

**Warm up (2 minutes)**

**Skating (15 minutes)**

- 4 Circles (forwards, Backwards)
- Dots (Stops, Tight turns, pivots)

**Passing, Receiving and Shooting (8 minutes)**

- 3 Lines

**Battle and Game Drills (25 minutes)**

- 2v2 Breakout battle
- 5 down, 3v2 back
- TUMO box

**Goalie Drills (15 minutes)** - goalies to do one set of circles, then complete these drills and return to the main group during the 3 line Passes drill

- Zig Zag
- X Drill
- Lightning

**Additional Drills - Not included unless advised**

- Direction Change
- Circle Agility
- Flat Passes
- Snake bite, 2 v 1
- Goalie: Iron Cross

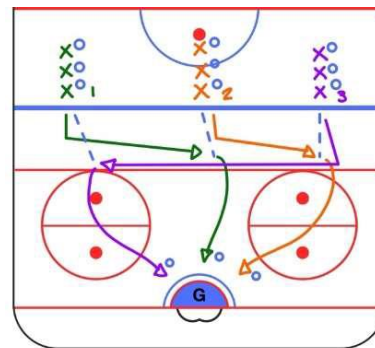
## Skating drills - 15 Minutes

4 Circles		
<b>Description</b>	<ul style="list-style-type: none"> <li>- Athletes line up in corner</li> <li>- 2 at a time, athletes leave the corner, skating around the closest circle, then advancing to the far side of the ice.</li> <li>- Pattern continues to complete the 4 circles around the outside of the ice, ending in the same corner they started in</li> <li>- Goalies complete one set, then complete goalie warm up in crease (see end of document)</li> <li>- Complete Forwards and Backwards</li> </ul>	
<b>Considerations</b>	4 outside circles, crossovers, maintain speed	
<b>Evaluation Areas</b>	Crossovers (forward and backward), skating (forward and backward)	

Dots		
<b>Description</b>	<ul style="list-style-type: none"> <li>- Athletes line up in corner</li> <li>- One at a time, athletes leave the corner and skate to the dot diagonal to their starting location, continuing up ice in a zig zag pattern</li> <li>- Next player goes when player ahead leaves the first dot</li> <li>- Complete with tight turns, stops and starts and pivots</li> <li>- Goaltenders will do one round of dots before moving to crease. See bottom of document for goalie exercises to be completed at this time</li> </ul>	
<b>Considerations</b>	Full stops, stay low, stay close to dots. Protect ring with body when going around each dot	
<b>Evaluation Areas</b>	Skating (forward and backward), stops and starts, tight turns	

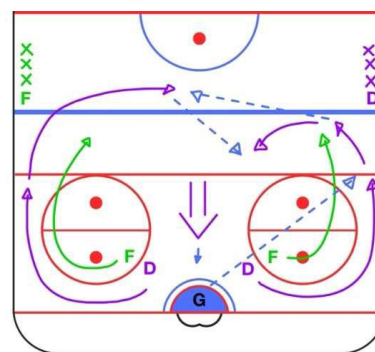
## Passing, Receiving and Shooting (8 minutes)

3 Lines	
<b>Description</b>	<ul style="list-style-type: none"> <li>- 3 lines at centre</li> <li>- X1 skates and makes an L cut over the blue line, receives a pass from X2. X1 goes and shoots on net.</li> <li>- No Dokes</li> <li>- After passing to X1, X2 makes a cut and receives a pass from X3, shoots on net</li> <li>- X3 passes to X2, makes a cut and gets a pass from X1</li> </ul>
<b>Considerations</b>	<p><b>Skaters:</b> Lead passes, hard cuts at blue line, pick up ring at speed. NO DEKES</p> <p><b>Goalie:</b> stay high in crease, track ring</p>
<b>Evaluation Areas</b>	<p><b>Skaters:</b> Shooting, Passing &amp; Receiving</p> <p><b>Goalie:</b> Ring Skills, Positioning, Style of Play</p>

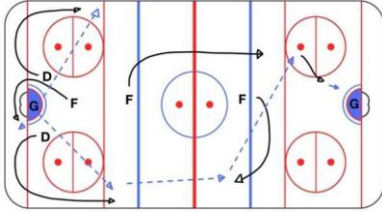
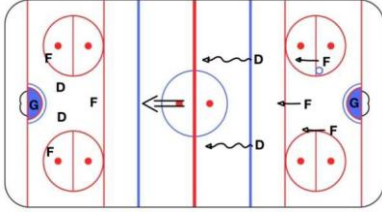


## Battle and Game Drills (25 minutes)

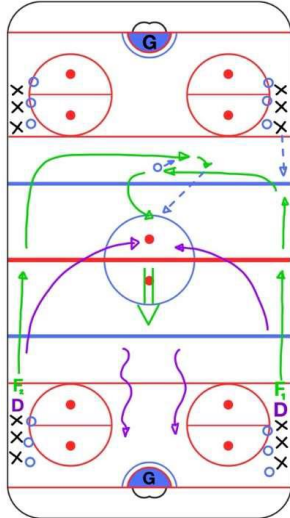
2v2 Breakout Battle	
<b>Description</b>	<ul style="list-style-type: none"> <li>- Athletes line up outside blue line, along boards in two lines (Forward &amp; Defense)</li> <li>- 2 defense start in triangle, 2 forwards covering them man-on</li> <li>- Coach starts with the ring and shoots at goalie, who controls the rebound and distributes to defense as they run a breakout (ex. Flare as drawn)</li> <li>- Defense try to pass ring over the blue line to partner, and then go back to the same net 2 v 0</li> <li>- If Forwards get the ring, they go to the net for a shot. If defense break ring out, forwards go back to line up</li> <li>- Athletes should try both positions to show both defensive and offensive skills</li> <li>- Drill always ends with a shot</li> </ul>
<b>Considerations</b>	<p><b>Skaters:</b> body positioning, checking, protecting the ring</p> <p><b>Goalie:</b> track ring, maintain ground</p>
<b>Evaluation Areas</b>	<p><b>Skaters:</b> Checking &amp; Ring Handling, Game Skills (Offense &amp; Defense), Shooting</p> <p><b>Goalie:</b> Ring Skills, Positioning, Style of Play, Mobility</p>



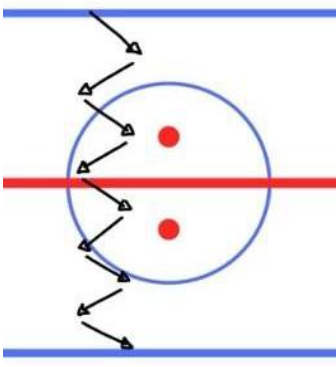
## 5 DOWN, 3V2 BACK

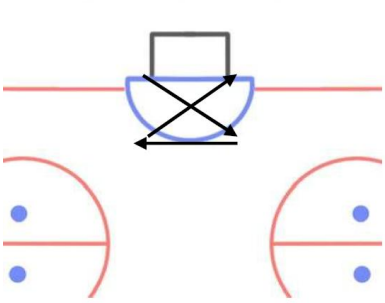
<b>Description</b>	<ul style="list-style-type: none"> <li>- 2 lines (offense and defense along boards in neutral zone)</li> <li>- Drill starts set up for a goalie ring breakout (can do any goalie breakout and any offensive breakout, ex: flare and high-low as drawn)</li> <li>- All 5 players break up the ice 5 on 0</li> <li>- After they get a shot, one of the forwards will pick up a loose ring from the corner</li> <li>- The 2 defense cycle back out to the neutral zone</li> <li>- 3 offense rush against the 2 defense</li> <li>- Athletes may choose to set up a 3 on 2 (as drawn), or score on the rush</li> <li>- Alternate starting end to allow goalies to do both ring distribution and 5 v 0 shot</li> </ul>	<p>5 down:</p>  <p>3 v 2 back:</p> 
<b>Considerations</b>	<p><b>Skaters:</b> Find a check, find open space, lead passes  <b>Goalies:</b> Track ring, identify threats</p>	
<b>Evaluation Areas</b>	<p><b>Skaters:</b> Checking &amp; Ring Handling, Game Skills, Shooting  <b>Goalie:</b> Ring Skills, Positioning, Style of Play, Mobility</p>	

## TUMO BOX

<b>Description</b>	<ul style="list-style-type: none"> <li>- Players line up in 4 lines in the corners of the ringette lines</li> <li>- First player in line is forward, second is defense</li> <li>- On whistle, forwards skate up to far blue line, one receives pass from opposite line, forwards skate across the far side of the blue line and do a drop pass</li> <li>- The forward who now has the ring must pass back across the blue line and it is now a 2v2 to the net</li> <li>- Defense follow their checks up to the blue line and back into their defending zone and battle 2v2 until a shot is taken or defense get possession</li> </ul>	
<b>Considerations</b>	<p><b>Skaters:</b> Forwards: complete drop pass at speed and find open space          Defence: maintain gap control and stay goalside inside  <b>Goalie:</b> stay high in crease, track ring</p>	
<b>Evaluation Areas</b>	<p><b>Skaters:</b> Shooting, Passing &amp; Receiving  <b>Goalie:</b> Ring Skills, Positioning, Style of Play</p>	

## Goalie Drills (13 minutes)

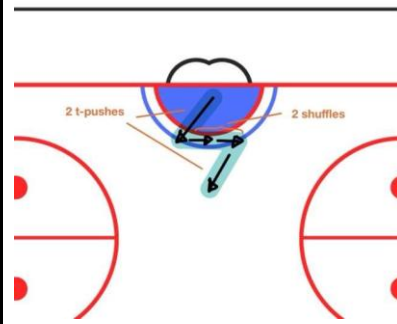
GOALIE MOVEMENT – Zig Zag		
<b>Description</b>	<ul style="list-style-type: none"> <li>- Goalies start on blue line</li> <li>- T-push on about a 40° angle up (mimicking the movement from post to top of crease)</li> <li>- Repeat to other side continuing to other blue line</li> <li>- Do with butterfly slides/ shuffles</li> <li>- For butterfly movements, can stop at red line if needed</li> </ul>	
<b>Considerations</b>	Should end facing in the 40° angle, not directly up the ice. Lead movement with head & shoulders. Fully set before moving on - more control	
<b>Evaluation Areas</b>	Mobility: lateral (t-pushes/ butterfly)	

GOALIE MOVEMENT – X Drill		
<b>Description</b>	<ul style="list-style-type: none"> <li>- (Done during remainder of Dots)</li> <li>- Goalie starts on post, t-push to square with opposite face-off dot</li> <li>- T-push to other dot, t-push back to post (should end on opposite post to the one they started on)</li> <li>- Repeat in the other direction</li> <li>- Can repeat with other skills to replace tpushes, ex: shuffles across top of crease, or butterfly slides or shuffles the whole time</li> </ul>	
<b>Considerations</b>	Hug the post and always fully set before moving on – more control. Lead with head & shoulders	
<b>Evaluation Areas</b>	Mobility: lateral (t-pushes/ shuffles/ butterfly)	

## GOALIE MOVEMENT – Lightning (if extra time - depending on # of goalies)

### Description

- Goalie starts in the middle of the crease in ready position
- On go, goalie t-pushes to top corner of crease as drawn, then uses 2 quick shuffles to get to other side, then a final t-push to the top center of crease
- Repeat backwards without break, then repeat starting on other side without break. (In total the goalie should have done it twice forwards and twice backwards, alternating sides, without stopping)



### Considerations

Stay low (knees bent but keep chest up) to maintain balance and to ensure maximum power in t-pushes and shuffles. If you make a mistake (ex. Going to the wrong side) don't stop, finish the drill. Trial will still count as long as the lightning shape was done twice forwards and twice backwards without stopping

### Evaluation Areas

Mobility: lateral, speed

Extras:

<b>Direction Change (Optional)</b>		
<b>Description</b>	<ul style="list-style-type: none"> <li>- Continuous circuit running out of both ends at the same time</li> <li>- Player leaves each corner, skating forwards to the top cone in the first set of two.</li> <li>- Athletes pivot from forward to backwards, then skate backwards to the bottom cone</li> <li>- Athletes pivot from backwards to forwards, then skate up to the far blue line to the top cone in the next set of two.</li> <li>- Continue the patter to complete all 3 repetitions on one side of the ice</li> <li>- After the 3rd set, athletes join the line in the other end and repeat the same thing on the way back</li> </ul>	
<b>Considerations</b>	<p>Quick Feet, Back/Forth movement NOT sideways during pivot. Maintain / gain speed out of each transition. Stay close to cone, focus on maintain a straight line back/forward out of pivot using 3 quick crossovers on the same foot. Keep head up.</p>	
<b>Evaluation Areas</b>	<p>Transitions, skating (forward and backward)</p>	

<b>Circle Agility (Optional)</b>		
<b>Description</b>	<ol style="list-style-type: none"> <li>1- Athletes start at edge of circle. Quick start to middle of circle dot. Stop</li> <li>2- Quick feet cross overs steps to the left edge of the circle, stop</li> <li>3- Quick feet crossovers to the right edge of the circle stop</li> <li>4- Quick feet crossovers to the left, stop in the middle of the circle</li> <li>5- Explode forwards to the edge of circle, stop</li> <li>6- Skate backwards to the bottom edge of circle, stop</li> <li>7- Explode forwards to the top of circle</li> <li>8- Explode backwards to the top edge of circle, stop</li> </ol>	
<b>Considerations</b>	<p>Shoulders, toes, to stay square when doing the quick feet crossovers</p>	
<b>Evaluation Areas</b>	<p>Skating mobility</p>	

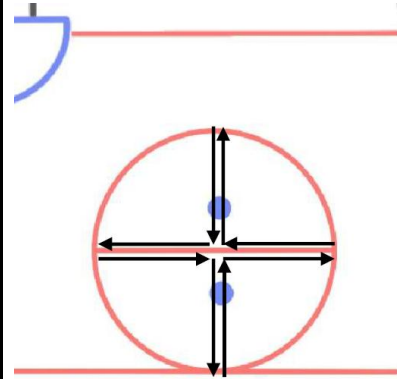
Flat Passes		
<b>Description</b>	<ul style="list-style-type: none"> <li>- Two lines of skaters outside blue line</li> <li>- Two lines of players start at ringette line with rings</li> <li>- Skater from line 1 skates into the zone, receives a pass along the ringette line from player in line 2, then shoots on net - NO DEKES</li> <li>- The skater then moves to end of line 2</li> <li>- After passing, player from line 2 moves to the end of line 3</li> <li>- Skater from line 3 skates into the zone, receives a pass along the ringette line from player in line 4, then shoots on net - NO DEKES</li> <li>- The skater then moves to end of line 4</li> <li>- After passing, player from line 4 moves to the end of line 1</li> </ul>	
<b>Considerations</b>	Skaters: pick up ring at speed, shoot to score, timing pass along the line Goalie: track ring, maintain ground	
<b>Evaluation Areas</b>	Skaters: Shooting, Passing & Receiving Goalie: Ring Skills, Positioning, Style of Play	

Modified Snake Bite to 2 v 1		
<b>Description</b>	<ul style="list-style-type: none"> <li>- Players line up behind the goal line. The first player becomes D1.</li> <li>- D1 skates around first cone and takes a shot on net, then skates behind the net and down the ice to prepare for 2 v 1</li> <li>- Next player becomes F1 and skates around the second cone, takes a shot and then goes and picks up a ring</li> <li>- The third player becomes F2 and skates around the far cone and takes a shot. Then skates over the first blue line to receive a pass from F1.</li> <li>- F1 skates over the second blue line to receive a pass from F2</li> <li>- 2 v 1 until a shot is taken or defender intercepts the ring</li> </ul>	
<b>Considerations</b>	Skaters: Hard skating between zones, time re-entries well, lead passes Goalies: First goalie: maintain position to save all 3 shots. Second goalie: push up in the crease, track ring	
<b>Evaluation Areas</b>	Skaters: shooting, passing, ring handling, Game Skills (Offense & Defense) Goalie: Ring Skills, Positioning, Style of Play	

## GOALIE MOVEMENT – Iron Cross

### Description

- (Done at center circle during Direction Change)
- This is a timed drill
- Goalie starts at the bottom of a circle, skates (in goalie position) forward to dot
- T-pushes to one side of circle then back to center
- Skate up to top of circle and back
- T-pushes to other side of circle and back
- Skate backwards to bottom of circle
- Can repeat with shuffle and butterflies



### Considerations

Touch every line with skate, or trial will not count. This may be a timed drill, but maintaining control and proper stance throughout

### Evaluation Areas

Mobility: lateral (t-pushes/ shuffles/ butterfly), speed

