul style="list-style-type: none"><li>23 pylons</li></ul>	
<b>Players:</b> <ul style="list-style-type: none"><li>Sitting low, knees bent, pushing on inside edges</li><li>U16 level: 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.</li><li>U19 level: Refining the Skill - All players should be able to run this drill at full speed.</li></ul>					
<b>Goalkeepers:</b> Not involved in this drill					
<b>Drill Details:</b> <ul style="list-style-type: none"><li>Two different drills on each side</li><li>2 Groups</li><li>Setup pylons as shown in diagram</li><li>One group on left side of ice and second on other side</li><li>Switch groups after they run through the course 3 times each</li><li><b>Left side:</b> 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</li><li><b>Right side:</b> Divide this group into two and line up in line with the pylons as shown in diagram</li><li>Players start backwards and skate backwards using the 2 foot slalom up through pylons and all the way back to the goal line.</li></ul>				<b>TIPS</b>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>	
December	Run at 3/4 speed to focus on technique	January-February	increase intensity		
<b>Skills Matrix</b>					
Skating Backward Sharp Turns	Skating Backward 2 foot Slalom	Skating 1 foot slalom			

## Drill # 11



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

## Drill # 12



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