





U14

Practice plans

This guide was completed by a group of volunteer coaches as part of an LTAD initiative. Thank you to: Kelly Sims, Yogi Van Weichen, Carolyn Mountjoy, Eric Michaud



Stage: U14

Practice: $\frac{\# \ I}{2}$ ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)

Warm up (10-12 minutes)

- Bring nets near ringette lines
- Players skate around ice in same direction
- Drill # I: followed by stretching
- Drink water

Cool down (5-10min)

- Drill #7: # W-2 coaches' surprise
- 3 slow laps + stretches
- Stretches at centre ice

Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)

TIME (minutes)	ACTIVITY	
00 – 05	Drill #1: Warm-up	
05 – 07	(water)	
07 – 15	Drill #2: SK #4 – 'V' Transitions	
15 – 20	Drill #3: SK #1 – Stops + Starts (T + V starts)	
20 – 22	Fast lap + water (coach set up for next drill)	
22 – 32	Drill #4: P #1 – Static passing	
32 – 34	Fast lap + water (coach set up for next drill)	
34 – 44	Drill #5: SH #1 – 3 cone rapid shoot out	
44 – 46	Fast lap + water (coach set up for next drill)	
46 – 56	Drill #6: W #2 – Coach's surprise!	
56 – 60	Cool down/stretch, etc.	

Drill# |

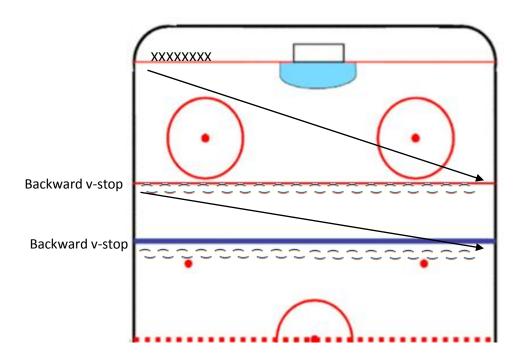
Drill Name:	Warm-up Skating	Duration:	5 minutes
What Skills a Players:	are we developing?	What do I need?	
Goalkeepers	•		

Drill Details:

- Have players skate around entire surface of the ice in same direction
 - V.I Coach blows whistle:
 - ightharpoonup I = speed
 - \triangleright 2 = stop + change direction
 - V. 2 Players skate between blue lines, then backwards between blue lines
 - o V. 3 Players stretch legs between blue lines
 - V. 4 Players stretch arms over head
 - V. 5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)

TIPS

• Push nets to Ringette line for safety



Drill	Transitions (v)	Durations	F minutes
Name:	I ransitions (v)	Duration:	5 minutes

- Forwards V-starts
- Backwards V-stops
- Pivots
- Acceleration

Goalkeepers:

With players

Drill Details:

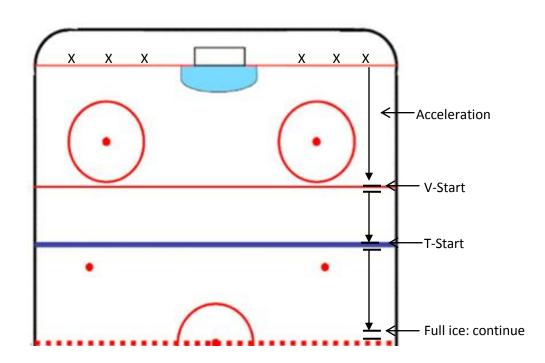
- Players line up in corner
- Start using V-start, accelerate to Ringette line at far boards, pivot to transition to backwards skating
- Skate backwards across Ringette line (legs on either side to ensure form)
- Backwards V-stop at boards
- Repeat at blue line
- Restart drill from centre ice (start on same side to work pivot on both sides)
 - o v. 2 Side-steps on line
 - o v. 3 Backwards on line
 - o v. 4 Sculling on line

What do I need?

• No equipment required

TIPS

- 'Ride the line'
- Drill manual ref:
 - o V-start 3.4
 - o Backward V -stop 3.10
 - o Pivots 3.12



Drill Name:	Stops + Starts	Duration:	5 minutes (2 reps on ½ Ice)
Maille.			

- V starts
- T starts
- Acceleration
- Parallel stops

Goalkeepers:

With skaters

Drill Details:

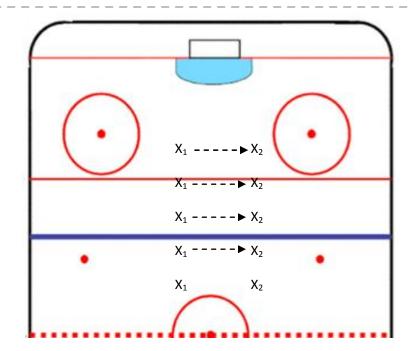
- Players line up on goal line
- Assume T start position (push leg behind and support leg)
- On whistle, push off using T start, skate to Ringette line and stop face designated direction (ensure players are forced to stop on both sides)
- Assume V start position (heels together and toes apart)
- On whistle, push off using V start, skate to blue line and stop facing designated direction
- Assume T start position, on whistle, accelerate to centre ice
- Stop facing designated direction
- Ensure proper parallel stop technique (may need to demo the stop specifically)

What do I need?

• Push net back against boards

TIPS

- Watch for full effort, proper technique
- Suggested coach-to-player ratio =
 I-3 or I-4
- Drill manual ref:
 - o T start 3.2
 - o V start 3.4
 - o Parallel stop 3.6



Drill	Static passing	Duration	F minutes
Name:	Static passing	Duration:	5 minutes

- Pass placement
- Pass receiving
- Sweep + flip
- Foot + hand stop

Goalkeepers:

What do I need?

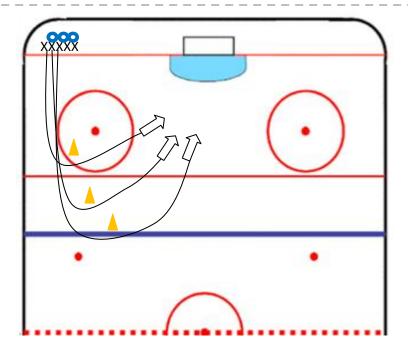
- Rings
- Variation: 2 = speed rings

Drill Details:

- Players pair off and face each other approximately 2 metres apart
- Player I passes to player 2 and repeat
- After 10 passes, take 2 steps back and repeat
- Further spread out if required
 - v. I players can skate forward when passing and backwards when receiving (constantly moving)
 - o v. 2 use speed (mini) rings
 - o v. 3 forward and backward passing
 - v. 4 use skate to receive ring, then use skate to pass to stick

TIPS

- Focus on forward sweep and backhand sweep pass
- Communication between players
- Body + hand position
- Tip of the stick to the target
- Show where you want the pass

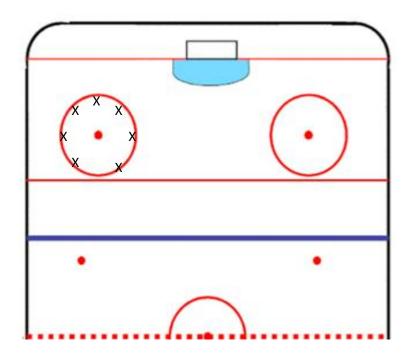


Drill	3	Dunation	F 10 minutes
Name:	3 pylon rapid shoot-out	Duration:	5-10 minutes

What Skills are we developing? What do I need? Players: Rings Ring protection 3 cones Skating Shooting Sweep back Goalkeepers: Goalie gets 3 shots in rapid succession **Drill Details:** TIPS Players start in corner with ring Make sure they do forehand and backhand: 3 start at same time -flip First goes to farthest pylon, second to middle, third to -sweep closest -etc. Skate around pylon and shoot on net Players to go down low in

Drill#6

*protect ring around pylon



turn

Drill	Coach's surprise!	Duration:	
Name:	Coach's surprise:	Dui acion.	
What Skills are we developing? Players:		What do I need?	
Goalkeepers	:		

Drill Details:	TIPS	
Start positions		
 Standing 		
 Sitting 		
 Squatting 		
 Laying down, etc. 		
 Coach asks players to perform a task, i.e. 		
 Touch a specific logo on the boards 		
 Retrieve a ring + shoot 		



Stage: U14

Practice: $\frac{\# 2}{2}$ ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

• Conditioning focus

• Review drills (practice plan)

Warm up (10-12 minutes)

Drill #1, followed by stretching – pick variation

Post-practice wrap up) (3-5min in the dressing room)

• Feedback on practice (w/o isolating individuals)

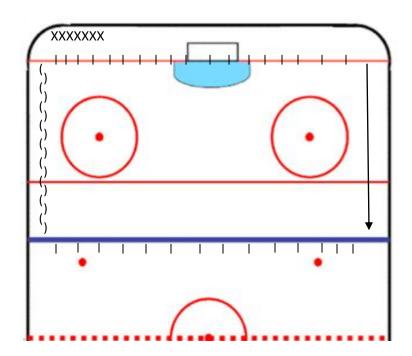
• Look-ahead (games, practices)

TIME (minutes)	ACTIVITY	
00 – 05	Drill#1: followed by stretching	
05 – 07	Fast lap + water * ½ ice = 3 fast laps	
07 – 13	Drill#2:Side-step	
13 – 20	Drill#3:SK #7 – Man-maker	
22 – 24	Water/set up	
24 – 29	Drill #4: Pass warm-up	
29 – 38	Drill #5: S drill (first variation (head-on)	
38 – 40	Hard lap + water	
40 – 48	Drill #6: (3 cone rapid shoot)	
48 – 55	Drill #7: Cycle one time	
55 – 60	Shoot-out	

Drill Name:	Warm-up Skating	Duration:	5 minutes	
What Skills a Players:	re we developing?	What do I need?		
Goalkeepers				
	•			
Drill Details:			TIPS	
 Have p 	olayers skate around entire surfa	ce of the ice in same	•	Push nets to Ringette
directi	on			line for safety
0	V.I Coach blows whistle:			•
	I = speed			
	2 = stop + change dire	ction		
 V. 2 Players skate between blue lines, then backwards 		rds		
between blue lines				
0	 V. 3 Players stretch legs between blue lines 			
 V. 4 Players stretch arms over head 				
0	 V. 5 Gliding backwards (1 leg, 2 leg, touch 1 knee, 			

Drill #2

etc.)



Drill Name:	Side-step	Duration:	5 minutes
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- Cross over starts
- Acceleration
- One leg stop

Goalkeepers:

With skaters

Drill Details:

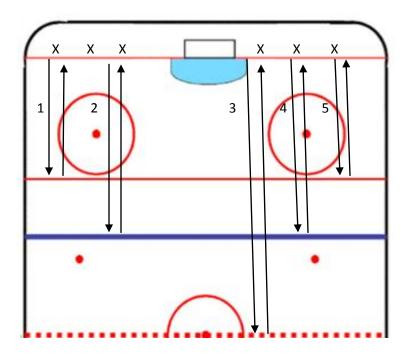
- Players line up in corner
- Ensure players are facing forward (hips, shoulders, head)
- Side-steps across goal line
- Watch form/technique/ speed is not important
- Approximately 2 metres from boards, use momentum into forward skating
- Accelerate to blue line
- Repeat side-stepping (facing same direction to work other leg
- Across blue line, use one-foot stop
- Continue back to goal line backwards
- Repeat drill, starting from opposite corner
- Variation: split ice up middle and run two shorter 'boxes' to maximize ice/player engagement

What do I need?

• Push net away from goal line

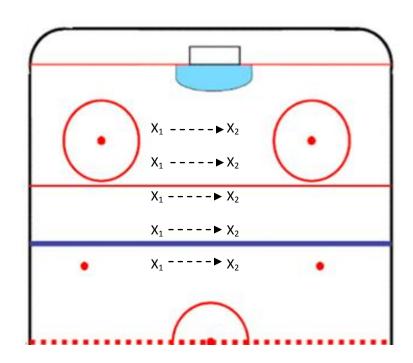
TIPS

- Watch body alignment
- Ensure body does not face side



Drill Name:	Man-Maker	Duration:	
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What Skills are we developing? Players:	What do I need? • Rings are option	nal
Goalkeepers:		
Drill Details:		TIPS
 Players line up on goal line 		
 Skate to line and back 		
 v. I Skate forward 		
 v. 2 Skate backwards 		
o v. 3 Skate forward one way 🖯	v. 3 Skate forward one way + backwards the other way	
 v. 4 One-leg slalom + two-leg 	g slalom (forwards and	
backwards)		

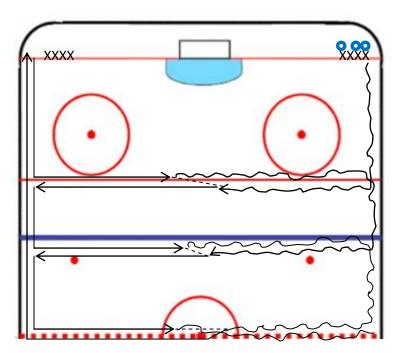


Drill Name:	Static passing	Duration:	5 minutes	
Players: Pass Pass Swee	placement receiving ep + flip t + hand stop	What do I ne Rings Variati	ed? on: 2 = speed rings	

- Players pair off and face each other approximately 2 metres apart
- Player I passes to player 2 and repeat
- After 10 passes, take 2 steps back and repeat
- Further spread out if required
 - v. I players can skate forward when passing and backwards when receiving (constantly moving)
 - o v. 2 use speed (mini) rings
 - o v. 3 forward and backward passing
 - v. 4 use skate to receive ring, then use skate to pass to stick

TIPS

- Focus on forward sweep and backhand sweep pass
- Communication between players
- Body + hand position
- Tip of the stick to the target
- Show where you want the pass

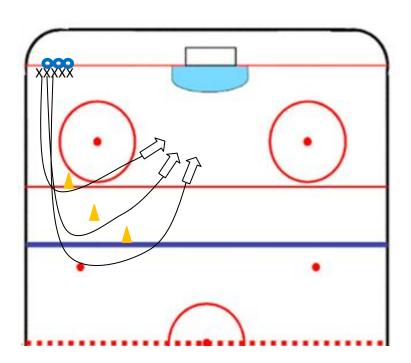


Drill Name:	S-drill	Duration:	
What Skills	are we developing?	What do I need?	
Players:		 Rings 	
Passing and receiving			
	5		
Goalkeeper	s•		
Coanceper	.		

- Two lines in each corner-one side starts with ring
- Simultaneously, players skate up boards to ringette line and player with ring makes head-on pass to player without (in a specific zone)
- Players continue to skate to boards, turn up boards to blue line, repeat; centre line, repeat
 - V. I: deep pass
 - O V. 2: back pass

TIPS

- Focus on forward and backward sweep
- Players switch starting points
- Demonstrate proper technique
- Remove the drill start

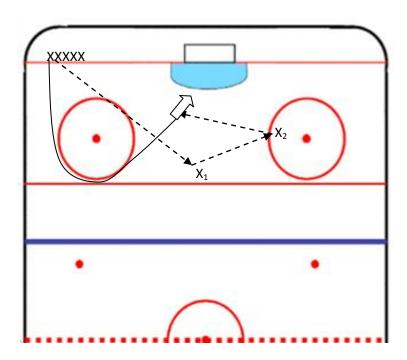


Drill Name:	3 pylon rapid shoot-out	Durat	tion:	5-10 minutes
What Skil	ls are we developing?	What	do I need	?
Players:	. 0	•	Rings	
SkaSho	g protection ting ooting eep back	•	3 cones	
Goalkeepers: • Goalie gets 3 shots in rapid succession				

- Players start in corner with ring
- 3 start at same time
- First goes to farthest pylon, second to middle, third to closest
- Skate around pylon and shoot on net
- *protect ring around pylon

TIPS

- Make sure they do forehand and backhand:
 - -flip
 - -sweep
 - -etc.
- Players to go down low in turn



Drill Name:	Cycle one-timer	Duration:	5-15 minutes
What Skills are we developing? Players: Pass placement One-timer shot		What do I need • Rings	?
Goalkeepers: Following ring while watching moving players – lateral movement			

- Players start in corner with ring
- Take 3 strides and pass ring to X1 and continue skating route as above
- XI passes to X2 who feeds the ring into slot for X who is arriving for one-time
- XI and X2 can be coaches to start

TIPS

 Ensure the goalie does not 'cheat' – must follow the ring



Stage: U14

Practice: $\frac{\# 3}{2}$ ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

• Conditioning focus

• Review drills (practice plan)

Warm up (10-12 minutes)

Drill #1, followed by stretching – pick variation

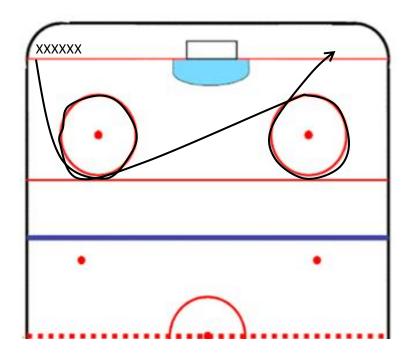
Post-practice wrap up) (3-5min in the dressing room)

• Feedback on practice (w/o isolating individuals)

• Look-ahead (games, practices)

TIME (minutes)	ACTIVITY	
00 – 05	Drill #1: warm-up, stretching	
05 – 07	Hard lap + water	
07 – 13	Drill #2: Cross-overs	
13 – 20	Drill #3: Sharp turns	
20 – 22	Water	
22 – 33	Drill #4: Combination Drill	
33 – 35	Hard lap + water	
35 – 40	Drill #5: Rapid fire	
40 – 48	Drill #6: transition into rapid pass	
48 – 50	Hard lap + water	
50 – 57	Drill #7: Static horseshoe	

Drill Name:	Warm-up Skating	Duration:	5 minutes	
	are we developing?	What do I ne	ed?	
Players: Goalkeepers	•			
Goarkeepers	•			
Drill Details:			TIPS	
 Have p 	olayers skate around entire	surface of the ice in sa	ame •	Push nets to Ringette
directi	on			line for safety
0	V.I Coach blows whistle:			
	I = speed			
	2 = stop + change	e direction		
0	V. 2 Players skate between	en blue lines, then back	wards	
between blue lines				
0	 V. 3 Players stretch legs between blue lines 			
0	V 4 PI			
0	V. 5 Gliding backwards (I		ee,	
	etc.)			



Drill	C	Dunation	F minutes
Name:	Cross-overs	Duration:	5 minutes

- Cross-overs (forward + backward)
- Pivots
- Acceleration
- Ring protection

Goalkeepers:

What do I need?

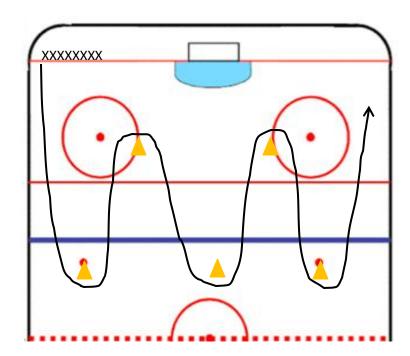
15 rings

Drill Details:

- Players line up in corner
- Send 2-3 players at a time
 - o v. I Forwards
 - o v. 2 Backwards
 - o v. 3 Changing directions (pivots) always free net
 - v. 4 Start slow stride, when arrive at top of circle.
 Shorten strides + accelerate speed, when returning to top and moving into next circle, slow back down
- Modification 1: add ring, use coach inside circle to check, forcing ring protection
- Modification 2: have players touch circles with hand

TIPS

Watch form



Drill Name: Sharp turns Duration:	5 minutes
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- Acceleration
- Sharp turns
- 360 turns
- Backwards
- Protecting the ring

Goalkeepers:

With players

Drill Details:

- Players line up in corner
- Skate forward with ring to first pylon
- Turn as tight as possible around cone, continue to next pylon
 - o v. I 360 turns around pylons
 - o v. 2 front to back, back to front transitions
 - o v. 3 fully backwards

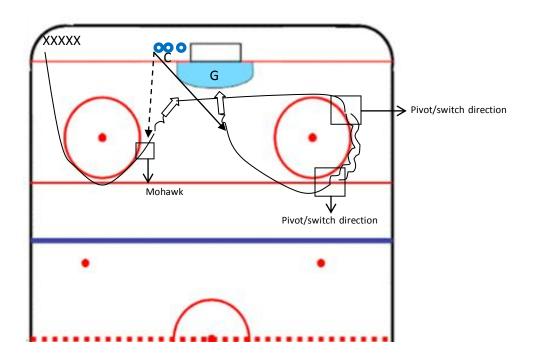
What do I need?

- 5 pylons
- 15 rings

TIPS

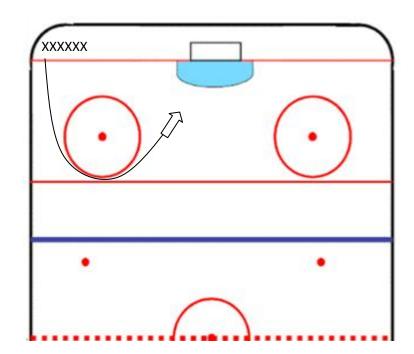
- Players to treat pylons as 'opposing players' and protect ring
- Drill manual ref:

0 3.13



Drill Name:	Double zone pass	Duration:	5-15 minutes
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What Skills are we developing? What do I need? Players: • Rings Pass reception Mohawk Pivots/transitions Shooting Goalkeepers: **Drill Details:** TIPS Players start in corner with ring, coach has all rings • Use Mohawk to square Player skates around circle, receives pass from coach and body to pass/net Coach can be substituted with players Continue skating up around second circle and receives second pass and takes shot Return to line



Drill Name:	Rapid fire	Duration:	5-10 minutes
What	Skills are we developing?	What do I ne	ed?
Players	s:	 Rings 	
•	Ring protection		
•	Skating		
•	Shooting		
•	Deeks		
•	Fake shots		

Goalkeepers:

• Continuous shots simulate rebounds

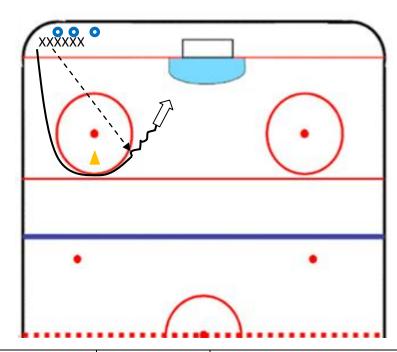
Drill Details:

- Players line up with rings in corner
- On whistle, player skates around, circles and takes shot on net
- Start next player when previous player reaches outside hash marks to have rapid shots on goalie
- Variations:
 - coach requests certain types of shots (i.e. forehand/backhand/deek) and shot placement
 - o add defence player on coach

TIPS

- Make sure they do forehand and backhand:
 - -flip
 - -sweep
 - -etc.

Make sure feet move

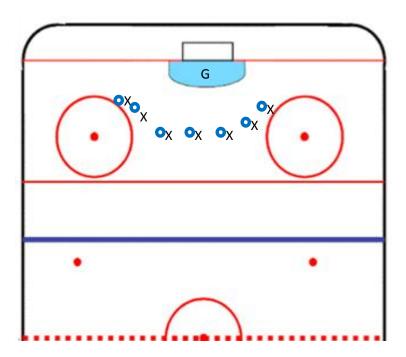


Drill Name:	Duration:
What Skills are we developing? Players:	What do I need? • Rings
 Pass placement Timing Body and head dekes 	• Pylons
Goalkeepers: • Breakaways	

- Players line up in corner
- Skate with ring around pylon
- Next player on line makes pass to where player is headed (before they arrive-using pylon as cone to make pass)
- After making pass, next player starts drill
- Take cone out later in season

TIPS

- Player with ring works on body and head dekes
- Switch starting point to other side
- Call the pass out
- Make them yell
- Timing is everything
- Use cone as marker for the pass



Drill Name:	Static horseshoe	Duration:	5 minutes
Players:	P	What do I need ● Rings	?
Goalkeeper • Move	e side to side	-	

- Start shooting I at a time from one side
- Start shooting I at a time from other side
- Start shooting I at a time from each side back + forth

TIPS

- Hand position on stick
- Foot position
- Right to left on coach calls player # for the shot



Stage: U14

Practice: $\frac{\# 4}{2}$ ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

• Conditioning focus

• Review drills (practice plan)

Warm up (10-12 minutes)

• Drill #1, followed by stretching – pick variation

Post-practice wrap up) (3-5min in the dressing room)

• Feedback on practice (w/o isolating individuals)

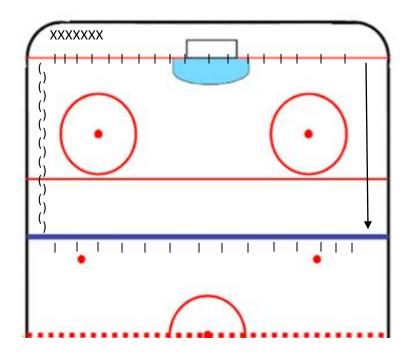
• Look-ahead (games, practices)

TIME (minutes)	ACTIVITY	
00 – 05	Drill#1: pick variation	
05 – 07	Fast lap + water	
07 – 17	Drill #2: Side step	
17 – 22	Drill #3: Cross-overs (circles) *v.3	
22 – 24	Water	
24 – 34	Drill #4: Combination Drill	
34 – 36	Water/skate	
36 – 46	Drill #5: Leap frog	
46 – 48	Water/skate	
48 – 58	Drill #6: La Banane	
58 – 60	Cool down – stretch	

Drill Name:	Warm-up Skating	Duration:	5 minutes	
What Skills a Players:	are we developing?	What do I nee	d?	
Goalkeepers	:			
Drill Details:		I	TIPS	
Have p	olayers skate around entire surfa	ce of the ice in sai	me •	Push nets to Ringette
directi	on			line for safety
 V.I Coach blows whistle: 				
	I = speed			
	2 = stop + change dire	ction		
0	V. 2 Players skate between blu	e lines, then backy	vards	
	between blue lines			
0	 V. 3 Players stretch legs between blue lines 			
0	 V. 4 Players stretch arms over head 			
0	 V. 5 Gliding backwards (1 leg, 2 leg, touch 1 knee, 			

Drill #2

etc.)



Drill Name: Side-step	Duration:	5 minutes
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- Cross over starts
- Acceleration
- One leg stop

Goalkeepers:

With skaters

What do I need?

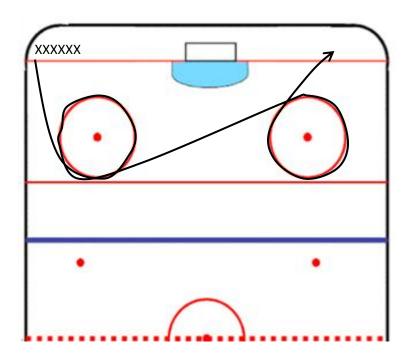
• Push net away from goal line

Drill Details:

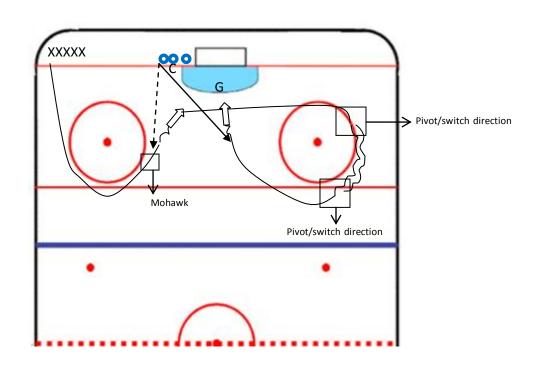
- Players line up in corner
- Ensure players are facing forward (hips, shoulders, head)
- Side-steps across goal line
- Watch form/technique/ speed is not important
- Approximately 2 metres from boards, use momentum into forward skating
- Accelerate to blue line
- Repeat side-stepping (facing same direction to work other leg
- Across blue line, use one-foot stop
- Continue back to goal line backwards
- Repeat drill, starting from opposite corner
- Variation: split ice up middle and run two shorter 'boxes' to maximize ice/player engagement

TIPS

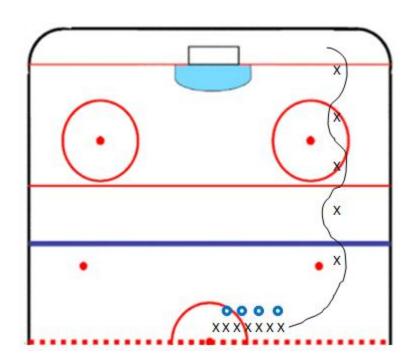
- Watch body alignment
- Ensure body does not face side



Drill	Cross-overs	Duration:	5 minutes
Name:		347	
	skills are we developing?	What do I no	
Players	:	• 15 ring	gs
•	Cross-overs (forward + backwar	·d)	
•	Pivots		
•	Acceleration		
•	Ring protection		
Goalke	epers:		
Drill De			TIPS
	Players line up in corner		Watch form
• ;	Send 2-3 players at a time		
	v. I Forwards		
	v. 2 Backwards		
	 v. 3 Changing directions 	(pivots) - always free	net
	o v. 4 Start slow stride, wh	en arrive at top of cir	cle.
	Shorten strides + acceler		
	to top and moving into n	•	•
• 1	Modification 1: add ring, use coad		
	forcing ring protection		
	o o .	h singles with hand	
•	Modification 2: have players touc	n circles with nand	



Drill Name:	Double zone pass	Duration:	5-15 minutes
What Skills are we developing? Players: Pass reception Mohawk Pivots/transitions Shooting Goalkeepers:		What do I need ● Rings	i?
 Drill Details: Players start in corner with ring, coach h Player skates around circle, receives pass shoots Continue skating up around second circl second pass and takes shot Return to line 		ss from coach and	 Use Mohawk to square body to pass/net Coach can be substituted with players



Drill Name: Leap frog	Duration:
What Skills are we developing? Players:	What do I need?
Goalkeepers:	

Drill Details: Use 4-5 players in stationary position Players with rings line up at centre, skate in and out of stationary players who are trying to check Can also line-up whole team and last player goes with ring – coach has rings and gives to last player each time

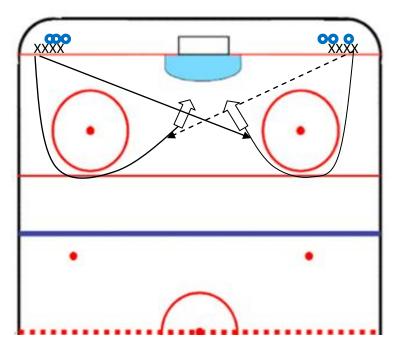
Drill #6

Pass timing is key Sweep pass to skater

Skater stabs the ring and shoots on net

Ensure skaters move feet up to low circle

Shot variation - sweep, wrist, backhand + forehand



Drill Name:	Half horseshoe/La Banane	Duration:	
What Skills	are we developing?	What do I need?	
Players: Passing, Pass reception, Timing, Shooting, Timing, Communication, Dekes		 Rings 	
Goalkeepe	rs:		
Drill Detail	s:		TIPS
Split the team in 2 groupsFirst girl out of the corner circles and c		calls the pass	Call for the pass



Stage: U14

Practice: $\frac{\# 5}{2}$ ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

- Conditioning focus
- Review drills (practice plan)
- Review channel + check position / technique

Warm up (10-12 minutes)

• Drill #1, followed by stretching – pick variation

Post-practice wrap up) (3-5min in the dressing room)

- Feedback on practice (w/o isolating individuals)
- Look-ahead (games, practices)

TIME (minutes)	ACTIVITY		
00 – 05	Drill #1: warm-up		
05 – 07	Hard lap + water		
07 – 12	Drill #2: V transitions		
12 – 22	Drill #3: Sharp turns *v.5 (360, transitions)		
22 – 24	Water		
24 – 30	Drill #4: 3 pylon rapid shot		
30 – 38	Drill #5: progression		
38 – 40	Water + fast lap		
40 – 45	Drill #6: 3 on 1 (Channel-check) *focus on positioning + technique		
45 – 47	Water/lap		
47 – 57	Drill #7: 3 angle shoot out		

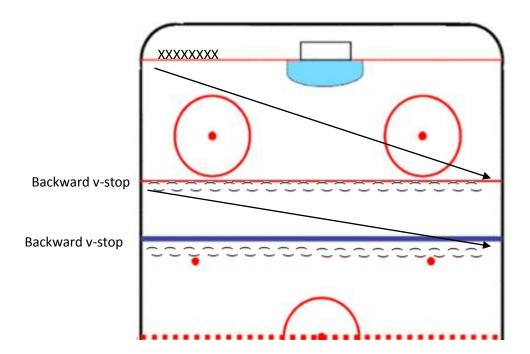
Drill Name:	Warm-up Skating	Duration:	5 minutes	
What Skills a Players:	re we developing?	What do I nee	ed?	
Goalkeepers	:			
Drill Details:		L	TIPS	
 Have properties 	olayers skate around entire	surface of the ice in sa	me •	Push nets to Ringette line for safety
0	V.I Coach blows whistle: > I = speed > 2 = stop + change	e direction		,
0	V. 2 Players skate betwee between blue lines	n blue lines, then back	wards	

V. 3 Players stretch legs between blue lines
 V. 4 Players stretch arms over head

O V. 5 Gliding backwards (1 leg, 2 leg, touch 1 knee,

Drill #2

etc.)



Drill Name:	Transitions (v)	Duration:	5 minutes
----------------	-----------------	-----------	-----------

- Forwards V-starts
- Backwards V-stops
- Pivots
- Acceleration

Goalkeepers:

With players

Drill Details:

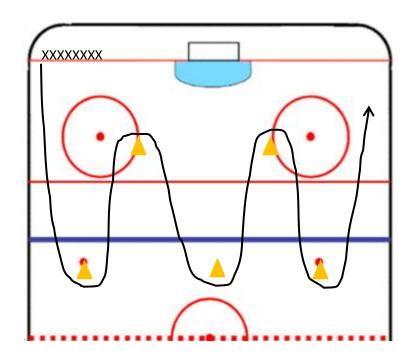
- Players line up in corner
- Start using V-start, accelerate to Ringette line at far boards, pivot to transition to backwards skating
- Skate backwards across Ringette line (legs on either side to ensure form)
- Backwards V-stop at boards
- Repeat at blue line
- Restart drill from centre ice (start on same side to work pivot on both sides)
 - o v. 2 Side-steps on line
 - o v. 3 Backwards on line
 - o v. 4 Sculling on line

What do I need?

• No equipment required

TIPS

- 'Ride the line'
- Drill manual ref:
 - o V-start 3.4
 - o Backward V -stop 3.10
 - o Pivots 3.12



	Drill Name:	Sharp turns	Duration:	5 minutes
Haille.	Haille.			

- Acceleration
- Sharp turns
- 360 turns
- Backwards
- Protecting the ring

Goalkeepers:

With players

Drill Details:

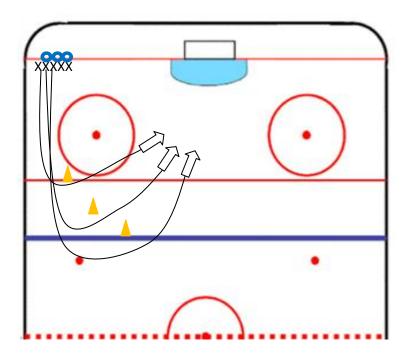
- Players line up in corner
 - Skate forward with ring to first pylon
 - Turn as tight as possible around cone, continue to next pylon
 - o v. I 360 turns around pylons
 - o v. 2 front to back, back to front transitions
 - o v. 3 fully backwards

What do I need?

- 5 pylons
- 15 rings

TIPS

- Players to treat pylons as 'opposing players' and protect ring
- Drill manual ref:
 - 0 3.13



Drill	3 pylon rapid shoot-out	Duration:	5-10 minutes
Name:			

- Ring protection
- Skating
- Shooting
- Sweep back

Goalkeepers:

Goalie gets 3 shots in rapid succession

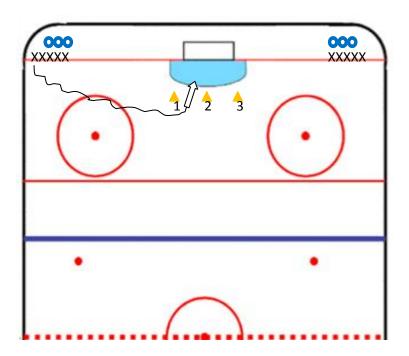
Rings3 cones

What do I need?

Drill Details: TIPS

- Players start in corner with ring
- 3 start at same time
- First goes to farthest pylon, second to middle, third to closest
- Skate around pylon and shoot on net
- *protect ring around pylon

- Make sure they do forehand and backhand:
 - -flip
 - -sweep
 - -etc.
- Players to go down low in turn



Drill Name:	3 pylon rapid shoot-out	Duration:	5-10 minutes
----------------	-------------------------	-----------	--------------

- Ring possession
- Skating, Acceleration
- Shooting-Sweep
- Fake shot

Goalkeepers:

 Goalie does not know where the shot will be done

What do I need?

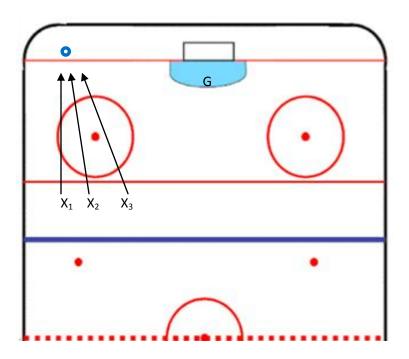
- Rings
- 3 cones

TIPS

- Coach calls shot position
- *Fake shot at various position

Drill Details:

- Players line up in corner with ring
- Coach calls out cone position
- Players skates out and goes around cone and shoots, returns to line on other side
- After all players have gone (alternating cones to keep goalie guessing where shot is coming from) start from other side
- Alternate types of shots (forehand, backhand, etc.)

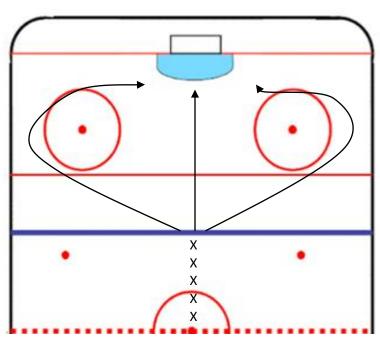


Drill	Channel + Check -2 vI	Duration:
Name:	progression	Duration.
What Skill Players:	s are we developing?	What do I need?
Goalkeepers:		

- 3 lines at ringette line
- On whistle, race to ring
- If XI gets ring, X2 + X3 attempts to channel/check to gain ring
- XI tries to score

TIPS

 Come in at an angle to pick up ring



Drill Name:	3 angle shootout	Duration:	Finish
What Skills are we developing? Players:		What do I ne • Rings	eed?
(s: ot-out o Around left circle o Around right circle o Straight at goalie		 TIPS Head up Coach demands type of shot (wrist, backhand, sweep, etc.)



Stage: U14

Practice: $\frac{\# 6}{2}$ ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

• Conditioning focus

• Review drills (practice plan)

Warm up (10-12 minutes)

• Drill #1, followed by stretching – pick variation

Post-practice wrap up) (3-5min in the dressing room)

• Feedback on practice (w/o isolating individuals)

• Look-ahead (games, practices)

TIME (minutes)	ACTIVITY
00 – 05	Drill #1: warm-up
05 – 07	Hard lap + water
07 – 12	Drill #2: Man maker
12 – 20	Drill #3: Cross-over + *v.4
20 – 22	Water
22 – 32	Drill #4: East-West
32 – 34	Water/lap
34 – 45	Drill #5: (Channel-check)
45 – 50	Drill #6: Rapid fire
50 – 57	Drill #7: rapid fire with pass
57 – 60	Cool down

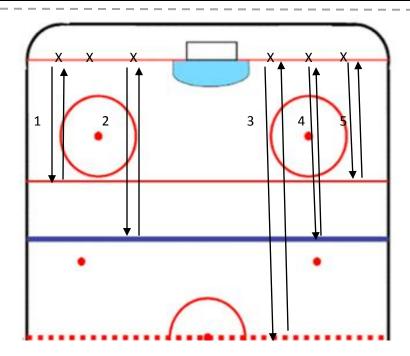
Drill Name:	Warm-up Skating	Duration:	5 minutes
What Skills are we developing? Players:		What do I need?	
Goalkeepers:			

Drill Details:

- Have players skate around entire surface of the ice in same direction
 - V.I Coach blows whistle:
 - ightharpoonup I = speed
 - \triangleright 2 = stop + change direction
 - V. 2 Players skate between blue lines, then backwards between blue lines
 - V. 3 Players stretch legs between blue lines
 - o V. 4 Players stretch arms over head
 - V. 5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)

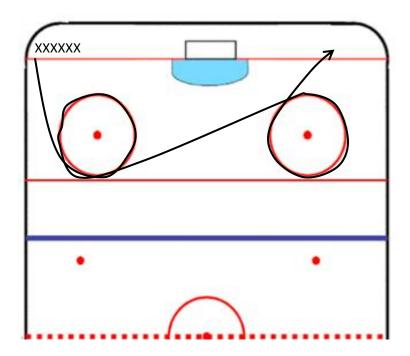
TIPS

• Push nets to Ringette line for safety



Drill Name:	Man-Maker	Duration:	
What Skills Players:	are we developing?	What do I need?Rings are optional	

Drill Details:	TIPS	
Players line up on goal line		
Skate to line and back		
o v. I Skate forward		
 v. 2 Skate backwards 		
 v. 3 Skate forward one way + backwards the other way 		
 v. 4 One-leg slalom + two-leg slalom (forwards and 		
backwards)		

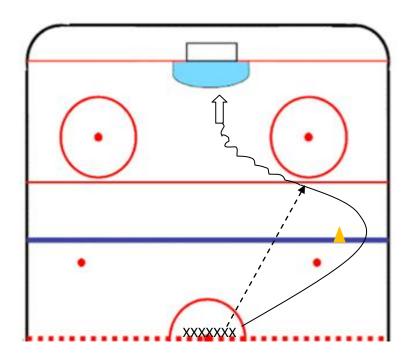


Drill Name:	Cross-overs	Duration:	5 minutes
What Skills are we developing? Players:		What do I need • 15 rings	1?
 Cross-overs (forward + backward) Pivots Acceleration Ring protection 		13 111183	
Goalkeepers:			

- Players line up in corner
- Send 2-3 players at a time
 - o v. I Forwards
 - o v. 2 Backwards
 - o v. 3 Changing directions (pivots) always free net
 - v. 4 Start slow stride, when arrive at top of circle.
 Shorten strides + accelerate speed, when returning to top and moving into next circle, slow back down
- Modification 1: add ring, use coach inside circle to check, forcing ring protection
- Modification 2: have players touch circles with hand

TIPS

Watch form

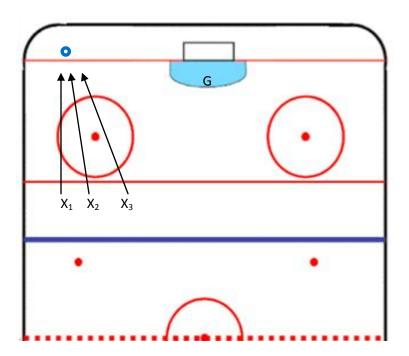


Drill Name:	East-West	Durat	ion:	5-10 minutes
What Skills Players: Passin Shoot Cuts	_	What	do I need Rings I pylon	?
Goalkeepers:				

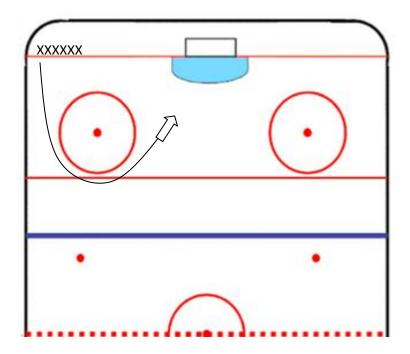
- XI leaves, cuts around pylon, looks for pass from X2, goes and shoots, etc.
- Change sides
- Variation:
 - o have defence try to cut off pass
 - o have defence in corner
 - o n whistle, D + F leave at same time
 - $\circ\quad$ defence tries to intercept pass or take ring away from F
 - o Also could have shooter go in corner after their shot

TIPS

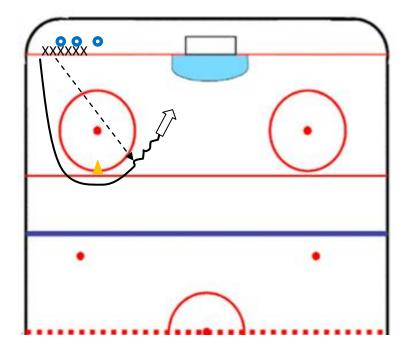
• Focus on sweep check



Drill Name:	Channel + Check -2 vI progression	Duration:		
What Skills are we developing? Players:		What do I need?		
Goalkeepe				
 Drill Details: 3 lines at ringette line On whistle, race to ring If XI gets ring, X2 + X3 attempts to c ring XI tries to score 		o channel/check to gain	TIPS	Come in at an angle to pick up ring



Drill Name:	Rapid fire	Duration:	5-10 minutes
What S	Skills are we developing?	What do I ne	ed?
• • • Goalke	Ring protection Skating Shooting Deeks Fake shots epers: Continuous shots simulate rebou	• Rings	
 Players line up with rings in corner On whistle, player skates around, circle net Start next player when previous player marks to have rapid shots on goalie Variations: coach requests certain types or forehand/backhand/deek) and so add defence player on coach 		, circles and takes shot player reaches outside alie vpes of shots (i.e.) and shot placement	-flip



Timing is everything
Use cone as marker for

the pass

Drill Name:	Duration:
What Skills are we developing? Players: Pass placement Timing Body and head dekes	What do I need? • Rings • Pylons
Goalkeepers: • Breakaways	
 Prill Details: Players line up in corner Skate with ring around pylon Next player on line makes pass to whe (before they arrive-using pylon as cone After making pass, next player starts dr Take cone out later in season 	to make pass) other side



Stage: U14

Practice: $\frac{\# 7}{2}$ ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

• Conditioning focus

• Review drills (practice plan)

Warm up (10-12 minutes)

• Drill #1, followed by stretching – pick variation

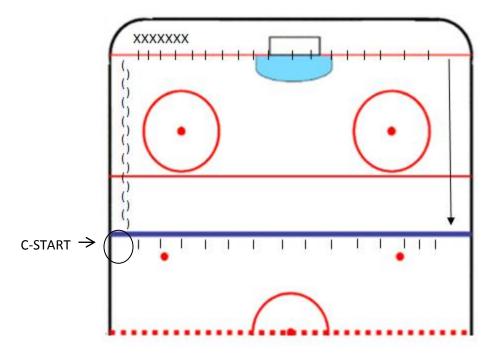
Post-practice wrap up) (3-5min in the dressing room)

• Feedback on practice (w/o isolating individuals)

Look-ahead (games, practices)

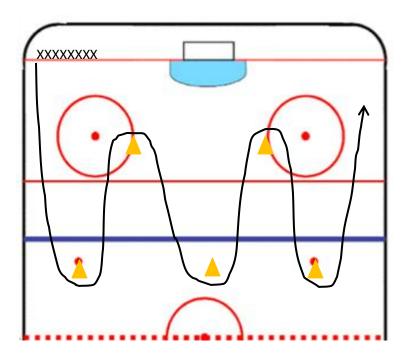
TIME (minutes)	ACTIVITY
00 – 05	Drill #1: warm-up
05 – 07	Hard lap + water
07 – 14	Drill #2: Side step (v. 2)
14 – 23	Drill#3: sharp turns
23 – 25	Water
25 – 35	Drill #4: Static passing-progression to drop pass
35 – 45	Drill #5: s drill (front + drop)
45 – 58	Drill #6: Defensive channelling
58 – 60	Cool down

Drill Name:	Warm-up Skating	Duration:	5 minutes	
What Skills	are we developing?	What do I need?		
Players:				
Goalkeepers	•			
Drill Details:		I.	TIP	S
directi O	olayers skate around entire surfa on V.I Coach blows whistle: I = speed 2 = stop + change dire V. 2 Players skate between blu between blue lines V. 3 Players stretch legs betwee V. 4 Players stretch arms over V. 5 Gliding backwards (I leg, 2 etc.)	ection e lines, then backwar een blue lines head		 Push nets to Ringette line for safety



Drill Name:	Side-step v. 2 (mid-season)	Durati	on:		
What Skills are we developing?		What	do I need?		
Players:		•	Push net a	way from goal line	

Goalkeepers:	
 Drill Details: Introduce backwards C-start Same drill as SK#2 using backward C-skate backwards 	 TIPS Demo backwards C-start before players do it

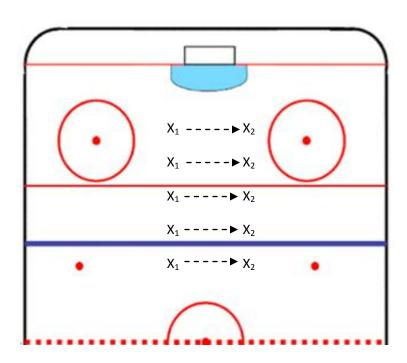


Drill Name:	Sharp turns	Durat	ion:	5 minutes
	are we developing?	What	do I nee	
Players:		•	5 pylons	
Accele	eration	•	15 rings	
• Sharp	turns		J	
• 360 tu	ırns			
 Backw 	vards			
Protect	cting the ring			
Goalkeepers:		1		
With players				

- Players line up in corner
- Skate forward with ring to first pylon
- Turn as tight as possible around cone, continue to next pylon
 - o v. I 360 turns around pylons
 - o v. 2 front to back, back to front transitions
 - o v. 3 fully backwards

TIPS

- Players to treat pylons as 'opposing players' and protect ring
- Drill manual ref:
 - 0 3.13

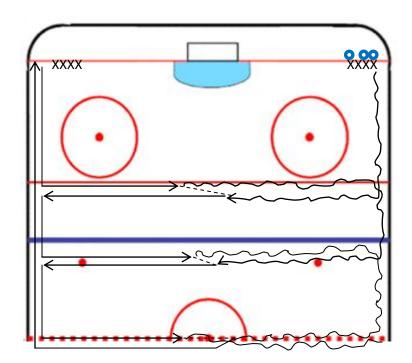


Drill Name:	Static passing	Duratio	on:	5 minutes		
What Skills	are we developing?	What d	lo I need	?		
Players:		•	Rings			
Pass	placement	• '	Variation:	iation: 2 = speed rings		
• Pass	receiving					
• Swee	Sweep + flip					
• Foot	+ hand stop					
Goalkeepers:						
•						

- Players pair off and face each other approximately 2 metres apart
- Player I passes to player 2 and repeat
- After 10 passes, take 2 steps back and repeat
- Further spread out if required
 - v. I players can skate forward when passing and backwards when receiving (constantly moving)
 - o v. 2 use speed (mini) rings
 - o v. 3 forward and backward passing
 - v. 4 use skate to receive ring, then use skate to pass to stick

TIPS

- Focus on forward sweep and backhand sweep pass
- Communication between players
- Body + hand position
- Tip of the stick to the target
- Show where you want the pass

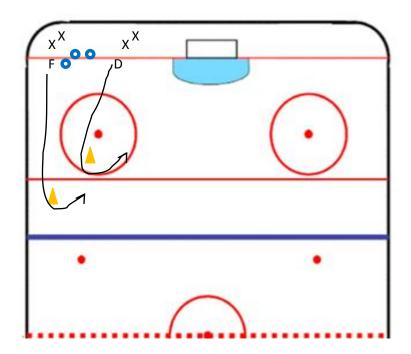


Drill Name:	S-drill	Duration:	
What Skills	are we developing?	What do I need	?
Players: • Passin			
Goalkeepers	:		

- Two lines in each corner-one side starts with ring
- Simultaneously, players skate up boards to ringette line and player with ring makes head-on pass to player without (in a specific zone)
- Players continue to skate to boards, turn up boards to blue line, repeat; centre line, repeat
 - V. I: deep pass
 - o V. 2: back pass

TIPS

- Focus on forward and backward sweep
- Players switch starting points
- Demonstrate proper technique
- Remove the drill start



Drill Name:	Defensive channel	Durat	ion:	5-15 n	ninutes
What Skills are we developing? Players: Defensive body positioning Checking (sweep) Goalkeepers:		What •	do I need Rings 2 pylons	?	
	ard has ring – around pylon I on do both corners – 5-10 sec delay	I		1	D timing drill Both position D



Stage: U14

Practice: $\frac{\# 8}{2}$ ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

• Conditioning focus

• Review drills (practice plan)

Warm up (10-12 minutes)

Drill #1, followed by stretching – pick variation

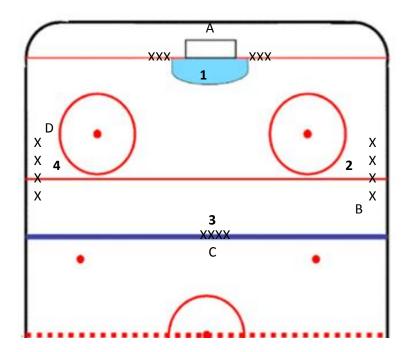
Post-practice wrap up) (3-5min in the dressing room)

• Feedback on practice (w/o isolating individuals)

• Look-ahead (games, practices)

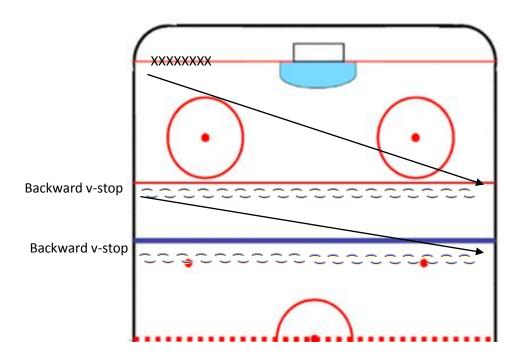
TIME (minutes)	ACTIVITY			
00 – 05	Drill#1: warm-up			
05 – 07	Water/lap			
07 – 16	Drill #2: Lengths + Widths (full ice if possible)			
16 – 24	Drill #3: v transitions *focus on acceleration (getting low @ b/w SK#8			
24 – 26	Water			
26 – 36	Drill #4: Star-5 + board pass variation			
36 – 38	Lap + water			
38 – 48	Drill #5: Channel + Checking			
48 – 53	Drill #6: Static Horseshoe			

Drill Name:	Warm-up Skating	Duration:	5 minutes	
What Skills a Players:	re we developing?	What do I need?		
Goalkeepers				
directi	olayers skate around entire surfactors V.I Coach blows whistle: I = speed 2 = stop + change dire V. 2 Players skate between blue between blue lines V. 3 Players stretch legs between V. 4 Players stretch arms over V. 5 Gliding backwards (1 leg, 2 etc.)	ction e lines, then backwa en blue lines head		Push nets to Ringette line for safety



Drill Name:	Lengths + Widths	Duration:	
What do I n	reed?		
Rings	are optional		

Goalkeepers: Drill Details: Group I skates to C and back, then move to B Group 2 skates to D and back, then move to C Group 2 skates to A and back, then move to D Group 2 skates to B and back, then move to A v. I Skate forward v. 2 Skate backward v. 3 Sculling v. 4 One-leg slalom + two-leg slalom

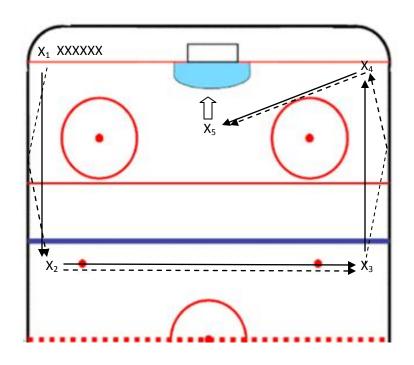


Drill	Transitions (v)	Duration:	5 minutes
Name:	Transitions (v)	Dui acion.	5 minutes
What Skill	s are we developing?	What do I ne	ed?
Players:		 No equ 	ipment required
• For	wards V-starts	-	
Bacl	kwards V-stops		
• Pivo	ots		
• Acc	eleration		
Goalkeepe	ers:		
With player	S		

- Players line up in corner
- Start using V-start, accelerate to Ringette line at far boards, pivot to transition to backwards skating
- Skate backwards across Ringette line (legs on either side to ensure form)
- Backwards V-stop at boards
- Repeat at blue line
- Restart drill from centre ice (start on same side to work pivot on both sides)
 - o v. 2 Side-steps on line
 - o v. 3 Backwards on line
 - o v. 4 Sculling on line

TIPS

- 'Ride the line'
- Drill manual ref:
 - o V-start 3.4
 - o Backward V -stop 3.10
 - o Pivots 3.12

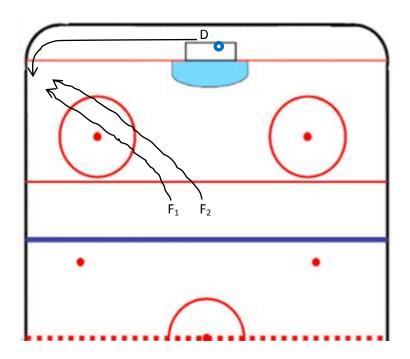


Drill Name:	Star-5	Duration:	5 minutes
What Skills Players: Passir	ng communication	What do I need • Rings	d?

- Have 5 players positioned as indicated above
- Player I passes to player 2, follows pass and becomes player
 2
- Player 2 passes to player 3, follows the pass and becomes player 3
- Player 3 passes to player 4, follows the pass and becomes player 4
- Player 4 passes to player 5 (for one timer shot) and becomes player 5
- After shooting, player 5 returns to line (continuous drill)
 - v. I pass from player I to player 2 and player 3 to player
 4 is a board pass

TIPS

- Switch starting point to other side
- Body position
- Release towards the target (tip)
- Call out the pass

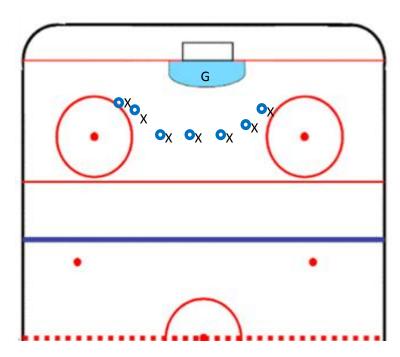


Drill Name:	Channel + Check	Duration:	
What Skills are we developing? Players:		What do I need	?
Goalkeepers:			

- D starts behind net with ring, must break around net + up boards
- FI skates in and channels D towards boards, staying in front of player
- F2 comes in for the check on the other side of D than F1

TIPS

• Body position



Drill Name:	Static horseshoe	Duration:	5 minutes
What Skills are we developing? Players:		What do I need ● Rings	d?
Goalkeeper	s shoot s: e side to side	-	
 Start shooting I at a time from one sid Start shooting I at a time from other s Start shooting I at a time from each sid 		side	 TIPS Hand position on stick Foot position Right to left on coach calls player # for the shot



Stage: U14

Practice: $\frac{\# 9}{2}$ ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

• Conditioning focus

• Review drills (practice plan)

Warm up (10-12 minutes)

Drill #1, followed by stretching – pick variation

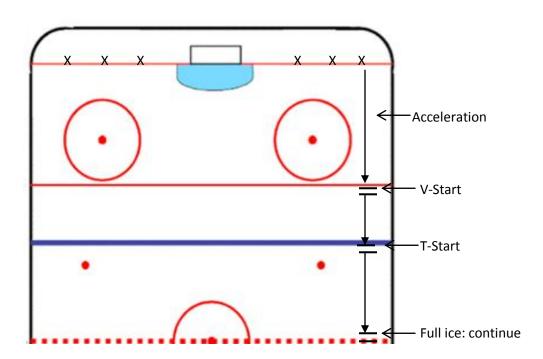
Post-practice wrap up) (3-5min in the dressing room)

• Feedback on practice (w/o isolating individuals)

• Look-ahead (games, practices)

TIME (minutes)	ACTIVITY
00 – 05	Drill#1: warm-up
05 – 07	Water/lap
07 – 14	Drill#2: Stops + starts
14 – 24	Drill#3: v. 1-2
24 – 26	Water
26 – 36	Drill#4: Pepper pass
36 – 38	Lap + water
38 – 48	Drill#5: East-West
48 – 58	Drill #6: Defensive Channel
58 – 60	Cool down

Drill Name:	Warm-up Skating	Duration:	5 minutes	
What Skills a Players: Goalkeepers	are we developing?	What do I need?		
Drill Details: • Have particular directions	olayers skate around entire surfa	ection e lines, then backwa en blue lines head		Push nets to Ringette line for safety



Drill	Store I Store	Dunations	F
Name:	Stops + Starts	Duration:	5 minutes (2 reps on ½ Ice)

- V starts
- T starts
- Acceleration
- Parallel stops

Goalkeepers:

With skaters

Drill Details:

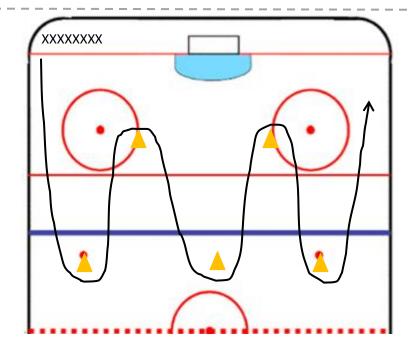
- Players line up on goal line
- Assume T start position (push leg behind and support leg)
- On whistle, push off using T start, skate to Ringette line and stop face designated direction (ensure players are forced to stop on both sides)
- Assume V start position (heels together and toes apart)
- On whistle, push off using V start, skate to blue line and stop facing designated direction
- Assume T start position, on whistle, accelerate to centre ice
- Stop facing designated direction
- Ensure proper parallel stop technique (may need to demo the stop specifically)

What do I need?

• Push net back against boards

TIPS

- Watch for full effort, proper technique
- Suggested coach-to-player ratio = I-3 or I-4
- Drill manual ref:
 - T start 3.2
 - o V start 3.4
 - o Parallel stop 3.6



Drill	Sharp turns	Duration:	5 minutes
Name:	Sharp turns	Dui acion.	J minutes

- Acceleration
- Sharp turns
- 360 turns
- Backwards
- Protecting the ring

Goalkeepers:

With players

Drill Details:

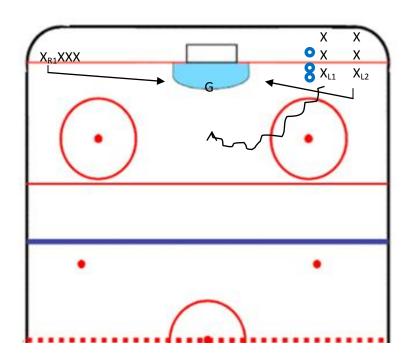
- Players line up in corner
- Skate forward with ring to first pylon
- Turn as tight as possible around cone, continue to next pylon
 - o v. I 360 turns around pylons
 - o v. 2 front to back, back to front transitions
 - o v. 3 fully backwards

What do I need?

- 5 pylons
- 15 rings

TIPS

- Players to treat pylons as 'opposing players' and protect ring
- Drill manual ref:
 - 0 3.13



Drill Name:	Pepper passing	Duration:	5 minutes
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- Pass placement
- Ring reception
- Shooting
- Body + head dekes

Goalkeepers:

• Lateral and depth movement

What do I need?

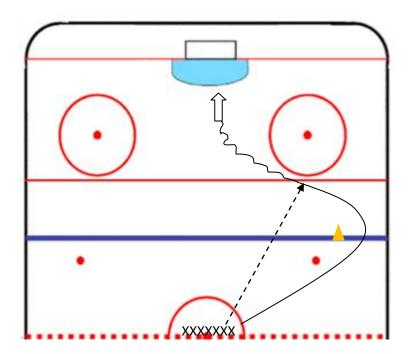
Ring

Drill Details:

- Right handed shots line up in one line, left handed in 2
- RIskates to low post, LI skates to top of slot, L2 to low post
- L1 passes alternately to R1 and L2 who also makes crosscrease passes
- Goalie must shift with ring
- Any player may shoot at any time
- Passes should be crisp and accurate
 - Variation: add one or two defenders once passes are very accurate
 - Modification: second line should be on L or R-whichever you have most of

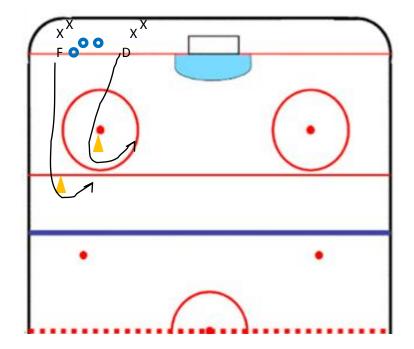
TIPS

- Use skate to stop ring if player misses it with stick
- Body and head dekes
- Add defenders to practice situation



Drill	East-West	Duration:	5-10 minutes
Name:			

What Skills are we developing? Players: Passing Shooting Cuts Goalkeepers:	What do I need? • Rings • I pylon
 XI leaves, cuts around pylon, looks for and shoots, etc. Change sides Variation: have defence try to cut off pass have defence in corner on whistle, D + F leave at same defence tries to intercept pass from F Also could have shooter go in other corner 	e time or take ring away



Drill Name:	Defensive channel	Duratio	n:	5-15 minutes
Players: • Defer	are we developing? nsive body positioning king (sweep)	• F	lo I need Rings 2 pylons	

Goalkeepers:	
Drill Details:	TIPS
Forward has ring – around pylon I on I	D timing drill
Can do both corners – 5-10 sec delay	Both position D



Stage: U14

Practice: $\frac{\#\ 10}{2}$ ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

• Conditioning focus

• Review drills (practice plan)

Warm up (10-12 minutes)

• Drill #1, followed by stretching – pick variation

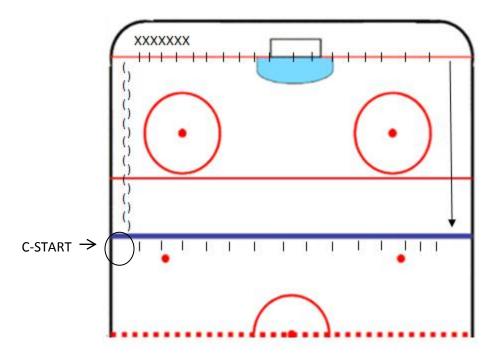
Post-practice wrap up) (3-5min in the dressing room)

• Feedback on practice (w/o isolating individuals)

• Look-ahead (games, practices)

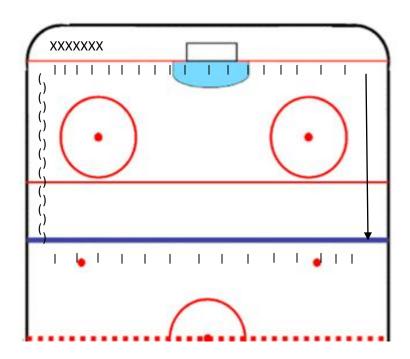
TIME (minutes)	ACTIVITY
00 – 05	Drill#1: warm-up
05 – 07	Water/lap
07 – 14	Drill#2: Stops + starts
14 – 24	Drill#3: v. 1-2
24 – 26	Water
26 – 36	Drill#4: Pepper pass
36 – 38	Lap + water
38 – 48	Drill#5: East-West
48 – 58	Drill #6: Defensive Channel
58 – 60	Cool down

Drill Name:	Warm-up Skating	Duration:	5 minutes	
What Skills a Players: Goalkeepers	are we developing?	What do I need?		
Drill Details: • Have part direction	olayers skate around entire surfa	ection e lines, then backwa en blue lines head		Push nets to Ringette line for safety



Drill Name:	Side-step v. 2 (mid-season)	Duration:	
Goalkeepers:		What do I need?	
		Push net a	away from goal line

 Drill Details: Introduce backwards C-start Same drill as SK#2 using backward C-start when starting to skate backwards 		
•	TIPS •	Demo backwards C- start before players do it

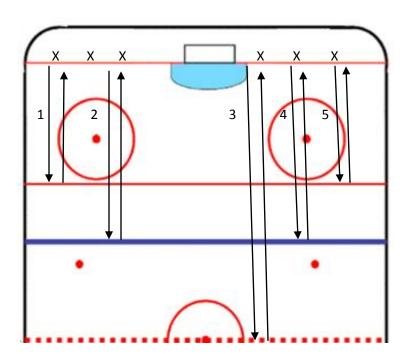


Drill Name:	Side-step	Duration:	5 minutes	
Players:			What do I need?● Push net away from goal line	
Goalkeepers: With skaters				

- Players line up in corner
- Ensure players are facing forward (hips, shoulders, head)
- Side-steps across goal line
- Watch form/technique/ speed is not important
- Approximately 2 metres from boards, use momentum into forward skating
- Accelerate to blue line
- Repeat side-stepping (facing same direction to work other leg
- Across blue line, use one-foot stop
- Continue back to goal line backwards
- Repeat drill, starting from opposite corner
- Variation: split ice up middle and run two shorter 'boxes' to maximize ice/player engagement

TIPS

- Watch body alignment
- Ensure body does not face side

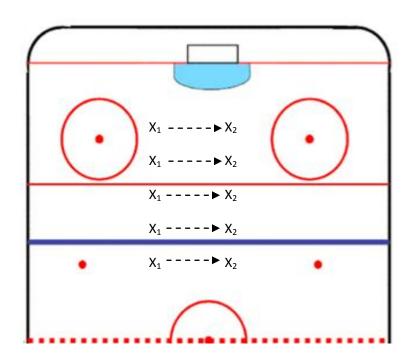


Drill Name:	Man-Maker	Duration:	
What Skills	are we developing?	What do I need?	
Players:		Rings are of	optional
Goalkeeper	s:		

Players line up on goal line Skate to line and back v. I Skate forward v. 2 Skate backwards v. 3 Skate forward one way + backwards the other way v. 4 One-leg slalom + two-leg slalom (forwards and

Drill #5

backwards)

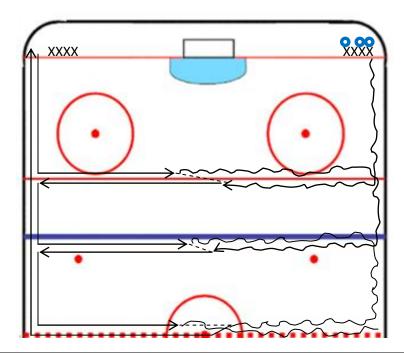


Drill Name:	Static passing	Duration:	5 minutes		
What Sk	ills are we developing?	What do I nee	What do I need?		
Players:		 Rings 			
• Pa	ss placement	 Variation 	n: 2 = speed rings		
• Pa	Pass receiving				
• Sv	Sweep + flip				
• Foot + hand stop					
Goalkeepers:					

- Players pair off and face each other approximately 2 metres apart
- Player I passes to player 2 and repeat
- After 10 passes, take 2 steps back and repeat
- Further spread out if required
 - v. I players can skate forward when passing and backwards when receiving (constantly moving)
 - o v. 2 use speed (mini) rings
 - o v. 3 forward and backward passing
 - v. 4 use skate to receive ring, then use skate to pass to stick

TIPS

- Focus on forward sweep and backhand sweep pass
- Communication between players
- Body + hand position
- Tip of the stick to the target
- Show where you want the pass

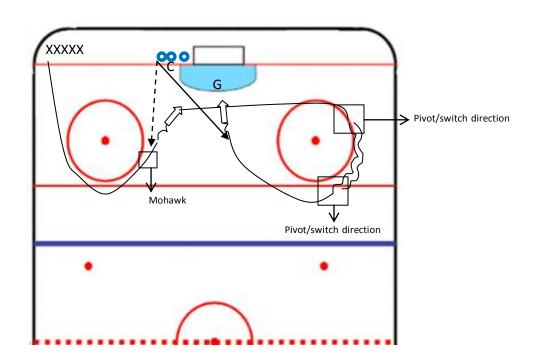


Drill	S-drill	Duration:	
Name:	3-driii	Duration.	
What Skills a	are we developing?	What do I need	?
Players:		 Rings 	
 Passing 	g and receiving		
Goalkeepers	:		

- Two lines in each corner-one side starts with ring
- Simultaneously, players skate up boards to ringette line and player with ring makes head-on pass to player without (in a specific zone)
- Players continue to skate to boards, turn up boards to blue line, repeat; centre line, repeat
 - V. I: deep pass
 - O V. 2: back pass

TIPS

- Focus on forward and backward sweep
- Players switch starting points
- Demonstrate proper technique
- Remove the drill start



Drill Name:	Double zone pass	Duration:	5-15 minutes
What Skills a	re we developing?	What do I need	d?
Players:		 Rings 	
Pass re	eception		
 Mohaw 	vk		
• Pivots/	transitions		
Shooting			
Goalkeepers:			
-			

- Players start in corner with ring, coach has all rings
- Player skates around circle, receives pass from coach and shoots
- Continue skating up around second circle and receives second pass and takes shot
- Return to line

TIPS

- Use Mohawk to square body to pass/net
- Coach can be substituted with players



Stage: U14

Practice: $\frac{\#\ I\ I}{2}$ ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

Conditioning focus

• Review drills (practice plan)

Warm up (10-12 minutes)

• Drill #1, followed by stretching – pick variation

Post-practice wrap up) (3-5min in the dressing room)

• Feedback on practice (w/o isolating individuals)

• Look-ahead (games, practices)

TIME (minutes)	ACTIVITY
00 – 05	Drill#1: warm-up
05 – 07	Hard lap/water
07 – 15	Drill#2: Transitions
15 – 23	Drill#3: Cross overs (v. 4)
23 – 25	Drill#4: Man maker
25 – 30	Water
30 – 38	Drill#5: Rapid fire variation
38 – 40	Lap/water
40 – 50	Drill#6: Cycle-one timer
50 – 58	Drill#7: 3 angle shoot out
58 – 60	Cool down

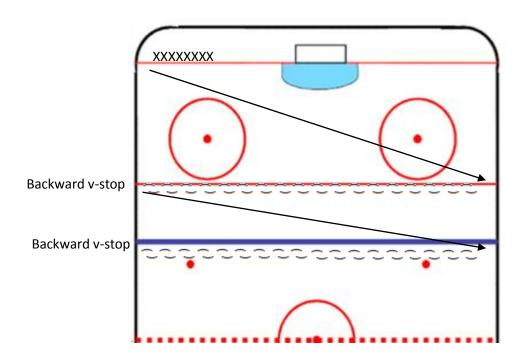
Drill Name:	Warm-up Skating	Duration:	5 minutes	
What Skills a	are we developing?	What do I nee	ed?	
Players:				
Goalkeepers	·			
Drill Details:		I	TIPS	
 Have p 	olayers skate around entire	surface of the ice in sa	ıme •	Push nets to Ringette
directi	on			line for safety
0	 V.I Coach blows whistle: 			-
	I = speed			
2 = stop + change direction				
0	V 0 DI		wards	
_	between blue lines	.,		

V. 3 Players stretch legs between blue linesV. 4 Players stretch arms over head

O V. 5 Gliding backwards (1 leg, 2 leg, touch 1 knee,

Drill #2

etc.)



Drill	Transitions (v)	Duration:	5 minutes
Name:			

What Skills are we developing? Players:

- Forwards V-starts
- Backwards V-stops
- Pivots
- Acceleration

Goalkeepers:

With players

What do I need?

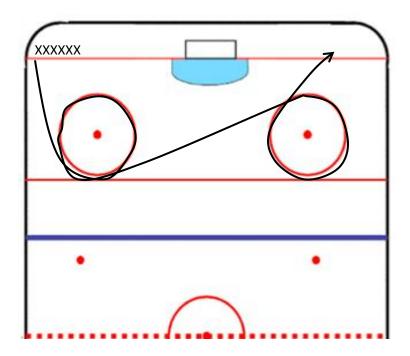
No equipment required

Drill Details:

- Players line up in corner
- Start using V-start, accelerate to Ringette line at far boards, pivot to transition to backwards skating
- Skate backwards across Ringette line (legs on either side to ensure form)
- Backwards V-stop at boards
- Repeat at blue line
- Restart drill from centre ice (start on same side to work pivot on both sides)
 - o v. 2 Side-steps on line
 - o v. 3 Backwards on line
 - o v. 4 Sculling on line

TIPS

- 'Ride the line'
- Drill manual ref:
 - o V-start 3.4
 - o Backward V -stop 3.10
 - o Pivots 3.12



Name: Cross-overs	Duration:	5 minutes
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What Skills are we developing? Players:

- Cross-overs (forward + backward)
- Pivots
- Acceleration
- Ring protection

Goalkeepers:

What do I need?

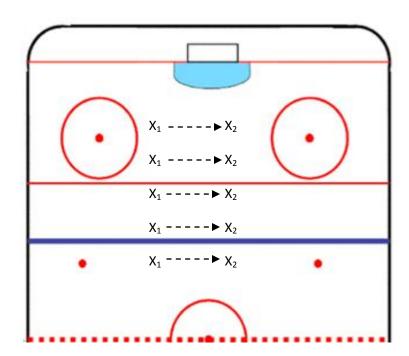
• 15 rings

Drill Details:

- Players line up in corner
- Send 2-3 players at a time
 - o v. I Forwards
 - o v. 2 Backwards
 - o v. 3 Changing directions (pivots) always free net
 - v. 4 Start slow stride, when arrive at top of circle.
 Shorten strides + accelerate speed, when returning to top and moving into next circle, slow back down
- Modification 1: add ring, use coach inside circle to check, forcing ring protection
- Modification 2: have players touch circles with hand

TIPS

Watch form



Drill Name:	Static passing	Duration:	5 minutes	

What Skills are we developing? Players:

- Pass placement
- Pass receiving
- Sweep + flip
- Foot + hand stop

Goalkeepers:

Drill Details:

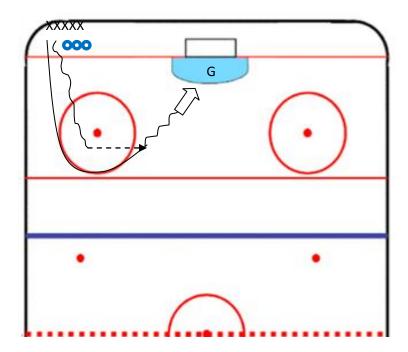
- Players pair off and face each other approximately 2 metres apart
- Player I passes to player 2 and repeat
- After 10 passes, take 2 steps back and repeat
- Further spread out if required
 - o v. I players can skate forward when passing and backwards when receiving (constantly moving)
 - o v. 2 use speed (mini) rings
 - o v. 3 forward and backward passing
 - o v. 4 use skate to receive ring, then use skate to pass to stick

What do I need?

- Rings
- Variation: 2 = speed rings

TIPS

- Focus on forward sweep and backhand sweep pass
- Communication between players
- Body + hand position
- Tip of the stick to the target
- Show where you want the pass



Drill	Papid fire variation	Duration:	5-10 minutes
Name:	Rapid fire - variation	Duration.	5-10 fillilutes

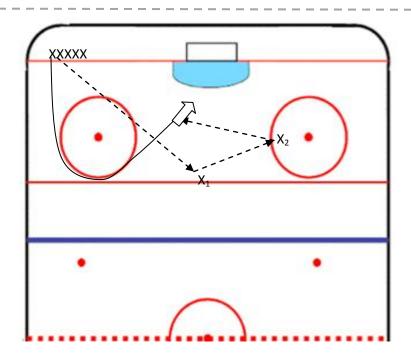
What Skills are we developing? Players: • Lead pass • Pass timing/placement • Shooting Goalkeepers: Drill Details: • First player starts with ring • Second player (and rest) follows closely behind What do I need? • Rings • Rings • Rings • Good follow-up drill to the rapid fire (SH#2)

Second player makes pass through circle timed so in front of

Drill #6

player I

Continuous drill



Head up

deek

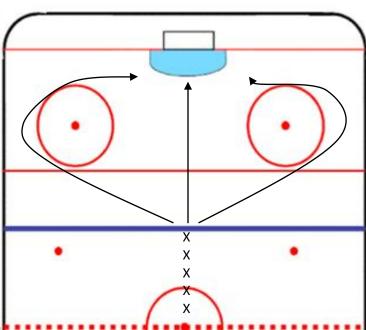
Look for ring

Drill Name:	Cycle one-timer	Duration:	5-15 minutes
What Skills are we developing? Players: Pass placement One-timer shot		What do I need • Rings	?
Goalkeeper Following ring			

- Players start in corner with ring
- Take 3 strides and pass ring to X1 and continue skating route as above
- XI passes to X2 who feeds the ring into slot for X who is arriving for one-time
- XI and X2 can be coaches to start

TIPS

 Ensure the goalie does not 'cheat' – must follow the ring



Drill Name:	3 angle shootout	Duration:	Finish
What Skills are we developing?		What do I ne	ed?
Players:	ng ss	Rings	
• Move			
• Shoo	t-out Around left circle Around right circle		 TIPS Head up Coach demands type of shot (wrist, backhand, sweep, etc.)



Stage: U14

Practice: $\frac{\# 12}{2}$ ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

• Conditioning focus

• Review drills (practice plan)

Warm up (10-12 minutes)

• Drill #1, followed by stretching – pick variation

Post-practice wrap up) (3-5min in the dressing room)

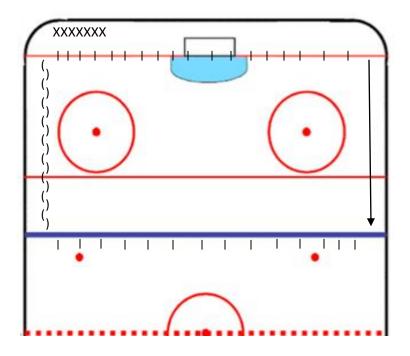
Feedback on practice (w/o isolating individuals)

• Look-ahead (games, practices)

• Discuss importance of nutrition / excercie/ hydration over Christmas break

TIME (minutes)	ACTIVITY
00 – 05	Drill#1: warm-up
05 – 07	Hard lap/water
07 – 14	Drill#2: Side step
14 – 24	Drill#3: Race for the ring
24 – 26	Water
26 – 36	Drill#4: progressing 2 on 1
36 – 38	Water/lap
38 – 40	Drill#5: 3 man weave
40 – 50	Drill#6: finish shooting drill
50 – 60	Drill#7: Shoot out game

Drill Name:	Warm-up Skating	Duration:	5 minute	es
What Skills a Players:	are we developing?	What do I ne	ed?	
Goalkeepers	:			
Drill Details:			TI	PS
directi O	olayers skate around entire surfa on V.1 Coach blows whistle: I = speed 2 = stop + change dire V. 2 Players skate between blu between blue lines	ection		Push nets to Ringette line for safety
0 0	V. 3 Players stretch legs betwee V. 4 Players stretch arms over V. 5 Gliding backwards (1 leg, 2 etc.)	head	ee,	



Drill Name:	Side-step	Duration:	5 minutes
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What Skills are we developing? Players:

- Cross over starts
- Acceleration
- One leg stop

Goalkeepers:

With skaters

Drill Details:

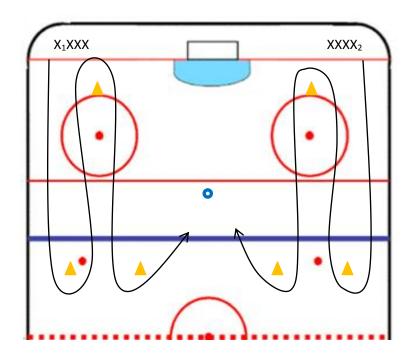
- Players line up in corner
- Ensure players are facing forward (hips, shoulders, head)
- Side-steps across goal line
- Watch form/technique/ speed is not important
- Approximately 2 metres from boards, use momentum into forward skating
- Accelerate to blue line
- Repeat side-stepping (facing same direction to work other leg
- Across blue line, use one-foot stop
- Continue back to goal line backwards
- Repeat drill, starting from opposite corner
- Variation: split ice up middle and run two shorter 'boxes' to maximize ice/player engagement

What do I need?

• Push net away from goal line

TIPS

- Watch body alignment
- Ensure body does not face side

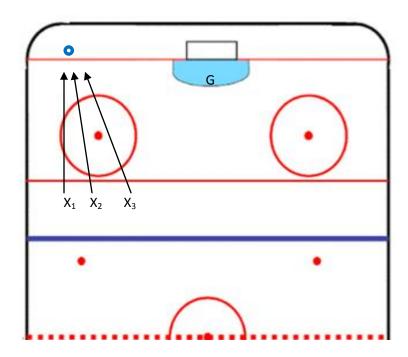


Drill	I versus Irace with skating	Duration:	F minutes
Name:	variation	Duration:	5 minutes

What Skills are we developing? What do I need? Players: Rings Tight turns 6 pylons **Pivots** Retrieving open rings Goalkeepers: Rebounds **Drill Details: TIPS**

- Players line up in each corner
 - XI and X2 start on whistle, race through 3-pylon course and retrieve ring
 - Player who does not get ring back checks and/or goes for rebound
 - V. I forwards to first pylon, backwards to second
 - V. 2 all backwards until last pylon

Players must turn tight to pylons

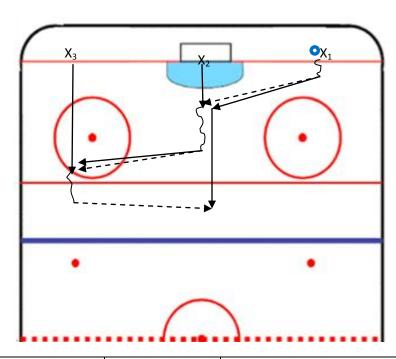


Drill	Channel + Check -2 v1	Duration:	
Name:	progression	Dui acion.	
What Skills Players: Goalkeeper	are we developing?	What do I need	?

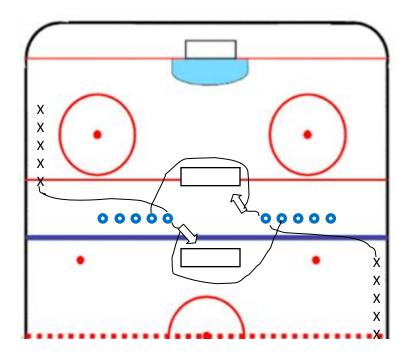
- 3 lines at ringette line
- On whistle, race to ring
- If XI gets ring, X2 + X3 attempts to channel/check to gain ring
- XI tries to score

TIPS

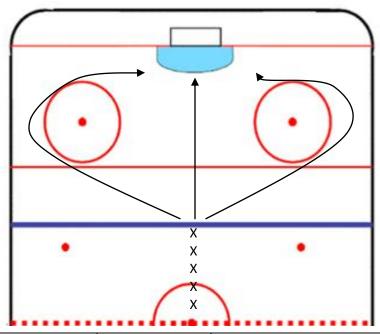
 Come in at an angle to pick up ring



Drill Name:	3 man weave	Duration:	5 minutes
What Skills are we developing? Players: • Follow your pass • Pass reception		What do I nee • Rings	od?
Goalkeep	pers:		TIPS
 Player start on goal line in 3 lines All players start at same time X1 has ring, makes pass to X2 and follow X2 receives ring, passes to X3 and follow X3 passes to X1, etc. 		•	Call the pass ition



Drill Name:	Finish shooting drill	Duration:	5-10 minutes
What Skills are we developing? Players: Open ring stabbing Wrist shots Skating Acceleration Goalkeepers: Rapid succession of shots		What do I need • 10 Rings • Two nets	
 I player from each line goes, pick-up ripick-up ring on other side – shoot Keep going – 5 rings each player Reset – next 2 players 		. •	net • Head up • Rapid wrist shots • Fats skating



Drill Name:	3 angle shootout	Duration:	Finish
What Skills are we developing? Players: Shooting Scoring Deeks Fakes		What do I need • Rings	d?
Goalkeepers: • Movement			
Drill Details: • Shoot-out • Around left circle • Around right circle • Straight at goalie			 TIPS Head up Coach demands type of shot (wrist, backhand, sweep, etc.)



Stage: U14

Practice: $\frac{\# 12}{2}$ ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

• Conditioning focus

• Review drills (practice plan)

Warm up (10-12 minutes)

• Drill #1, followed by stretching – pick variation

Post-practice wrap up) (3-5min in the dressing room)

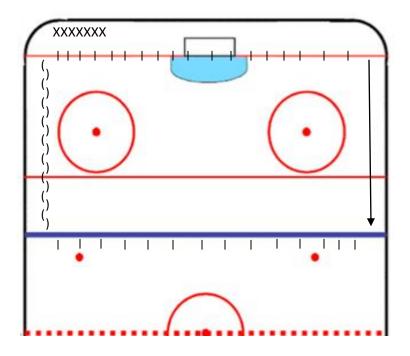
• Feedback on practice (w/o isolating individuals)

• Look-ahead (games, practices)

• Discuss importance of nutrition / excercie/ hydration over Christmas break

TIME (minutes)	ACTIVITY		
00 – 05	Drill#1: warm-up		
05 – 07	Hard lap/water		
07 – 14	Drill#2: Side step		
14 – 24	Drill#3: Race for the ring		
24 – 26	Water		
26 – 36	Drill#4: progressing 2 on 1		
36 – 38	Water/lap		
38 – 40	Drill#5: 3 man weave		
40 – 50	Drill#6: finish shooting drill		
50 – 60	Drill#7: Shoot out game		

Drill Name:	Warm-up Skating	Duration:	5 minute	es
What Skills a Players:	are we developing?	What do I ne	ed?	
Goalkeepers	:			
Drill Details:			TI	PS
 Have players skate around entire surface of the ice in same direction V.I Coach blows whistle: I = speed 2 = stop + change direction V. 2 Players skate between blue lines, then backwards between blue lines 			Push nets to Ringette line for safety	
0 0	V. 3 Players stretch legs betwee V. 4 Players stretch arms over V. 5 Gliding backwards (1 leg, 2 etc.)	head	ee,	



Drill Name:	Side-step	Duration:	5 minutes
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What Skills are we developing? Players:

- Cross over starts
- Acceleration
- One leg stop

Goalkeepers:

With skaters

Drill Details:

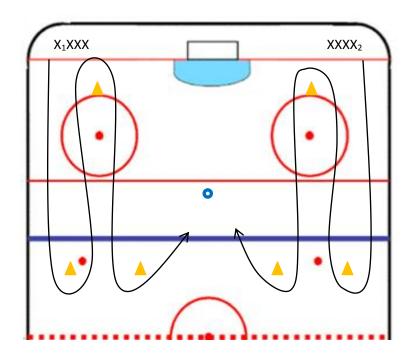
- Players line up in corner
- Ensure players are facing forward (hips, shoulders, head)
- Side-steps across goal line
- Watch form/technique/ speed is not important
- Approximately 2 metres from boards, use momentum into forward skating
- Accelerate to blue line
- Repeat side-stepping (facing same direction to work other leg
- Across blue line, use one-foot stop
- Continue back to goal line backwards
- Repeat drill, starting from opposite corner
- Variation: split ice up middle and run two shorter 'boxes' to maximize ice/player engagement

What do I need?

• Push net away from goal line

TIPS

- Watch body alignment
- Ensure body does not face side

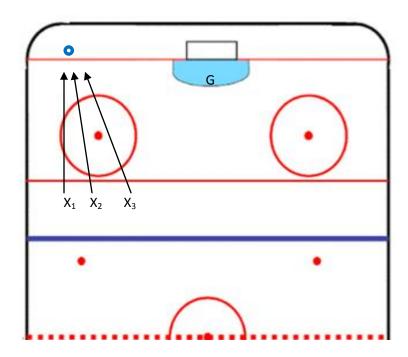


Drill	I versus Irace with skating	Duration:	F minutes
Name:	variation	Duration:	5 minutes

What Skills are we developing? What do I need? Players: Rings Tight turns 6 pylons **Pivots** Retrieving open rings Goalkeepers: Rebounds **Drill Details: TIPS**

- Players line up in each corner
 - XI and X2 start on whistle, race through 3-pylon course and retrieve ring
 - Player who does not get ring back checks and/or goes for rebound
 - V. I forwards to first pylon, backwards to second
 - V. 2 all backwards until last pylon

Players must turn tight to pylons

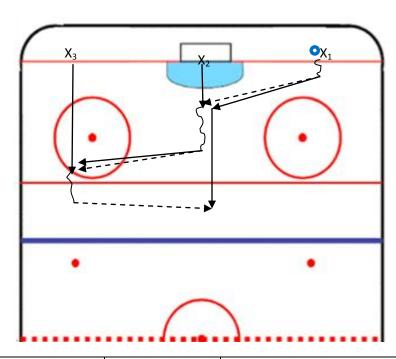


Drill	Channel + Check -2 v1	Duration:	
Name:	progression	Dui acion.	
What Skills Players: Goalkeeper	are we developing?	What do I need	?

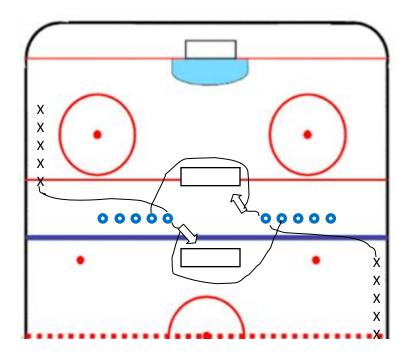
- 3 lines at ringette line
- On whistle, race to ring
- If XI gets ring, X2 + X3 attempts to channel/check to gain ring
- XI tries to score

TIPS

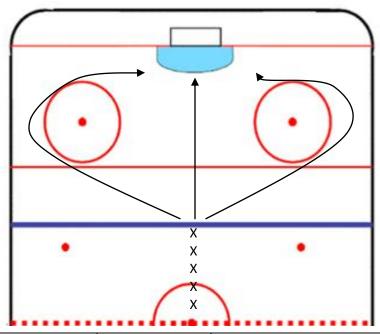
 Come in at an angle to pick up ring



Drill Name:	3 man weave	Duration:	5 minutes
What Skills are we developing? Players: • Follow your pass • Pass reception		What do I nee • Rings	od?
Goalkeep	pers:		TIPS
 Player start on goal line in 3 lines All players start at same time X1 has ring, makes pass to X2 and follow X2 receives ring, passes to X3 and follow X3 passes to X1, etc. 		•	Call the pass ition



Drill Name:	Finish shooting drill	Duration:	5-10 minutes
What Skills are we developing? Players: Open ring stabbing Wrist shots Skating Acceleration Goalkeepers: Rapid succession of shots		What do I need • 10 Rings • Two nets	
 I player from each line goes, pick-up ripick-up ring on other side – shoot Keep going – 5 rings each player Reset – next 2 players 		. •	net • Head up • Rapid wrist shots • Fats skating



Drill Name:	3 angle shootout	Duration:	Finish
What Skills are we developing? Players: Shooting Scoring Deeks Fakes		What do I need • Rings	d?
Goalkeepers: • Movement			
Drill Details: • Shoot-out • Around left circle • Around right circle • Straight at goalie			 TIPS Head up Coach demands type of shot (wrist, backhand, sweep, etc.)



Stage: U14

Practice: $\frac{\# \ 13}{2}$ ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

• Conditioning focus

• Review drills (practice plan)

Warm up (10-12 minutes)

• Drill #1, followed by stretching – pick variation

Post-practice wrap up) (3-5min in the dressing room)

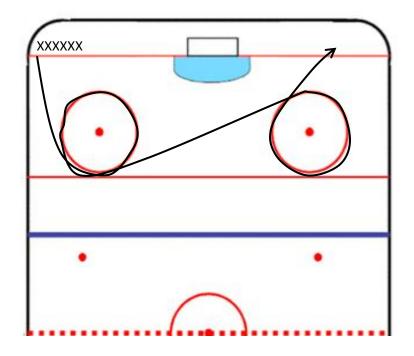
Feedback on practice (w/o isolating individuals)

• Look-ahead (games, practices)

• Discuss importance of nutrition / excercie/ hydration over Christmas break

TIME (minutes)	ACTIVITY	
00 – 05	Drill#1: warm-up	
05 – 07	Drill#2:Hard lap/water	
07 – 14	Drill#3: Cross-overs	
14 – 20	Drill#4: East-West	
22 – 24	Water	
24 – 34	Drill#5: 1on 1race	
34 – 36	Water/lap	
36 – 42	Drill#6: 3 pylon rapid shoot out	
42 – 50	Drill#7: 3 pylon front net shoot out	
50 – 60	Drill#8: Cool down	

Drill Name:	Warm-up Skating	Duration:	5 minutes	
What Skills a Players:	re we developing?	What do I nee	ed?	
Goalkeepers	:			
directi	olayers skate around entire surfactor V.I Coach blows whistle: I = speed 2 = stop + change dire V. 2 Players skate between blue between blue lines V. 3 Players stretch legs betwee V. 4 Players stretch arms over V. 5 Gliding backwards (1 leg, 2 etc.)	ection e lines, then back en blue lines head	wards	Push nets to Ringette line for safety



Drill	C	Dungtion	Fusinutes
Name:	Cross-overs	Duration:	5 minutes

What Skills are we developing? Players:

- Cross-overs (forward + backward)
- Pivots
- Acceleration
- Ring protection

Goalkeepers:

What do I need?

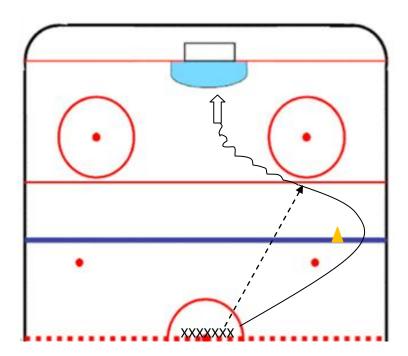
15 rings

Drill Details:

- Players line up in corner
- Send 2-3 players at a time
 - o v. I Forwards
 - o v. 2 Backwards
 - o v. 3 Changing directions (pivots) always free net
 - v. 4 Start slow stride, when arrive at top of circle.
 Shorten strides + accelerate speed, when returning to top and moving into next circle, slow back down
- Modification 1: add ring, use coach inside circle to check, forcing ring protection
- Modification 2: have players touch circles with hand

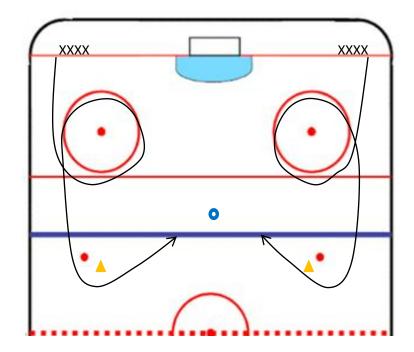
TIPS

Watch form



Drill East	st-West	Duration:	5-10 minutes
------------	---------	-----------	--------------

What Skills are we developing? Players: Passing Shooting Cuts Goalkeepers:	What do I need? • Rings • I pylon
 Drill Details: XI leaves, cuts around pylon, looks for and shoots, etc. Change sides Variation: have defence try to cut off pass have defence in corner on whistle, D + F leave at same defence tries to intercept pass from F Also could have shooter go in 	ne time s or take ring away



Drill Name:	I versus Irace	Durat	tion:	5 minutes
What Skills	are we developing?	What	do I need	?
Players:		•	Rings	
• Cross	s overs	•	2 pylons	
• Ring	pick up		.,	

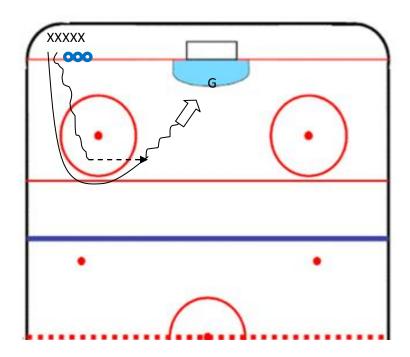
Goalkeepers:

Drill Details:

- Start players in two lines in corners
- Players skate cross-overs around circles, over blue line and sharp turn around pylon
- Race to ring (stationary) for I versus I
- Player with ring goes for shot on net, player with ring back checks and follows up for rebound if available

TIPS

- Switch sides after reps
- Focus on second player back checking technique

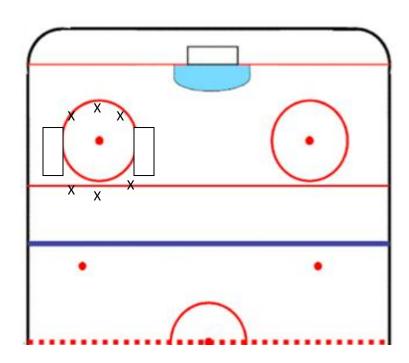


Drill	Rapid fire - variation	Duration:	5-10 minutes
Name:	Rapid III e - Variation	Duracion.	3-10 minutes
What Skills	What Skills are we developing?		?
Players:		 Rings 	
• Lead	pass		
Pass 1	 Pass timing/placement 		
• Shoot	ting		
Goalkeepers:		1	

- First player starts with ring
- Second player (and rest) follows closely behind
- Second player makes pass through circle timed so in front of player I
- Continuous drill

TIPS

- Good follow-up drill to the rapid fire (SH#2)
- Head up
- Look for ring
- deek

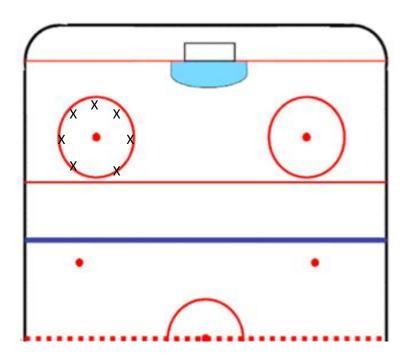


Drill Name:	Trapped 3 on 3	Duration:	5-15 minutes
Players: Ring Passi Shoo	<u> </u>	What do I need Rings I nets	i?
Goalkeeper Focus on hea	's: vy action play in the 'slot'		

- Place both nets on outside of circles, one goalie in each net
- 3 versus 3 skaters on each side of circle
- Coach throws ring into circle and players race to retrieve ring
- 3 versus 3 for 30 seconds or until one team scores
- Modification: if only one goalie, the team with goalie should have 2 skaters only, and team shooting on empty net must hit specified corner (i.e. top L/R, bottom L/R, etc.)

TIPS

 Will seem like a game to players, but forces them to work in close quarters, team up and get open



Drill Name:	Coach's surprise!	Duration:	
What Skill	s are we developing?	What do I need?	
Players:			
Goalkeepe	rs:	-	
Drill Details:		TIPS	
• Star	t positions		
	Standing		
	Sitting		
	 Squatting 		
	 Laying down, etc. 		
• Coa	ch asks players to perform a task, i.e.		
	 Touch a specific logo on the boards 		
	 Retrieve a ring + shoot 		



Stage: U14

Practice: $\frac{\# \ 14}{2}$ ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

• Conditioning focus

• Review drills (practice plan)

Warm up (10-12 minutes)

• Drill #1, followed by stretching – pick variation

Post-practice wrap up) (3-5min in the dressing room)

• Feedback on practice (w/o isolating individuals)

• Look-ahead (games, practices)

• Discuss importance of nutrition / excercie/ hydration over Christmas break

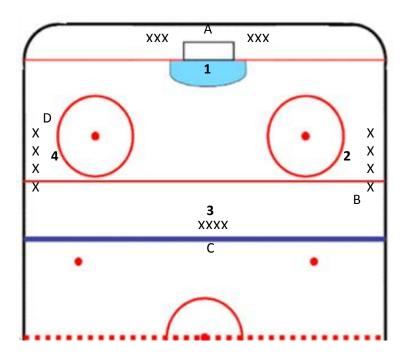
TIME (minutes)	ACTIVITY	
00 – 05	Drill#1: warm-up	
05 – 07	Hard lap/water	
07 – 15	Drill#2: Lengths + Widths	
15 – 23	Drill#3: Sharp turns	
23 – 25	Water	
25 – 35	Drill#4: 1on 1race (pylons)	
35 – 37	Water/lap	
37 – 45	Drill#5: Pepper pass	
45 – 55	Drill#6: v. 1 (add D)	
55 – 60	Cool down	

Drill Name:	Warm-up Skating	Duration:	5 minutes
What Skills a Players:	are we developing?	What do I ne	eed?
Goalkeepers	:		
Drill Details:			TIPS
 Have properties 	players skate around entire on	surface of the ice in sa	Push nets to Ringette line for safety
0	V.1 Coach blows whistle: > I = speed > 2 = stop + change		,
0	.,		kwards

V. 3 Players stretch legs between blue lines
V. 4 Players stretch arms over head
V. 5 Gliding backwards (1 leg, 2 leg, touch 1 knee,

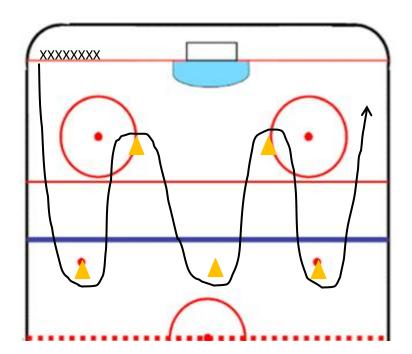
Drill #2

etc.)



Drill Name:	Lengths + Widths	Duration:
What Skills Players:	are we developing?	What do I need?Rings are optional

Goalkeepers:	
Drill Details:	TIPS
 Group Iskates to C and back, then move to B Group 2 skates to D and back, then move to C Group 2 skates to A and back, then move to D 	Best on full ice
 Group 2 skates to A and back, then move to B Group 2 skates to B and back, then move to A v. I Skate forward 	
 v. 2 Skate backward 	
v. 3 Scullingv. 4 One-leg slalom + two-leg slalom	



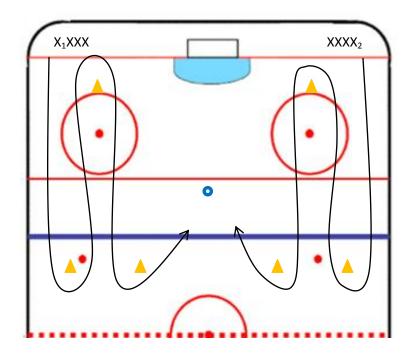
Drill Name:	Sharp turns	Duration:	5 minutes
	s are we developing?	What do I ne	ed?
Players:		• 5 pylon	s
 Acce 	eleration	• 15 ring	s
Shar	p turns		
• 360	turns		
 Back 	cwards		
Prot	ecting the ring		
Goalkeepe	rs:		
With players	S		

- Players line up in corner
- Skate forward with ring to first pylon
- Turn as tight as possible around cone, continue to next pylon
 - o v. I 360 turns around pylons
 - o v. 2 front to back, back to front transitions
 - o v. 3 fully backwards

TIPS

- Players to treat pylons as 'opposing players' and protect ring
- Drill manual ref:

o **3.13**

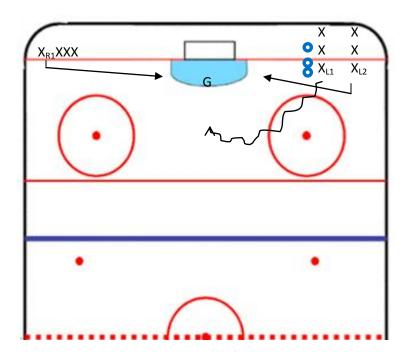


Drill Name:	I versus Irace with skating variation	Duration:	5 minutes
What Skills	are we developing?	What do I need	?
Players:		 Rings 	
TightPivotsRetrie		6 pylons	
Goalkeeper: Rebounds	s:		

- Players line up in each corner
- XI and X2 start on whistle, race through 3-pylon course and retrieve ring
- Player who does not get ring back checks and/or goes for rebound
- V. I forwards to first pylon, backwards to second
- V. 2 all backwards until last pylon

TIPS

 Players must turn tight to pylons



Drill Name:	Pepper passing	Duration:	5 minutes	
What Skills	are we developing?	What do I need	?	
• Shoot	reception	• Ring		
Goalkeepers				

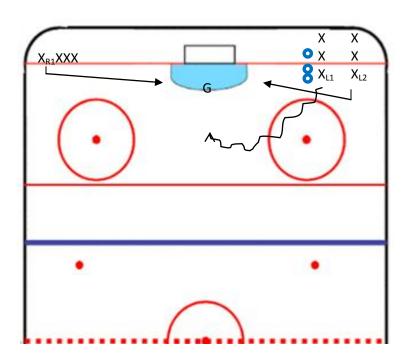
- Right handed shots line up in one line, left handed in 2
- RIskates to low post, LI skates to top of slot, L2 to low post
- L1 passes alternately to R1 and L2 who also makes crosscrease passes
- Goalie must shift with ring
- Any player may shoot at any time
- Passes should be crisp and accurate
 - Variation: add one or two defenders once passes are very accurate
 - Modification: second line should be on L or R-whichever you have most of

TIPS

- Use skate to stop ring if player misses it with stick
- Body and head dekes

Drill #6

**Add defenders



Drill	Pepper passing	Duration:	5 minutes
Name:	r epper passing	Duration.	3 minutes
What Skill	s are we developing?	What do I nee	d?
Players:		Ring	
Pass	placement		
• Ring	5. · .		
_	oting		
	y + head dekes		
Goalkeepe	ers:		
• Late	eral and depth movement		
	1		

- Right handed shots line up in one line, left handed in 2
- R I skates to low post, L1 skates to top of slot, L2 to low post
- LI passes alternately to RI and L2 who also makes crosscrease passes
- Goalie must shift with ring
- Any player may shoot at any time
- Passes should be crisp and accurate
 - Variation: add one or two defenders once passes are very accurate
 - Modification: second line should be on L or R-whichever you have most of

TIPS

- Use skate to stop ring if player misses it with stick
- Body and head dekes



Stage: <u>U14</u>

Practice: $\frac{\# \ 15}{2}$ ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

Conditioning focus

• Review drills (practice plan)

Warm up (10-12 minutes)

Drill #1, followed by stretching – pick variation

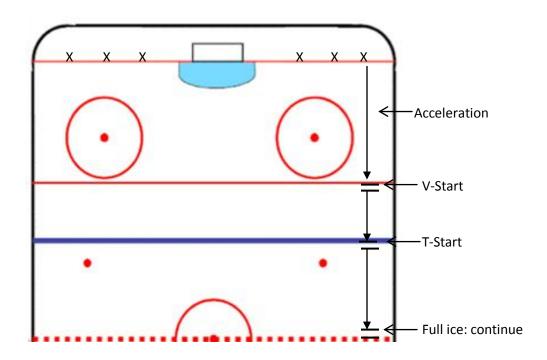
Post-practice wrap up) (3-5min in the dressing room)

• Feedback on practice (w/o isolating individuals)

• Look-ahead (games, practices)

TIME (minutes)	ACTIVITY	
00 – 05	Drill#1: warm-up	
05 – 07	Hard lap/water	
07 – 16	Drill#2: SK#1 – Stops + Starts	
16 – 24	Drill#3: SK#7 – Man maker with ring	
24 – 26	Water	
26 – 32	Drill#4: P#1 – 3 variations	
32 – 42	Drill#5: P#6 – S drill, v. 3	
42 – 44	Hard lap/water	
44 – 58	Drill#6:Trapped 3 on 3	
58 – 60	Cool down	

Drill Name:	Warm-up Skating	Duration:	5 minute	es
What Skills Players:	are we developing?	What do I ne	ed?	
Goalkeepers	•	-		
Drill Details:		•	TI	PS
 Have players skate around entire surface of the ice in same direction 		ame	 Push nets to Ringette line for safety 	
0	V.I Coach blows whistle:I = speed			
	2 = stop + change dire	ection		
0	 V. 2 Players skate between blue lines, then backwards between blue lines 			
 V. 3 Players stretch legs between blue lines 				
0	V 4 50 '			
0	V F OF 12 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1			



Drill Name: Stops + Starts Duration:	5 minutes (2 reps on ½ lce)
--------------------------------------	-----------------------------

- V starts
- T starts
- Acceleration
- Parallel stops

Goalkeepers:

With skaters

Drill Details:

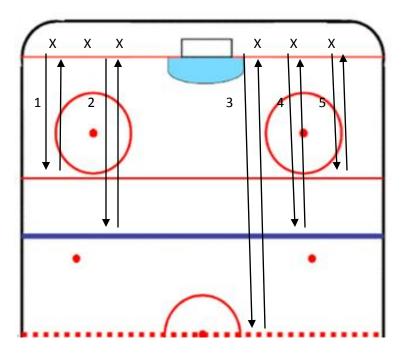
- Players line up on goal line
- Assume T start position (push leg behind and support leg)
- On whistle, push off using T start, skate to Ringette line and stop face designated direction (ensure players are forced to stop on both sides)
- Assume V start position (heels together and toes apart)
- On whistle, push off using V start, skate to blue line and stop facing designated direction
- Assume T start position, on whistle, accelerate to centre ice
- Stop facing designated direction
- Ensure proper parallel stop technique (may need to demo the stop specifically)

What do I need?

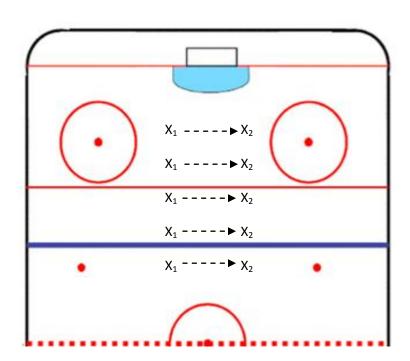
• Push net back against boards

TIPS

- Watch for full effort, proper technique
- Suggested coach-to-player ratio = 1-3 or 1-4
- Drill manual ref:
 - T start 3.2
 - o V start 3.4
 - o Parallel stop 3.6



Drill Name:	Man-Maker	Duration:	
What Skills	are we developing?	What do I need?	
Players:		 Rings are option 	nal
Goalkeepers	5:		
Drill Details	•		TIPS
 Player 	rs line up on goal line		
 Skate 	to line and back		
0	o v. I Skate forward		
0	o v. 2 Skate backwards		
0	 v. 3 Skate forward one way + backwards the other way 		
0	o v. 4 One-leg slalom + two-leg slalom (forwards and		
	backwards)	•	

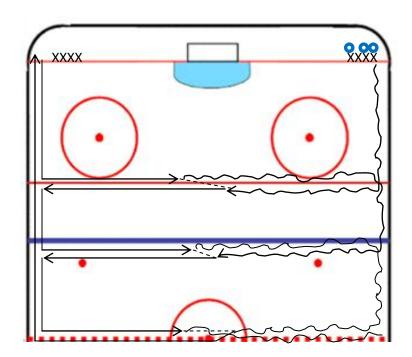


Drill Name:	Static passing	Duration: 5 minutes		
Players: • Pass • Pass	are we developing? placement receiving	What do I need Rings Variation	i? : 2 = speed rings	
Sweep + flipFoot + hand stop Goalkeepers:				

- Players pair off and face each other approximately 2 metres apart
- Player I passes to player 2 and repeat
- After 10 passes, take 2 steps back and repeat
- Further spread out if required
 - v. I players can skate forward when passing and backwards when receiving (constantly moving)
 - o v. 2 use speed (mini) rings
 - o v. 3 forward and backward passing
 - v. 4 use skate to receive ring, then use skate to pass to stick

TIPS

- Focus on forward sweep and backhand sweep pass
- Communication between players
- Body + hand position
- Tip of the stick to the target
- Show where you want the pass

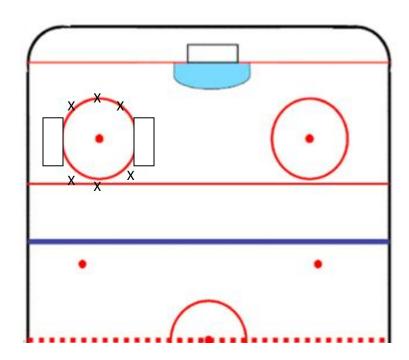


Drill Name: S-drill	Duration:
What Skills are we developing?	What do I need?
Players:	 Rings
Passing and receiving	
Goalkeepers:	

- Two lines in each corner-one side starts with ring
- Simultaneously, players skate up boards to ringette line and player with ring makes head-on pass to player without (in a specific zone)
- Players continue to skate to boards, turn up boards to blue line, repeat; centre line, repeat
 - V. I: deep pass
 - o V. 2: back pass

TIPS

- Focus on forward and backward sweep
- Players switch starting points
- Demonstrate proper technique
- Remove the drill start



Drill	Trapped 3 on 3	Durat	ion:	5-15 minutes	
Name:				5 15 mmates	
What Skills	are we developing?	What	What do I need?		
Players:		•	Rings		
Ring p	 Ring protection 		2 nets		
 Passir 	 Passing 				
 Shoot 	 Shooting 				
Body position					
Goalkeepers	s:				
Focus on heav	yy action play in the 'slot'				

- Place both nets on outside of circles, one goalie in each net
- 3 versus 3 skaters on each side of circle
- Coach throws ring into circle and players race to retrieve ring
- 3 versus 3 for 30 seconds or until one team scores
- Modification: if only one goalie, the team with goalie should have 2 skaters only, and team shooting on empty net must hit specified corner (i.e. top L/R, bottom L/R, etc.)

TIPS

 Will seem like a game to players, but forces them to work in close quarters, team up and get open



Stage: U14

Practice: $\frac{\#\ 16}{2}$ ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

• Conditioning focus

• Review drills (practice plan)

Warm up (10-12 minutes)

• Drill #1, followed by stretching – pick variation

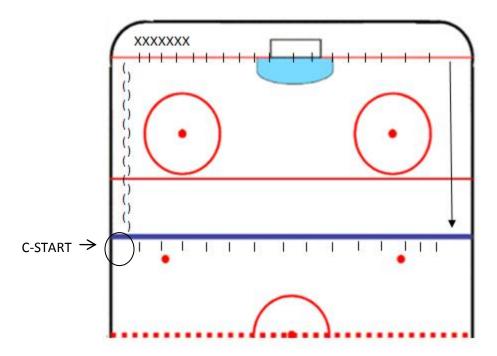
Post-practice wrap up) (3-5min in the dressing room)

• Feedback on practice (w/o isolating individuals)

• Look-ahead (games, practices)

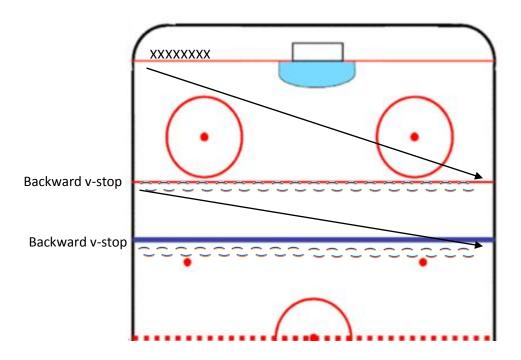
TIME (minutes)	ACTIVITY	
00 – 05	Drill#1: warm-up	
05 – 07	Hard lap/water	
07 – 15	Drill#2: Backwards C start	
15 – 23	Drill#3	
23 – 25	Water	
25 – 30	Drill#4: 3 variations	
30 – 38	Drill#5: La Banane	
38 – 40	Lap/water	
40 – 58	Drill#6: Double zone pass	
58 – 60	Cool down	

Drill Name:	Warm-up Skating	Duration:	5 minutes	
What Skills Players:	are we developing?	What do I nee	ed?	
Goalkeepers	:			
directi	olayers skate around entire surfactor V.I Coach blows whistle: I = speed 2 = stop + change dire V. 2 Players skate between blue between blue lines V. 3 Players stretch legs betwee V. 4 Players stretch arms over V. 5 Gliding backwards (1 leg, 2 etc.)	ection e lines, then back en blue lines head	line wards	sh nets to Ringette e for safety



Drill Name:	Side-step v. 2 (mid-season)	Duration:	
What Skills are we developing?		What do I need	?
Players:		 Push net a 	way from goal line

Goalkeepers:	
 Drill Details: Introduce backwards C-start Same drill as SK#2 using backward C-start when starting to 	 TIPS Demo backwards C- start before players do it
skate backwards	start before players do it

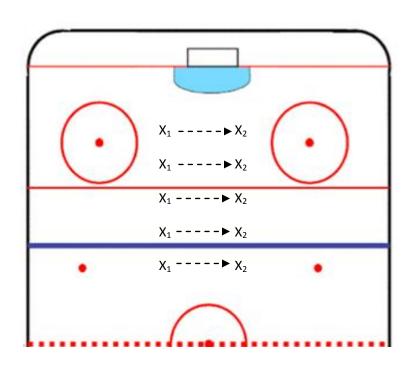


Duration:	5 minutes			
ing? What do I need?				
 No equ 	ipment required			
·				
	What do I ne			

- Players line up in corner
- Start using V-start, accelerate to Ringette line at far boards, pivot to transition to backwards skating
- Skate backwards across Ringette line (legs on either side to ensure form)
- Backwards V-stop at boards
- Repeat at blue line
- Restart drill from centre ice (start on same side to work pivot on both sides)
 - o v. 2 Side-steps on line
 - o v. 3 Backwards on line
 - o v. 4 Sculling on line

TIPS

- 'Ride the line'
- Drill manual ref:
 - o V-start 3.4
 - o Backward V -stop 3.10
 - o Pivots 3.12

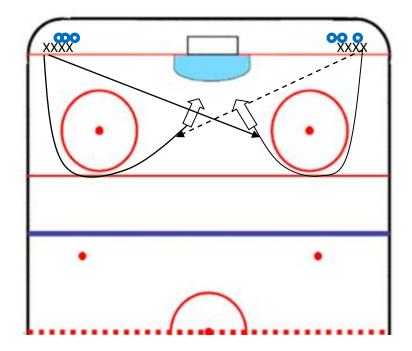


Drill Name:	Static passing	Duration:	5 minutes	
What Skills Players: Pass Pass	What Skills are we developing? Players: Pass placement Pass receiving		What do I need? • Rings • Variation: 2 = speed rings	
• Foot + hand stop Goalkeepers:				

- Players pair off and face each other approximately 2 metres apart
- Player I passes to player 2 and repeat
- After 10 passes, take 2 steps back and repeat
- Further spread out if required
 - v. I players can skate forward when passing and backwards when receiving (constantly moving)
 - o v. 2 use speed (mini) rings
 - o v. 3 forward and backward passing
 - v. 4 use skate to receive ring, then use skate to pass to stick

TIPS

- Focus on forward sweep and backhand sweep pass
- Communication between players
- Body + hand position
- Tip of the stick to the target
- Show where you want the pass

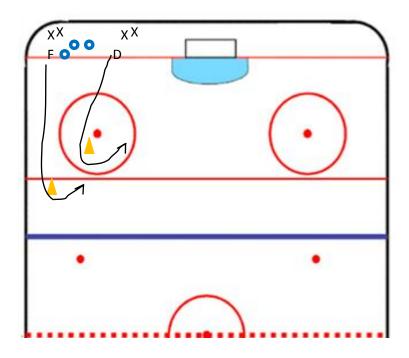


Drill Name:	Half horseshoe/La Banane	Duration:	
What Skills are we developing? Players:		What do I need Rings	?
Passing, Pass reception, Timing, Shooting, Timing, Communication, Dekes			
Goalkeepers:			

- Split the team in 2 groups
- First girl out of the corner circles and calls the pass
- Pass timing is key
- Sweep pass to skater
- Skater stabs the ring and shoots on net
- Shot variation sweep, wrist, backhand + forehand
- Ensure skaters move feet up to low circle

TIPS

• Call for the pass



Drill Name:	Defensive channel	Duration:	5-15 minutes
What Skills are we developing? Players:		• Rings • 2 pylons	d?
 Drill Details: Forward has ring – around pylon I on Can do both corners – 5-10 sec delay 			TIPSD timing drillBoth position D



Stage: U14

Practice: # 17 ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

• Conditioning focus

• Review drills (practice plan)

Warm up (10-12 minutes)

• Drill #1, followed by stretching – pick variation

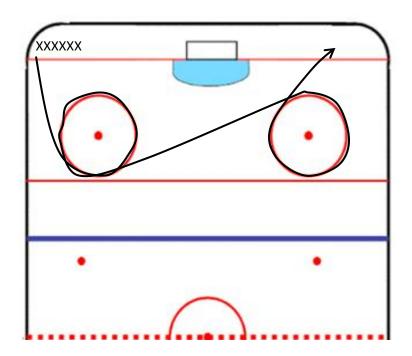
Post-practice wrap up) (3-5min in the dressing room)

• Feedback on practice (w/o isolating individuals)

• Look-ahead (games, practices)

TIME (minutes)	ACTIVITY
00 – 05	Drill#1: warm-up
05 – 07	Hard lap/water
07 – 15	Drill#2: Cross-overs with variations
15 – 23	Drill#3: Man makers with variations
23 – 25	Lap/Water
25 – 30	Drill#4:3 variations
30 – 40	Drill#5: 1 v1 with pass
40 – 42	Hard lap/water
42 – 52	Drill#6: Yogi's drill (3 on 2)
52 – 58	Shoot out
58 – 60	Cool down

Drill Name:	Warm-up Skating	Duration:	5 minutes	
What Skills are we developing? Players: Goalkeepers:		What do I need?		
directi	olayers skate around entire surfaction V.I Coach blows whistle: I = speed 2 = stop + change dire V. 2 Players skate between blue between blue lines V. 3 Players stretch legs between V. 4 Players stretch arms over V. 5 Gliding backwards (1 leg, 2 etc.)	ction e lines, then backwa en blue lines head		Push nets to Ringette line for safety



Drill Name: Cross-overs Duration: 5 minutes	
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- Cross-overs (forward + backward)
- Pivots
- Acceleration
- Ring protection

Goalkeepers:

What do I need?

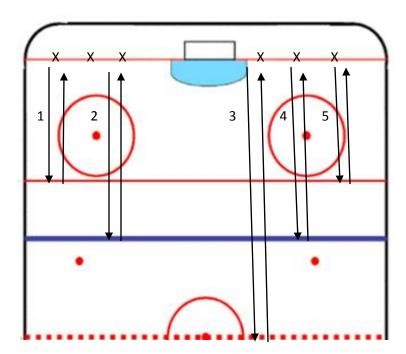
15 rings

Drill Details:

- Players line up in corner
- Send 2-3 players at a time
 - o v. I Forwards
 - o v. 2 Backwards
 - o v. 3 Changing directions (pivots) always free net
 - v. 4 Start slow stride, when arrive at top of circle.
 Shorten strides + accelerate speed, when returning to top and moving into next circle, slow back down
- Modification 1: add ring, use coach inside circle to check, forcing ring protection
- Modification 2: have players touch circles with hand

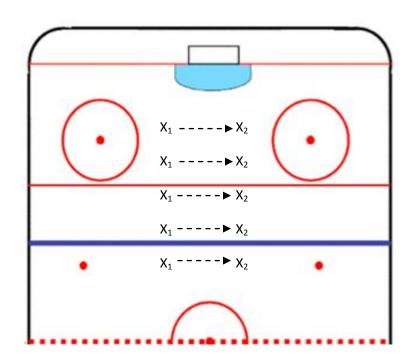
TIPS

Watch form



Drill	Man-Maker	Duration:	
Name:			

What Skills are we developing? Players:	What do I need?	and .	
i layers.	Rings are option	Idi	
Goalkeepers:			
Drill Details:		TIPS	
Players line up on goal line			
Skate to line and back			
o v. I Skate forward	o v. I Skate forward		
 v. 2 Skate backwards 	o v. 2 Skate backwards		
 v. 3 Skate forward one way + 	 v. 3 Skate forward one way + backwards the other way 		
,	5 \		
backwards)	backwards)		

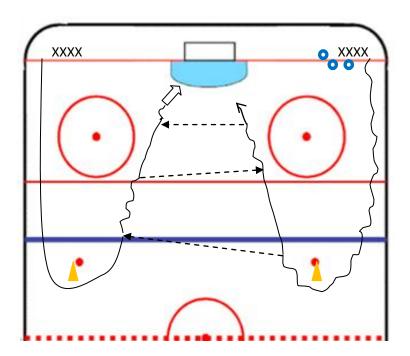


Drill	Static passing	Durat	ion·	5 minutes		
Name:	Static passing	Durat	.1011.	3 minutes		
What Skills	What Skills are we developing?		do I need	i?		
Players:		•	Rings			
Pass	placement	•	 Variation: 2 = speed rings 			
Pass receiving						
• Swee	Sweep + flip					
 Foot + hand stop 						
Goalkeepers:						

- Players pair off and face each other approximately 2 metres apart
- Player I passes to player 2 and repeat
- After 10 passes, take 2 steps back and repeat
- Further spread out if required
 - v. I players can skate forward when passing and backwards when receiving (constantly moving)
 - o v. 2 use speed (mini) rings
 - o v. 3 forward and backward passing
 - v. 4 use skate to receive ring, then use skate to pass to stick

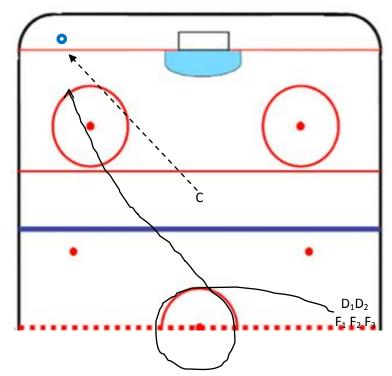
TIPS

- Focus on forward sweep and backhand sweep pass
- Communication between players
- Body + hand position
- Tip of the stick to the target
- Show where you want the pass



Duration:	5 minutes	
What do I need?		
• Rings		
2 pylons		
•	Rings	

Drill Details: Players line up in each corner, one with ring Skate to blue line and come around cone Players pass back and forth and finish with shot on goal Player who does not shoot goes for rebound if available Variation: add defence man



Drill Name:	Yogi drill	Duration:		
What Skills are we developing? Players:		What do I need?		
Goalkeepe	ers:			
Drill Details:		I	TIPS	
	and F3 start at centre		•	D has to carry ring
• On	whistle, D's skate around circle	e followed closely by F's		out – cannot shoot
 Co: 	 Coach shoots ring into corner 			out
• DI	 D1 retrieves ring, D2 protects net 			
• FI	• FI challenges for ring, F2 is close, ready to check, second line			
of defence				
F3 gets open for pass				
Put ring on goalie and do ring throw				



Stage: U14

Practice: # 18 ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

• Conditioning focus

• Review drills (practice plan)

Warm up (10-12 minutes)

• Drill #1, followed by stretching – pick variation

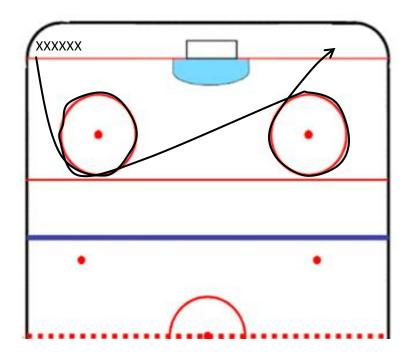
Post-practice wrap up) (3-5min in the dressing room)

• Feedback on practice (w/o isolating individuals)

• Look-ahead (games, practices)

TIME (minutes)	ACTIVITY
00 – 05	Drill#1: warm-up
05 – 07	Hard lap/water
07 – 17	Drill#2: Cross-overs with all variations
17 – 25	Drill#3
25 – 27	Water
27 – 32	Drill#4: Combination Drill
32 – 34	Hard lap/water
34 – 40	Drill#5: Pepper pass
40 – 55	Drill#6: Pepper pass with 2 D
55 – 60	Cool down

Drill Name:	Warm-up Skating	Duration:	5 minutes
What Skills Players:	are we developing?	What do I nee	ed?
Goalkeepers	•		
directi O	olayers skate around entire	e direction en blue lines, then back petween blue lines over head	line for safety



Drill Name: Cross-overs Duration: 5 minutes	
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- Cross-overs (forward + backward)
- **Pivots**
- Acceleration
- Ring protection

Goalkeepers:

What do I need?

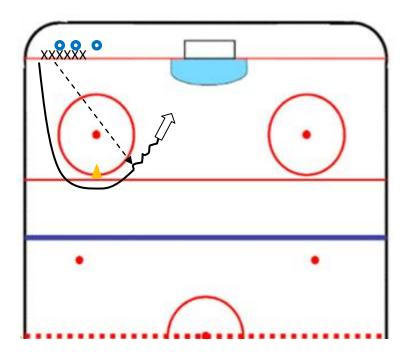
15 rings

Drill Details:

- Players line up in corner
- Send 2-3 players at a time
 - o v. I Forwards
 - o v. 2 Backwards
 - o v. 3 Changing directions (pivots) always free net
 - o v. 4 Start slow stride, when arrive at top of circle. Shorten strides + accelerate speed, when returning to top and moving into next circle, slow back down
- Modification 1: add ring, use coach inside circle to check, forcing ring protection
- Modification 2: have players touch circles with hand

TIPS

Watch form



Drill Name:		Duration:	
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- Pass placement
- Timing
- Body and head dekes

Goalkeepers:

Breakaways

Drill Details:

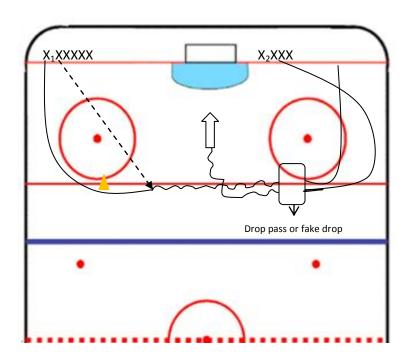
- Players line up in corner
- Skate with ring around pylon
- Next player on line makes pass to where player is headed (before they arrive-using pylon as cone to make pass)
- After making pass, next player starts drill
- Take cone out later in season

What do I need?

- Rings
- Pylons

TIPS

- Player with ring works on body and head dekes
- Switch starting point to other side
- Call the pass out
- Make them yell
- Timing is everything
- Use cone as marker for the pass



Drill	1/	Demotions	F 10 main utan
Name:	½ curl pass	Duration:	5-10 minutes

- Pass placement
- Timing
- Shooting

Goalkeepers:

On progression, goalie does not know if drop pass will occur – must react

What do I need?

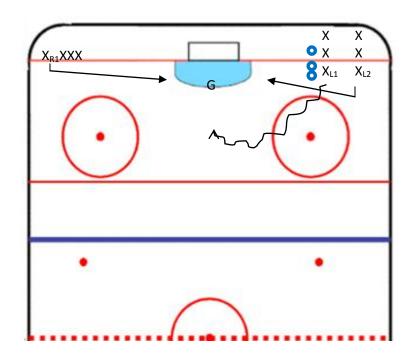
- Rings
- I pylon

Drill Details:

- Progression #2 (continuation of previous)
- When picking up ring, continue across ringette line
- X2 is coming around circle (work on timing of arriving at same time) either fake drop pass + curl towards net for shot or make drop pass and go for rebound if available
- Curl around circle, get pass, shoot

TIPS

- Reinforce use of head and body fake pass in progression (v. 2)
- Ensure players are using multiple shot types



Drill Name: Pepper passing	Duration:	5 minutes
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- Pass placement
- Ring reception
- Shooting
- Body + head dekes

Goalkeepers:

• Lateral and depth movement

TIPS

What do I need?

Ring

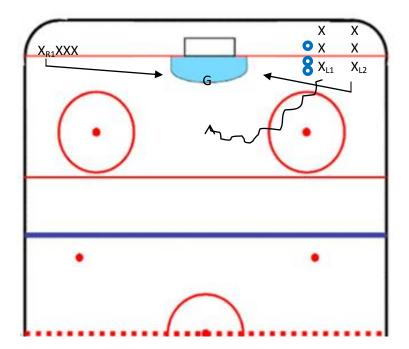
- Use skate to stop ring if player misses it with stick
- Body and head dekes

Drill Details:

- Right handed shots line up in one line, left handed in 2
- R1skates to low post, L1 skates to top of slot, L2 to low post
- L1 passes alternately to R1 and L2 who also makes crosscrease passes
- Goalie must shift with ring
- Any player may shoot at any time
- Passes should be crisp and accurate
 - Variation: add one or two defenders once passes are very accurate
 - Modification: second line should be on L or R-whichever you have most of

Drill #6

** Add defenders



Drill	Danasa anaina	Dunation	F mainstean
Name:	Pepper passing	Duration:	5 minutes

What do I need? What Skills are we developing? Players: Ring Pass placement Ring reception Shooting Body + head dekes Goalkeepers: Lateral and depth movement **Drill Details:** TIPS Right handed shots line up in one line, left handed in 2 Use skate to stop ring if RIskates to low post, LI skates to top of slot, L2 to low post player misses it with stick • LI passes alternately to RI and L2 who also makes cross-Body and head dekes crease passes Goalie must shift with ring Any player may shoot at any time Passes should be crisp and accurate O Variation: add one or two defenders once passes are very accurate

Modification: second line should be on L or R-whichever

you have most of



Stage: U14

Practice: # 19 ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

Conditioning focus

• Review drills (practice plan)

Warm up (10-12 minutes)

• Drill #1, followed by stretching – pick variation

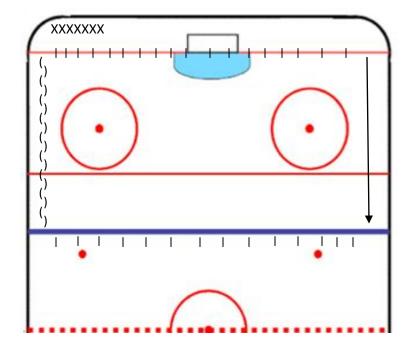
Post-practice wrap up) (3-5min in the dressing room)

• Feedback on practice (w/o isolating individuals)

• Look-ahead (games, practices)

TIME (minutes)	ACTIVITY	
00 – 05	Drill#1: warm-up	
05 – 07	Hard lap/water	
07 – 15	Drill#2: Side step	
15 – 23	Drill#3: 1 v 1 race	
23 – 25	Water	
25 – 35	Drill#4: Star-5 with board pass	
35 – 37	Lap/water	
37 – 47	Drill#5: Channel + checking	
47 – 57	Drill#6: 3 angle shoot out	
57 - 60	Cool down	

Drill Name:	Warm-up Skating	Duration:	5 minutes	
What Skills a Players: Goalkeepers:	re we developing?	What do I need	1?	
Drill Details:		ction e lines, then backw en blue lines		Push nets to Ringette line for safety



Drill Name:	Side-step	Duration:	5 minutes
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- Cross over starts
- Acceleration
- One leg stop

Goalkeepers:

With skaters

Drill Details:

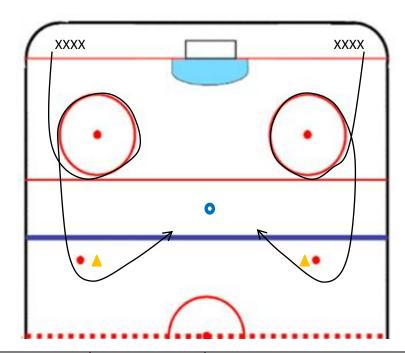
- Players line up in corner
 - Ensure players are facing forward (hips, shoulders, head)
 - Side-steps across goal line
 - Watch form/technique/ speed is not important
 - Approximately 2 metres from boards, use momentum into forward skating
 - Accelerate to blue line
 - Repeat side-stepping (facing same direction to work other leg
 - Across blue line, use one-foot stop
 - Continue back to goal line backwards
 - Repeat drill, starting from opposite corner
 - Variation: split ice up middle and run two shorter 'boxes' to maximize ice/player engagement

What do I need?

Push net away from goal line

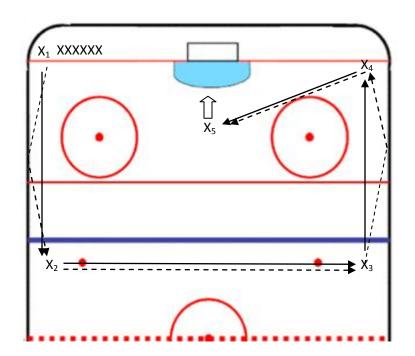
TIPS

- Watch body alignment
- Ensure body does not face side



Drill Name:	I versus Irace	Duration:	5 minutes
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What Skills are we developing? What do I need? Players: Rings 2 pylons Cross overs Ring pick up Goalkeepers: **Drill Details:** TIPS Start players in two lines in corners Switch sides after reps Players skate cross-overs around circles, over blue line and Focus on second player sharp turn around pylon back checking technique Race to ring (stationary) for I versus I Player with ring goes for shot on net, player with ring back checks and follows up for rebound if available

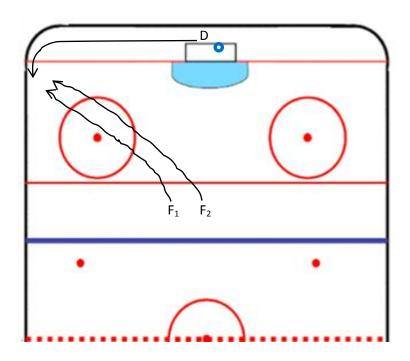


Drill Name:	Star-5	Duration:	5 minutes
What Skills	are we developing?	What do I need	?
Players:		 Rings 	
 Passing 			
Skating communication			
Goalkeepers:			

- Have 5 players positioned as indicated above
- Player I passes to player 2, follows pass and becomes player
 2
- Player 2 passes to player 3, follows the pass and becomes player 3
- Player 3 passes to player 4, follows the pass and becomes player 4
- Player 4 passes to player 5 (for one timer shot) and becomes player 5
- After shooting, player 5 returns to line (continuous drill)
 - v. I pass from player I to player 2 and player 3 to player
 4 is a board pass

TIPS

- Switch starting point to other side
- Body position
- Release towards the target (tip)
- Call out the pass

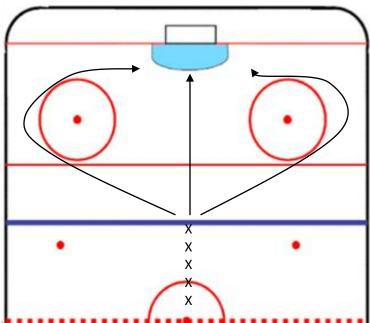


Drill Name:	Channel + Check	Duration:	
What Skills are we developing? Players:		What do I need?	
Goalkeepers:			

- D starts behind net with ring, must break around net + up boards
- FI skates in and channels D towards boards, staying in front of player
- F2 comes in for the check on the other side of D than F1

TIPS

Body position



Drill Name:	3 angle shootout	Duration:	Finish
What Skills are we developing? Players:		What do I ne • Rings	ed?
Drill Details: ■ Shoot-out ○ Around left circle ○ Around right circle ○ Straight at goalie		1	 TIPS Head up Coach demands type of shot (wrist, backhand, sweep, etc.)



Stage: U14

Practice: $\frac{\# 20}{2}$ ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

• Conditioning focus

• Review drills (practice plan)

Warm up (10-12 minutes)

• Drill #1, followed by stretching – pick variation

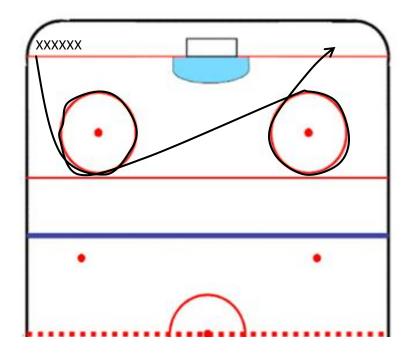
Post-practice wrap up) (3-5min in the dressing room)

• Feedback on practice (w/o isolating individuals)

• Look-ahead (games, practices)

TIME (minutes)	ACTIVITY
00 – 05	Drill#1: warm-up
05 – 07	Hard lap/water
07 – 15	Drill#2: Cross overs
15 – 23	Drill#3: W Relay race
23 – 25	Water
25 – 30	Drill#4: Static passing
30 – 37	Drill#5: S drill
37 – 47	Drill#6: Cycle one timer
47 – 49	Lap/water
49 – 58	Drill#7: Double zone pass
58 – 60	Cool Down

Drill Name:	Warm-up Skating	Duration:	5 minutes	
What Skills are we developing? Players: Goalkeepers:		What do I need?		
 Drill Details: Have players skate around entire surfar direction V.I Coach blows whistle: ▶ I = speed ▶ 2 = stop + change dire V. 2 Players skate between blue between blue lines V. 3 Players stretch legs between V. 4 Players stretch arms over V. 5 Gliding backwards (I leg, 2 etc.) 		ection e lines, then backwa en blue lines head		Push nets to Ringette line for safety



Drill Name:	Cross-overs	Duration:	5 minutes
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- Cross-overs (forward + backward)
- Pivots
- Acceleration
- Ring protection

Goalkeepers:

What do I need?

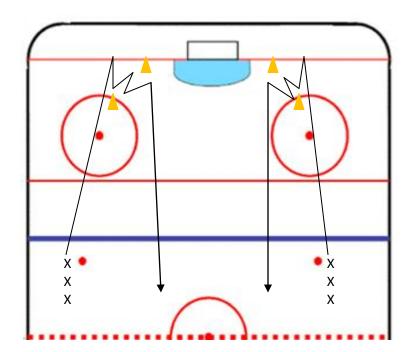
15 rings

Drill Details:

- Players line up in corner
- Send 2-3 players at a time
 - o v. I Forwards
 - o v. 2 Backwards
 - o v. 3 Changing directions (pivots) always free net
 - v. 4 Start slow stride, when arrive at top of circle.
 Shorten strides + accelerate speed, when returning to top and moving into next circle, slow back down
- Modification 1: add ring, use coach inside circle to check, forcing ring protection
- Modification 2: have players touch circles with hand

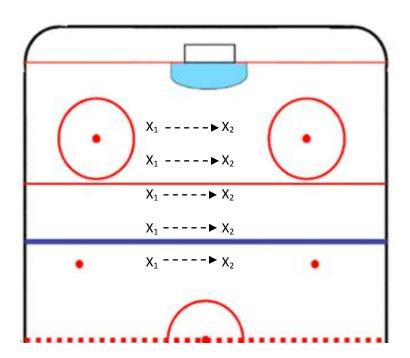
TIPS

Watch form



Drill	W-Passing	Duration:	
Name:	VV-I assing	Duration.	

What Skills are we developing?	What do I need?
Players:	Rings are optional
Goalkeepers:	
Drill Details:	TIPS
 One from each line leaves at the sam player comes back across the blue lin (race) 	

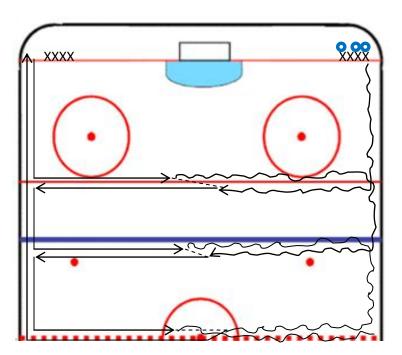


Drill Name:	Static passing	Duration:	5 minutes
What Skills Players: Pass Pass Swee	are we developing? placement receiving p + flip + hand stop	What do I need Rings Variation:	I? : 2 = speed rings

- Players pair off and face each other approximately 2 metres apart
- Player I passes to player 2 and repeat
- After 10 passes, take 2 steps back and repeat
- Further spread out if required
 - v. I players can skate forward when passing and backwards when receiving (constantly moving)
 - o v. 2 use speed (mini) rings
 - o v. 3 forward and backward passing
 - v. 4 use skate to receive ring, then use skate to pass to stick

TIPS

- Focus on forward sweep and backhand sweep pass
- Communication between players
- Body + hand position
- Tip of the stick to the target
- Show where you want the pass

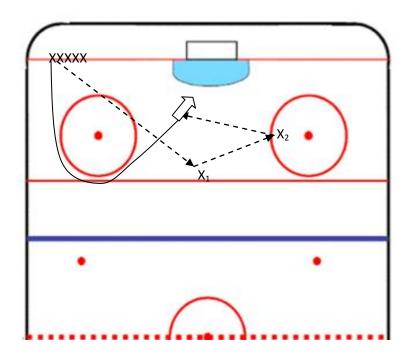


Drill Name:	S-drill	Duration:
What Skills are we developing?		What do I need?
Players:		• Rings
 Passing and receiving 		
Goalkeepers:		

- Two lines in each corner-one side starts with ring
- Simultaneously, players skate up boards to ringette line and player with ring makes head-on pass to player without (in a specific zone)
- Players continue to skate to boards, turn up boards to blue line, repeat; centre line, repeat
 - V. I: deep pass
 - O V. 2: back pass

TIPS

- Focus on forward and backward sweep
- Players switch starting points
- Demonstrate proper technique
- Remove the drill start



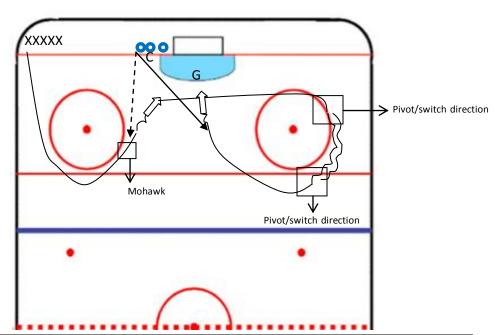
Drill Name:	Cycle one-timer	Duration:	5-15 minutes
What Skills are we developing?		What do I need	?
Players:		 Rings 	
Pass p	Pass placement		
One-timer shot			
Goalkeepers: Following ring while watching moving			
players – later			

- Players start in corner with ring
- Take 3 strides and pass ring to X1 and continue skating route as above
- XI passes to X2 who feeds the ring into slot for X who is arriving for one-time
- XI and X2 can be coaches to start

TIPS

 Ensure the goalie does not 'cheat' – must follow the ring

Drill #7



Drill Name:	Double zone pass	Duration:	5-15 minutes
What Skills are we developing?		What do I need	d?
Players:		 Rings 	
 Pass re 	eception		
 Mohawk 			
Pivots/	 Pivots/transitions 		
Shooting			
Goalkeepers:			

Drill Details:

- Players start in corner with ring, coach has all rings
- Player skates around circle, receives pass from coach and shoots
- Continue skating up around second circle and receives second pass and takes shot
- Return to line

TIPS

- Use Mohawk to square body to pass/net
- Coach can be substituted with players



Stage: U14

Practice: $\frac{\# 2I}{2}$ ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

Conditioning focus

• Review drills (practice plan)

Warm up (10-12 minutes)

• Drill #1, followed by stretching – pick variation

Post-practice wrap up) (3-5min in the dressing room)

• Feedback on practice (w/o isolating individuals)

• Look-ahead (games, practices)

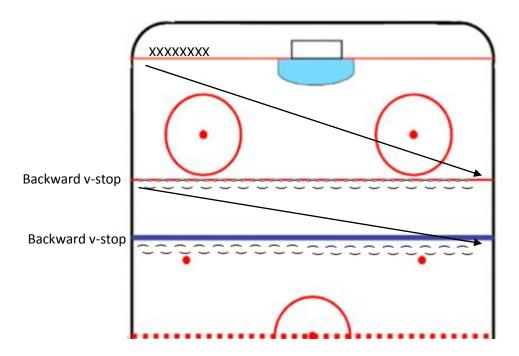
TIME (minutes)	ACTIVITY
00 – 05	Drill#1: warm-up
05 – 07	Hard lap/water
07 – 17	Drill#2: with variations
17 – 23	Drill#3: Sharp turns
23 – 25	Water
25 – 30	Drill#4: La Banane
30 – 35	Drill#5: 3 pylon rapid shoot out
35 – 43	Drill#6
43 – 45	Hard lap/water
45 – 55	Drill#7:Trapped 3 on 3
55 – 60	Game – Cool down

Drill Name:	Warm-up Skating	Duration:	5 minutes	
	What Skills are we developing?		ed?	
Players:				
Goalkeepers	:			
Drill Details:	Drill Details:		TIPS	
Have p	olayers skate around entire surfa	ce of the ice in sa	ıme •	Push nets to Ringette
directi	on			line for safety
0	 V.I Coach blows whistle: 			·
	I = speed			
	2 = stop + change dire	ection		
0			wards	
between blue lines				
0	 V. 3 Players stretch legs between blue lines 			
0	V 4 DI			

O V. 5 Gliding backwards (1 leg, 2 leg, touch 1 knee,

Drill #2

etc.)



Drill Name: Transitions (v) Duration:	5 minutes
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- Forwards V-starts
- Backwards V-stops
- Pivots
- Acceleration

Goalkeepers:

With players

Drill Details:

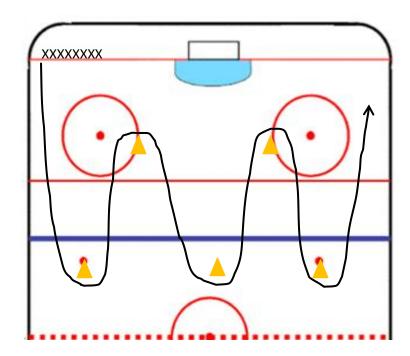
- Players line up in corner
- Start using V-start, accelerate to Ringette line at far boards, pivot to transition to backwards skating
- Skate backwards across Ringette line (legs on either side to ensure form)
- Backwards V-stop at boards
- Repeat at blue line
- Restart drill from centre ice (start on same side to work pivot on both sides)
 - o v. 2 Side-steps on line
 - o v. 3 Backwards on line
 - o v. 4 Sculling on line

What do I need?

• No equipment required

TIPS

- 'Ride the line'
- Drill manual ref:
 - o V-start 3.4
 - o Backward V -stop 3.10
 - o Pivots 3.12



Drill Name:	Sharp turns	Duration:	5 minutes
Maille.			

- Acceleration
- Sharp turns
- 360 turns
- Backwards
- Protecting the ring

Goalkeepers:

With players

Drill Details:

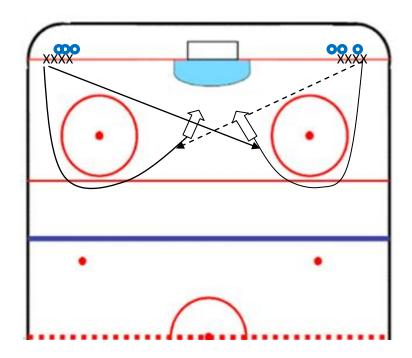
- Players line up in corner
- Skate forward with ring to first pylon
- Turn as tight as possible around cone, continue to next pylon
 - o v. I 360 turns around pylons
 - o v. 2 front to back, back to front transitions
 - o v. 3 fully backwards

What do I need?

- 5 pylons
- 15 rings

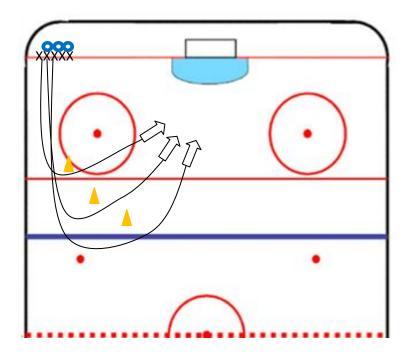
TIPS

- Players to treat pylons as 'opposing players' and protect ring
- Drill manual ref:
 - 0 3.13



Drill Name:	Half horseshoe/La Banane	Duration:	
What Skills	are we developing?	What do I need	?
Players:		 Rings 	
Passi	ng, Pass reception, Timing,		
Shoo	ting, Timing, Communication,		
Deke	es		

Goalkeepers:	
Drill Details:	TIPS
 Split the team in 2 groups 	 Call for the pass
 First girl out of the corner circles and calls the pass 	
Pass timing is key	
Sweep pass to skater	
 Skater stabs the ring and shoots on net 	
 Shot variation – sweep, wrist, backhand + forehand 	
Ensure skaters move feet up to low circle	

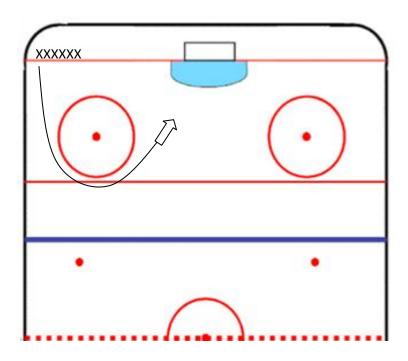


Drill Name: 3 pylon rapid shoot-out	Duration:	5-10 minutes	
What Skills are we developing?	What do I need	1?	
Players:	Rings		
Ring protectionSkatingShootingSweep back	• 3 cones	_	
Goalkeepers:Goalie gets 3 shots in rapid succession			

- Players start in corner with ring
- 3 start at same time
- First goes to farthest pylon, second to middle, third to closest
- Skate around pylon and shoot on net
- *protect ring around pylon

TIPS

- Make sure they do forehand and backhand:
 - -flip
 - -sweep
 - -etc.
- Players to go down low in turn



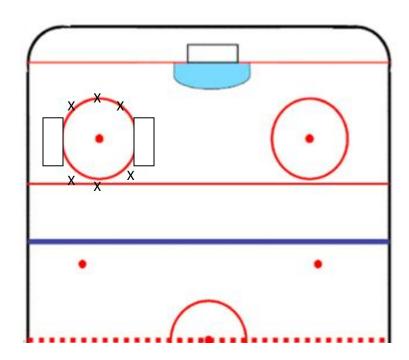
Drill Name:	Rapid fire	Duration:	5-10 minutes
What Skills	are we developing?	What do I ne	ed?
Players:		 Rings 	
Ring	protection		
Skating			
 Shooting 			
• Deek	S		
Fake s	shots		
Goalkeepers	s:		
• Conti	nuous shots simulate rebou	unds	

- Players line up with rings in corner
- On whistle, player skates around, circles and takes shot on net
- Start next player when previous player reaches outside hash marks to have rapid shots on goalie
- Variations:
 - coach requests certain types of shots (i.e. forehand/backhand/deek) and shot placement
 - o add defence player on coach

TIPS

- Make sure they do forehand and backhand:
 - -flip
 - -sweep
 - -etc.

Make sure feet move



Drill Name:	Trapped 3 on 3	Duration:	5-15 minutes
Players: Ring p Passir Shoot Body Goalkeeper	cing position	What do I r • Rings • 2 net	S

- Place both nets on outside of circles, one goalie in each net
- 3 versus 3 skaters on each side of circle
- Coach throws ring into circle and players race to retrieve ring
- 3 versus 3 for 30 seconds or until one team scores
- Modification: if only one goalie, the team with goalie should have 2 skaters only, and team shooting on empty net must hit specified corner (i.e. top L/R, bottom L/R, etc.)

TIPS

 Will seem like a game to players, but forces them to work in close quarters, team up and get open