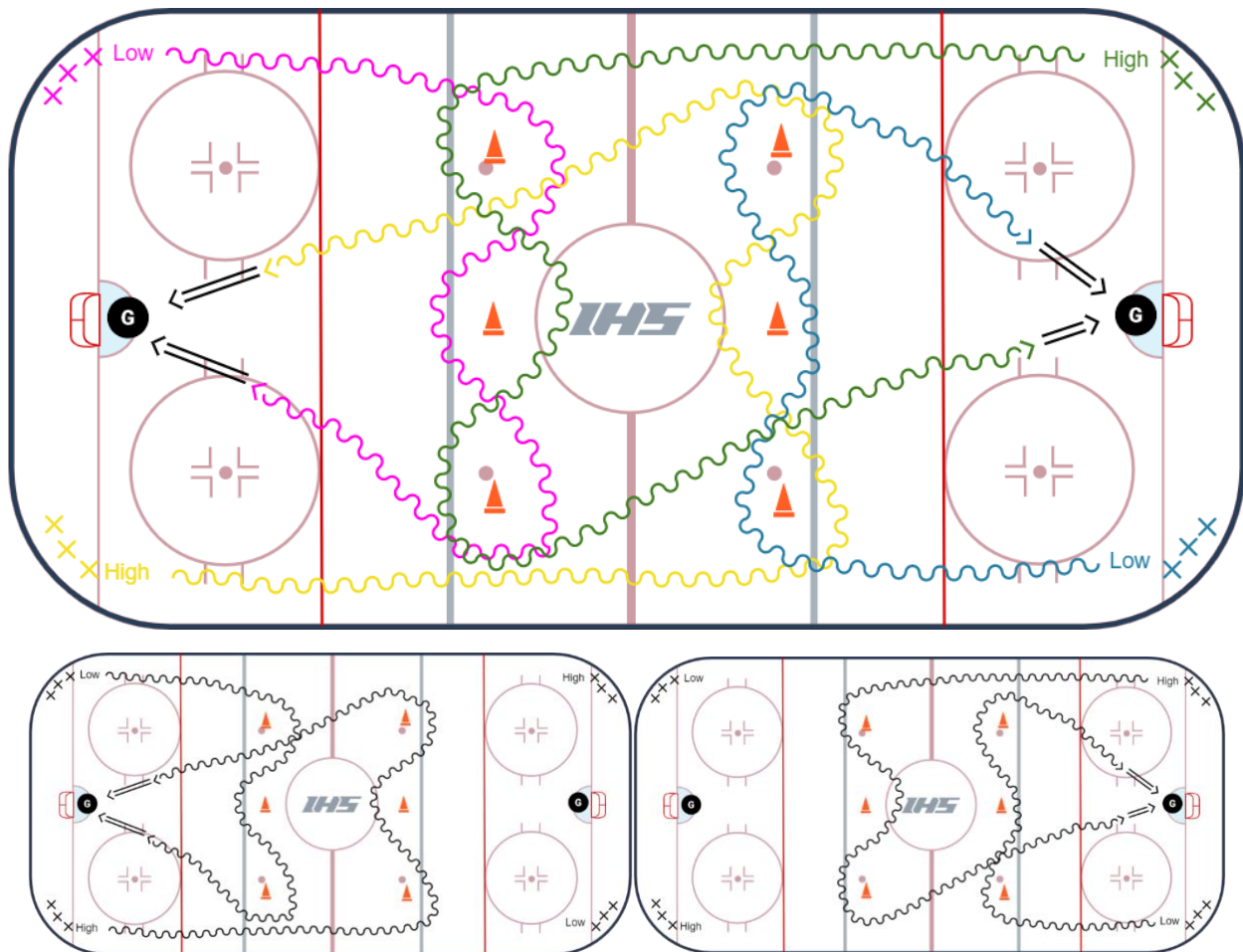


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## HIGH LOW WARM DRILL



**OBJECTIVE:** Full ice warm up drill

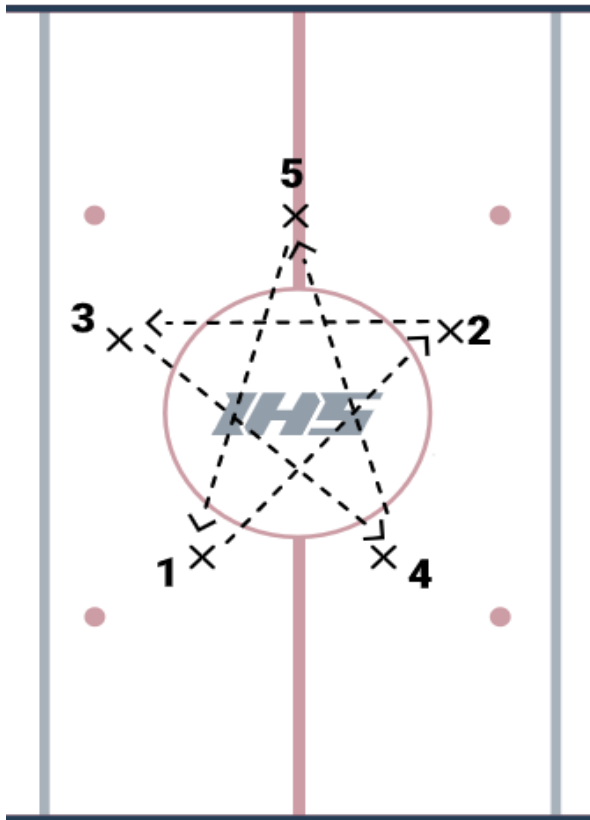
### DESCRIPTION:

- Players in all 4 corners with rings.
- All 4 players start on the whistle.
- “High” players skate up the boards to the pylon at the far blue line and weave across the ice through the pylons and then skate back to the end they started at and shoot on net.
- “Low” players skate up the boards to the blue line and weave across the ice through the pylons and then drive the net and shoot.

### TIP:

- Not a continuous drill. Each repetition starts on the whistle.

## STAR PASSING DRILL



### OBJECTIVE:

-Pass execution. Recognizing receivers strong side.

### DESCRIPTION:

-Separate players into groups of 5 and arrange in a circle.

-Players pass across the circle in the pattern shown above; Player 1 to 2, 2 to 3, 3 to 4, 4 to 5 and 5 to 1.  
REPEAT.

### PROGRESSION:

-Add in additional rings

-Use training (smaller orange) rings

-Execute using backhand passes

### FOCUS:

-Start slow to ensure proper passing and receiving technique.

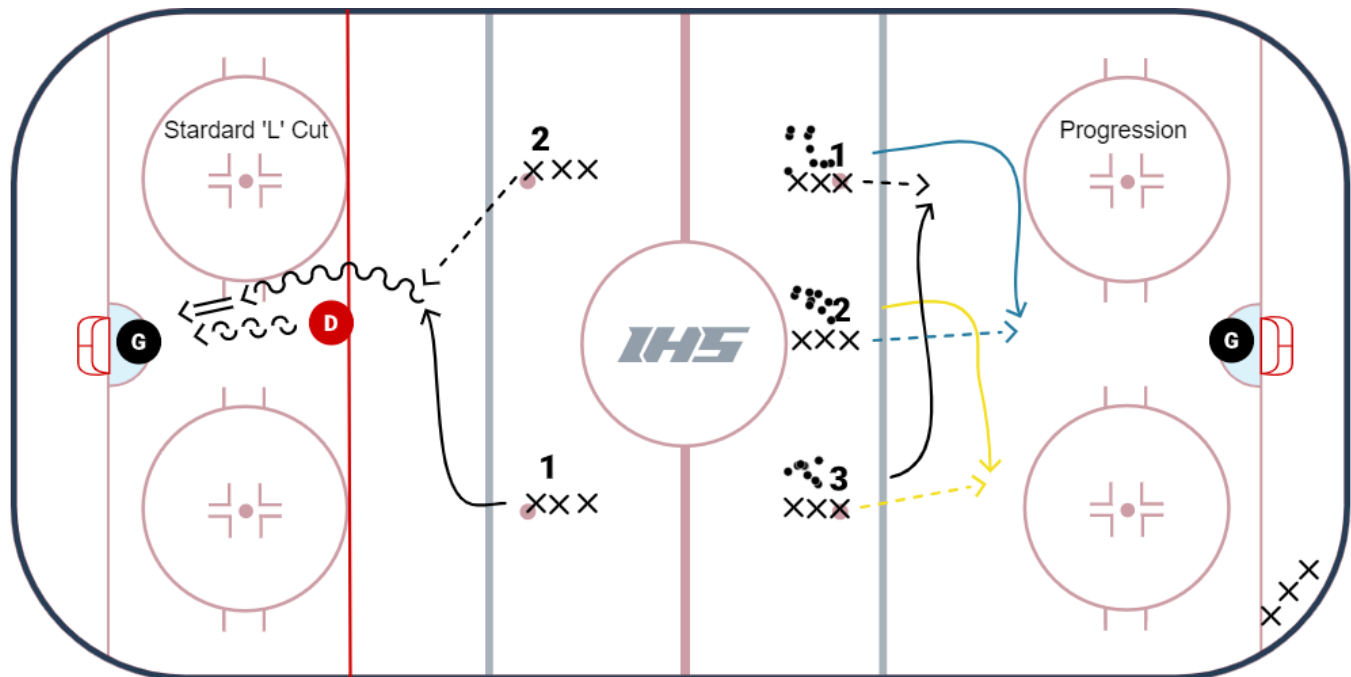
-Passer recognizing receivers "strong" side and passing to that side.

-Increase speed and intensity as skill improves

### TIP:

Goalie is not required so excellent time for goalie specific training

## 'L' CUT PASSING DRILL



**OBJECTIVE:** Getting open for pass, protect the pass, drive to the net

### STANDARD DESCRIPTION:

- Players line up in 2 lines outside the blue line.
- Player 1 skates into the zone and cuts across to get open and get pass from player 2. 'D' tries to stay with player 1.
- Player 2 repeats on their side.

### PROGRESSION DESCRIPTION:

- Players line up in 3 lines outside the blue line.
- Player 1 skates into the zone and cuts across to get open and get pass from player 2.
- Player 2 skates into the zone and cuts across to get open and get pass from Player 3.
- Player 3 skates into the zone and cuts across to get open and get pass from Player 1.

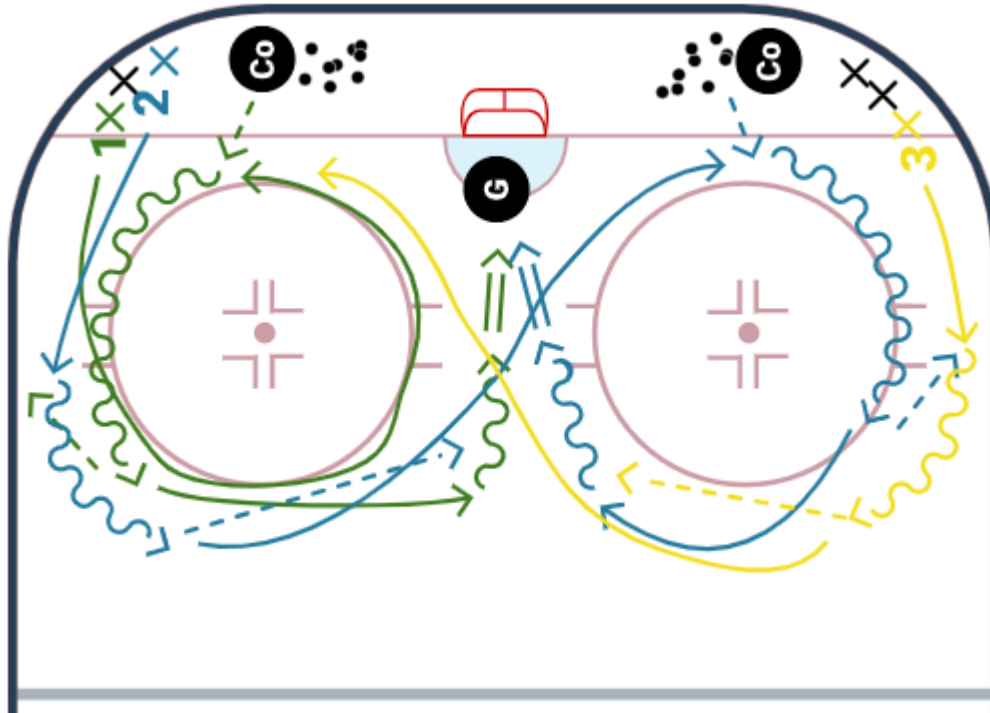
### FOCUS:

- Receiver:      Shoulder fake before cut to lose 'D' and quick feet to get open  
                    Indicate verbally and visually where and when they want ring
- Passer:         Lead pass and recognize targets being shown by receiver

### TIP: Great warm up drill

You can adjust to have players only receive the pass on their stick side (loop back to receive pass on strong side)

## DOUBLE CIRCLE SHOOT DRILL



**OBJECTIVE:** Passing in motion, communication and positioning for shooting

### DESCRIPTION:

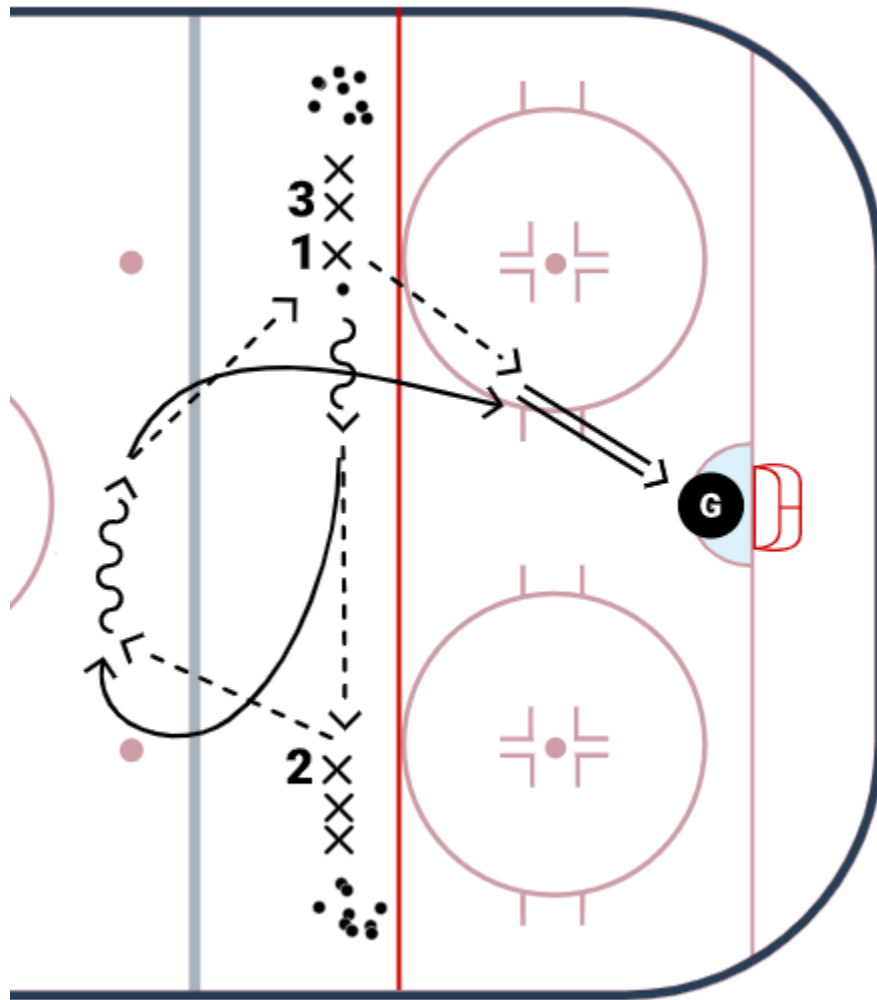
- Player 1 starts skating around the circle (can start with player shooting on goalie or without ring).
- As player 1 comes around the bottom of the circle the coach passes a ring to player 1.
- Player 1 continues around the circle. Player 2 follows. Player 1 drops the ring to Player 2.
- Player 1 skates toward slot and positions themselves for a pass/shot.
- Player 2 passes to player 1 in slot. Player 1 drive net/shoot.
- Player 2 continues to the other circle around the bottom and gets a pass from the coach.
- Player 2 continues around the circle. Player 3 follows. Player 2 drops the ring to Player 3.
- Player 2 skates toward slot and positions themselves for a pass/shot.
- Player 3 passes to player 2 in slot. Player 2 drive net/shoot.
- REPEAT. Player 3 becomes player 1

**FOCUS:** Communication on when and where to pass. Give good indicators.  
Start slow to get the flow, increase with positive execution.

### TIP:

Have players execute on strong and weak side.

# REVOLVER



**OBJECTIVE:** Quick, one-touch passing and positioning

## DESCRIPTION:

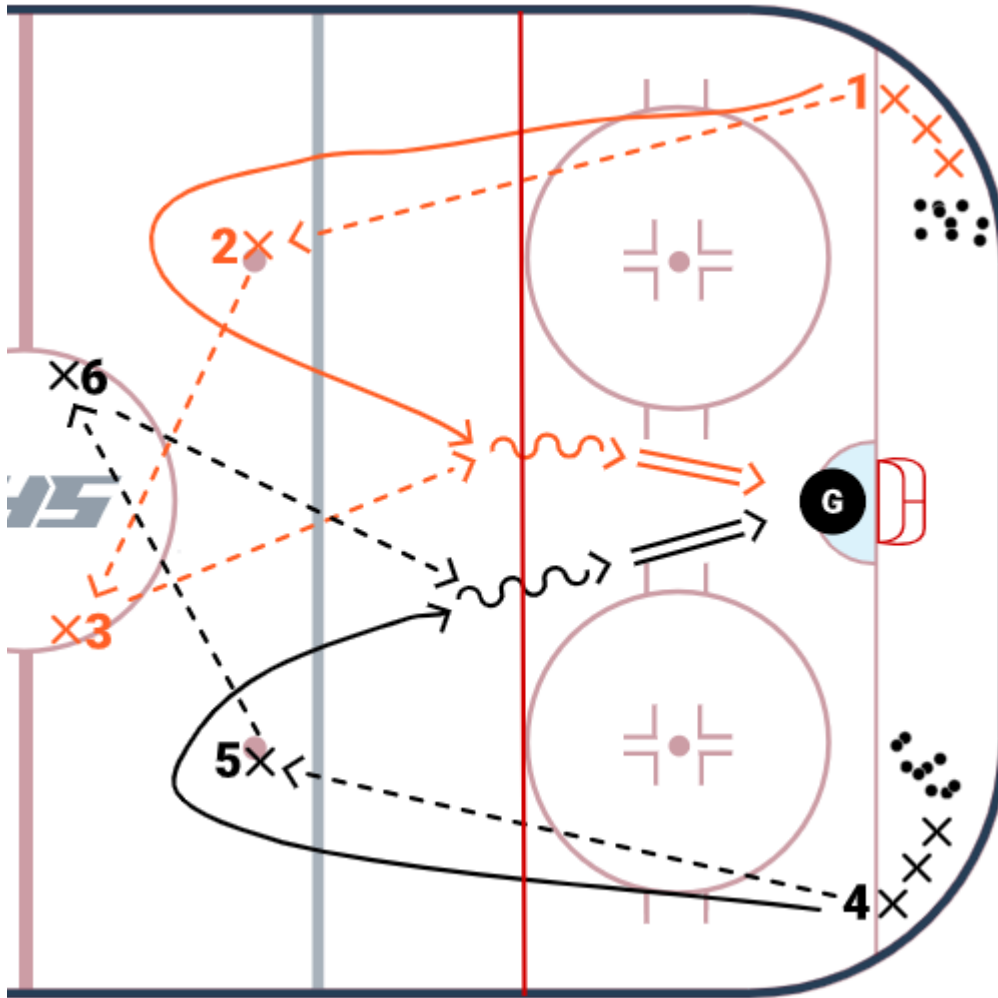
- Player 1 starts with ring, skates toward Player 2 and passes ring.
- Player 1 cuts over the blue line in front of Player 2 and receives a pass back.
- Player 1 skates over the blue line and passes to Player 3.
- Player 1 skates over the blue line, driving toward the net and receives a pass back from Player 3
- Player 2 starts next repetition by passing to player 3.

**FOCUS:** Passing to partner's strong side OR to target provided.

-Communicate and positioning to receive pass is key.

**TIP:** Start slow and increase speed

## TRAPEZOID PASSING (Stationary)



**OBJECTIVE:** Passing and timing

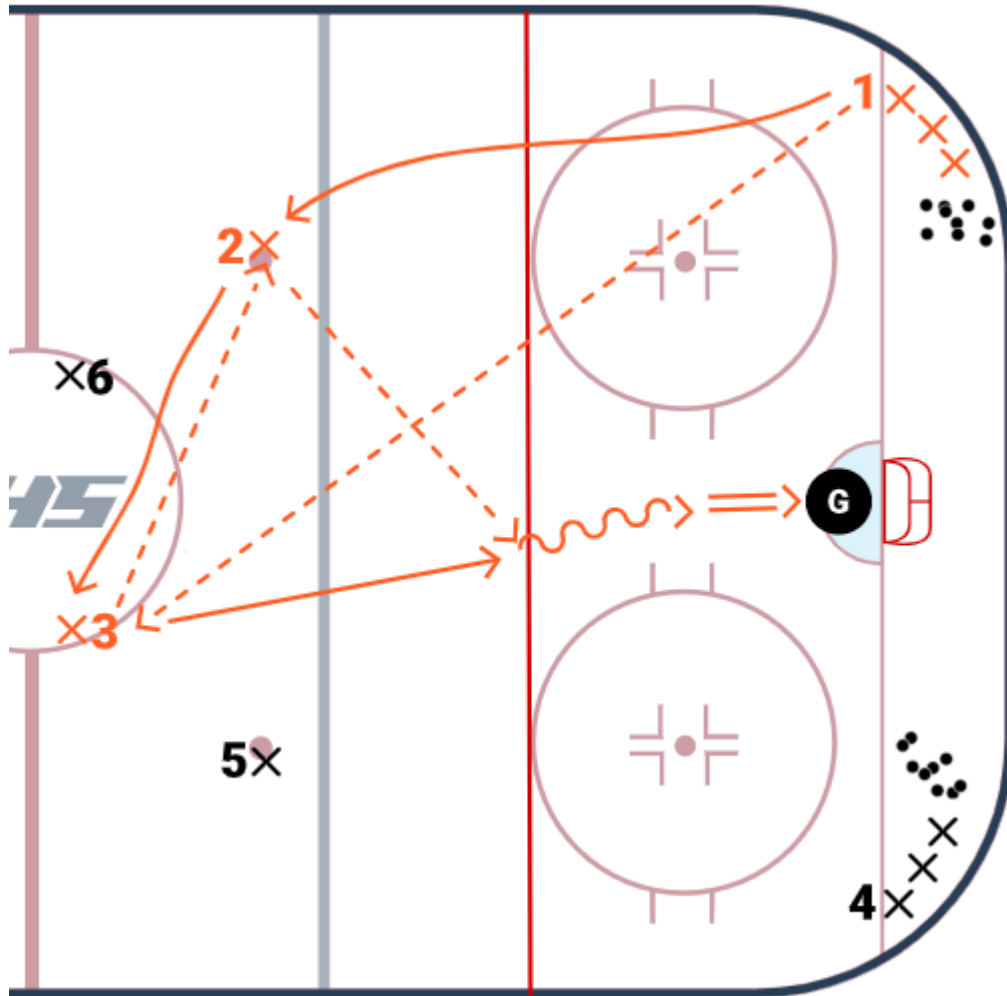
### DESCRIPTION:

- Player 1 passes to Player 2 who passes to Player 3 while Player 1 skates out and around Player 2
- Player 2 cuts around Player 2 and enters the o-zone and receives pass back from Player 3.
- Player 1 drives the net and shoots
- Repeat with Players 4, 5 and 6
- Alternate sides

**FOCUS:** Good first pass to keep the flow. Players 1 and 4 need to watch the ring/passes and time their skate.

**TIP:** Rotate the 4 stationary passers regularly

## TRAPEZOID PASSING (Moving)



**OBJECTIVE:** Passing, moving and timing

### DESCRIPTION:

- Player 1 passes to Player 3
- Player 3 passes to Player 2 and then drives the o-zone, receiving a pass back from Player 2.
- \*Player 2 fills Player 3's spot, Player 1 fills Player 2's spot.
- Alternate sides and repeat with Players 4, 5 and 6

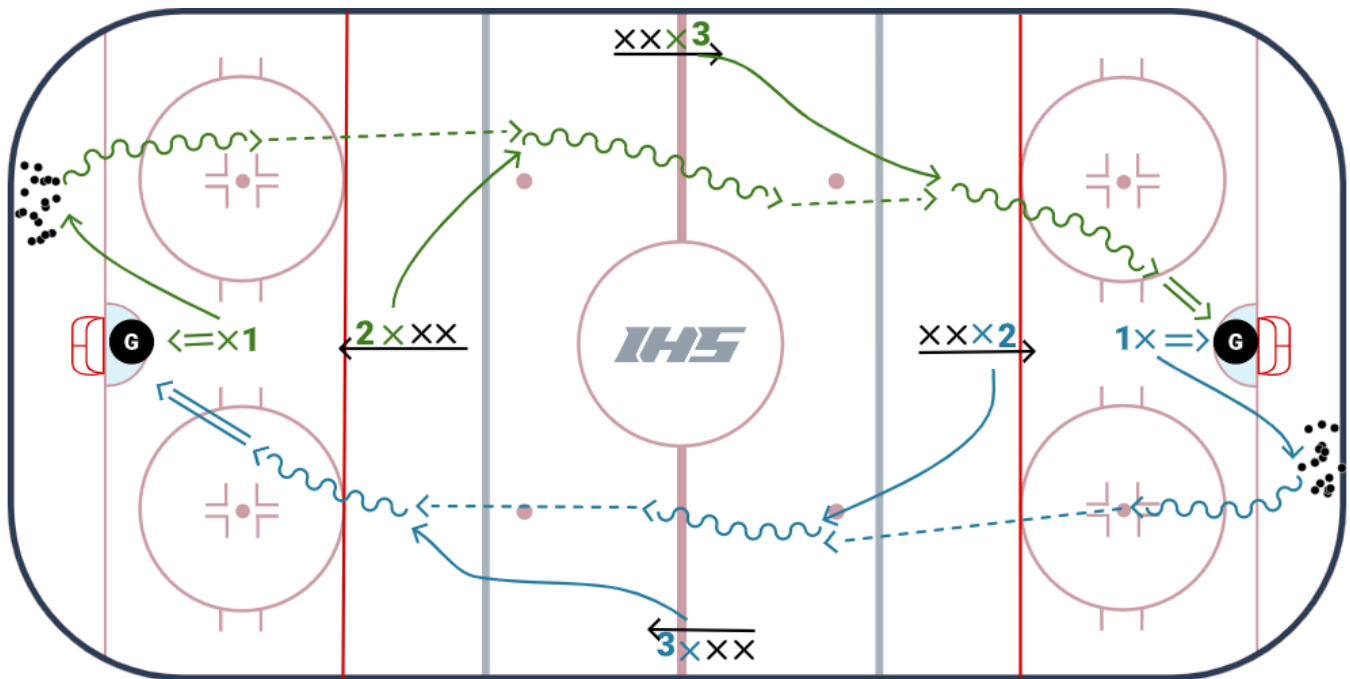
**FOCUS:** Good first pass to keep the flow. Players 3 and 6 need to time their skate. Effort on driving the net/triangle

**TIP:** Players in the trapezoid will rotate naturally

- Progress by adding in pylons, 'D' or full triangle to prep players for driving the triangle



## TEAM CANADA BREAKOUT DRILL



**OBJECTIVE:** Dynamic passing, flow drill with quick pass and constant movement that requires timing for ALL players.

### DESCRIPTION:

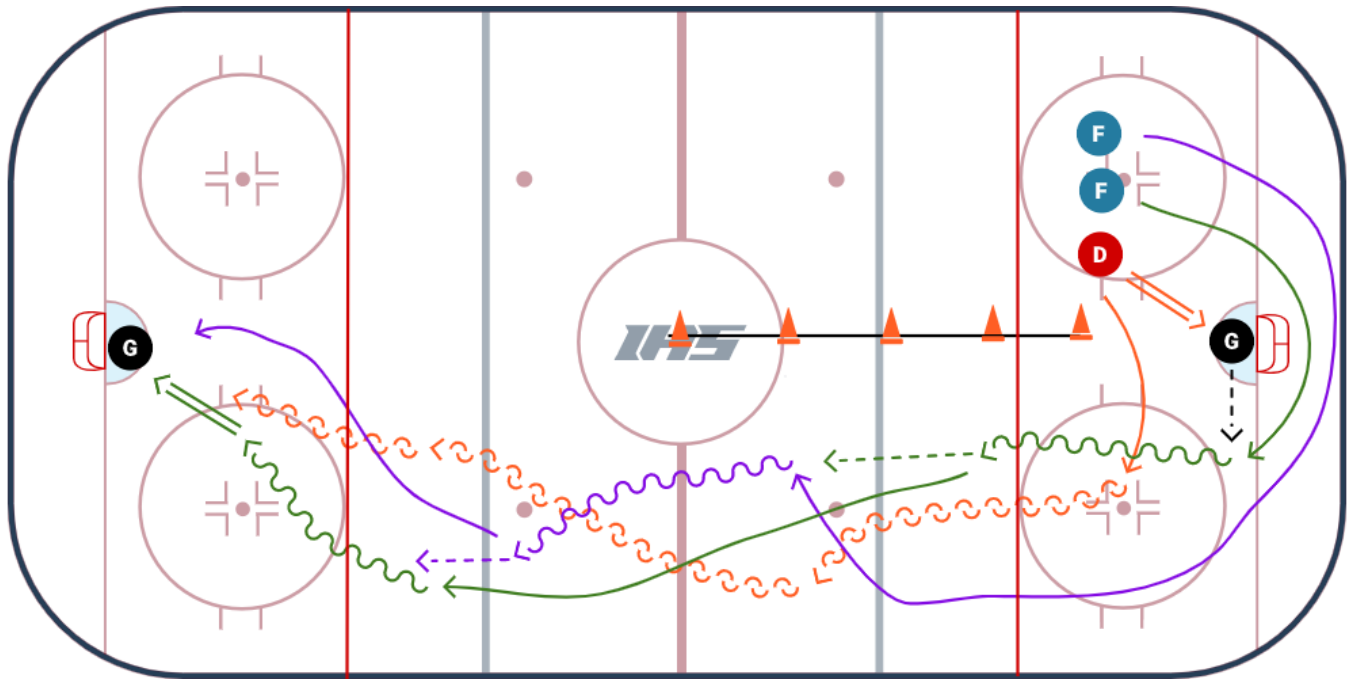
- Both ends start the drill simultaneously with a shot on net
- After initial shot, Player 1 skates to corner and picks up a ring
- Player 2 breaks from the zone and receives break out pass from player 1
- Player 3 waits for pass to be made to player 2 and then breaks into o-zone and receives a pass from player 2
- Player 3 drives the net and shoots.
- \*\*Player 1 moves to line 2, Player 2 moves to line 3.
- Following the shot, Player 3 picks up a ring from the corner and breaks out on the other side of the ice by passing to player 2.

### FOCUS:

Timing, timing, timing – Players shouldn't be skating backwards waiting for the ring  
Younger ages will require coaching  
Communication

**TIP:** This is an advanced drill. Players should have a good grasp of a break out and leading passes. It is a great drill to teach timing.

## STRATFORD 2v1 DRILL



**OBJECTIVE:** 2v1 marking drill. Forwards working to get open

### DESCRIPTION:

- Separate players into 3 lines; one defence, two forwards.
- 'D' shoots ring on net. All 3 players wait until the goalie has control of the ring and then break.
- 'D' skates in front of the crease and takes a defensive position.
- The 2 'F' players skate behind the net and one receives a pass from the goalie. Both drive down the ice 2 v 1 on the 'D'.

**FOCUS:** 'D' quick feet to adjust to cover open player and/or take away the pass.

'D' stay goal side

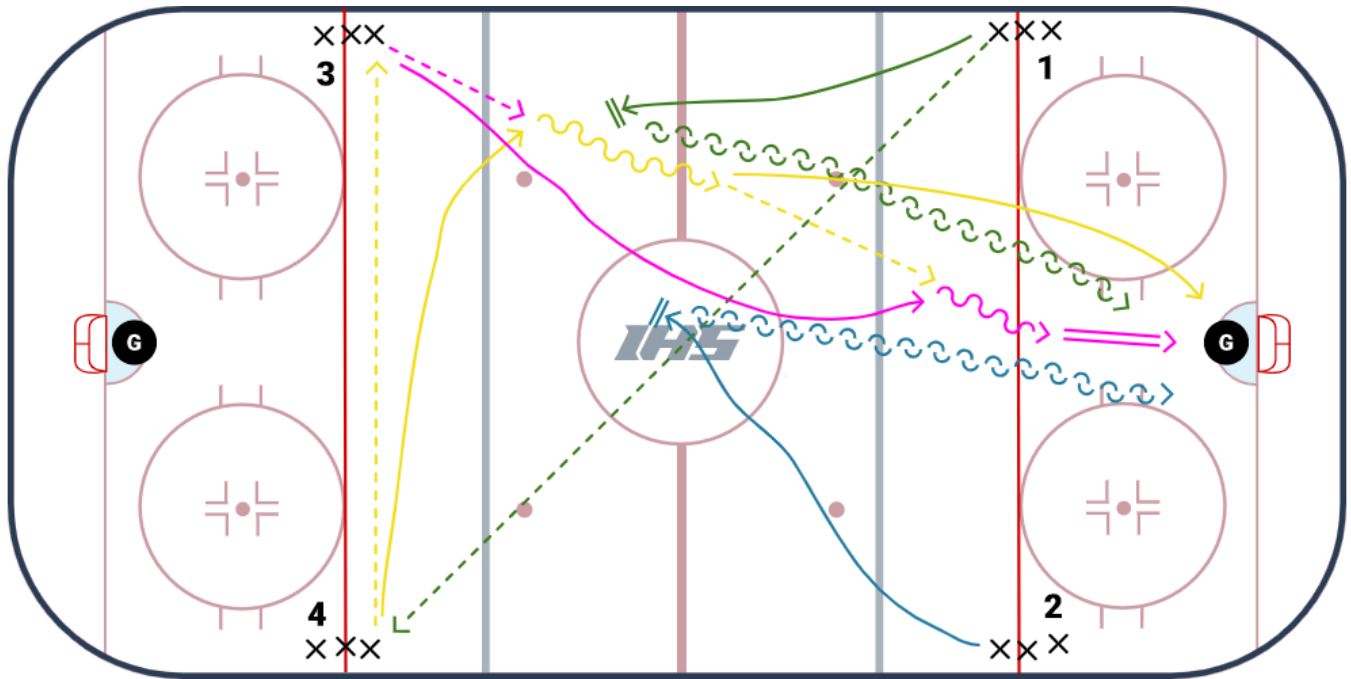
'F' work to get open for pass, adjust speed

**PROGRESSION:** You can run from both ends although start should be backed up to ringette line and ice split, ringette line to ringette line.

**TIP:** Ensure players stay on their side of the ice until centre (or ringette line if in progression)

Once drill in complete, switch positions

# SUMO BOX ATTACK



**OBJECTIVE:** 2v2 drill – quick transition and gap control

## DESCRIPTION:

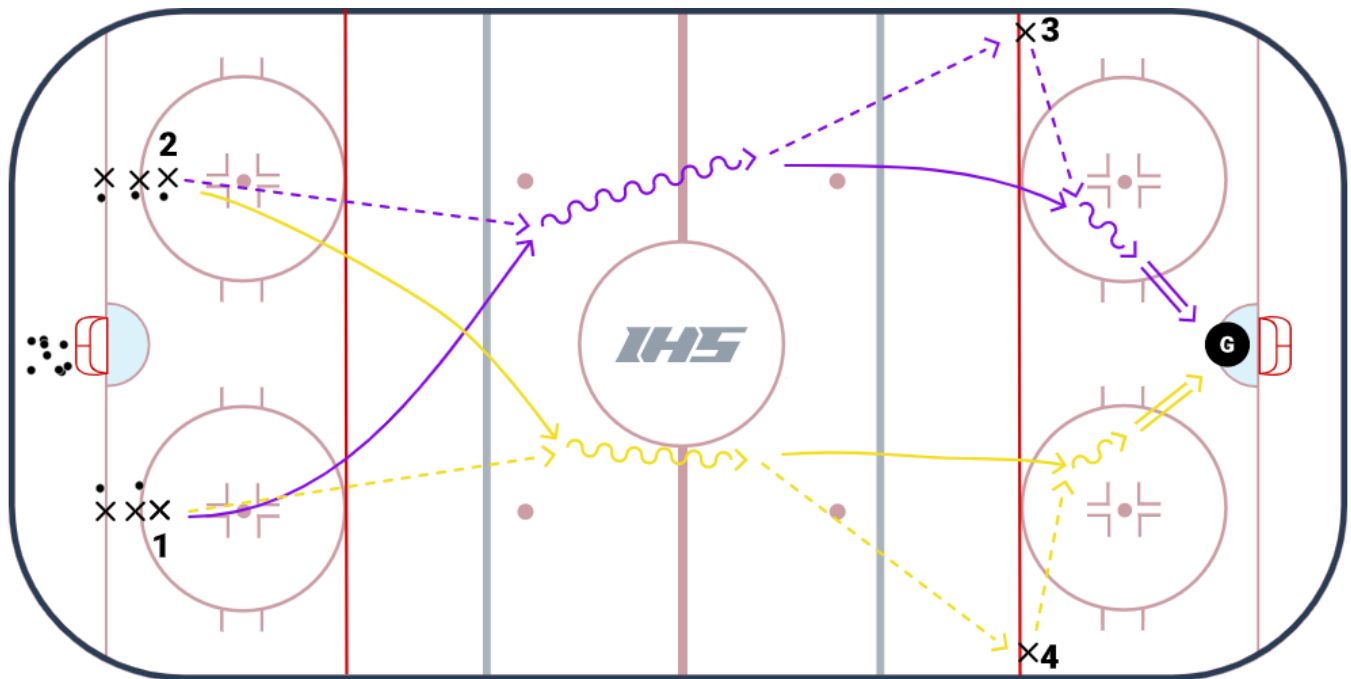
- Player 1 starts with the ring and passes over both blue line to Player 4
- Player 4 passes to her partner (Player 3).
- Players 1 & 2 immediately move up the ice to close the gap on players 3 & 4 who are transitioning out of their zone and attacking 2v2.
- The next player in Line 3 passes to Line 2 to start the drill the other direction.

## FOCUS:

Offense: Attack with speed. The player without the ring needs to move into open space to receive a pass from partner.

Defense: Move up the ice quickly to close the gap to limit passing options. Quick feet to adjust to passes made and offensive moves.

## FULL ICE LONG PASS DRILL



**OBJECTIVE:** Full ice passing on the move

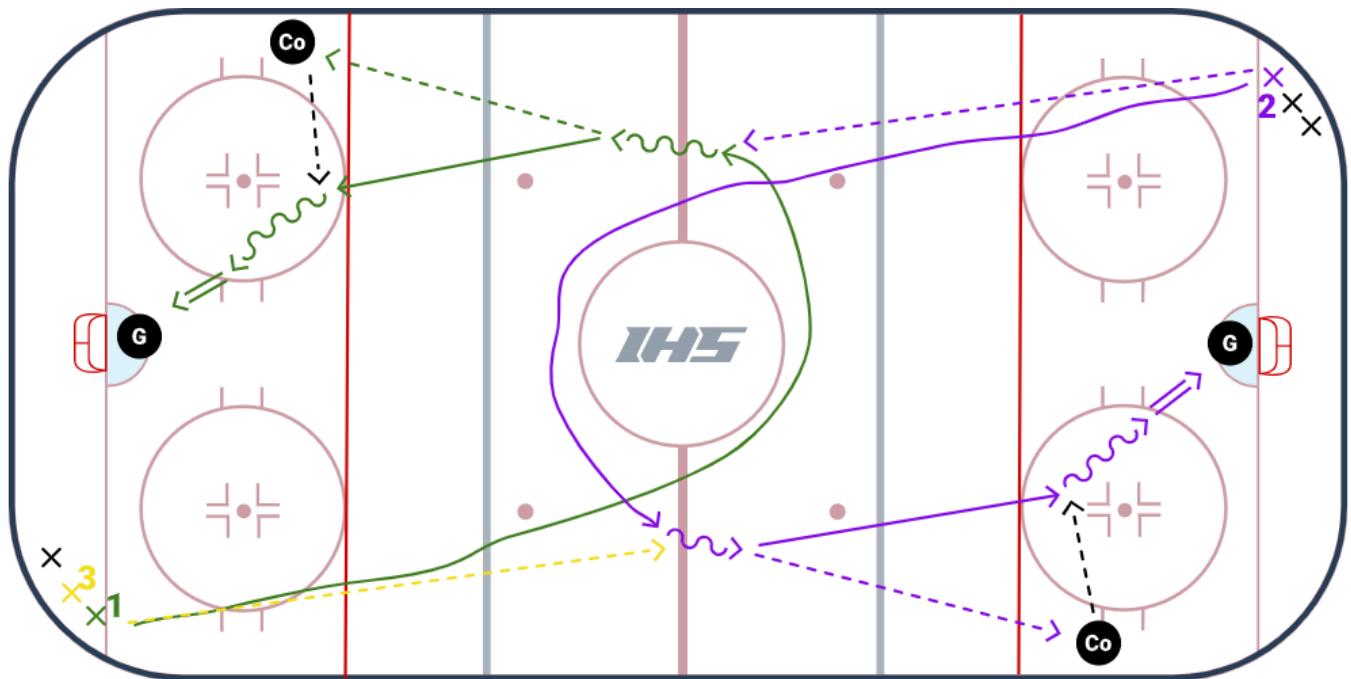
### DESCRIPTION:

- Without a ring, player 1 skates across the ice over the blue line and get a pass from player 2
- Player 1 picks up the pass and passes to player 3 who passes back to player 1 in the slot
- Player 1 shoots on net
- Player 2 repeats the same thing on the other side

**FOCUS:** Good lead passes, communication and pick up the ring!!

**TIP:** To make this a flow drill, have players curl toward the boards after they shoot and skate down the boards to the end where they started. Otherwise, after the shot line up in the corner.

## THE WHEEL



**OBJECTIVE:** Accurate passing and timing

### DESCRIPTION:

- Player 1 skates out around the centre circle and receives a leading pass from Player 2.
- Player 1 passes to the coach in the end where they started and receives a pass back.
- Player 1 drives the net and shoots.
- Meanwhile, after passing to player 1, Player 2 skates out around the centre circle and receives a leading pass from Player 3.
- Player 2 passes to the coach in the end where they started and receives a pass back.
- Player 2 drives the net and shoots.
- REPEAT with Player 3 and so on.

**FOCUS:** -Accurate, lead passing will determine the flow of the drill.

-Communication when calling for the ring.

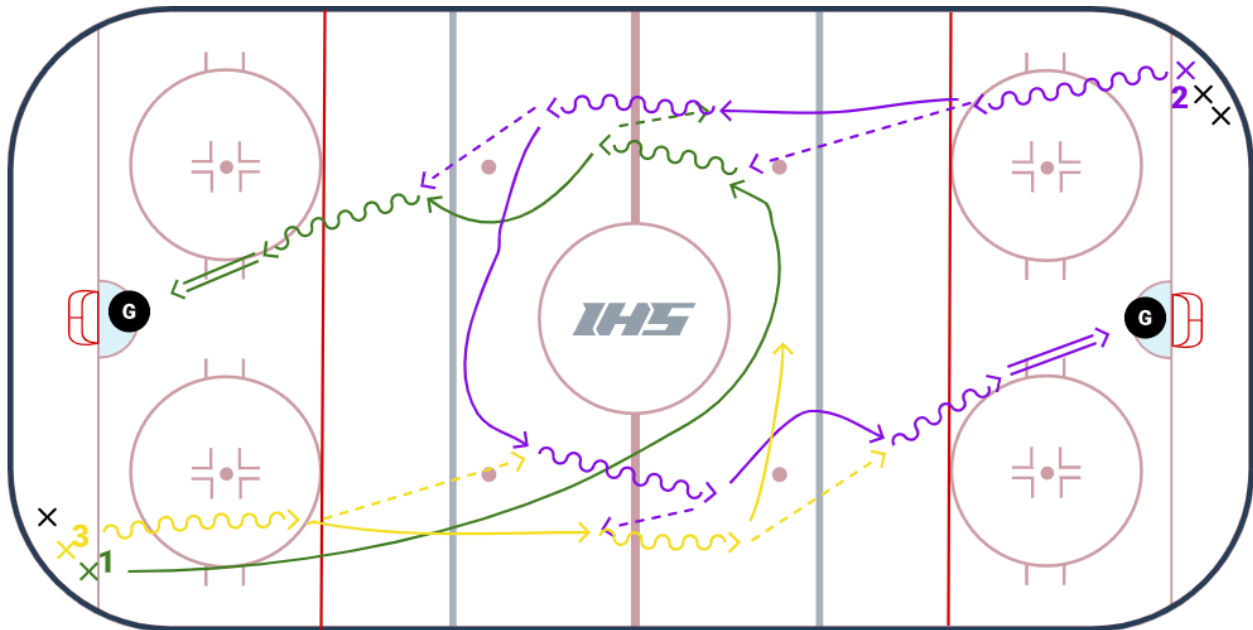
-Timing: be aware that passer is ready, accelerate when pass is made

**TIP:** -Execute on both sides of the ice for players to work on strong/weak sides

-If pass reception is an issue have passing players skate toward the blue line to make pass OR move the start lines up to the ringette line and move them back as the passing/receiving improves

-To work on fast break, see "sling shot pass" (see below)

## THE WHEEL (with sling shot pass)



**OBJECTIVE:** Quick transition and attack. Flow drill

### DESCRIPTION:

- Player 1 skates out around the centre circle and receives a pass from Player 2 who is breaking from the zone and skating up the ice with Player 1
- Player 1 drops/passes the ring back to Player 2 and drives the o-zone, angling to get on their strong side. Player 1 gets a pass into the o-zone from Player 2. Player 1 drives the net and shoots.
- After Player 2 makes the second pass to Player 1 they cut across the ice (below the circle) and receives a pass from Player 3 who is breaking from the zone and skating up the ice with Player 2.
- Player 2 drops/passes the ring back to Player 3 and drives the o-zone, angling to get on their strong side. Player 2 gets a pass into the o-zone from Player 3. Player 2 drives the net and shoots.
- REPEAT with Player 3 and so on.

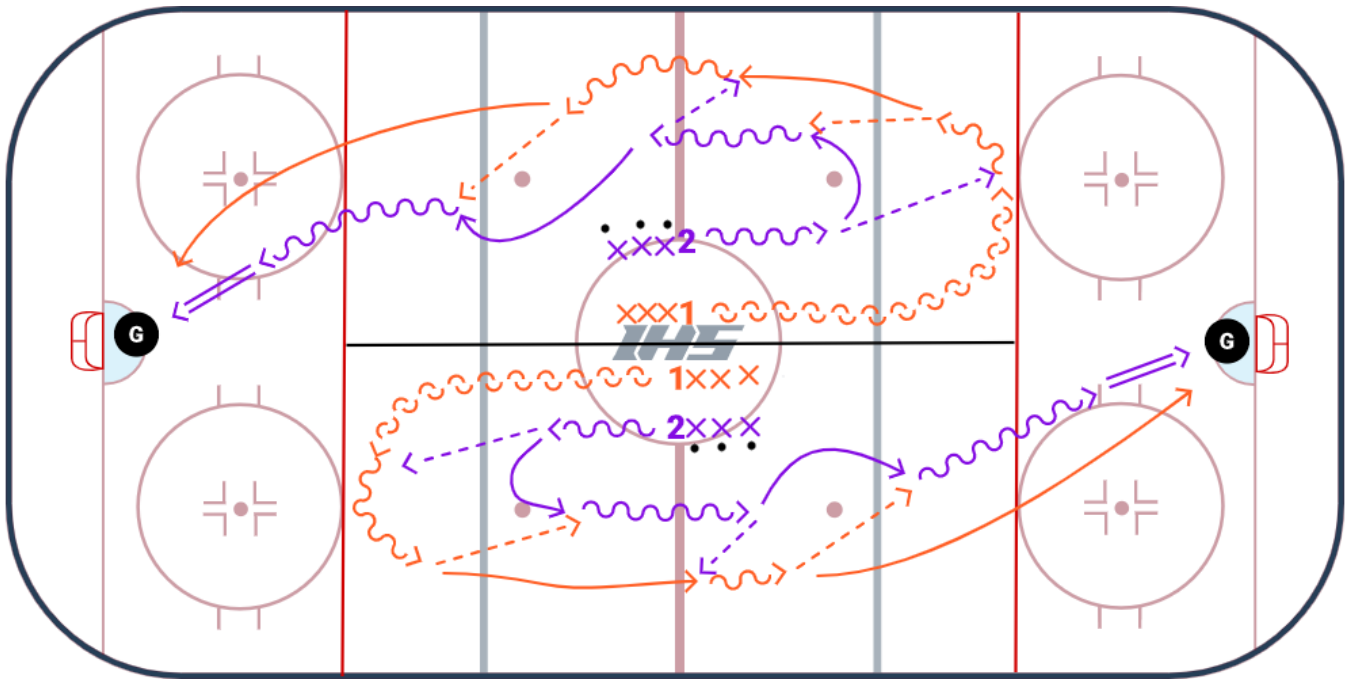
### FOCUS: -Accurate passing (tighter than The Wheel)

- Communication (verbal and physical) when calling for the ring. Present targets by getting onto strong side
- Player getting the drop/pass back needs to read their partner and equal that player's speed either by skating or ring movement/placement.

### TIP: Short duration as the drill is high intensity

If just learning the "sling shot" pass, see the "FINLAND DRILL"

## FINLAND DRILL



**OBJECTIVE:** Quick transition passing/skating

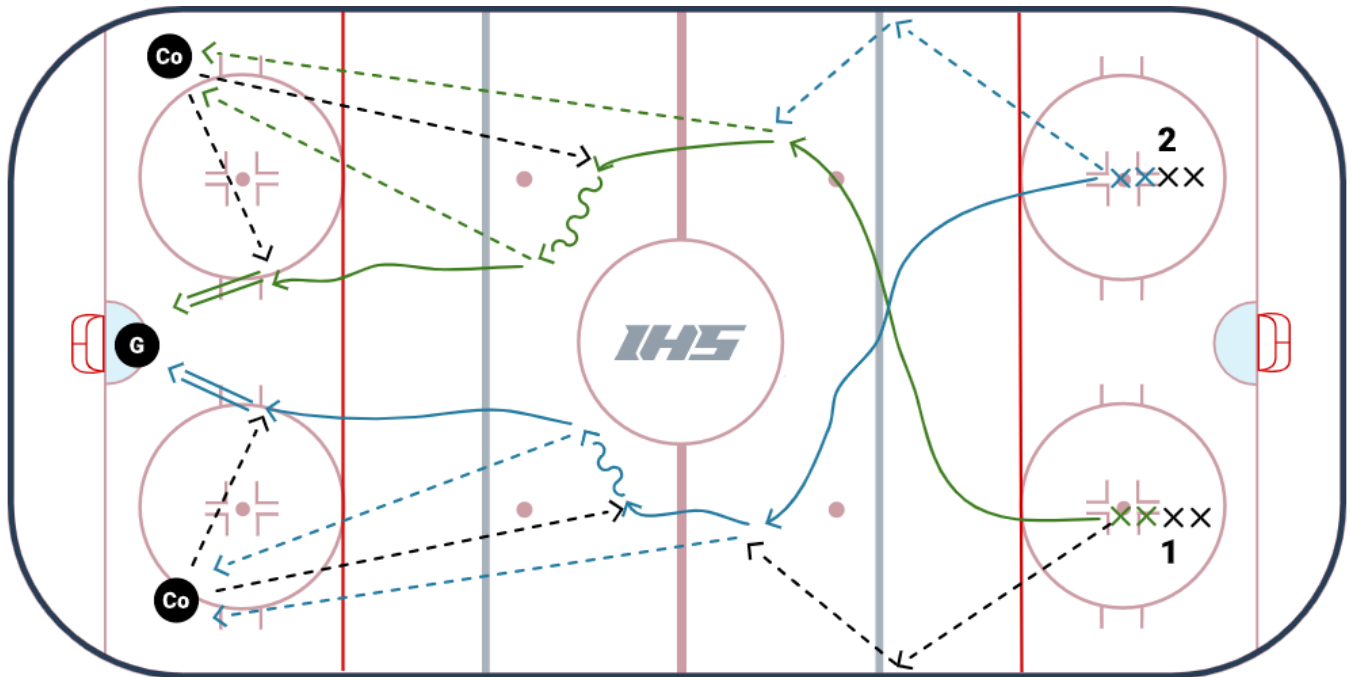
### DESCRIPTION:

- Two groups, use both sides of the ice
- Player 2 has the ring. Player 1 starts skating backwards into the defensive zone and gets pass from Player 2 over the blue line.
- Player 1 transitions to forward and passes back to Player 2 over blue line.
- Both Player 1 and 2 skate up the ice. Player 2 passes back to player 1 and drives the o-zone getting onto their strong side and receives a pass back from Player 1.
- Player 2 drives the net and shoots. Player 1 follows to the net looking for a rebound.

**FOCUS:** Accurate passing - Passes need to quick (on and off the stick)  
Communication – verbal and physical (presenting targets by body position)

**TIP:** Start slow to get movements, passing and targeting. Increase speed with repetition.  
Transition to “The Wheel Drill” with sling shot passing to turn into a flow drill

## FULL ICE HEAD ON PASS



**OBJECTIVE:** Skate and pass with head on passing

### DESCRIPTION:

Player 1 skates up and across the ice, over the blue line

Player 2 passes the puck off the boards to Player 1.

Player 1 passes to the coach in the far end and gets pass back in neutral zone.

Player 1 passes again to coach and drives the o-zone, gets pass back from coach

Player 1 shoots

\*Player 2 repeats the same pattern from the opposite side

**FOCUS:** Passing to strong side of the receiver. Calling for pass and showing target

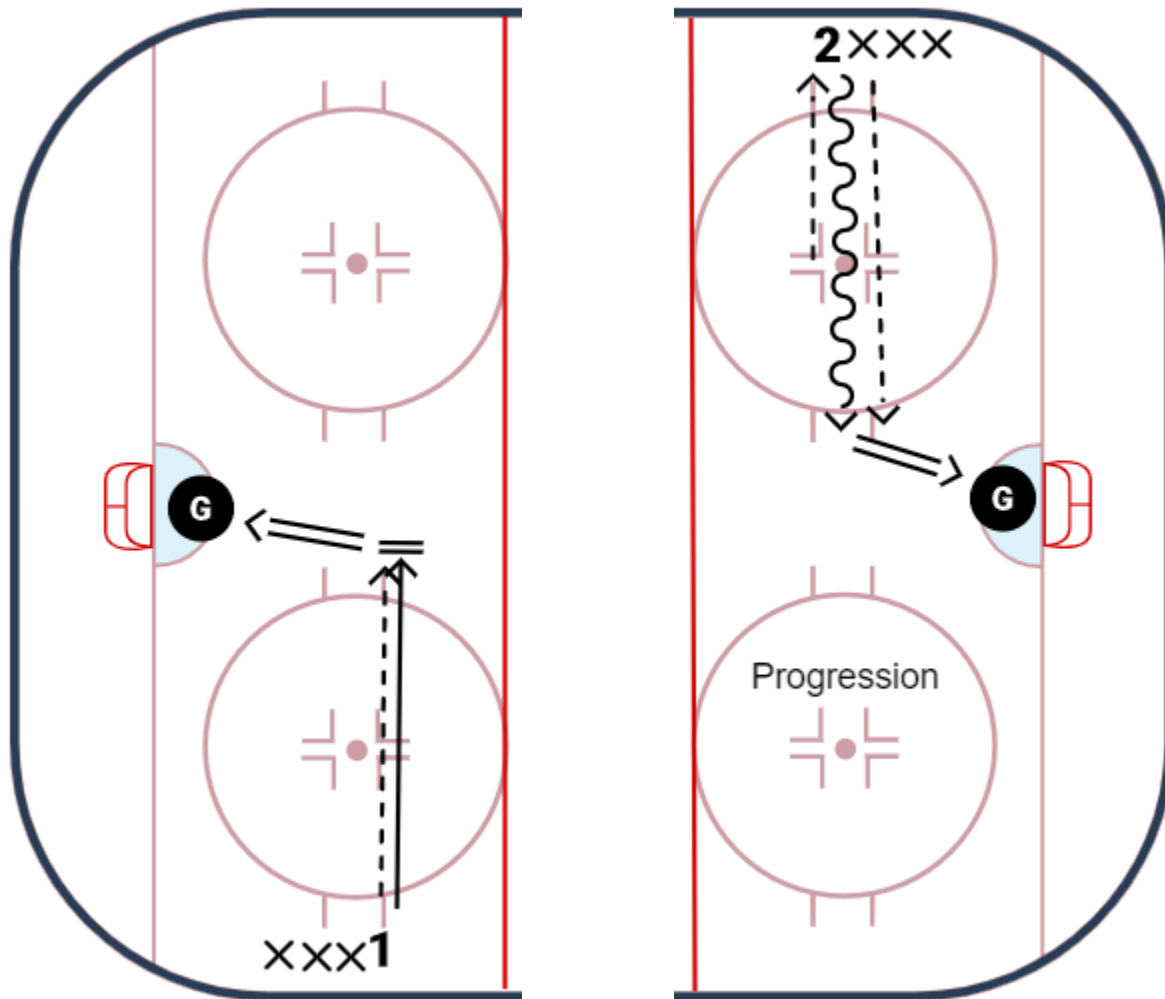
**TIP:** If players are struggling with the head on pass, slow down the pass and shorten the length of the passes. Have players step in for coaches to give them more reps of passing/receiving

### PROGRESSION:

Add in a 'D' (without a stick) to shadow Player 1. Player 1 has to work to get open for passes.



## ONE TIME DRILL



**OBJECTIVE:** Receiving and shooting

**DESCRIPTION:** Players line up on hash marks on side boards  
Player 1 skates forward to slot and turns as Player 2 passes a ring  
Player 1 receives the ring and shoots (pick and shoot)

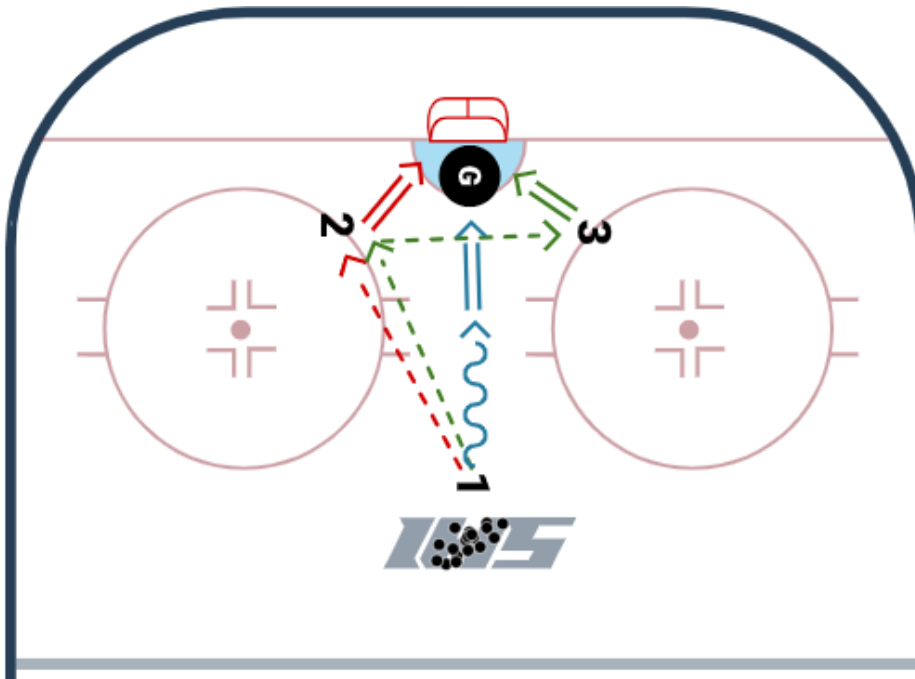
**FOCUS:** Passing to strong side or into the shooters “wheel house” to assist in one-motion

**PROGRESSION:**

Player 1 starts with ring, skates backward passing back and forth with the next player in line.  
Once player 1 reaches the slot, she takes pass on back foot and one-timer shot on net.

**TIP:** Shooter should be indicating where they want the ring for the shot.

## 3 POINT SHOOTER



Line players up in 3 positions (as shown) and play 3 rings.

**First Ring:** Player 1 passes to Player 2. Quick 1-timer shot on net from player 2.

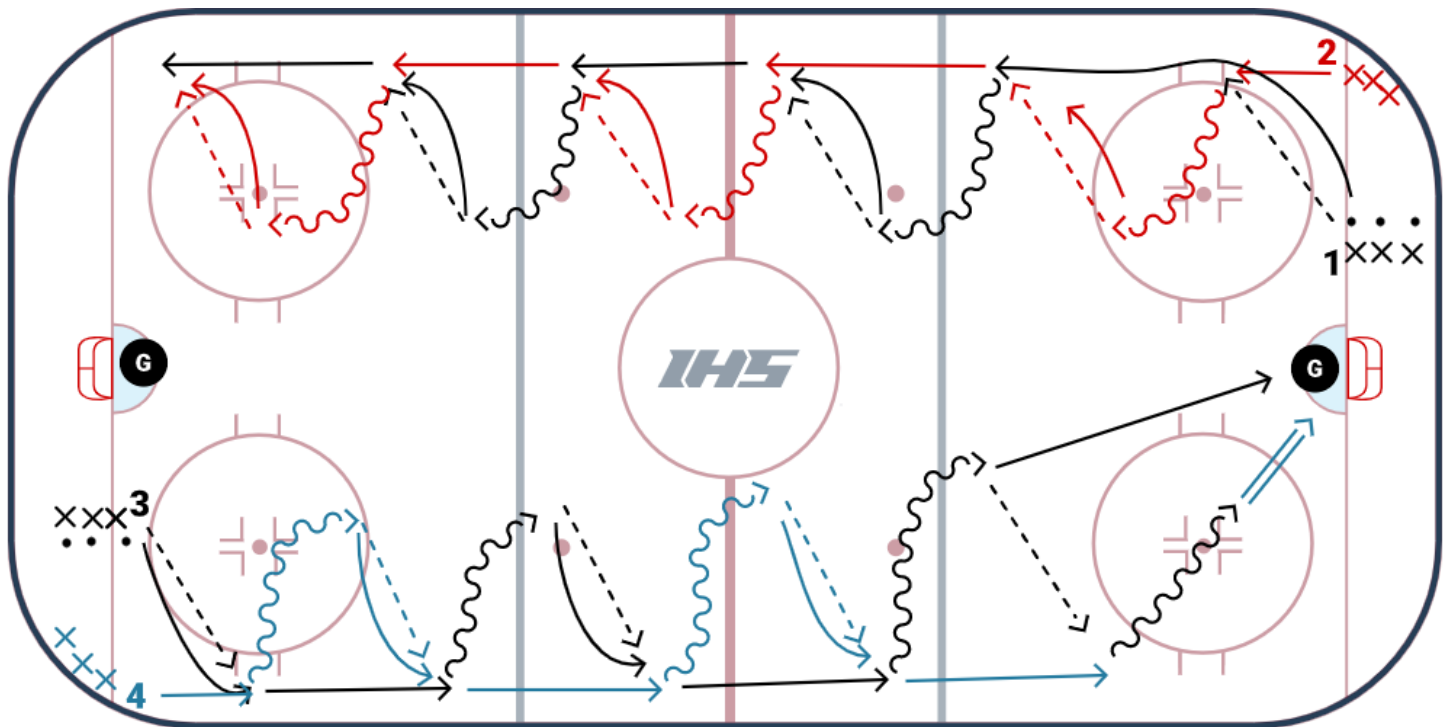
**Second Ring:** Player 1 passes to player 2. Player 2 passes across the crease to Player 3. Quick 1-timer shot on net from player 3.

**Third Ring:** Player 1 drives the net and shoots.

**\*\*Goalie should be given enough time to re-set on each ring (player 1) but three passes and shots should come quickly.**

**\*\*Players rotate through positions; 1 to 2, 2 to 3, 3 to 1.**

## LEADING PARTNER PASSING



**OBJECTIVE:** Warm up passing drill. Leading pass and supporting the ring

### **DESCRIPTION (shown with players 1 & 2):**

- All passes go toward the boards
- Player 1 leads a pass for player 2. Player 1 follows their pass behind player 2 and skates up the boards.
- Player 2 skates with the ring to the middle of the ice.
- Player 2 leads a pass for player 1. Player 2 follows their pass behind player 1 and skates up the boards.
- Player 1 skates with the ring to the middle of the ice.
- Repeat all the way down the ice.

### **PROGRESSION (shown with players 3 & 4):**

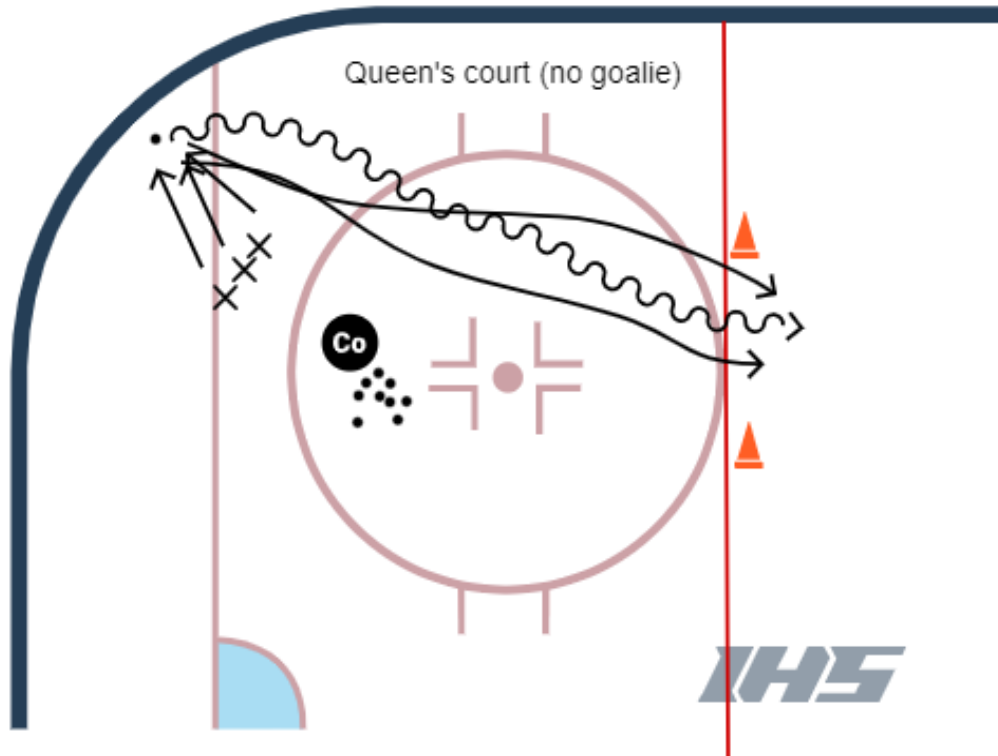
- Same as passing progression above until the o-zone blue line
- Once the ring is passed into the o-zone, player 3 who made the pass (middle of the ice) will drive the net. Player 4 with the ring (closest to the boards) will skate with the ring at the net, shoot or pass.

### **TIP:**

Start slowly and use face off dots as markers for players to have a big enough gap. This is not a race down the ice. Slow, smooth skating, crisp passing.

As players get confident in the drill, all ringette lines/rule need to be adhered to

## QUEENS COURT (without a goalie)



**OBJECTIVE:** Checking drill, skating with ring

**DESCRIPTION:**

- Line up 3 players, shoulder-to-shoulder in the corner, facing the boards approximately 1 stick length from the boards
- Coach is standing behind the 3 players with a ring. 3 players must be facing the boards NOT facing the coach
- Coach passes a ring off of the boards. All three players battle for possession of the ring.
- The player that gets the ring skates away and has to skate between the two pylons at the ringette line

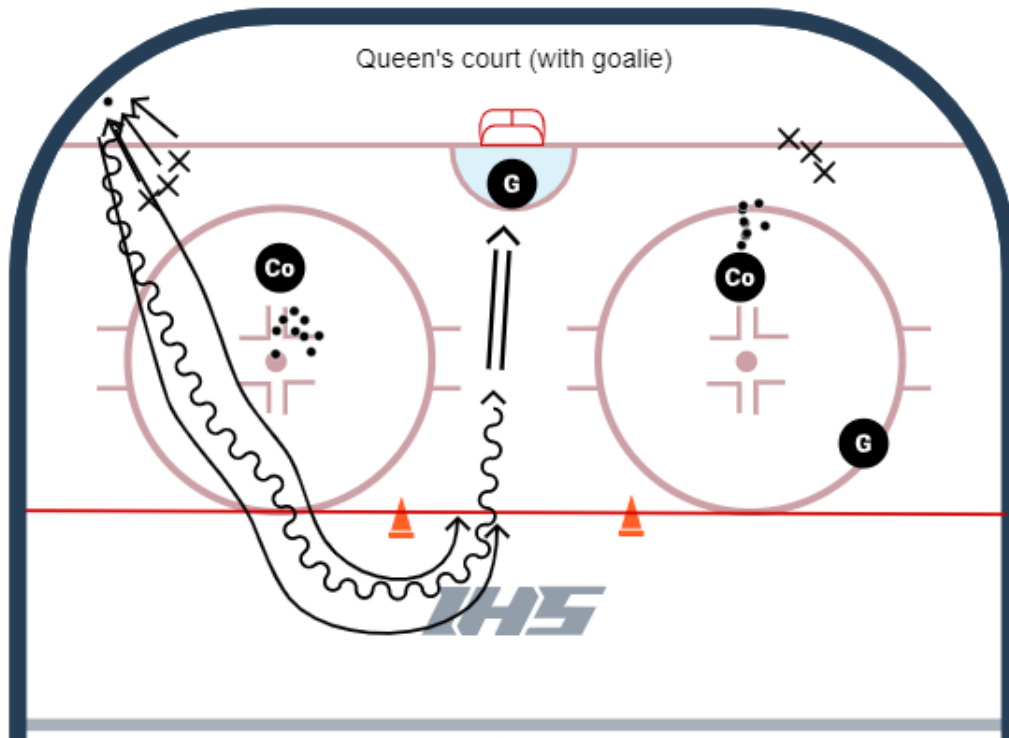
**PROGRESSION:**

\*\*See "Queens Court (with a goalie)" below\*\*

**TIPS:**

- The players first goal should be the STAB the ring
- Once they have possession they need to start skating and moving away from the checkers

## QUEENS COURT (with a goalie)



**OBJECTIVE:** Checking drill, skating with ring, drive the net, shooting

### **DESCRIPTION:**

- Line up 3 players, shoulder-to-shoulder in the corner, facing the boards approximately 1 stick length from the boards
- Coach is standing behind the 3 players with a ring. 3 players must be facing the boards NOT facing the coach
- Coach passes a ring off of the boards. All three players battle for possession of the ring.
- The player that gets the ring skates away and has to skate between the two pylons before they can turn and attack the net.
- Once they get to the ringette line they are free and clear of checkers

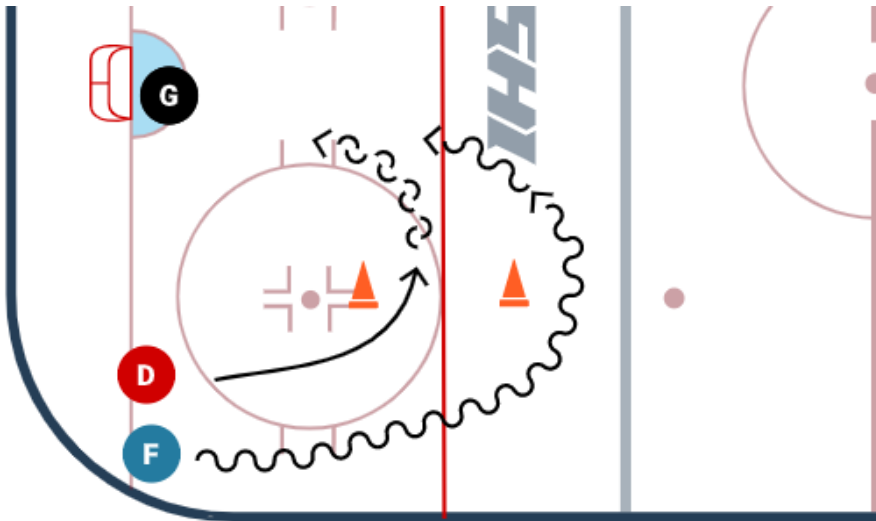
### **PROGRESSION:**

One or two checks can follow out to pylons then track to the net

### **TIPS:**

The players first goal should be the STAB the ring  
Once they have possession they need to start skating and moving away from the checkers

## 1 v 1 DEFENDING



**OBJECTIVE:** Defense gap control, Offense staggering speeds/attacking net

### DESCRIPTION:

(F) Forward has the ring. Forward and Defense leave at the same time.

(D) Defense goes around the 1<sup>st</sup> pylon, Forward goes around the 2<sup>nd</sup> pylon = 1v1

Forward drives the net and shoots while Defense closes the gap attempting to stop/limit shot selection for the forward

**FOCUS:** Defense needs to get up and close the gap on forward and keep them to the outside.

Forward needs to utilize deeks, staggering speed and body position to beat defence.

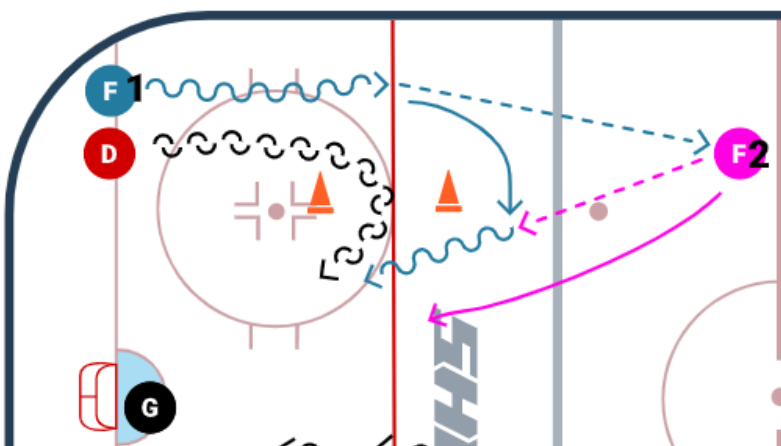
### PROGRESSION:

Add F2 at the red line.

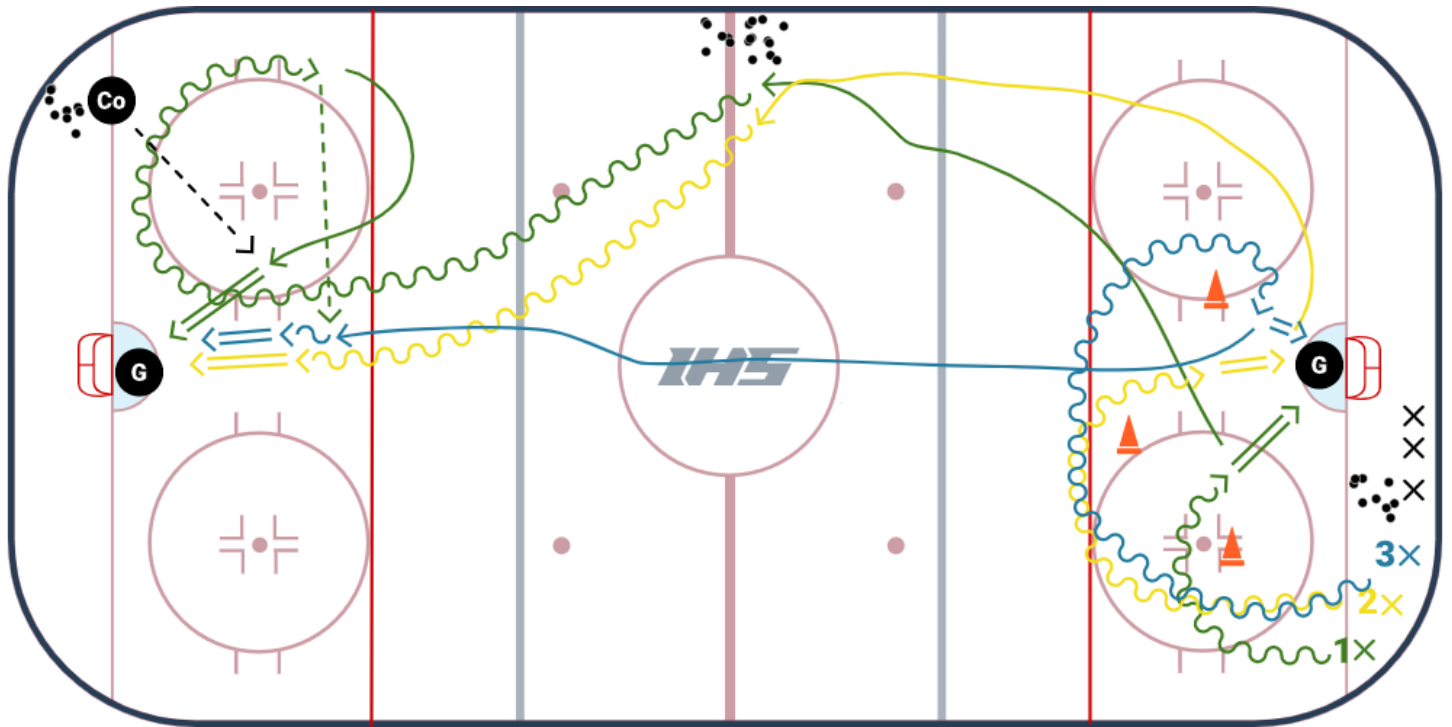
F1 skates out, passes to F2, F1 cuts around the pylon and gets open for a return pass from F2

D steps up and closes the gap on the open forward (F1)

F2 passes to F1 and follows their pass now attacking with F1 (2v1)



# SNAKEBITE



**OBJECTIVE:** Timing

**DESCRIPTION:**

Players 1, 2 and 3 skate around their respective pylons on the whistle.

Player 1 shoots, drives to centre, picks up a ring and skates into the o-zone and around the circle (timing).

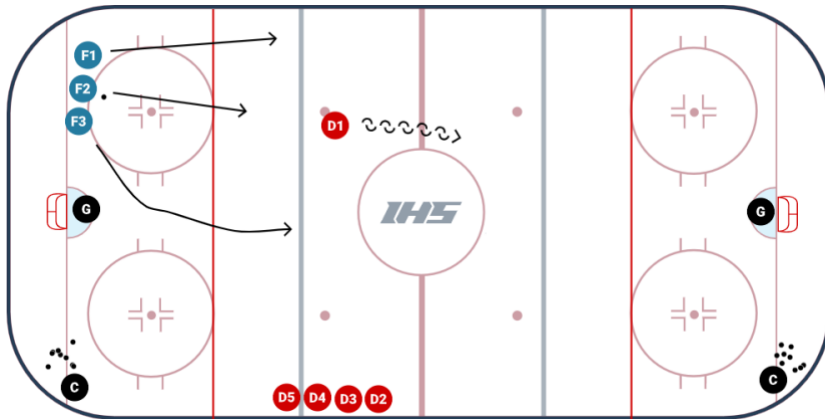
Player 2 shoots, drives to centre, picks up a ring. Player 2 skates down the ice, drives the net and shoots.

Player 3 shoots, drives straight down the ice to the o-zone and receives a pass from Player 1 that is going around the circle.

Player 1 skates around the top of the circle and gets a pass from the coach in the corner.

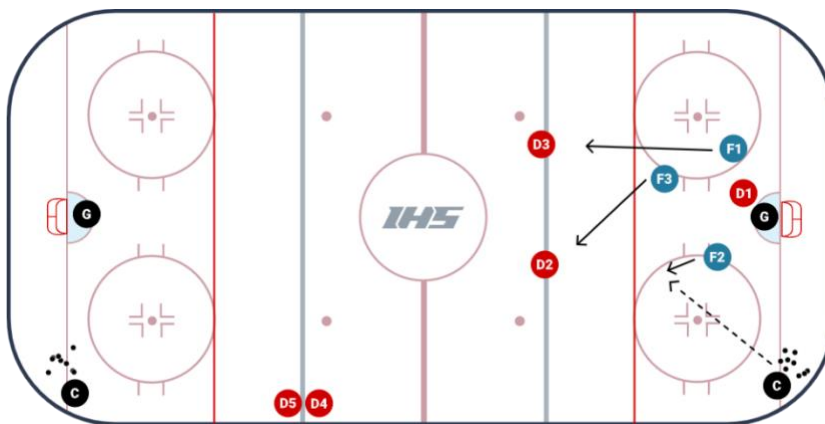
**FOCUS:** Timing and shot selection

## QUICK TRANSITION: 3V1, 3V2, 3V3



3v1 – 3 forwards drive down the ice 3 on 1.  
1. Emphasis on taking advantage of one D, drive the net and shoot.

**\*\*WHISTLE\*\***



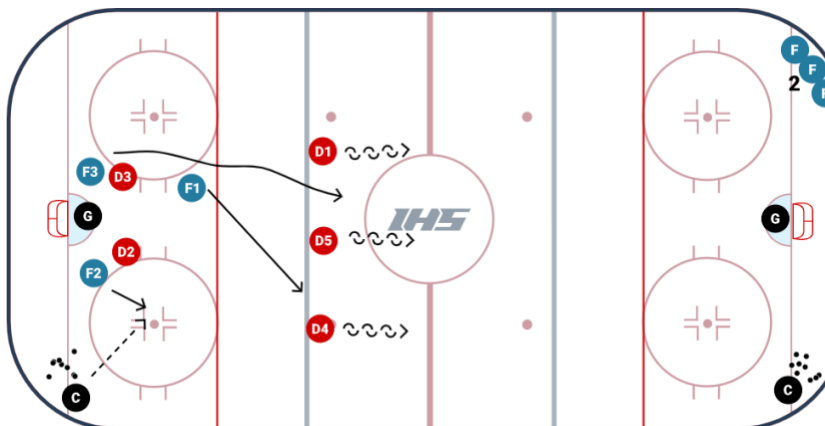
3v2 – Same 3 forwards get a pass from the coach and drive down the ice 3 on 2.

2 defence have stepped in on the blue line.

Forwards have to work to get open for pass.

Defence work man-on coverage.

Emphasis on quick shot after entry into the O-zone. **\*\*WHISTLE\*\***



3v3 – Same 3 forwards get a pass from the coach and drive down the ice 3 on 3.

3 defence (can include centre) have stepped in at the blue line.

Forwards work to get open, maintain possession in the o-zone for 30 seconds.

**\*\*WHISTLE\*\*** starts the next group

waiting in the same corner where the play ended

### OBJECTIVE:

Offense: game sense, passing, shooting, transitioning

Defence: Gap control and positioning



**PROGRESSION:**

You can run from 3v0 to end as a 3v2.




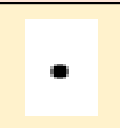
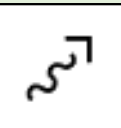


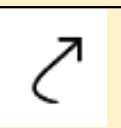




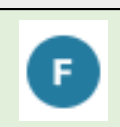
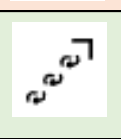

On final transitional rush give the players time to set up offensive play.

**TIPS:**

-This drill is extremely tiring for D but it will show their ability to execute "man-on" coverage, ability to control the gap with offensive player and positioning when outnumbered, specifically 3v1.

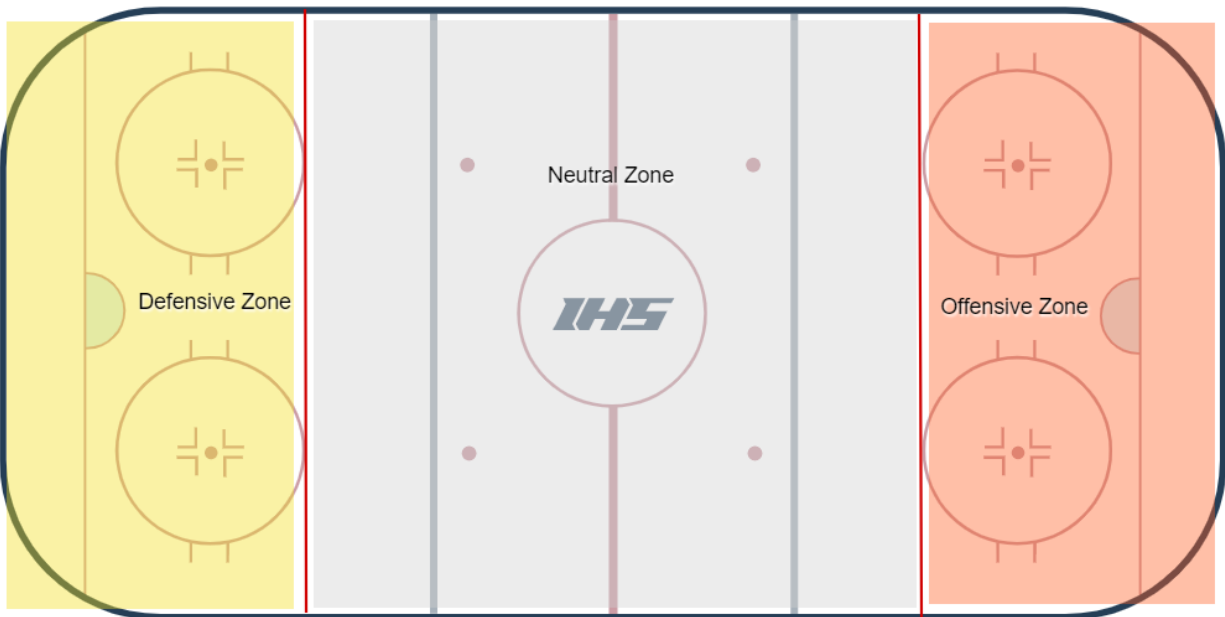
-This drill will demonstrate forwards "game sense" in finding open ice, leading passes and shot selection. The 3v3 scenario will give the players an opportunity to demonstrate some creativity in the o-zone.

LEGEND:

	PASS		CLUSTER OF RINGS
	SHOOT		STARTING POSITION FOR RING
	SKATE FORWARD WITH RING		STARTING POSITION FOR PLAYER
	SKATE FORWARD WITH RING AND STOP		
	SKATE FORWARD		DEFENCE
	SKATE FORWARD AND STOP		GOALIE
	SKATE BACKWARDS		FORWARD
	SKATE BACKWARDS WITH RING		COACH

## DEFINITIONS:

- **Strong side**: the side of the ice the ring is on. Can also refer to a player's "strong side" which means their forehand.
- **Weak-side**: the side of the ice the ring is not on.
- **Channeling**: containing a player to an area by limiting the open ice options, ultimately forcing the player to a place that you want them to go or limiting their options for passing the ring.
- **Gap Control**. Defensive players need to ensure an appropriate gap by not allowing too much space for offensive players to have a "free shot" on net OR too little space and risk being beaten by a quick burst of speed. Defensive players want to leave a good reactionary gap and this will change depending on where they are on the ice and whether they have back support. Generally, good gap control is a stick length from your opponent.: The gap is the space between the offensive player with the ring and the defensive player
- **Goal-side**: The defensive player staying between the player they are covering and the net.
- **Neutral Zone**: the area between the two free play (ringette) lines. All players are eligible to play the ring in this zone.



- **Cycling**: when players skate in patterns where they are following one another in the offensive zone for quick passes, drop passes and back-passes.