

LRA Coaching Clinic – On-ice

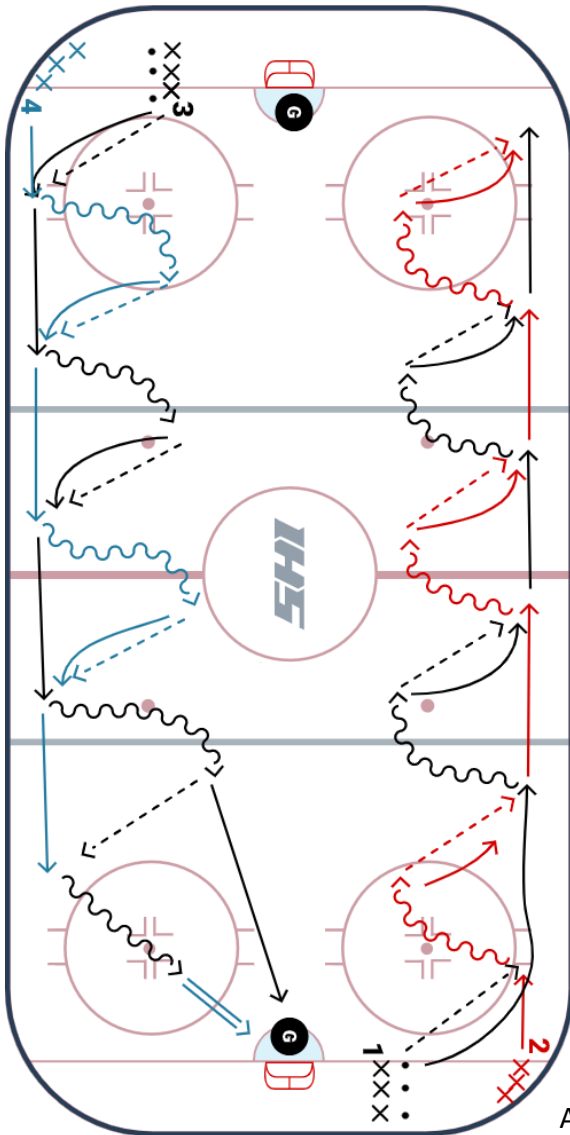
November 10, 2023

Partner Passing (5 min):

Discuss terminology – strong side vs. weak side

Start: Stationary Partner passing

Leading Partner Passing (10 min):



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

DESCRIPTION (shown with players 1 & 2):

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

PROGRESSION (shown with players 3 & 4):

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

TIP:

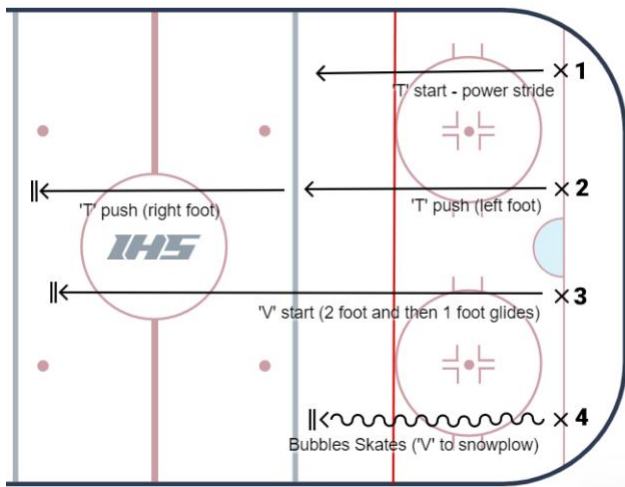
- Start slowly and use face off dots as markers for players to have a big enough gap. This is not a race down the ice. Slow, smooth skating, crisp passing.
- As players get confident in the drill, pick up the pace and all ringette

lines/rule need to be adhered to

Skating Fundamentals (10 min):

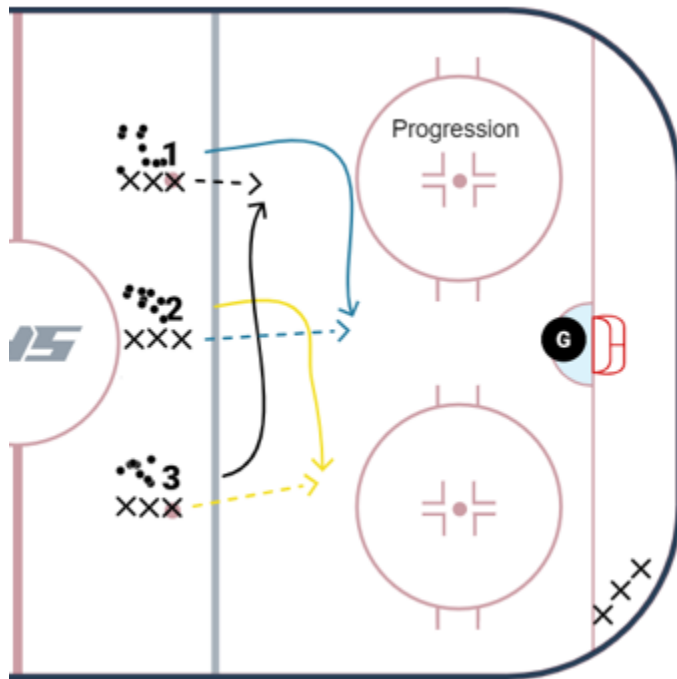
- All players at every level should be encouraged to participate in power skating.

-Understanding the basics of skating can help to break down issues.



Your line skating can be anything but it is focussing on one skill; forward stride, power stride, backwards stride, tight turns using edges – these are all concepts taught in power skating.

'L' CUT PASSING DRILL (15 min)



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

PROGRESSION DESCRIPTION:

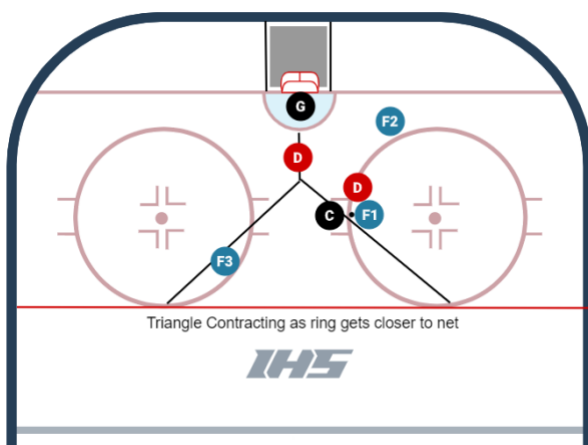
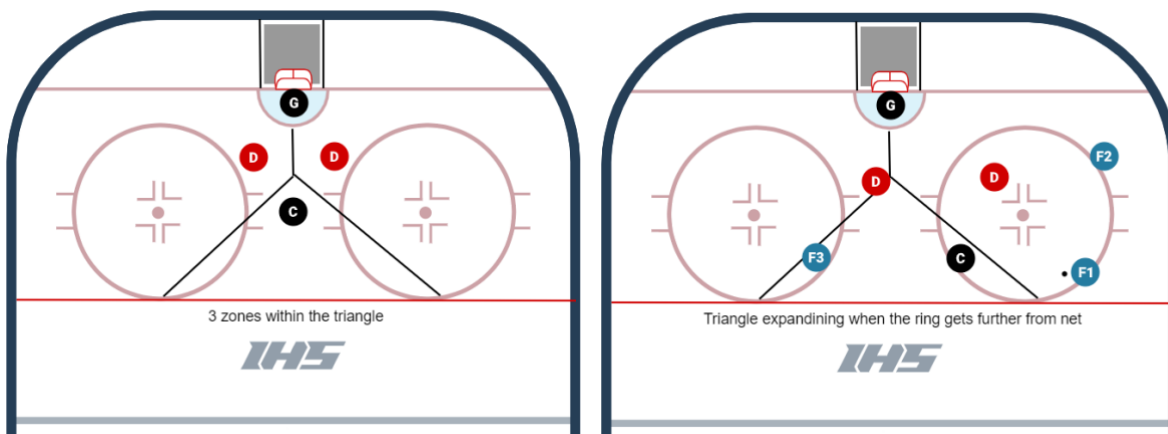
- Players line up in 3 lines outside the blue line.
- Player 1 skates into the zone and cuts across to get open and get pass from player 2.
- Player 2 skates into the zone and cuts across to get open and get pass from Player 3.
- Player 3 skates into the zone and cuts across to get open and get pass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

FOCUS:

Receiver: Shoulder fake before cut to lose 'D' and quick feet to get open
 Indicate verbally and visually where and when they want ring

Passer: Lead pass and recognize targets being shown by receiver

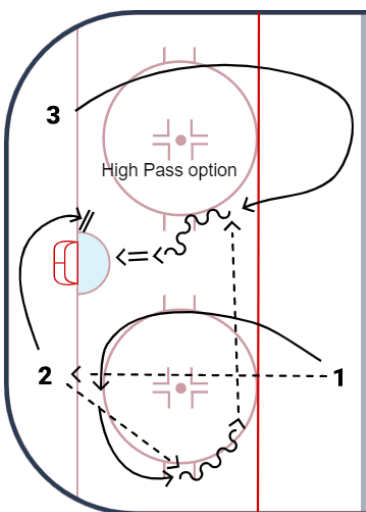
Defensive Zone Triangle (20 min)



Concepts of the Defensive Triangle:

The triangle can be divided into three “zones”. Each player is responsible for their zone. It is important to maintain the triangle’s integrity for success. The further the ring is away from the net the triangle can expand but as the ring gets closer to the net, the triangle will contract (gap control). The goal of the triangle is to force your opponent to the outside and to not allow anyone inside the triangle.

Offensive Zone Attack: Detroit with options (20 min)

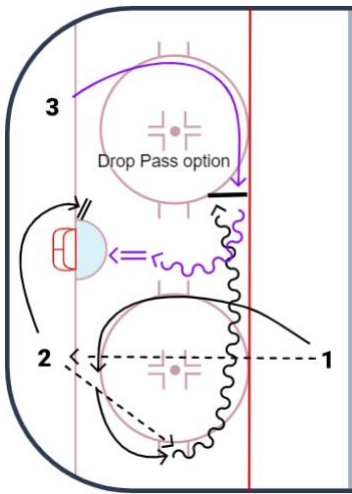


High Pass Option:

Player 1 passes to Player 2.

Player 1 skates around the circle and receives pass back from 2

Player 2 takes up a position on a low post while Player 3 is skating out of the zone and drives into the zone to get a high pass from Player 1.

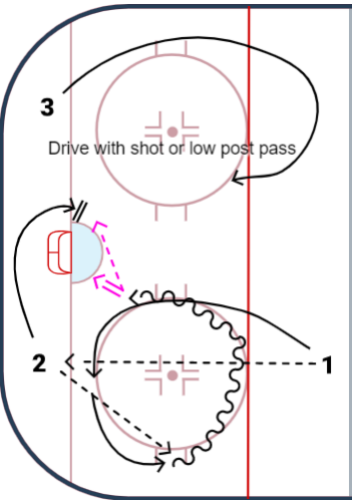


Drop Pass Option:

Player 1 passes to Player 2.

Player 1 skates around the circle and receives pass back from 2

Player 2 takes up a position on a low post while Player 3 skates across the top of the triangle and get a drop pass from Player 1.



Drive with low post pass option:

Player 1 passes to Player 2.

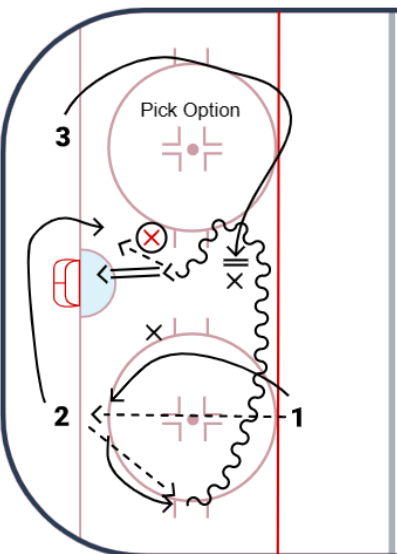
Player 1 skates around the circle and receives pass back from 2

Player 2 takes up a position on a low post while Player 3 skates out of the zone.

Player 1 drives the triangle and takes a shot **OR** looks for low post pass to Player 2.

Focus:

- All passes in the O-zone are east/west or north (toward the net), try to limit passes back toward the defensive zone.



Pick Option

Player 1 passes to Player 2. Player 1 skates around the circle and receives pass back from player 2.

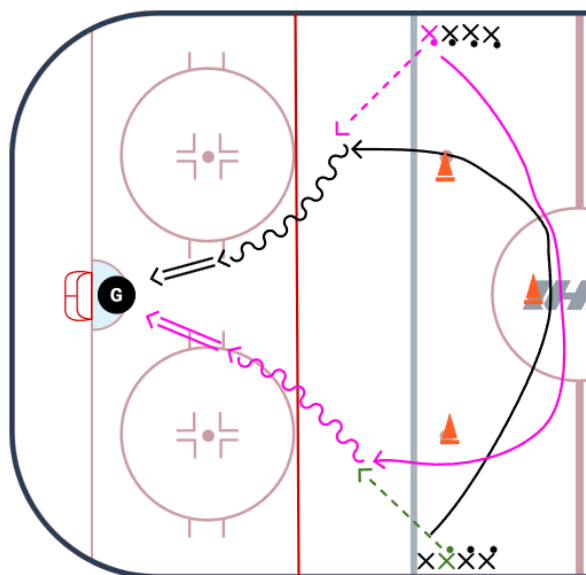
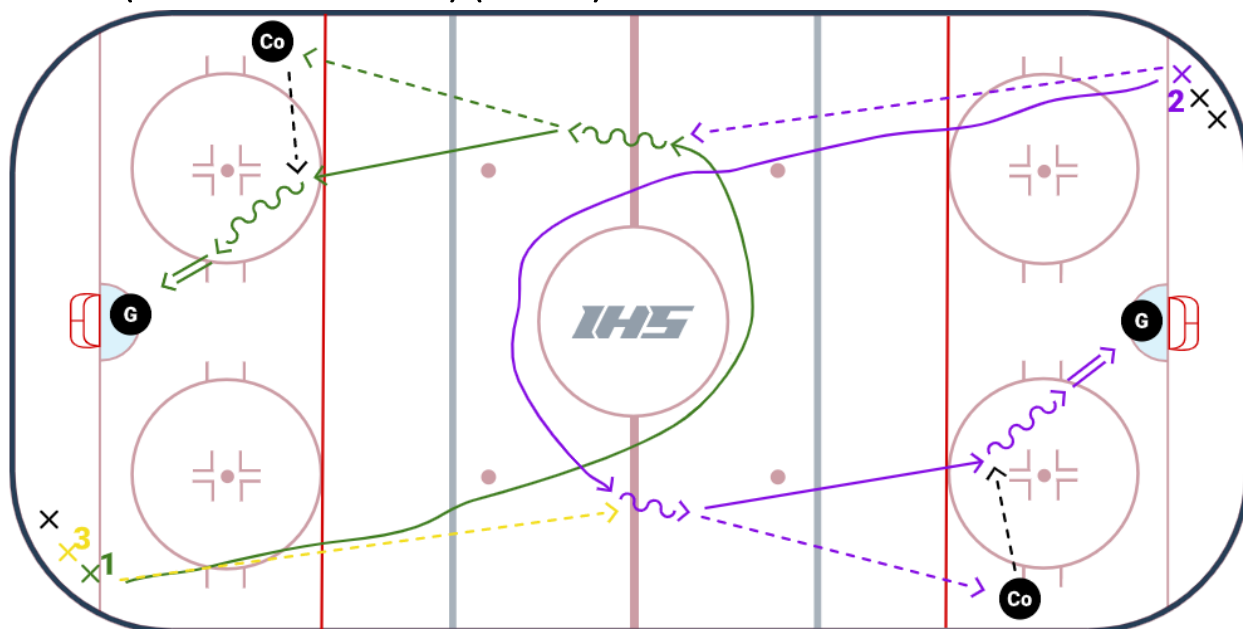
Player 2 takes up a position on the far side of the net (weak side).

Player 3 skates out and sets a pick on the player at the top of the triangle (on the weak side). Player 2 skates at the top of the triangle and cuts behind player 3 (the pick) and into the triangle.

If the pick is successful, the X (weak side D) has to make a decision;

- 1) Leave Player 2 on the low post and step up to player 1 driving the triangle (ie. opening a passing option for player 2 on the low post)
- 2) Stay with Player 2 on the low post (ie. leaving room for Player 1 to drive the net).

THE WHEEL (and half-ice wheel) (10min)



OBJECTIVE: Accurate passing and timing

DESCRIPTION:

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

-REPEAT with Player 3 and so on.

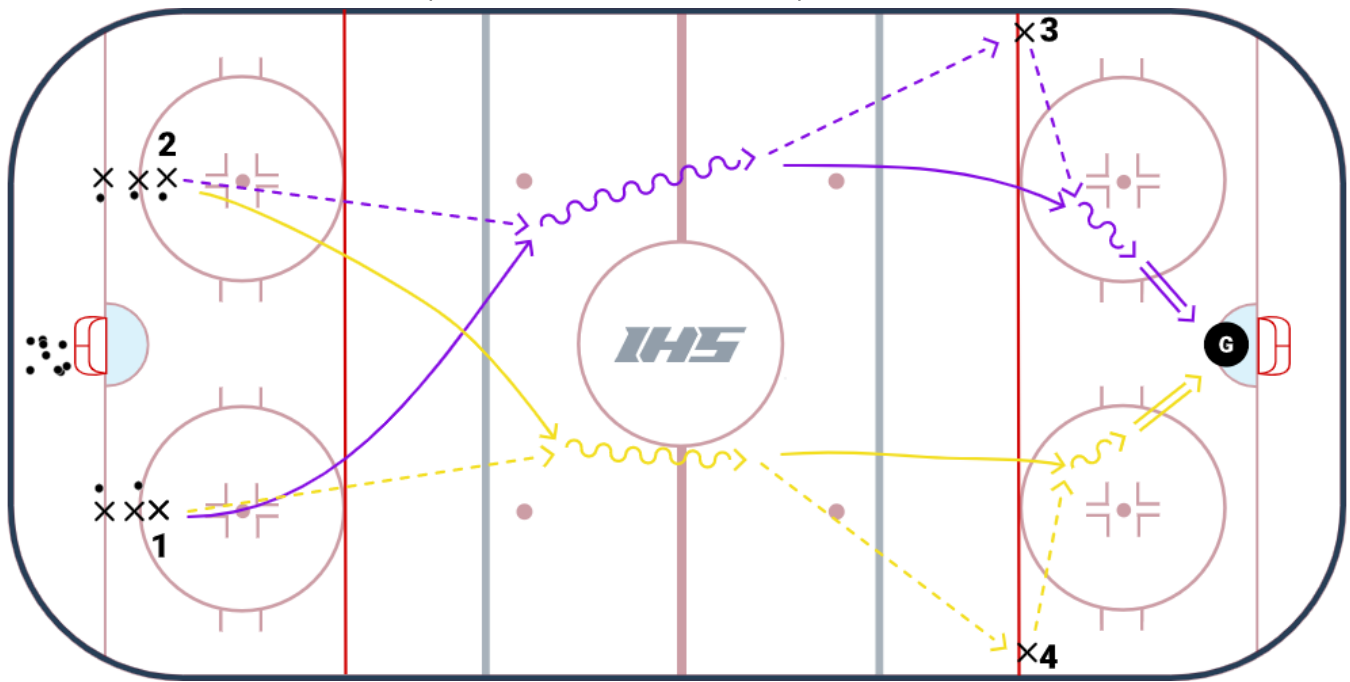
FOCUS: -Accurate, lead passing will determine the flow of the drill.

-Communication when calling for the ring.

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

TIP: -Execute on both sides of the ice for players to work on strong/weak sides. If pass reception is an issue have passing players skate toward the blue line to make pass OR move the start lines up to the ringette line and move them back as the passing/receiving improves

FULL ICE LONG PASS DRILL (review don't execute)



OBJECTIVE: Full ice passing on the move

DESCRIPTION:

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

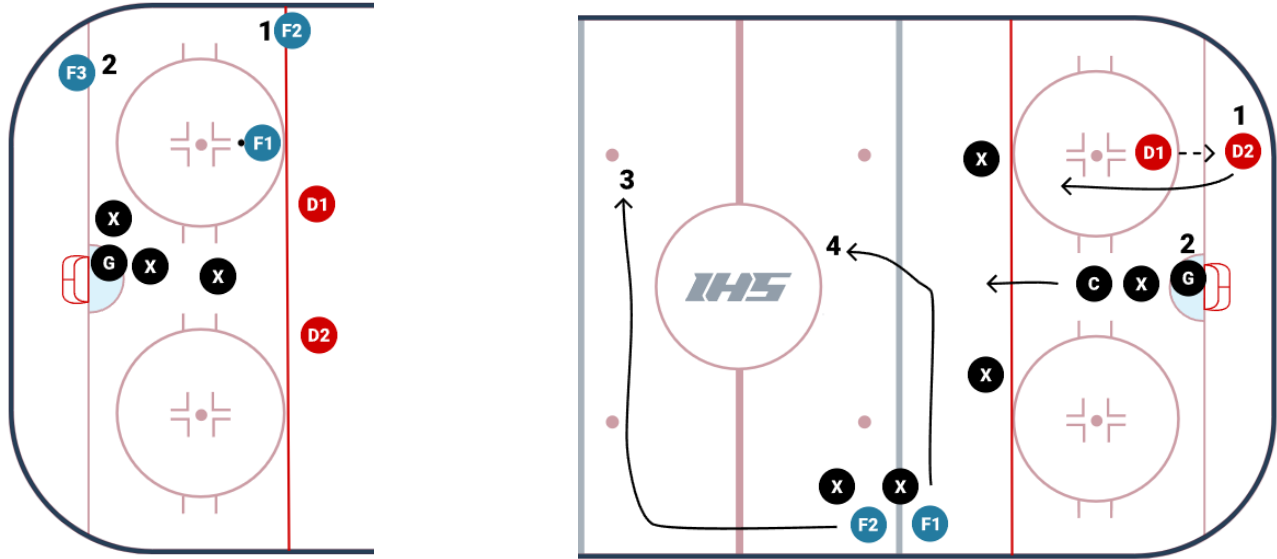
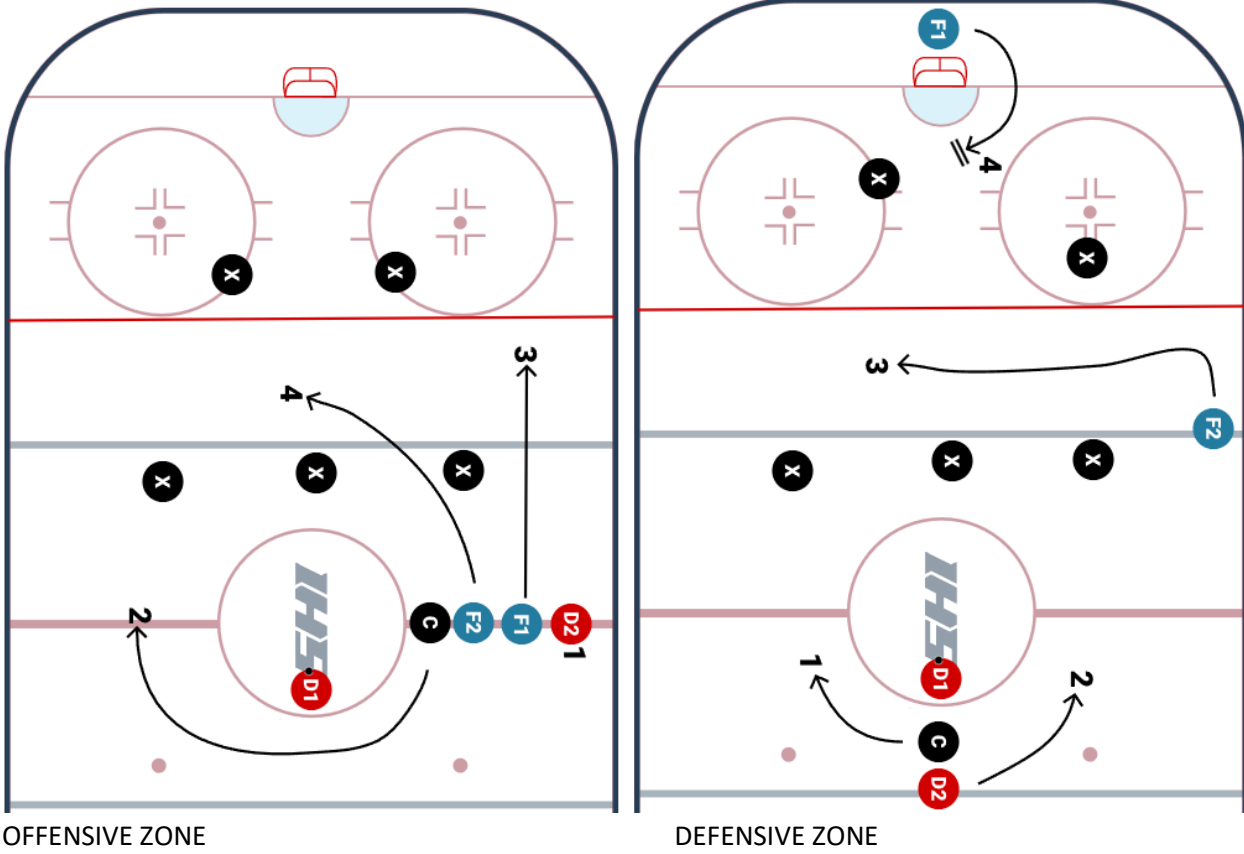
FOCUS: Good lead passes, communication and pick up the ring!!

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

FREE PASS (15 min – off ice):

Key: 1) Possession

CENTRE ICE FREE PASS



**All drills are drawn with a free application at www.icehockeysystems.com/drill-maker