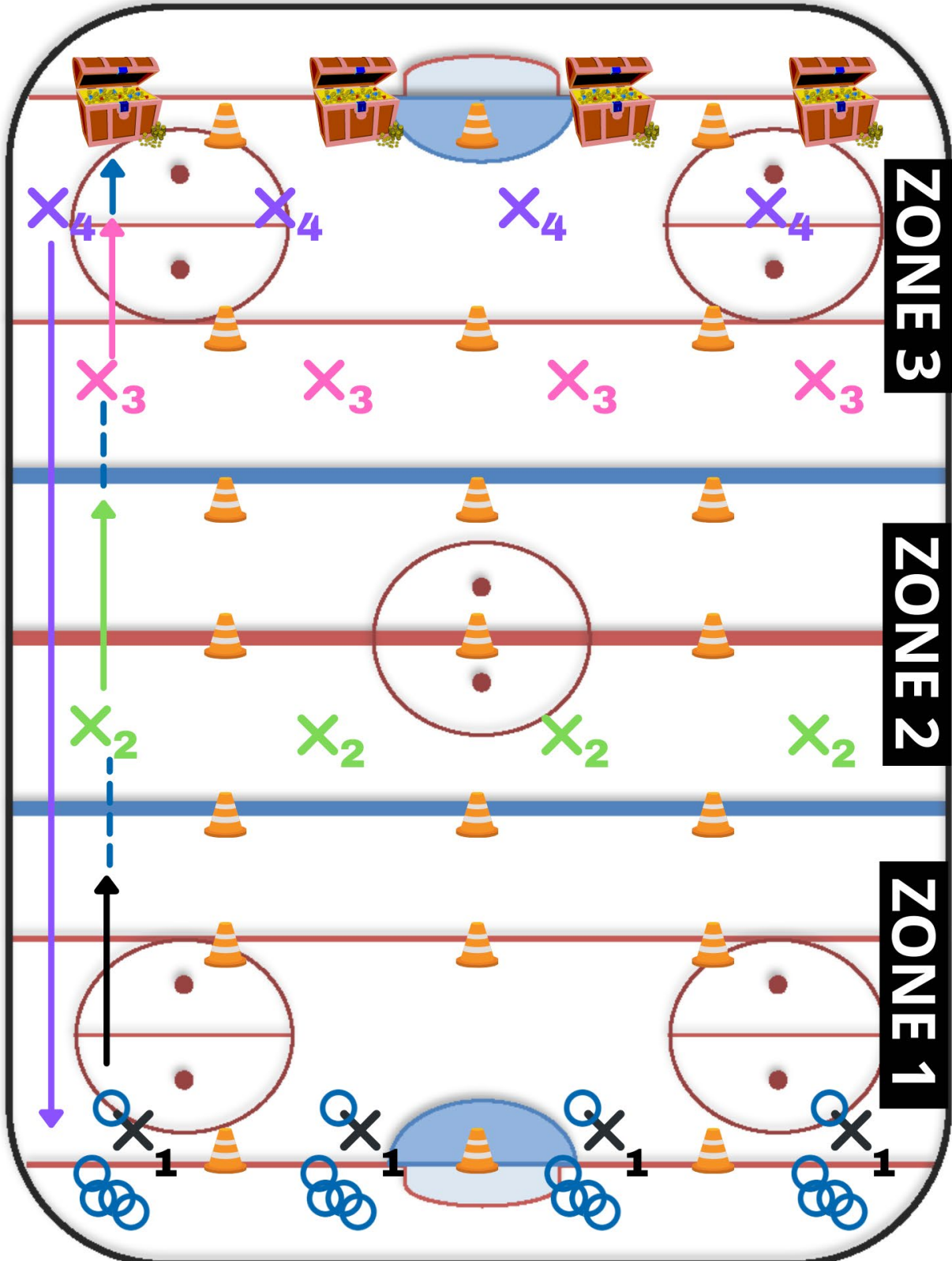


<b>TREASURE HUNT RELAY</b>		
<b>Focus:</b>	<b>Blue lines, passing, full length skating</b>	
<b>Coaches</b>	<b>1 coach per two groups/lanes</b>	
<b>Equipment</b>	<b>Rings (5-10 per group), cones, treasure chest (net, basket, circle of cones)</b>	
<b>Set Up</b>	<ul style="list-style-type: none"> <li>● Give each team an equal amount of rings in Zone 1 against the boards</li> <li>● Draw a big X on the ground with a bingo dabber (X marks the spot!)</li> <li>● Place a bucket, net, or circle of cones at the end of each lane in Zone 3 to act as each team's "treasure chest"</li> </ul>	
<b>Description</b>	<ul style="list-style-type: none"> <li>● One player starts in each zone.                             <ul style="list-style-type: none"> <li>○ If 4 players per group, have the 4th player stand at the far boards in Zone 3 (offensive zone)</li> </ul> </li> <li>● X1 takes a ring, and skates up towards the blue line and passes to X2 in Zone 2</li> <li>● X2 skates towards the second blue line and passes to X3 in Zone 3</li> <li>● X3 skates towards the boards and shoots the ring into their treasure chest                             <ul style="list-style-type: none"> <li>○ After X3 gets the ring into the treasure chest, they skate all the way back down the ice to Zone 1 and become X1, pick up a ring, and continue the game.</li> <li>○ If you have 4 players per team, X4 would skate down the ice after X3 shoots, and X3 would stay in Zone 3 and wait for their turn to skate back</li> </ul> </li> <li>● Groups continue until they have moved all of their rings to their treasure chest</li> <li>● Coaches can choose to use other objects in addition to rings (balls, bean bags). Players could pick them up, or push them with their sticks, but still have to pass over the blue lines to their teammates.</li> </ul>	
<b>Key Teaching Points</b>	<ul style="list-style-type: none"> <li>● players are passing over both blue lines, and trying to pass to, or just in front of the next player.</li> <li>● players are calling for the ring before their teammate passes them the ring.</li> </ul>	
<b>Adaptations</b>	<b>Easier</b>	Use a row of cones, and players have to shoot at the row of cones in Zone 3. Set up X2 and X3 closer to who is passing them the ring
	<b>Harder</b>	Have a basket placed upright so players have to lift, or flip, the ring into the basket in Zone 3. Have X2 and X3 start further back in their zones, and skate towards the ring as it is being passed to them.

*Athletes and coaches should maintain physical distance at all times. Diagrams are not necessarily to scale.*

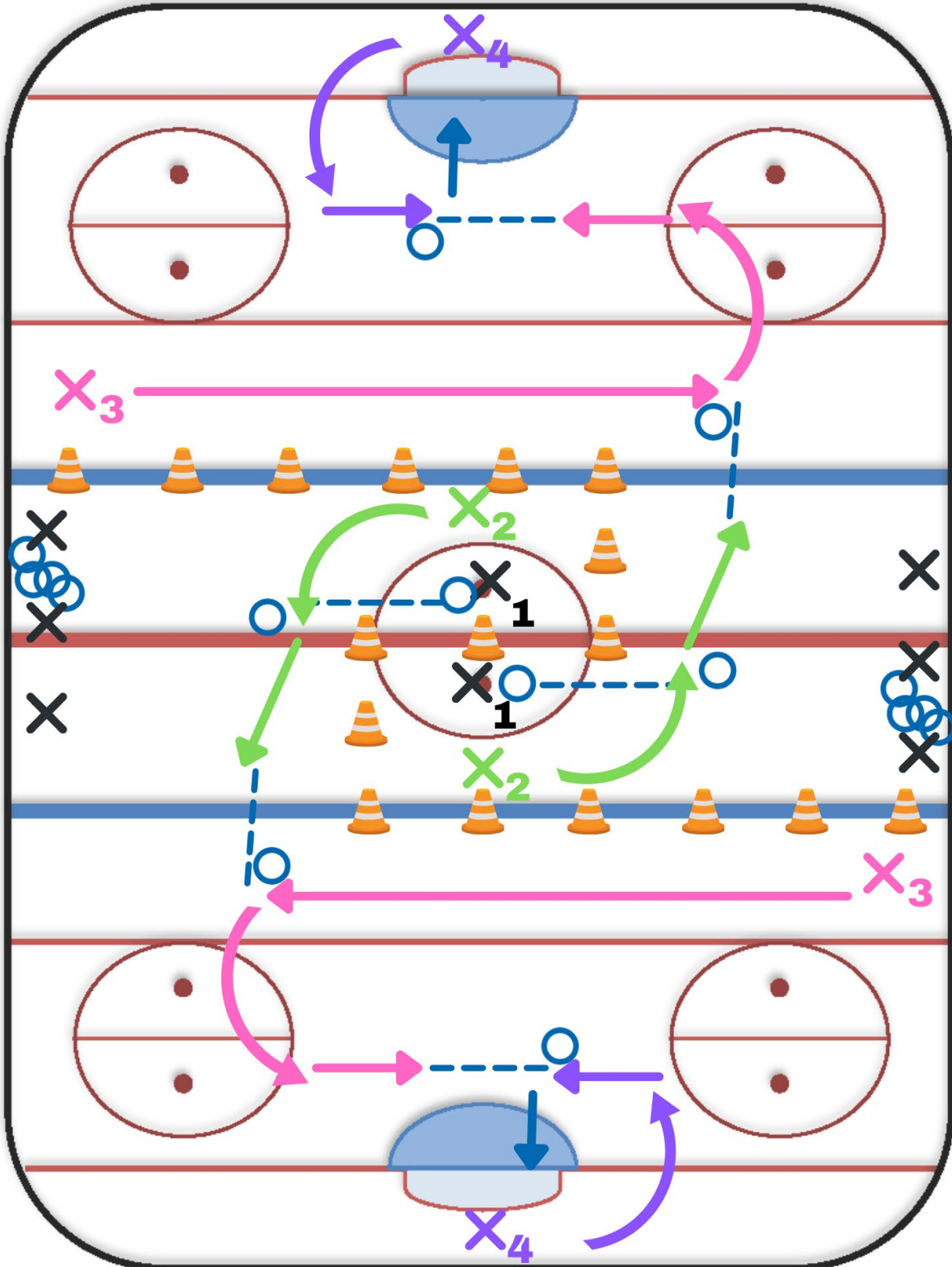
# TREASURE HUNT RELAY



<b>CENTRE ICE FREE PASS</b>		
<b>Focus:</b>	<b>Free pass, passing over the blue line, shooting</b>	
<b>Coaches</b>	<b>Minimum one coach per side (2 recommended)</b>	
<b>Equipment</b>	<b>Rings (5-10 per group), cones</b>	
<b>Set Up</b>	<ul style="list-style-type: none"> <li>Set up cones as shown in the diagram to separate the two sides of the ice (only if running both sides at once)</li> </ul>	
<b>Description</b>	<ul style="list-style-type: none"> <li>One player starts in each position, with remaining players lining up on the boards                             <ul style="list-style-type: none"> <li>X1 starts inside the free pass circle.</li> <li>X2 starts behind the circle</li> <li>X3 starts on the boards just inside the blue line</li> <li>X4 starts behind the net</li> </ul> </li> <li>On the whistle, X2 skates around to the side of the circle, and receives a pass from X1</li> <li>X3 skates across the blue line and received a pass from X2 over the blue line, in line with the face off dot</li> <li>X4 skates out from behind the net and gets a pass from X3 in front of the net</li> <li>All players move to the next position after each round                             <ul style="list-style-type: none"> <li>If running out of both sides, X4 lines up to be X1 going in the opposite direction for their next turn</li> </ul> </li> <li>Can be run out of both ends at the same time (see diagram)</li> </ul>	
<b>Key Teaching Points</b>	<ul style="list-style-type: none"> <li>Players are all calling for the ring before they receive it</li> <li>Learning basic free pass positioning, and moving into space to get open</li> </ul>	
<b>Adaptations</b>	<b>Easier</b>	Run out of only one end at a time. Remove X4, and have X3 shoot on the net as the last step
	<b>Harder</b>	Run out of one end, and have X2 choose whether to go to the left or right. Start X3 in the middle rather than on the boards. Both X3 and X4 would have to react to whichever direction X2 chooses.

*Athletes and coaches should maintain physical distance at all times. Diagrams are not necessarily to scale.*

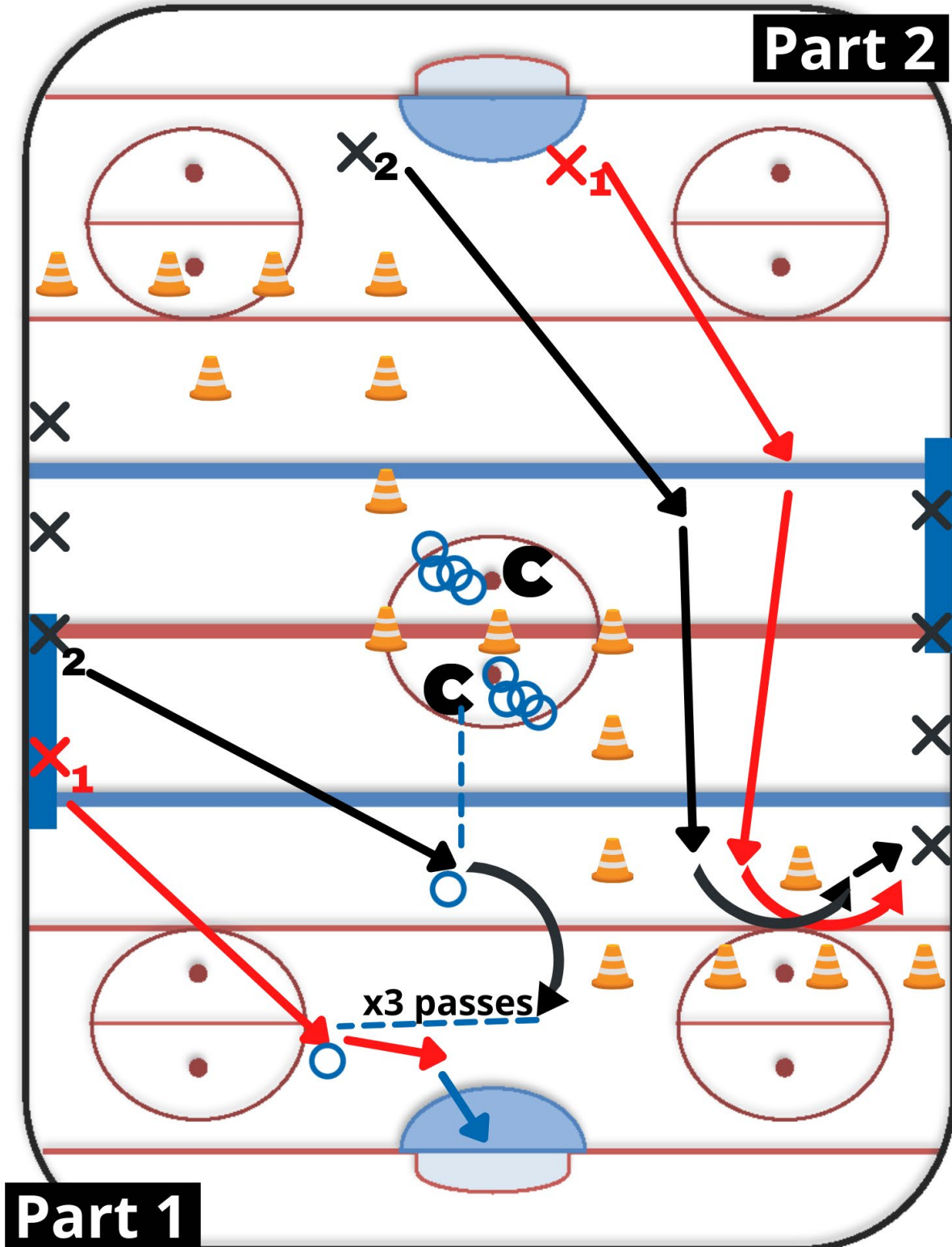
# CENTRE ICE FREE PASS



LINE CHANGE RELAY - FORWARDS		
<b>Focus:</b>	<b>Line changes, quick shifts, forechecking to ringette line</b>	
<b>Coaches</b>	<b>2 coaches per side</b>	
<b>Equipment</b>	<b>Rings, cones</b>	
<b>Set Up</b>	<ul style="list-style-type: none"> <li>Set up cones as shown in the diagram to separate the two sides of the ice (if running both sides at once)</li> <li>Set up a coach in each half of the centre ice circle with rings</li> <li>If not able to physical distance on the bench, have athletes line up in front of the bench, or have half on the bench and half on the ice (be sure to keep the gate closed)</li> </ul>	
<b>Description</b>	<ul style="list-style-type: none"> <li>Pictured in the diagram as Part 1 and Part 2 for a more clear overview</li> <li>If running out of both sides, teams would set up as shown in the diagram, but complete both Part 1 and Part 2 on their side</li> </ul> <p><b>PART 1</b></p> <ul style="list-style-type: none"> <li>X1 and X2 leave the bench and skate into the offensive zone</li> <li>X2 gets a pass from a coach over the blue line.</li> <li>X1 and X2 pass back and forth 3 times in the offensive zone</li> <li>X1 shoots the ring on the net</li> </ul> <p><b>PART 2</b></p> <ul style="list-style-type: none"> <li>After X1 shoots, both X1 and X2 race all the way back to the far ringette line and go around the cone, then go to the back of their line at the bench.</li> <li>Once they get back to the bench, the next two players can go.</li> <li>Can be run out of both ends at the same time (set up a team on either side, divided by cones as drawn)</li> </ul>	
<b>Key Teaching Points</b>	<ul style="list-style-type: none"> <li>Quick shifts - skating up and down the ice, then changing</li> <li>After shooting/turning the ring over, forwards should be forechecking all the way back to the far ringette line (simulated by racing to the cone)</li> </ul>	
<b>Adaptations</b>	<b>Easier</b>	Run out of only one end at a time. Have one player leave each bench at a time, and shoot right after receiving the ring from their coach
	<b>Harder</b>	Add goalies. Make it a race between teams to have their whole team complete the relay first.

*Athletes and coaches should maintain physical distance at all times. Diagrams are not necessarily to scale*

# LINE CHANGE RELAY - FORWARDS



LINE CHANGE RELAY - DEFENSE		
<b>Focus:</b>	<b>Line changes, quick shifts, goalie ring, breakout</b>	
<b>Coaches</b>	<b>2 coaches per side</b>	
<b>Equipment</b>	<b>Rings, cones</b>	
<b>Set Up</b>	<ul style="list-style-type: none"> <li>Set up cones as shown in the diagram to separate the two sides of the ice (if running both sides at once)</li> <li>Set up a coach in each net with rings, and another coach on the ringette line on each side to receive the final pass</li> <li>If not able to physical distance on the bench, have athletes line up in front of the bench, or have half on the bench and half on the ice (be sure to keep the gate closed)</li> </ul>	
<b>Description</b>	<ul style="list-style-type: none"> <li>Pictured in the diagram as Part 1 and Part 2 for a more clear overview</li> <li>If running out of both sides, teams would set up as shown in the diagram, but complete both Part 1 and Part 2 on their side</li> </ul> <p><b>PART 1</b></p> <ul style="list-style-type: none"> <li>X1 and X2 leave the bench and skate up to the cone at the far blue line, then pivot to backwards</li> <li>X1 and X2 skate backwards into the defensive zone</li> <li>When the coach says “Go” both X1 and X2 skate in a “J” shape breakout pattern, the coach passes the ring to X1 (goalie ring)</li> </ul> <p><b>PART 2</b></p> <ul style="list-style-type: none"> <li>After X1 receives the ring, X1 and X2 skate towards the blue line</li> <li>X1 passes to X2 over the blue line, then X2 passes to the coach over the second blue line</li> <li>After passing to the coach, both players go back their line up</li> <li>Once they get back to the bench, the next two players can go.</li> <li>Can be run out of both ends at the same time (set up a team on either side, divided by cones as drawn)</li> </ul>	
<b>Key Teaching Points</b>	<ul style="list-style-type: none"> <li>Quick shifts - skating up and down the ice, then changing</li> <li>Defense skate backwards towards their own end</li> <li>During the breakout, make sure both players are watching the goalie</li> </ul>	
<b>Adaptations</b>	<b>Easier</b>	<p>Run out of only one end at a time.</p> <p>One player at a time (move the coach at the ringette line into the neutral zone to do a give and go with the player)</p> <p>Have players turn to forwards once they reach the second blue line</p>
	<b>Harder</b>	<p>Make it a race between teams to have their whole team complete the relay first.</p> <p>Have the coach choose which player to pass the ring to on the goalie ring</p> <p>Change the coach in the net to a goalie to distribute the ring to the players.</p>

## LINE CHANGE RELAY – DEFENSE

