

Ringette Drills - Skating

Standing Balance

- Equipment: None
- Description: Feet are shoulder width apart and knees are bent. Have the players look straight ahead, then push lightly from behind, side, and front, testing their balance.
- Variation: Have the players march on the spot with knees touching the stick, which is held horizontally in front. Have them gradually raise the stick higher to test balance while skating around the ice at a moderate speed. When the student comes to the first blue line, have her attempt to balance on her left foot, gliding to next blue line. Have her change feet on the opposite side of the ice.
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Line Jumps

- Equipment: None
- Description: Students line up across the end of the ice, then skate to the first blue line, do a two foot jump and land; skate to and jump the center line; then continue to the next blue line. They then continue to the far end of the ice. Avoid having players jump bulky articles on the ice as this is potentially hazardous. When players jump, have them bend their knees when taking off and landing. Ensure that sticks remain in one hand, touching the ice.
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Ice Walk

- Purpose: Challenge the player to control her movement
- Description: Have the players start from the side boards and walk (do not skate) across the ice.
- Variation: To make it more difficult have them walk on their toes or heels
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Shuttle Skate

- Purpose: To increase dexterity, agility and balance
- Description: Distribute 30 rings across one blue line. Players start at one end of the ice, skate to the blue line, and pick up a ring with one hand. They then skate with the ring and place (not drop) it on the second blue line, skate forward to the end. Turn around and go back the other way.
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Knee Drop (Learning how to Fall)

Purpose: To increase balance and agility

Description: Make sure everyone has good knee pads with plastic knee cap protectors. Have the players fall to their knees while standing. Important: Remind them to use the hands to break their fall -- knees are too easy to hurt! Have them use the stick for help in getting up. Next have them do this while skating, getting up as quickly as possible.

Snow Man

Purpose: To increase confidence, agility, and balance

Description: Have players skate up the ice from the end line approximately halfway to the other end, dove forward under control, and slide on the stomach with the stick directly out in front. Tell them to concentrate on getting up as quickly as possible.

Variation This is the same as above, except while on the ice, players roll over, keeping the stick straight out in front. They then get up as quickly as possible.

Chair Drill

Purpose: To develop balance and power

Description: Have the players push a chair around the ice. This can be made into a fun relay.

Variation Divide into two groups. Line up as shown with two chairs. On whistle, one player from each line pushes the chair around the free pass circle back to her line where she hands off the chair to the next player. Continue until everyone has finished. Last player skates into the middle and sits on her chair. Try to be the first team done. This is a popular relay drill at the Ossoyoos Ringette School.

Stick Drill

Purpose: To improve leg control, strength, and co-ordination

Description: Have the players skate holding their stick in both hands at shoulder height in front of the body. Remind them to try not to move the stick -- the skating action should come from the legs.

Reaction Drill

Purpose: To improve hand-eye coordination, agility, and balance.

Description: This drill is similar to the mirror drill, except that it is done the whole length of the ice. The coach points left, right, up, down, ice, etc. and the players follow directions.

Variation Use a ring

Wide Crossovers

Purpose: To learn how to control inside and outside edges

Description: While skating, have the players lift one leg high to the side, then cross it over the other leg. They then put the first leg on the ice, then lift the inside leg up and repeat.

Variation Backwards

Snaking

Purpose: To develop leg strength

Description: Snaking is skating without taking the feet off the ice. It requires the player to bend the knees more, and push harder, alternating the legs.

Variation Backwards

Beginning V Start

Purpose: To practice leaning forward in the start

Description: Have the players stand about an arm's length away from the boards facing them. They form a V with their skates, and fall against the boards. When the players are comfortable with this have them turn around and skate across the ice.

Pushing Your Partner

Purpose: To increase stroking stride and strength.

Description: Have the player place her hands on the hips of her partner and push her across the ice. The person being pushed does not offer any resistance. Change positions and go the other way.

Beginning Tight Turns

Purpose: To teach the tight turn

Description: Have the players spread out over the ice. Have them try the tight turn by putting one foot in front of the other and leaning in the same direction as the front foot. The body will automatically turn. When everyone is comfortable with this have them take a few strides and turn. Divide the players into groups depending on how well they can do this. Progress to the Dot Drill. Make sure to do both directions.

Inch Worm

Purpose: To develop turning and agility

Description: Have players line up in a single line just more than arms length. The player in the back starts to go through the line skating in and out of each player. When she reaches the end, she takes up a place in the line. The next player from the back starts. Encourage the line to bend around the ice.

Variation Backwards

Ship Shape

Purpose: Carrying the ring, stopping, starting, and changing directions

Description: Good game for young skaters. Each player should have a stick and ring. Gather them into the center circle and explain the calls.
BOW - One end of the ice
STERN - Opposite end of the ice
PORT - Left side of the ice (facing the bow)
STARBOARD - Right side of the ice (facing the bow)
MAN OVERBOARD - Lie down on the ice, roll over and get up quickly
CAPTIAN ABOARD - Skate to the center circle and salute the coach.
SWAB THE DECK - Down on knees and rub the ice
MUTINY - Chase the coach.

Variation Backwards

Dodge

Purpose: To practice passing accuracy on the ice, as well as to avoid being hit with the ring

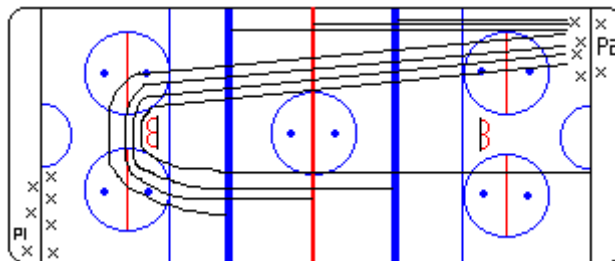
Description: Make a circle of students and put a few players in the middle. Shooters use two rings - shooting them on the ice while trying to hit the skate blade of the players in the middle. When hit, the skater trades places with the person who hit her.

Peter Zezel Skating Drill

Equipment: None

Description: Divide the two groups in half, one at each corner. Move nets into the hash marks to allow plenty of room. On whistle, P1 skates to the near blue line and back to the start. When they are done, P2 does the same thing from their end. P1 then skates to the red line and back to the start while P2 does the same. Far blue line and back, go around the far net to the far blue line and back, go around the far net to the red line and back, go around the far net to the near blue line and back, and go around the far net to the goal line where you started and back around. This drill is great for endurance and speed bursts because it allows sufficient skating and rest periods. This is a favourite drill of NHL player Peter Zezel.

Variation: Backwards



Glue

Equipment: None

Description: Every player gets a partner. The coach will skate around the rink with a ring. One skater is the Defense and the other is the Forward. The forwards skate to get away from the Defense and the

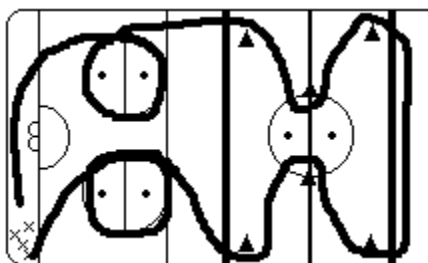
Defense does their best to stick to the forward like GLUE. If a forward is open the coach may pass to her.

Circles and Pylons - [M. Parkin - Penticton](#)

Equipment: None

Description: Players start in the corner with a ring. They do crossovers around the first circle as shown, then they go through the first set of 3 pylons. They skate across the far blue line and go through the second set of 3 pylons. Then they do another set of crossovers around the second circle the in the opposite direction of the first circle.

Variation: Backwards



Getting Back - [M. Parkin - Penticton](#)

Equipment: 1 Ring per player

Description: Player 1 skates toward opposite net and takes a shot. As soon as Player 1 shoots, Player 2 starts in the other direction and Player 1 must skate hard to catch up. Player 2 takes a shot and Player 3 takes off down the ice with Player 2 chasing.

Variation: Use 2 skaters at a time.

Push/Pull Nets - Older Players

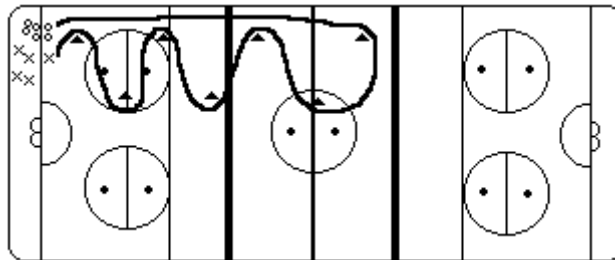
Equipment: 2 nets

Description: Divide the teams into two groups. Bring both nets and put them on the goal line with the opening facing the player. On the whistle, one player (2 if they are younger) push the net down the ice as far as you think is fair. Suggested red line for younger players and length of the ice for older players. On the way back they pull the net skating backwards. This will develop leg strength and power.

Slolam x3

Equipment: Pylons, Rings

Description: Players skate through the pylons 3 times. #1 forwards, #2 backwards, #3 pick up a ring and go forwards. If possible have two lines going at the same time to prevent players from standing around. All three times through should be continuous.



There and Back Skating - Fun

Equipment: Cards

Description: Place all the following ways to skate there back on cards and put them in a hat.

- Forwards
- Backwards
- Jump each line
- Snowman between blue lines
- Down on knees between blue lines
- 360's on each line
- 180's on each line
- Glide on 2 feet between blue lines
- Glide on left foot there and right foot back
- Log rolls

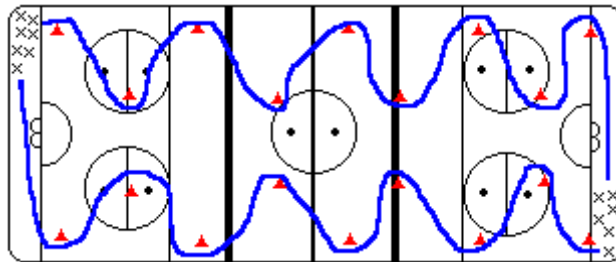
Before each time, pull out a new way to skate there and back so it's different every time. Add new ones to keep the drill fresh. Do 4-5 times.

Pylon Mania

Equipment: Pylons

Description: Continuous circuit, weave in and out of the pylons. Carry a ring

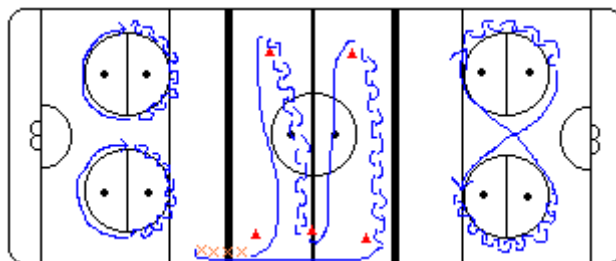
Variation: Backwards, turn 180 on each pylon, go around pylon full circle



Wild Zone

Equipment: Pylons

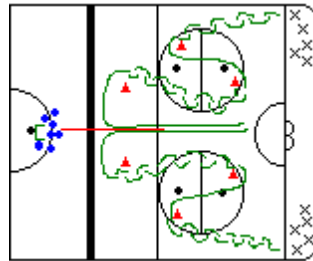
Description: Divide players into three groups (that's if you have the whole ice). Group 1 will skate around circles one way 2-3 times, then change directions. Group 2 works on pivoting backwards. Group 3 does crossovers in a figure 8. Do each station for 5 minutes and switch.



Foot Race

Equipment: Rings, pylons

Description: On whistle, players skate the pattern forwards and backwards around the pylons. The coach flips the ring down the middle. The first player tries to score and the second player tries to check. Switch lines.



Whistle Stop

Equipment: 1 ring per player

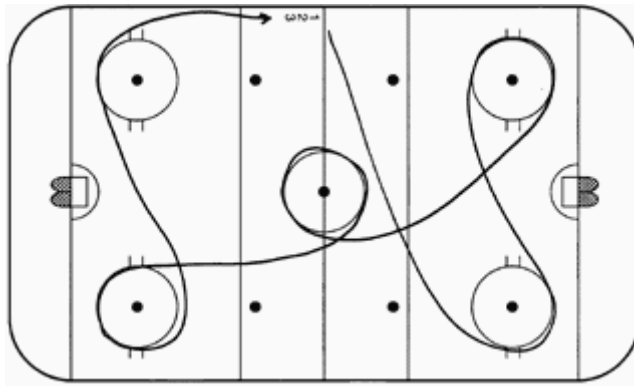
Description: Players skate around the ice slowly.
1st whistle: Skate fast
2nd whistle: stop completely and go the other way fast
3rd whistle: slow
4th whistle: tight turn and go fast
5th whistle: SNOWMAN

4 Circles

Equipment: None

Description: On whistle, first three players accelerate forward, around the circles as shown

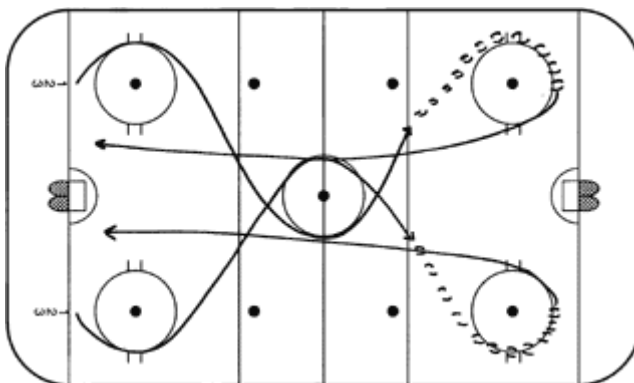
Variation: Backwards



Heads Up!!

Equipment: None

Description: 2 players at a time skate though pattern as shown



SUICIDE

Equipment: None required

Description: Starting at the goal line, skate forward to the near blue line and return to the starting point. Then skate to the center red line and return to the start, then the far blue line and return, finally to the far end and return.

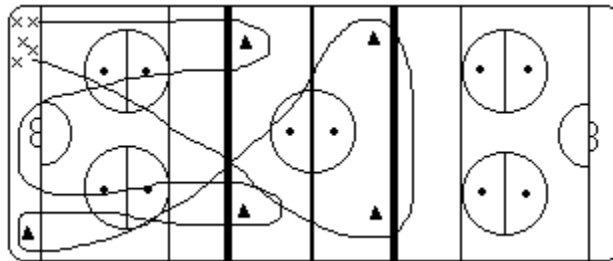
Variation: Use the free play lines as well as the red and blue lines. Consider using backwards skating on the return portions or in both directions. This drill can also be used with sharp turns instead of stops and starts.

Circuit Race

Equipment: 1 or 2 stopwatches, pylons

Description: Pylons are set out as shown. Player skates through pylons full out. Timed.

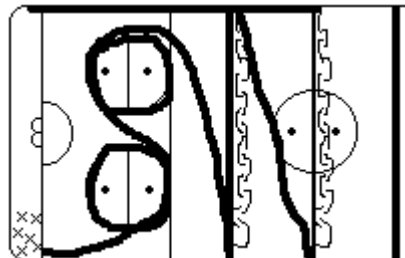
Variation: Backwards



Lines and Circles

Equipment: None

Description: Have players line up in the corner. They do crossovers around the first 2 circles then skate to the opposite blue line, stop and skate backwards across the blue line to the other side boards. Stop and skate to the red line on the opposite side boards, stop and skate backwards to the other side boards. Then skate to opposite corner that you started in.



Skating/Stopping/Backwards

Equipment: 3 pylons

Description: Set up each pylon in the middle of each line. One player from each side skates to the first pylon at the near blue line, stops and then skates backwards along the blue line to the boards, stops, then skates forwards to the next pylon at the red line, stops and skates backwards along the red line to the boards. They then skate forwards to the third pylon at the far blue line and stop, pivot and skate backwards along the blue line to the boards. They then skate full out back to their lines, or to the opposite corners if you have full ice.

Variation: Use Rings

