

Tryout Drills

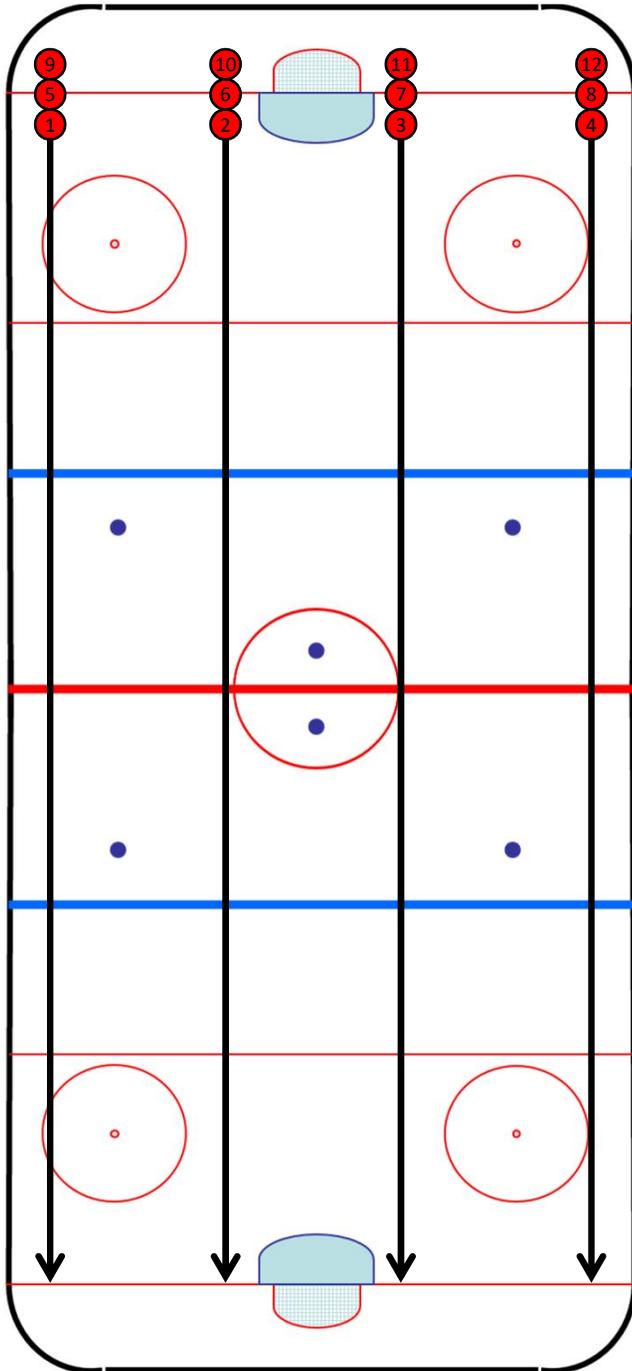
April 9, 2017

CORA



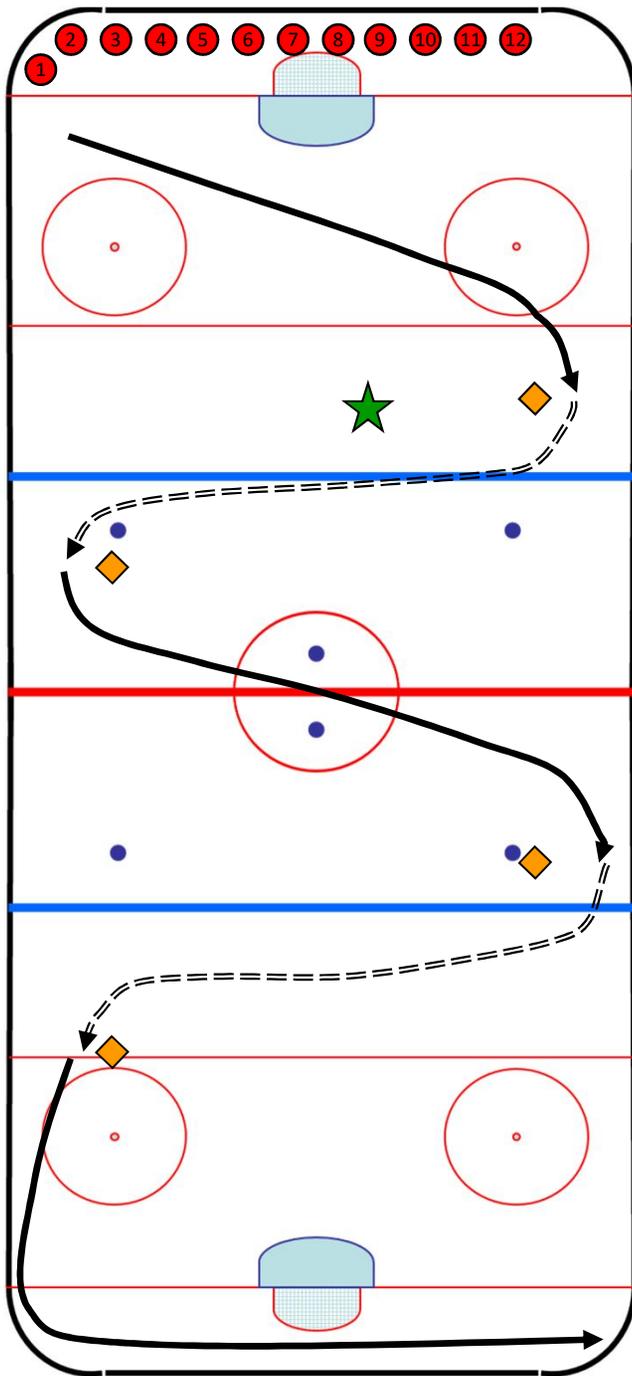
= goalie assessment drill

#1 – Skating Race



- Setup
 - 4 lines of players behind the icing line.
 - Arrange players in order or jersey numbers sequentially across the lines (see diagram) with all of one pinny colour first, followed by those of the second pinny colour
- Instructions
 - On the whistle they race to the end.
 - For safety, U10 and younger they race to the far ringette line, older players are to race to far icing line.
- Variations
 - Forwards, backwards, pivot 180 or 360 at blue lines
 - Any of the above with or without a ring
- Pacing
 - Allow one line to finish entire length of ice before starting next line

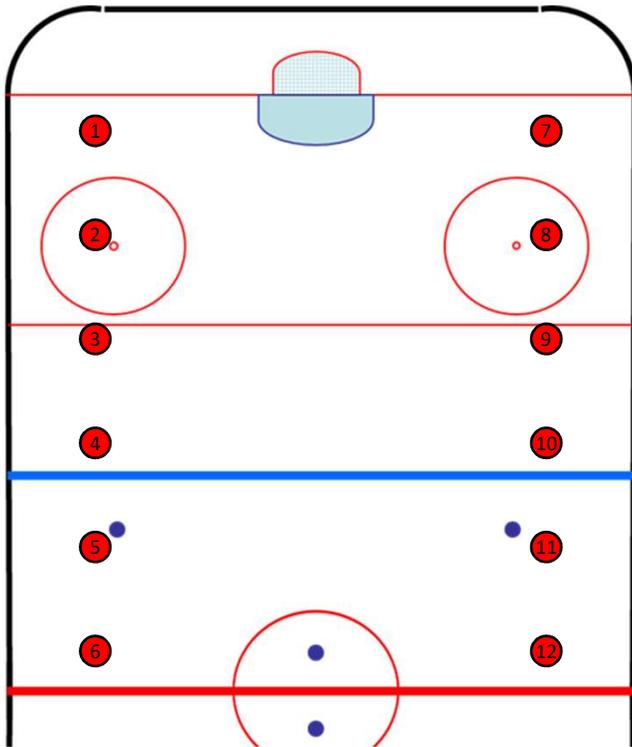




#2 - 4 Corner Skating

- Setup
 - Players line up in the corner behind the net
 - Arrange players in order of pinny number, put all goalies at the end
- Instructions
 - They skate forwards to first cone, backwards to second cone, forwards to third cone, backwards to fourth cone and then back in line
 - Second time alternate and go backwards first
 - Look for speed, transition from F to B to F and cutting around the cones.
- Pacing
 - Run one player at a time.
 - Next players goes when first player rounds the second cone
 - Once all players have reached the far end, repeat the drill
 - Change the sides of the cones and run the drill from the other two corners
- Variations
 - Perform this drill with rings
 - Have players stop at each cone rather than rounding the cone

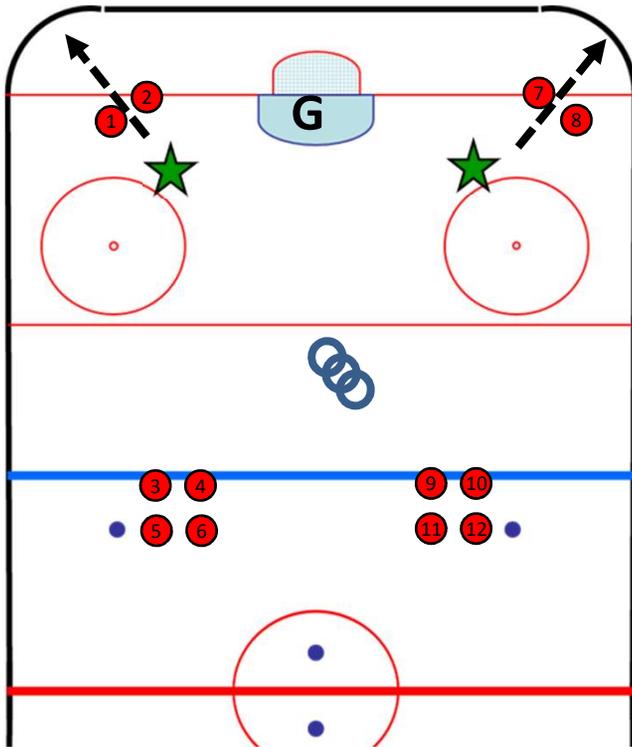




#3 – Shooting At Boards

- Setup
 - Spread players out along the boards, roughly 5 meters from the boards as shown in the diagram
 - Arrange players in order of pinny number as shown
 - Each player has a ring
- Instructions
 - Players shoot forehand shots at the boards.
- Pacing
 - After roughly 3 minutes, ask them to shoot backhand shots

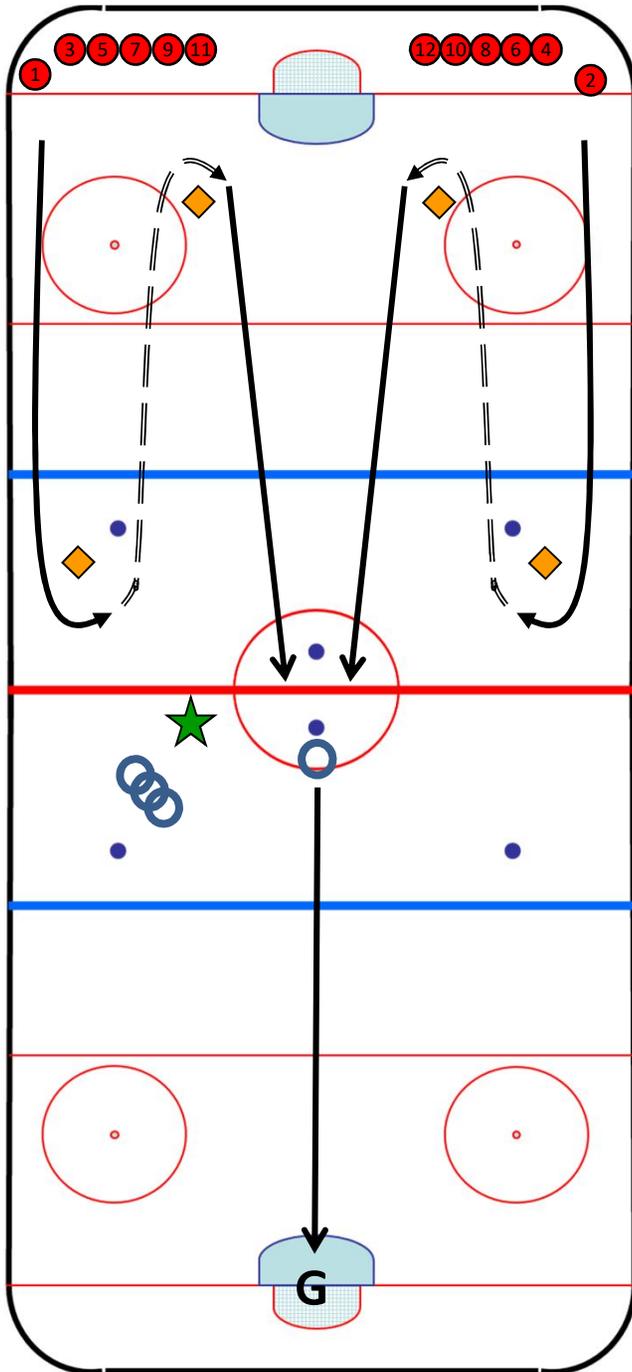




#4 – Queen's Corner

- Setup
 - First pair of players start on icing line on one side of the ice.
 - Second pair is ready on other side of ice
 - Other players are lined up in pairs in order of pinny number
 - NOTE: if the number of players is even, the pairs will always be the same. Ask the last player to go twice in a row to mix the pairs up.
 - Goaltender in the net if available
- Instructions
 - Coach stands behind players and SLIDES ring into the corner trying to make sure ring does not bounce back from boards and is equally available to each player.
 - Players battle for the ring
 - The player that gets possession becomes offense and tries to score, the other player becomes a defender and tries to check.
 - Goal is to score – players should chase rebounds and whoever gets rebound tries to score.
 - If the defender checks the offensive player and gains possession, the roles reverse
 - Players must stay on their half of the ice and cannot go around behind the net
- Pacing
 - Play continues until the coach whistles
 - As soon as battle is over, wait 5 seconds for evaluators to record, then the coach picks up next ring and starts the drill on the other side
 - Next group of players gets ready on the side just finished





#5 - Race for the Ring 3

- Setup

- Players are in two lines in the corners as shown in the diagram
 - Players are arranged in alternating numbers so that the players racing each other are in order
 - NOTE: if the number of players is even, the pairs will always be the same. Ask the last player to go twice in a row to mix the pairs up.
- Goaltender in the net if available
- Coach with rings at centre

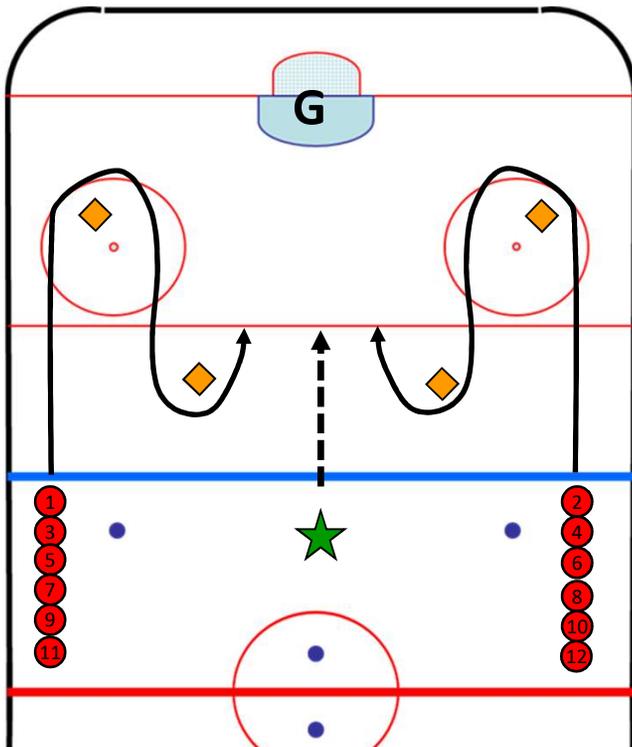
- Instructions

- The coach places a ring at centre
- On the whistle, players race around the cones starting skating forwards, changing to backwards at the first cone and then back to forwards on the second cone in an attempt to be first to the ring
- The first player to the ring stabs the ring and heads for the net and tries to score
- The second player chases
- If the second player gains possession of the ring, the roles reverse

- Pacing

- Next pair starts after previous pair completes drill
- Instruct players to return to the opposite line by skating up the boards





#6 - Basic Race for the Ring

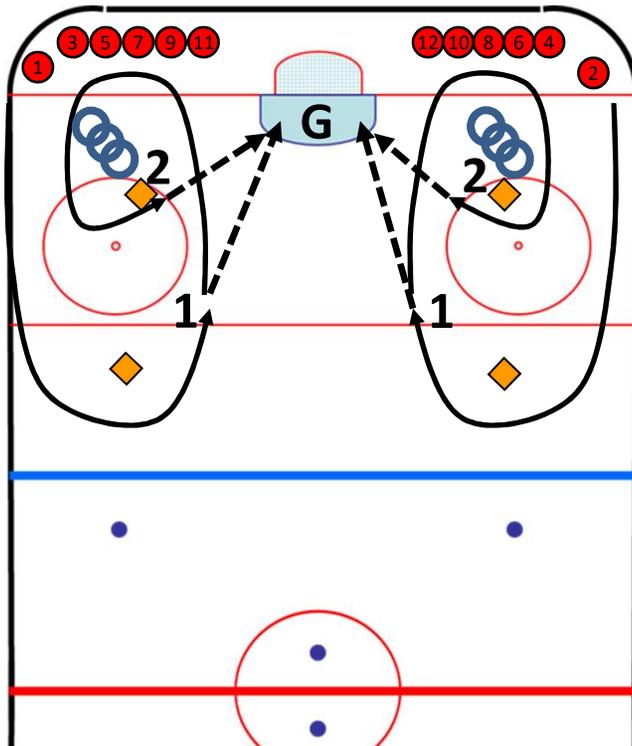
- Setup
 - Players line up behind the blue line.
 - Players are arranged in alternating numbers so that the players racing each other are in order
 - NOTE: if the number of players is even, the pairs will always be the same. Ask the last player to go twice in a row to mix the pairs up.
 - Goaltender in the net if available
 - Coach with rings just outside blue line
- Instructions
 - On the whistle players skate to the far cone, then the near cone. Coach shoots a ring in just over ringette line for them to chase.
 - The person who gets the ring tries to score and the other person becomes the defender and tries to steal the ring.
 - Players go for rebounds and play stops on the whistle
 - Run this drill at both ends
- Pacing
 - Next pair starts after previous pair completes drill
 - Instruct players to return to the opposite line by skating up the boards



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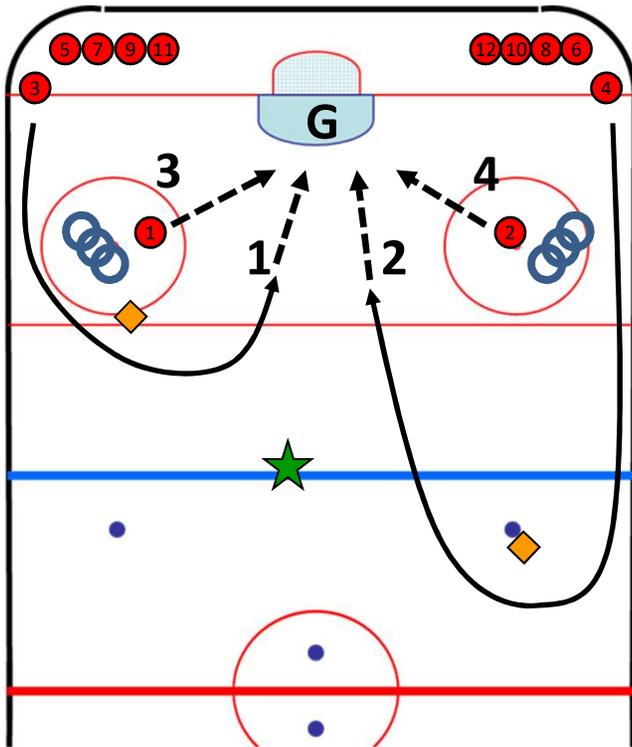


#7 - 2 Shot Drill



- Setup
 - Run this drill out of both corners.
 - Players are arranged in alternating numbers so that the players racing each other are in order
 - NOTE: if the number of players is even, the pairs will always be the same. Ask the last player to go twice in a row to mix the pairs up.
 - Goaltender in the net
 - Rings at the front of the lines and at positions 3 and 4 on the diagram
- Instructions
 - Player goes around high cone and shoots on goalie just over the ringette line from the slot (1)
 - Then Player skates down to the net picks up a ring, skates around the low cone and takes a second shot (2) First shot is direct wrist shot, second shot can include movement and fake
 - Instruct players to return to the opposite line
 - Alternate sides
 - Run this drill at both ends
 - Instruct players to vary their shooting (high, low, glove, blocker, 5 hole)
- Pacing
 - Wait for players to complete both shots and wait 5 seconds for evaluators to record before sending next pair



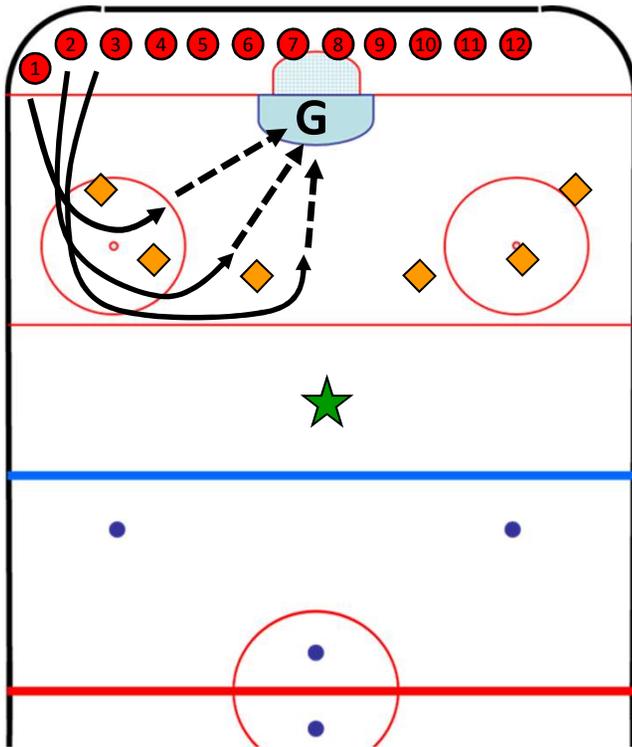


#8 - Sniper Shooting Drill



- Setup
 - Run this drill out of both corners.
 - Players are arranged in alternating numbers so that the players racing each other are in order
 - NOTE: if the number of players is even, the pairs will always be the same. Ask the last player to go twice in a row to mix the pairs up.
 - Goaltender in the net
 - Rings at the front of the lines and at positions 3 and 4 on the diagram
- Instructions
 - Players 3 and 4 start at the same time
 - Player 3 goes around low cone and shoots on goalie from just over the ringette line in the slot (1). Player 4 goes around the high cone and shoots on goalie from just over the ringette line in the slot (2).
 - Immediately after Player 4 shoots, Player 1 picks up a ring and shoots on net (3).
 - Immediately after Player 1 shoots, Player 2 picks up a ring and shoots on net (4).
 - Players 3 and 4 return to the line. Players 1 and 2 stay for about 6 sets and then get replaced by players 3 and 4.
 - Run this drill at both ends
 - Instruct players to vary their shooting (high, low, glove, blocker, 5 hole)
- Pacing
 - Wait for completion of each pair before starting the next





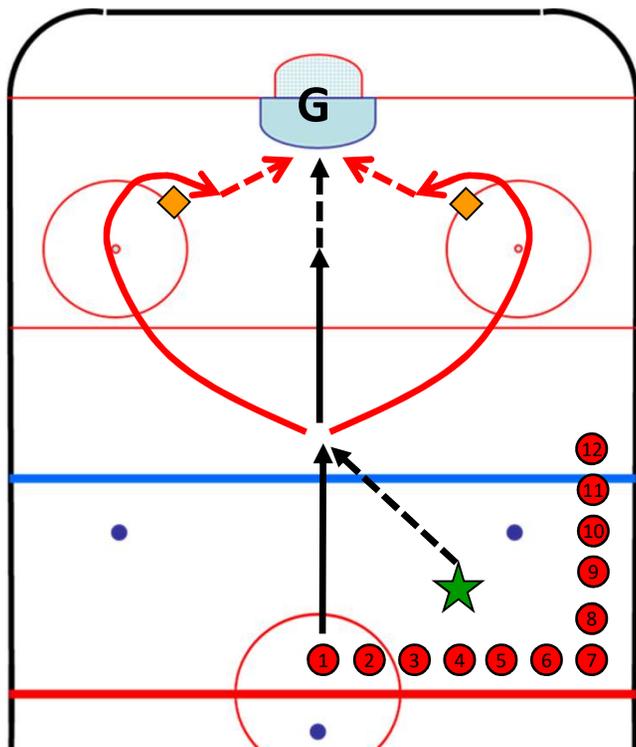
9 - Three Shot Drill



- Setup
 - Players line up in the corner behind the net
 - Arrange players in order of pinny number
 - Players at the front of the line need rings
- Instructions
 - On the whistle, the first three players skate the patterns show in the diagram and shoot on net
 - There is no deking allowed
 - After shooting, players line up in the opposite corner
 - Once all players have gone from one side, repeat the drill from the other side
 - Run this drill at both ends
 - Instruct players to vary their shooting (high, low, glove, blocker, 5 hole)
- Pacing
 - The coach should allow some time for evaluators to record results

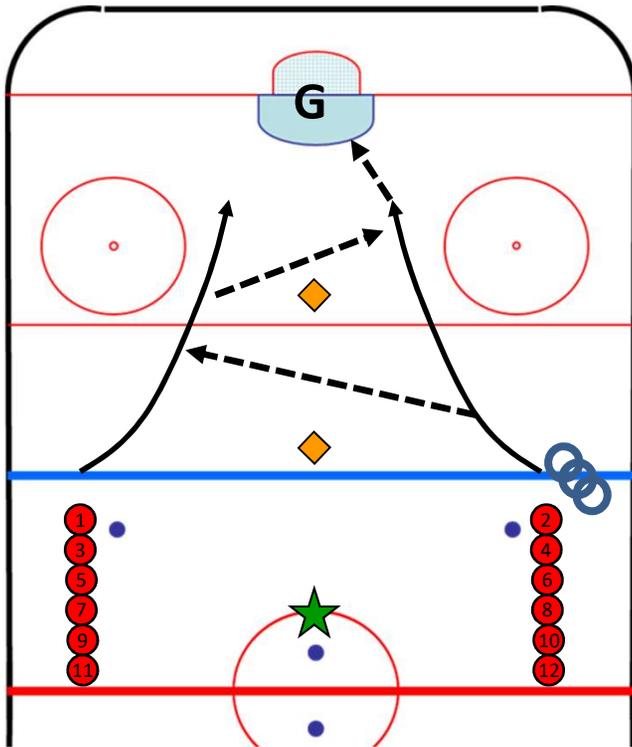


#10 – Breakaway



- Setup
 - Players are lined up across the centre line
 - Arrange players in order of pinny number
 - Players at the front of the line need rings
- Instructions
 - Players skate in, receive a pass over the blue line and try to score on the goalie.
 - Any shot or deke is allowed.
 - Players return to the line along the boards after shooting
 - Run this drill at both ends
- Pacing
 - Allow time for the goalie to reset before sending the next player
 - This drill is very tiring for goalies, alternate goalies often or give the goalie a rest after every pass through the line
- Variations
 - You can also use cones to force cross crease play (red lines and shots in diagram)





#11 - Novice Passing Drill

- Setup

- Players line up in two lines as shown on the diagram
 - Players are arranged in alternating numbers so that the players passing with each other are in order
 - NOTE: if the number of players is even, the pairs will always be the same. Ask the last player to go twice in a row to mix the pairs up.
- Goaltender in the net if available
- Rings are at the front of one line

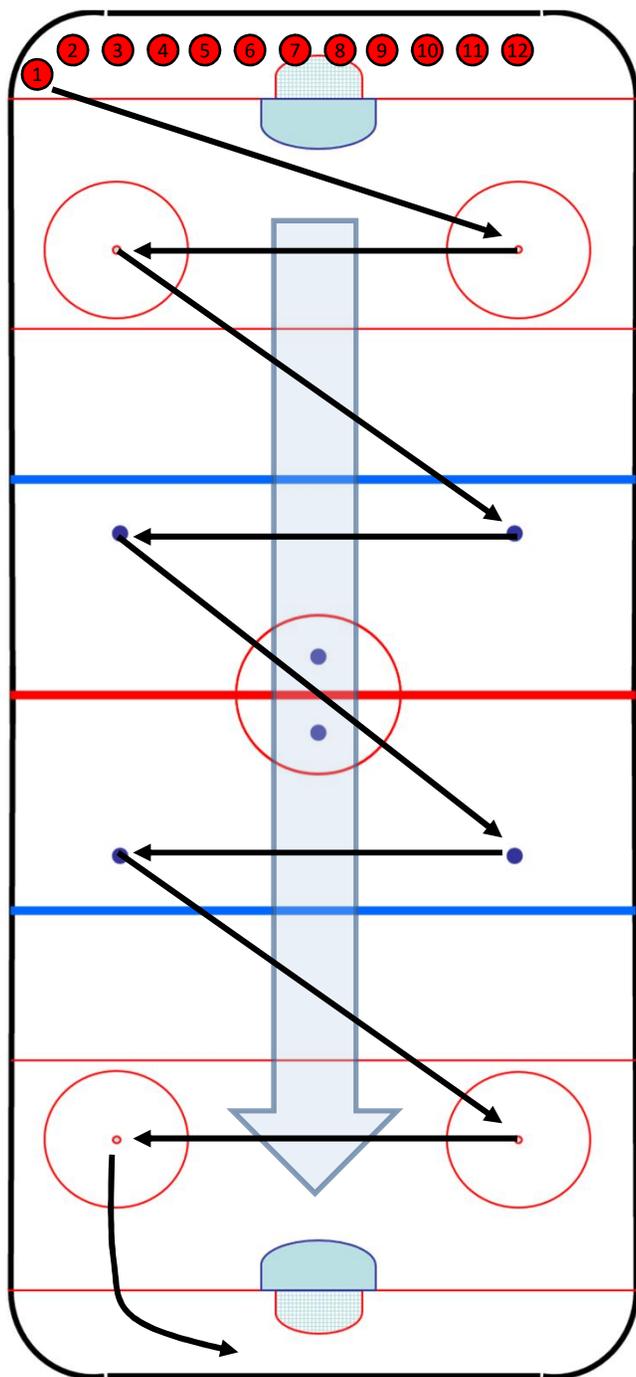
- Instructions

- Both players start skating
- Player 2 passes to Player 1 just past first cone, then Player 1 passes back to Player 2 after second cone.
- Player 2 tries to score.
- Players should change lines after each try.
- Run this drill at both ends

- Pacing

- Wait for one pair to complete before sending next

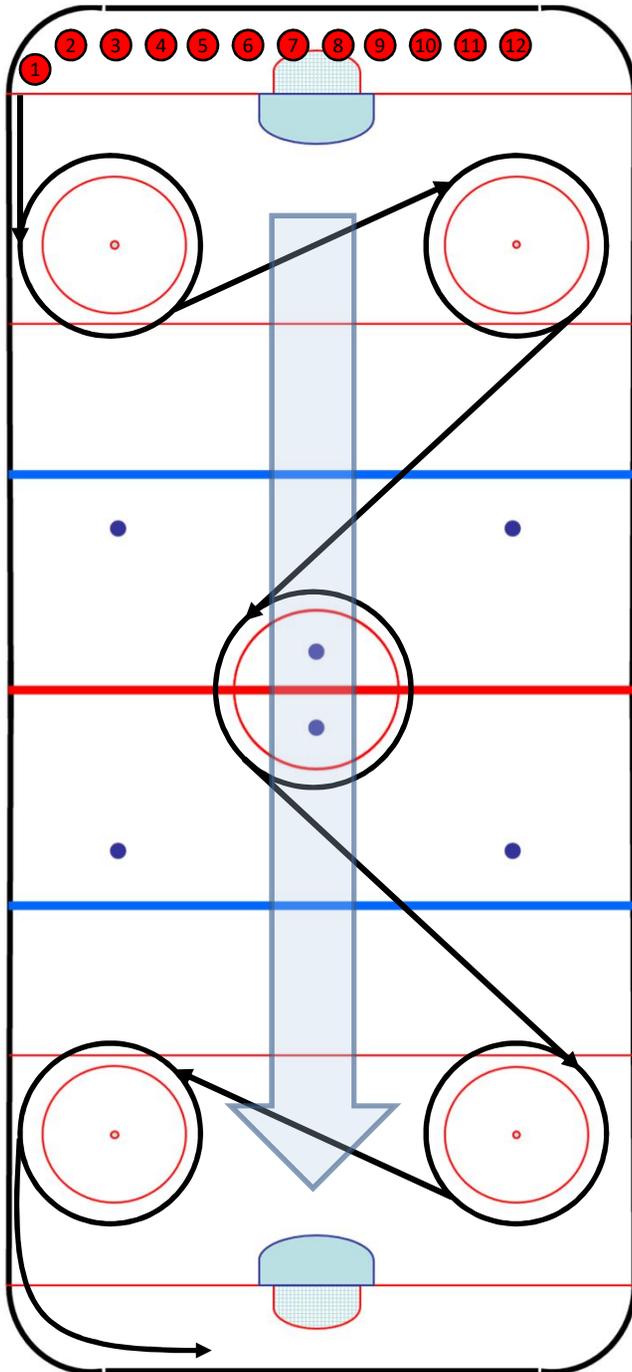




#12 – Stop on the Dots

- Setup
 - Players line up in the corner behind the net
 - Arrange players in order of pinny number
 - Goalies go at the end of the line
- Instructions
 - Players stop on the dots and always face the same way, in this case the direction of the large blue arrow.
 - Instruct players to make good, two foot stops.
- Pacing
 - Next player starts after previous player gets to second dot



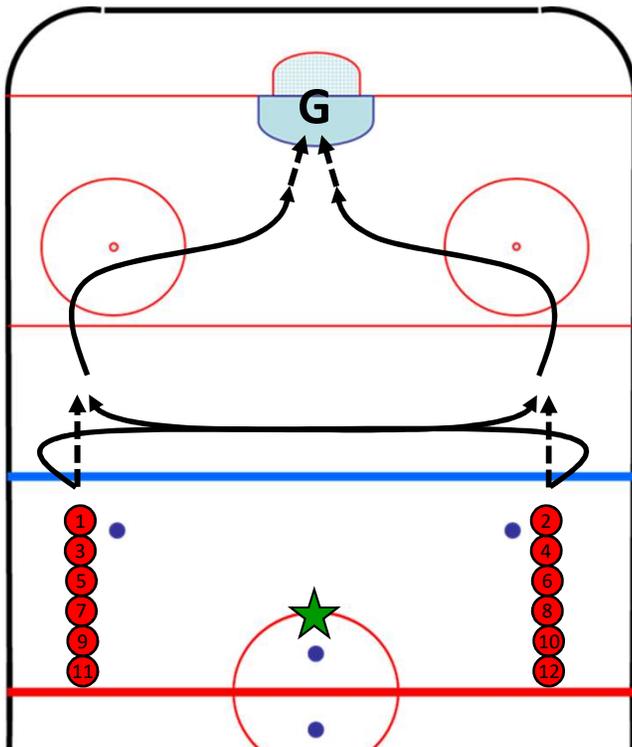


#13 - Skate the Circles

Steps

- Players line up in the corner behind the net
 - Arrange players in order of pinny number
- Goalies go at the end of the line
- Instructions
 - Players (*3 at a time*) skate around the circles as drawn, and complete a full circle before moving on.
 - Coaches emphasize cross overs.
 - Instruct players to pass slower players that are in front of them on the outside of the circle
- Pacing
 - Coaches send next group when first group reaches centre circle
- Variations
 - Can be forwards, backwards or always facing far end of rink (blue arrow)



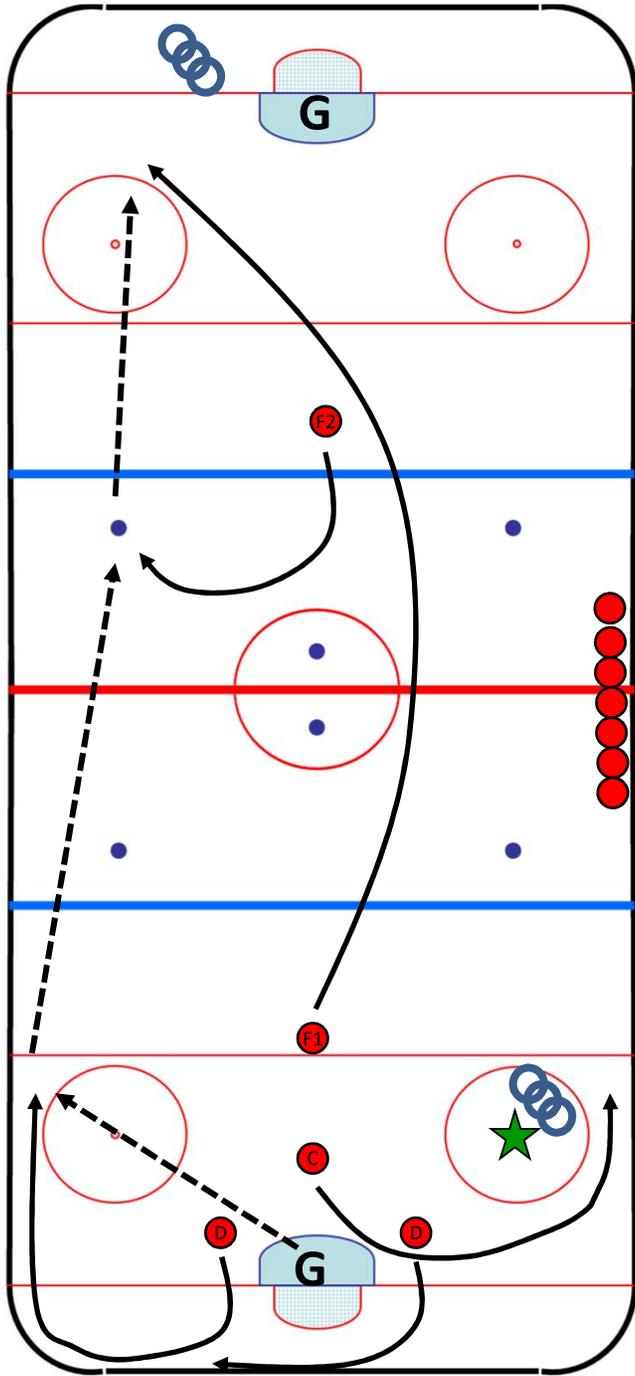


#14 – Warm up Drill

- Setup
 - Players line up in two lines as shown on the diagram
 - Players are arranged in alternating numbers so that the players passing with each other are in order
 - NOTE: if the number of players is even, the pairs will always be the same. Ask the last player to go twice in a row to mix the pairs up.
 - Goaltender in the net if available
 - Rings are at the front of both lines
- Instructions
 - Player 1 skates to the blue line, makes a sharp cut just over the blue line and skates across for a pass from Player 2.
 - Player 1 receives the pass and goes in for a shot on the goalie.
 - Player 2 waits then skates to the blue line, makes a sharp cut just over the blue line and skates across for a pass from Player 3.
 - Player 2 receives the pass and goes in for a shot on the goalie
 - The drill continues in that pattern
 - Players return to the opposite line by skating along the boards
 - Run this drill at both ends
 - Instruct players to vary their shooting (high, low, glove, blocker, 5 hole)
- Pacing
 - Next player waits for previous shot before starting
- Variations
 - Add a defender opposite each player just inside the blue line



#15 - 5 on 0 and 3 on 2



- Setup

- Players line up in preparation for a breakout (power left shown in diagram)
 - This drill will be done in later session of the tryout when numbers are smaller and players are in positions
- Remaining players stay close to boards
- Coach is in the circle with rings
- Goalies at both ends

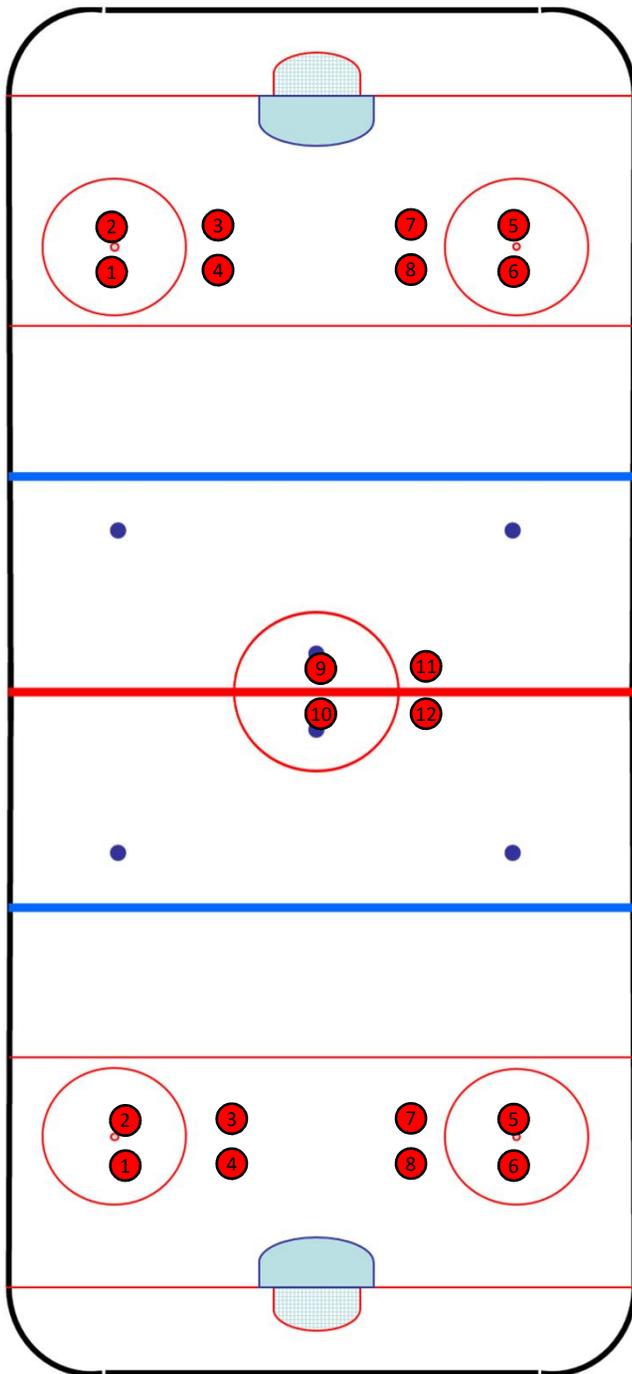
- Instructions

- The coach starts the breakout by shooting on the goalie
- The goalie tosses the ring and the team breaks out 5-0 to the other ends and takes a shot.
- Once the shot is taken, the goalie either tosses the ring just shot, or picks up another ring and tosses to one of the forwards or centre
- The forwards and centre break out back down the ice against the 2 defense in a 3-2 rush and take a shot at the original end
- Play continues until stopped by coach
- The next set of 5 players comes on and repeat the drill

- Pacing

- Next 5 players should be ready to go with their positions

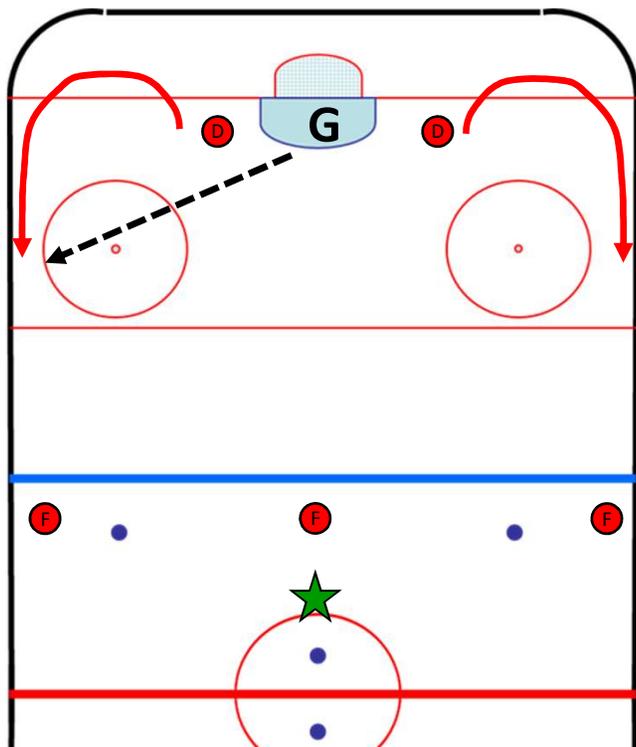




#16 – Circle 1v1 Drill

- **Setup**
 - Line players up in pairs, back to back in each circle as shown in the diagram
 - Extra players wait outside the circles
 - Arrange players so that there are roughly the same number of players at each circle and in numerical order at each circle
- **Instructions**
 - One player gets a ring.
 - On the whistle they battle for possession.
 - Replace the players in the circle with the next pair and repeat
- **Pacing**
 - Drill runs 20 to 30 seconds only.
- **Variations**
 - Add another player to circle



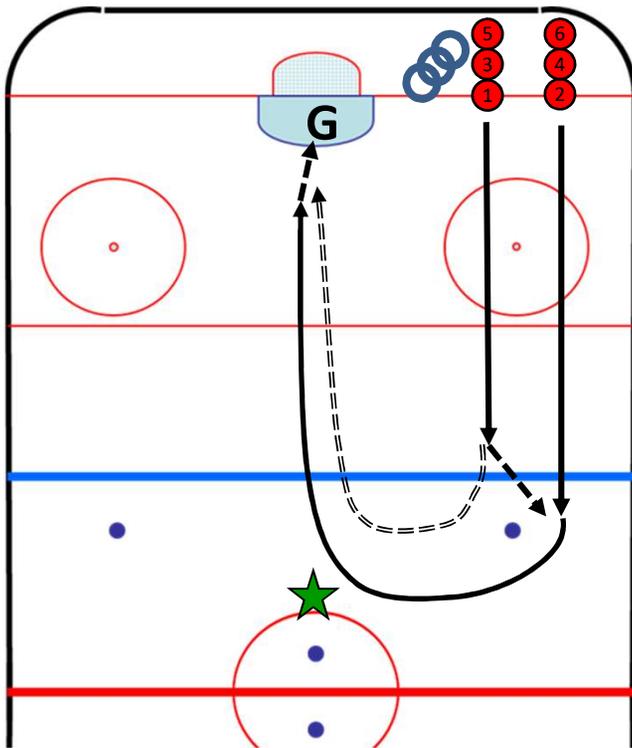


#17 - Defense Carry Drill



- Setup
 - This drill should only be run later in the tryout process or when there are 25 players or less.
 - The defense start out in position for a goalie toss.
 - Forwards
 - Start outside blue line
 - Advanced – start in goalie ring coverage positions
 - Extra players are in the neutral zone lined up near centre line
- Instructions
 - Forwards
 - Younger players - forwards chase once ring is tossed
 - Older players – forwards chase on whistle
 - Advanced – add defensive centre and execute as ring toss with tight coverage
 - Goalie starts with ring, on the whistle, defense execute a breakout pattern (it can differ play to play) and goalie makes a toss to a defence.
 - The goal for the defense pair is to pass over the blue line and then leave the ring.
 - The goal for the forwards is to check the ring from the defense.
 - If the defence gets over the blue line drill is over. If forwards check the defence they try to score.
 - Run this drill at both ends
 - Note, if there are not enough goalies, a helper can make the toss



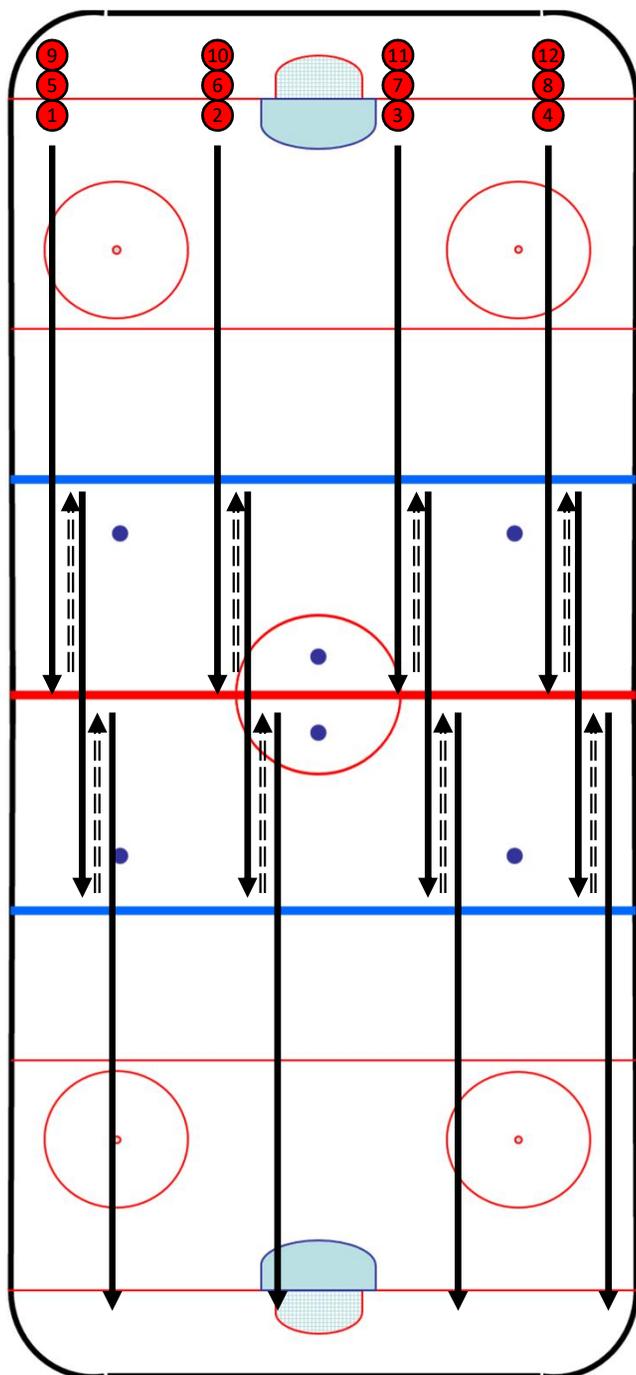


#18 - Channelling Drill



- Setup
 - Players are lined up in two lines behind the red line to one side of the net as shown in the diagram
 - Players in the line closet to the net will be playing the defense role and the other line will be forwards
 - Arrange players so that pairs are in order of pinny numbers
 - NOTE: if the number of players is even, the pairs will always be the same. Ask the last player to go twice in a row to mix the pairs up.
 - Goaltender in the net if available
 - Rings are by the line closest to the net
- Instructions
 - On the whistle, both players start skating, the defense is carrying a ring
 - Once the players reach the blue line the defense passes to the forward
 - The forward stabs the ring and turns to attack the net and shoot
 - The defense tries to check the ring from the forward
 - The drill ends when a shot is taken or the ring is checked
 - Players should alternate lines
 - After each pair has gone a few times, move the drill to the opposite corner
 - Run this drill at both ends
- Pacing
 - Next pair waits for previous pair to complete the drill
- Variations
 - Add a second line of forwards on the other side and have them pass across blue line and start a 2 on 1



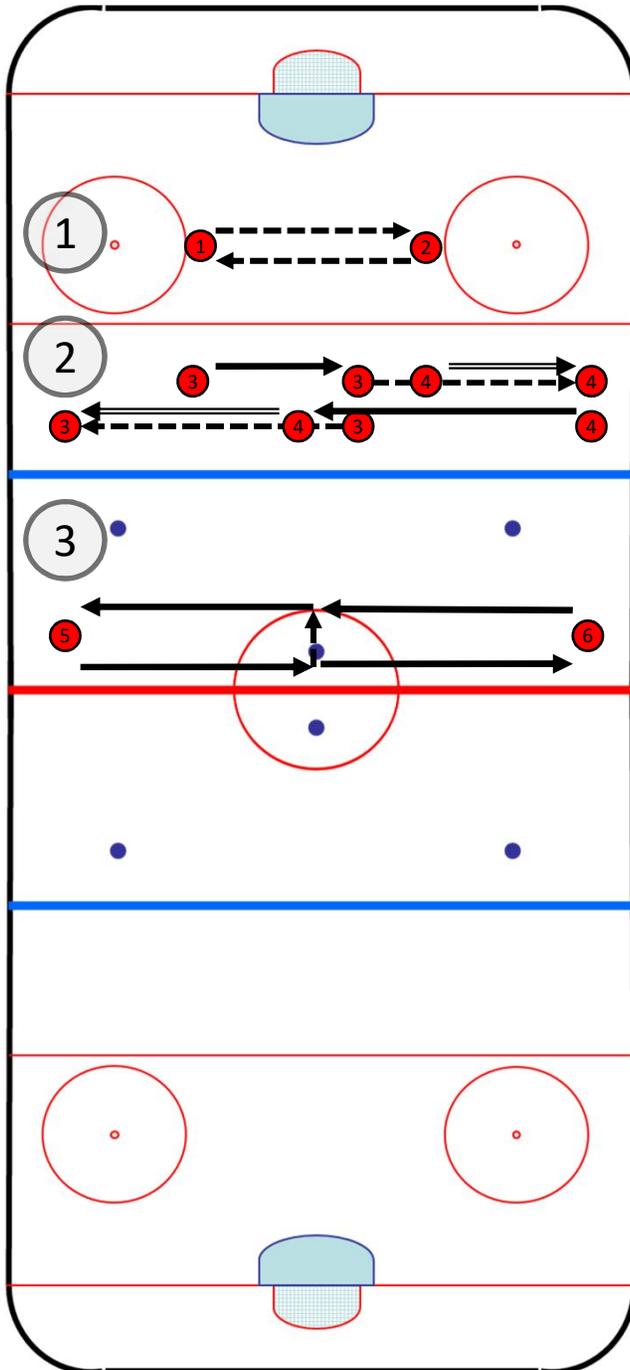


#20 – Lightning Drill

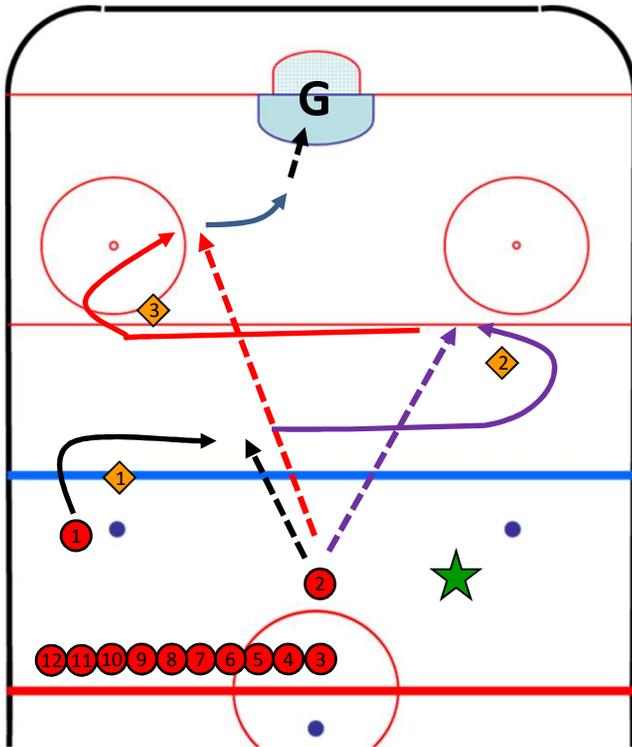
- Setup
 - 4 lines of players behind the icing line.
 - Arrange players in order or jersey numbers sequentially across the lines (see diagram) with all of one pinny colour first, followed by those of the second pinny colour
- Instructions
 - Each player skates forward to the centre line, backwards to the blue line, forwards to the far blue line, backwards to the red line and forwards to the end.
- Pacing
 - Next group does not start until previous group crosses second blue line
- Variations
 - Players skate forwards for entire drill
 - Players make sharp turns at line instead of stopping



#21 – Partner Passing



- Setup
 - Players arranged in lines across from partner
- Instructions
 - Stationary (1)
 - The two players pass the ring to each other in a stationary position lined up with the inside of the face off circles.
 - Moving (2)
 - Players skate in one direction, Player 3 skating forwards with a ring, Player 4 skating backwards
 - Just before Player 4 gets top the boards, she receives a pass from Player 3
 - Players reverse direction, with Player 3 skating backwards and Player 4 skating forwards
 - Just before Player 3 gets top the boards, she receives a pass from Player 4
 - Continue the pattern
 - Variation
 - Both players are skating forwards in the same direction and passing from behind. Players circle back when they get to the boards
 - Drop Passes (3)
 - Players skate towards each other and make a drop pass in the middle
 - Players circle back when they get to the boards and repeat

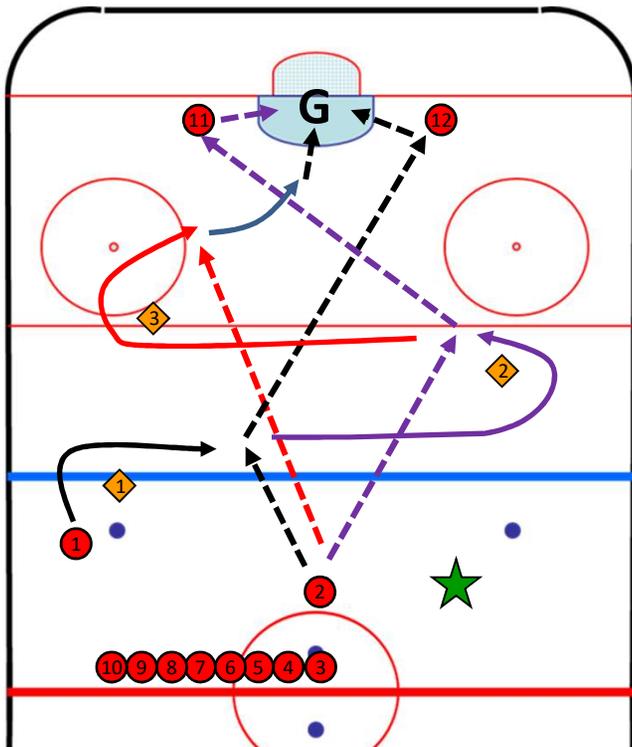


#22 – Three Pass Drill



- Setup
 - Players line up along the centre red line
- Instructions
 - Player 1 will receive three passes from Player 2
 - P1 cuts 90 degrees at blue line at cone 1 and receives pass from P2 in front, just over blue line, then flicks it over blue line (just to get it out of the way)
 - P1 cuts around cone 2 and receives pass from P2 at ringette line just after cone, then flicks ring back over blue line
 - P1 then cuts to boards at cone 3 to receive a pass, cuts in and shoots on goalie.
 - P2 then becomes pass receiver and P3 steps up to pass
 - Passes should always be in front of the player, tell players who miss passes to keep skating pattern, do not chase rings
 - Score both players P1 on stabbing, P2 on passing after 3rd pass – Only goalie assessor should watch shot.
 - Run this drill at both ends
- Pacing
 - Wait for previous player to shoot last shot and wait 5 seconds for evaluators to record before starting next





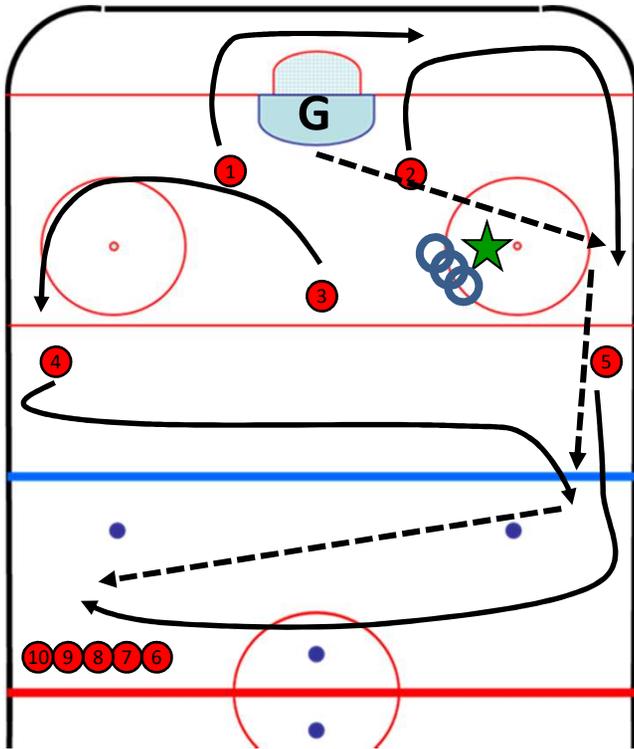
#23 – Advanced Three Pass Drill



- Setup
 - Players line up along the centre red line
 - Players 11 and 12 line up low post
- Instructions
 - Player 1 will receive three passes from Player 2
 - P1 cuts 90 degrees at blue line at cone 1 and receives pass from P2 in front, just over blue line, then passes it to player 12 who shoot one-timer
 - P1 cuts around cone 2 and receives pass from Player 2 at ringette line just after cone, then passes it to player 11 who shoot one-timer
 - Player 1 then cuts to boards at cone 3 to receive bounce pass, cuts in and shoots on goalie.
 - Player 2 then becomes receiver and Player 3 steps up to pass
 - Player 12 goes to back of line and Player 11 goes to low post on other side. Player 1 goes to low post spot vacated by player 11.
 - Passes should always be in front of the player, tell players who miss passes to keep skating pattern, do not chase rings
 - Score both players P1 on stabbing, P2 on passing after 3rd pass – Only goalie assessor should watch shot.
 - Run this drill at both ends
 - If players miss stab, they should continue to next cone
- Pacing
 - Allow P1 to finish shot (and assessors to score) before sending P2



#24 - 5 on 0 and 3 on 2 - Half Ice



- Setup

- Players line up in preparation for a breakout (e.g. power left modified for half ice as shown in diagram)
 - This drill will be done in later session of the tryout when numbers are smaller and players are in positions
- Remaining players out near centre
- Coach is in the circle with rings
- Goalies at both ends

- Instructions

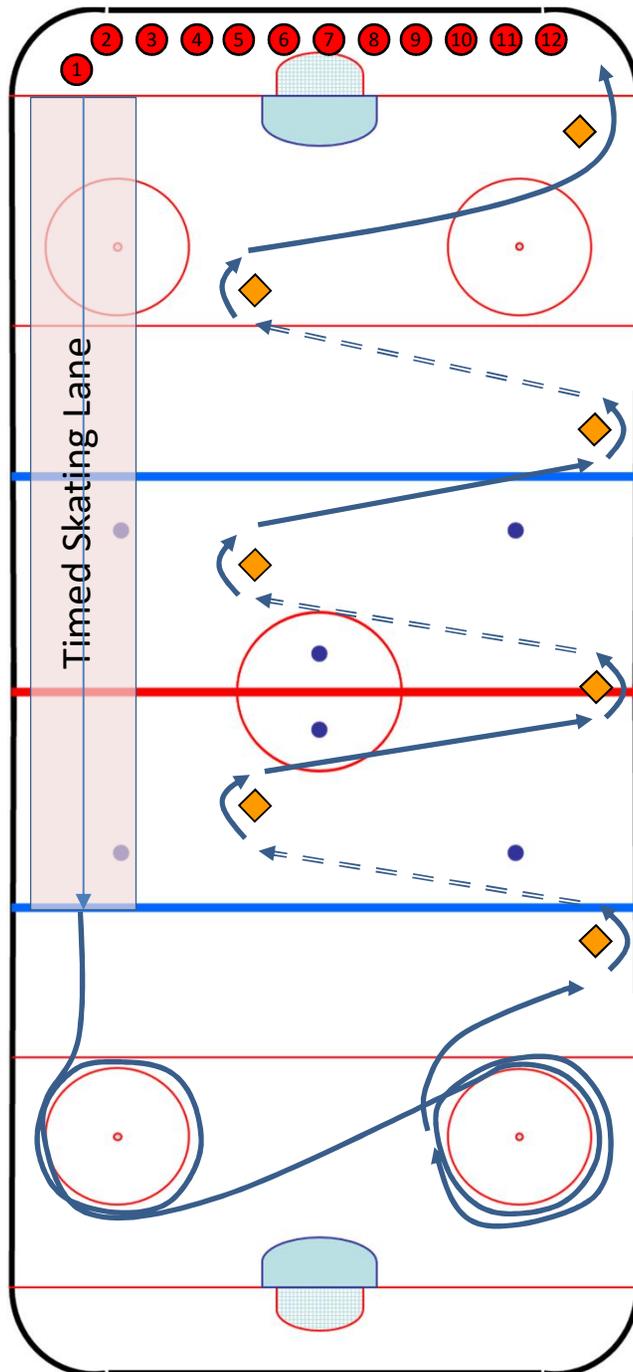
- The coach starts the breakout by shooting on the goalie
- The goalie tosses the ring and the team breaks out 5-0 to half ice
- Once ring is passed across blue line, centre and forwards all leave the zone and attack 3 on 2 back into the zone
- Play continues until stopped by coach
- The next set of 5 players comes on and repeat the drill

- Pacing

- Next 5 players should be ready to go with their positions



#25 – Overall Skating Assessment



- Setup
 - Players line up behind net
 - 2 helpers, one with stopwatch and one recorder at far blue line on a bench
 - For U12, shorten timed section to centre line
- Instructions
 - Players skate full speed through the Timed Skating Lane
 - Players skate two full circles, one in each direction
 - Players skate through W course, always facing right boards, pivoting around cones
- Assessment
 - Assessors ignore timed section, skating speed is being recorded for them
 - Assessors watch players do circles and W skating
- Pacing
 - Timer releases next player once they have read time and reset watch



Extra

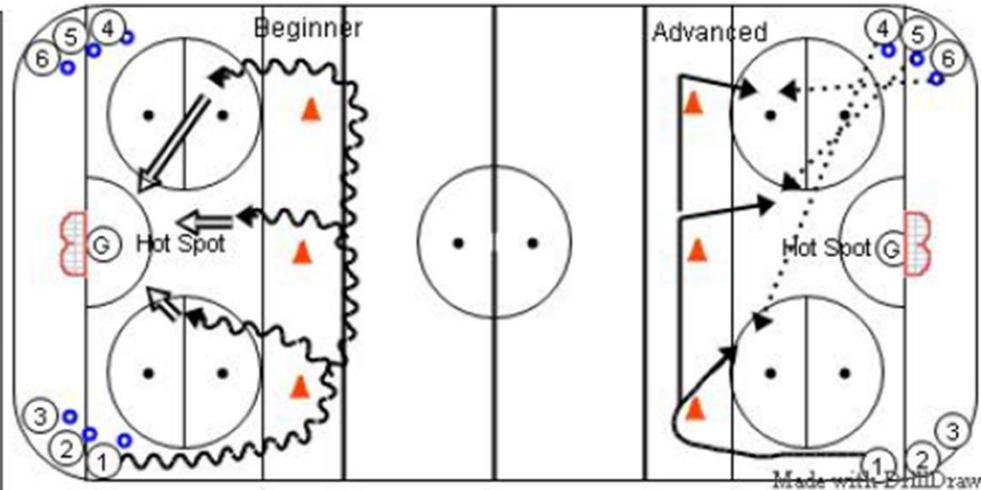
9B - Three Shot Drill



Beginner: All players begin with the ring. 1, 2, 3 leave at the same time. 1 goes around the closest pylon, 2 around the middle, 3 around the far pylon. Drill ends with shots from each player. Once 3 is around the pylon, 4, 5, 6 follow same patten from other corner.

Advanced: 1, 2, 3 leave without rings and skate around the pylons. 1 goes around the closest pylon, 2 around the middle, 3 around the far pylon. 4 passes to 1, 5 passes to 2, and 6 passes to 3. After the last pass is made, 4, 5, 6 follow the same pattern and receive passes from 1, 2, 3

First Progression: shoot from outside hot spot, 2nd progression shoot from hot spot.



- Top two are from Lisa Brown 2010
- Third one has cones inside ringette line in an arc and players all start one after the other from the corner. They need to alternate corners.
- No deking on any of these drills