



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

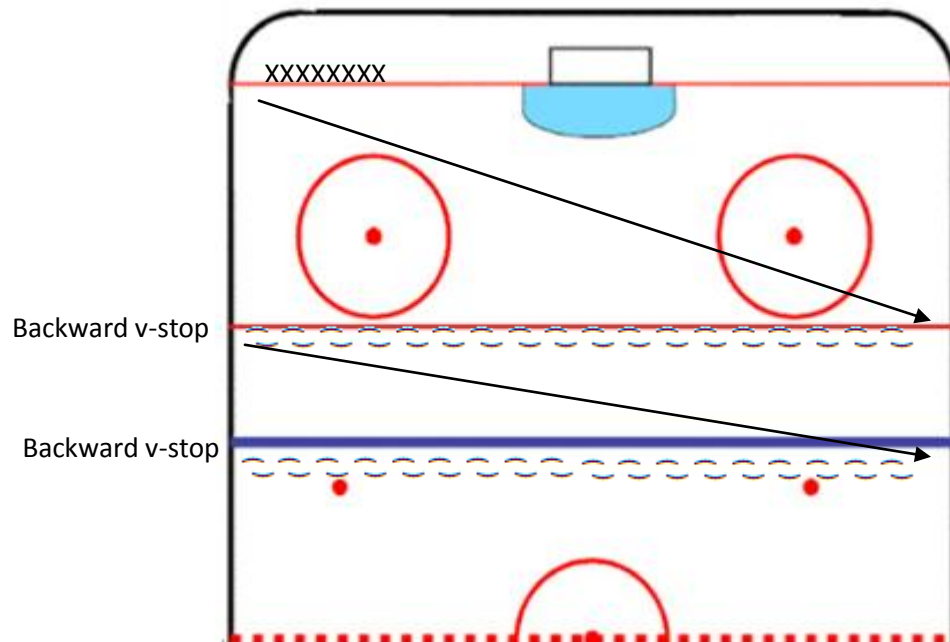
<p><b>Introduction (pre-practice) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Conditioning focus</li> <li>• Review drills (practice plan)</li> </ul>
<p><b>Warm up (10-12 minutes)</b></p> <ul style="list-style-type: none"> <li>• Bring nets near ringette lines</li> <li>• Players skate around ice in same direction</li> <li>• <u>Drill # 1</u>: followed by stretching</li> <li>• Drink water</li> </ul>
<p><b>Cool down (5-10min)</b></p> <ul style="list-style-type: none"> <li>• <u>Drill #7</u>: # W-2 coaches' surprise</li> <li>• 3 slow laps + stretches</li> <li>• Stretches at centre ice</li> </ul>
<p><b>Post-practice wrap up) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Feedback on practice (w/o isolating individuals)</li> <li>• Look-ahead (games, practices)</li> </ul>

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

## Drill # 1

<b>Drill Name:</b>	Warm-up Skating	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>Players:</b>	<b>What do I need?</b>	
<b>Goalkeepers:</b>			
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• Have players skate around entire surface of the ice in same direction               <ul style="list-style-type: none"> <li>○ V.1 Coach blows whistle:                   <ul style="list-style-type: none"> <li>➢ 1 = speed</li> <li>➢ 2 = stop + change direction</li> </ul> </li> <li>○ V. 2 Players skate between blue lines, then backwards between blue lines</li> <li>○ V. 3 Players stretch legs between blue lines</li> <li>○ V. 4 Players stretch arms over head</li> <li>○ V. 5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>		<b>TIPS</b> <ul style="list-style-type: none"> <li>• Push nets to Ringette line for safety</li> </ul>

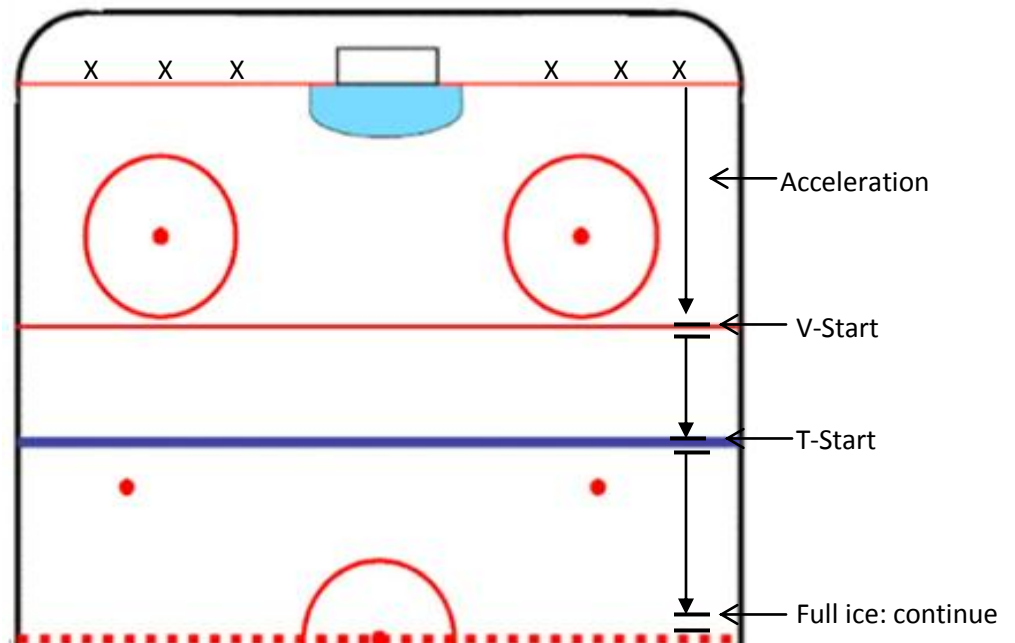
## Drill # 2



<b>Drill Name:</b>	Transitions (v)	<b>Duration:</b>	5 minutes
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Forwards V-starts</li> <li>• Backwards V-stops</li> <li>• Pivots</li> <li>• Acceleration</li> </ul> <p><b>Goalkeepers:</b> With players</p>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• No equipment required</li> </ul>
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Start using V-start, accelerate to Ringette line at far boards, pivot to transition to backwards skating</li> <li>• Skate backwards across Ringette line (legs on either side to ensure form)</li> <li>• Backwards V-stop at boards</li> <li>• Repeat at blue line</li> <li>• Restart drill from centre ice (start on same side to work pivot on both sides) <ul style="list-style-type: none"> <li>○ v. 2 Side-steps on line</li> <li>○ v. 3 Backwards on line</li> <li>○ v. 4 Sculling on line</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• 'Ride the line'</li> <li>• Drill manual ref: <ul style="list-style-type: none"> <li>○ V-start 3.4</li> <li>○ Backward V –stop 3.10</li> <li>○ Pivots 3.12</li> </ul> </li> </ul>

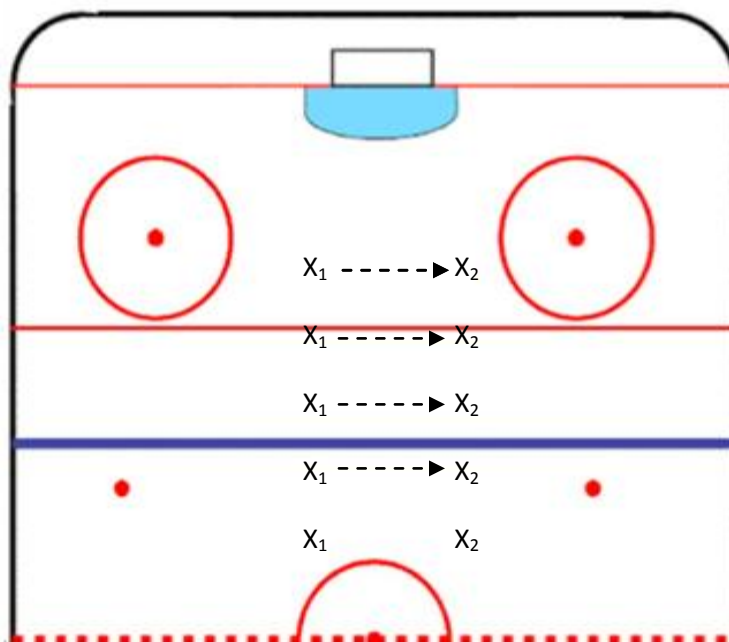
### Drill # 3



<b>Drill Name:</b>	Stops + Starts	<b>Duration:</b>	5 minutes (2 reps on ½ Ice)
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• V starts</li> <li>• T starts</li> <li>• Acceleration</li> <li>• Parallel stops</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Push net back against boards</li> </ul>
<p><b>Goalkeepers:</b> With skaters</p>	
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up on goal line</li> <li>• Assume T start position (push leg behind and support leg)</li> <li>• 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)</li> <li>• Assume V start position (heels together and toes apart)</li> <li>• On whistle, push off using V start, skate to blue line and stop facing designated direction</li> <li>• Assume T start position, on whistle, accelerate to centre ice</li> <li>• Stop facing designated direction</li> <li>• Ensure proper parallel stop technique (may need to demo the stop specifically)</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Watch for full effort, proper technique</li> <li>• Suggested coach-to-player ratio = 1-3 or 1-4</li> <li>• Drill manual ref: <ul style="list-style-type: none"> <li>○ T start 3.2</li> <li>○ V start 3.4</li> <li>○ Parallel stop 3.6</li> </ul> </li> </ul>

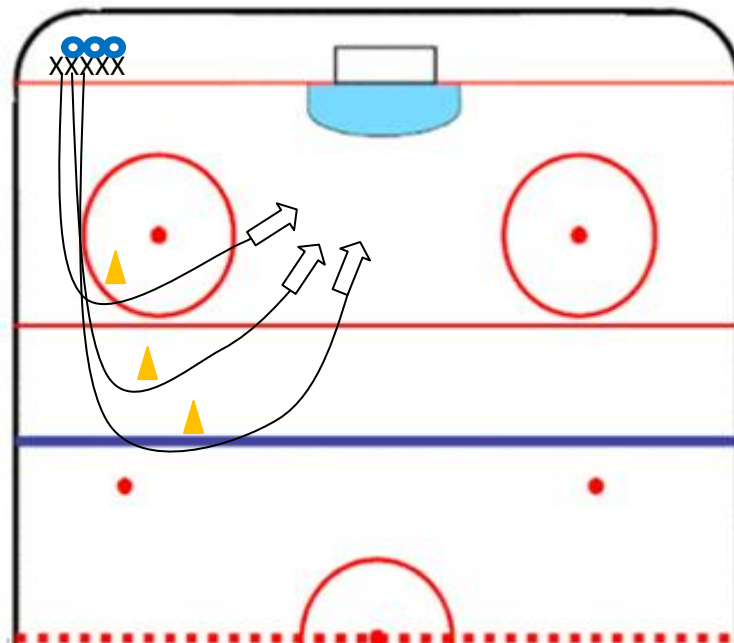
## Drill #4



<p><b>Drill Name:</b></p>	<p>Static passing</p>	<p><b>Duration:</b></p>	<p>5 minutes</p>
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Pass placement</li> <li>• Pass receiving</li> <li>• Sweep + flip</li> <li>• Foot + hand stop</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Rings</li> <li>• Variation: 2 = speed rings</li> </ul>
<p><b>Goalkeepers:</b></p>	
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players pair off and face each other approximately 2 metres apart</li> <li>• Player 1 passes to player 2 and repeat</li> <li>• After 10 passes, take 2 steps back and repeat</li> <li>• Further spread out if required <ul style="list-style-type: none"> <li>○ v. 1 players can skate forward when passing and backwards when receiving (constantly moving)</li> <li>○ v. 2 use speed (mini) rings</li> <li>○ v. 3 forward and backward passing</li> <li>○ v. 4 use skate to receive ring, then use skate to pass to stick</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Focus on forward sweep and backhand sweep pass</li> <li>• Communication between players</li> <li>• Body + hand position</li> <li>• Tip of the stick to the target</li> <li>• Show where you want the pass</li> </ul>

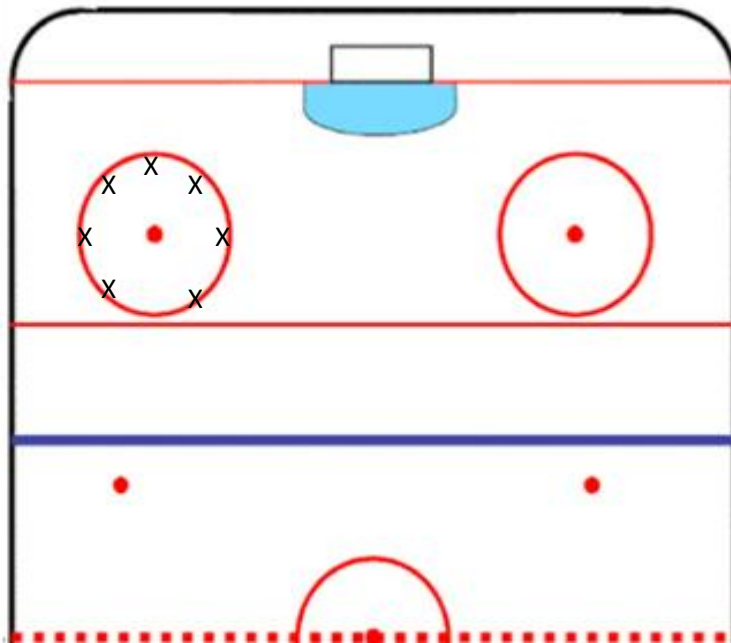
## Drill # 5



<p><b>Drill Name:</b></p>	<p>3 pylon rapid shoot-out</p>	<p><b>Duration:</b></p>	<p>5-10 minutes</p>
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<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Ring protection</li> <li>• Skating</li> <li>• Shooting</li> <li>• Sweep back</li> </ul>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> <li>• 3 cones</li> </ul>	
<b>Goalkeepers:</b> <ul style="list-style-type: none"> <li>• Goalie gets 3 shots in rapid succession</li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Make sure they do forehand and backhand: <ul style="list-style-type: none"> <li>-flip</li> <li>-sweep</li> <li>-etc.</li> </ul> </li> <li>• Players to go down low in turn</li> </ul>	
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Players start in corner with ring</li> <li>• 3 start at same time</li> <li>• First goes to farthest pylon, second to middle, third to closest</li> <li>• Skate around pylon and shoot on net</li> <li>• *protect ring around pylon</li> </ul>		

## Drill # 6



<b>Drill Name:</b>	Coach's surprise!	<b>Duration:</b>	
<b>What Skills are we developing?</b> <b>Players:</b>		<b>What do I need?</b>	
<b>Goalkeepers:</b>			

<b>Drill Details:</b>	<b>TIPS</b>
<ul style="list-style-type: none"><li>• Start positions<ul style="list-style-type: none"><li>○ Standing</li><li>○ Sitting</li><li>○ Squatting</li><li>○ Laying down, etc.</li></ul></li><li>• Coach asks players to perform a task, i.e.<ul style="list-style-type: none"><li>○ Touch a specific logo on the boards</li><li>○ Retrieve a ring + shoot</li></ul></li></ul>	



**Stage: U14**

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

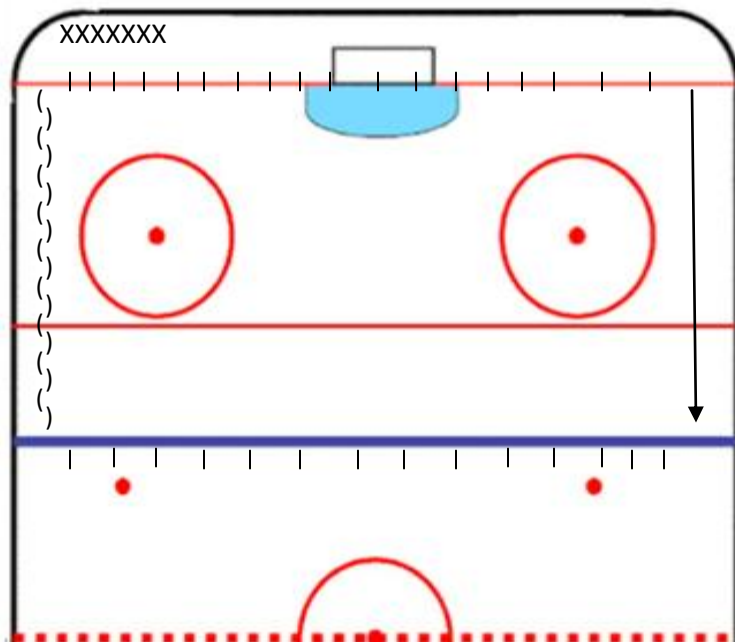
<p><b>Introduction (pre-practice) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Conditioning focus</li> <li>• Review drills (practice plan)</li> </ul>
<p><b>Warm up (10-12 minutes)</b></p> <ul style="list-style-type: none"> <li>• Drill #1, followed by stretching – pick variation</li> </ul>
<p><b>Post-practice wrap up) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Feedback on practice (w/o isolating individuals)</li> <li>• Look-ahead (games, practices)</li> </ul>

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

## Drill #1

<b>Drill Name:</b>	Warm-up Skating	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b>		
<b>Players:</b>			
<b>Goalkeepers:</b>			
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• Have players skate around entire surface of the ice in same direction               <ul style="list-style-type: none"> <li>○ V.1 Coach blows whistle:                   <ul style="list-style-type: none"> <li>➤ 1 = speed</li> <li>➤ 2 = stop + change direction</li> </ul> </li> <li>○ V.2 Players skate between blue lines, then backwards between blue lines</li> <li>○ V.3 Players stretch legs between blue lines</li> <li>○ V.4 Players stretch arms over head</li> <li>○ V.5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>		<b>TIPS</b> <ul style="list-style-type: none"> <li>• Push nets to Ringette line for safety</li> </ul>

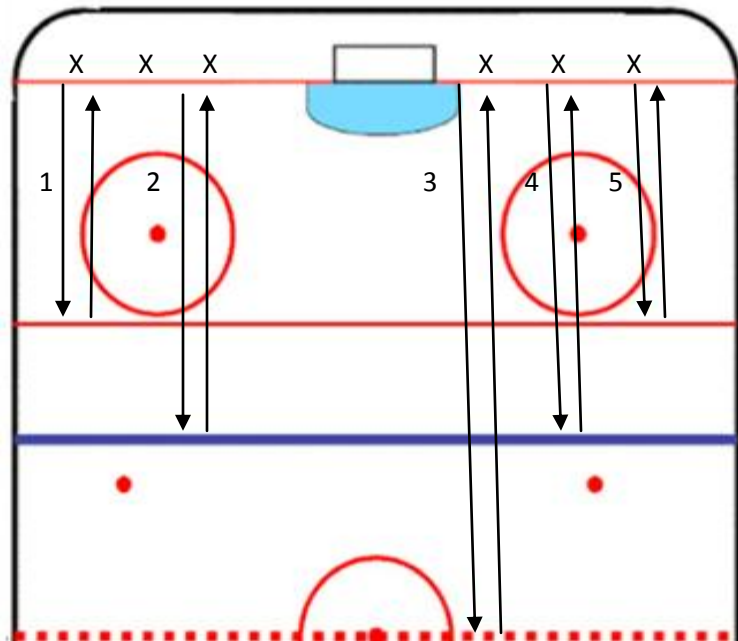
## Drill #2



<b>Drill Name:</b>	Side-step	<b>Duration:</b>	5 minutes
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Cross over starts</li> <li>• Acceleration</li> <li>• One leg stop</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Push net away from goal line</li> </ul>
<p><b>Goalkeepers:</b> With skaters</p>	
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Ensure players are facing forward (hips, shoulders, head)</li> <li>• Side-steps across goal line</li> <li>• Watch form/technique/ - speed is not important</li> <li>• Approximately 2 metres from boards, use momentum into forward skating</li> <li>• Accelerate to blue line</li> <li>• Repeat side-stepping (facing same direction to work other leg)</li> <li>• Across blue line, use one-foot stop</li> <li>• Continue back to goal line backwards</li> <li>• Repeat drill, starting from opposite corner</li> <li>• Variation: split ice up middle and run two shorter 'boxes' to maximize ice/player engagement</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Watch body alignment</li> <li>• Ensure body does not face side</li> </ul>

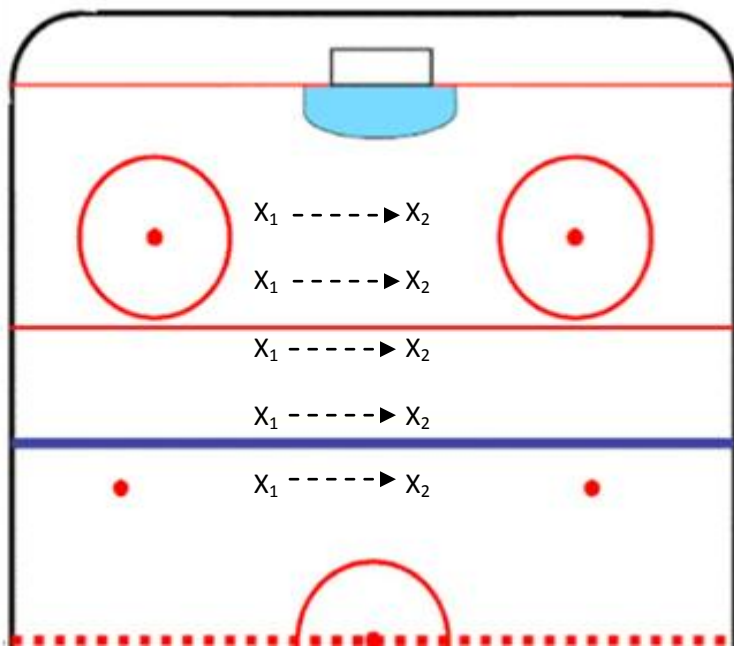
### Drill #3



<p><b>Drill Name:</b></p>	<p>Man-Maker</p>	<p><b>Duration:</b></p>	
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<b>What Skills are we developing?</b> <b>Players:</b>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings are optional</li> </ul>
<b>Goalkeepers:</b>	
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Players line up on goal line</li> <li>• Skate to line and back <ul style="list-style-type: none"> <li>○ v. 1 Skate forward</li> <li>○ v. 2 Skate backwards</li> <li>○ v. 3 Skate forward one way + backwards the other way</li> <li>○ v. 4 One-leg slalom + two-leg slalom (forwards and backwards)</li> </ul> </li> </ul>	<b>TIPS</b>

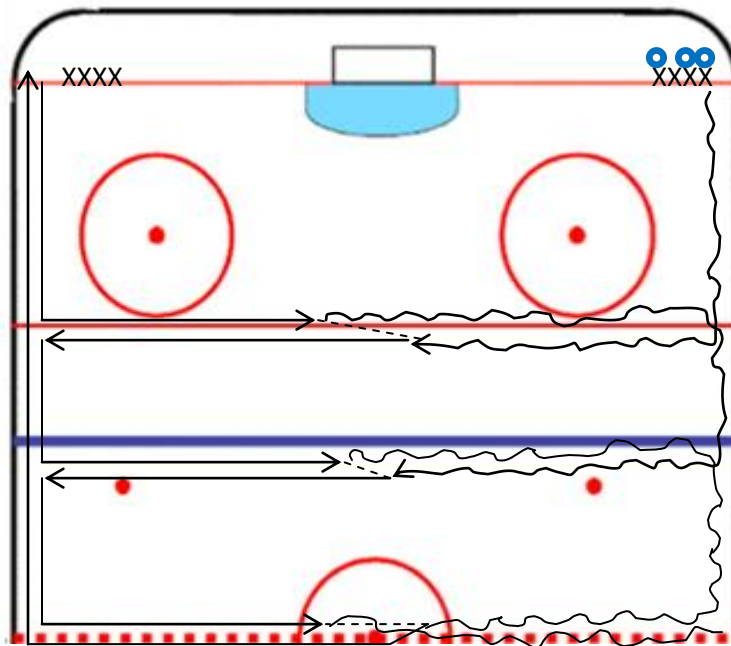
## Drill #4



<b>Drill Name:</b>	Static passing	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Pass placement</li> <li>• Pass receiving</li> <li>• Sweep + flip</li> <li>• Foot + hand stop</li> </ul>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> <li>• Variation: 2 = speed rings</li> </ul>		
<b>Goalkeepers:</b>			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players pair off and face each other approximately 2 metres apart</li> <li>• Player 1 passes to player 2 and repeat</li> <li>• After 10 passes, take 2 steps back and repeat</li> <li>• Further spread out if required <ul style="list-style-type: none"> <li>○ v. 1 players can skate forward when passing and backwards when receiving (constantly moving)</li> <li>○ v. 2 use speed (mini) rings</li> <li>○ v. 3 forward and backward passing</li> <li>○ v. 4 use skate to receive ring, then use skate to pass to stick</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Focus on forward sweep and backhand sweep pass</li> <li>• Communication between players</li> <li>• Body + hand position</li> <li>• Tip of the stick to the target</li> <li>• Show where you want the pass</li> </ul>
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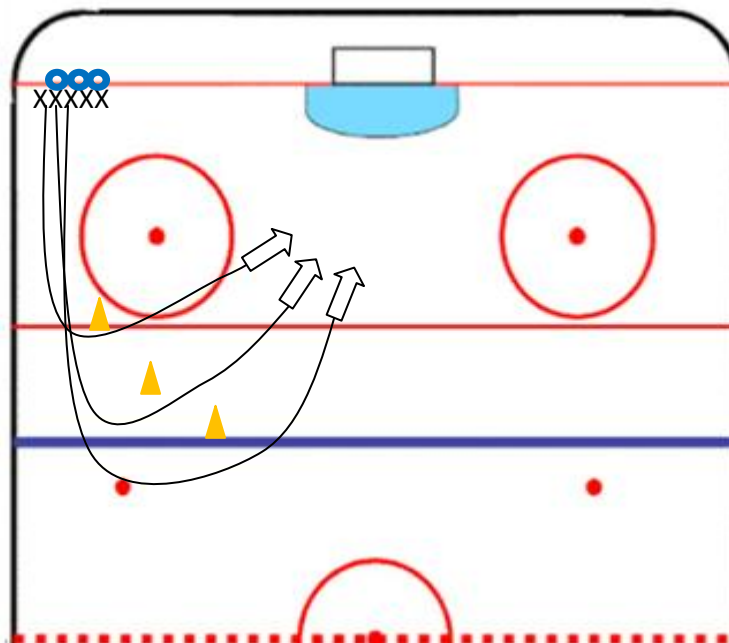
## Drill #5



<b>Drill Name:</b>	S-drill	<b>Duration:</b>	
<b>What Skills are we developing?</b>		<b>What do I need?</b>	
<b>Players:</b> <ul style="list-style-type: none"> <li>• Passing and receiving</li> </ul>		<ul style="list-style-type: none"> <li>• Rings</li> </ul>	
<b>Goalkeepers:</b>			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Two lines in each corner-one side starts with ring</li> <li>• Simultaneously, players skate up boards to ringette line and player with ring makes head-on pass to player without (in a specific zone)</li> <li>• Players continue to skate to boards, turn up boards to blue line, repeat; centre line, repeat <ul style="list-style-type: none"> <li>○ V. 1: deep pass</li> <li>○ V. 2: back pass</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Focus on forward and backward sweep</li> <li>• Players switch starting points</li> <li>• Demonstrate proper technique</li> <li>• Remove the drill start</li> </ul>
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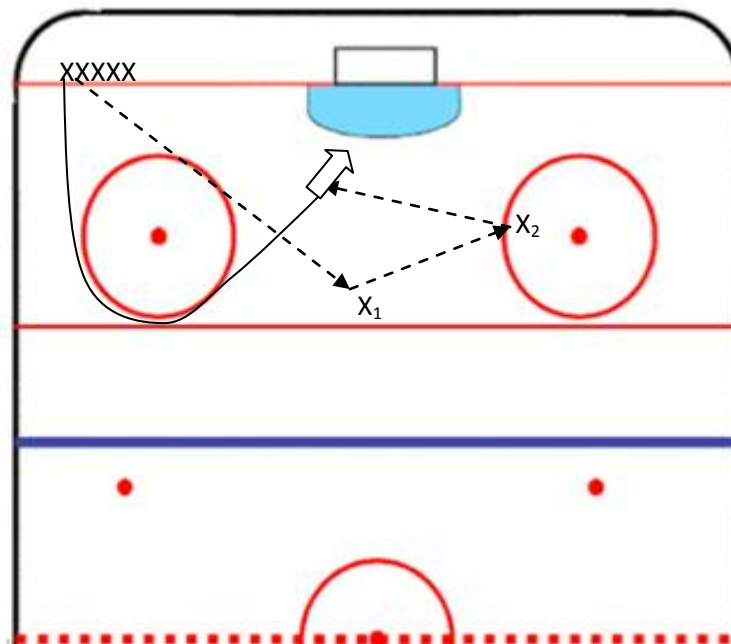
## Drill #6



<b>Drill Name:</b>	3 pylon rapid shoot-out	<b>Duration:</b>	5-10 minutes
<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Ring protection</li> <li>• Skating</li> <li>• Shooting</li> <li>• Sweep back</li> </ul>		<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Rings</li> <li>• 3 cones</li> </ul>	
<p><b>Goalkeepers:</b></p> <ul style="list-style-type: none"> <li>• Goalie gets 3 shots in rapid succession</li> </ul>			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players start in corner with ring</li> <li>• 3 start at same time</li> <li>• First goes to farthest pylon, second to middle, third to closest</li> <li>• Skate around pylon and shoot on net</li> <li>• *protect ring around pylon</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Make sure they do forehand and backhand: <ul style="list-style-type: none"> <li>-flip</li> <li>-sweep</li> <li>-etc.</li> </ul> </li> <li>• Players to go down low in turn</li> </ul>
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## Drill #7



<b>Drill Name:</b>	Cycle one-timer	<b>Duration:</b>	5-15 minutes
<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Pass placement</li> <li>• One-timer shot</li> </ul>		<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Rings</li> </ul>	
<p><b>Goalkeepers:</b></p> <p>Following ring while watching moving players – lateral movement</p>			

**Drill Details:**

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

**TIPS**

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



**Stage: U14**

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

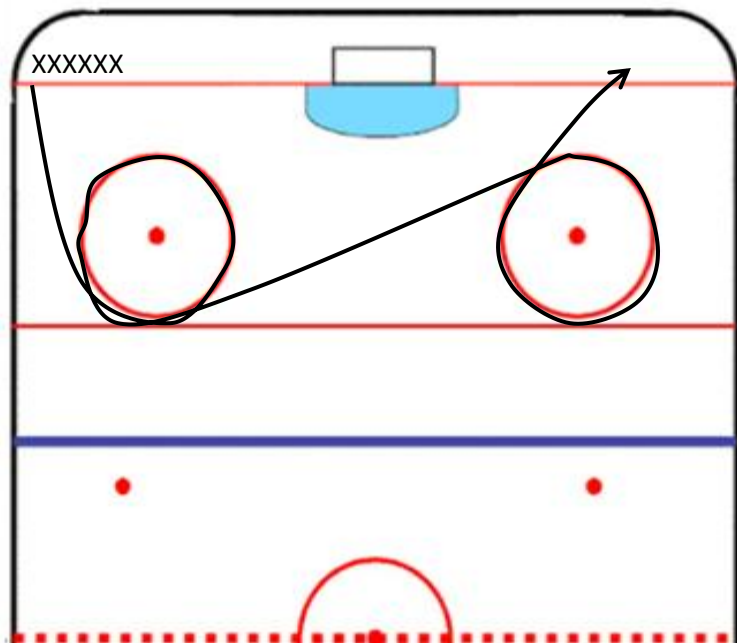
<p><b>Introduction (pre-practice) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Conditioning focus</li> <li>• Review drills (practice plan)</li> </ul>
<p><b>Warm up (10-12 minutes)</b></p> <ul style="list-style-type: none"> <li>• Drill #1, followed by stretching – pick variation</li> </ul>
<p><b>Post-practice wrap up) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Feedback on practice (w/o isolating individuals)</li> <li>• Look-ahead (games, practices)</li> </ul>

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

## Drill #1

<b>Drill Name:</b>	Warm-up Skating	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b>		
<b>Players:</b>			
<b>Goalkeepers:</b>			
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• Have players skate around entire surface of the ice in same direction             <ul style="list-style-type: none"> <li>○ V.1 Coach blows whistle:                 <ul style="list-style-type: none"> <li>➢ 1 = speed</li> <li>➢ 2 = stop + change direction</li> </ul> </li> <li>○ V.2 Players skate between blue lines, then backwards between blue lines</li> <li>○ V.3 Players stretch legs between blue lines</li> <li>○ V.4 Players stretch arms over head</li> <li>○ V.5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>		<b>TIPS</b>
			<ul style="list-style-type: none"> <li>• Push nets to Ringette line for safety</li> </ul>

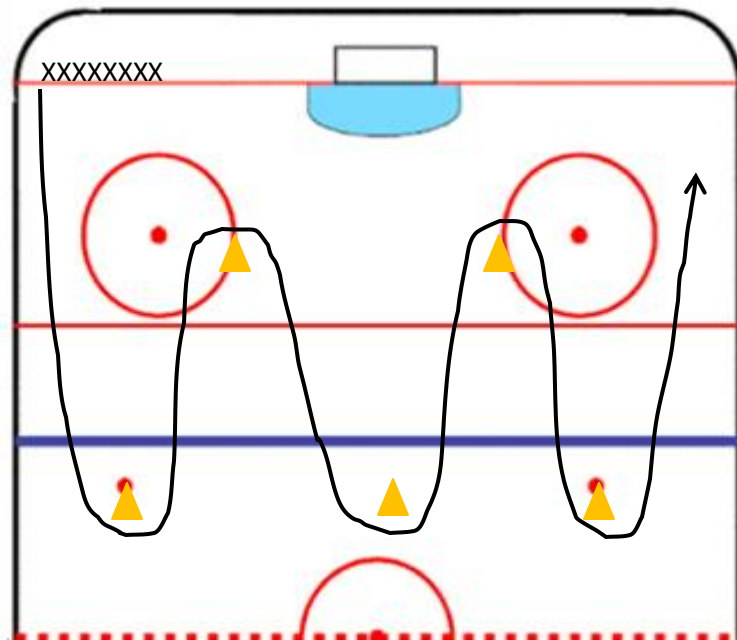
## Drill #2



<b>Drill Name:</b>	Cross-overs	<b>Duration:</b>	5 minutes
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Cross-overs (forward + backward)</li> <li>• Pivots</li> <li>• Acceleration</li> <li>• Ring protection</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• 15 rings</li> </ul>	
<p><b>Goalkeepers:</b></p>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Watch form</li> </ul>	
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Send 2-3 players at a time <ul style="list-style-type: none"> <li>○ v. 1 Forwards</li> <li>○ v. 2 Backwards</li> <li>○ v. 3 Changing directions (pivots) – always free net</li> <li>○ 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</li> </ul> </li> <li>• Modification 1: add ring, use coach inside circle to check, forcing ring protection</li> <li>• Modification 2: have players touch circles with hand</li> </ul>		

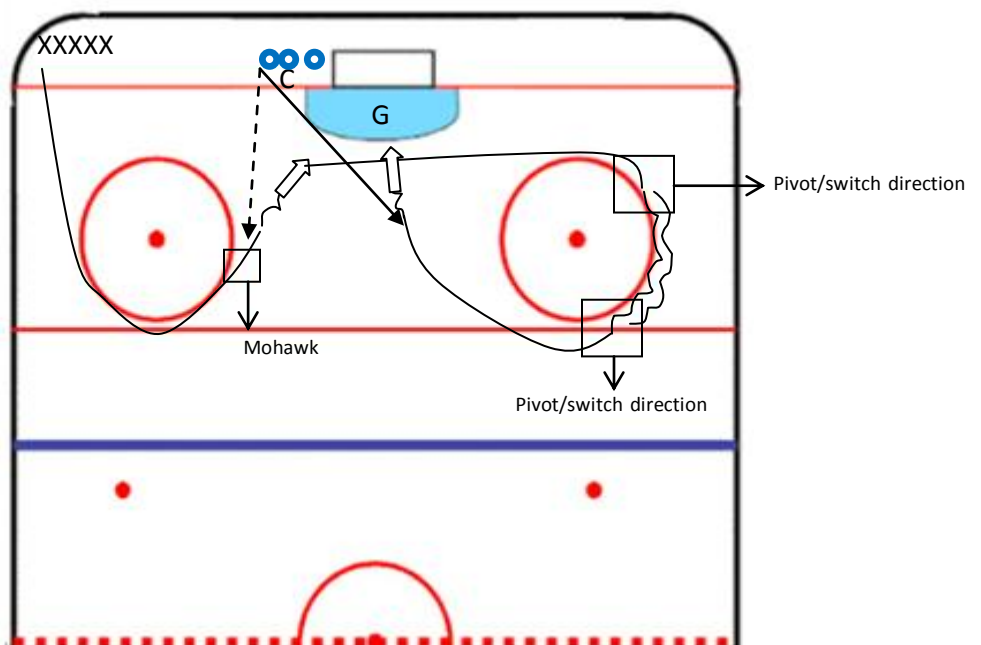
### Drill #3



<b>Drill Name:</b>	Sharp turns	<b>Duration:</b>	5 minutes
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Acceleration</li> <li>• Sharp turns</li> <li>• 360 turns</li> <li>• Backwards</li> <li>• Protecting the ring</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• 5 pylons</li> <li>• 15 rings</li> </ul>
<p><b>Goalkeepers:</b></p> <p>With players</p>	
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Skate forward with ring to first pylon</li> <li>• Turn as tight as possible around cone, continue to next pylon <ul style="list-style-type: none"> <li>○ v. 1 360 turns around pylons</li> <li>○ v. 2 front to back, back to front transitions</li> <li>○ v. 3 fully backwards</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Players to treat pylons as 'opposing players' and protect ring</li> <li>• Drill manual ref: <ul style="list-style-type: none"> <li>○ 3.13</li> </ul> </li> </ul>

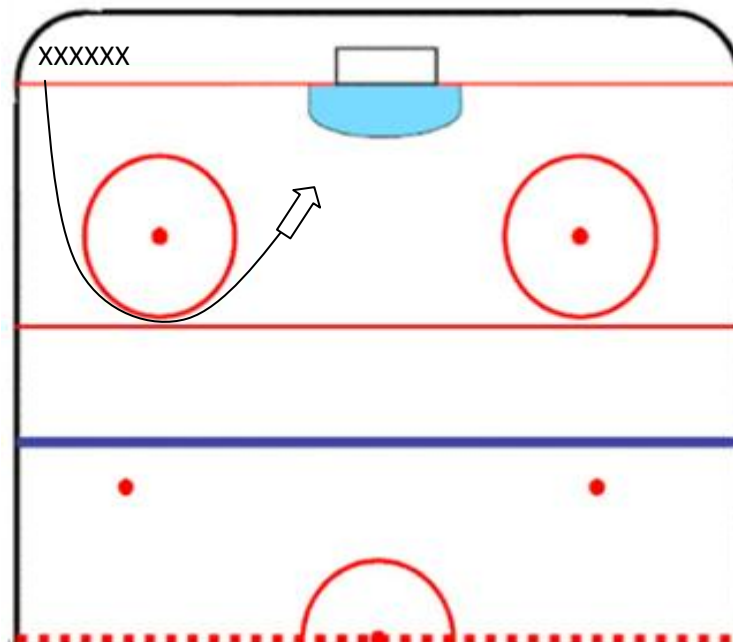
## Drill #4



<b>Drill Name:</b>	Double zone pass	<b>Duration:</b>	5-15 minutes
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<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Pass reception</li> <li>• Mohawk</li> <li>• Pivots/transitions</li> <li>• Shooting</li> </ul>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> </ul>
<b>Goalkeepers:</b>	
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Players start in corner with ring, coach has all rings</li> <li>• Player skates around circle, receives pass from coach and shoots</li> <li>• Continue skating up around second circle and receives second pass and takes shot</li> <li>• Return to line</li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Use Mohawk to square body to pass/net</li> <li>• Coach can be substituted with players</li> </ul>

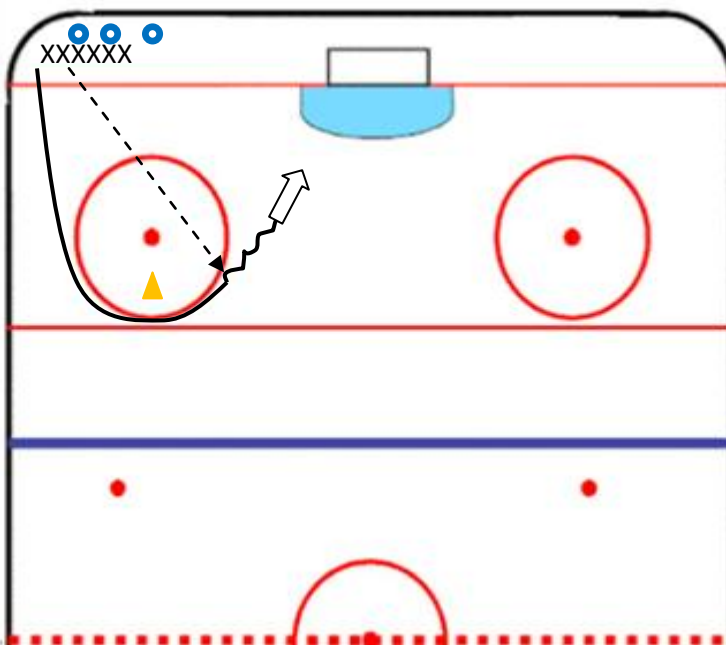
## Drill #5



<b>Drill Name:</b>	Rapid fire	<b>Duration:</b>	5-10 minutes
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Ring protection</li> <li>• Skating</li> <li>• Shooting</li> <li>• Deeks</li> <li>• Fake shots</li> </ul>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> </ul>		

<b>Goalkeepers:</b> <ul style="list-style-type: none"> <li>• Continuous shots simulate rebounds</li> </ul>	
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Players line up with rings in corner</li> <li>• On whistle, player skates around, circles and takes shot on net</li> <li>• Start next player when previous player reaches outside hash marks to have rapid shots on goalie</li> <li>• Variations: <ul style="list-style-type: none"> <li>○ coach requests certain types of shots (i.e. forehand/backhand/deek) and shot placement</li> <li>○ add defence player on coach</li> </ul> </li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Make sure they do forehand and backhand: <ul style="list-style-type: none"> <li>-flip</li> <li>-sweep</li> <li>-etc.</li> </ul> </li> <li>• Make sure feet move</li> </ul>

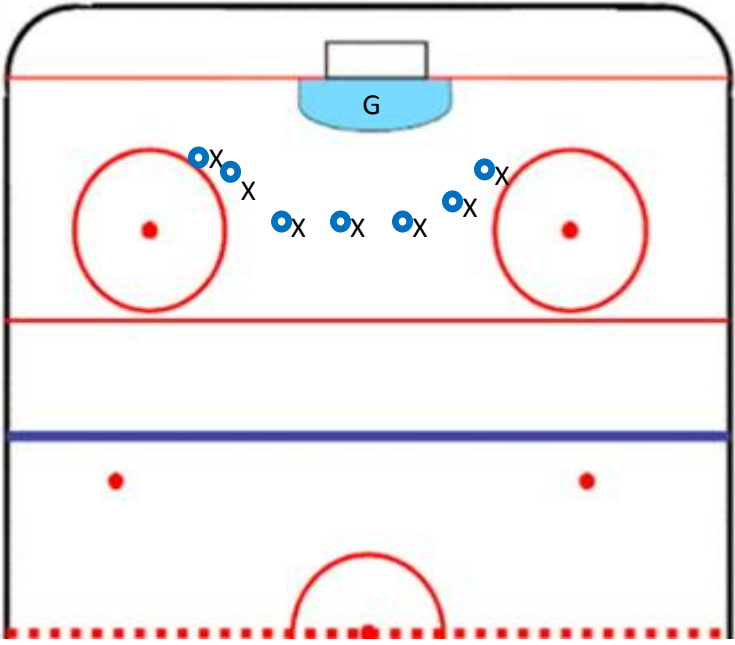
## Drill #6



<b>Drill Name:</b>		<b>Duration:</b>	
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Pass placement</li> <li>• Timing</li> <li>• Body and head dekes</li> </ul>		<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> <li>• Pylons</li> </ul>	
<b>Goalkeepers:</b> <ul style="list-style-type: none"> <li>• Breakaways</li> </ul>			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Skate with ring around pylon</li> <li>• Next player on line makes pass to where player is headed (before they arrive-using pylon as cone to make pass)</li> <li>• After making pass, next player starts drill</li> <li>• Take cone out later in season</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Player with ring works on body and head dekes</li> <li>• Switch starting point to other side</li> <li>• Call the pass out</li> <li>• Make them yell</li> <li>• Timing is everything</li> <li>• Use cone as marker for the pass</li> </ul>
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### Drill #7



<b>Drill Name:</b>	Static horseshoe	<b>Duration:</b>	5 minutes
<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Shooting</li> <li>• Sweep</li> <li>• Wrist shots</li> <li>• 2 step shoot</li> </ul>		<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Rings</li> </ul>	
<p><b>Goalkeepers:</b></p> <ul style="list-style-type: none"> <li>• Move side to side</li> </ul>			

**Drill Details:**

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

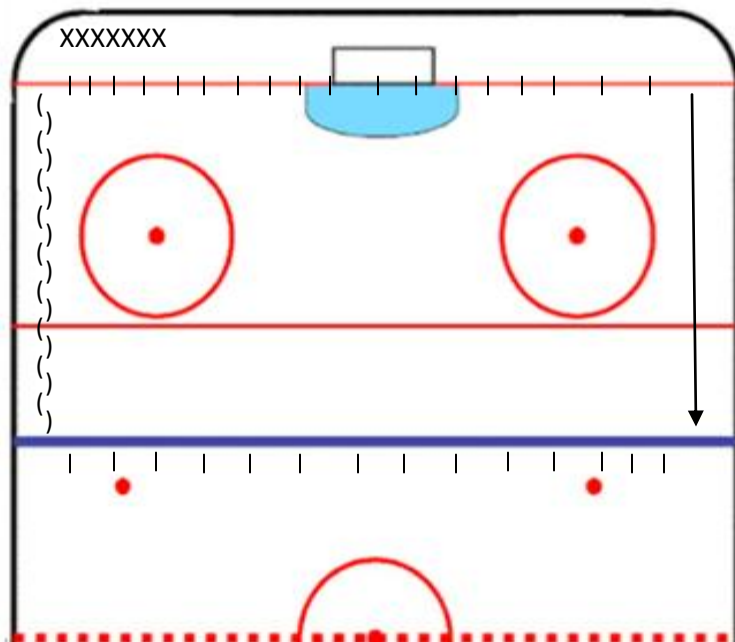
<p><b>Introduction (pre-practice) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Conditioning focus</li> <li>• Review drills (practice plan)</li> </ul>
<p><b>Warm up (10-12 minutes)</b></p> <ul style="list-style-type: none"> <li>• Drill #1, followed by stretching – pick variation</li> </ul>
<p><b>Post-practice wrap up) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Feedback on practice (w/o isolating individuals)</li> <li>• Look-ahead (games, practices)</li> </ul>

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

## Drill #1

<b>Drill Name:</b>	Warm-up Skating	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b>		
<b>Players:</b>			
<b>Goalkeepers:</b>			
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• Have players skate around entire surface of the ice in same direction             <ul style="list-style-type: none"> <li>○ V.1 Coach blows whistle:                 <ul style="list-style-type: none"> <li>➤ 1 = speed</li> <li>➤ 2 = stop + change direction</li> </ul> </li> <li>○ V.2 Players skate between blue lines, then backwards between blue lines</li> <li>○ V.3 Players stretch legs between blue lines</li> <li>○ V.4 Players stretch arms over head</li> <li>○ V.5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>		<b>TIPS</b>
			<ul style="list-style-type: none"> <li>• Push nets to Ringette line for safety</li> </ul>

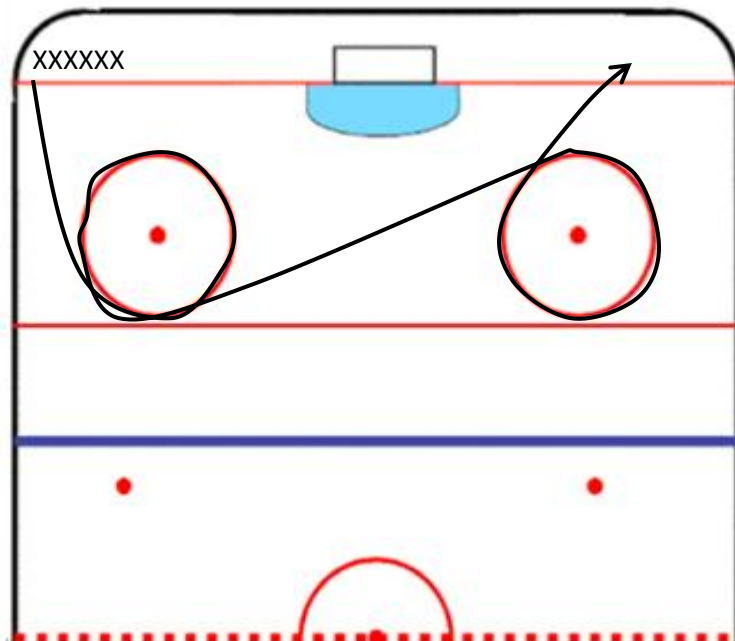
## Drill #2



<b>Drill Name:</b>	Side-step	<b>Duration:</b>	5 minutes
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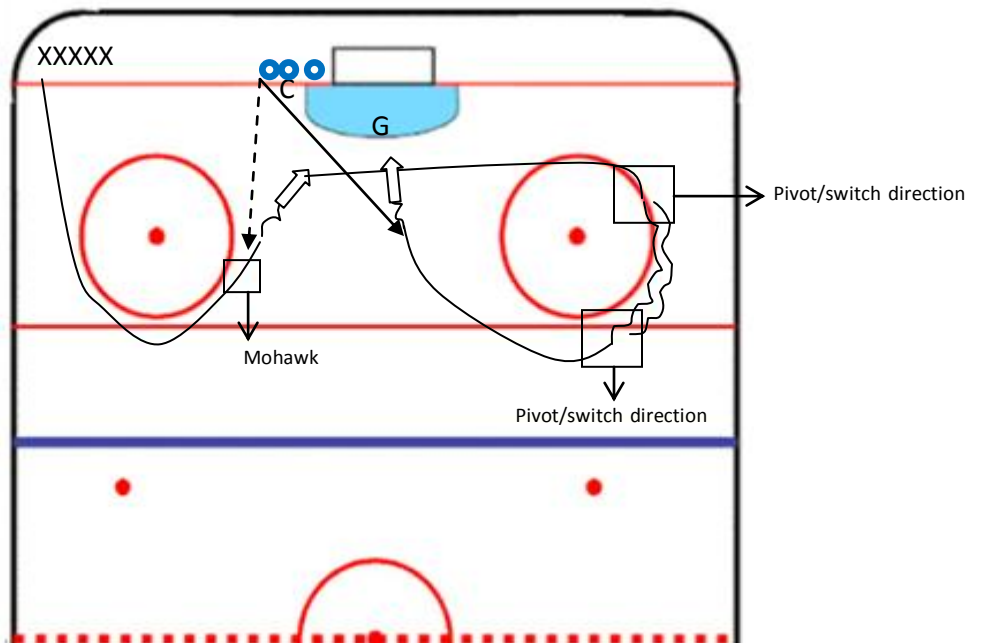
<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Cross over starts</li> <li>• Acceleration</li> <li>• One leg stop</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Push net away from goal line</li> </ul>
<p><b>Goalkeepers:</b></p> <p>With skaters</p>	
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Ensure players are facing forward (hips, shoulders, head)</li> <li>• Side-steps across goal line</li> <li>• Watch form/technique/ - speed is not important</li> <li>• Approximately 2 metres from boards, use momentum into forward skating</li> <li>• Accelerate to blue line</li> <li>• Repeat side-stepping (facing same direction to work other leg)</li> <li>• Across blue line, use one-foot stop</li> <li>• Continue back to goal line backwards</li> <li>• Repeat drill, starting from opposite corner</li> <li>• Variation: split ice up middle and run two shorter 'boxes' to maximize ice/player engagement</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Watch body alignment</li> <li>• Ensure body does not face side</li> </ul>

### Drill #3



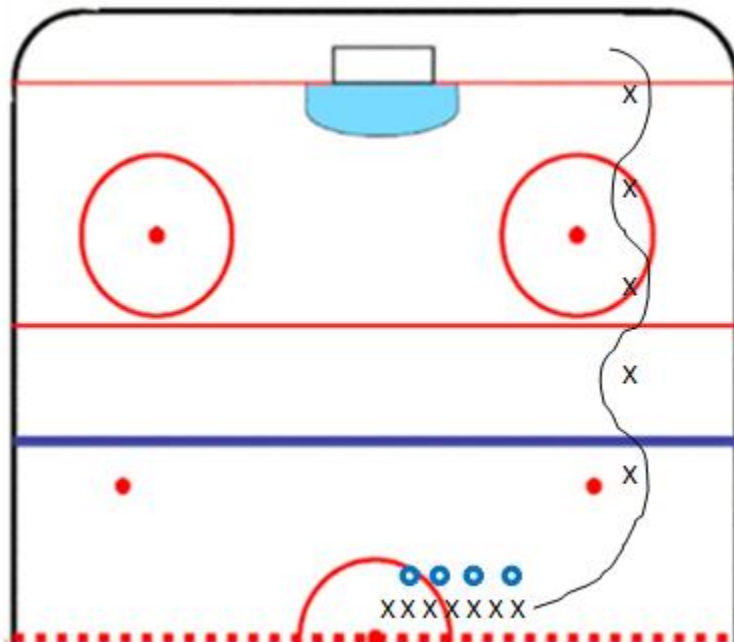
<b>Drill Name:</b>	Cross-overs	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>		<b>What do I need?</b>	
<b>Players:</b> <ul style="list-style-type: none"> <li>• Cross-overs (forward + backward)</li> <li>• Pivots</li> <li>• Acceleration</li> <li>• Ring protection</li> </ul>		<ul style="list-style-type: none"> <li>• 15 rings</li> </ul>	
<b>Goalkeepers:</b>			
<b>Drill Details:</b>		<b>TIPS</b>	
<ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Send 2-3 players at a time <ul style="list-style-type: none"> <li>○ v. 1 Forwards</li> <li>○ v. 2 Backwards</li> <li>○ v. 3 Changing directions (pivots) – always free net</li> <li>○ 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</li> </ul> </li> <li>• Modification 1: add ring, use coach inside circle to check, forcing ring protection</li> <li>• Modification 2: have players touch circles with hand</li> </ul>		<ul style="list-style-type: none"> <li>• Watch form</li> </ul>	

## Drill #4



<b>Drill Name:</b>	Double zone pass	<b>Duration:</b>	5-15 minutes
<b>What Skills are we developing?</b>		<b>What do I need?</b>	
<b>Players:</b> <ul style="list-style-type: none"> <li>• Pass reception</li> <li>• Mohawk</li> <li>• Pivots/transitions</li> <li>• Shooting</li> </ul>		<ul style="list-style-type: none"> <li>• Rings</li> </ul>	
<b>Goalkeepers:</b>			
<b>Drill Details:</b>		<b>TIPS</b>	
<ul style="list-style-type: none"> <li>• Players start in corner with ring, coach has all rings</li> <li>• Player skates around circle, receives pass from coach and shoots</li> <li>• Continue skating up around second circle and receives second pass and takes shot</li> <li>• Return to line</li> </ul>		<ul style="list-style-type: none"> <li>• Use Mohawk to square body to pass/net</li> <li>• Coach can be substituted with players</li> </ul>	

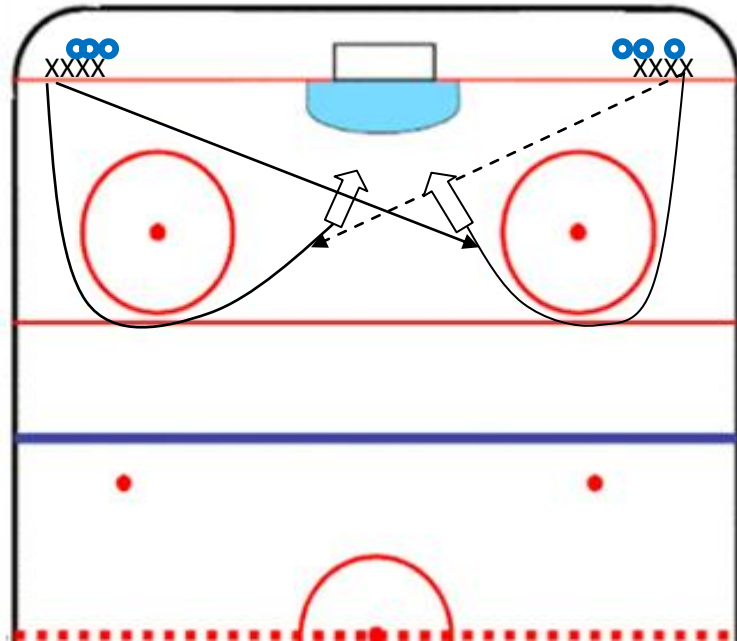
## Drill #5



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

<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Use 4-5 players in stationary position</li> <li>• Players with rings line up at centre, skate in and out of stationary players who are trying to check</li> <li>• Can also line-up whole team and last player goes with ring – coach has rings and gives to last player each time</li> </ul>	<b>TIPS</b>
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## Drill #6



<b>Drill Name:</b>	Half horseshoe/La Banane	<b>Duration:</b>	
<b>What Skills are we developing?</b> <b>Players:</b> Passing, Pass reception, Timing, Shooting, Timing, Communication, Deks		<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> </ul>	
<b>Goalkeepers:</b>			
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Split the team in 2 groups</li> <li>• First girl out of the corner circles and calls the pass</li> <li>• Pass timing is key</li> <li>• Sweep pass to skater</li> <li>• Skater stabs the ring and shoots on net</li> <li>• Shot variation – sweep, wrist, backhand + forehand</li> <li>• Ensure skaters move feet up to low circle</li> </ul>			<b>TIPS</b> <ul style="list-style-type: none"> <li>• Call for the pass</li> </ul>



**Stage: U14**

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

<p><b>Introduction (pre-practice) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Conditioning focus</li> <li>• Review drills (practice plan)</li> <li>• Review channel + check position / technique</li> </ul>
<p><b>Warm up (10-12 minutes)</b></p> <ul style="list-style-type: none"> <li>• Drill #1, followed by stretching – pick variation</li> </ul>
<p><b>Post-practice wrap up) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Feedback on practice (w/o isolating individuals)</li> <li>• Look-ahead (games, practices)</li> </ul>

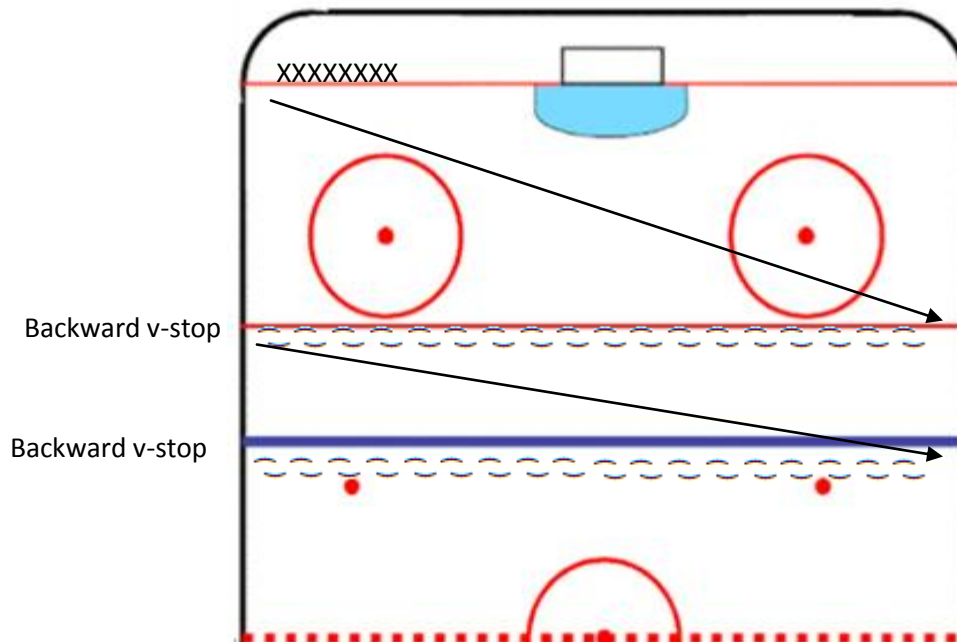
<b>TIME (minutes)</b>	<b>ACTIVITY</b>
00 – 05	<b>Drill #1:</b> warm-up
05 – 07	Hard lap + water
07 – 12	<b>Drill #2:</b> V transitions
12 – 22	<b>Drill #3:</b> Sharp turns *v.5 (360, transitions)
22 – 24	Water
24 – 30	<b>Drill #4:</b> 3 pylon rapid shot
30 – 38	<b>Drill #5:</b> progression
38 – 40	Water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



## Drill #1

<b>Drill Name:</b>	Warm-up Skating	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b>		
<b>Players:</b>			
<b>Goalkeepers:</b>			
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• Have players skate around entire surface of the ice in same direction             <ul style="list-style-type: none"> <li>○ V.1 Coach blows whistle:                 <ul style="list-style-type: none"> <li>➢ 1 = speed</li> <li>➢ 2 = stop + change direction</li> </ul> </li> <li>○ V.2 Players skate between blue lines, then backwards between blue lines</li> <li>○ V.3 Players stretch legs between blue lines</li> <li>○ V.4 Players stretch arms over head</li> <li>○ V.5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>		<b>TIPS</b> <ul style="list-style-type: none"> <li>• Push nets to Ringette line for safety</li> </ul>

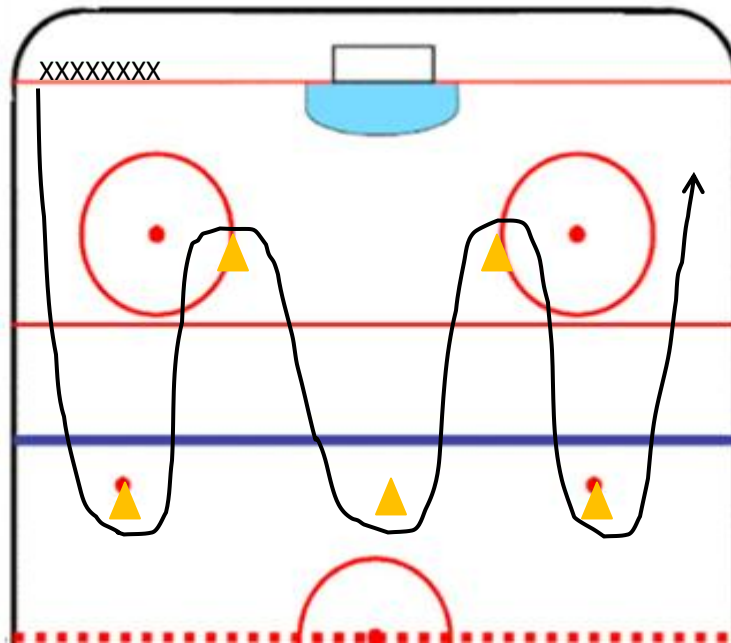
## Drill #2



<b>Drill Name:</b>	Transitions (v)	<b>Duration:</b>	5 minutes
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Forwards V-starts</li> <li>• Backwards V-stops</li> <li>• Pivots</li> <li>• Acceleration</li> </ul> <p><b>Goalkeepers:</b> With players</p>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• No equipment required</li> </ul>
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Start using V-start, accelerate to Ringette line at far boards, pivot to transition to backwards skating</li> <li>• Skate backwards across Ringette line (legs on either side to ensure form)</li> <li>• Backwards V-stop at boards</li> <li>• Repeat at blue line</li> <li>• Restart drill from centre ice (start on same side to work pivot on both sides) <ul style="list-style-type: none"> <li>○ v. 2 Side-steps on line</li> <li>○ v. 3 Backwards on line</li> <li>○ v. 4 Sculling on line</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• 'Ride the line'</li> <li>• Drill manual ref: <ul style="list-style-type: none"> <li>○ V-start 3.4</li> <li>○ Backward V –stop 3.10</li> <li>○ Pivots 3.12</li> </ul> </li> </ul>

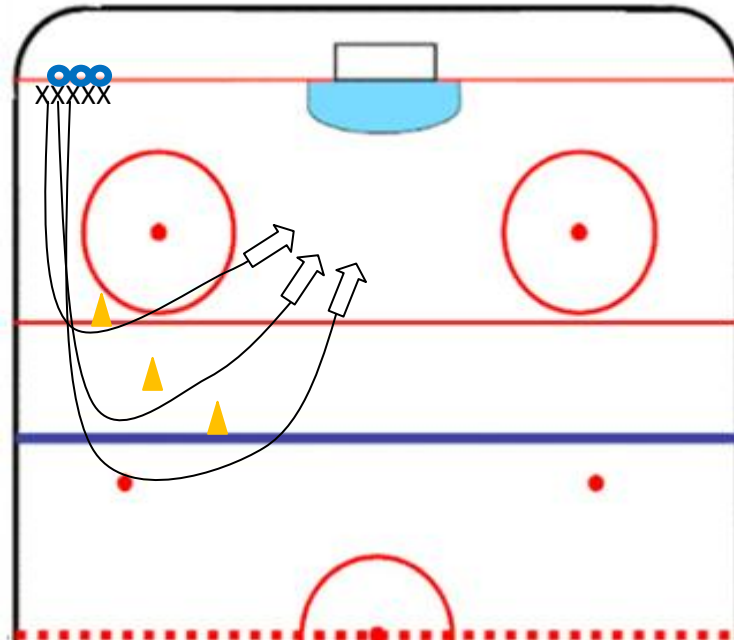
### Drill #3



<b>Drill Name:</b>	Sharp turns	<b>Duration:</b>	5 minutes
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Acceleration</li> <li>• Sharp turns</li> <li>• 360 turns</li> <li>• Backwards</li> <li>• Protecting the ring</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• 5 pylons</li> <li>• 15 rings</li> </ul>
<p><b>Goalkeepers:</b></p> <p>With players</p>	
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Skate forward with ring to first pylon</li> <li>• Turn as tight as possible around cone, continue to next pylon <ul style="list-style-type: none"> <li>○ v. 1 360 turns around pylons</li> <li>○ v. 2 front to back, back to front transitions</li> <li>○ v. 3 fully backwards</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Players to treat pylons as 'opposing players' and protect ring</li> <li>• Drill manual ref: <ul style="list-style-type: none"> <li>○ 3.13</li> </ul> </li> </ul>

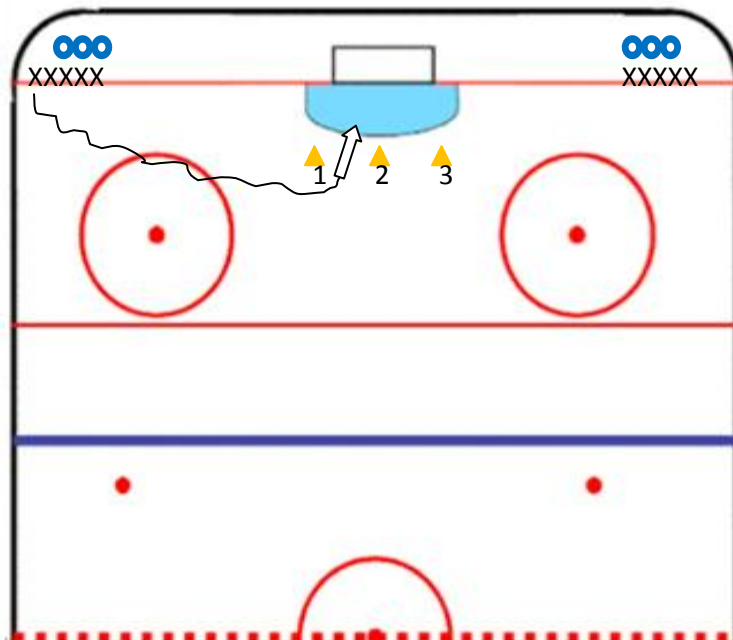
## Drill #4



<p><b>Drill Name:</b></p>	<p>3 pylon rapid shoot-out</p>	<p><b>Duration:</b></p>	<p>5-10 minutes</p>
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Ring protection</li> <li>• Skating</li> <li>• Shooting</li> <li>• Sweep back</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Rings</li> <li>• 3 cones</li> </ul>
<p><b>Goalkeepers:</b></p> <ul style="list-style-type: none"> <li>• Goalie gets 3 shots in rapid succession</li> </ul>	
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players start in corner with ring</li> <li>• 3 start at same time</li> <li>• First goes to farthest pylon, second to middle, third to closest</li> <li>• Skate around pylon and shoot on net</li> <li>• *protect ring around pylon</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Make sure they do forehand and backhand: <ul style="list-style-type: none"> <li>-flip</li> <li>-sweep</li> <li>-etc.</li> </ul> </li> <li>• Players to go down low in turn</li> </ul>

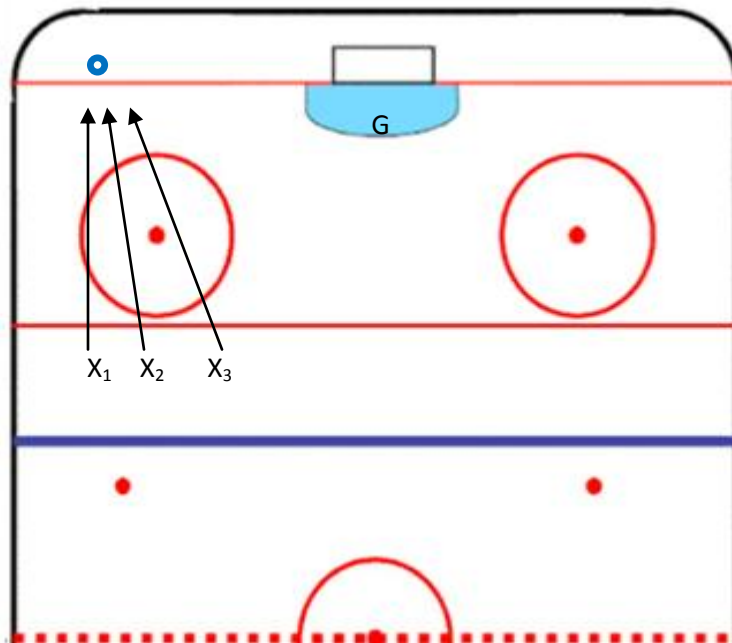
## Drill #5



<p><b>Drill Name:</b></p>	<p>3 pylon rapid shoot-out</p>	<p><b>Duration:</b></p>	<p>5-10 minutes</p>
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Ring possession</li> <li>• Skating, Acceleration</li> <li>• Shooting-Sweep</li> <li>• Fake shot</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Rings</li> <li>• 3 cones</li> </ul>
<p><b>Goalkeepers:</b></p> <ul style="list-style-type: none"> <li>• Goalie does not know where the shot will be done</li> </ul>	
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner with ring</li> <li>• Coach calls out cone position</li> <li>• Players skates out and goes around cone and shoots, returns to line on other side</li> <li>• After all players have gone (alternating cones to keep goalie guessing where shot is coming from) start from other side</li> <li>• Alternate types of shots (forehand, backhand, etc.)</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Coach calls shot position</li> <li>• *Fake shot at various position</li> </ul>

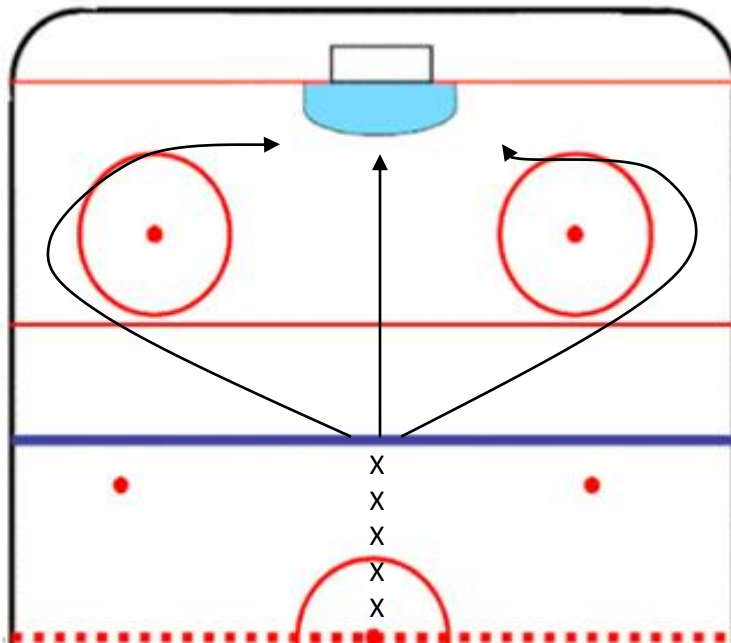
## Drill #6



<p><b>Drill Name:</b></p>	<p>Channel + Check -2 v1 progression</p>	<p><b>Duration:</b></p>	
<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p>		<p><b>What do I need?</b></p>	
<p><b>Goalkeepers:</b></p>			

<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• 3 lines at ringette line</li> <li>• On whistle, race to ring</li> <li>• If X1 gets ring, X2 + X3 attempts to channel/check to gain ring</li> <li>• X1 tries to score</li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Come in at an angle to pick up ring</li> </ul>
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## Drill #7



<b>Drill Name:</b>	3 angle shootout	<b>Duration:</b>	Finish
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Shooting</li> <li>• Scoring</li> <li>• Deeks</li> <li>• Fakes</li> </ul>		<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> </ul>	
<b>Goalkeepers:</b> <ul style="list-style-type: none"> <li>• Movement</li> </ul>		<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Shoot-out <ul style="list-style-type: none"> <li>○ Around left circle</li> <li>○ Around right circle</li> <li>○ Straight at goalie</li> </ul> </li> </ul>	
		<b>TIPS</b> <ul style="list-style-type: none"> <li>• Head up</li> <li>• Coach demands type of shot (wrist, backhand, sweep, etc.)</li> </ul>	

**Stage: U14**

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

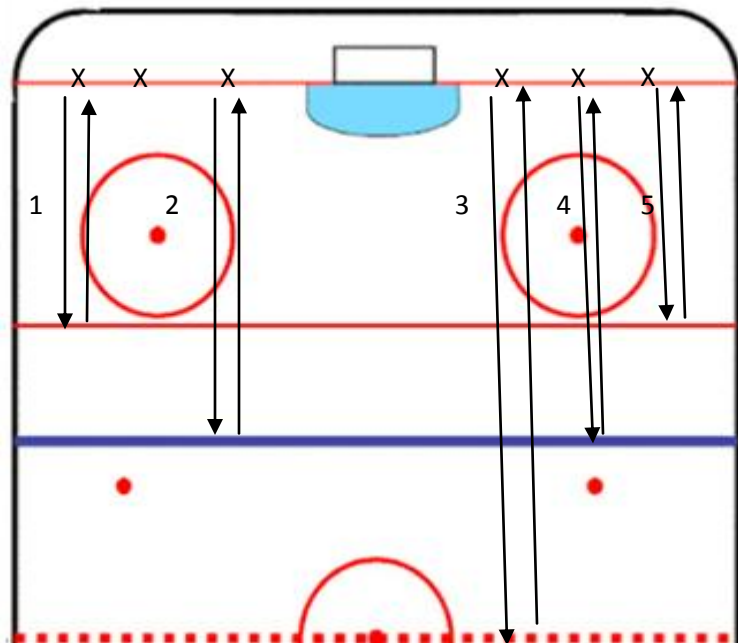
<p><b>Introduction (pre-practice) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Conditioning focus</li> <li>• Review drills (practice plan)</li> </ul>
<p><b>Warm up (10-12 minutes)</b></p> <ul style="list-style-type: none"> <li>• Drill #1, followed by stretching – pick variation</li> </ul>
<p><b>Post-practice wrap up) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Feedback on practice (w/o isolating individuals)</li> <li>• Look-ahead (games, practices)</li> </ul>

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

## Drill #1

<b>Drill Name:</b>	Warm-up Skating	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>Players:</b>	<b>What do I need?</b>	
<b>Goalkeepers:</b>			
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• Have players skate around entire surface of the ice in same direction             <ul style="list-style-type: none"> <li>○ V.1 Coach blows whistle:                 <ul style="list-style-type: none"> <li>➢ 1 = speed</li> <li>➢ 2 = stop + change direction</li> </ul> </li> <li>○ V.2 Players skate between blue lines, then backwards between blue lines</li> <li>○ V.3 Players stretch legs between blue lines</li> <li>○ V.4 Players stretch arms over head</li> <li>○ V.5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>		<b>TIPS</b>
			<ul style="list-style-type: none"> <li>• Push nets to Ringette line for safety</li> </ul>

## Drill #2

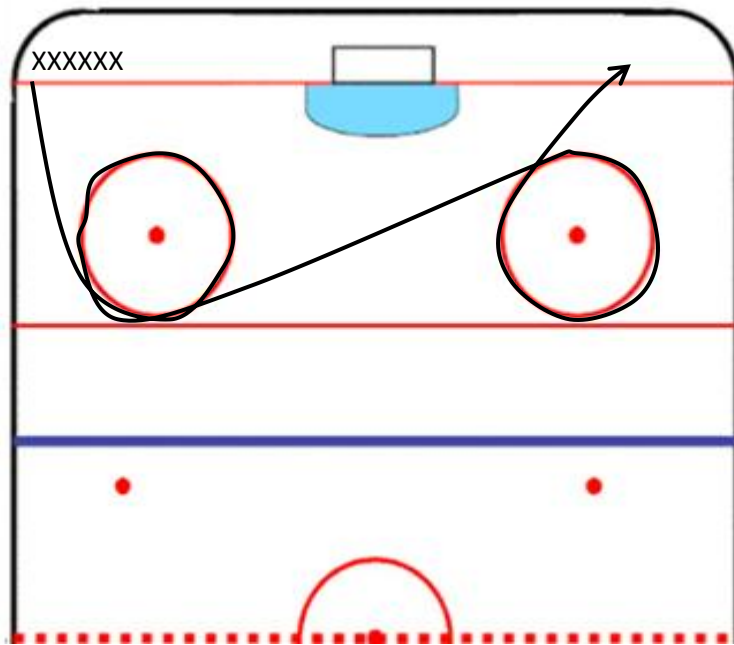


<b>Drill Name:</b>	Man-Maker	<b>Duration:</b>	
<b>What Skills are we developing?</b>	<b>Players:</b>	<b>What do I need?</b>	
		<ul style="list-style-type: none"> <li>• Rings are optional</li> </ul>	



<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up on goal line</li> <li>• Skate to line and back <ul style="list-style-type: none"> <li>○ v. 1 Skate forward</li> <li>○ v. 2 Skate backwards</li> <li>○ v. 3 Skate forward one way + backwards the other way</li> <li>○ v. 4 One-leg slalom + two-leg slalom (forwards and backwards)</li> </ul> </li> </ul>	<p><b>TIPS</b></p>
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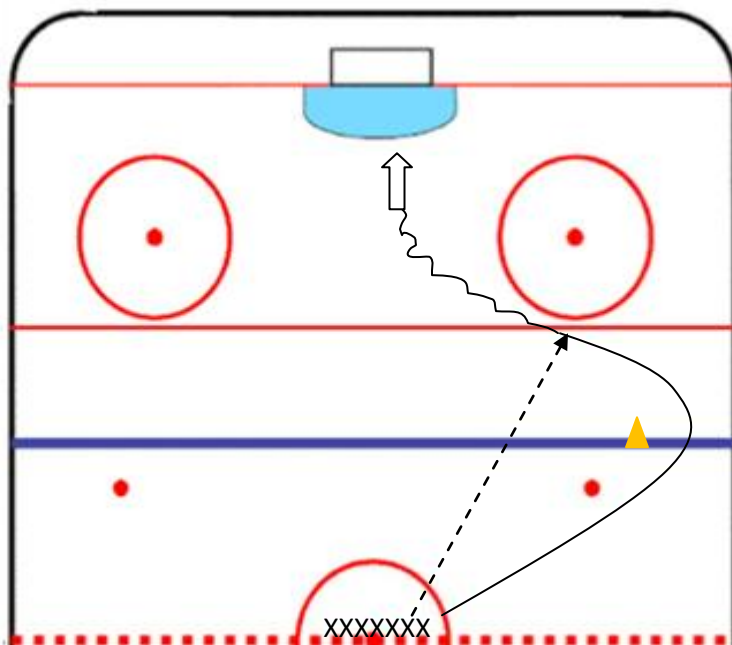
### Drill #3



<p><b>Drill Name:</b></p>	<p>Cross-overs</p>	<p><b>Duration:</b></p>	<p>5 minutes</p>
<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Cross-overs (forward + backward)</li> <li>• Pivots</li> <li>• Acceleration</li> <li>• Ring protection</li> </ul>		<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• 15 rings</li> </ul>	
<p><b>Goalkeepers:</b></p>			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Send 2-3 players at a time <ul style="list-style-type: none"> <li>○ v. 1 Forwards</li> <li>○ v. 2 Backwards</li> <li>○ v. 3 Changing directions (pivots) – always free net</li> <li>○ 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</li> </ul> </li> <li>• Modification 1: add ring, use coach inside circle to check, forcing ring protection</li> <li>• Modification 2: have players touch circles with hand</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Watch form</li> </ul>
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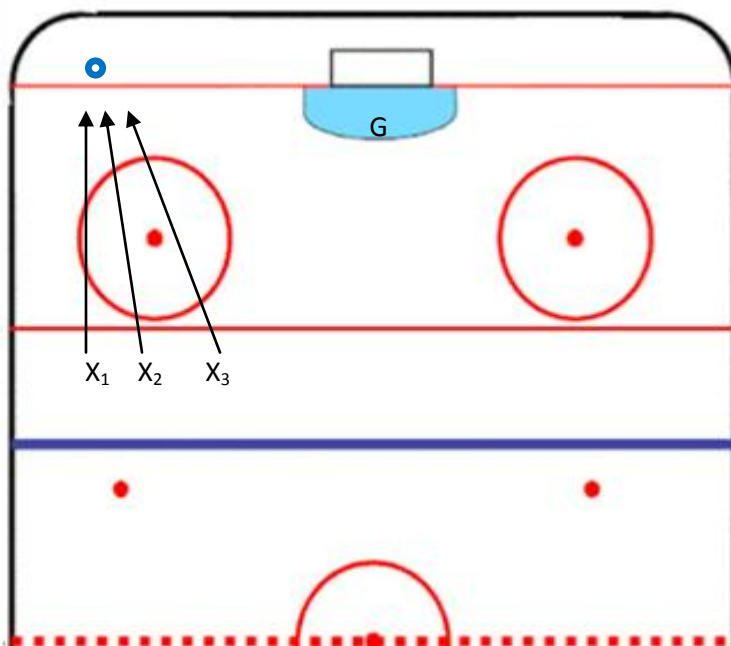
## Drill #4



<b>Drill Name:</b>	East-West	<b>Duration:</b>	5-10 minutes
<b>What Skills are we developing?</b>		<b>What do I need?</b>	
<b>Players:</b> <ul style="list-style-type: none"> <li>• Passing</li> <li>• Shooting</li> <li>• Cuts</li> </ul>		<ul style="list-style-type: none"> <li>• Rings</li> <li>• 1 pylon</li> </ul>	
<b>Goalkeepers:</b>			

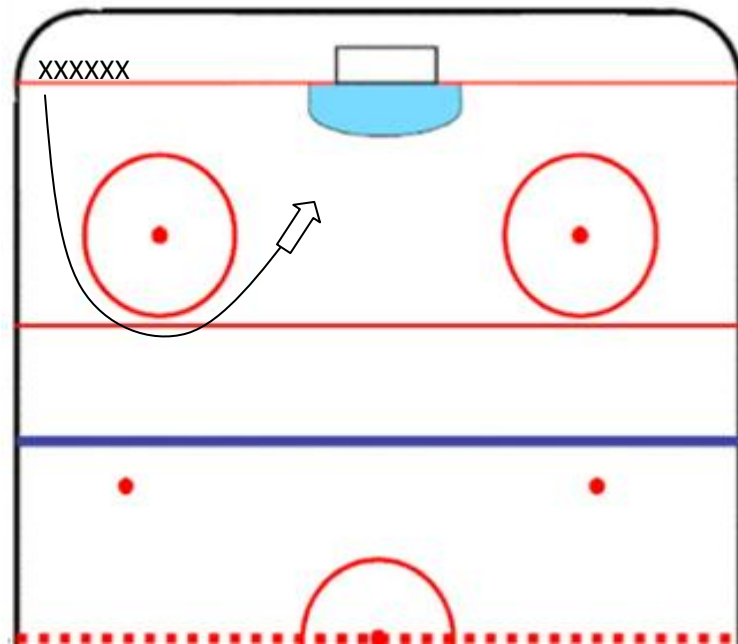
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• X1 leaves, cuts around pylon, looks for pass from X2, goes and shoots, etc.</li> <li>• Change sides</li> <li>• Variation: <ul style="list-style-type: none"> <li>○ have defence try to cut off pass</li> <li>○ have defence in corner</li> <li>○ on whistle, D + F leave at same time</li> <li>○ defence tries to intercept pass or take ring away from F</li> <li>○ Also could have shooter go in corner after their shot</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Focus on sweep check</li> </ul>
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## Drill #5



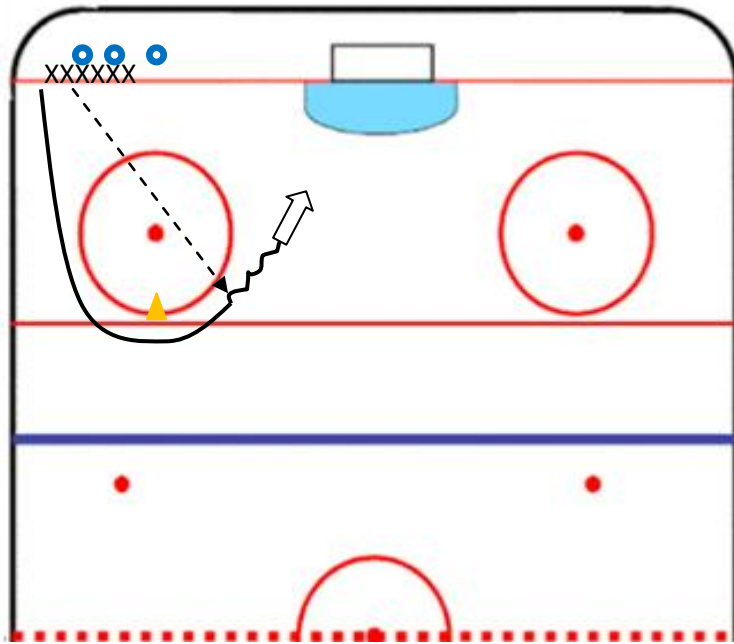
<b>Drill Name:</b>	Channel + Check -2 v1 progression	<b>Duration:</b>	
<b>What Skills are we developing?</b>	<b>What do I need?</b>		
<b>Players:</b>			
<b>Goalkeepers:</b>			
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• 3 lines at ringette line</li> <li>• On whistle, race to ring</li> <li>• If X1 gets ring, X2 + X3 attempts to channel/check to gain ring</li> <li>• X1 tries to score</li> </ul>		<b>TIPS</b>
			<ul style="list-style-type: none"> <li>• Come in at an angle to pick up ring</li> </ul>

## Drill #6



<b>Drill Name:</b>	Rapid fire	<b>Duration:</b>	5-10 minutes
<b>What Skills are we developing?</b>		<b>What do I need?</b>	
<b>Players:</b> <ul style="list-style-type: none"> <li>• Ring protection</li> <li>• Skating</li> <li>• Shooting</li> <li>• Deeks</li> <li>• Fake shots</li> </ul>		<ul style="list-style-type: none"> <li>• Rings</li> </ul>	
<b>Goalkeepers:</b>			
<ul style="list-style-type: none"> <li>• Continuous shots simulate rebounds</li> </ul>			
<b>Drill Details:</b>		<b>TIPS</b>	
<ul style="list-style-type: none"> <li>• Players line up with rings in corner</li> <li>• On whistle, player skates around, circles and takes shot on net</li> <li>• Start next player when previous player reaches outside hash marks to have rapid shots on goalie</li> <li>• Variations: <ul style="list-style-type: none"> <li>○ coach requests certain types of shots (i.e. forehand/backhand/deek) and shot placement</li> <li>○ add defence player on coach</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>• Make sure they do forehand and backhand: <ul style="list-style-type: none"> <li>-flip</li> <li>-sweep</li> <li>-etc.</li> </ul> </li> </ul> <p>Make sure feet move</p>	

## Drill #7



<b>Drill Name:</b>		<b>Duration:</b>	
<b>What Skills are we developing?</b>		<b>What do I need?</b>	
<b>Players:</b> <ul style="list-style-type: none"> <li>• Pass placement</li> <li>• Timing</li> <li>• Body and head dekes</li> </ul>		<ul style="list-style-type: none"> <li>• Rings</li> <li>• Pylons</li> </ul>	
<b>Goalkeepers:</b>			
<ul style="list-style-type: none"> <li>• Breakaways</li> </ul>			
<b>Drill Details:</b>		<b>TIPS</b>	
<ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Skate with ring around pylon</li> <li>• Next player on line makes pass to where player is headed (before they arrive-using pylon as cone to make pass)</li> <li>• After making pass, next player starts drill</li> <li>• Take cone out later in season</li> </ul>		<ul style="list-style-type: none"> <li>• Player with ring works on body and head dekes</li> <li>• Switch starting point to other side</li> <li>• Call the pass out</li> <li>• Make them yell</li> <li>• Timing is everything</li> <li>• Use cone as marker for the pass</li> </ul>	

**Stage: U14**

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

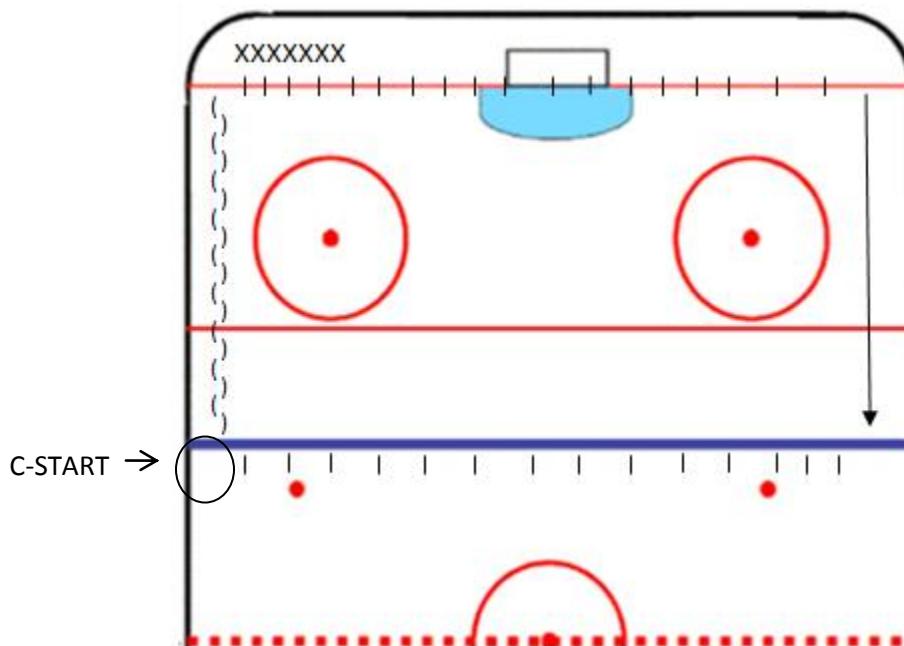
<p><b>Introduction (pre-practice) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Conditioning focus</li> <li>• Review drills (practice plan)</li> </ul>
<p><b>Warm up (10-12 minutes)</b></p> <ul style="list-style-type: none"> <li>• Drill #1, followed by stretching – pick variation</li> </ul>
<p><b>Post-practice wrap up) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Feedback on practice (w/o isolating individuals)</li> <li>• Look-ahead (games, practices)</li> </ul>

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

# Drill #1

<b>Drill Name:</b>	Warm-up Skating	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b>		
<b>Players:</b>			
<b>Goalkeepers:</b>			
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• Have players skate around entire surface of the ice in same direction               <ul style="list-style-type: none"> <li>○ V.1 Coach blows whistle:                   <ul style="list-style-type: none"> <li>➢ 1 = speed</li> <li>➢ 2 = stop + change direction</li> </ul> </li> <li>○ V.2 Players skate between blue lines, then backwards between blue lines</li> <li>○ V.3 Players stretch legs between blue lines</li> <li>○ V.4 Players stretch arms over head</li> <li>○ V.5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>		<b>TIPS</b> <ul style="list-style-type: none"> <li>• Push nets to Ringette line for safety</li> </ul>

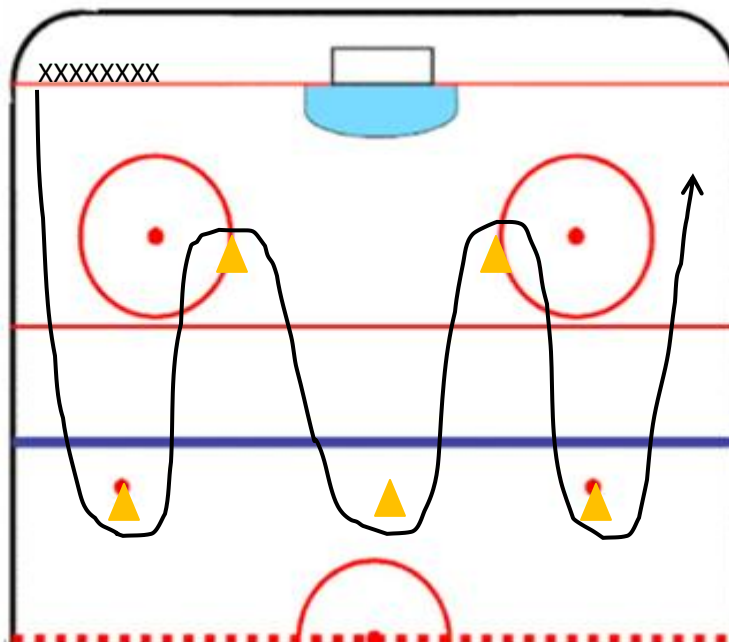
# Drill #2



<b>Drill Name:</b>	Side-step v. 2 (mid-season)	<b>Duration:</b>	
<b>What Skills are we developing?</b>	<b>What do I need?</b>		
<b>Players:</b>	<ul style="list-style-type: none"> <li>• Push net away from goal line</li> </ul>		

<b>Goalkeepers:</b>	
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Introduce backwards C-start</li> <li>• Same drill as SK#2 using backward C-start when starting to skate backwards</li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Demo backwards C-start before players do it</li> </ul>

### Drill #3

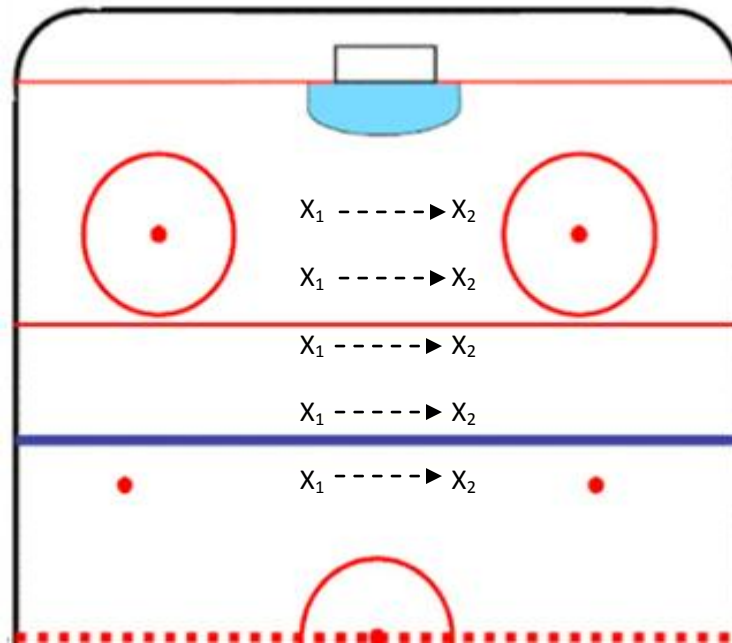


<b>Drill Name:</b>	Sharp turns	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• 5 pylons</li> <li>• 15 rings</li> </ul>		
<b>Players:</b> <ul style="list-style-type: none"> <li>• Acceleration</li> <li>• Sharp turns</li> <li>• 360 turns</li> <li>• Backwards</li> <li>• Protecting the ring</li> </ul>			
<b>Goalkeepers:</b>	With players		



<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Skate forward with ring to first pylon</li> <li>• Turn as tight as possible around cone, continue to next pylon <ul style="list-style-type: none"> <li>○ v. 1 360 turns around pylons</li> <li>○ v. 2 front to back, back to front transitions</li> <li>○ v. 3 fully backwards</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Players to treat pylons as 'opposing players' and protect ring</li> <li>• Drill manual ref: <ul style="list-style-type: none"> <li>○ 3.13</li> </ul> </li> </ul>
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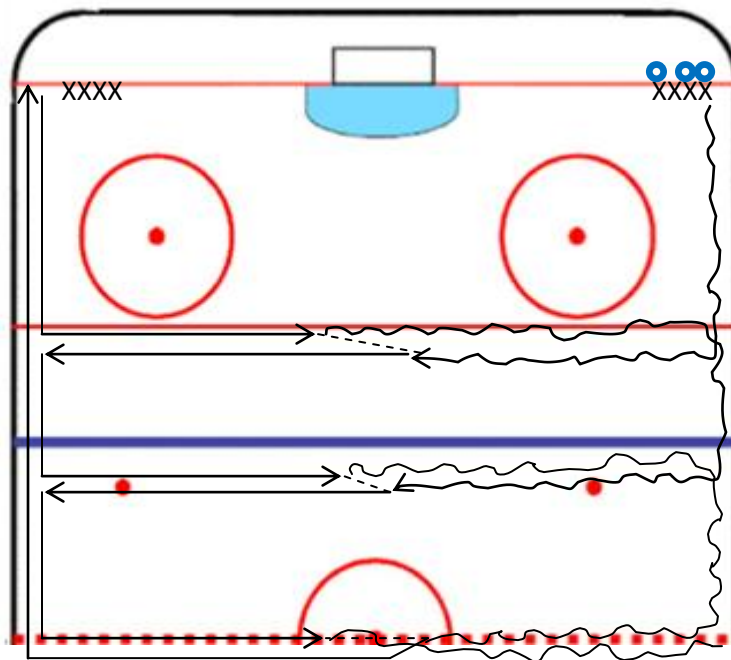
## Drill #4



<b>Drill Name:</b>	Static passing	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>		<b>What do I need?</b>	
<b>Players:</b> <ul style="list-style-type: none"> <li>• Pass placement</li> <li>• Pass receiving</li> <li>• Sweep + flip</li> <li>• Foot + hand stop</li> </ul>		<ul style="list-style-type: none"> <li>• Rings</li> <li>• Variation: 2 = speed rings</li> </ul>	
<b>Goalkeepers:</b>			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players pair off and face each other approximately 2 metres apart</li> <li>• Player 1 passes to player 2 and repeat</li> <li>• After 10 passes, take 2 steps back and repeat</li> <li>• Further spread out if required <ul style="list-style-type: none"> <li>○ v. 1 players can skate forward when passing and backwards when receiving (constantly moving)</li> <li>○ v. 2 use speed (mini) rings</li> <li>○ v. 3 forward and backward passing</li> <li>○ v. 4 use skate to receive ring, then use skate to pass to stick</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Focus on forward sweep and backhand sweep pass</li> <li>• Communication between players</li> <li>• Body + hand position</li> <li>• Tip of the stick to the target</li> <li>• Show where you want the pass</li> </ul>
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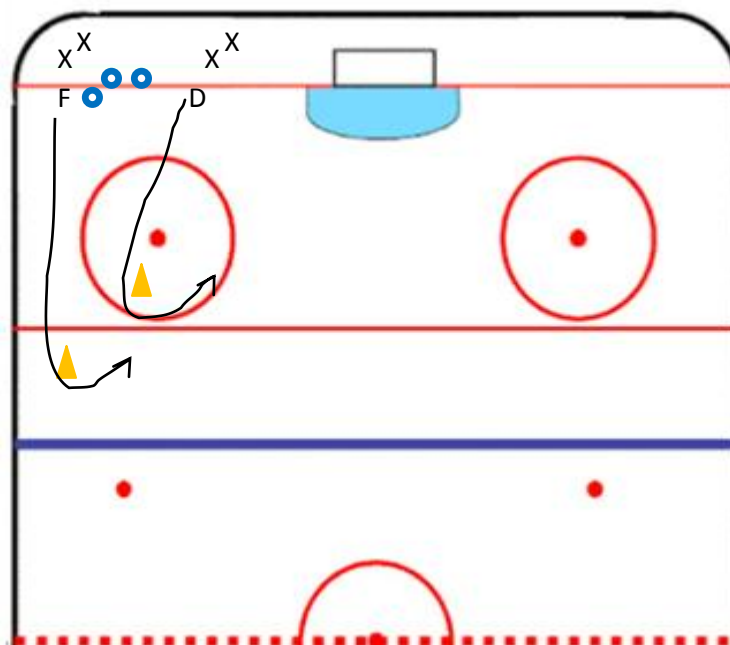
## Drill #5



<b>Drill Name:</b>	S-drill	<b>Duration:</b>	
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Passing and receiving</li> </ul>		<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> </ul>	
<b>Goalkeepers:</b>			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Two lines in each corner-one side starts with ring</li> <li>• Simultaneously, players skate up boards to ringette line and player with ring makes head-on pass to player without (in a specific zone)</li> <li>• Players continue to skate to boards, turn up boards to blue line, repeat; centre line, repeat <ul style="list-style-type: none"> <li>○ V. 1: deep pass</li> <li>○ V. 2: back pass</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Focus on forward and backward sweep</li> <li>• Players switch starting points</li> <li>• Demonstrate proper technique</li> <li>• Remove the drill start</li> </ul>
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## Drill #6



<b>Drill Name:</b>	Defensive channel	<b>Duration:</b>	5-15 minutes
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Defensive body positioning</li> <li>• Checking (sweep)</li> </ul>		<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> <li>• 2 pylons</li> </ul>	
<b>Goalkeepers:</b>			
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Forward has ring – around pylon 1 on 1</li> <li>• Can do both corners – 5-10 sec delay</li> </ul>		<b>TIPS</b> <ul style="list-style-type: none"> <li>• D timing drill</li> <li>• Both position D</li> </ul>	

**Stage: U14**

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

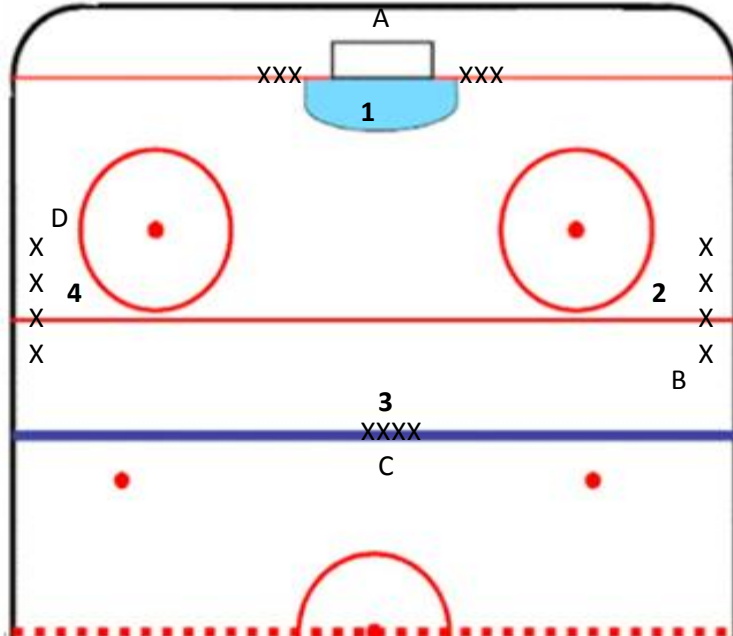
<p><b>Introduction (pre-practice) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Conditioning focus</li> <li>• Review drills (practice plan)</li> </ul>
<p><b>Warm up (10-12 minutes)</b></p> <ul style="list-style-type: none"> <li>• Drill #1, followed by stretching – pick variation</li> </ul>
<p><b>Post-practice wrap up) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Feedback on practice (w/o isolating individuals)</li> <li>• Look-ahead (games, practices)</li> </ul>

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

## Drill #1

<b>Drill Name:</b>	Warm-up Skating	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b>		
<b>Players:</b>			
<b>Goalkeepers:</b>			
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• Have players skate around entire surface of the ice in same direction             <ul style="list-style-type: none"> <li>○ V.1 Coach blows whistle:                 <ul style="list-style-type: none"> <li>➤ 1 = speed</li> <li>➤ 2 = stop + change direction</li> </ul> </li> <li>○ V.2 Players skate between blue lines, then backwards between blue lines</li> <li>○ V.3 Players stretch legs between blue lines</li> <li>○ V.4 Players stretch arms over head</li> <li>○ V.5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>		<b>TIPS</b>
			<ul style="list-style-type: none"> <li>• Push nets to Ringette line for safety</li> </ul>

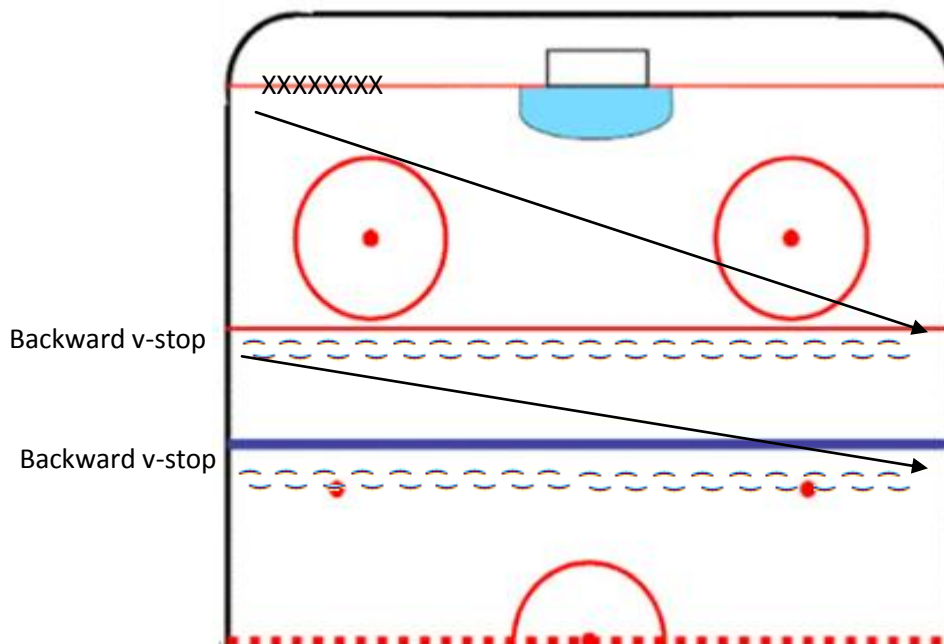
## Drill #2



<b>Drill Name:</b>	Lengths + Widths	<b>Duration:</b>	
<b>What do I need?</b>			
<ul style="list-style-type: none"> <li>• Rings are optional</li> </ul>			

<b>Goalkeepers:</b>	
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Group 1 skates to C and back, then move to B</li> <li>• Group 2 skates to D and back, then move to C</li> <li>• Group 2 skates to A and back, then move to D</li> <li>• Group 2 skates to B and back, then move to A <ul style="list-style-type: none"> <li>○ v. 1 Skate forward</li> <li>○ v. 2 Skate backward</li> <li>○ v. 3 Sculling</li> <li>○ v. 4 One-leg slalom + two-leg slalom</li> </ul> </li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Best on full ice</li> </ul>

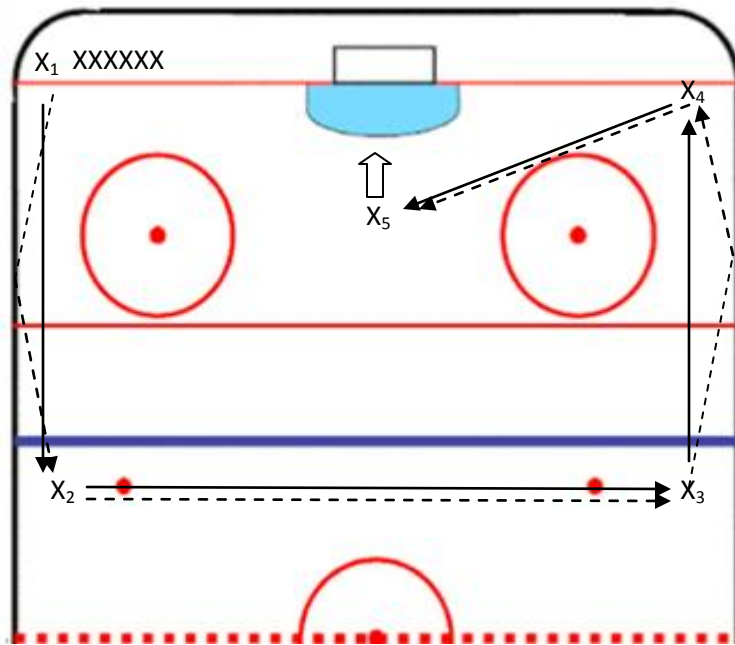
### Drill #3



<b>Drill Name:</b>	Transitions (v)	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• No equipment required</li> </ul>		
<b>Players:</b>	<ul style="list-style-type: none"> <li>• Forwards V-starts</li> <li>• Backwards V-stops</li> <li>• Pivots</li> <li>• Acceleration</li> </ul>		
<b>Goalkeepers:</b>	With players		

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Start using V-start, accelerate to Ringette line at far boards, pivot to transition to backwards skating</li> <li>• Skate backwards across Ringette line (legs on either side to ensure form)</li> <li>• Backwards V-stop at boards</li> <li>• Repeat at blue line</li> <li>• Restart drill from centre ice (start on same side to work pivot on both sides) <ul style="list-style-type: none"> <li>○ v. 2 Side-steps on line</li> <li>○ v. 3 Backwards on line</li> <li>○ v. 4 Sculling on line</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• 'Ride the line'</li> <li>• Drill manual ref: <ul style="list-style-type: none"> <li>○ V-start 3.4</li> <li>○ Backward V –stop 3.10</li> <li>○ Pivots 3.12</li> </ul> </li> </ul>
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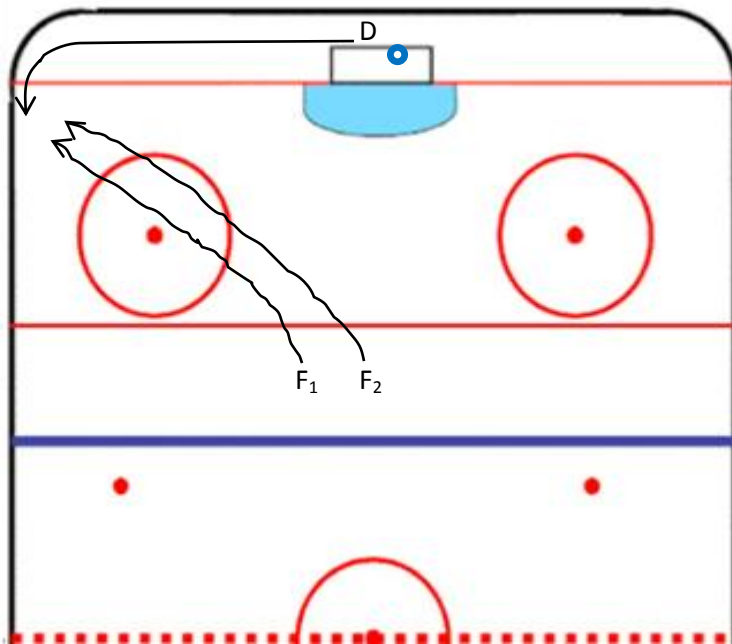
## Drill #4



<b>Drill Name:</b>	Star-5	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> </ul>		
<b>Players:</b> <ul style="list-style-type: none"> <li>• Passing</li> <li>• Skating communication</li> </ul>			
<b>Goalkeepers:</b>			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Have 5 players positioned as indicated above</li> <li>• Player 1 passes to player 2, follows pass and becomes player 2</li> <li>• Player 2 passes to player 3, follows the pass and becomes player 3</li> <li>• Player 3 passes to player 4, follows the pass and becomes player 4</li> <li>• Player 4 passes to player 5 (for one timer shot) and becomes player 5</li> <li>• After shooting, player 5 returns to line (continuous drill) <ul style="list-style-type: none"> <li>○ v. 1 pass from player 1 to player 2 and player 3 to player 4 is a board pass</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Switch starting point to other side</li> <li>• Body position</li> <li>• Release towards the target (tip)</li> <li>• Call out the pass</li> </ul>
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## Drill #5

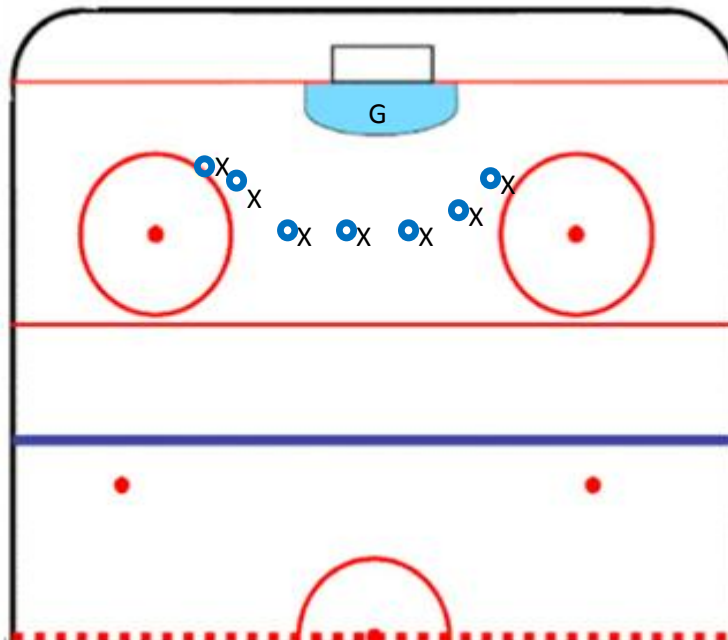


<b>Drill Name:</b>	Channel + Check	<b>Duration:</b>	
<b>What Skills are we developing?</b>		<b>What do I need?</b>	
<b>Players:</b>			
<b>Goalkeepers:</b>			



<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• D starts behind net with ring, must break around net + up boards</li> <li>• F1 skates in and channels D towards boards, staying in front of player</li> <li>• F2 comes in for the check on the other side of D than F1</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Body position</li> </ul>
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## Drill #6



<b>Drill Name:</b>	Static horseshoe	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>		<b>What do I need?</b>	
<p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Shooting</li> <li>• Sweep</li> <li>• Wrist shots</li> <li>• 2 step shoot</li> </ul>		<ul style="list-style-type: none"> <li>• Rings</li> </ul>	
<b>Goalkeepers:</b>			
<ul style="list-style-type: none"> <li>• Move side to side</li> </ul>			
<b>Drill Details:</b>		<b>TIPS</b>	
<ul style="list-style-type: none"> <li>• Start shooting 1 at a time from one side</li> <li>• Start shooting 1 at a time from other side</li> <li>• Start shooting 1 at a time from each side – back + forth</li> </ul>		<ul style="list-style-type: none"> <li>• Hand position on stick</li> <li>• Foot position</li> <li>• Right to left on coach calls player # for the shot</li> </ul>	



**Stage: U14**

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

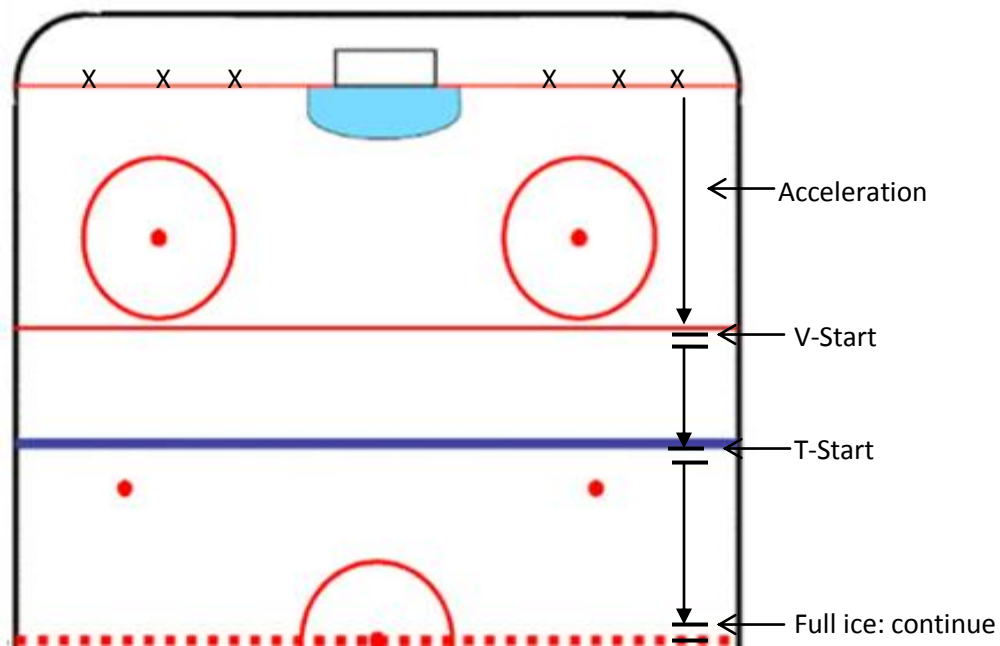
<p><b>Introduction (pre-practice) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Conditioning focus</li> <li>• Review drills (practice plan)</li> </ul>
<p><b>Warm up (10-12 minutes)</b></p> <ul style="list-style-type: none"> <li>• Drill #1, followed by stretching – pick variation</li> </ul>
<p><b>Post-practice wrap up) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Feedback on practice (w/o isolating individuals)</li> <li>• Look-ahead (games, practices)</li> </ul>

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

# Drill #1

<b>Drill Name:</b>	Warm-up Skating	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b>		
<b>Players:</b>			
<b>Goalkeepers:</b>			
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• Have players skate around entire surface of the ice in same direction             <ul style="list-style-type: none"> <li>○ V.1 Coach blows whistle:                 <ul style="list-style-type: none"> <li>➢ 1 = speed</li> <li>➢ 2 = stop + change direction</li> </ul> </li> <li>○ V.2 Players skate between blue lines, then backwards between blue lines</li> <li>○ V.3 Players stretch legs between blue lines</li> <li>○ V.4 Players stretch arms over head</li> <li>○ V.5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>		<b>TIPS</b> <ul style="list-style-type: none"> <li>• Push nets to Ringette line for safety</li> </ul>

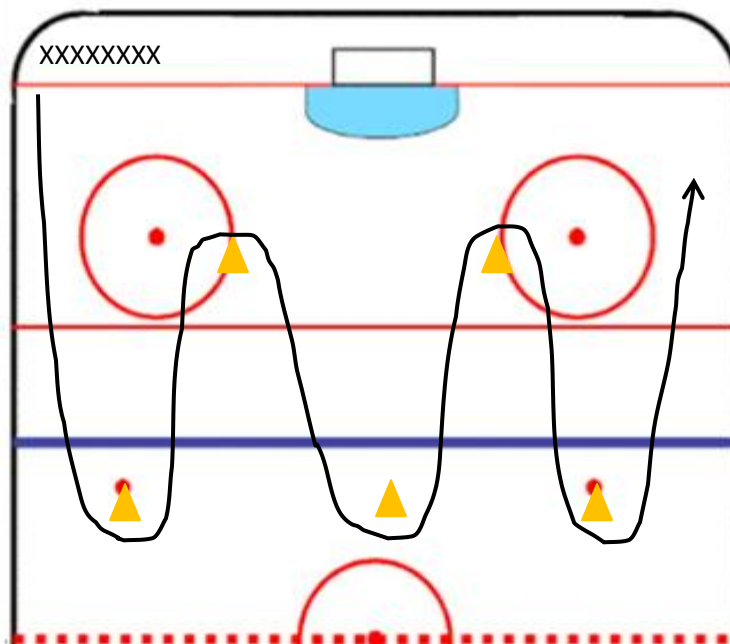
# Drill #2



<b>Drill Name:</b>	Stops + Starts	<b>Duration:</b>	5 minutes (2 reps on 1/2 Ice)
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• V starts</li> <li>• T starts</li> <li>• Acceleration</li> <li>• Parallel stops</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Push net back against boards</li> </ul>
<p><b>Goalkeepers:</b></p> <p>With skaters</p>	<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up on goal line</li> <li>• Assume T start position (push leg behind and support leg)</li> <li>• 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)</li> <li>• Assume V start position (heels together and toes apart)</li> <li>• On whistle, push off using V start, skate to blue line and stop facing designated direction</li> <li>• Assume T start position, on whistle, accelerate to centre ice</li> <li>• Stop facing designated direction</li> <li>• Ensure proper parallel stop technique (may need to demo the stop specifically)</li> </ul> <p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Watch for full effort, proper technique</li> <li>• Suggested coach-to-player ratio = 1-3 or 1-4</li> <li>• Drill manual ref: <ul style="list-style-type: none"> <li>○ T start 3.2</li> <li>○ V start 3.4</li> <li>○ Parallel stop 3.6</li> </ul> </li> </ul>

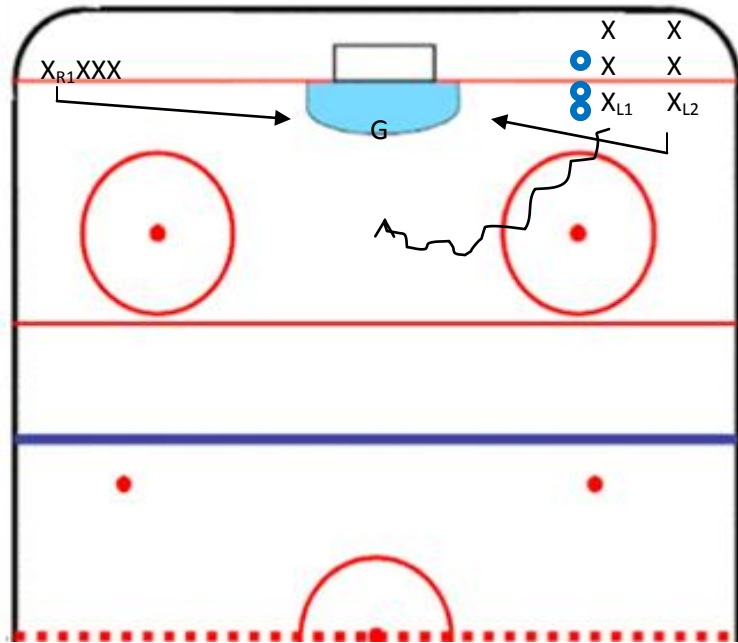
### Drill #3



<p><b>Drill Name:</b></p>	<p>Sharp turns</p>	<p><b>Duration:</b></p>	<p>5 minutes</p>
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<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Acceleration</li> <li>• Sharp turns</li> <li>• 360 turns</li> <li>• Backwards</li> <li>• Protecting the ring</li> </ul>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• 5 pylons</li> <li>• 15 rings</li> </ul>
<b>Goalkeepers:</b> With players	
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Skate forward with ring to first pylon</li> <li>• Turn as tight as possible around cone, continue to next pylon           <ul style="list-style-type: none"> <li>○ v. 1 360 turns around pylons</li> <li>○ v. 2 front to back, back to front transitions</li> <li>○ v. 3 fully backwards</li> </ul> </li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Players to treat pylons as 'opposing players' and protect ring</li> <li>• Drill manual ref:           <ul style="list-style-type: none"> <li>○ 3.13</li> </ul> </li> </ul>

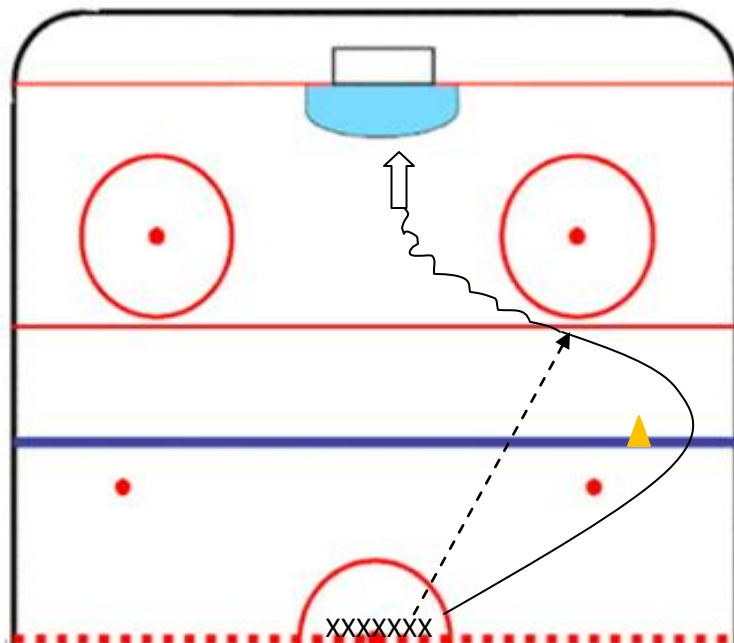
## Drill #4



<b>Drill Name:</b>	Pepper passing	<b>Duration:</b>	5 minutes
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<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Pass placement</li> <li>• Ring reception</li> <li>• Shooting</li> <li>• Body + head dekes</li> </ul>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Ring</li> </ul>
<b>Goalkeepers:</b> <ul style="list-style-type: none"> <li>• Lateral and depth movement</li> </ul>	
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Right handed shots line up in one line, left handed in 2</li> <li>• R1 skates to low post, L1 skates to top of slot, L2 to low post</li> <li>• L1 passes alternately to R1 and L2 who also makes cross-crease passes</li> <li>• Goalie must shift with ring</li> <li>• Any player may shoot at any time</li> <li>• Passes should be crisp and accurate <ul style="list-style-type: none"> <li>○ Variation: add one or two defenders once passes are very accurate</li> <li>○ Modification: second line should be on L or R- whichever you have most of</li> </ul> </li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Use skate to stop ring if player misses it with stick</li> <li>• Body and head dekes</li> <li>• Add defenders to practice situation</li> </ul>

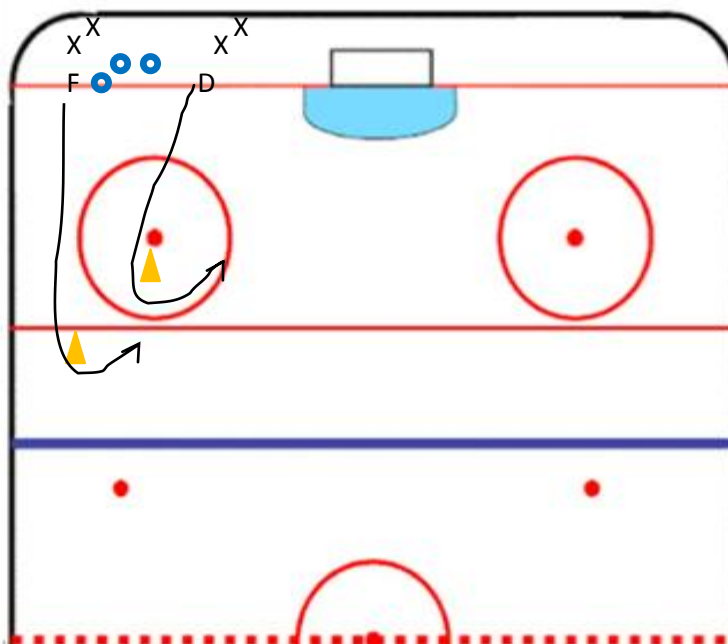
## Drill #5



<b>Drill Name:</b>	East-West	<b>Duration:</b>	5-10 minutes
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<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Passing</li> <li>• Shooting</li> <li>• Cuts</li> </ul>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> <li>• 1 pylon</li> </ul>
<b>Goalkeepers:</b>	
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• X1 leaves, cuts around pylon, looks for pass from X2, goes and shoots, etc.</li> <li>• Change sides</li> <li>• Variation: <ul style="list-style-type: none"> <li>○ have defence try to cut off pass</li> <li>○ have defence in corner</li> <li>○ on whistle, D + F leave at same time</li> <li>○ defence tries to intercept pass or take ring away from F</li> <li>○ Also could have shooter go in corner after their shot</li> </ul> </li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Focus on sweep check</li> </ul>

## Drill #6



<b>Drill Name:</b>	Defensive channel	<b>Duration:</b>	5-15 minutes
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Defensive body positioning</li> <li>• Checking (sweep)</li> </ul>		<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> <li>• 2 pylons</li> </ul>	



<b>Goalkeepers:</b>	
<b>Drill Details:</b> <ul style="list-style-type: none"><li>• Forward has ring – around pylon I on I</li><li>• Can do both corners – 5-10 sec delay</li></ul>	<b>TIPS</b> <ul style="list-style-type: none"><li>• D timing drill</li><li>• Both position D</li></ul>

**Stage: U14**

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

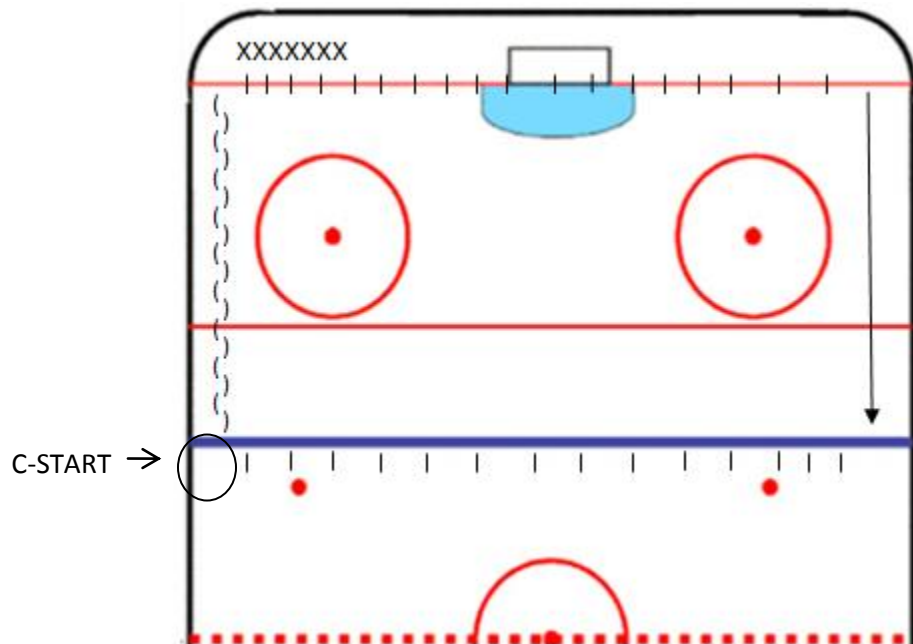
<p><b>Introduction (pre-practice) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Conditioning focus</li> <li>• Review drills (practice plan)</li> </ul>
<p><b>Warm up (10-12 minutes)</b></p> <ul style="list-style-type: none"> <li>• Drill #1, followed by stretching – pick variation</li> </ul>
<p><b>Post-practice wrap up) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Feedback on practice (w/o isolating individuals)</li> <li>• Look-ahead (games, practices)</li> </ul>

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

## Drill #1

<b>Drill Name:</b>	Warm-up Skating	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b>		
<b>Players:</b>			
<b>Goalkeepers:</b>			
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• Have players skate around entire surface of the ice in same direction               <ul style="list-style-type: none"> <li>○ V.1 Coach blows whistle:                   <ul style="list-style-type: none"> <li>➤ 1 = speed</li> <li>➤ 2 = stop + change direction</li> </ul> </li> <li>○ V.2 Players skate between blue lines, then backwards between blue lines</li> <li>○ V.3 Players stretch legs between blue lines</li> <li>○ V.4 Players stretch arms over head</li> <li>○ V.5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>		<b>TIPS</b>
			<ul style="list-style-type: none"> <li>• Push nets to Ringette line for safety</li> </ul>

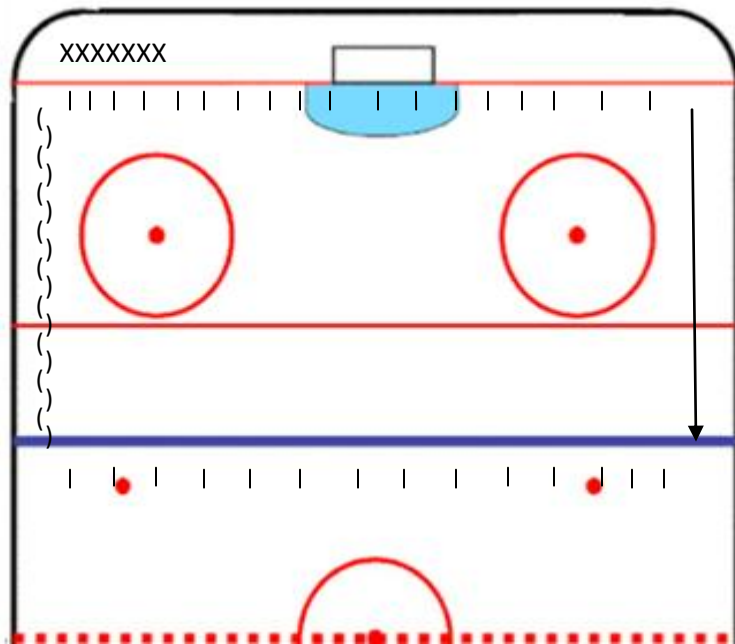
## Drill #2



<b>Drill Name:</b>	Side-step v. 2 (mid-season)	<b>Duration:</b>	
<b>Goalkeepers:</b>	<b>What do I need?</b>		
	<ul style="list-style-type: none"> <li>• Push net away from goal line</li> </ul>		

<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Introduce backwards C-start</li> <li>• Same drill as SK#2 using backward C-start when starting to skate backwards</li> </ul>	
<ul style="list-style-type: none"> <li>•</li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Demo backwards C-start before players do it</li> </ul>

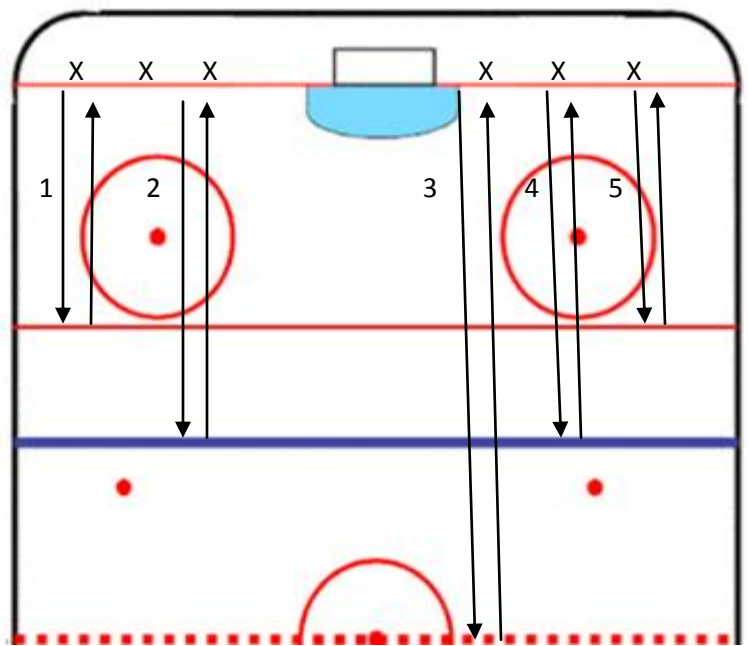
### Drill #3



<b>Drill Name:</b>	Side-step	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Cross over starts</li> <li>• Acceleration</li> <li>• One leg stop</li> </ul>		<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Push net away from goal line</li> </ul>	
<b>Goalkeepers:</b> With skaters			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Ensure players are facing forward (hips, shoulders, head)</li> <li>• Side-steps across goal line</li> <li>• Watch form/technique/ - speed is not important</li> <li>• Approximately 2 metres from boards, use momentum into forward skating</li> <li>• Accelerate to blue line</li> <li>• Repeat side-stepping (facing same direction to work other leg)</li> <li>• Across blue line, use one-foot stop</li> <li>• Continue back to goal line backwards</li> <li>• Repeat drill, starting from opposite corner</li> <li>• Variation: split ice up middle and run two shorter 'boxes' to maximize ice/player engagement</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Watch body alignment</li> <li>• Ensure body does not face side</li> </ul>
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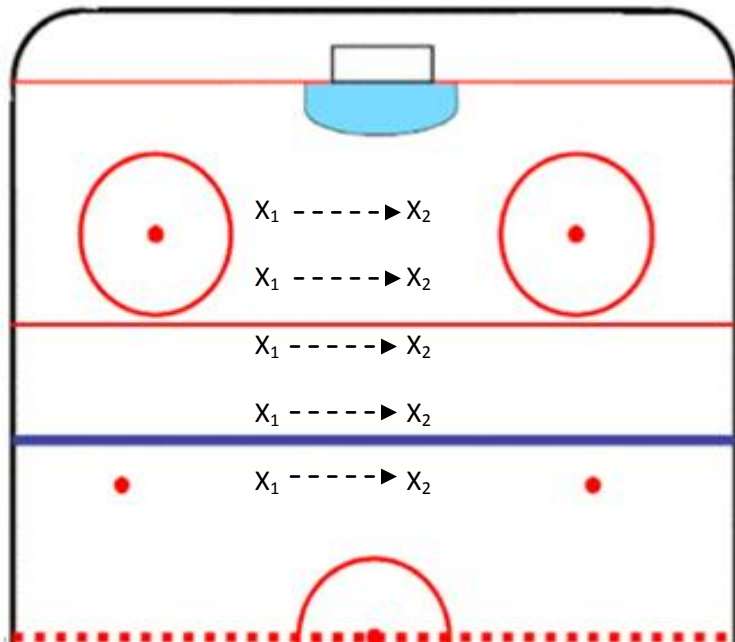
## Drill #4



<b>Drill Name:</b>	Man-Maker	<b>Duration:</b>	
<b>What Skills are we developing?</b>		<b>What do I need?</b>	
<b>Players:</b>		<ul style="list-style-type: none"> <li>• Rings are optional</li> </ul>	
<b>Goalkeepers:</b>			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up on goal line</li> <li>• Skate to line and back <ul style="list-style-type: none"> <li>○ v. 1 Skate forward</li> <li>○ v. 2 Skate backwards</li> <li>○ v. 3 Skate forward one way + backwards the other way</li> <li>○ v. 4 One-leg slalom + two-leg slalom (forwards and backwards)</li> </ul> </li> </ul>	<p><b>TIPS</b></p>
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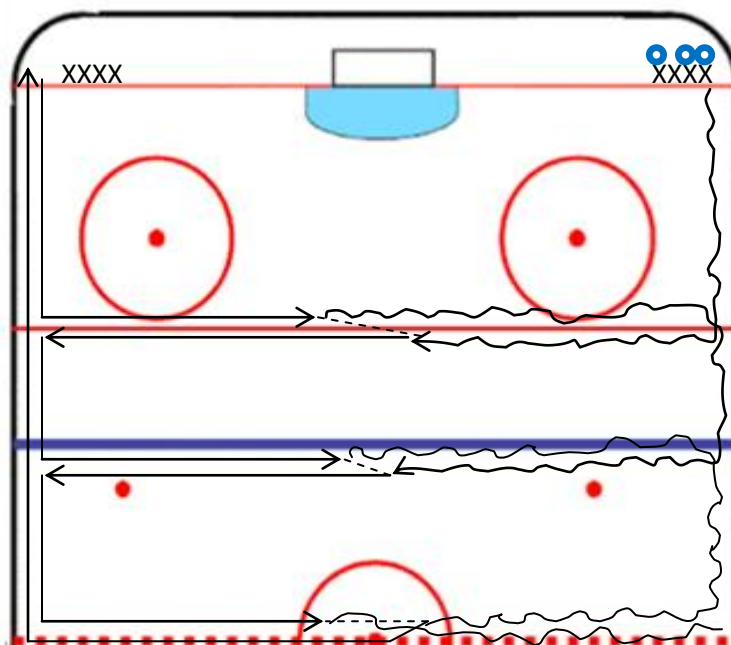
## Drill #5



<p><b>Drill Name:</b></p>	<p>Static passing</p>	<p><b>Duration:</b></p>	<p>5 minutes</p>
<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Pass placement</li> <li>• Pass receiving</li> <li>• Sweep + flip</li> <li>• Foot + hand stop</li> </ul>		<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Rings</li> <li>• Variation: 2 = speed rings</li> </ul>	
<p><b>Goalkeepers:</b></p>			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players pair off and face each other approximately 2 metres apart</li> <li>• Player 1 passes to player 2 and repeat</li> <li>• After 10 passes, take 2 steps back and repeat</li> <li>• Further spread out if required <ul style="list-style-type: none"> <li>○ v. 1 players can skate forward when passing and backwards when receiving (constantly moving)</li> <li>○ v. 2 use speed (mini) rings</li> <li>○ v. 3 forward and backward passing</li> <li>○ v. 4 use skate to receive ring, then use skate to pass to stick</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Focus on forward sweep and backhand sweep pass</li> <li>• Communication between players</li> <li>• Body + hand position</li> <li>• Tip of the stick to the target</li> <li>• Show where you want the pass</li> </ul>
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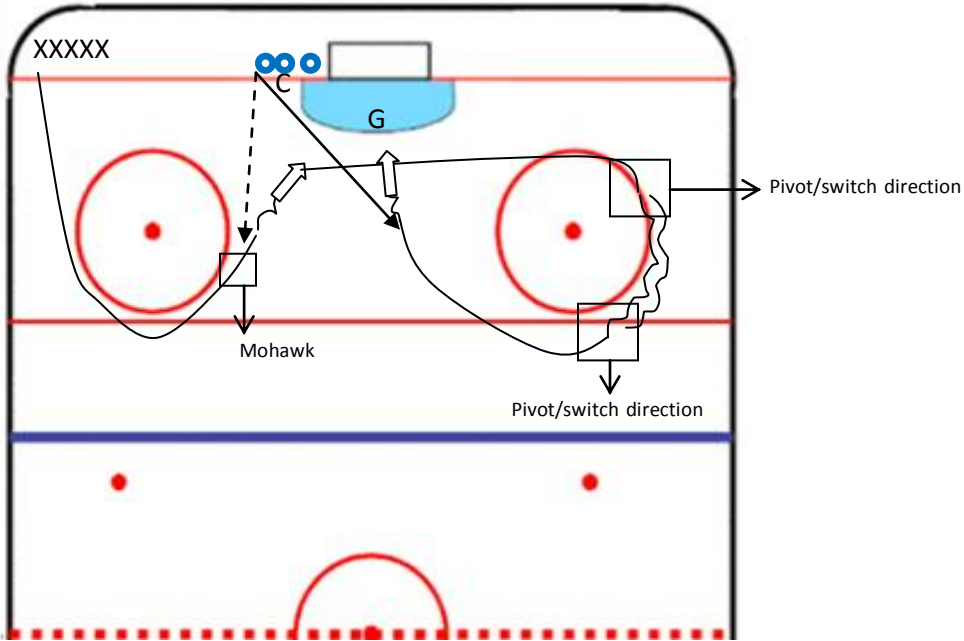
## Drill #6



<b>Drill Name:</b>	S-drill	<b>Duration:</b>	
<b>What Skills are we developing?</b>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> </ul>		
<b>Players:</b> <ul style="list-style-type: none"> <li>• Passing and receiving</li> </ul>			
<b>Goalkeepers:</b>			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Two lines in each corner-one side starts with ring</li> <li>• Simultaneously, players skate up boards to ringette line and player with ring makes head-on pass to player without (in a specific zone)</li> <li>• Players continue to skate to boards, turn up boards to blue line, repeat; centre line, repeat <ul style="list-style-type: none"> <li>○ V. 1: deep pass</li> <li>○ V. 2: back pass</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Focus on forward and backward sweep</li> <li>• Players switch starting points</li> <li>• Demonstrate proper technique</li> <li>• Remove the drill start</li> </ul>
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### Drill #7



<b>Drill Name:</b>	Double zone pass	<b>Duration:</b>	5-15 minutes
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Pass reception</li> <li>• Mohawk</li> <li>• Pivots/transitions</li> <li>• Shooting</li> </ul>		<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> </ul>	
<b>Goalkeepers:</b>			



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

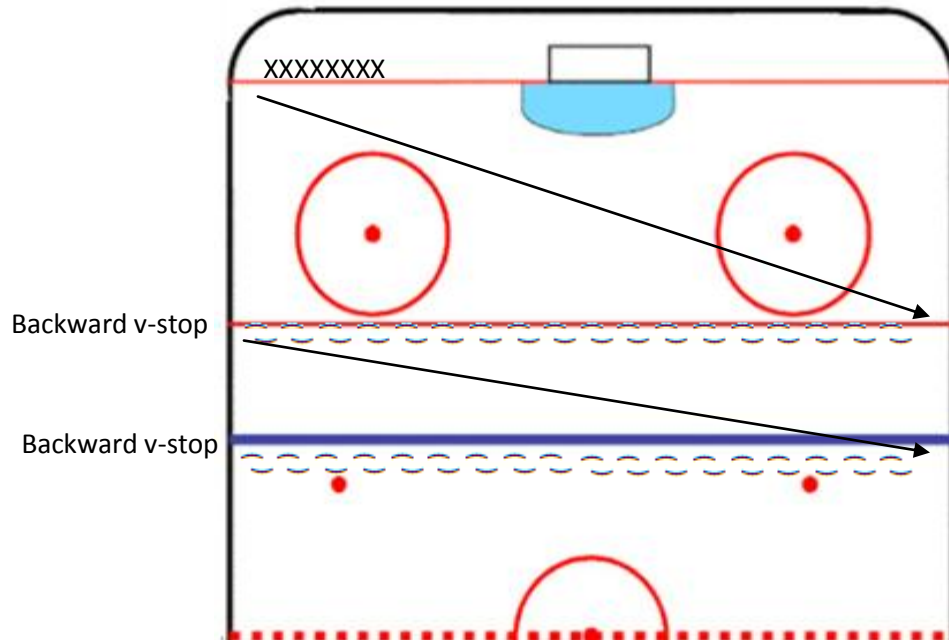
<p><b>Introduction (pre-practice) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Conditioning focus</li> <li>• Review drills (practice plan)</li> </ul>
<p><b>Warm up (10-12 minutes)</b></p> <ul style="list-style-type: none"> <li>• Drill #1, followed by stretching – pick variation</li> </ul>
<p><b>Post-practice wrap up) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Feedback on practice (w/o isolating individuals)</li> <li>• Look-ahead (games, practices)</li> </ul>

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

## Drill #1

<b>Drill Name:</b>	Warm-up Skating	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b>		
<b>Players:</b>			
<b>Goalkeepers:</b>			
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• Have players skate around entire surface of the ice in same direction               <ul style="list-style-type: none"> <li>○ V.1 Coach blows whistle:                   <ul style="list-style-type: none"> <li>➤ 1 = speed</li> <li>➤ 2 = stop + change direction</li> </ul> </li> <li>○ V.2 Players skate between blue lines, then backwards between blue lines</li> <li>○ V.3 Players stretch legs between blue lines</li> <li>○ V.4 Players stretch arms over head</li> <li>○ V.5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>		<b>TIPS</b>
			<ul style="list-style-type: none"> <li>• Push nets to Ringette line for safety</li> </ul>

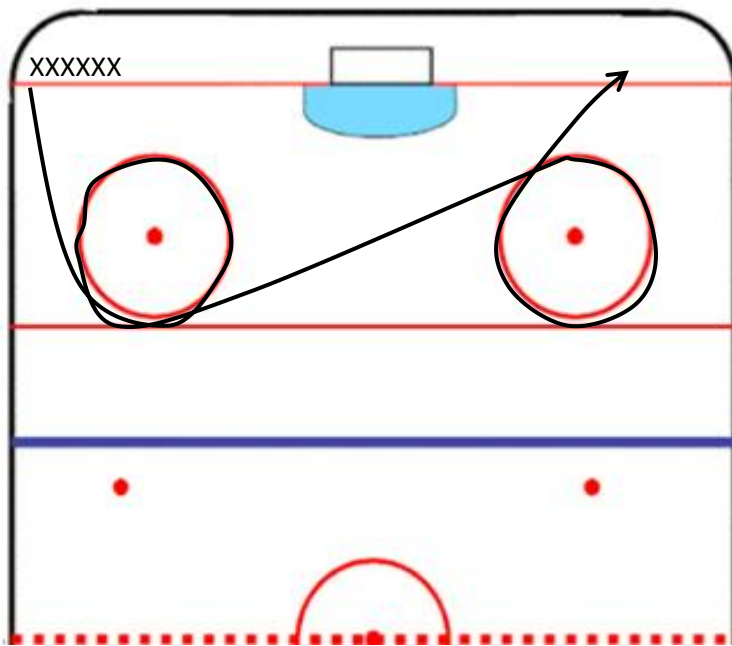
## Drill #2



<b>Drill Name:</b>	Transitions (v)	<b>Duration:</b>	5 minutes
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Forwards V-starts</li> <li>• Backwards V-stops</li> <li>• Pivots</li> <li>• Acceleration</li> </ul> <p><b>Goalkeepers:</b> With players</p>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• No equipment required</li> </ul>
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Start using V-start, accelerate to Ringette line at far boards, pivot to transition to backwards skating</li> <li>• Skate backwards across Ringette line (legs on either side to ensure form)</li> <li>• Backwards V-stop at boards</li> <li>• Repeat at blue line</li> <li>• Restart drill from centre ice (start on same side to work pivot on both sides) <ul style="list-style-type: none"> <li>○ v. 2 Side-steps on line</li> <li>○ v. 3 Backwards on line</li> <li>○ v. 4 Sculling on line</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• 'Ride the line'</li> <li>• Drill manual ref: <ul style="list-style-type: none"> <li>○ V-start 3.4</li> <li>○ Backward V –stop 3.10</li> <li>○ Pivots 3.12</li> </ul> </li> </ul>

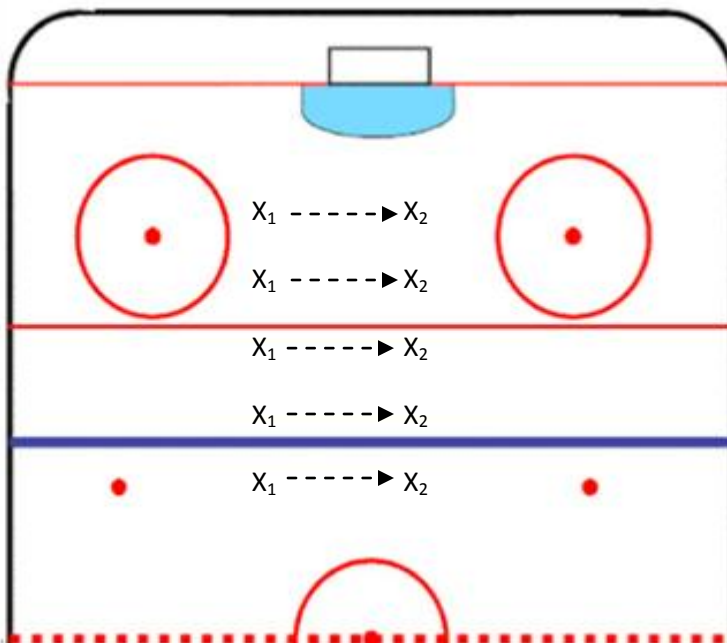
### Drill #3



<b>Drill Name:</b>	Cross-overs	<b>Duration:</b>	5 minutes
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Cross-overs (forward + backward)</li> <li>• Pivots</li> <li>• Acceleration</li> <li>• Ring protection</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• 15 rings</li> </ul>
<p><b>Goalkeepers:</b></p>	
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Send 2-3 players at a time <ul style="list-style-type: none"> <li>○ v. 1 Forwards</li> <li>○ v. 2 Backwards</li> <li>○ v. 3 Changing directions (pivots) – always free net</li> <li>○ 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</li> </ul> </li> <li>• Modification 1: add ring, use coach inside circle to check, forcing ring protection</li> <li>• Modification 2: have players touch circles with hand</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Watch form</li> </ul>

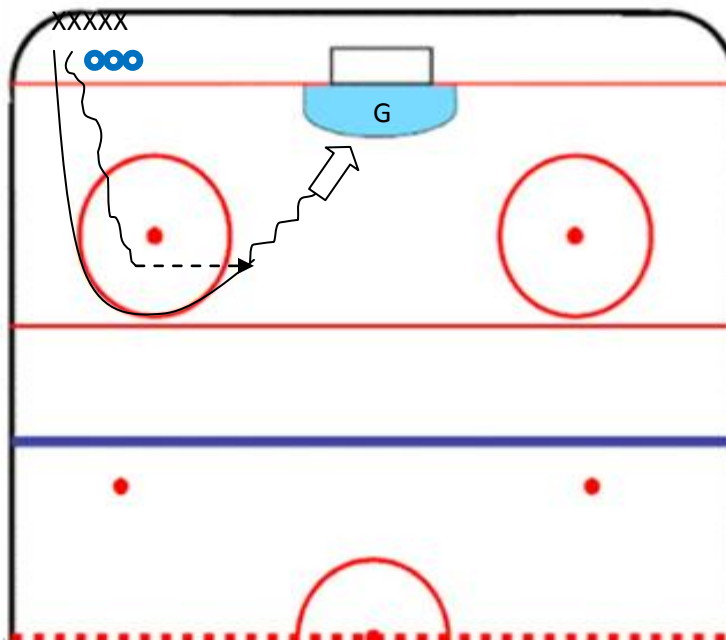
## Drill #4



<p><b>Drill Name:</b></p>	<p>Static passing</p>	<p><b>Duration:</b></p>	<p>5 minutes</p>
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Pass placement</li> <li>• Pass receiving</li> <li>• Sweep + flip</li> <li>• Foot + hand stop</li> </ul> <p><b>Goalkeepers:</b></p>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Rings</li> <li>• Variation: 2 = speed rings</li> </ul>
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players pair off and face each other approximately 2 metres apart</li> <li>• Player 1 passes to player 2 and repeat</li> <li>• After 10 passes, take 2 steps back and repeat</li> <li>• Further spread out if required <ul style="list-style-type: none"> <li>○ v. 1 players can skate forward when passing and backwards when receiving (constantly moving)</li> <li>○ v. 2 use speed (mini) rings</li> <li>○ v. 3 forward and backward passing</li> <li>○ v. 4 use skate to receive ring, then use skate to pass to stick</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Focus on forward sweep and backhand sweep pass</li> <li>• Communication between players</li> <li>• Body + hand position</li> <li>• Tip of the stick to the target</li> <li>• Show where you want the pass</li> </ul>

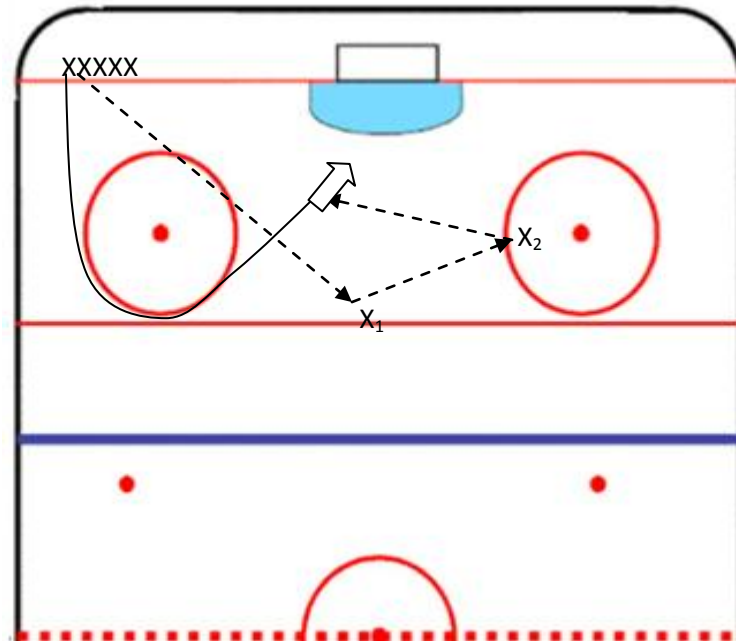
## Drill #5



<p><b>Drill Name:</b></p>	<p>Rapid fire - variation</p>	<p><b>Duration:</b></p>	<p>5-10 minutes</p>
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<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Lead pass</li> <li>• Pass timing/placement</li> <li>• Shooting</li> </ul>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> </ul>
<b>Goalkeepers:</b>	
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• First player starts with ring</li> <li>• Second player (and rest) follows closely behind</li> <li>• Second player makes pass through circle timed so in front of player 1</li> <li>• Continuous drill</li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Good follow-up drill to the rapid fire (SH#2)</li> <li>• Head up</li> <li>• Look for ring</li> <li>• deek</li> </ul>

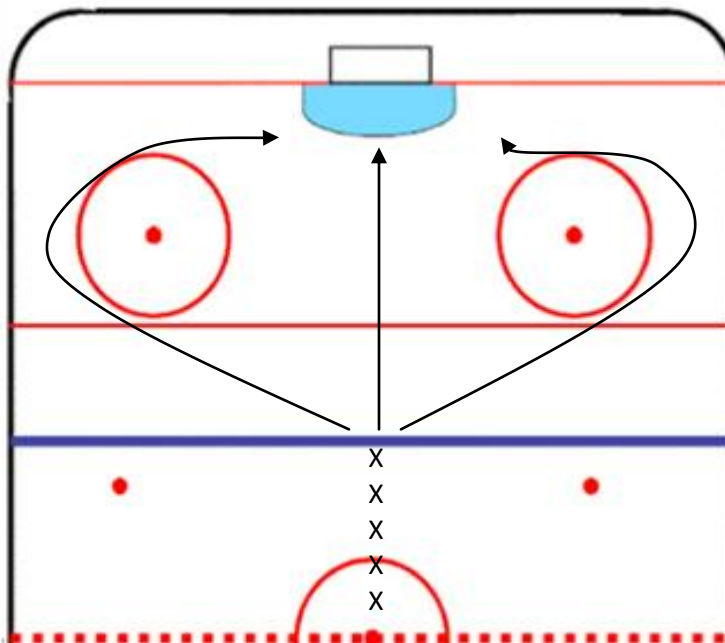
## Drill #6



<b>Drill Name:</b>	Cycle one-timer	<b>Duration:</b>	5-15 minutes
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Pass placement</li> <li>• One-timer shot</li> </ul>		<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> </ul>	
<b>Goalkeepers:</b> Following ring while watching moving players – lateral movement			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players start in corner with ring</li> <li>• Take 3 strides and pass ring to X1 and continue skating route as above</li> <li>• X1 passes to X2 who feeds the ring into slot for X who is arriving for one-time</li> <li>• X1 and X2 can be coaches to start</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Ensure the goalie does not 'cheat' – must follow the ring</li> </ul>
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## Drill #7



<b>Drill Name:</b>	3 angle shootout	<b>Duration:</b>	Finish
<b>What Skills are we developing?</b>		<b>What do I need?</b>	
<p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Shooting</li> <li>• Scoring</li> <li>• Deeks</li> <li>• Fakes</li> </ul>		<ul style="list-style-type: none"> <li>• Rings</li> </ul>	
<b>Goalkeepers:</b>			
<ul style="list-style-type: none"> <li>• Movement</li> </ul>			
<b>Drill Details:</b>		<b>TIPS</b>	
<ul style="list-style-type: none"> <li>• Shoot-out <ul style="list-style-type: none"> <li>○ Around left circle</li> <li>○ Around right circle</li> <li>○ Straight at goalie</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>• Head up</li> <li>• Coach demands type of shot (wrist, backhand, sweep, etc.)</li> </ul>	



**Stage: U14**

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

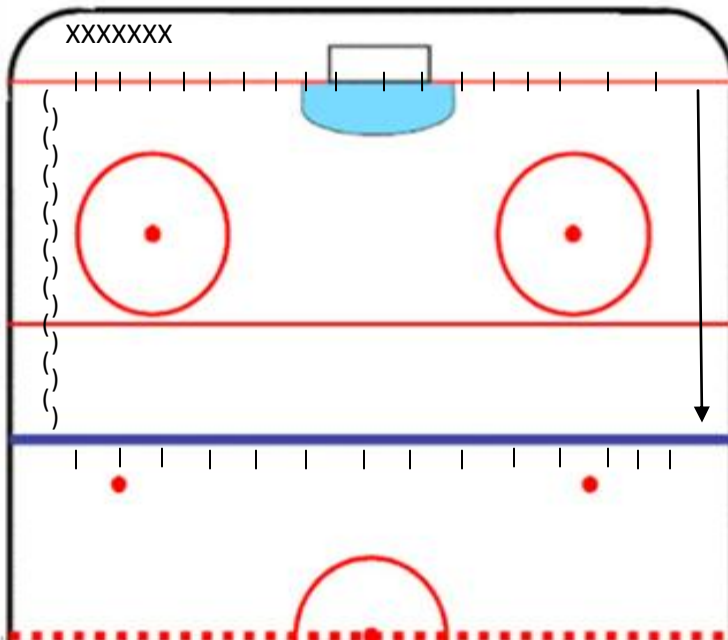
<p><b>Introduction (pre-practice) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Conditioning focus</li> <li>• Review drills (practice plan)</li> </ul>
<p><b>Warm up (10-12 minutes)</b></p> <ul style="list-style-type: none"> <li>• Drill #1, followed by stretching – pick variation</li> </ul>
<p><b>Post-practice wrap up) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Feedback on practice (w/o isolating individuals)</li> <li>• Look-ahead (games, practices)</li> <li>• Discuss importance of nutrition / excercie/ hydration over Christmas break</li> </ul>

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

## Drill #1

<b>Drill Name:</b>	Warm-up Skating	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b>		
<b>Players:</b>			
<b>Goalkeepers:</b>			
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• Have players skate around entire surface of the ice in same direction             <ul style="list-style-type: none"> <li>○ V.1 Coach blows whistle:                 <ul style="list-style-type: none"> <li>➤ 1 = speed</li> <li>➤ 2 = stop + change direction</li> </ul> </li> <li>○ V.2 Players skate between blue lines, then backwards between blue lines</li> <li>○ V.3 Players stretch legs between blue lines</li> <li>○ V.4 Players stretch arms over head</li> <li>○ V.5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>		<b>TIPS</b>
			<ul style="list-style-type: none"> <li>• Push nets to Ringette line for safety</li> </ul>

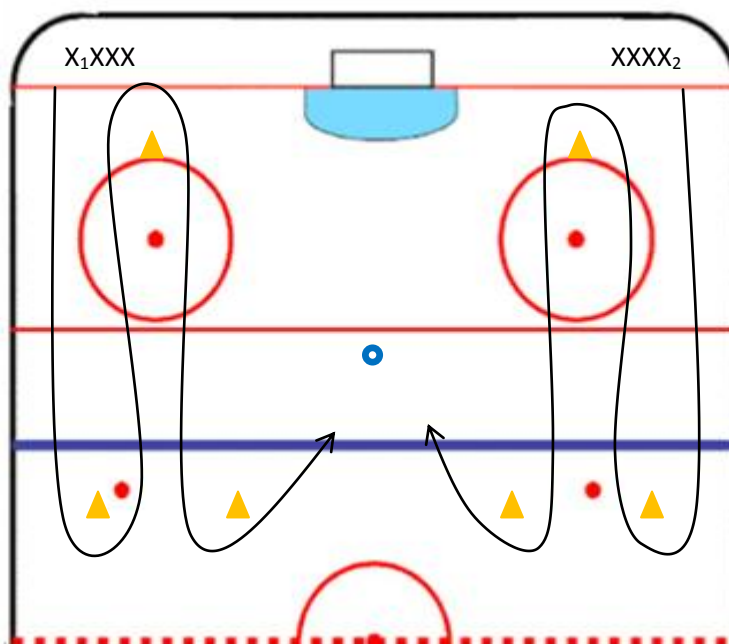
## Drill #2



<b>Drill Name:</b>	Side-step	<b>Duration:</b>	5 minutes
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Cross over starts</li> <li>• Acceleration</li> <li>• One leg stop</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Push net away from goal line</li> </ul>
<p><b>Goalkeepers:</b></p> <p>With skaters</p>	
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Ensure players are facing forward (hips, shoulders, head)</li> <li>• Side-steps across goal line</li> <li>• Watch form/technique/ - speed is not important</li> <li>• Approximately 2 metres from boards, use momentum into forward skating</li> <li>• Accelerate to blue line</li> <li>• Repeat side-stepping (facing same direction to work other leg)</li> <li>• Across blue line, use one-foot stop</li> <li>• Continue back to goal line backwards</li> <li>• Repeat drill, starting from opposite corner</li> <li>• Variation: split ice up middle and run two shorter 'boxes' to maximize ice/player engagement</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Watch body alignment</li> <li>• Ensure body does not face side</li> </ul>

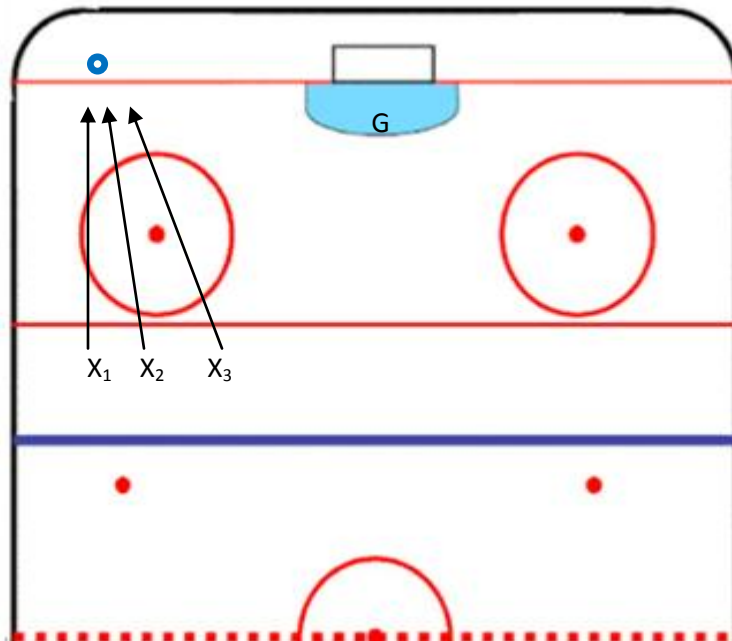
### Drill #3



<p><b>Drill Name:</b></p>	<p>1 versus 1 race with skating variation</p>	<p><b>Duration:</b></p>	<p>5 minutes</p>
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Tight turns</li> <li>• Pivots</li> <li>• Retrieving open rings</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Rings</li> <li>• 6 pylons</li> </ul>
<p><b>Goalkeepers:</b></p> <p>Rebounds</p>	
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in each corner</li> <li>• X1 and X2 start on whistle, race through 3-pylon course and retrieve ring</li> <li>• Player who does not get ring back checks and/or goes for rebound</li> <li>• V. 1 forwards to first pylon, backwards to second</li> <li>• V. 2 all backwards until last pylon</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Players must turn tight to pylons</li> </ul>

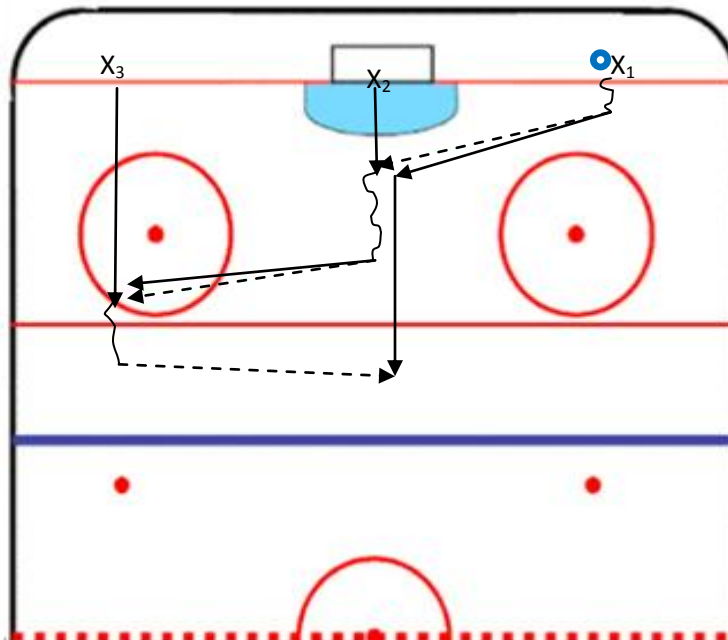
## Drill #4



<p><b>Drill Name:</b></p>	<p>Channel + Check -2 v1 progression</p>	<p><b>Duration:</b></p>	
<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p>		<p><b>What do I need?</b></p>	
<p><b>Goalkeepers:</b></p>			

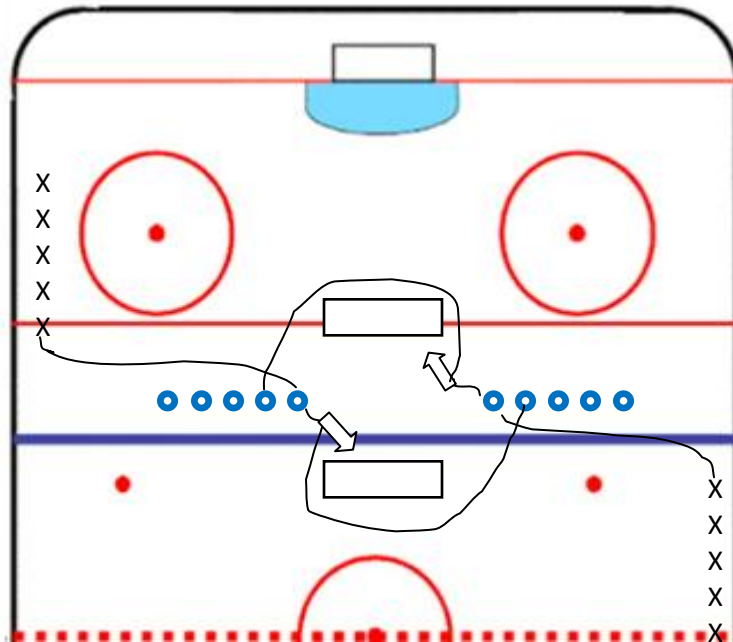
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• 3 lines at ringette line</li> <li>• On whistle, race to ring</li> <li>• If X1 gets ring, X2 + X3 attempts to channel/check to gain ring</li> <li>• X1 tries to score</li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Come in at an angle to pick up ring</li> </ul>
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## Drill #5



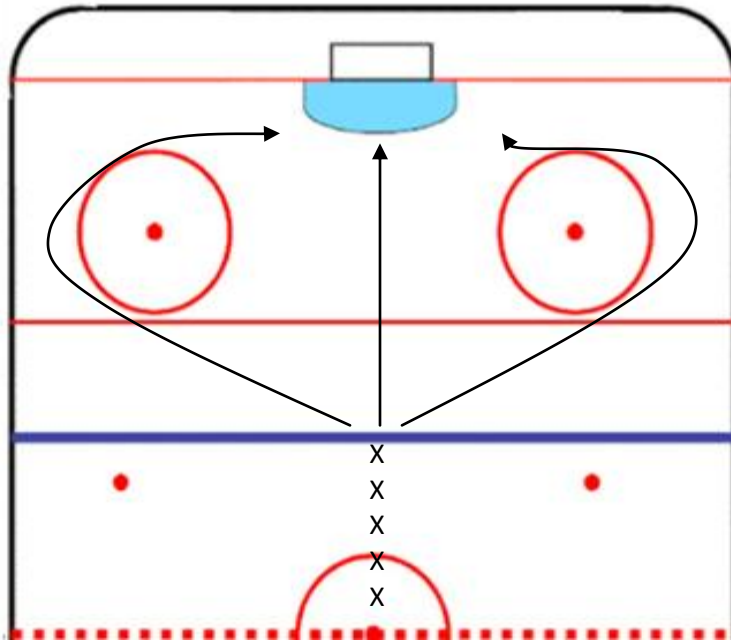
<b>Drill Name:</b>	3 man weave	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Follow your pass</li> <li>• Pass reception</li> </ul>		<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> </ul>	
<b>Goalkeepers:</b>		<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Player start on goal line in 3 lines</li> <li>• All players start at same time</li> <li>• X1 has ring, makes pass to X2 and follows/takes X2 position</li> <li>• X2 receives ring, passes to X3 and follows/takes X3 position</li> <li>• X3 passes to X1, etc.</li> </ul>	
		<b>TIPS</b> <ul style="list-style-type: none"> <li>• Call the pass</li> </ul>	

## Drill #6



<b>Drill Name:</b>	Finish shooting drill	<b>Duration:</b>	5-10 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• 10 Rings</li> <li>• Two nets</li> </ul>		
<b>Players:</b> <ul style="list-style-type: none"> <li>• Open ring stabbing</li> <li>• Wrist shots</li> <li>• Skating</li> <li>• Acceleration</li> </ul>			
<b>Goalkeepers:</b> <ul style="list-style-type: none"> <li>• Rapid succession of shots</li> </ul>			
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• 1 player from each line goes, pick-up ring, shoot, around net pick-up ring on other side – shoot</li> <li>• Keep going – 5 rings each player</li> <li>• Reset – next 2 players</li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Head up</li> <li>• Rapid wrist shots</li> <li>• Fats skating</li> </ul>		

## Drill #7



<b>Drill Name:</b>	3 angle shootout	<b>Duration:</b>	Finish
<b>What Skills are we developing?</b>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> </ul>		
<b>Players:</b> <ul style="list-style-type: none"> <li>• Shooting</li> <li>• Scoring</li> <li>• Deeks</li> <li>• Fakes</li> </ul>			
<b>Goalkeepers:</b> <ul style="list-style-type: none"> <li>• Movement</li> </ul>			
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Shoot-out <ul style="list-style-type: none"> <li>○ Around left circle</li> <li>○ Around right circle</li> <li>○ Straight at goalie</li> </ul> </li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Head up</li> <li>• Coach demands type of shot (wrist, backhand, sweep, etc.)</li> </ul>		

**Stage: U14**

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

<p><b>Introduction (pre-practice) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Conditioning focus</li> <li>• Review drills (practice plan)</li> </ul>
<p><b>Warm up (10-12 minutes)</b></p> <ul style="list-style-type: none"> <li>• Drill #1, followed by stretching – pick variation</li> </ul>
<p><b>Post-practice wrap up) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Feedback on practice (w/o isolating individuals)</li> <li>• Look-ahead (games, practices)</li> <li>• Discuss importance of nutrition / excercie/ hydration over Christmas break</li> </ul>

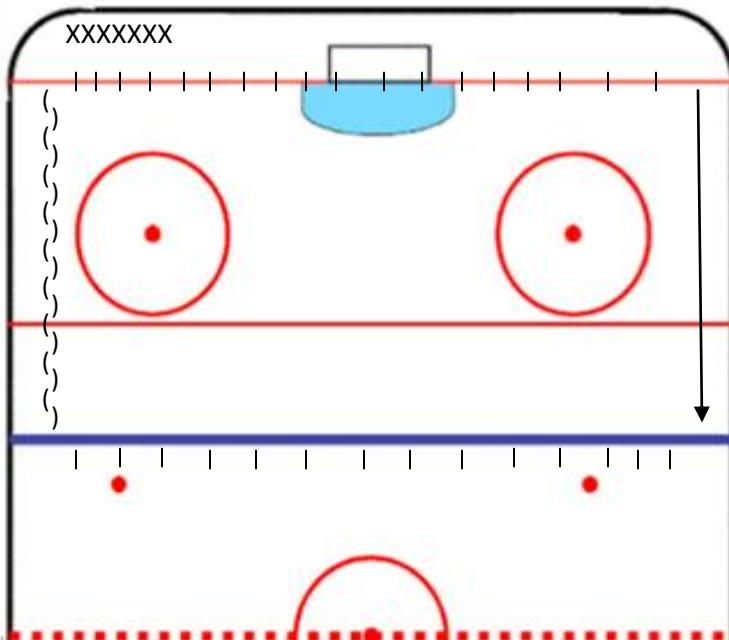
TIME (minutes)	ACTIVITY
00 – 05	<b>Drill#1:</b> warm-up
05 – 07	Hard lap/water
07 – 14	<b>Drill#2:</b> Side step
14 – 24	<b>Drill#3:</b> Race for the ring
24 – 26	Water
26 – 36	<b>Drill#4:</b> progressing 2 on 1
36 – 38	Water/lap
38 – 40	<b>Drill#5:</b> 3 man weave
40 – 50	<b>Drill#6:</b> finish shooting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



## Drill #1

<b>Drill Name:</b>	Warm-up Skating	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b>		
<b>Players:</b>			
<b>Goalkeepers:</b>			
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• Have players skate around entire surface of the ice in same direction             <ul style="list-style-type: none"> <li>○ V.1 Coach blows whistle:                 <ul style="list-style-type: none"> <li>➤ 1 = speed</li> <li>➤ 2 = stop + change direction</li> </ul> </li> <li>○ V. 2 Players skate between blue lines, then backwards between blue lines</li> <li>○ V. 3 Players stretch legs between blue lines</li> <li>○ V. 4 Players stretch arms over head</li> <li>○ V. 5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>		<b>TIPS</b>
			<ul style="list-style-type: none"> <li>• Push nets to Ringette line for safety</li> </ul>

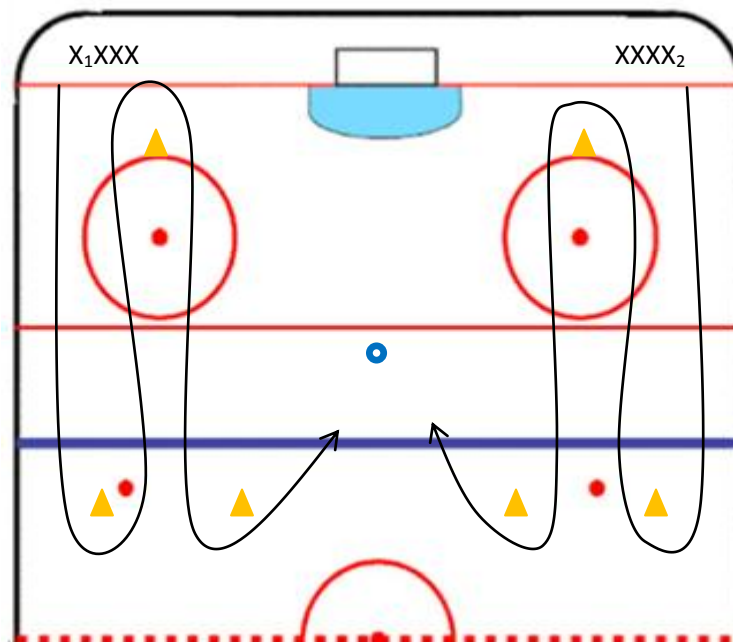
## Drill #2



<b>Drill Name:</b>	Side-step	<b>Duration:</b>	5 minutes
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Cross over starts</li> <li>• Acceleration</li> <li>• One leg stop</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Push net away from goal line</li> </ul>
<p><b>Goalkeepers:</b></p> <p>With skaters</p>	
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Ensure players are facing forward (hips, shoulders, head)</li> <li>• Side-steps across goal line</li> <li>• Watch form/technique/ - speed is not important</li> <li>• Approximately 2 metres from boards, use momentum into forward skating</li> <li>• Accelerate to blue line</li> <li>• Repeat side-stepping (facing same direction to work other leg)</li> <li>• Across blue line, use one-foot stop</li> <li>• Continue back to goal line backwards</li> <li>• Repeat drill, starting from opposite corner</li> <li>• Variation: split ice up middle and run two shorter 'boxes' to maximize ice/player engagement</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Watch body alignment</li> <li>• Ensure body does not face side</li> </ul>

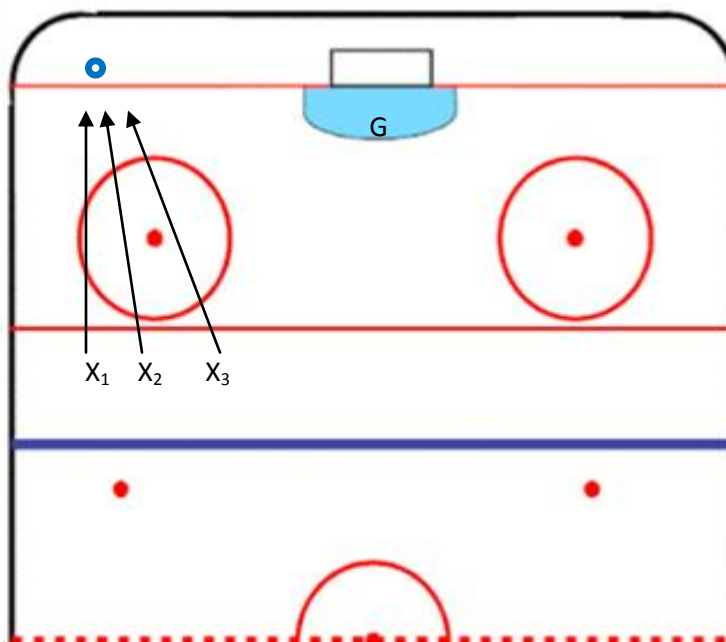
### Drill #3



<p><b>Drill Name:</b></p>	<p>1 versus 1 race with skating variation</p>	<p><b>Duration:</b></p>	<p>5 minutes</p>
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Tight turns</li> <li>• Pivots</li> <li>• Retrieving open rings</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Rings</li> <li>• 6 pylons</li> </ul>
<p><b>Goalkeepers:</b></p> <p>Rebounds</p>	
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in each corner</li> <li>• X1 and X2 start on whistle, race through 3-pylon course and retrieve ring</li> <li>• Player who does not get ring back checks and/or goes for rebound</li> <li>• V. 1 forwards to first pylon, backwards to second</li> <li>• V. 2 all backwards until last pylon</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Players must turn tight to pylons</li> </ul>

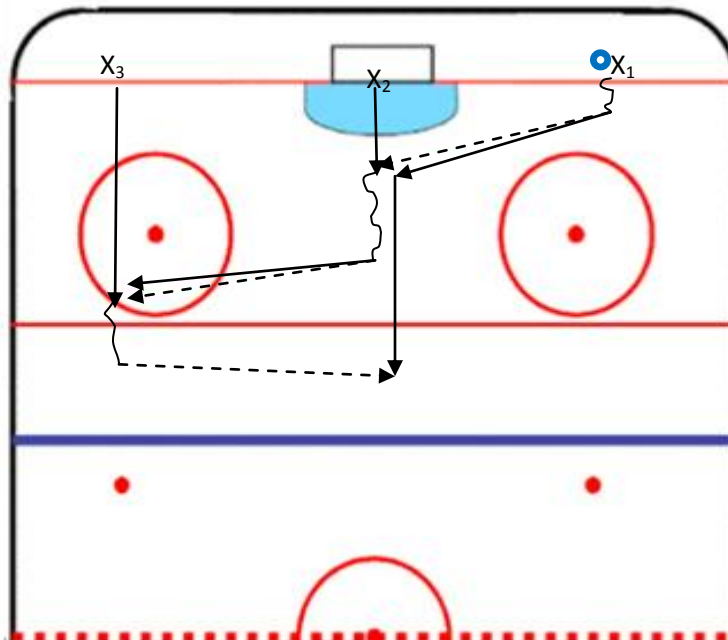
## Drill #4



<p><b>Drill Name:</b></p>	<p>Channel + Check -2 v1 progression</p>	<p><b>Duration:</b></p>	
<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p>		<p><b>What do I need?</b></p>	
<p><b>Goalkeepers:</b></p>			

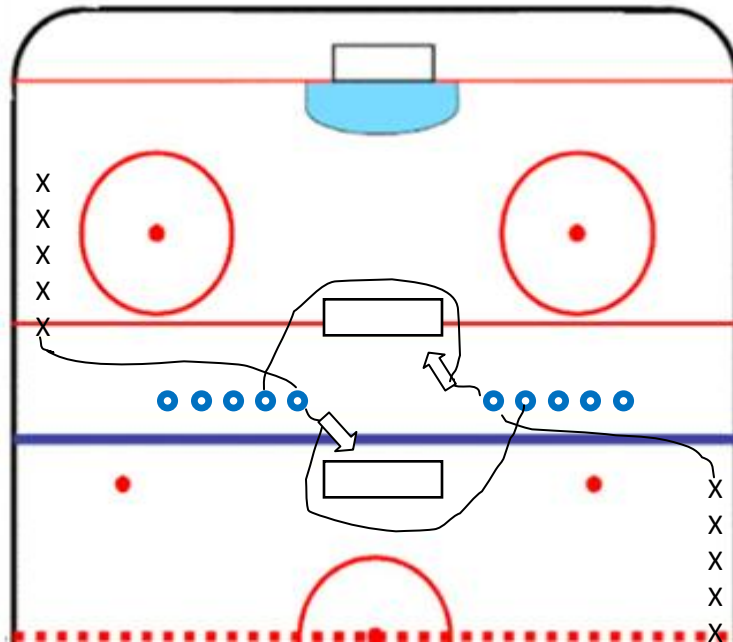
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• 3 lines at ringette line</li> <li>• On whistle, race to ring</li> <li>• If X1 gets ring, X2 + X3 attempts to channel/check to gain ring</li> <li>• X1 tries to score</li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Come in at an angle to pick up ring</li> </ul>
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## Drill #5



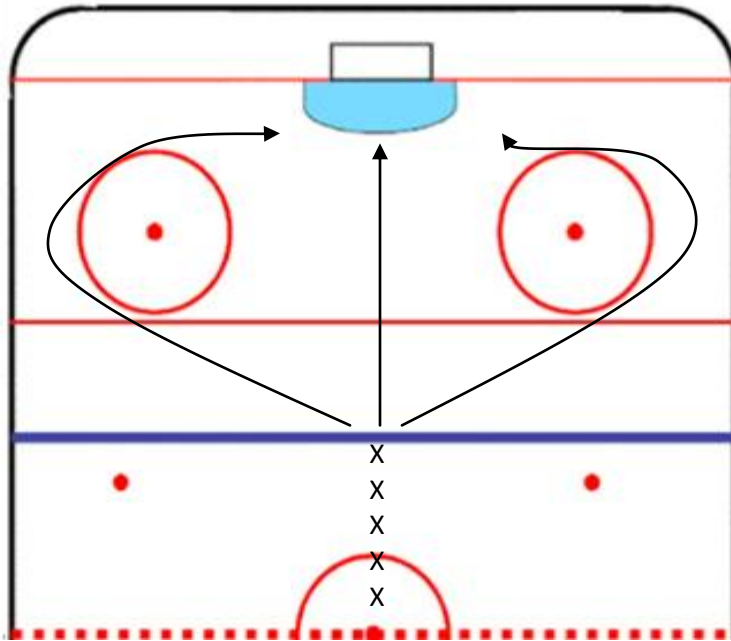
<b>Drill Name:</b>	3 man weave	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Follow your pass</li> <li>• Pass reception</li> </ul>		<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> </ul>	
<b>Goalkeepers:</b>			
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Player start on goal line in 3 lines</li> <li>• All players start at same time</li> <li>• X1 has ring, makes pass to X2 and follows/takes X2 position</li> <li>• X2 receives ring, passes to X3 and follows/takes X3 position</li> <li>• X3 passes to X1, etc.</li> </ul>		<b>TIPS</b> <ul style="list-style-type: none"> <li>• Call the pass</li> </ul>	

## Drill #6



<b>Drill Name:</b>	Finish shooting drill	<b>Duration:</b>	5-10 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• 10 Rings</li> <li>• Two nets</li> </ul>		
<b>Players:</b> <ul style="list-style-type: none"> <li>• Open ring stabbing</li> <li>• Wrist shots</li> <li>• Skating</li> <li>• Acceleration</li> </ul>			
<b>Goalkeepers:</b> <ul style="list-style-type: none"> <li>• Rapid succession of shots</li> </ul>			
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• 1 player from each line goes, pick-up ring, shoot, around net pick-up ring on other side – shoot</li> <li>• Keep going – 5 rings each player</li> <li>• Reset – next 2 players</li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Head up</li> <li>• Rapid wrist shots</li> <li>• Fats skating</li> </ul>		

## Drill #7



<b>Drill Name:</b>	3 angle shootout	<b>Duration:</b>	Finish
<b>What Skills are we developing?</b>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> </ul>		
<b>Players:</b> <ul style="list-style-type: none"> <li>• Shooting</li> <li>• Scoring</li> <li>• Deeks</li> <li>• Fakes</li> </ul>			
<b>Goalkeepers:</b> <ul style="list-style-type: none"> <li>• Movement</li> </ul>			
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Shoot-out <ul style="list-style-type: none"> <li>○ Around left circle</li> <li>○ Around right circle</li> <li>○ Straight at goalie</li> </ul> </li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Head up</li> <li>• Coach demands type of shot (wrist, backhand, sweep, etc.)</li> </ul>		

**Stage: U14**

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

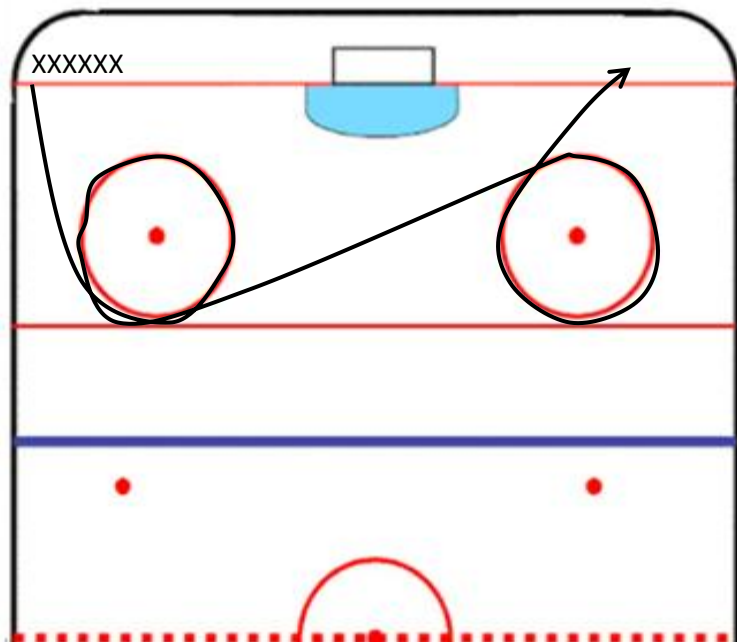
<p><b>Introduction (pre-practice) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Conditioning focus</li> <li>• Review drills (practice plan)</li> </ul>
<p><b>Warm up (10-12 minutes)</b></p> <ul style="list-style-type: none"> <li>• Drill #1, followed by stretching – pick variation</li> </ul>
<p><b>Post-practice wrap up) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Feedback on practice (w/o isolating individuals)</li> <li>• Look-ahead (games, practices)</li> <li>• Discuss importance of nutrition / excercie/ hydration over Christmas break</li> </ul>

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

## Drill #1

<b>Drill Name:</b>	Warm-up Skating	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b>		
<b>Players:</b>			
<b>Goalkeepers:</b>			
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• Have players skate around entire surface of the ice in same direction               <ul style="list-style-type: none"> <li>○ V.1 Coach blows whistle:                   <ul style="list-style-type: none"> <li>➤ 1 = speed</li> <li>➤ 2 = stop + change direction</li> </ul> </li> <li>○ V. 2 Players skate between blue lines, then backwards between blue lines</li> <li>○ V. 3 Players stretch legs between blue lines</li> <li>○ V. 4 Players stretch arms over head</li> <li>○ V. 5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>		<b>TIPS</b>
			<ul style="list-style-type: none"> <li>• Push nets to Ringette line for safety</li> </ul>

## Drill #2

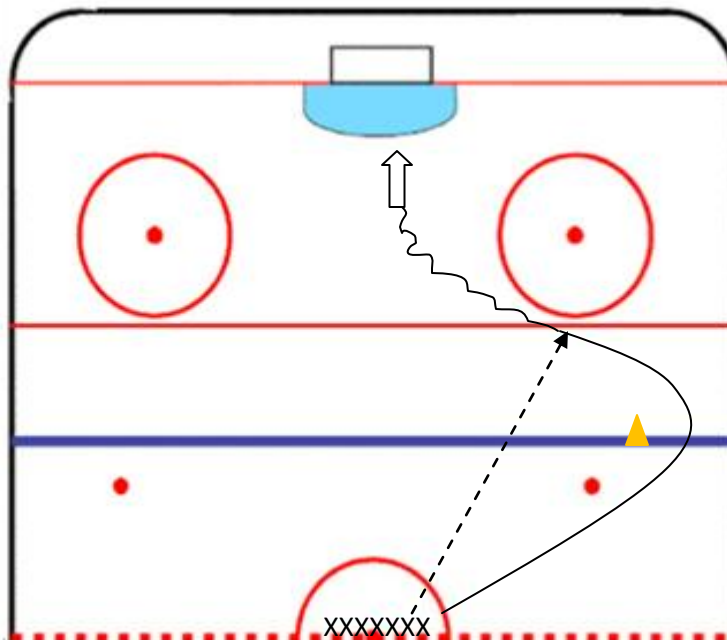


<b>Drill Name:</b>	Cross-overs	<b>Duration:</b>	5 minutes
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Cross-overs (forward + backward)</li> <li>• Pivots</li> <li>• Acceleration</li> <li>• Ring protection</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• 15 rings</li> </ul>
<p><b>Goalkeepers:</b></p>	
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Send 2-3 players at a time <ul style="list-style-type: none"> <li>○ v. 1 Forwards</li> <li>○ v. 2 Backwards</li> <li>○ v. 3 Changing directions (pivots) – always free net</li> <li>○ 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</li> </ul> </li> <li>• Modification 1: add ring, use coach inside circle to check, forcing ring protection</li> <li>• Modification 2: have players touch circles with hand</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Watch form</li> </ul>

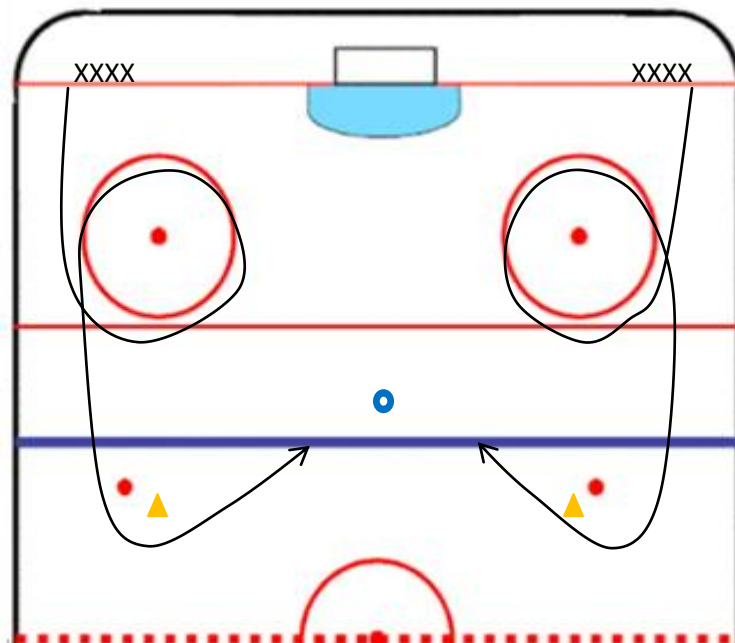
### Drill # 3



<b>Drill Name:</b>	East-West	<b>Duration:</b>	5-10 minutes
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<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Passing</li> <li>• Shooting</li> <li>• Cuts</li> </ul>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> <li>• 1 pylon</li> </ul>	
<b>Goalkeepers:</b>	<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• X1 leaves, cuts around pylon, looks for pass from X2, goes and shoots, etc.</li> <li>• Change sides</li> <li>• Variation: <ul style="list-style-type: none"> <li>○ have defence try to cut off pass</li> <li>○ have defence in corner</li> <li>○ on whistle, D + F leave at same time</li> <li>○ defence tries to intercept pass or take ring away from F</li> <li>○ Also could have shooter go in corner after their shot</li> </ul> </li> </ul>	
		<b>TIPS</b> <ul style="list-style-type: none"> <li>• Focus on sweep check</li> </ul>

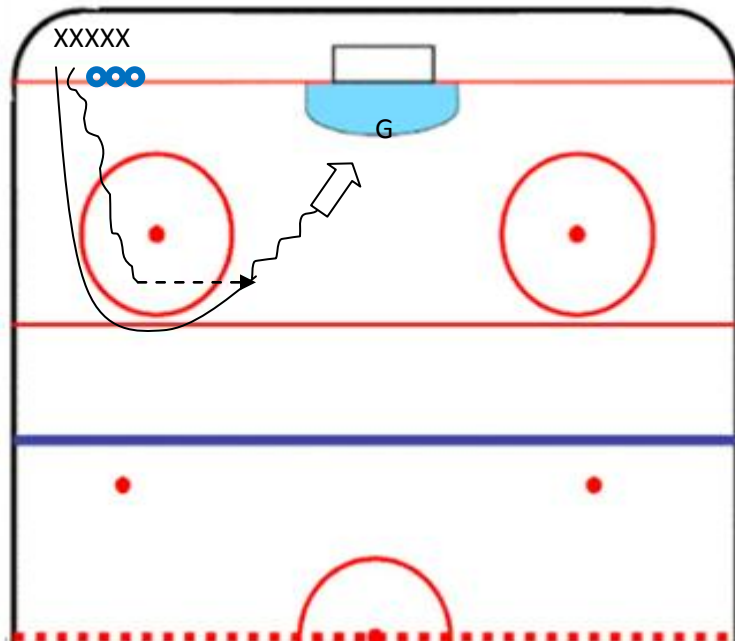
## Drill #4



<b>Drill Name:</b>	1 versus 1 race	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Cross overs</li> <li>• Ring pick up</li> </ul>		<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> <li>• 2 pylons</li> </ul>	

<b>Goalkeepers:</b>	
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Start players in two lines in corners</li> <li>• Players skate cross-overs around circles, over blue line and sharp turn around pylon</li> <li>• Race to ring (stationary) for 1 versus 1</li> <li>• Player with ring goes for shot on net, player with ring back checks and follows up for rebound if available</li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Switch sides after reps</li> <li>• Focus on second player back checking technique</li> </ul>

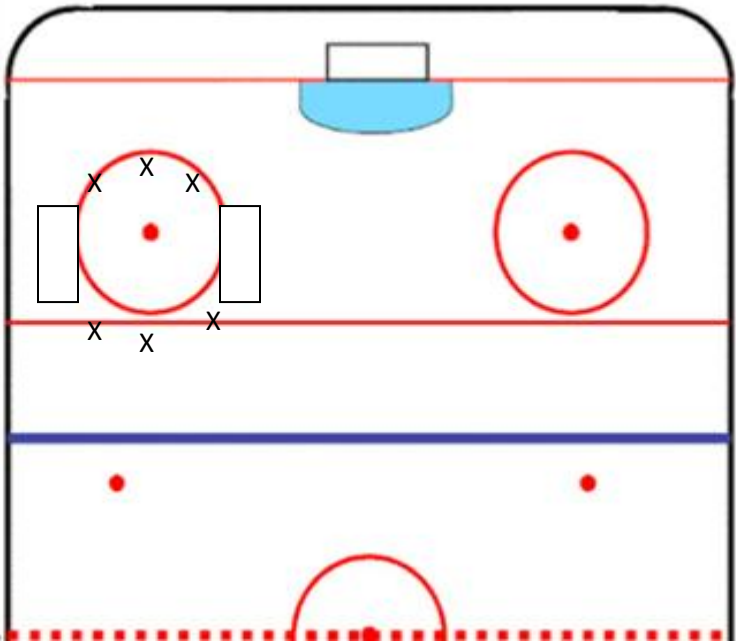
## Drill #5



<b>Drill Name:</b>	Rapid fire - variation	<b>Duration:</b>	5-10 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> </ul>		
<b>Players:</b> <ul style="list-style-type: none"> <li>• Lead pass</li> <li>• Pass timing/placement</li> <li>• Shooting</li> </ul>			
<b>Goalkeepers:</b>			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• First player starts with ring</li> <li>• Second player (and rest) follows closely behind</li> <li>• Second player makes pass through circle timed so in front of player 1</li> <li>• Continuous drill</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Good follow-up drill to the rapid fire (SH#2)</li> <li>• Head up</li> <li>• Look for ring</li> <li>• deek</li> </ul>
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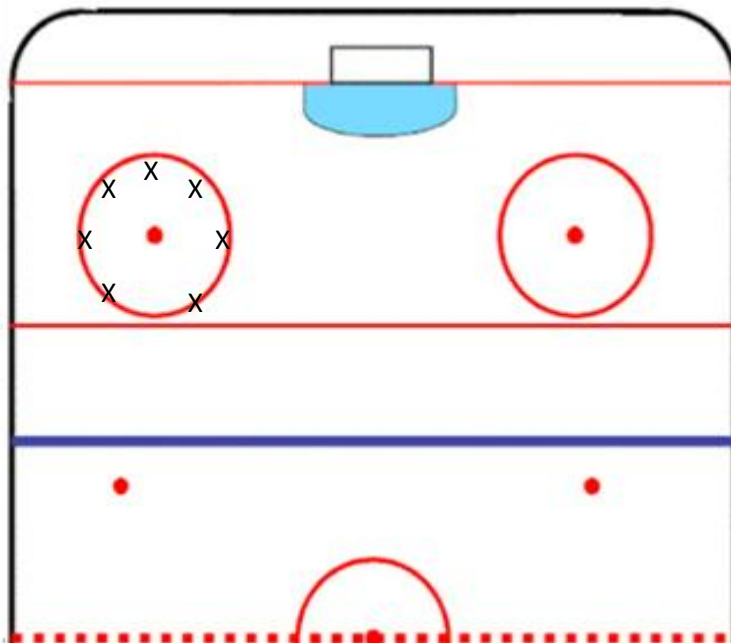
### Drill #6



<b>Drill Name:</b>	Trapped 3 on 3	<b>Duration:</b>	5-15 minutes
<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Ring protection</li> <li>• Passing</li> <li>• Shooting</li> <li>• Body position</li> </ul>		<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Rings</li> <li>• 2 nets</li> </ul>	
<p><b>Goalkeepers:</b></p> <p>Focus on heavy action play in the 'slot'</p>			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Place both nets on outside of circles, one goalie in each net</li> <li>• 3 versus 3 skaters on each side of circle</li> <li>• Coach throws ring into circle and players race to retrieve ring</li> <li>• 3 versus 3 for 30 seconds or until one team scores</li> <li>• 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.)</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Will seem like a game to players, but forces them to work in close quarters, team up and get open</li> </ul>
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## Drill #7



<b>Drill Name:</b>	Coach's surprise!	<b>Duration:</b>	
<b>What Skills are we developing?</b>		<b>What do I need?</b>	
<b>Players:</b>			
<b>Goalkeepers:</b>		<b>TIPS</b>	
<b>Drill Details:</b>			
<ul style="list-style-type: none"> <li>• Start positions <ul style="list-style-type: none"> <li>○ Standing</li> <li>○ Sitting</li> <li>○ Squatting</li> <li>○ Laying down, etc.</li> </ul> </li> <li>• Coach asks players to perform a task, i.e. <ul style="list-style-type: none"> <li>○ Touch a specific logo on the boards</li> <li>○ Retrieve a ring + shoot</li> </ul> </li> </ul>			

**Stage: U14**

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

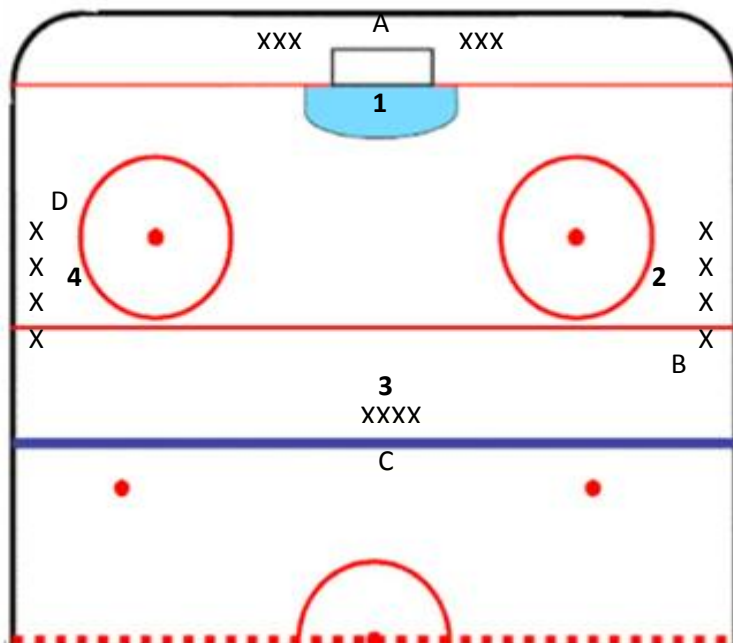
<p><b>Introduction (pre-practice) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Conditioning focus</li> <li>• Review drills (practice plan)</li> </ul>
<p><b>Warm up (10-12 minutes)</b></p> <ul style="list-style-type: none"> <li>• Drill #1, followed by stretching – pick variation</li> </ul>
<p><b>Post-practice wrap up) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Feedback on practice (w/o isolating individuals)</li> <li>• Look-ahead (games, practices)</li> <li>• Discuss importance of nutrition / excercie/ hydration over Christmas break</li> </ul>

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

## Drill #1

<b>Drill Name:</b>	Warm-up Skating	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b>		
<b>Players:</b>			
<b>Goalkeepers:</b>			
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>Have players skate around entire surface of the ice in same direction             <ul style="list-style-type: none"> <li>V.1 Coach blows whistle:                 <ul style="list-style-type: none"> <li>➤ 1 = speed</li> <li>➤ 2 = stop + change direction</li> </ul> </li> <li>V.2 Players skate between blue lines, then backwards between blue lines</li> <li>V.3 Players stretch legs between blue lines</li> <li>V.4 Players stretch arms over head</li> <li>V.5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>		<b>TIPS</b>
			<ul style="list-style-type: none"> <li>Push nets to Ringette line for safety</li> </ul>

## Drill #2



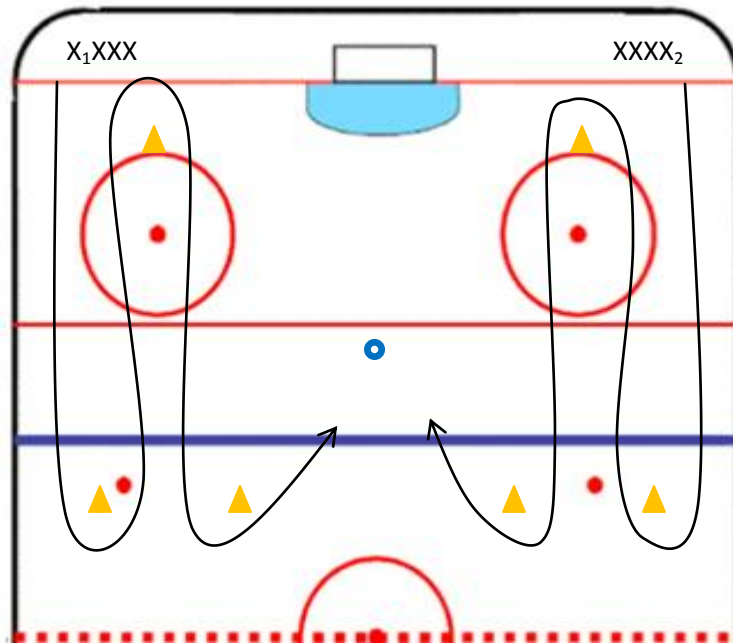
<b>Drill Name:</b>	Lengths + Widths	<b>Duration:</b>	
<b>What Skills are we developing?</b>	<b>What do I need?</b>		
<b>Players:</b>	<ul style="list-style-type: none"> <li>Rings are optional</li> </ul>		





<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Skate forward with ring to first pylon</li> <li>• Turn as tight as possible around cone, continue to next pylon <ul style="list-style-type: none"> <li>○ v. 1 360 turns around pylons</li> <li>○ v. 2 front to back, back to front transitions</li> <li>○ v. 3 fully backwards</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Players to treat pylons as 'opposing players' and protect ring</li> <li>• Drill manual ref: <ul style="list-style-type: none"> <li>○ 3.13</li> </ul> </li> </ul>
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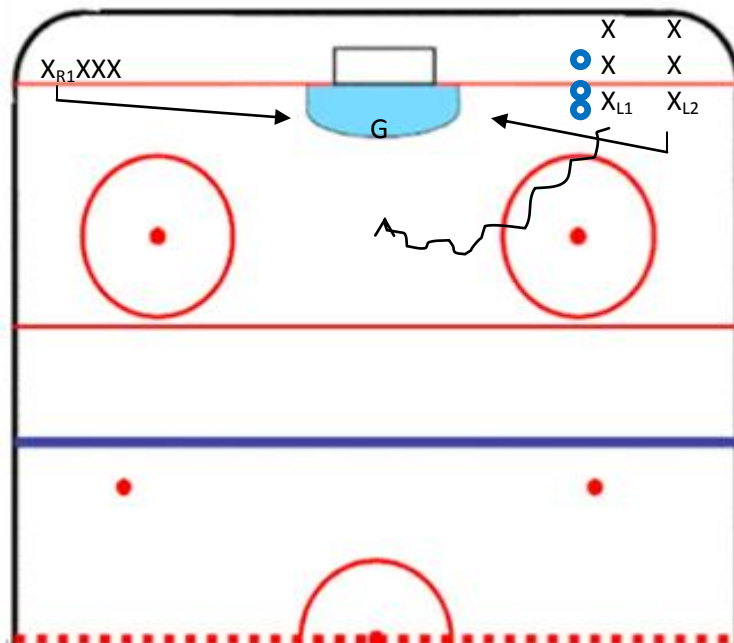
## Drill #4



<b>Drill Name:</b>	1 versus 1 race with skating variation	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>		<b>What do I need?</b>	
<b>Players:</b> <ul style="list-style-type: none"> <li>• Tight turns</li> <li>• Pivots</li> <li>• Retrieving open rings</li> </ul>		<ul style="list-style-type: none"> <li>• Rings</li> <li>• 6 pylons</li> </ul>	
<b>Goalkeepers:</b>			
Rebounds			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in each corner</li> <li>• X1 and X2 start on whistle, race through 3-pylon course and retrieve ring</li> <li>• Player who does not get ring back checks and/or goes for rebound</li> <li>• V. 1 forwards to first pylon, backwards to second</li> <li>• V. 2 all backwards until last pylon</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Players must turn tight to pylons</li> </ul>
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## Drill #5

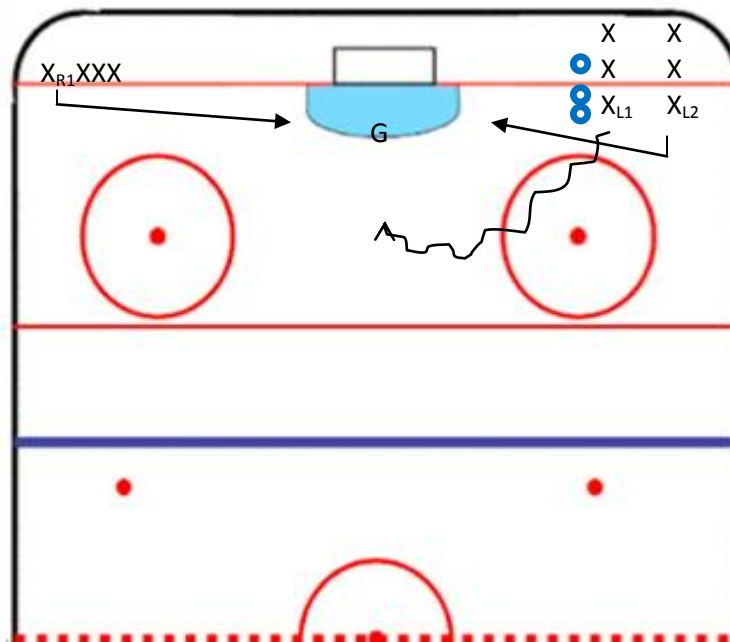


<b>Drill Name:</b>	Pepper passing	<b>Duration:</b>	5 minutes
<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Pass placement</li> <li>• Ring reception</li> <li>• Shooting</li> <li>• Body + head dekes</li> </ul>		<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Ring</li> </ul>	
<p><b>Goalkeepers:</b></p> <ul style="list-style-type: none"> <li>• Lateral and depth movement</li> </ul>			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Right handed shots line up in one line, left handed in 2</li> <li>• R1 skates to low post, L1 skates to top of slot, L2 to low post</li> <li>• L1 passes alternately to R1 and L2 who also makes cross-crease passes</li> <li>• Goalie must shift with ring</li> <li>• Any player may shoot at any time</li> <li>• Passes should be crisp and accurate <ul style="list-style-type: none"> <li>○ Variation: add one or two defenders once passes are very accurate</li> <li>○ Modification: second line should be on L or R- whichever you have most of</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Use skate to stop ring if player misses it with stick</li> <li>• Body and head dekes</li> </ul>
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## Drill #6

**\*\*Add defenders**



<p><b>Drill Name:</b></p>	<p>Pepper passing</p>	<p><b>Duration:</b></p>	<p>5 minutes</p>
<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Pass placement</li> <li>• Ring reception</li> <li>• Shooting</li> <li>• Body + head dekes</li> </ul>		<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Ring</li> </ul>	
<p><b>Goalkeepers:</b></p> <ul style="list-style-type: none"> <li>• Lateral and depth movement</li> </ul>			

**Drill Details:**

- Right handed shots line up in one line, left handed in 2
- R1 skates to low post, L1 skates to top of slot, L2 to low post
- L1 passes alternately to R1 and L2 who also makes cross-crease 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: U14**

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

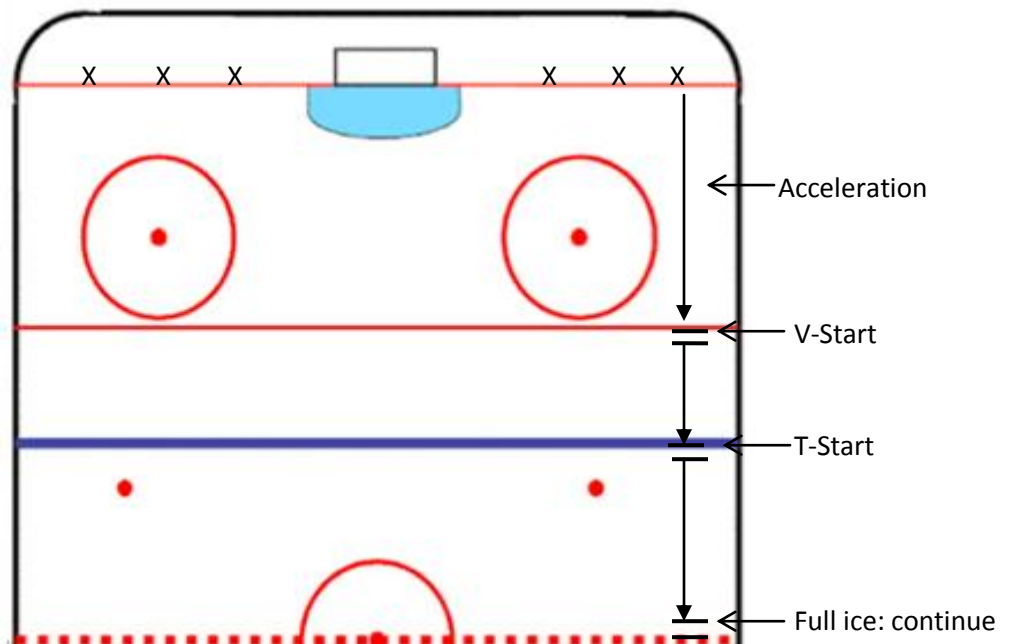
<p><b>Introduction (pre-practice) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Conditioning focus</li> <li>• Review drills (practice plan)</li> </ul>
<p><b>Warm up (10-12 minutes)</b></p> <ul style="list-style-type: none"> <li>• Drill #1, followed by stretching – pick variation</li> </ul>
<p><b>Post-practice wrap up) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Feedback on practice (w/o isolating individuals)</li> <li>• Look-ahead (games, practices)</li> </ul>

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

# Drill #1

<b>Drill Name:</b>	Warm-up Skating	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>Players:</b>	<b>What do I need?</b>	
<b>Goalkeepers:</b>			
<b>Drill Details:</b>		<b>TIPS</b>	
<ul style="list-style-type: none"> <li>• Have players skate around entire surface of the ice in same direction             <ul style="list-style-type: none"> <li>○ V.1 Coach blows whistle:                 <ul style="list-style-type: none"> <li>➤ 1 = speed</li> <li>➤ 2 = stop + change direction</li> </ul> </li> <li>○ V.2 Players skate between blue lines, then backwards between blue lines</li> <li>○ V.3 Players stretch legs between blue lines</li> <li>○ V.4 Players stretch arms over head</li> <li>○ V.5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>• Push nets to Ringette line for safety</li> </ul>	

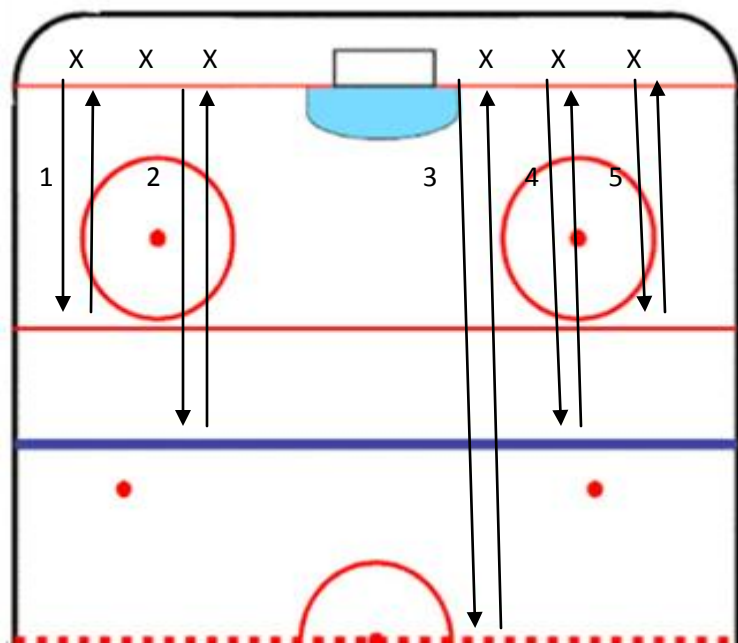
# Drill #2



<b>Drill Name:</b>	Stops + Starts	<b>Duration:</b>	5 minutes (2 reps on 1/2 Ice)
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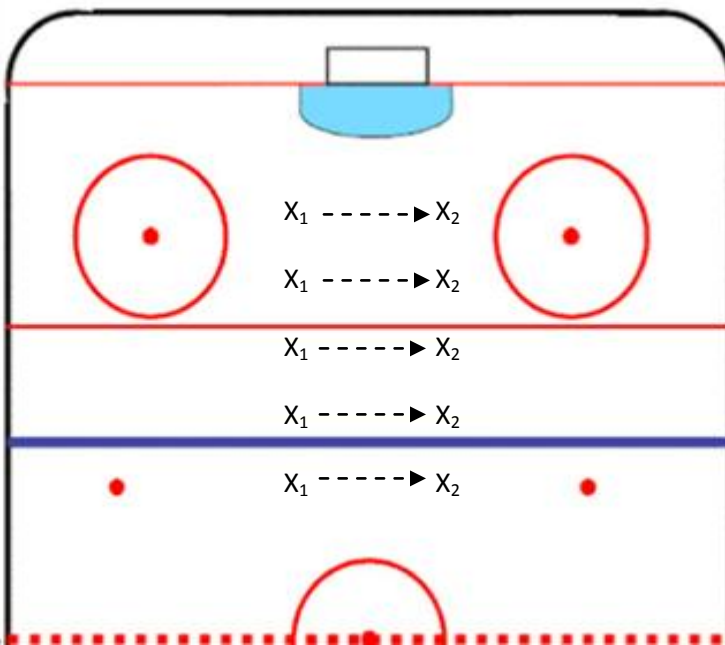
<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• V starts</li> <li>• T starts</li> <li>• Acceleration</li> <li>• Parallel stops</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Push net back against boards</li> </ul>
<p><b>Goalkeepers:</b> With skaters</p>	
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up on goal line</li> <li>• Assume T start position (push leg behind and support leg)</li> <li>• 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)</li> <li>• Assume V start position (heels together and toes apart)</li> <li>• On whistle, push off using V start, skate to blue line and stop facing designated direction</li> <li>• Assume T start position, on whistle, accelerate to centre ice</li> <li>• Stop facing designated direction</li> <li>• Ensure proper parallel stop technique (may need to demo the stop specifically)</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Watch for full effort, proper technique</li> <li>• Suggested coach-to-player ratio = 1-3 or 1-4</li> <li>• Drill manual ref: <ul style="list-style-type: none"> <li>○ T start 3.2</li> <li>○ V start 3.4</li> <li>○ Parallel stop 3.6</li> </ul> </li> </ul>

### Drill #3



<b>Drill Name:</b>	Man-Maker	<b>Duration:</b>		
<b>What Skills are we developing?</b>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings are optional</li> </ul>			
<b>Players:</b>				
<b>Goalkeepers:</b>				
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• Players line up on goal line</li> <li>• Skate to line and back <ul style="list-style-type: none"> <li>○ v. 1 Skate forward</li> <li>○ v. 2 Skate backwards</li> <li>○ v. 3 Skate forward one way + backwards the other way</li> <li>○ v. 4 One-leg slalom + two-leg slalom (forwards and backwards)</li> </ul> </li> </ul>		<b>TIPS</b>	

## Drill #4

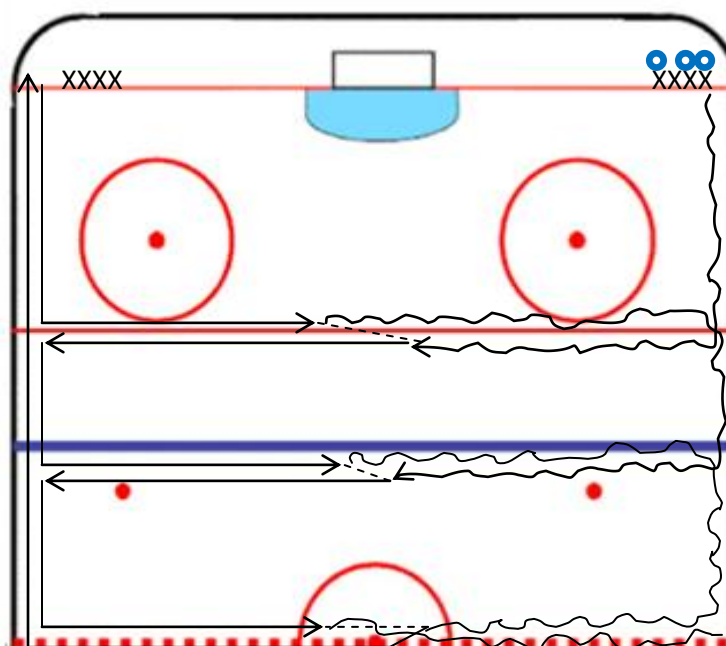


<b>Drill Name:</b>	Static passing	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> <li>• Variation: 2 = speed rings</li> </ul>		
<b>Players:</b>			
<b>Goalkeepers:</b>			
	<ul style="list-style-type: none"> <li>• Pass placement</li> <li>• Pass receiving</li> <li>• Sweep + flip</li> <li>• Foot + hand stop</li> </ul>		



<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players pair off and face each other approximately 2 metres apart</li> <li>• Player 1 passes to player 2 and repeat</li> <li>• After 10 passes, take 2 steps back and repeat</li> <li>• Further spread out if required <ul style="list-style-type: none"> <li>○ v. 1 players can skate forward when passing and backwards when receiving (constantly moving)</li> <li>○ v. 2 use speed (mini) rings</li> <li>○ v. 3 forward and backward passing</li> <li>○ v. 4 use skate to receive ring, then use skate to pass to stick</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Focus on forward sweep and backhand sweep pass</li> <li>• Communication between players</li> <li>• Body + hand position</li> <li>• Tip of the stick to the target</li> <li>• Show where you want the pass</li> </ul>
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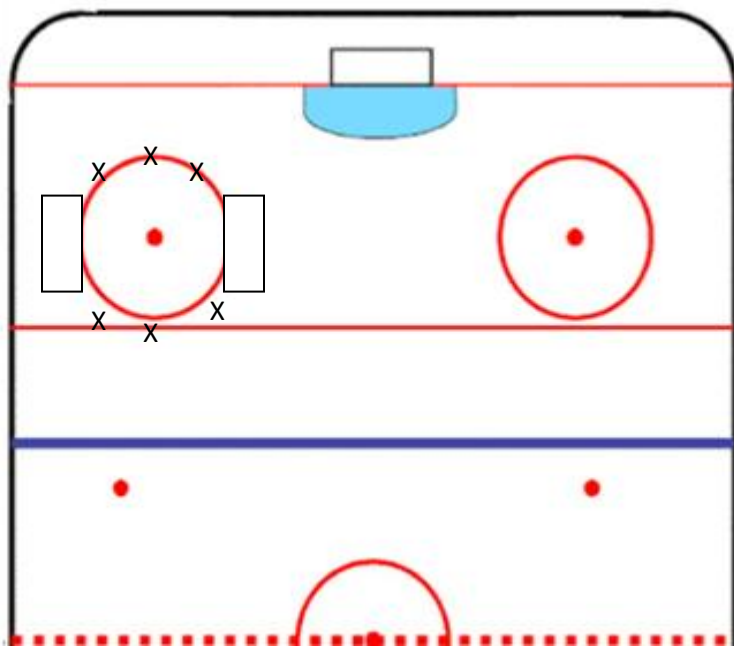
## Drill #5



<b>Drill Name:</b>	S-drill	<b>Duration:</b>	
<b>What Skills are we developing?</b>		<b>What do I need?</b>	
<b>Players:</b> <ul style="list-style-type: none"> <li>• Passing and receiving</li> </ul>		<ul style="list-style-type: none"> <li>• Rings</li> </ul>	
<b>Goalkeepers:</b>			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Two lines in each corner-one side starts with ring</li> <li>• Simultaneously, players skate up boards to ringette line and player with ring makes head-on pass to player without (in a specific zone)</li> <li>• Players continue to skate to boards, turn up boards to blue line, repeat; centre line, repeat <ul style="list-style-type: none"> <li>○ V. 1: deep pass</li> <li>○ V. 2: back pass</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Focus on forward and backward sweep</li> <li>• Players switch starting points</li> <li>• Demonstrate proper technique</li> <li>• Remove the drill start</li> </ul>
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## Drill #6



<b>Drill Name:</b>	Trapped 3 on 3	<b>Duration:</b>	5-15 minutes
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Ring protection</li> <li>• Passing</li> <li>• Shooting</li> <li>• Body position</li> </ul>		<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> <li>• 2 nets</li> </ul>	
<b>Goalkeepers:</b> Focus on heavy action play in the 'slot'			

**Drill Details:**

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

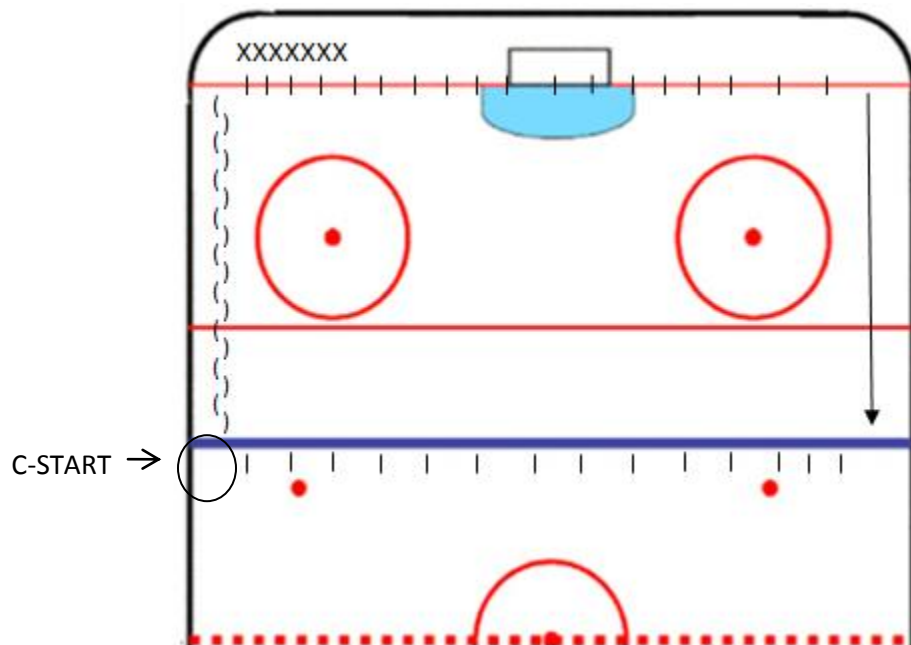
<p><b>Introduction (pre-practice) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Conditioning focus</li> <li>• Review drills (practice plan)</li> </ul>
<p><b>Warm up (10-12 minutes)</b></p> <ul style="list-style-type: none"> <li>• Drill #1, followed by stretching – pick variation</li> </ul>
<p><b>Post-practice wrap up) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Feedback on practice (w/o isolating individuals)</li> <li>• Look-ahead (games, practices)</li> </ul>

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

## Drill #1

<b>Drill Name:</b>	Warm-up Skating	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b>		
<b>Players:</b>			
<b>Goalkeepers:</b>			
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• Have players skate around entire surface of the ice in same direction <ul style="list-style-type: none"> <li>○ V.1 Coach blows whistle: <ul style="list-style-type: none"> <li>➤ 1 = speed</li> <li>➤ 2 = stop + change direction</li> </ul> </li> <li>○ V. 2 Players skate between blue lines, then backwards between blue lines</li> <li>○ V. 3 Players stretch legs between blue lines</li> <li>○ V. 4 Players stretch arms over head</li> <li>○ V. 5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>		<b>TIPS</b>
			<ul style="list-style-type: none"> <li>• Push nets to Ringette line for safety</li> </ul>

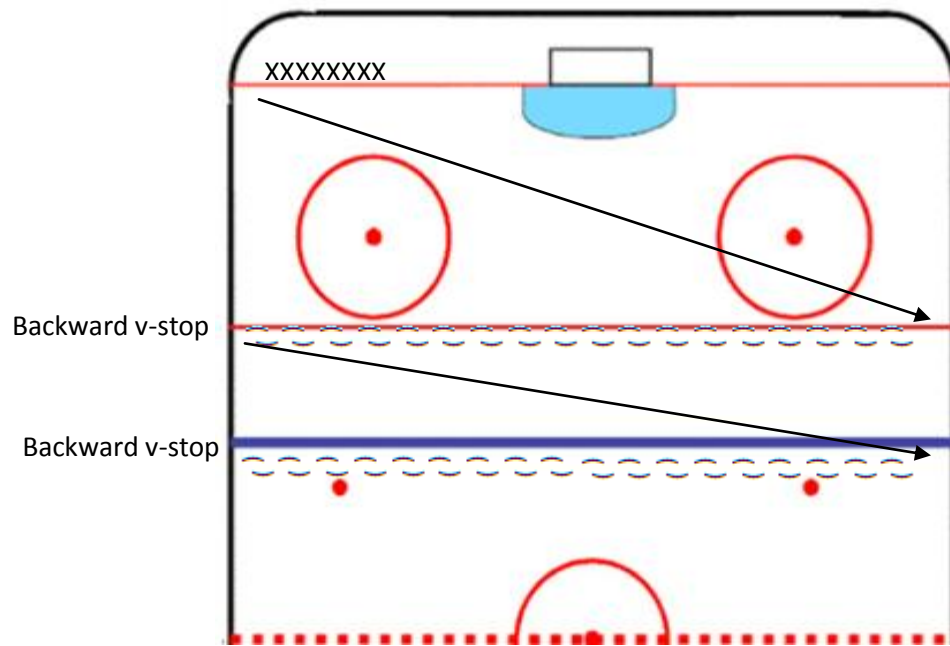
## Drill #2



<b>Drill Name:</b>	Side-step v. 2 (mid-season)	<b>Duration:</b>	
<b>What Skills are we developing?</b>	<b>What do I need?</b>		
<b>Players:</b>	<ul style="list-style-type: none"> <li>• Push net away from goal line</li> </ul>		

<b>Goalkeepers:</b>	
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Introduce backwards C-start</li> <li>• Same drill as SK#2 using backward C-start when starting to skate backwards</li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Demo backwards C-start before players do it</li> </ul>

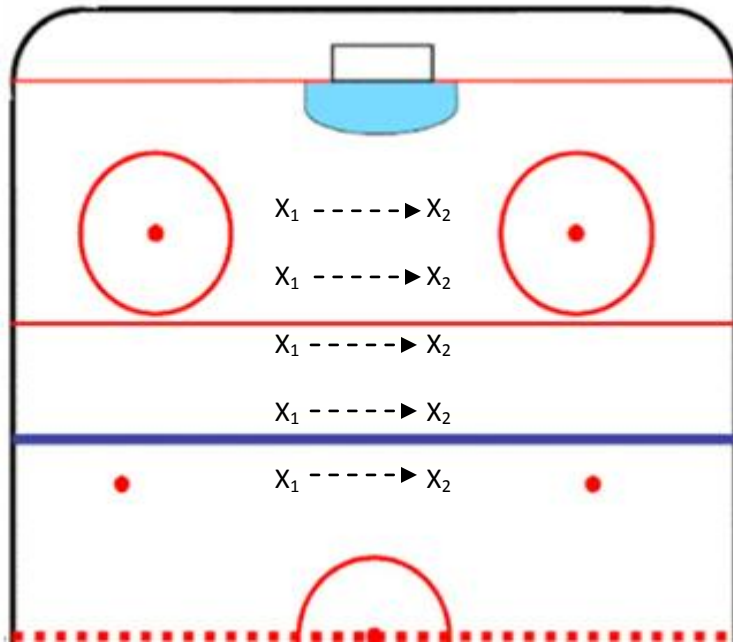
### Drill #3



<b>Drill Name:</b>	Transitions (v)	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b>		
<b>Players:</b> <ul style="list-style-type: none"> <li>• Forwards V-starts</li> <li>• Backwards V-stops</li> <li>• Pivots</li> <li>• Acceleration</li> </ul>	<ul style="list-style-type: none"> <li>• No equipment required</li> </ul>		
<b>Goalkeepers:</b>	With players		

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Start using V-start, accelerate to Ringette line at far boards, pivot to transition to backwards skating</li> <li>• Skate backwards across Ringette line (legs on either side to ensure form)</li> <li>• Backwards V-stop at boards</li> <li>• Repeat at blue line</li> <li>• Restart drill from centre ice (start on same side to work pivot on both sides) <ul style="list-style-type: none"> <li>○ v. 2 Side-steps on line</li> <li>○ v. 3 Backwards on line</li> <li>○ v. 4 Sculling on line</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• 'Ride the line'</li> <li>• Drill manual ref: <ul style="list-style-type: none"> <li>○ V-start 3.4</li> <li>○ Backward V –stop 3.10</li> <li>○ Pivots 3.12</li> </ul> </li> </ul>
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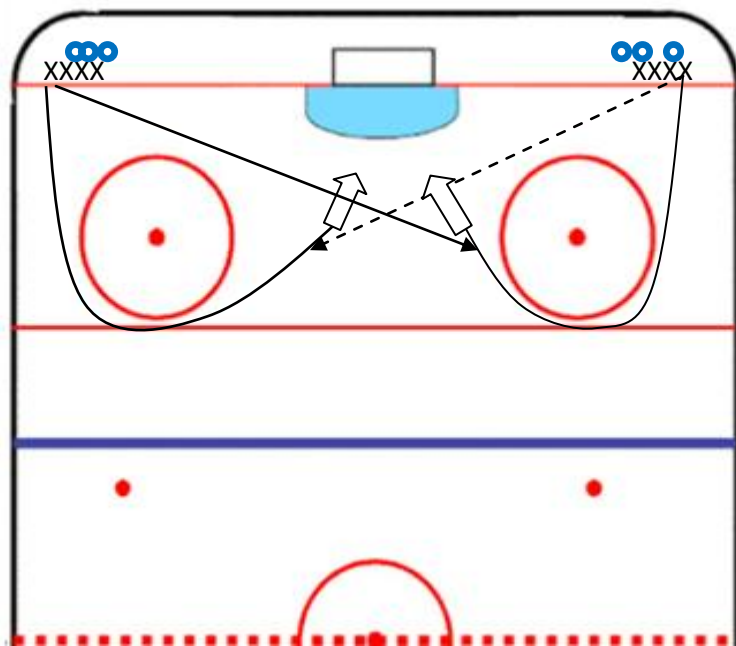
## Drill #4



<b>Drill Name:</b>	Static passing	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>		<b>What do I need?</b>	
<p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Pass placement</li> <li>• Pass receiving</li> <li>• Sweep + flip</li> <li>• Foot + hand stop</li> </ul>		<ul style="list-style-type: none"> <li>• Rings</li> <li>• Variation: 2 = speed rings</li> </ul>	
<b>Goalkeepers:</b>			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players pair off and face each other approximately 2 metres apart</li> <li>• Player 1 passes to player 2 and repeat</li> <li>• After 10 passes, take 2 steps back and repeat</li> <li>• Further spread out if required <ul style="list-style-type: none"> <li>○ v. 1 players can skate forward when passing and backwards when receiving (constantly moving)</li> <li>○ v. 2 use speed (mini) rings</li> <li>○ v. 3 forward and backward passing</li> <li>○ v. 4 use skate to receive ring, then use skate to pass to stick</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Focus on forward sweep and backhand sweep pass</li> <li>• Communication between players</li> <li>• Body + hand position</li> <li>• Tip of the stick to the target</li> <li>• Show where you want the pass</li> </ul>
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## Drill #5

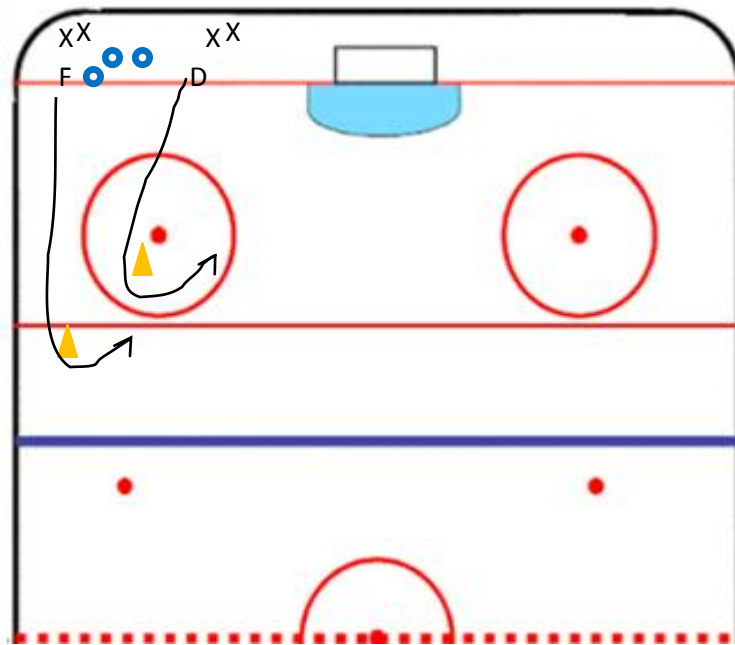


<b>Drill Name:</b>	Half horseshoe/La Banane	<b>Duration:</b>	
<b>What Skills are we developing?</b> <b>Players:</b> Passing, Pass reception, Timing, Shooting, Timing, Communication, Dokes		<b>What do I need?</b> • Rings	
<b>Goalkeepers:</b>			



<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Split the team in 2 groups</li> <li>• First girl out of the corner circles and calls the pass</li> <li>• Pass timing is key</li> <li>• Sweep pass to skater</li> <li>• Skater stabs the ring and shoots on net</li> <li>• Shot variation – sweep, wrist, backhand + forehand</li> <li>• Ensure skaters move feet up to low circle</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Call for the pass</li> </ul>
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## Drill #6



<b>Drill Name:</b>	Defensive channel	<b>Duration:</b>	5-15 minutes
<b>What Skills are we developing?</b> <b>Players:</b>		<b>What do I need?</b>	
<b>Goalkeepers:</b>			
<b>Drill Details:</b>		<b>TIPS</b>	
<ul style="list-style-type: none"> <li>• Forward has ring – around pylon 1 on 1</li> <li>• Can do both corners – 5-10 sec delay</li> </ul>		<ul style="list-style-type: none"> <li>• D timing drill</li> <li>• Both position D</li> </ul>	

**Stage: U14**

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

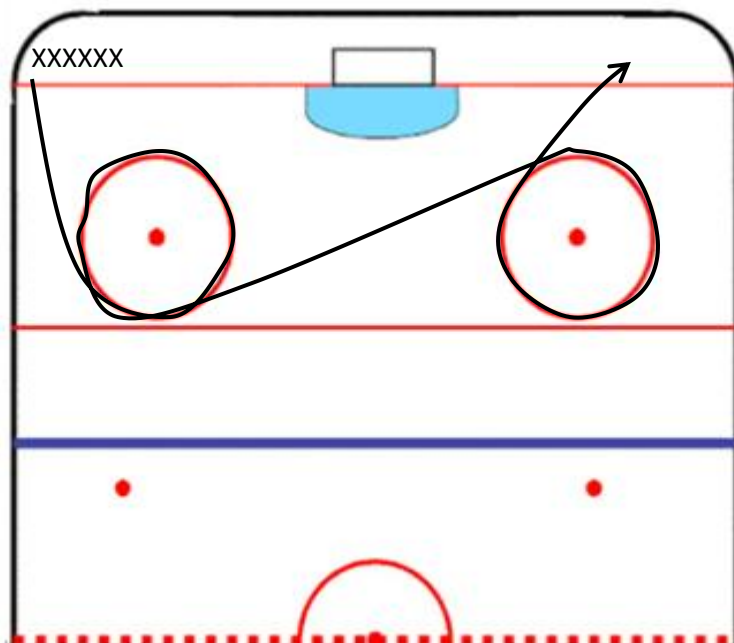
<p><b>Introduction (pre-practice) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Conditioning focus</li> <li>• Review drills (practice plan)</li> </ul>
<p><b>Warm up (10-12 minutes)</b></p> <ul style="list-style-type: none"> <li>• Drill #1, followed by stretching – pick variation</li> </ul>
<p><b>Post-practice wrap up) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Feedback on practice (w/o isolating individuals)</li> <li>• Look-ahead (games, practices)</li> </ul>

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

# Drill #1

<b>Drill Name:</b>	Warm-up Skating	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b>	<b>What do I need?</b>			
<b>Players:</b>				
<b>Goalkeepers:</b>				
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• Have players skate around entire surface of the ice in same direction             <ul style="list-style-type: none"> <li>○ V.1 Coach blows whistle:                 <ul style="list-style-type: none"> <li>➤ 1 = speed</li> <li>➤ 2 = stop + change direction</li> </ul> </li> <li>○ V. 2 Players skate between blue lines, then backwards between blue lines</li> <li>○ V. 3 Players stretch legs between blue lines</li> <li>○ V. 4 Players stretch arms over head</li> <li>○ V. 5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>		<b>TIPS</b>	<ul style="list-style-type: none"> <li>• Push nets to Ringette line for safety</li> </ul>

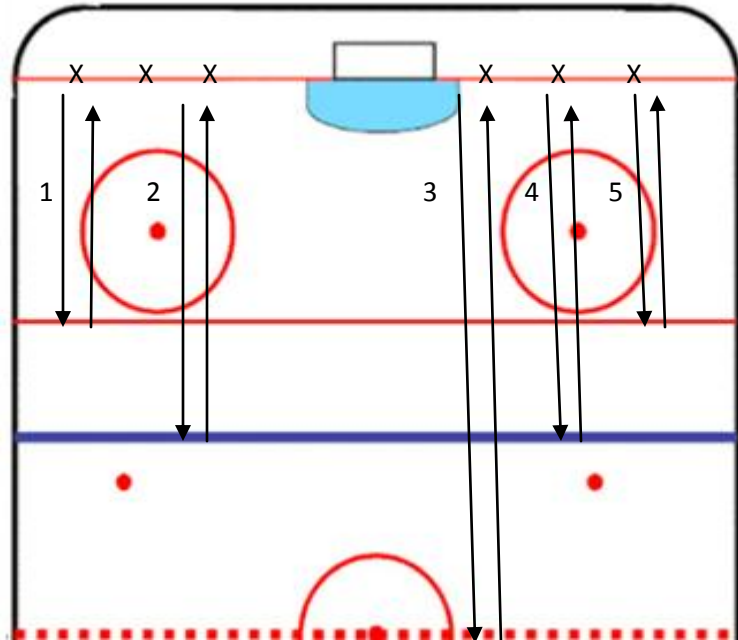
# Drill#2



<b>Drill Name:</b>	Cross-overs	<b>Duration:</b>	5 minutes
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Cross-overs (forward + backward)</li> <li>• Pivots</li> <li>• Acceleration</li> <li>• Ring protection</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• 15 rings</li> </ul>
<p><b>Goalkeepers:</b></p>	
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Send 2-3 players at a time <ul style="list-style-type: none"> <li>○ v. 1 Forwards</li> <li>○ v. 2 Backwards</li> <li>○ v. 3 Changing directions (pivots) – always free net</li> <li>○ 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</li> </ul> </li> <li>• Modification 1: add ring, use coach inside circle to check, forcing ring protection</li> <li>• Modification 2: have players touch circles with hand</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Watch form</li> </ul>

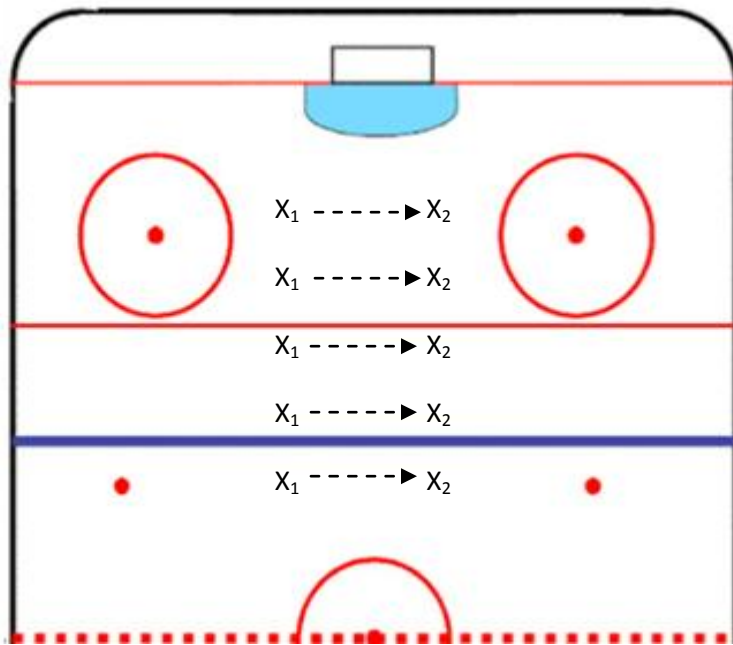
### Drill #3



<p><b>Drill Name:</b></p>	<p>Man-Maker</p>	<p><b>Duration:</b></p>	
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<b>What Skills are we developing?</b> <b>Players:</b>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings are optional</li> </ul>
<b>Goalkeepers:</b>	
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Players line up on goal line</li> <li>• Skate to line and back <ul style="list-style-type: none"> <li>○ v. 1 Skate forward</li> <li>○ v. 2 Skate backwards</li> <li>○ v. 3 Skate forward one way + backwards the other way</li> <li>○ v. 4 One-leg slalom + two-leg slalom (forwards and backwards)</li> </ul> </li> </ul>	<b>TIPS</b>

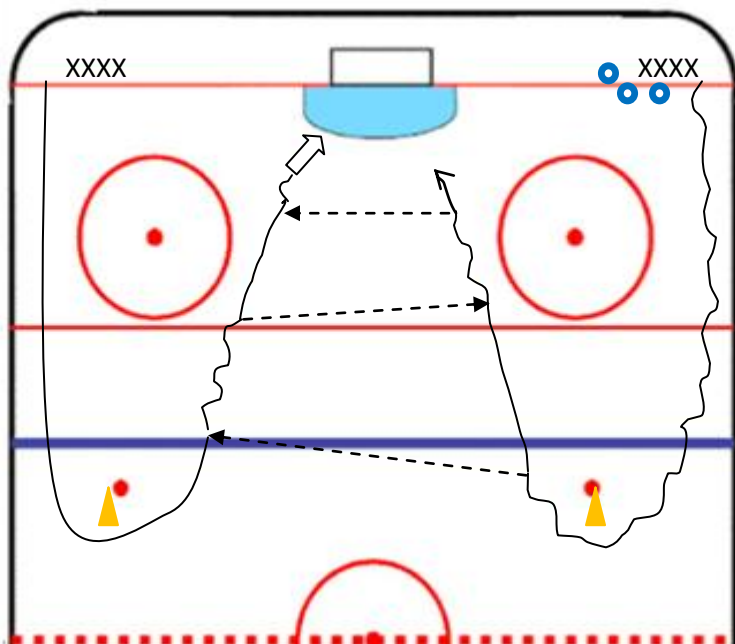
## Drill #4



<b>Drill Name:</b>	Static passing	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Pass placement</li> <li>• Pass receiving</li> <li>• Sweep + flip</li> <li>• Foot + hand stop</li> </ul>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> <li>• Variation: 2 = speed rings</li> </ul>		
<b>Goalkeepers:</b>			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players pair off and face each other approximately 2 metres apart</li> <li>• Player 1 passes to player 2 and repeat</li> <li>• After 10 passes, take 2 steps back and repeat</li> <li>• Further spread out if required <ul style="list-style-type: none"> <li>○ v. 1 players can skate forward when passing and backwards when receiving (constantly moving)</li> <li>○ v. 2 use speed (mini) rings</li> <li>○ v. 3 forward and backward passing</li> <li>○ v. 4 use skate to receive ring, then use skate to pass to stick</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Focus on forward sweep and backhand sweep pass</li> <li>• Communication between players</li> <li>• Body + hand position</li> <li>• Tip of the stick to the target</li> <li>• Show where you want the pass</li> </ul>
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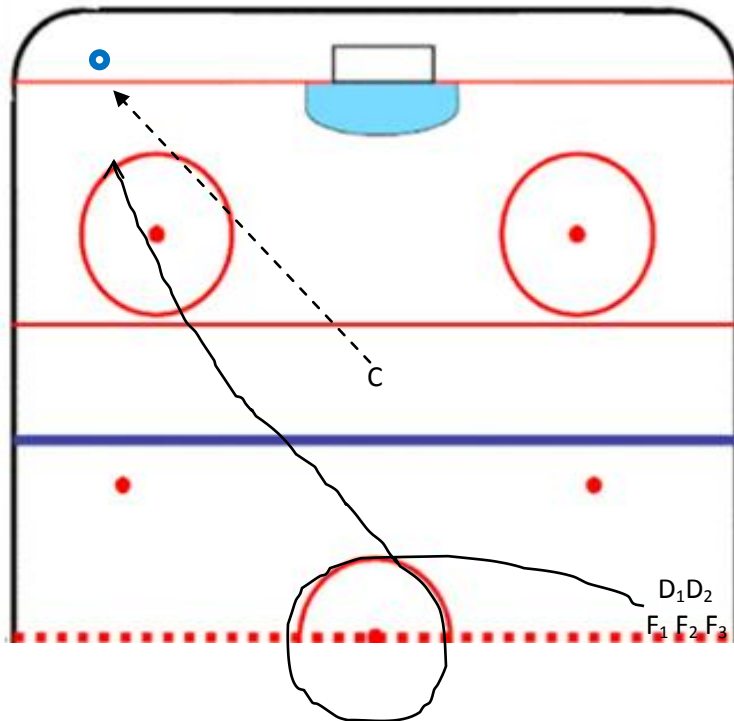
## Drill #5



<b>Drill Name:</b>	1 versus 1 pass	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>		<b>What do I need?</b>	
<b>Players:</b> <ul style="list-style-type: none"> <li>• Passing on the fly</li> </ul>		<ul style="list-style-type: none"> <li>• Rings</li> <li>• 2 pylons</li> </ul>	
<b>Goalkeepers:</b>			
Following the ring			

<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Players line up in each corner, one with ring</li> <li>• Skate to blue line and come around cone</li> <li>• Players pass back and forth and finish with shot on goal</li> <li>• Player who does not shoot goes for rebound if available</li> <li>• Variation: add defence man</li> </ul>	<b>TIPS</b>
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## Drill #6



<b>Drill Name:</b>	Yogi drill	<b>Duration:</b>	
<b>What Skills are we developing?</b> <b>Players:</b>		<b>What do I need?</b>	
<b>Goalkeepers:</b>			
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• D2 and F3 start at centre</li> <li>• On whistle, D's skate around circle followed closely by F's</li> <li>• Coach shoots ring into corner</li> <li>• D1 retrieves ring, D2 protects net</li> <li>• F1 challenges for ring, F2 is close, ready to check, second line of defence</li> <li>• F3 gets open for pass</li> <li>• Put ring on goalie and do ring throw</li> </ul>		<b>TIPS</b> <ul style="list-style-type: none"> <li>• D has to carry ring out – cannot shoot out</li> </ul>	

**Stage: U14**

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

<p><b>Introduction (pre-practice) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Conditioning focus</li> <li>• Review drills (practice plan)</li> </ul>
<p><b>Warm up (10-12 minutes)</b></p> <ul style="list-style-type: none"> <li>• Drill #1, followed by stretching – pick variation</li> </ul>
<p><b>Post-practice wrap up) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Feedback on practice (w/o isolating individuals)</li> <li>• Look-ahead (games, practices)</li> </ul>

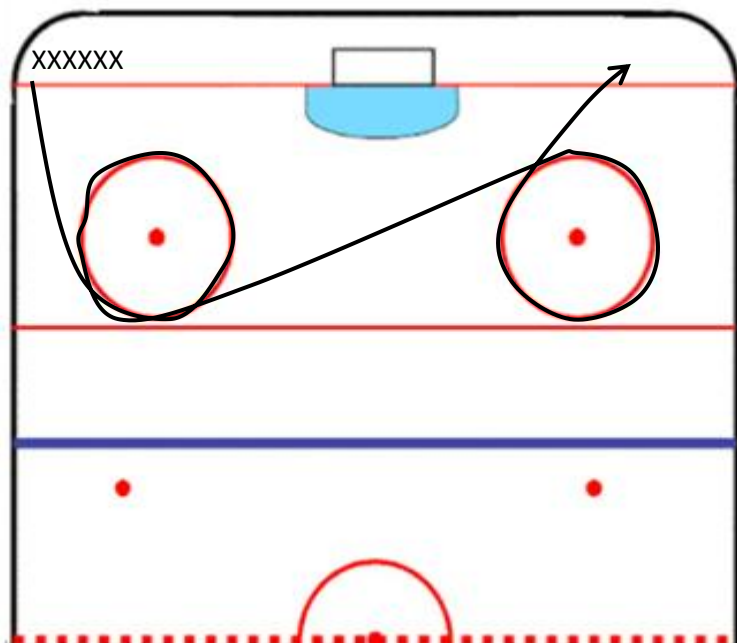
TIME (minutes)	ACTIVITY
00 – 05	<b>Drill#1:</b> warm-up
05 – 07	Hard lap/water
07 – 17	<b>Drill#2:</b> Cross-overs with all variations
17 – 25	<b>Drill#3</b>
25 – 27	Water
27 – 32	<b>Drill#4:</b> Combination Drill
32 – 34	Hard lap/water
34 – 40	<b>Drill#5:</b> Pepper pass
40 – 55	<b>Drill#6:</b> Pepper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



## Drill #1

<b>Drill Name:</b>	Warm-up Skating	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b>		
<b>Players:</b>			
<b>Goalkeepers:</b>			
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• Have players skate around entire surface of the ice in same direction             <ul style="list-style-type: none"> <li>○ V.1 Coach blows whistle:                 <ul style="list-style-type: none"> <li>➤ 1 = speed</li> <li>➤ 2 = stop + change direction</li> </ul> </li> <li>○ V.2 Players skate between blue lines, then backwards between blue lines</li> <li>○ V.3 Players stretch legs between blue lines</li> <li>○ V.4 Players stretch arms over head</li> <li>○ V.5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>		<b>TIPS</b> <ul style="list-style-type: none"> <li>• Push nets to Ringette line for safety</li> </ul>

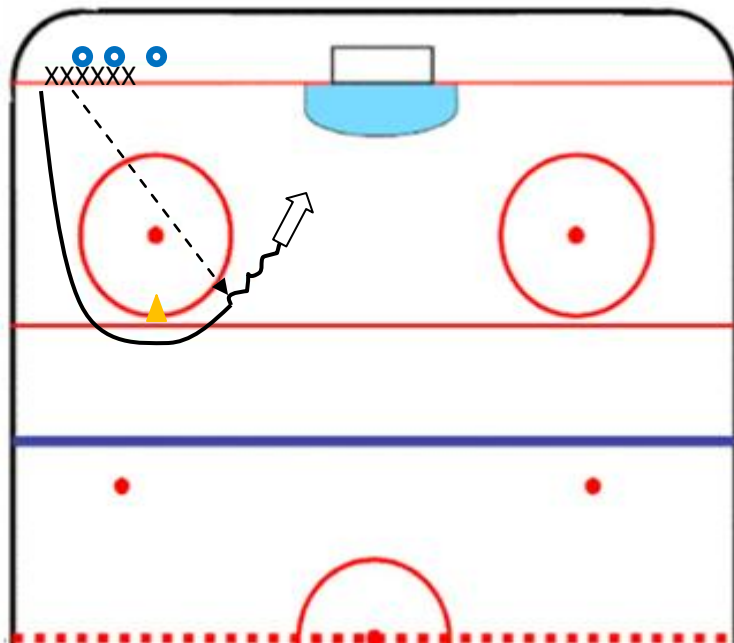
## Drill #2



<b>Drill Name:</b>	Cross-overs	<b>Duration:</b>	5 minutes
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Cross-overs (forward + backward)</li> <li>• Pivots</li> <li>• Acceleration</li> <li>• Ring protection</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• 15 rings</li> </ul>
<p><b>Goalkeepers:</b></p>	
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Send 2-3 players at a time <ul style="list-style-type: none"> <li>○ v. 1 Forwards</li> <li>○ v. 2 Backwards</li> <li>○ v. 3 Changing directions (pivots) – always free net</li> <li>○ 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</li> </ul> </li> <li>• Modification 1: add ring, use coach inside circle to check, forcing ring protection</li> <li>• Modification 2: have players touch circles with hand</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Watch form</li> </ul>

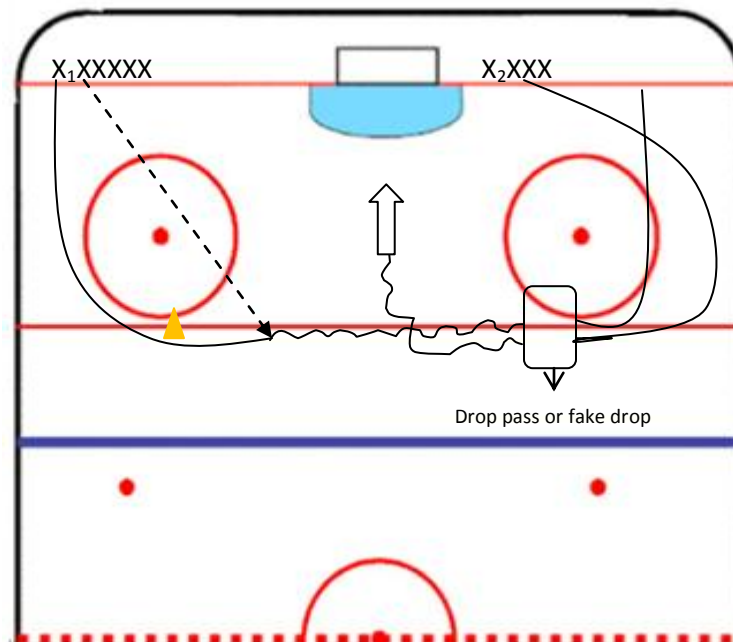
### Drill #3



<p><b>Drill Name:</b></p>		<p><b>Duration:</b></p>	
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Pass placement</li> <li>• Timing</li> <li>• Body and head dekes</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Rings</li> <li>• Pylons</li> </ul>
<p><b>Goalkeepers:</b></p> <ul style="list-style-type: none"> <li>• Breakaways</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Player with ring works on body and head dekes</li> <li>• Switch starting point to other side</li> <li>• Call the pass out</li> <li>• Make them yell</li> <li>• Timing is everything</li> <li>• Use cone as marker for the pass</li> </ul>

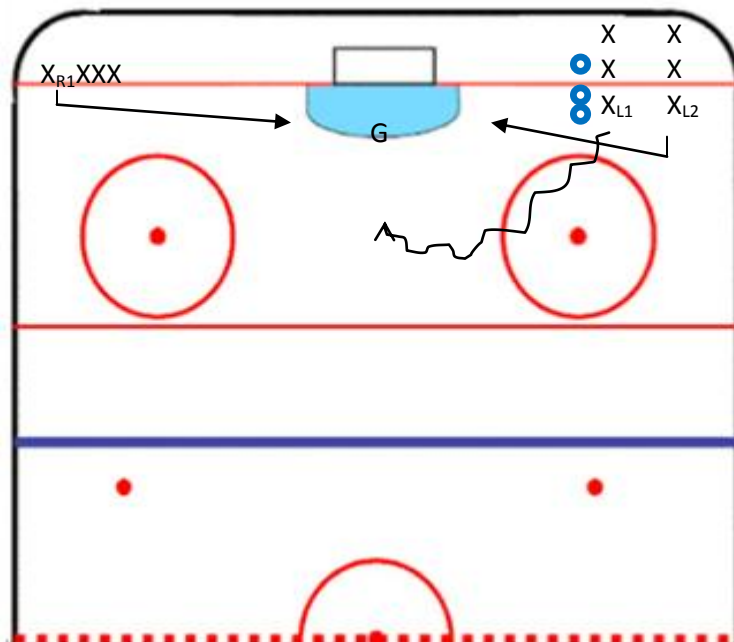
## Drill #4



<b>Drill Name:</b>	1/2 curl pass	<b>Duration:</b>	5-10 minutes
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Pass placement</li> <li>• Timing</li> <li>• Shooting</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Rings</li> <li>• 1 pylon</li> </ul>
<p><b>Goalkeepers:</b></p> <p>On progression, goalie does not know if drop pass will occur – must react</p>	
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Progression #2 (continuation of previous)</li> <li>• When picking up ring, continue across ringette line</li> <li>• 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</li> <li>• Curl around circle, get pass, shoot</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Reinforce use of head and body fake pass in progression (v. 2)</li> <li>• Ensure players are using multiple shot types</li> </ul>

## Drill #5

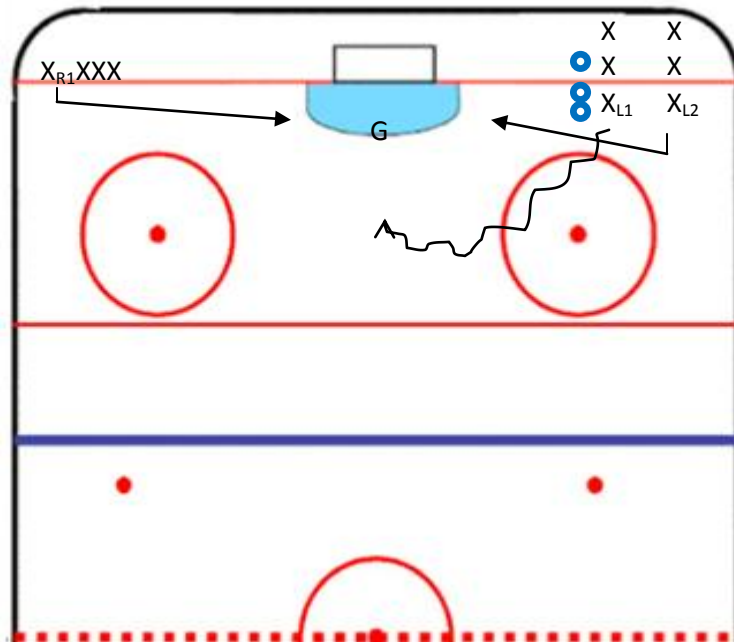


<p><b>Drill Name:</b></p>	<p>Pepper passing</p>	<p><b>Duration:</b></p>	<p>5 minutes</p>
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Pass placement</li> <li>• Ring reception</li> <li>• Shooting</li> <li>• Body + head dekes</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Ring</li> </ul>
<p><b>Goalkeepers:</b></p> <ul style="list-style-type: none"> <li>• Lateral and depth movement</li> </ul>	
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Right handed shots line up in one line, left handed in 2</li> <li>• R1 skates to low post, L1 skates to top of slot, L2 to low post</li> <li>• L1 passes alternately to R1 and L2 who also makes cross-crease passes</li> <li>• Goalie must shift with ring</li> <li>• Any player may shoot at any time</li> <li>• Passes should be crisp and accurate <ul style="list-style-type: none"> <li>○ Variation: add one or two defenders once passes are very accurate</li> <li>○ Modification: second line should be on L or R- whichever you have most of</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Use skate to stop ring if player misses it with stick</li> <li>• Body and head dekes</li> </ul>

## Drill #6

**\*\* Add defenders**



<b>Drill Name:</b>	Pepper passing	<b>Duration:</b>	5 minutes
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Pass placement</li> <li>• Ring reception</li> <li>• Shooting</li> <li>• Body + head dekes</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Ring</li> </ul>
<p><b>Goalkeepers:</b></p> <ul style="list-style-type: none"> <li>• Lateral and depth movement</li> </ul>	
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Right handed shots line up in one line, left handed in 2</li> <li>• R1 skates to low post, L1 skates to top of slot, L2 to low post</li> <li>• L1 passes alternately to R1 and L2 who also makes cross-crease passes</li> <li>• Goalie must shift with ring</li> <li>• Any player may shoot at any time</li> <li>• Passes should be crisp and accurate <ul style="list-style-type: none"> <li>○ Variation: add one or two defenders once passes are very accurate</li> <li>○ Modification: second line should be on L or R- whichever you have most of</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Use skate to stop ring if player misses it with stick</li> <li>• Body and head dekes</li> </ul>

**Stage: U14**

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

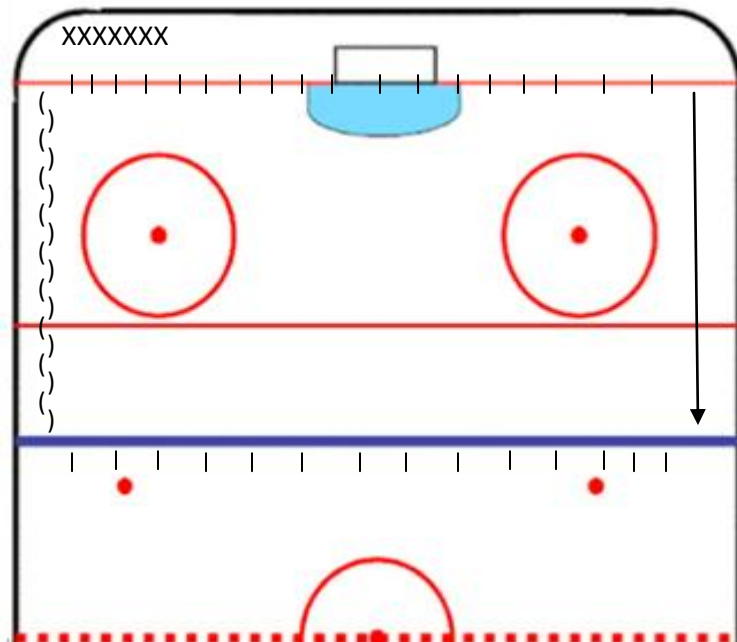
<p><b>Introduction (pre-practice) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Conditioning focus</li> <li>• Review drills (practice plan)</li> </ul>
<p><b>Warm up (10-12 minutes)</b></p> <ul style="list-style-type: none"> <li>• Drill #1, followed by stretching – pick variation</li> </ul>
<p><b>Post-practice wrap up) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Feedback on practice (w/o isolating individuals)</li> <li>• Look-ahead (games, practices)</li> </ul>

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

## Drill #1

<b>Drill Name:</b>	Warm-up Skating	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b>		
<b>Players:</b>			
<b>Goalkeepers:</b>			
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• Have players skate around entire surface of the ice in same direction             <ul style="list-style-type: none"> <li>○ V.1 Coach blows whistle:                 <ul style="list-style-type: none"> <li>➤ 1 = speed</li> <li>➤ 2 = stop + change direction</li> </ul> </li> <li>○ V.2 Players skate between blue lines, then backwards between blue lines</li> <li>○ V.3 Players stretch legs between blue lines</li> <li>○ V.4 Players stretch arms over head</li> <li>○ V.5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>		<b>TIPS</b> <ul style="list-style-type: none"> <li>• Push nets to Ringette line for safety</li> </ul>

## Drill #2

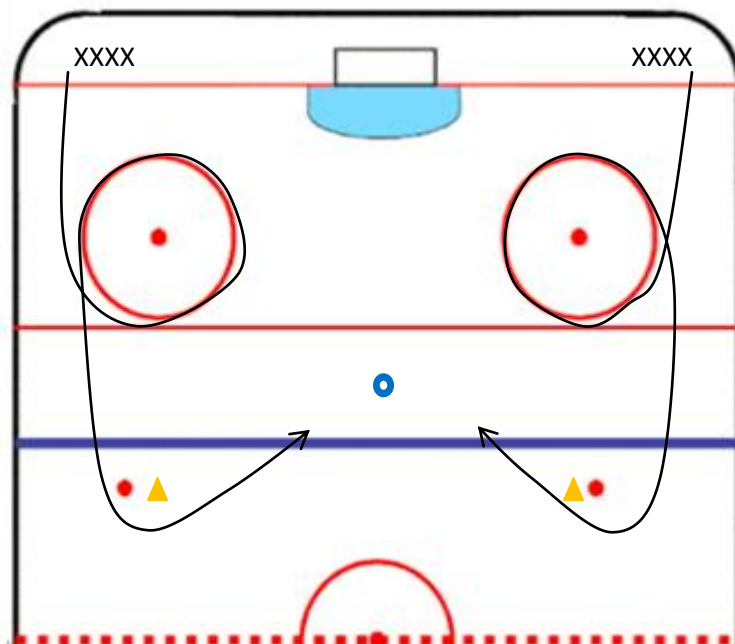


<b>Drill Name:</b>	Side-step	<b>Duration:</b>	5 minutes
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<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Cross over starts</li> <li>• Acceleration</li> <li>• One leg stop</li> </ul>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Push net away from goal line</li> </ul>
<b>Goalkeepers:</b> With skaters	
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Ensure players are facing forward (hips, shoulders, head)</li> <li>• Side-steps across goal line</li> <li>• Watch form/technique/ - speed is not important</li> <li>• Approximately 2 metres from boards, use momentum into forward skating</li> <li>• Accelerate to blue line</li> <li>• Repeat side-stepping (facing same direction to work other leg)</li> <li>• Across blue line, use one-foot stop</li> <li>• Continue back to goal line backwards</li> <li>• Repeat drill, starting from opposite corner</li> <li>• Variation: split ice up middle and run two shorter 'boxes' to maximize ice/player engagement</li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Watch body alignment</li> <li>• Ensure body does not face side</li> </ul>

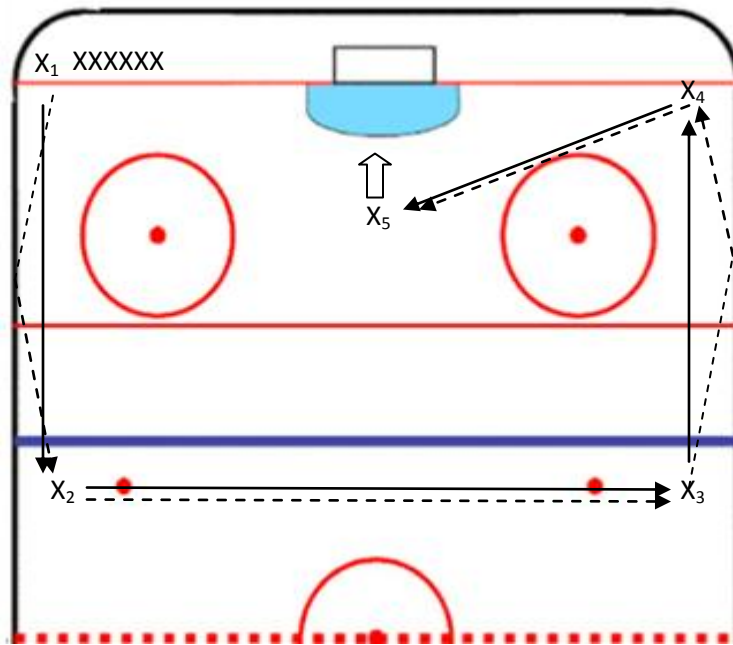
## Drill #3



<b>Drill Name:</b>	1 versus 1 race	<b>Duration:</b>	5 minutes
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<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Cross overs</li> <li>• Ring pick up</li> </ul>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> <li>• 2 pylons</li> </ul>
<b>Goalkeepers:</b>	
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Start players in two lines in corners</li> <li>• Players skate cross-overs around circles, over blue line and sharp turn around pylon</li> <li>• Race to ring (stationary) for 1 versus 1</li> <li>• Player with ring goes for shot on net, player with ring back checks and follows up for rebound if available</li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Switch sides after reps</li> <li>• Focus on second player back checking technique</li> </ul>

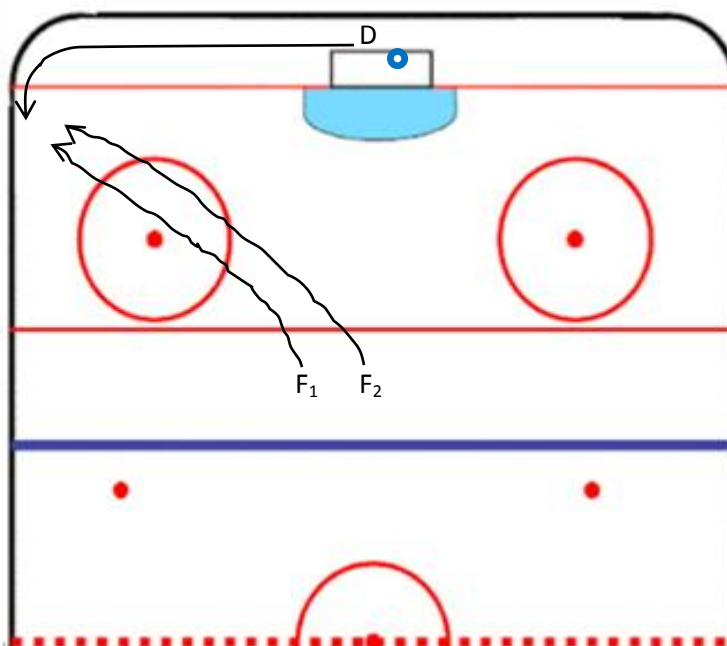
## Drill #4



<b>Drill Name:</b>	Star-5	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Passing</li> <li>• Skating communication</li> </ul>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> </ul>		
<b>Goalkeepers:</b>			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Have 5 players positioned as indicated above</li> <li>• Player 1 passes to player 2, follows pass and becomes player 2</li> <li>• Player 2 passes to player 3, follows the pass and becomes player 3</li> <li>• Player 3 passes to player 4, follows the pass and becomes player 4</li> <li>• Player 4 passes to player 5 (for one timer shot) and becomes player 5</li> <li>• After shooting, player 5 returns to line (continuous drill) <ul style="list-style-type: none"> <li>○ v. 1 pass from player 1 to player 2 and player 3 to player 4 is a board pass</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Switch starting point to other side</li> <li>• Body position</li> <li>• Release towards the target (tip)</li> <li>• Call out the pass</li> </ul>
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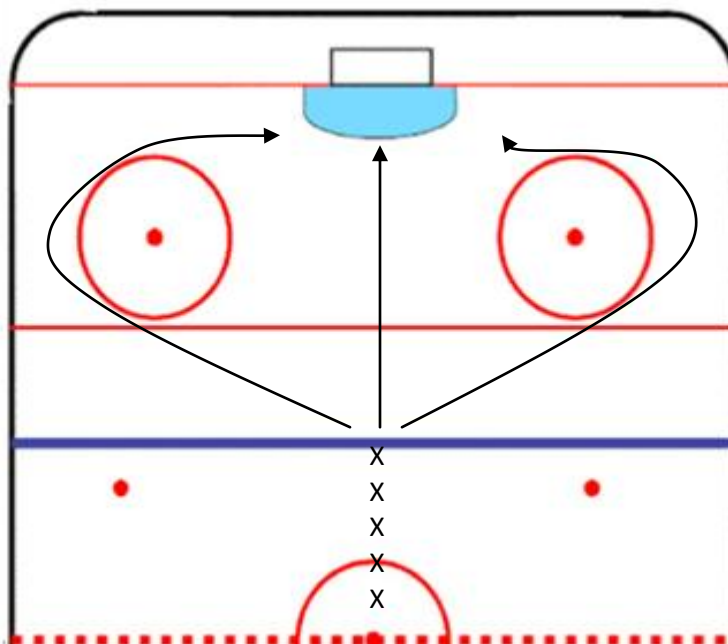
## Drill #5



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

<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• D starts behind net with ring, must break around net + up boards</li> <li>• F1 skates in and channels D towards boards, staying in front of player</li> <li>• F2 comes in for the check on the other side of D than F1</li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Body position</li> </ul>
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## Drill #6



<b>Drill Name:</b>	3 angle shootout	<b>Duration:</b>	Finish
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Shooting</li> <li>• Scoring</li> <li>• Deeks</li> <li>• Fakes</li> </ul>		<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> </ul>	
<b>Goalkeepers:</b> <ul style="list-style-type: none"> <li>• Movement</li> </ul>		<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Shoot-out <ul style="list-style-type: none"> <li>○ Around left circle</li> <li>○ Around right circle</li> <li>○ Straight at goalie</li> </ul> </li> </ul>	
		<b>TIPS</b> <ul style="list-style-type: none"> <li>• Head up</li> <li>• Coach demands type of shot (wrist, backhand, sweep, etc.)</li> </ul>	

**Stage: U14**

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

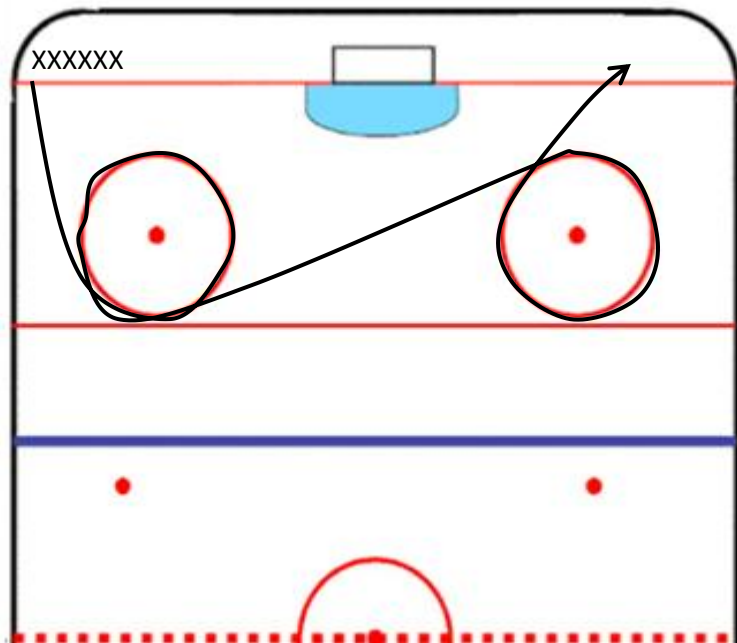
<p><b>Introduction (pre-practice) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Conditioning focus</li> <li>• Review drills (practice plan)</li> </ul>
<p><b>Warm up (10-12 minutes)</b></p> <ul style="list-style-type: none"> <li>• Drill #1, followed by stretching – pick variation</li> </ul>
<p><b>Post-practice wrap up) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Feedback on practice (w/o isolating individuals)</li> <li>• Look-ahead (games, practices)</li> </ul>

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

## Drill #1

<b>Drill Name:</b>	Warm-up Skating	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>What do I need?</b>		
<b>Players:</b>			
<b>Goalkeepers:</b>			
<b>Drill Details:</b>	<ul style="list-style-type: none"> <li>• Have players skate around entire surface of the ice in same direction             <ul style="list-style-type: none"> <li>○ V.1 Coach blows whistle:                 <ul style="list-style-type: none"> <li>➤ 1 = speed</li> <li>➤ 2 = stop + change direction</li> </ul> </li> <li>○ V.2 Players skate between blue lines, then backwards between blue lines</li> <li>○ V.3 Players stretch legs between blue lines</li> <li>○ V.4 Players stretch arms over head</li> <li>○ V.5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>		<b>TIPS</b> <ul style="list-style-type: none"> <li>• Push nets to Ringette line for safety</li> </ul>

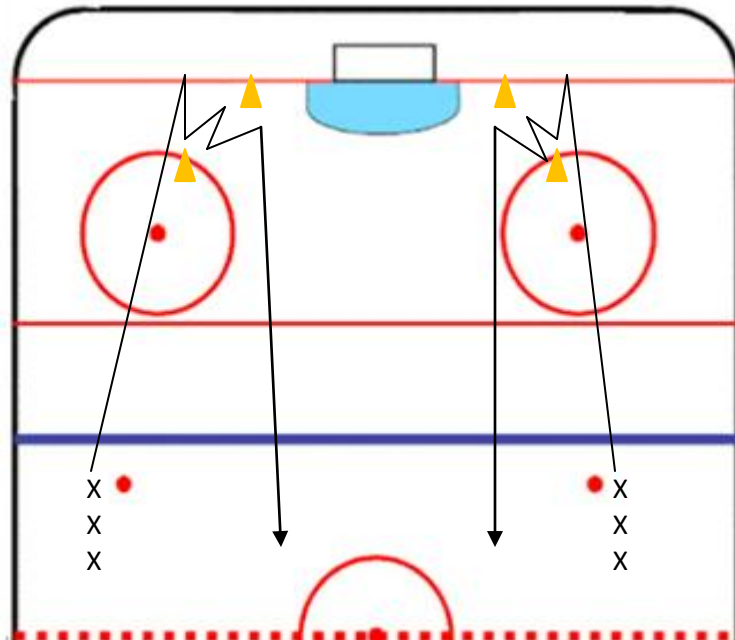
## Drill #2



<b>Drill Name:</b>	Cross-overs	<b>Duration:</b>	5 minutes
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Cross-overs (forward + backward)</li> <li>• Pivots</li> <li>• Acceleration</li> <li>• Ring protection</li> </ul>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• 15 rings</li> </ul>
<p><b>Goalkeepers:</b></p>	
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Send 2-3 players at a time <ul style="list-style-type: none"> <li>○ v. 1 Forwards</li> <li>○ v. 2 Backwards</li> <li>○ v. 3 Changing directions (pivots) – always free net</li> <li>○ 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</li> </ul> </li> <li>• Modification 1: add ring, use coach inside circle to check, forcing ring protection</li> <li>• Modification 2: have players touch circles with hand</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Watch form</li> </ul>

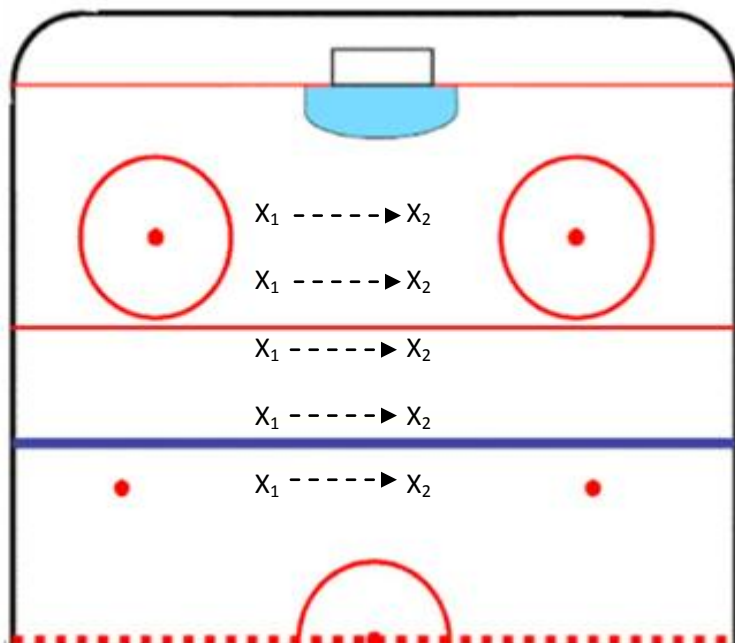
### Drill #3



<p><b>Drill Name:</b></p>	<p>W-Passing</p>	<p><b>Duration:</b></p>	
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<b>What Skills are we developing?</b> <b>Players:</b>	<b>What do I need?</b> • Rings are optional
<b>Goalkeepers:</b>	
<b>Drill Details:</b> • One from each line leaves at the same time, as soon as player comes back across the blue line, next player goes (race)	<b>TIPS</b> • Explosive skating • Full stops

## Drill #4

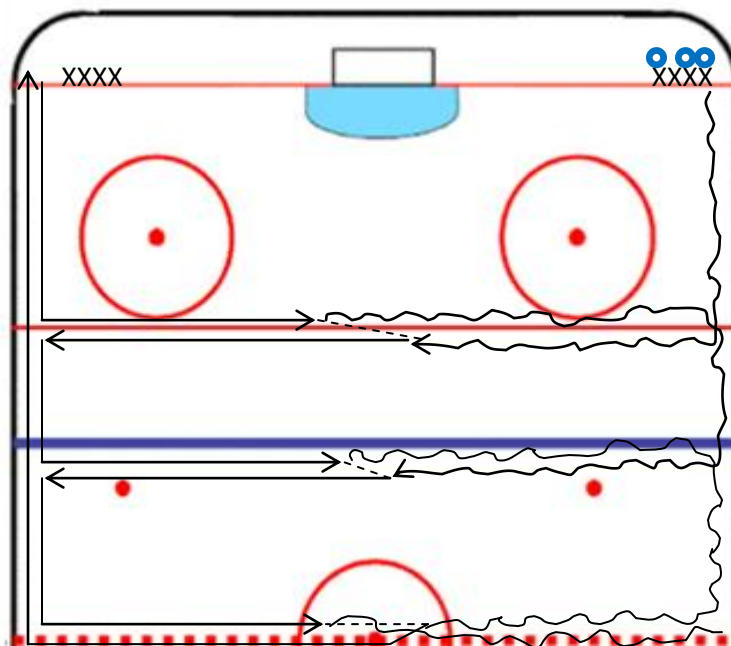


<b>Drill Name:</b>	Static passing	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b> <b>Players:</b>	<ul style="list-style-type: none"> <li>• Pass placement</li> <li>• Pass receiving</li> <li>• Sweep + flip</li> <li>• Foot + hand stop</li> </ul>	<b>What do I need?</b>	
<b>Goalkeepers:</b>		<ul style="list-style-type: none"> <li>• Rings</li> <li>• Variation: 2 = speed rings</li> </ul>	



<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players pair off and face each other approximately 2 metres apart</li> <li>• Player 1 passes to player 2 and repeat</li> <li>• After 10 passes, take 2 steps back and repeat</li> <li>• Further spread out if required <ul style="list-style-type: none"> <li>○ v. 1 players can skate forward when passing and backwards when receiving (constantly moving)</li> <li>○ v. 2 use speed (mini) rings</li> <li>○ v. 3 forward and backward passing</li> <li>○ v. 4 use skate to receive ring, then use skate to pass to stick</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Focus on forward sweep and backhand sweep pass</li> <li>• Communication between players</li> <li>• Body + hand position</li> <li>• Tip of the stick to the target</li> <li>• Show where you want the pass</li> </ul>
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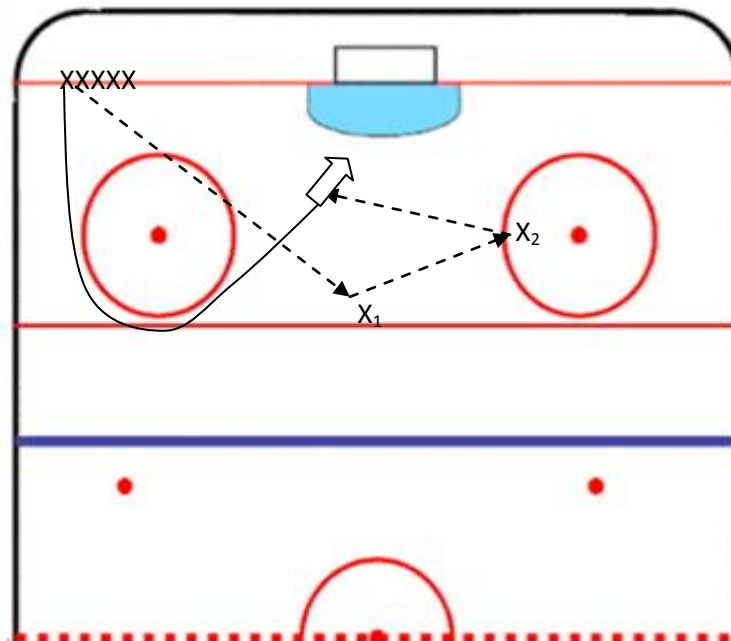
## Drill #5



<b>Drill Name:</b>	S-drill	<b>Duration:</b>	
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Passing and receiving</li> </ul>		<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> </ul>	
<b>Goalkeepers:</b>			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Two lines in each corner-one side starts with ring</li> <li>• Simultaneously, players skate up boards to ringette line and player with ring makes head-on pass to player without (in a specific zone)</li> <li>• Players continue to skate to boards, turn up boards to blue line, repeat; centre line, repeat <ul style="list-style-type: none"> <li>○ V. 1: deep pass</li> <li>○ V. 2: back pass</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Focus on forward and backward sweep</li> <li>• Players switch starting points</li> <li>• Demonstrate proper technique</li> <li>• Remove the drill start</li> </ul>
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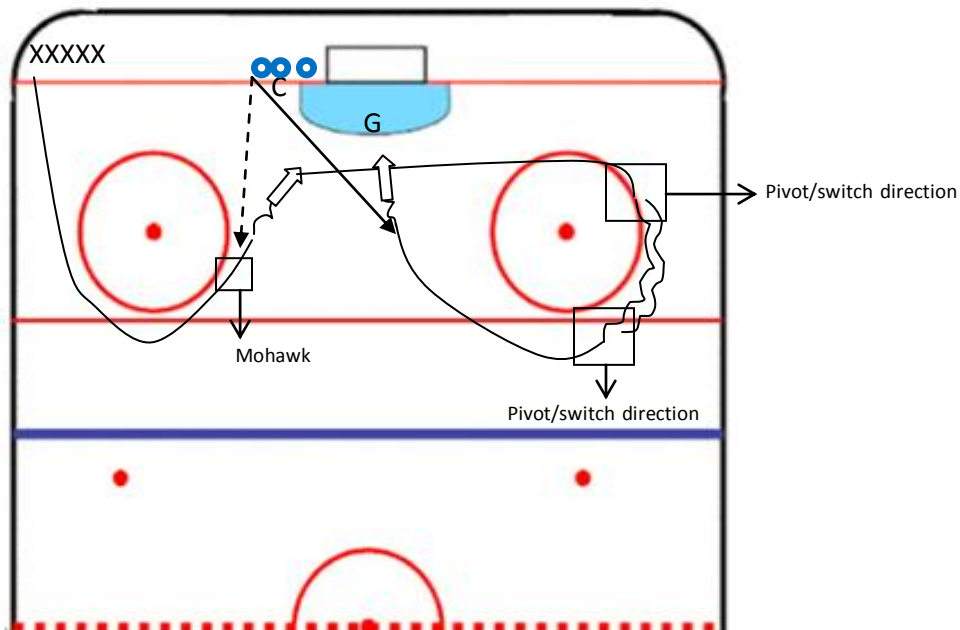
## Drill #6



<b>Drill Name:</b>	Cycle one-timer	<b>Duration:</b>	5-15 minutes
<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Pass placement</li> <li>• One-timer shot</li> </ul>		<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Rings</li> </ul>	
<p><b>Goalkeepers:</b></p> <p>Following ring while watching moving players – lateral movement</p>			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players start in corner with ring</li> <li>• Take 3 strides and pass ring to X1 and continue skating route as above</li> <li>• X1 passes to X2 who feeds the ring into slot for X who is arriving for one-time</li> <li>• X1 and X2 can be coaches to start</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Ensure the goalie does not 'cheat' – must follow the ring</li> </ul>
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## Drill #7



<b>Drill Name:</b>	Double zone pass	<b>Duration:</b>	5-15 minutes
<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Pass reception</li> <li>• Mohawk</li> <li>• Pivots/transitions</li> <li>• Shooting</li> </ul>		<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• Rings</li> </ul>	
<b>Goalkeepers:</b>		<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players start in corner with ring, coach has all rings</li> <li>• Player skates around circle, receives pass from coach and shoots</li> <li>• Continue skating up around second circle and receives second pass and takes shot</li> <li>• Return to line</li> </ul> <p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Use Mohawk to square body to pass/net</li> <li>• Coach can be substituted with players</li> </ul>	

**Stage: U14**

**Practice: # 21 (  $\frac{1}{2}$  Ice Practice)**

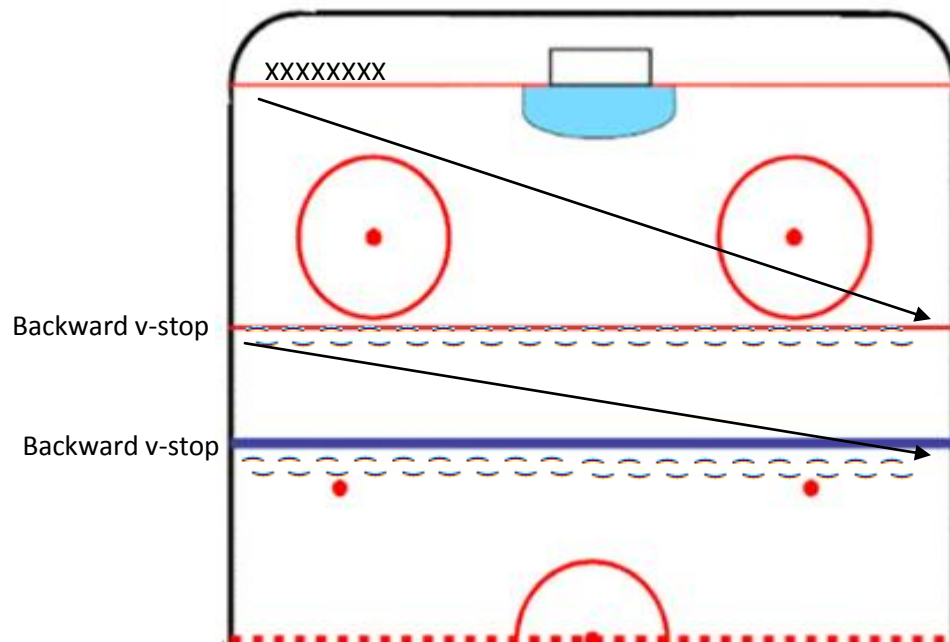
<p><b>Introduction (pre-practice) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Conditioning focus</li> <li>• Review drills (practice plan)</li> </ul>
<p><b>Warm up (10-12 minutes)</b></p> <ul style="list-style-type: none"> <li>• Drill #1, followed by stretching – pick variation</li> </ul>
<p><b>Post-practice wrap up) (3-5min in the dressing room)</b></p> <ul style="list-style-type: none"> <li>• Feedback on practice (w/o isolating individuals)</li> <li>• Look-ahead (games, practices)</li> </ul>

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

## Drill #1

<b>Drill Name:</b>	Warm-up Skating	<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b>	<b>Players:</b>	<b>What do I need?</b>	
<b>Goalkeepers:</b>			
<b>Drill Details:</b>		<b>TIPS</b>	
<ul style="list-style-type: none"> <li>• Have players skate around entire surface of the ice in same direction             <ul style="list-style-type: none"> <li>○ V.1 Coach blows whistle:                 <ul style="list-style-type: none"> <li>➤ 1 = speed</li> <li>➤ 2 = stop + change direction</li> </ul> </li> <li>○ V.2 Players skate between blue lines, then backwards between blue lines</li> <li>○ V.3 Players stretch legs between blue lines</li> <li>○ V.4 Players stretch arms over head</li> <li>○ V.5 Gliding backwards (1 leg, 2 leg, touch 1 knee, etc.)</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>• Push nets to Ringette line for safety</li> </ul>	

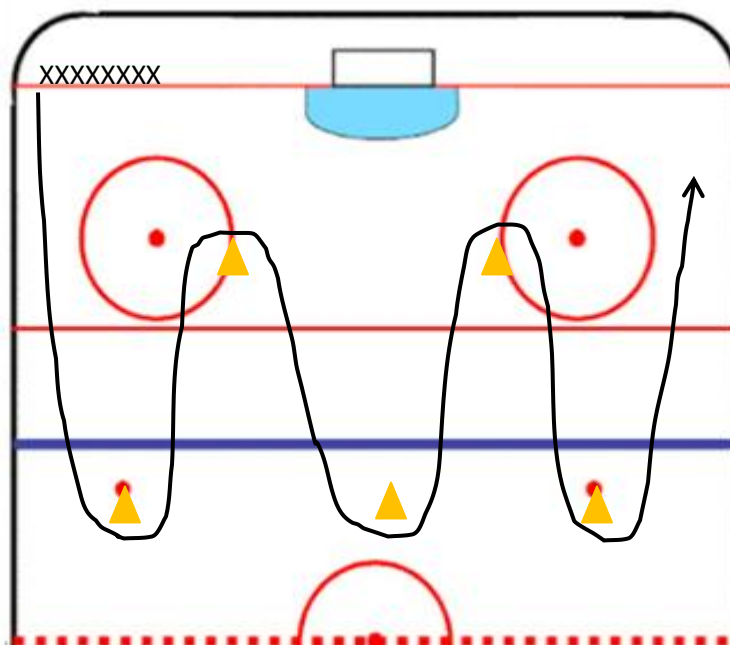
## Drill #2



<b>Drill Name:</b>	Transitions (v)	<b>Duration:</b>	5 minutes
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<p><b>What Skills are we developing?</b></p> <p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Forwards V-starts</li> <li>• Backwards V-stops</li> <li>• Pivots</li> <li>• Acceleration</li> </ul> <p><b>Goalkeepers:</b> With players</p>	<p><b>What do I need?</b></p> <ul style="list-style-type: none"> <li>• No equipment required</li> </ul>
<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Start using V-start, accelerate to Ringette line at far boards, pivot to transition to backwards skating</li> <li>• Skate backwards across Ringette line (legs on either side to ensure form)</li> <li>• Backwards V-stop at boards</li> <li>• Repeat at blue line</li> <li>• Restart drill from centre ice (start on same side to work pivot on both sides) <ul style="list-style-type: none"> <li>○ v. 2 Side-steps on line</li> <li>○ v. 3 Backwards on line</li> <li>○ v. 4 Sculling on line</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• 'Ride the line'</li> <li>• Drill manual ref: <ul style="list-style-type: none"> <li>○ V-start 3.4</li> <li>○ Backward V –stop 3.10</li> <li>○ Pivots 3.12</li> </ul> </li> </ul>

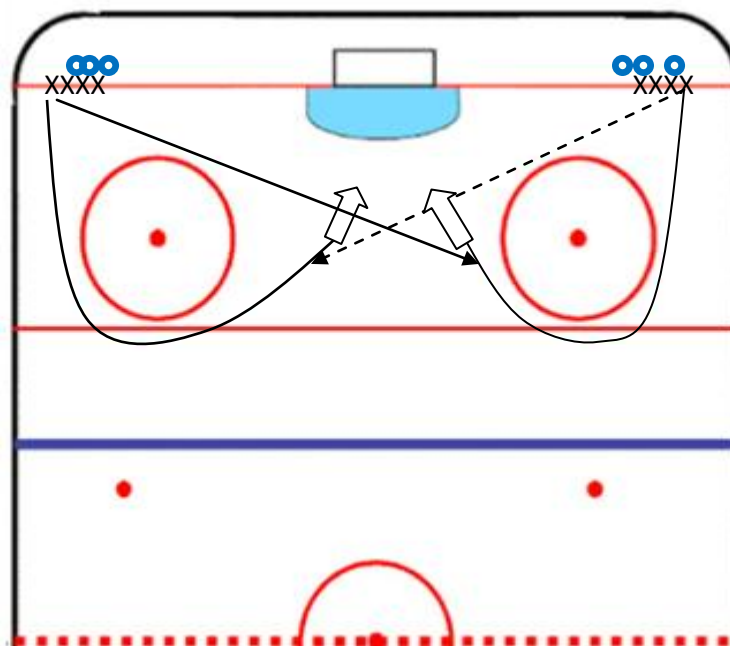
### Drill #3



<b>Drill Name:</b>	Sharp turns	<b>Duration:</b>	5 minutes
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<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Acceleration</li> <li>• Sharp turns</li> <li>• 360 turns</li> <li>• Backwards</li> <li>• Protecting the ring</li> </ul>	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• 5 pylons</li> <li>• 15 rings</li> </ul>
<b>Goalkeepers:</b> With players	
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Players line up in corner</li> <li>• Skate forward with ring to first pylon</li> <li>• Turn as tight as possible around cone, continue to next pylon           <ul style="list-style-type: none"> <li>○ v. 1 360 turns around pylons</li> <li>○ v. 2 front to back, back to front transitions</li> <li>○ v. 3 fully backwards</li> </ul> </li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Players to treat pylons as 'opposing players' and protect ring</li> <li>• Drill manual ref:           <ul style="list-style-type: none"> <li>○ 3.13</li> </ul> </li> </ul>

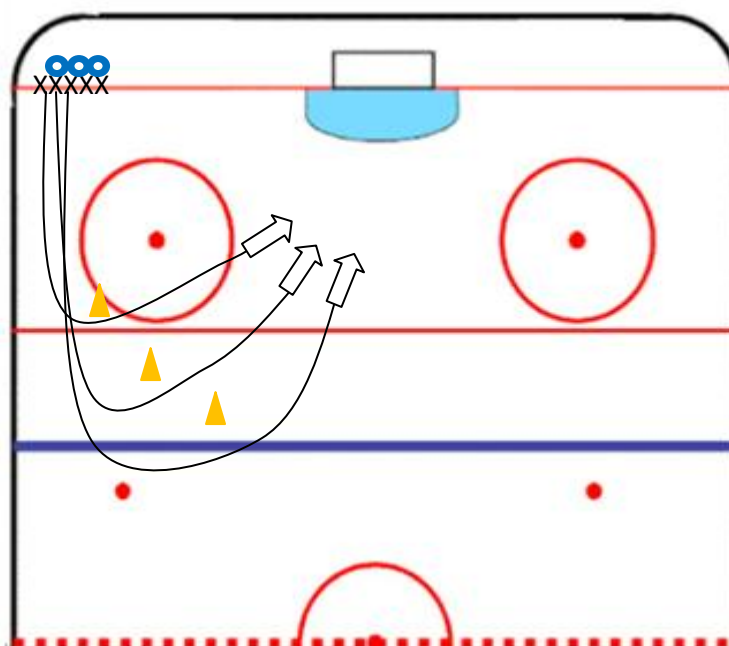
## Drill #4



<b>Drill Name:</b>	Half horseshoe/La Banane	<b>Duration:</b>	
<b>What Skills are we developing?</b> <b>Players:</b> Passing, Pass reception, Timing, Shooting, Timing, Communication, Dekes	<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> </ul>		

<b>Goalkeepers:</b>	
<b>Drill Details:</b> <ul style="list-style-type: none"> <li>• Split the team in 2 groups</li> <li>• First girl out of the corner circles and calls the pass</li> <li>• Pass timing is key</li> <li>• Sweep pass to skater</li> <li>• Skater stabs the ring and shoots on net</li> <li>• Shot variation – sweep, wrist, backhand + forehand</li> <li>• Ensure skaters move feet up to low circle</li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Call for the pass</li> </ul>

## Drill #5

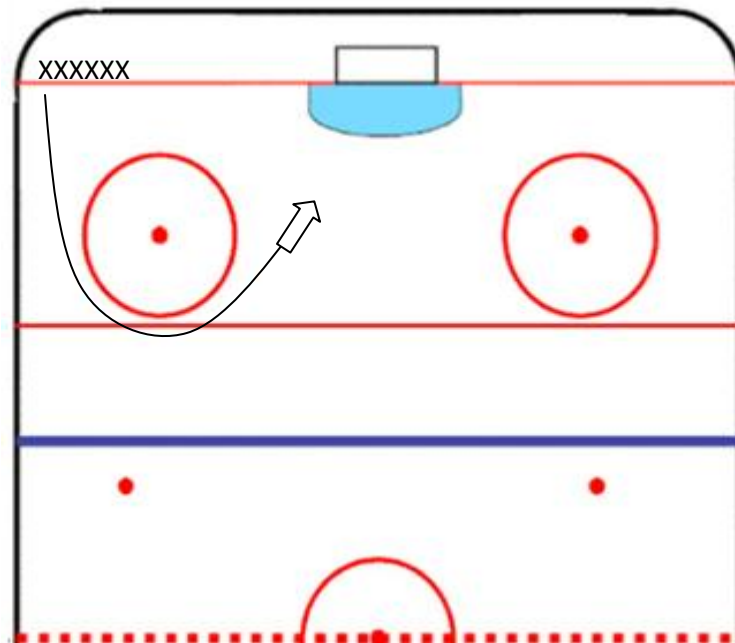


<b>Drill Name:</b>	3 pylon rapid shoot-out	<b>Duration:</b>	5-10 minutes
<b>What Skills are we developing?</b>		<b>What do I need?</b>	
<b>Players:</b> <ul style="list-style-type: none"> <li>• Ring protection</li> <li>• Skating</li> <li>• Shooting</li> <li>• Sweep back</li> </ul>		<ul style="list-style-type: none"> <li>• Rings</li> <li>• 3 cones</li> </ul>	
<b>Goalkeepers:</b>			
<ul style="list-style-type: none"> <li>• Goalie gets 3 shots in rapid succession</li> </ul>			



<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players start in corner with ring</li> <li>• 3 start at same time</li> <li>• First goes to farthest pylon, second to middle, third to closest</li> <li>• Skate around pylon and shoot on net</li> <li>• *protect ring around pylon</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Make sure they do forehand and backhand: <ul style="list-style-type: none"> <li>-flip</li> <li>-sweep</li> <li>-etc.</li> </ul> </li> <li>• Players to go down low in turn</li> </ul>
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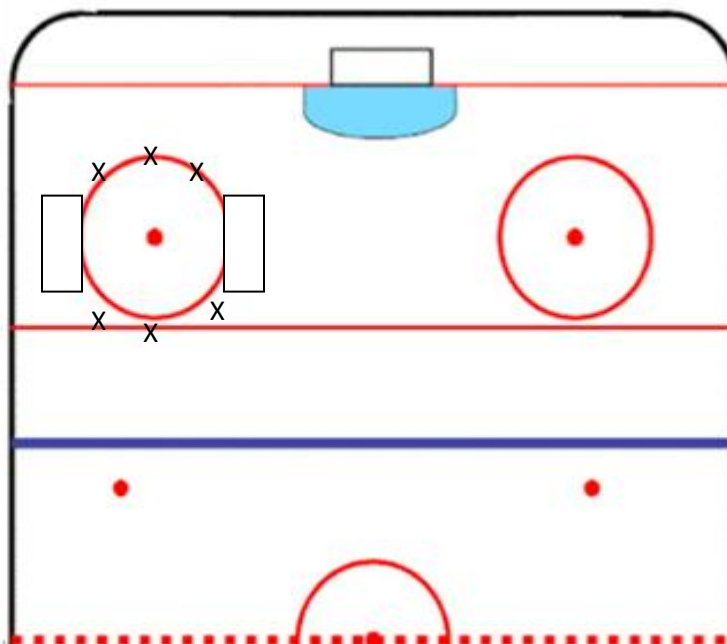
## Drill #6



<b>Drill Name:</b>	Rapid fire	<b>Duration:</b>	5-10 minutes
<b>What Skills are we developing?</b>		<b>What do I need?</b>	
<p><b>Players:</b></p> <ul style="list-style-type: none"> <li>• Ring protection</li> <li>• Skating</li> <li>• Shooting</li> <li>• Deeks</li> <li>• Fake shots</li> </ul>		<ul style="list-style-type: none"> <li>• Rings</li> </ul>	
<b>Goalkeepers:</b>			
<ul style="list-style-type: none"> <li>• Continuous shots simulate rebounds</li> </ul>			

<p><b>Drill Details:</b></p> <ul style="list-style-type: none"> <li>• Players line up with rings in corner</li> <li>• On whistle, player skates around, circles and takes shot on net</li> <li>• Start next player when previous player reaches outside hash marks to have rapid shots on goalie</li> <li>• Variations: <ul style="list-style-type: none"> <li>○ coach requests certain types of shots (i.e. forehand/backhand/deek) and shot placement</li> <li>○ add defence player on coach</li> </ul> </li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Make sure they do forehand and backhand: <ul style="list-style-type: none"> <li>-flip</li> <li>-sweep</li> <li>-etc.</li> </ul> </li> <li>• Make sure feet move</li> </ul>
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## Drill #7



<b>Drill Name:</b>	Trapped 3 on 3	<b>Duration:</b>	5-15 minutes
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"> <li>• Ring protection</li> <li>• Passing</li> <li>• Shooting</li> <li>• Body position</li> </ul>		<b>What do I need?</b> <ul style="list-style-type: none"> <li>• Rings</li> <li>• 2 nets</li> </ul>	
<b>Goalkeepers:</b> Focus on heavy action play in the 'slot'			

**Drill Details:**

- 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