

Coaching Manual Outline

U10 Concepts

- Quiet Zone
- Jump Middle
- F1 - F2
- 1 v 1
- Stick checking
 - Sweep check

Step 3

- Goal side inside
- Drive the dot
- Walk the line
- Post the goalie
- 3 Zones of the rink
- Outside - inside - When to pass the ring when breaking out (maybe step 2)
- Marking
- Triangle - intro

Skills

- Skating skills
 - Forward skating
 - Backwards skating
 - Tight turns
 - Quick starts
 - Start and stops
- Holding the Stick
 - Draw V on hand
 - Diagonal on tip of stick
- Shooting
 - Start with one hand
 - Transfer of weight
- Ready Stance
- Passing
 - Pass weight
 - Lead passing
 - Timing

U12 Concepts

- 3 Zones on the ice
- Quiet Zone
- Strong side, weak side
- Jump Middle
- Drive the dot, post the goalie, walk the line
- F1 - F2 - F3
- Marking
- 5 - 1 v 1
- Goal side inside
- Triangle
 - Positioning - movement between D and C
 - Stick control
 - Home plate diagram
 - When defense should chase the ring.

Skills

- Skating skills
 - Forward skating
 - Backwards skating
 - Transition from forward to backwards
 - Tight turns
 - Quick starts
 - Start and stops - frontwards and backwards
- Holding the Stick
 - Draw V on hand
 - Diagonal on tip of stick
- Shooting
 - Start with one hand
 - Transfer of weight
- Checking
 - When to check
- Passing
 - Pass weight
 - Lead passing
 - Timing
 - Types of passes and when to use them
 - Support pass
 - Give and Go pass
 - Follow your pass / Drop Pass

- High traffic to low traffic pass

U14 and up Concepts

- Shot selection
- F1 - F2 - F3
- Gaining advantage / disadvantage
- Forechecking
 - 2 hard
 - 2 split
 - Center follows the first person from the other team out of their zone
- Marking
- 5 - 1 v 1
- Goal side inside
- Triangle
 - Positioning - movement between D and C
 - Stick control
 - Home plate diagram
 - When defense should chase the ring.

Skills

- Skating skills
 - Forward skating
 - Backwards skating
 - Transition from forward to backwards
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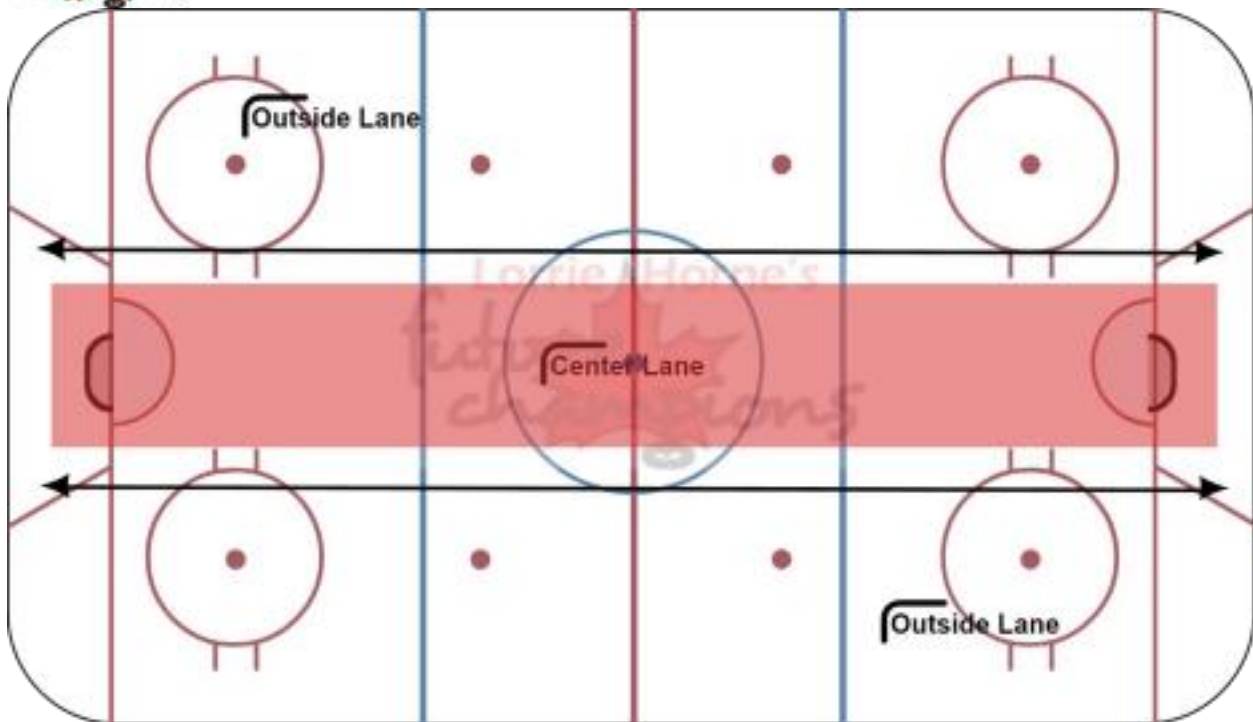
- Timing
- Types of passes and when to use them
-

Strategy

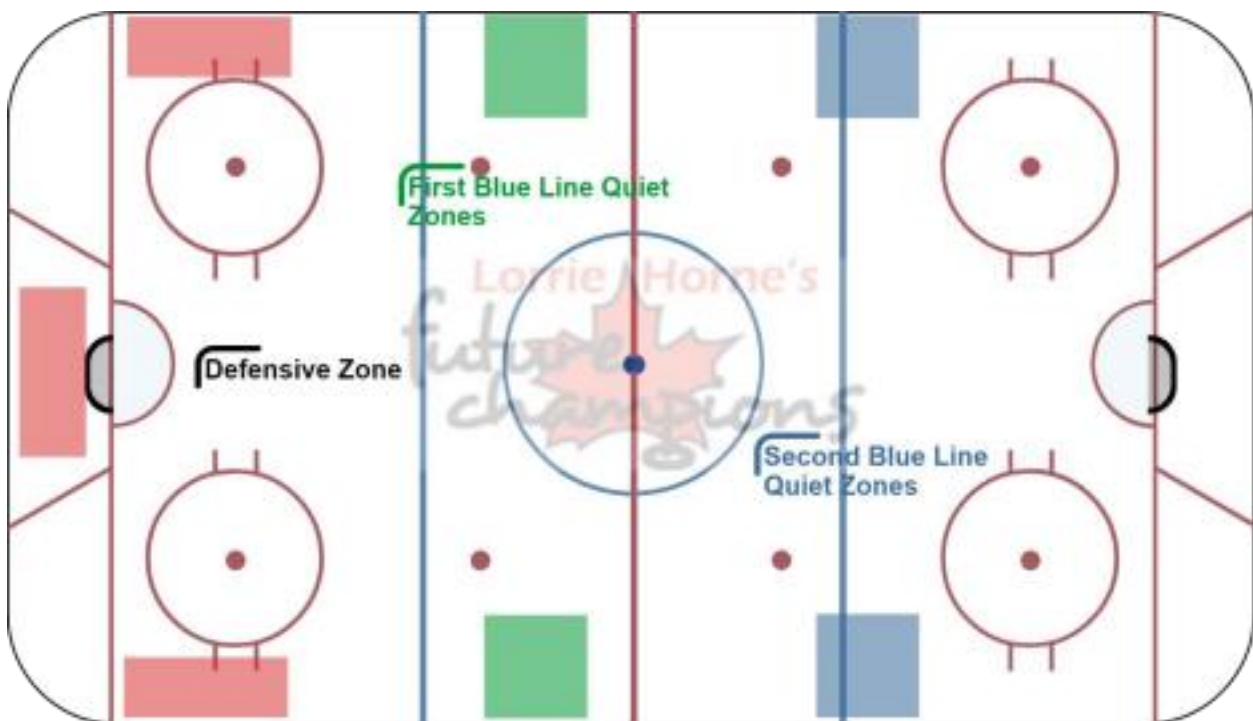
- Pulling your goalie
 - 5 players v 6 players
 - Goalie placement

Ice Basics: Lanes & Zones

LORRIE HORNE'S
future
champions



3 Lanes



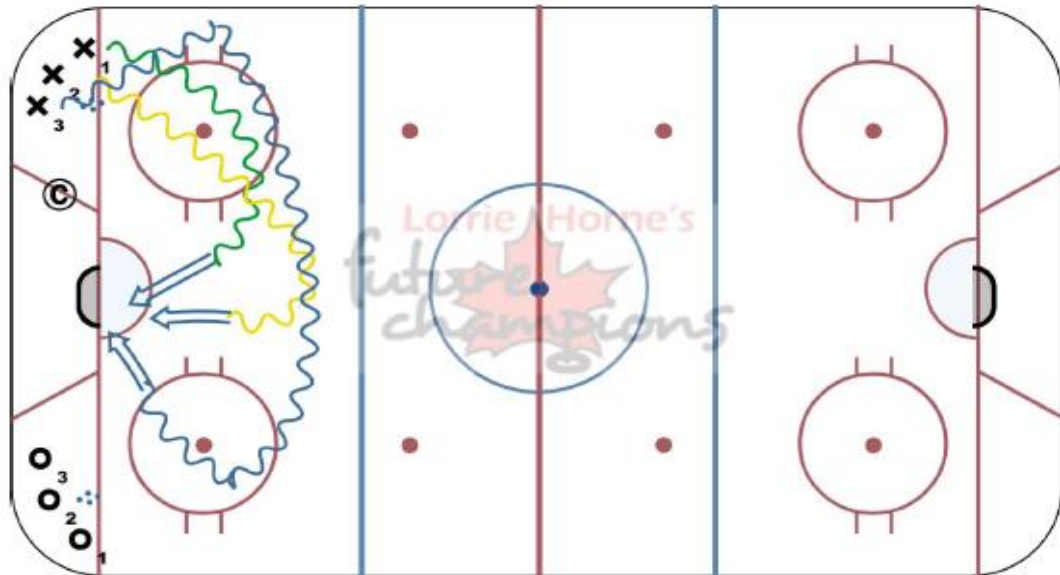
Quiet Zones – on defensive to offensive transition

Drills

1. 3 Shot Warm Up - Goalie Warm Up



3 Shot Warm Up



Set up and Mechanics of Drill:

- X1, X2 & X3 start on whistle and leave the corner at the same time.
- The 3 shooters must time their shots on the goaltender and have awareness of the other two shooters.
- This is a warmup drill for the goaltender not a shooting drill for the skaters! No head shots at the goaltenders and shots should be placed on the goalies vs. picking off corners.
- X1 drives through the dot for a shot, stops, looks for the rebound and second shot. If no second shot, she becomes the screen for X2's shot.
- X2 drives through the slot timing her shot with X1 screen. X2 shoots, stops, looks for the rebound and second shot. If no second shot, she becomes the screen for X3's shot.
- X3 drives high outside the extended line and through the far dot timing her shot with X2 screen. X3 shoots, stops, looks for the rebound and second shot. If no second shot, she becomes the screen for O1's shot.
- O1, O2 & O3 start the next repetition on the whistle.

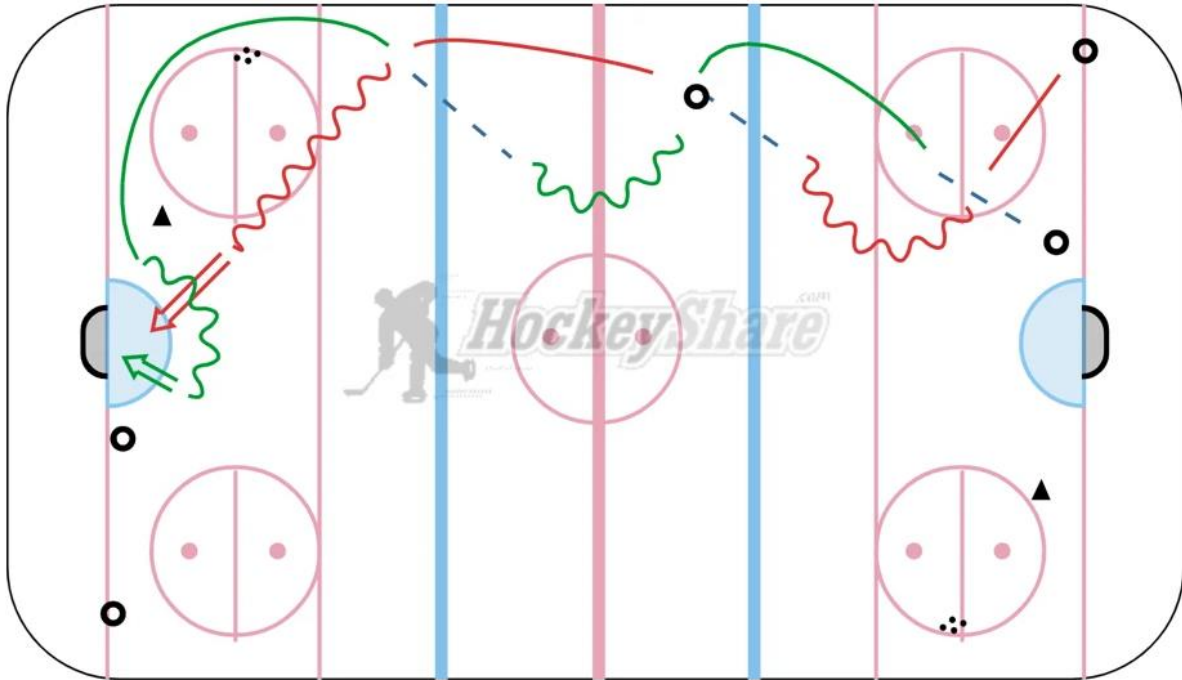
Key Points:

- Shooters need to allow goalie time to see the shot
- Shots should be for the goalie to warm up - not shooting to score
- Shooters and Screen must adjust their position to each other and have eye contact
- Coach controls the tempo of drill with the whistle and their voice

2. Man Weave

2 Man Weave -2 Shot

Diagrams




2 Player Weave - 2 Shot

Description

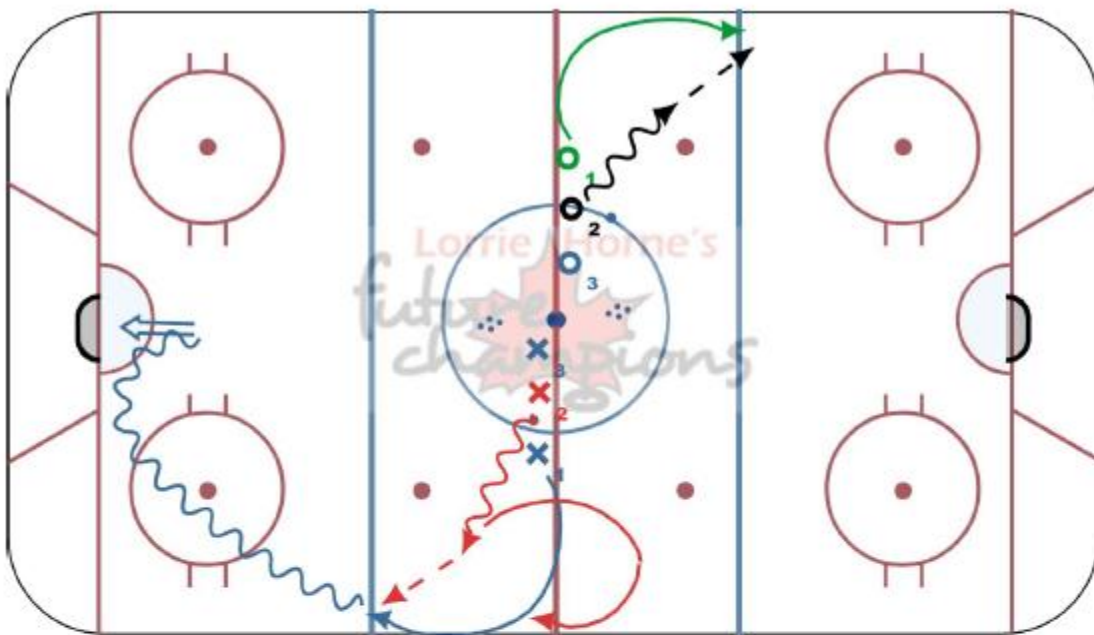
This drill can be going from both ends of the ice. The player closest to the goal starts with the ring. Coaches start the drill on the whistle. Player 4 starts passes the ring to player 3 that is jumping to the middle. Player 4 skates behind player 3 to the quiet zone. Player 3 passes the ring to player 4 in the quiet zone. Player 4 jumps the middle and player 3 skates behind player 4 to the quiet zone in the offensive zone. Player 4 passes to player 3 in the offensive zone. Player 3 drives the dot and shoots the ring. Player 4 picks up a ring in the circles and than walks the line and shoots.

Key Points

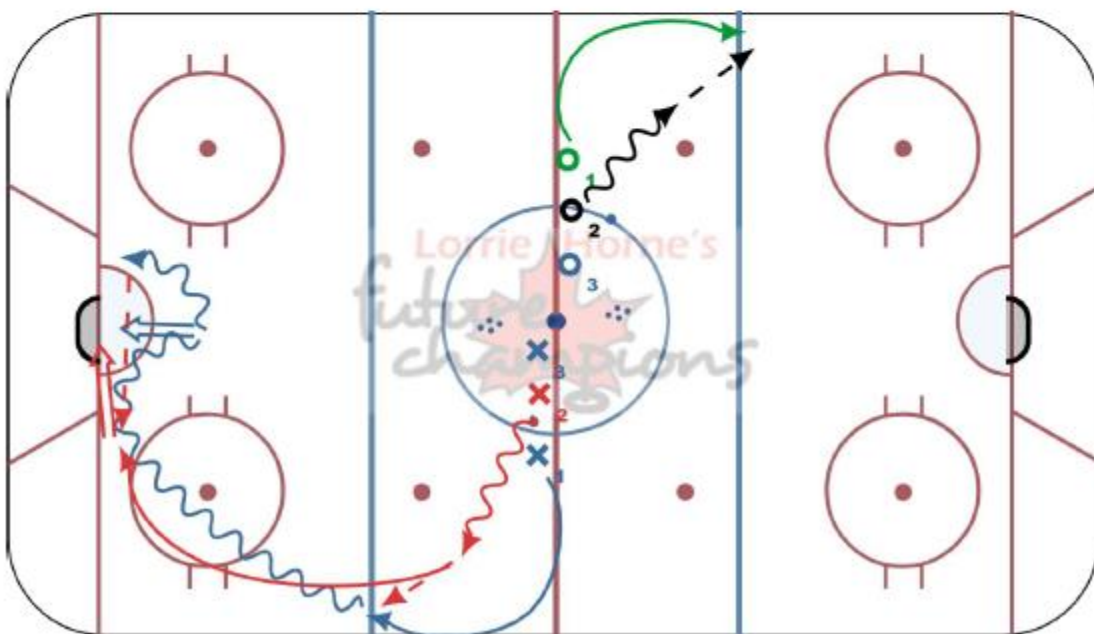
- Jumping the middle
- Quiet Zones
- Communication
- Driving the dot and Walking the line.

This drill is a good warm up drill. 

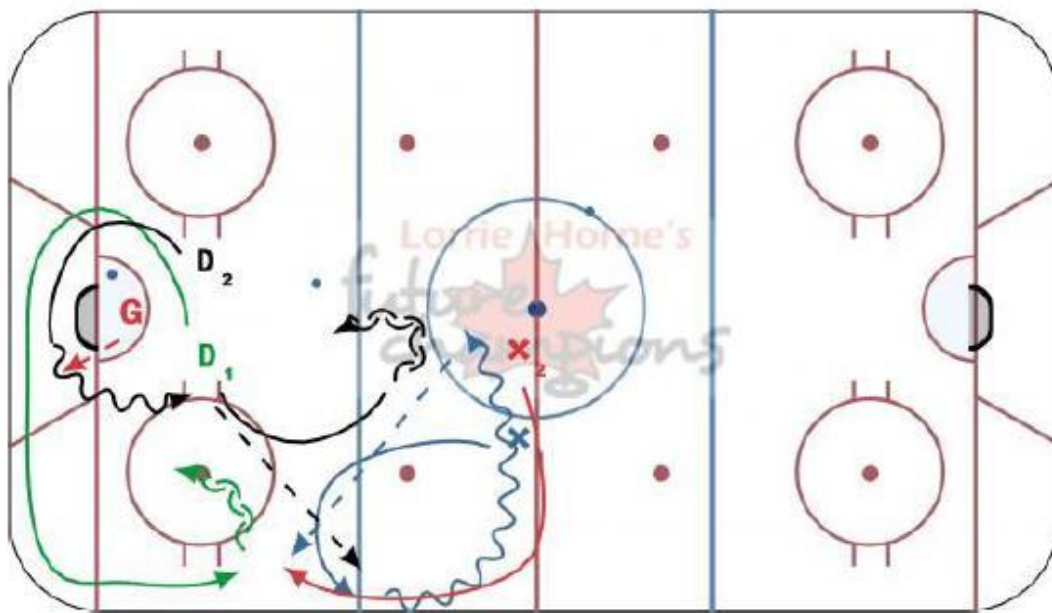
3. Swing Drill - 1v0, 2v0, 2v1



1v0

 $2v_0$

Center Swing – 1v1 → 2v1 → 2v2 → 2v2 BO



2v2 Breakout

1v0:

- X1 skates flat to the boards, eyes on the ring, presenting a target with her stick coming across the blue line.
- X2 takes two or three steps and delivers a stick to stick pass to X1 in the quiet zone.
- X1 drives the dot, posts the goaltender and low walks.
- X2 swings back up the ice, inside out and times her pass reception with X3

Shot Selection: Low walk 1v0

- Shooter must move the goaltender by first forcing her to post up and then forcing her to move by walking at least halfway across the crease before shooting
- Forehand - 5 hole and the post that the shooter comes from
- Backhand - 5 hole and the far top corner - race the goalie across the crease

2v0:

- Same sequence as above but X2 trails X1 after delivering a stick to stick pass over the blue line.
- X2 must hustle to be close to the edge of the crease as X1 low walks. X2 should be ready for a kick back pass as X1 low walks the goaltender.
- X2 swings back up the ice, inside out and times her pass reception with X3



Center Swing – 1v1 → 2v1 → 2v2 → 2v2 BO

2v1:

- D1 starts with a pass to X2 and then jumps to cover the outlet X1.
- Objective is to put pressure on the outlet and take away opportunity.
- The outcome is that the D learns to play the 1v1 across the blue line to control the lines in the transition of the game.

2v2 - Simple Support Pass:

- Simple support pass and quick up to X 2
- D jump to cover their man 1v1 and put pressure on both the passer and the outlet to control the blue line transition.
- D stay man on man, goalside inside all the way to the shot. If the D gain control of the ring, they will break it out across the blue line.

2v2: DD behind B/O with F's saving ice:

- Same concepts as it relates to man on man but added breakout pattern.
- This set up mimics a turnover at the first blue line in a game – happens often and we need to learn to recover and control the attacker.
- D's - accountability for the blue line and man on
- F's - creating time and space by using lateral lines in the neutral zone.

Key points:

Offensively 2v1, 2v2 emphasize the importance of:

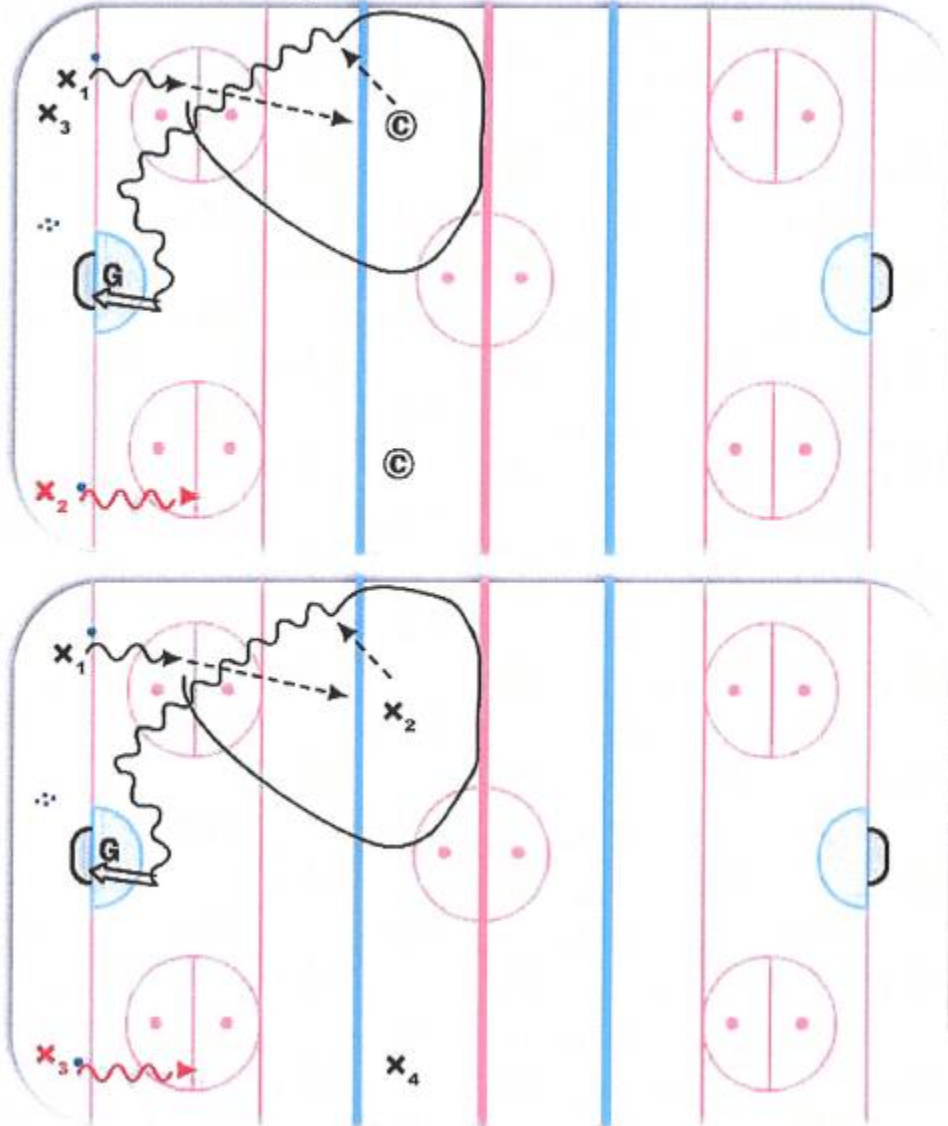
- Stick to stick passes
- Timing: Offensively – change of speed and change of direction to create deception
- Use of quiet zones when entering across the offensive blue line
- Driving wide and gaining advantage vs coming down the middle and giving the defense the advantage
- Communication
- Stick to stick passes

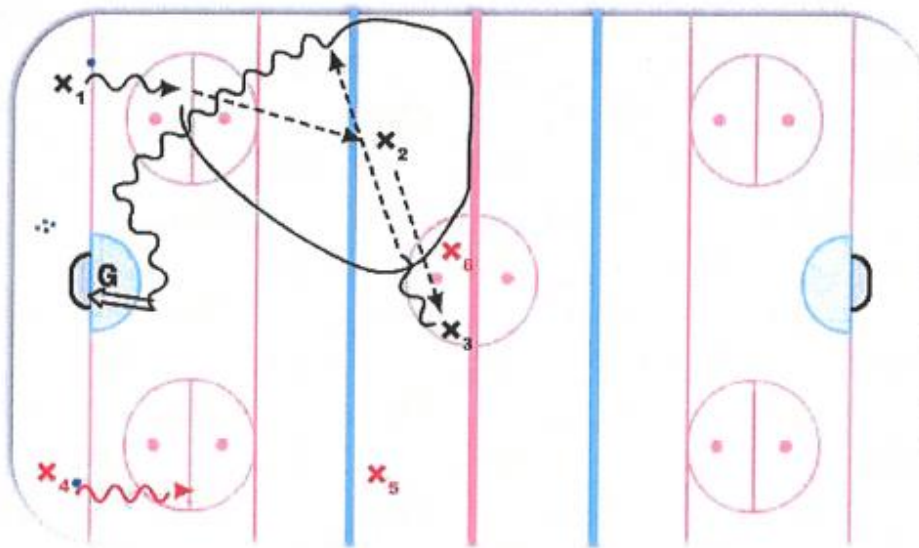
Defensively emphasize the importance of:

- Stepping up and marking goalside inside man on man
- Taking advantage away from the attacker by closing space and time
- Contact and control
- Communication
- Not retreating and stopping – always moving, always active to push the offensive attackers wide and either force them to take a poor shot or make a pass under extreme pressure!

4. Trapezoid Passing

Trapezoid Passing - Modified to Full





Description

Modified Trapezoid 1 - X1 takes two steps and provides and stick to stick pass to the Coach. X1 skates inside outside cutting the center circle and timing the pass to be received in the quiet zone. X1 drives the dot and posts the goaltender by cutting between the edge of the circle and the crease. X1 low walks the goaltender. X3 starts on the opposite side when X2 receives the ring from X1.

Coach Notes:

- Focus on the communication and timing of the athletes skate. Eye contact, verbal communication, athlete maintaining eye contact throughout their timing skate (cutting inside out through the circle). It is important to provide the basic mechanics and consistent execution as the athlete learns the pattern. You are teaching ice awareness and timing, stick to stick passes, receiving in the quiet zone, driving the dot, posting the goaltender and low walking across the crease to gain advantage and shot selection.

- Shot Selection Notes: Forehand - 1st option - the post you come from, 2nd, 5 hole / Backhand - 1st far top corner, 2nd 5 hole.

Modified Trapezoid 2 - X1 takes two steps and provides and stick to stick pass to X2. X1 skates inside outside cutting the center circle and timing the pass to be received in the quiet zone. X1 drives the dot and posts the goaltender by cutting between the edge of the circle and the crease. X1 low walks the goaltender. X3 starts on the opposite side when X2 receives the ring from X1.

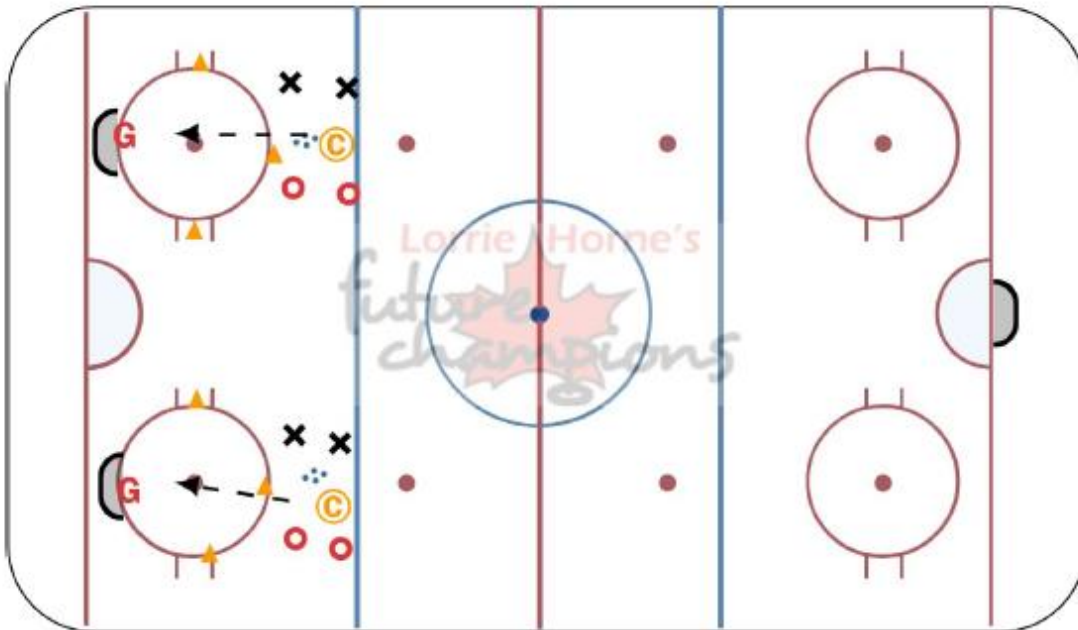
Trapezoid Full: X1 takes two steps and provides and stick to stick pass to X2. X2 turns and feeds the ring to X3. X1 skates inside outside cutting the center circle and timing the pass to be received in the quiet zone from X3. X3 must move her feet to insure that X1 receives a stick to stick pass in the quiet zone. X1 drives the dot and posts the goaltender by cutting between the edge of the circle and the crease. X1 low walks the goaltender.

Key Points: Quick feet, accurating passing and timing, communication, wide drive, hard accurate shot selection

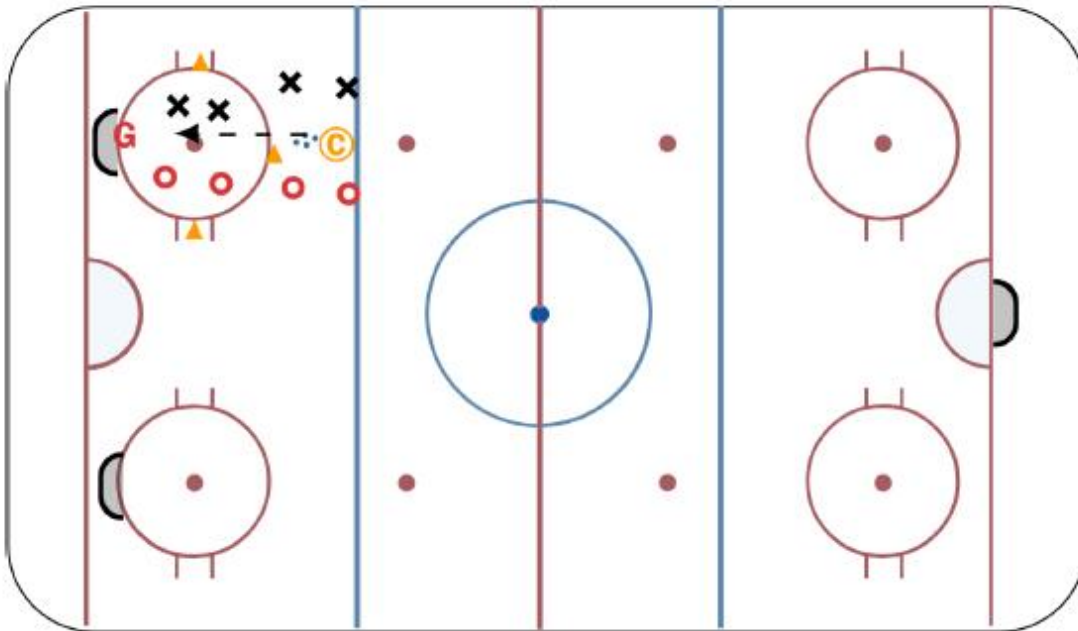
5. Circle Cone Battle Drill - 1 v 1, 2 v 2



1v1 → 2v2 Circle Cone Battle Drill



1v1



2v2



1v1 → 2v2 Circle Cone Battle Drill

Set Up and Mechanics of the Drill:

- Align the net at the bottom of the circle.
- Each repetition starts and stops on the whistle. Control the pace and tempo of the drill with your whistle.

1v1:

- Whistle, short pass inside the circle, head to head battle 1v1
- Winner of ring is offense and loser of ring is defense.
- Offensive: Offense must go around two of the three pylons before driving the net for a shot. Battle hard, gain position drive the net and shoot!
- Defense: Goalside, inside man on man - maintain contact with the attacker and control the body.

2v2:

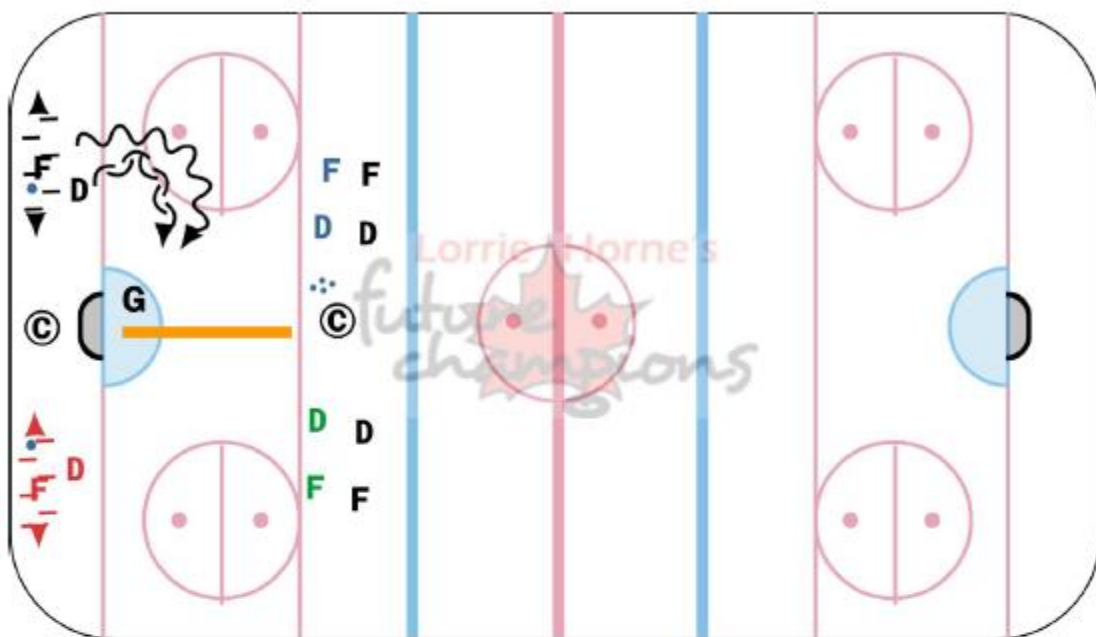
- Whistle, short pass inside the circle, head to head battle.
- Winner of ring is offense and loser of ring is defense.
- Offensive: Offense must go around two of the three pylons and make at least one pass before driving the net for a shot. Battle hard, gain position drive the net and shoot!
- Defense: Goalside, inside man on man - maintain contact with the attacker and control the body.

Remember to teach and emphasize:

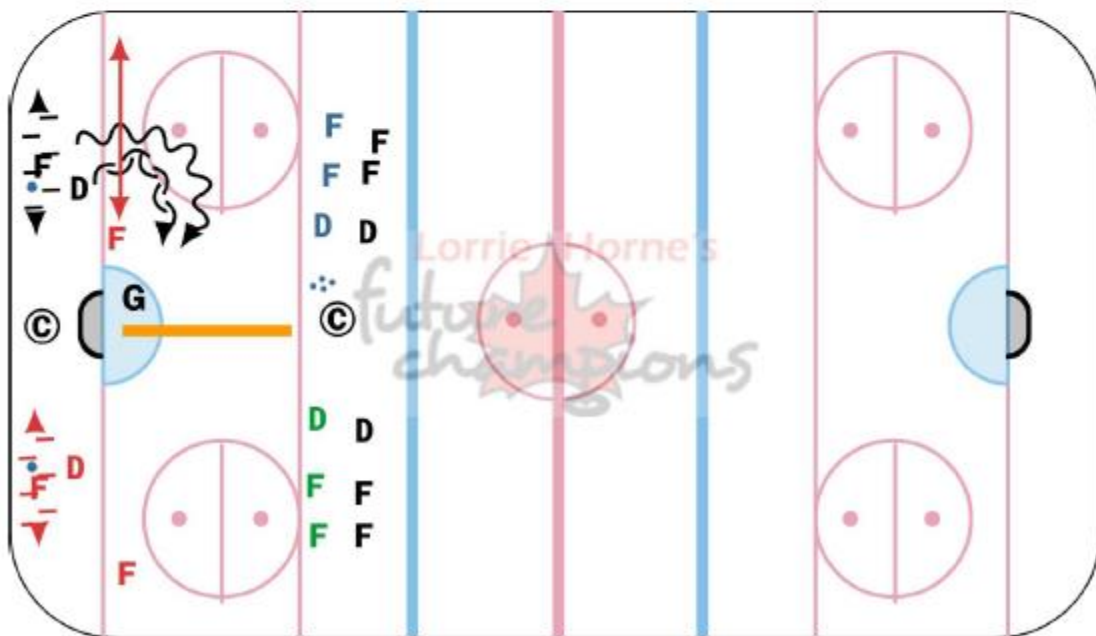
- Defense do not step up and play more of a zone.
- Defense must mark man on man and battle hard to control offensive body position.

6. Shuttle Attack - 1v1, 2v1

1v1 2v1 Shuttle

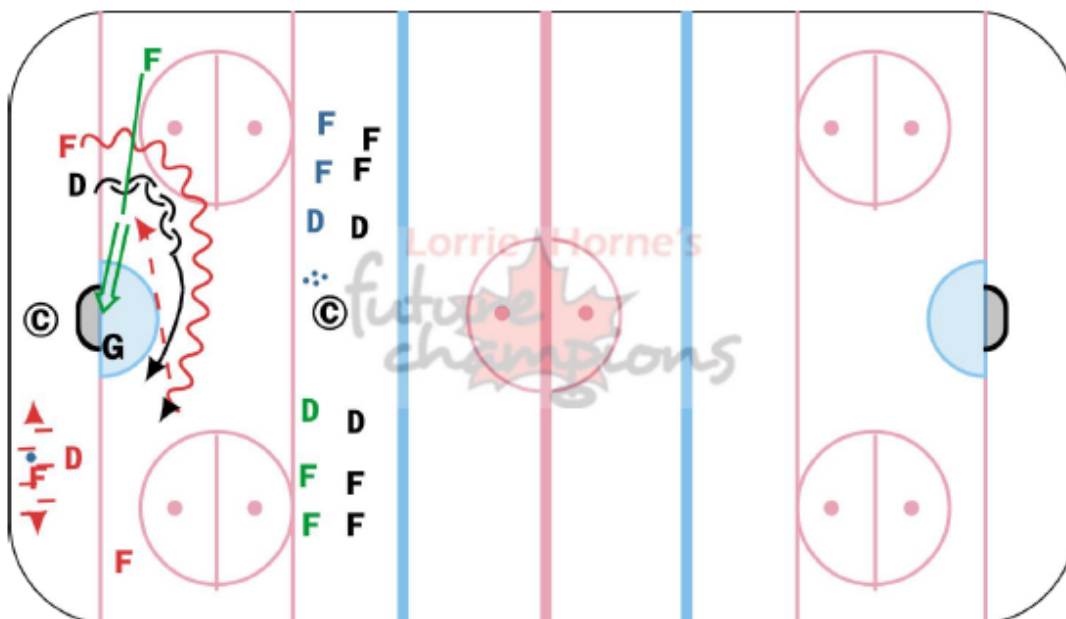


1v1



2v1 Movement on the line

1v1 2v1 Shuttle



2v1 Drive to the net

Set up and Mechanics of drill:

- Coach behind the net runs the drill - whistle starts the movement in each corner (alternating corners) and the respective "drive" to the net.
- Coach at the top of the slot (center) controls traffic. It is their job to make certain the flow of the drill is consistent. This coach must make sure the next pair is ready to jump into the corner as soon as the "drive to the next" starts.

1v1 Drill set up: Diagram 1

- Forward faces the glass with the ring. The forward will shuffle left to right, right to left, using their body to create separation with the defensive mark.
- Defense marks goal side / inside. It is her job to mark tight, make contact on hips and play the body. The "big check" is not the goal of the defensive job.
- Based on the flow of the drill, the level of the 1v1 battle, the coach will blow the whistle to initiate the drive to the net.



1v1 2v1 Shuttle

Keys:

- Forward needs to drive, walk the line, and move the goaltender. The goaltender needs to be moved across the crease before the shot is taken.
- Defense must play the body and box out the driving forward.

Pace and Tempo of drill / creating compete level:

- As soon as the drive starts to the net, the opposite corner begins.

2v1 Drill set up: (Diagram 2)

- F1 faces the glass with the ring.
- F2 "sharks" the goal line to provide a short support pass option
- F1 and F2 must make multiple short passes while the D switches back and forth from F1 to F2
- F1 and F2 can not drive the net until the coach whistles to initiate the drive
- F1 drives the net 1v1 with the D
- F2 trails F1 and opens her hips up to ready herself to receive and shoot (Diagram 3)

Keys:

- F2 must "shark the goal line" to create the short support pass option. Learners will provide too large of a gap and slide up near the face off dot of the circle.
- D needs to make a quick switch and adjust to the ring movement between F1 and F2
- There can only be one forward at a time under the goal line.
- When the Forward drives the net 1v1 vs the D, the second forward needs to put themselves in a position of advantage to receive a pass and have the ability to make a quick shot.

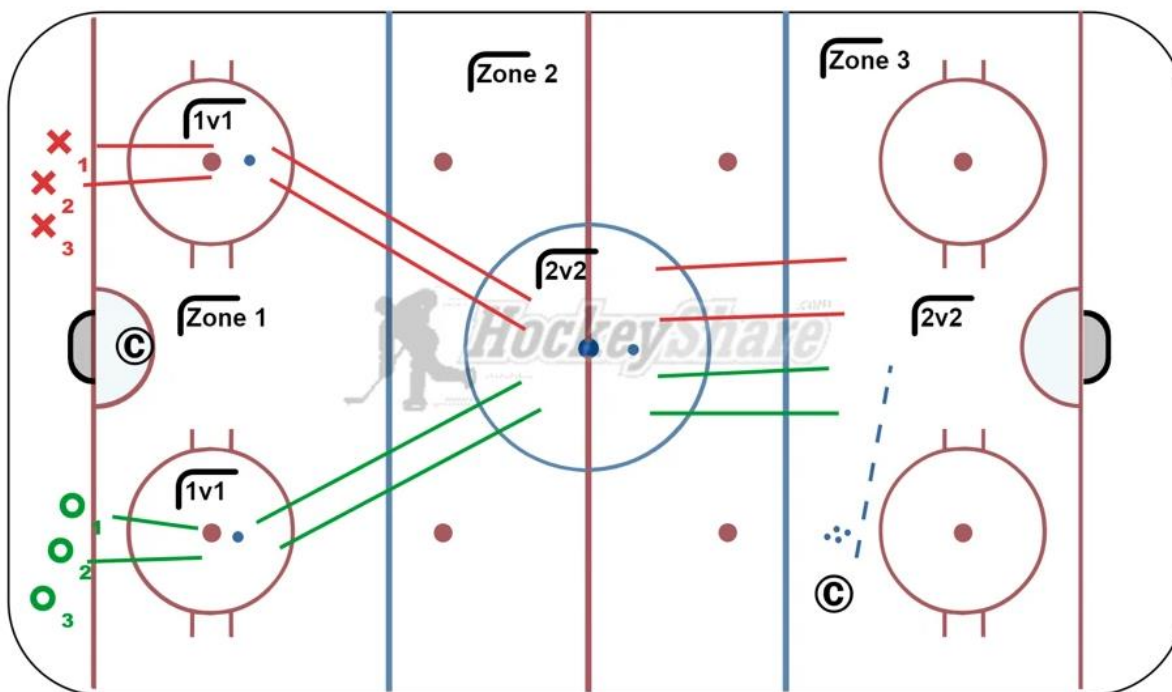
Pace and Tempo of drill / creating compete level:

- As soon as the drive starts to the net, the opposite corner begins.

7. 3 Zones Combat Drill - 1v1 > 2v2>2v2

3 Zones Combat Drill - 1v1, 2v2, 2v2

Diagrams



3 Zone Combat Drill - 1v1, 2v2, 2v2

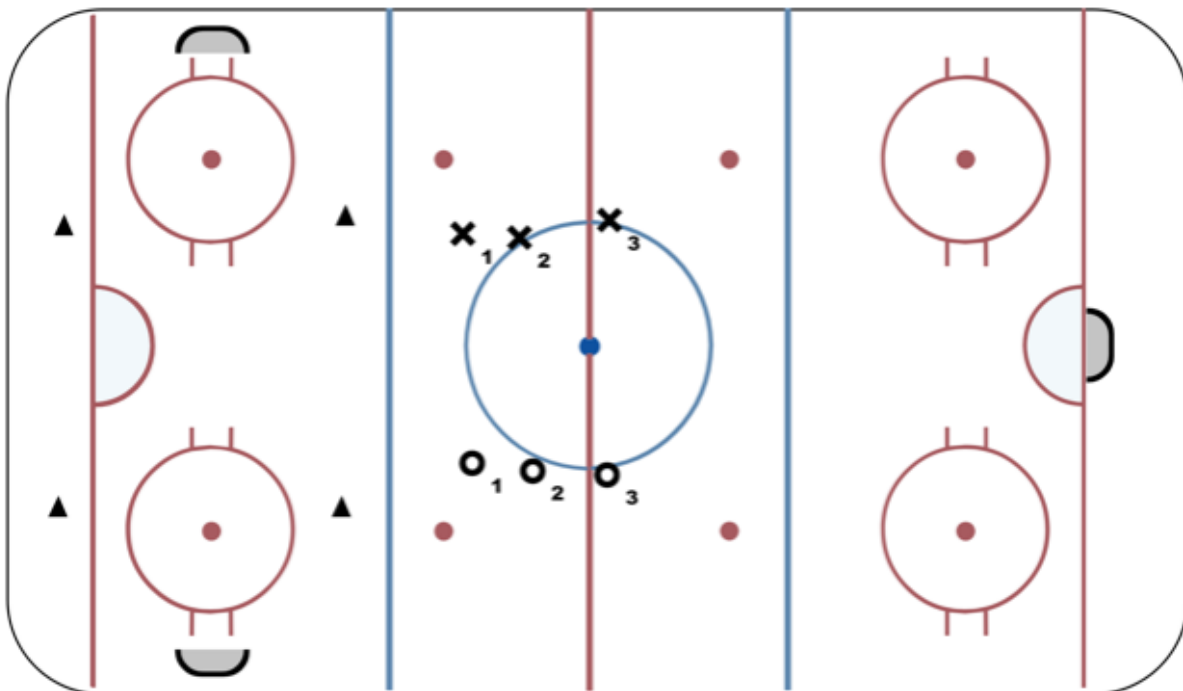
Description

Divide the athletes into 2 groups. On the coaches whistle the first two athletes from line X goes into the first circle in Zone 1 and battle 1v1 and two athletes from line O goes into the other circle in Zone 1 and battle. After 2-3 minutes the coach blows the whistle and the athletes from the two circles go to the Zone 2 center ice circle and the first group to the rings plays keep away from the other group. Players X will be a team and players O will be a team. Two new players from line X and line O will go into the players in Zone 1 and battle 1v1. On the second whistle, the players in Zone 2 and move to Zone 3 and players X and players O battle for the ring that the coach passes the ring into play. They play 2v2 and once the coach blows the whistle and the team with the ring takes a shot on the goalie. The players in Zone 3 skate along the boards back to Zone 1.

This drill has continuous flow. On each whistle there will be new players in each zone.

8. Swede Box - 2v1, 2v2, 3v3

swede box



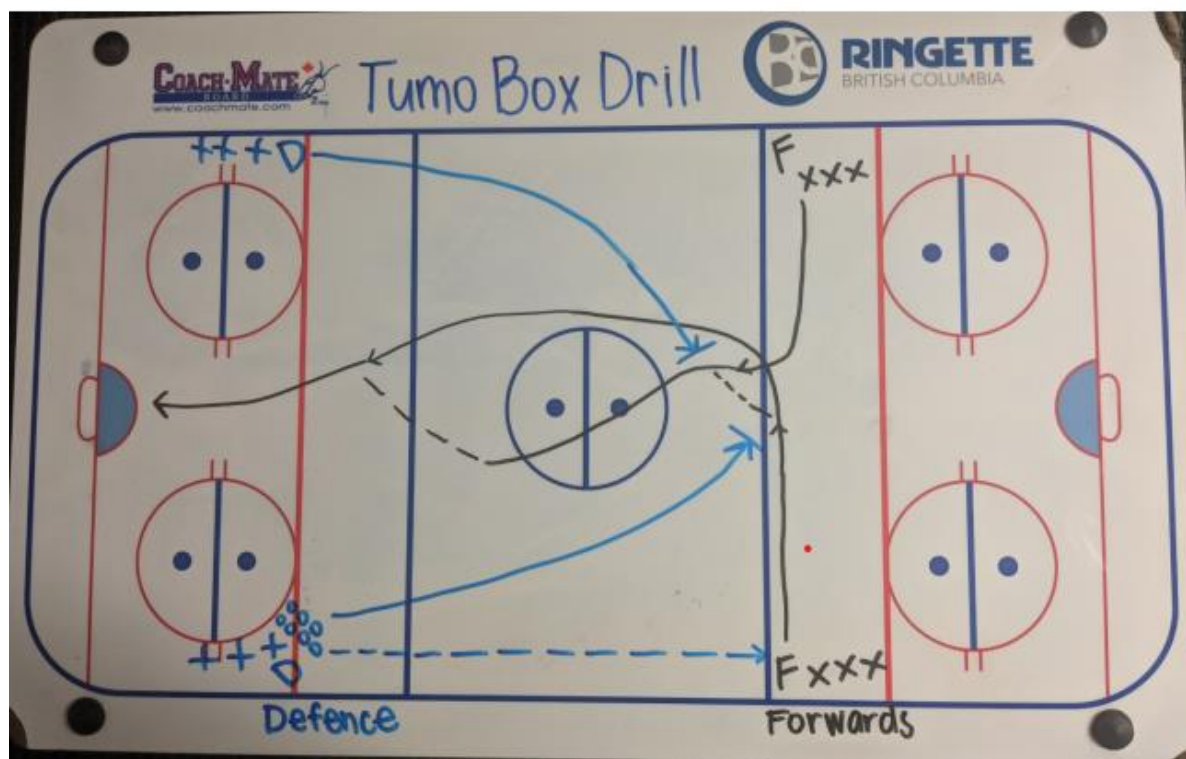
Description

Start with 2 v1 and progress to 2 v2 and 3 v 3

Forwards (X's) are trying to make 3 passes against O (defence), once 3 passes have been made, F1 goes in for a shot
F2 receives a pass from coach and shoots on opposite net.

Tags: Small Area Game, with purpose of getting open and making smart passes

9. Tumo Box - 2v2,



□ Setup

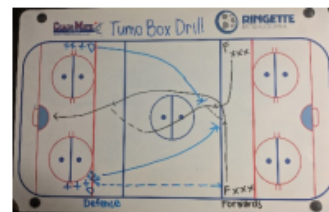
Four lines: 2 lines of forwards and 2 lines of defense one on each side of the ice.

☀ Safety

Space groups out enough to allow for the goalies to move back to their starting post and have a short breather.

Instructions

- One defense starts with rings and makes a pass the length of the ice to the forward in the line on the same side.
- The two forwards skate down the ice making sure to pass over the blue lines, using a minimum of 3 passes to get to the end.
- Forwards continue on towards the goalkeeper for a shot.
- The drill ends with a shot, the next group starts once the shot is taken.



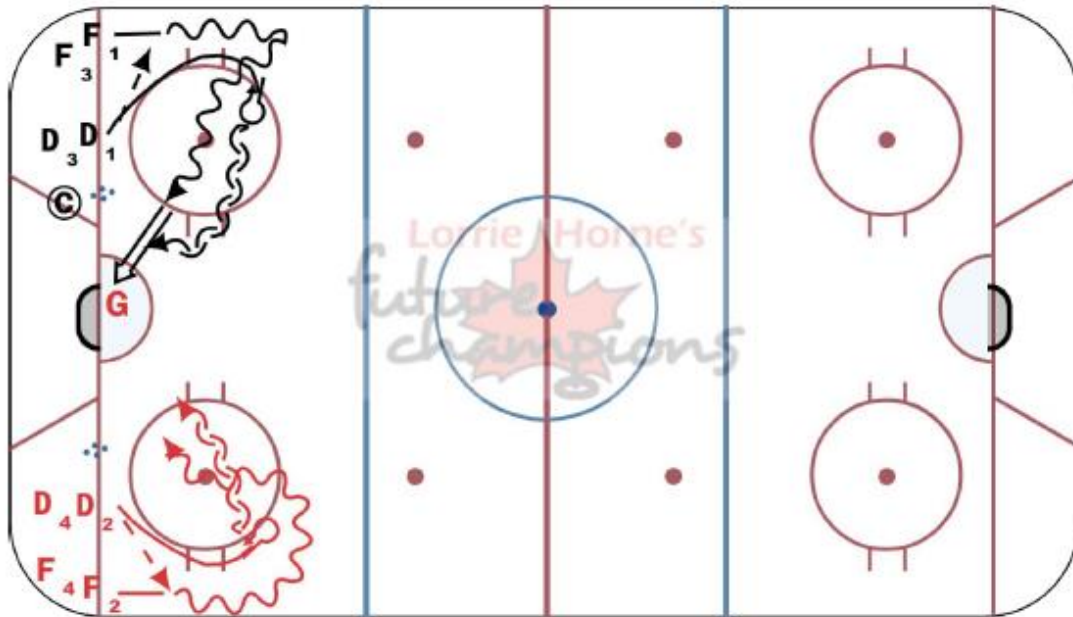
If the defense steals the ring they become forwards and the players previously forwards would now need to defend.

Defenders play man on, communicating who they are covering.

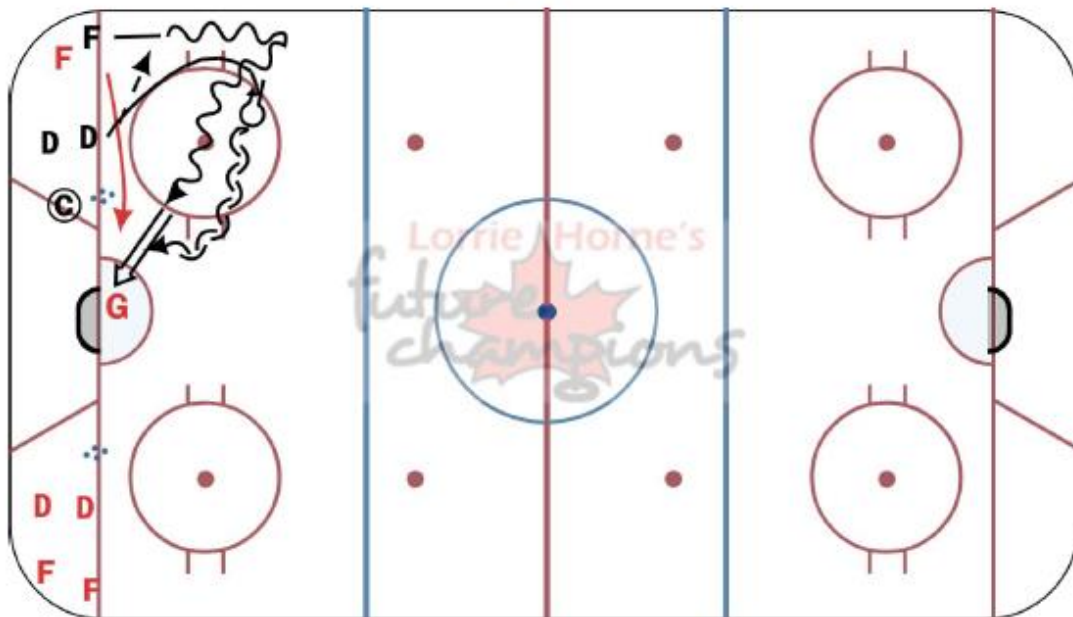
10. Down Low - 1v1, 2v1



1v1 → 2v1 Down Low



1v1



2v1



1v1 → 2v1 Down Low

1v1

- F's line up on the boards in the corners
- D's are in line with the face off dots
- F1 takes two steps and D1 provides a short, stick to stick pass to F1
- F1's skates must cut the extended zone line prior to driving the net
- D1 must mirror F1, tight man on and keep her to the outside as she drives.
- D1 and F1 battle hard to the net
- F2 and D2 start on the whistle.

2v1:

- F2 jumps into trail, open hips and provide close support outlet to F1 battling with the D.
- Object is for F2 to receive a quick, short pass and shoot or drive net.

Key Points:

- Man on man
- Body control
- Hard drive to the net
- Quick feet
- Quick shot

11. Detroit Pass

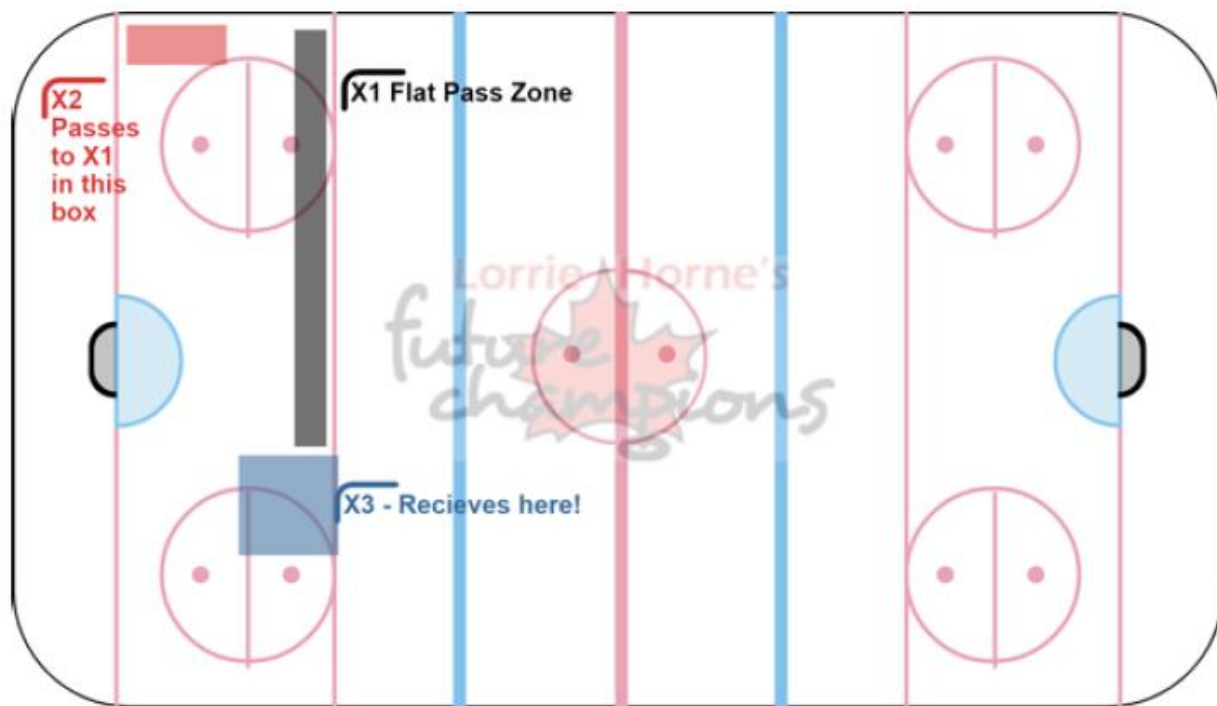
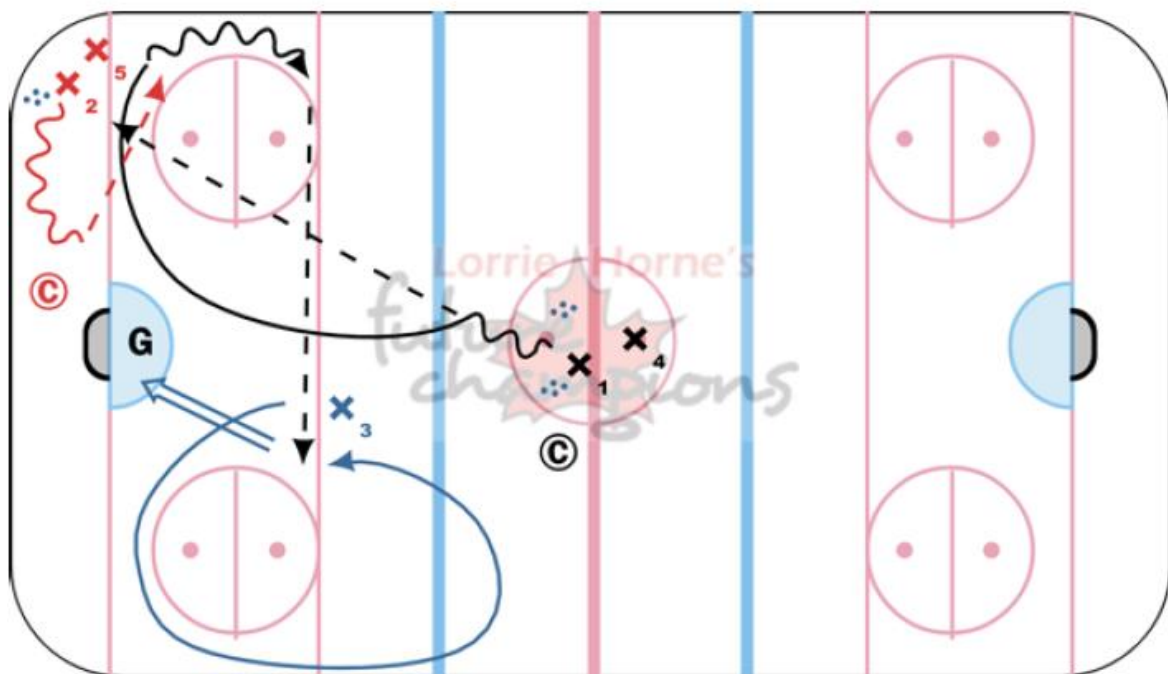


Diagram 1: Detroit Passing Set Up:

- Rings @ center ice and in the corner
- X1 & X4 @ Center Ice
- X2 & X5 in Corner (Always have at least 2 athletes in this corner to make certain the drill flows well)
- X3 top slot / extended line
- Coaches both at center and deep goal line

** This drill is meant to be a continuous flow drill however, when introducing the passing, movement and timing, start each repetition on a whistle until the athletes understand the sequencing.

Diagram 2: Flow execution / Steps:

- X1 skates & passes to X2 deep in the corner. Ensure they use eye contact and verbal communication.
- X2 receives, jumps middle towards the net to create time, space and angle of pass. X2 give and go with X1. Pass must be stick to stick and received below the hash marks.
- X1 stays wide on the boards and carries high to the extended lines (staying inside the line to deliver a "flat" pass across the extended line to X3.
- X3 has "faded" outside / inside from the boards and up to the blue line. X3 ideally receives the ring, stick to stick in the "triangle" at the intersection of the extended line and the top of the circle. X3 has a quick release shot on goal.

Diagram 3:

Diagram 3: Athlete Movement for next repetition

Diagram 4: Where to receive the pass

12. Tapani Drill - 1v0, 1v1, 2v2

Start with no defence, then progress to 1 v 1

Main Part

Tapani 1v1: The forward takes a few quick strides and passes to the coach.

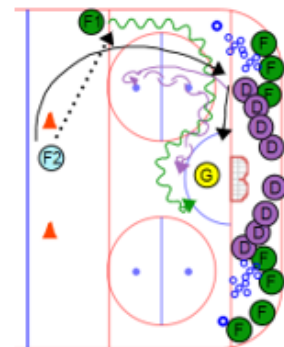
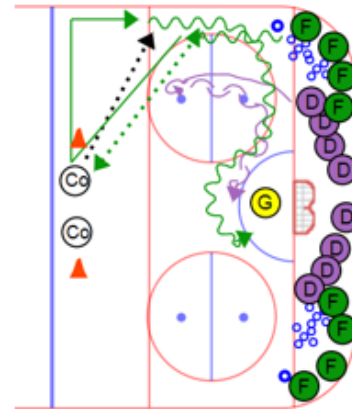
Forward then cuts to the middle, around the pylon, and back along the boards, receiving a pass just inside the ringette line.

Forward drives low, posts the goalie, and does a low walk across the net.

Defense follows the forward, then pivots to backwards and tries to keep the forward away from the front of the net. Channeling and good body position are essential.

Alternate sides making sure there are no collisions in front of the net.

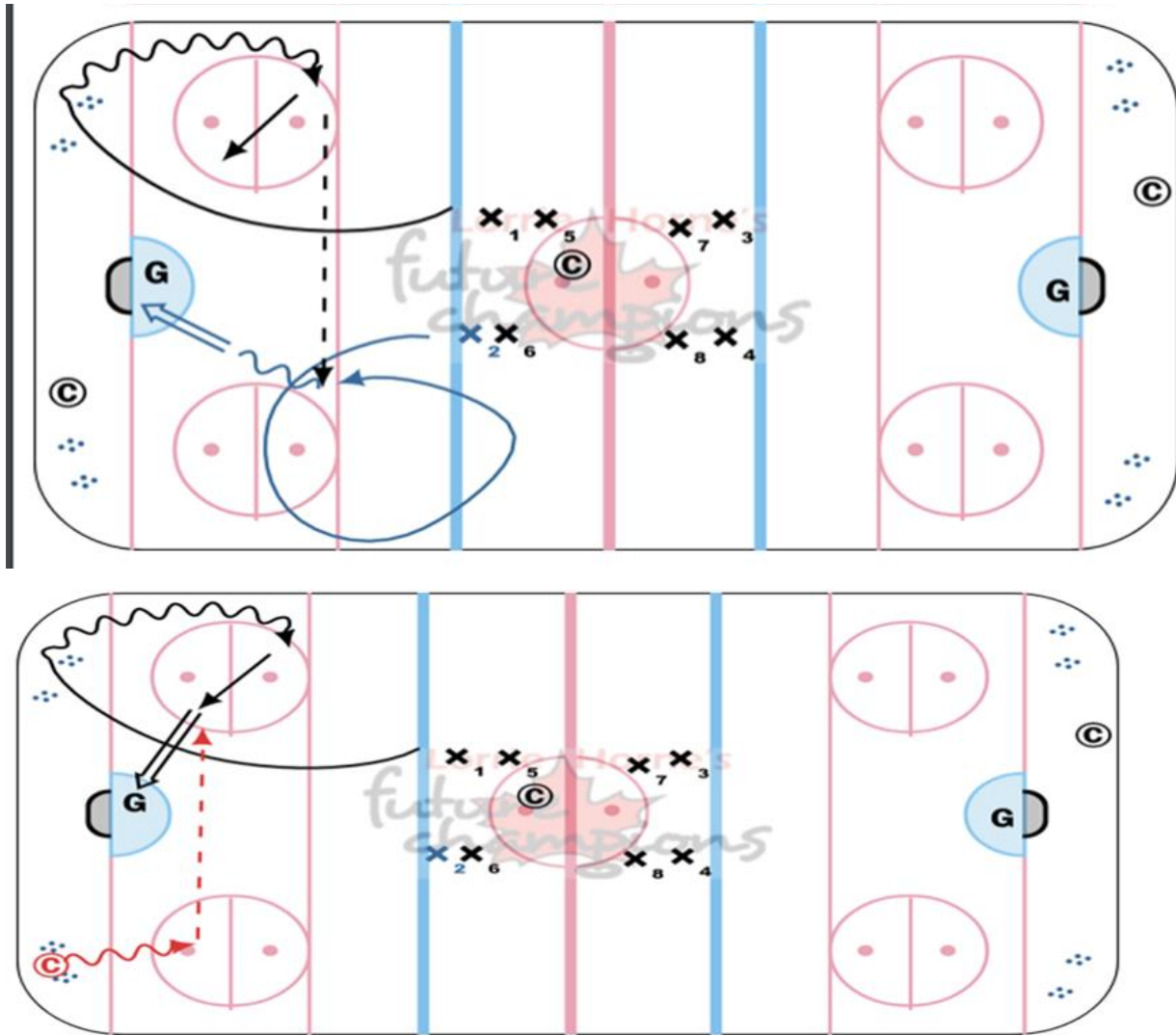
Tapani 2v1: replace the coach with another F. After making the pass to F1, F2 follows and "hides" behind the goal line, popping out to receive a cross-crease pass.



13. Flat Pass Drill

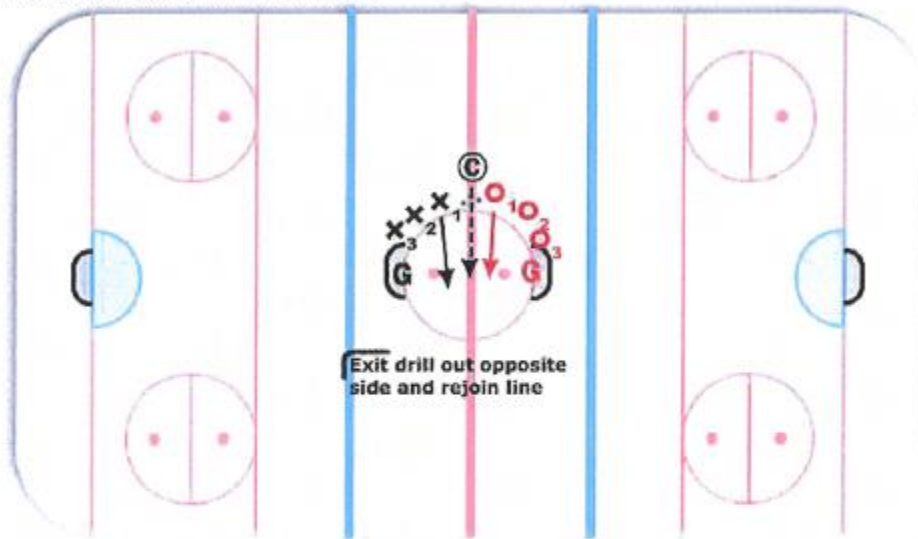
X1 skates to corner picks up a ring, skates around circle and makes flat pass to X2, X2 makes a quick shot, at the same time coaches makes a cross crease pass to X1 who makes a quick shot, goalie must move from

side to side. After a bit switch sides for flat pass



14. Gladiator Center Ice - 1v1, 2v2, 3v3

Gladiator Battle -1v1 / 2v2 / 3v3



Description

- Coach starts the drill starts and transitions on the whistle.
- Coach will yell out the match up - 1v1, 2v2, or 3v3 to set up each battle.
- The athletes must stay inside the center circle.
- If there is a goal scored or the ring is shot outside of the circle a "new ring" will be dumped in by the coach.
- Athletes always enter from the same side of the circle as the coach and exit the opposite side. This is an important safety and traffic control measure.

- NOTE: on each change of possession (2v2 & 3v3) a pass must be made before a shot can be taken.

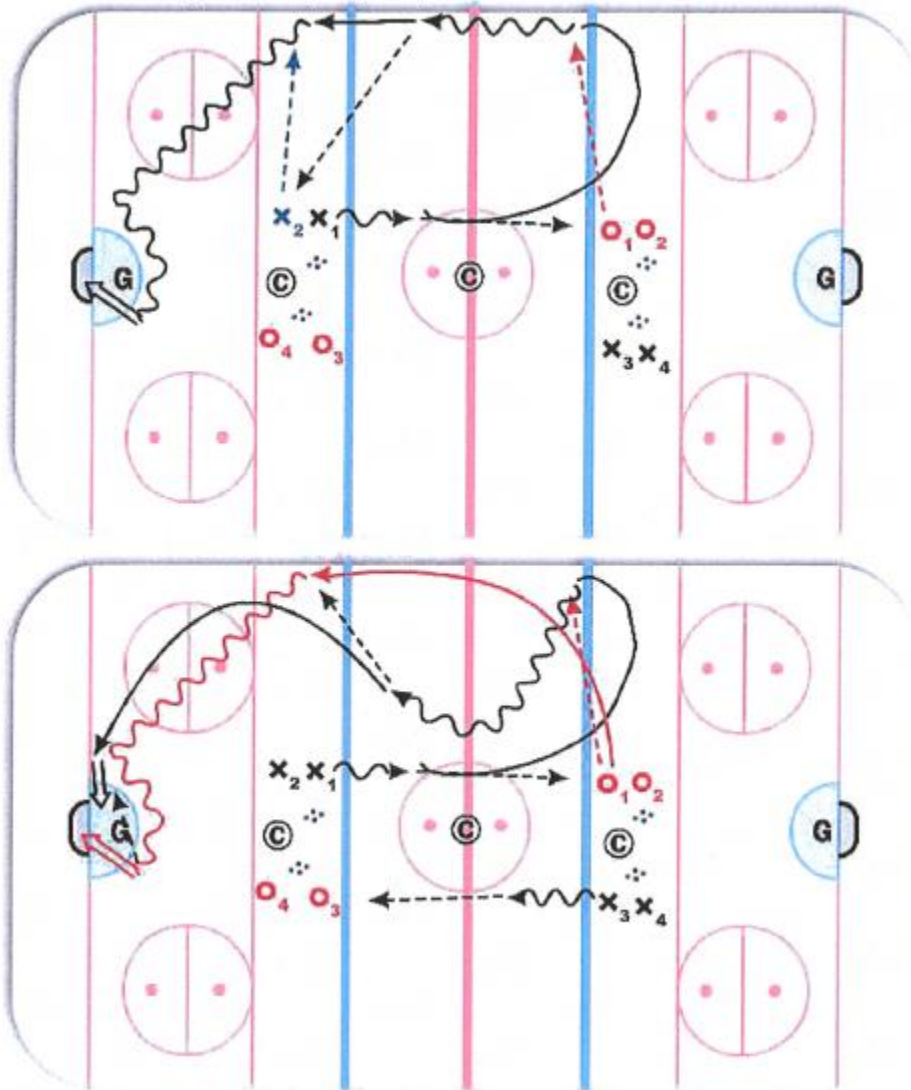
Key Points: Focus on: -Communication, -Quick transition, -Decision making, -Quick release of the ring on the shot, -Providing close support as the outlet, -Playing away from the ring and being available for the pass

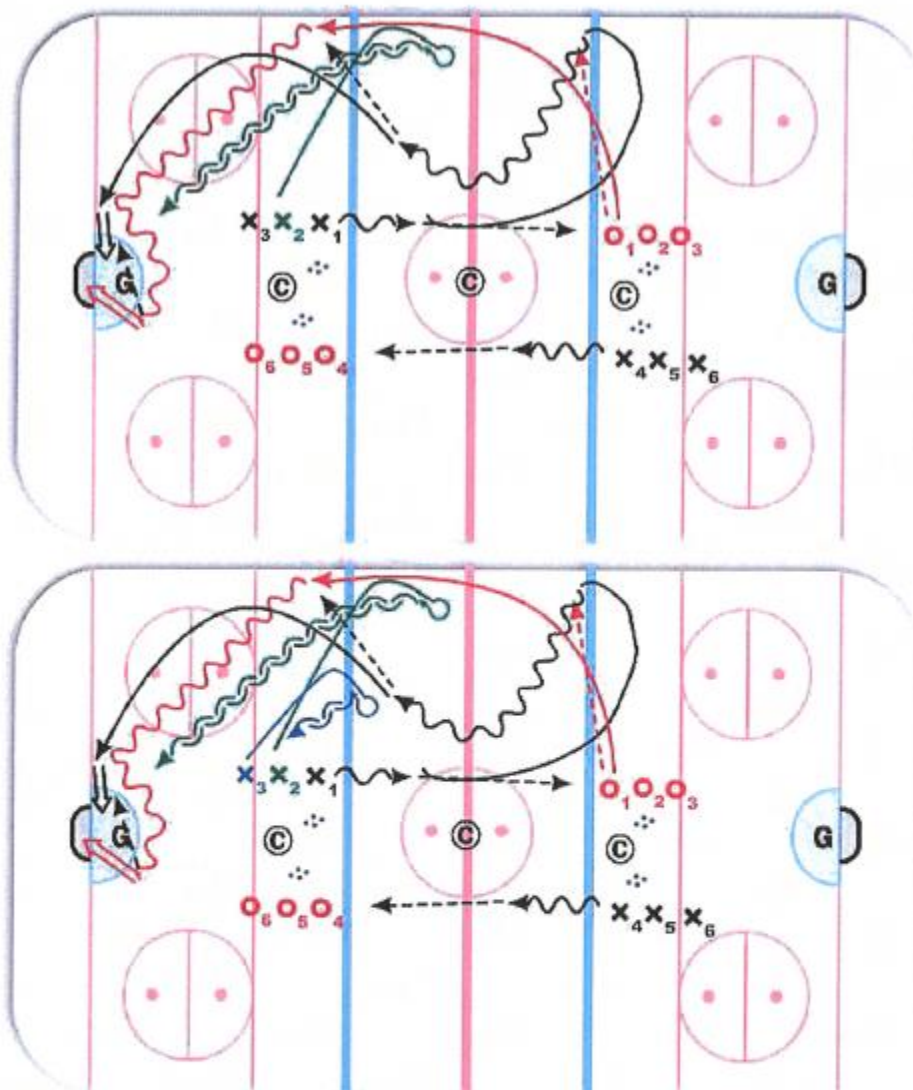
Notes

Fun, competition, battle in even number situation, quick reaction times

15. Ando

Ando's Passing Box 1v0, 2v0, 2v1, 2v2





Description

- Coach must position themselves center ice to assist in directing traffic and reminding athletes which "corners of the box" will go next (diagonal corners - IE: X1&X3 will start the drill / O1&O3 will start the next repetition).
- Drill must always starts on the whistle.

1V0:

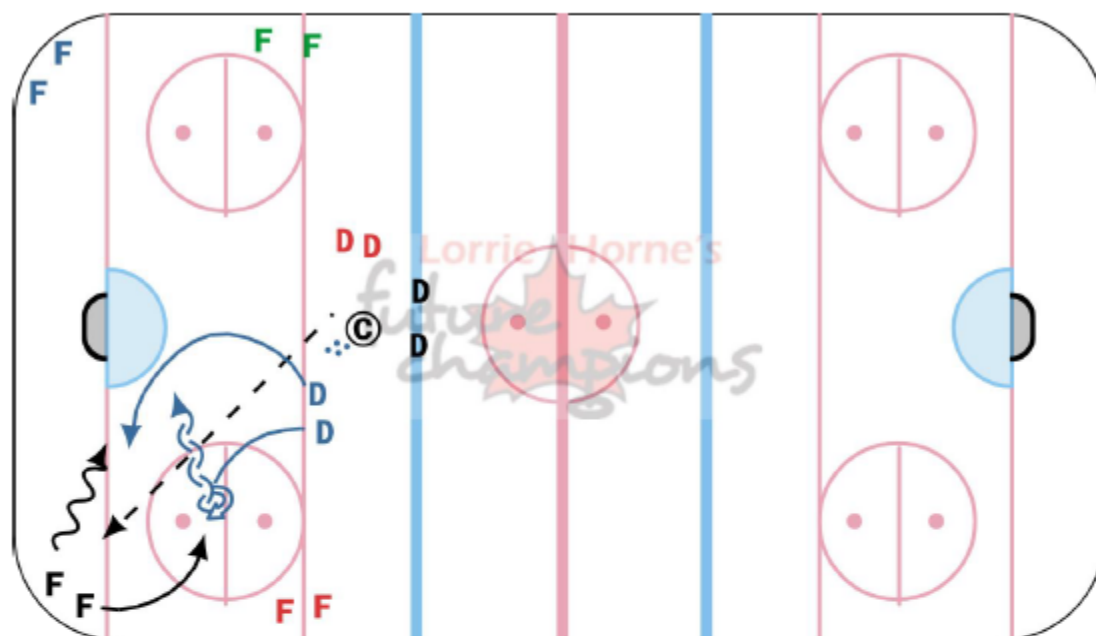
- X1 skates two or three steps and makes a stick to stick pass to O1.
- X1 skates hard to the blue line and swings inside outside to immediately receive the give go pass from O1.
- X1 passes to X2 across the second blue line.
- X2 provides a return give & go pass
- X1 drives the dot, posts the goaltender, and low walks for a shot.

2V0:

- X1 skates two or three steps and makes a stick to stick pass to O1.
- X1 skates hard to the blue line and swings inside outside to immediately receive the give go pass from O1 and jumps to the edge of the center lane.

16. Four Corner Down Low 2v2 - Forwards in corner

2 v 2 Down Low – Offensive Set Up



Set up & Mechanics of Drill:

- Drill starts and transitions on the whistle.
- Coach controls the pace of the drill - should be high tempo with quick transitions. No pause between repetitions of the drill
- Offensive pairs on all four corners, defensive pairs center ice at the extended zone line.
- On the whistle, the Coach passes to one of the 4 corners. The offense immediately drives to attack the net. Defense are responsible to mark man on, goal-side / inside positioning as quickly as possible.
- The 2v2 battle continues until the next whistle.
- The active offensive and defensive pairs jump out to return to the starting position that they came from
- The coach immediately whistles and passes in a new ring to a new offensive pair while the last 4 athletes are returning to their starting points. The next defensive pair immediately jumps into battle.

Key Points:

- Quick transition
- Man on man defensive
- Defensive body control and positioning – man on man, goal side inside. DO NOT LEAVE YOUR MAN. Make certain there is pressure on the ring and the outlet at all times.



2 v 2 Down Low – Offensive Set Up

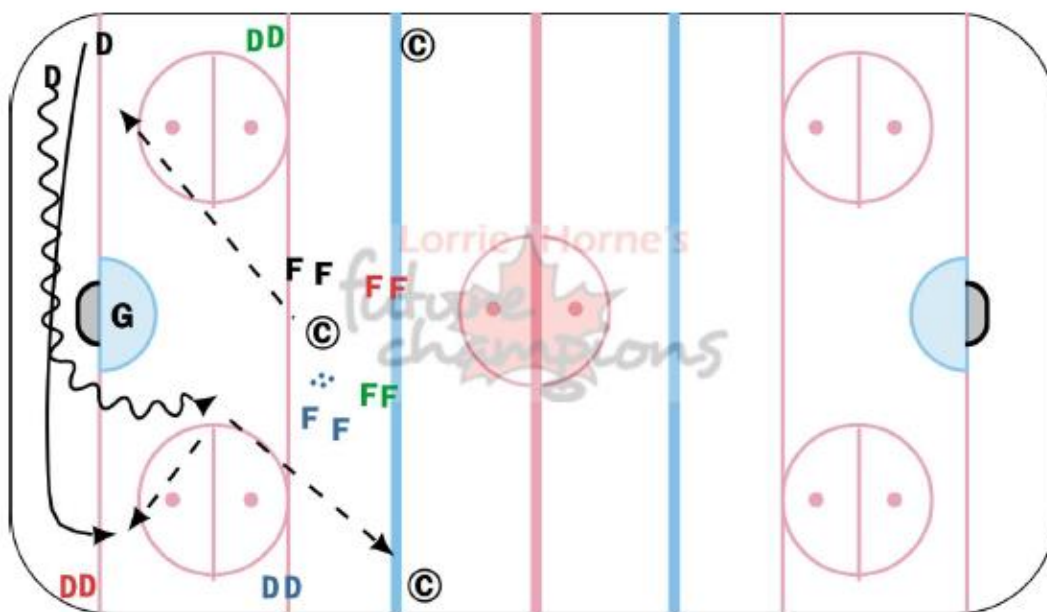
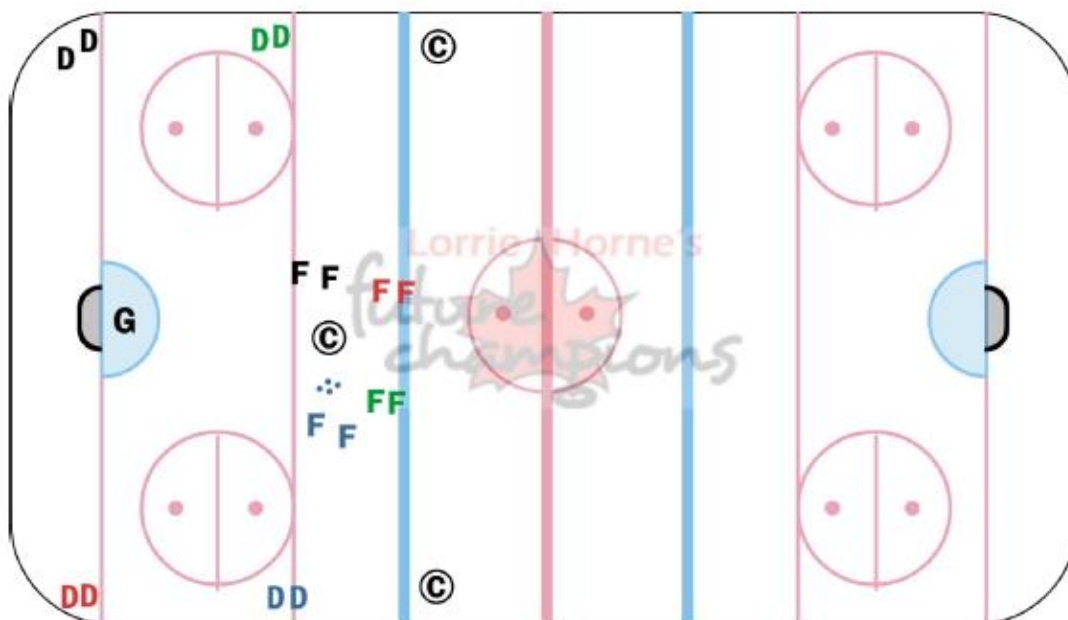
- Offensive hard drive to the net for quick shot or short support pass and shot.
- Hard 2v2 compete battle

Application:

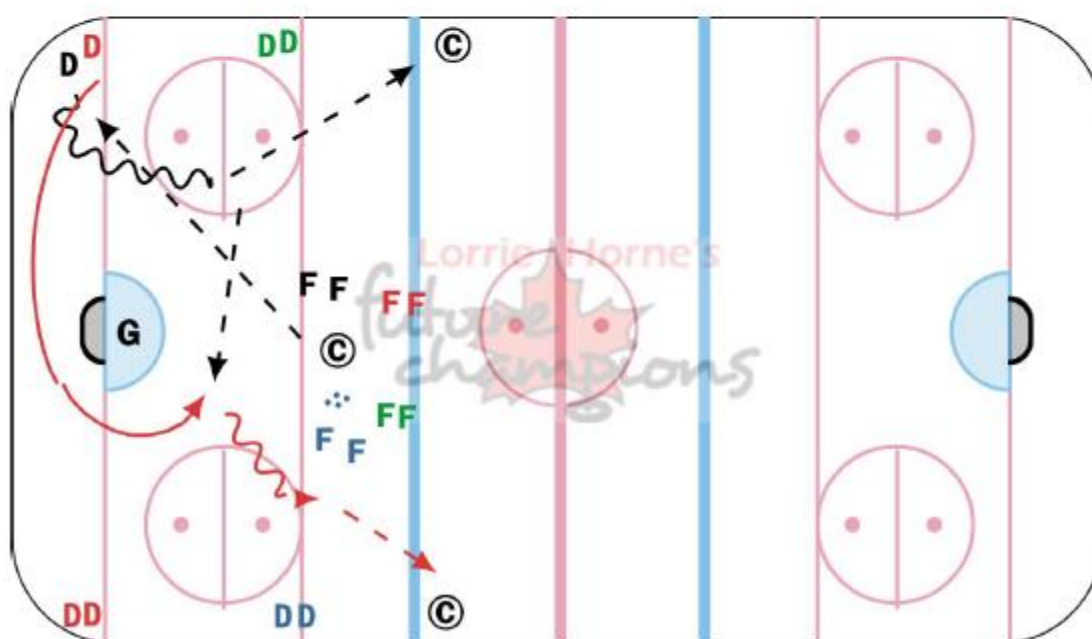
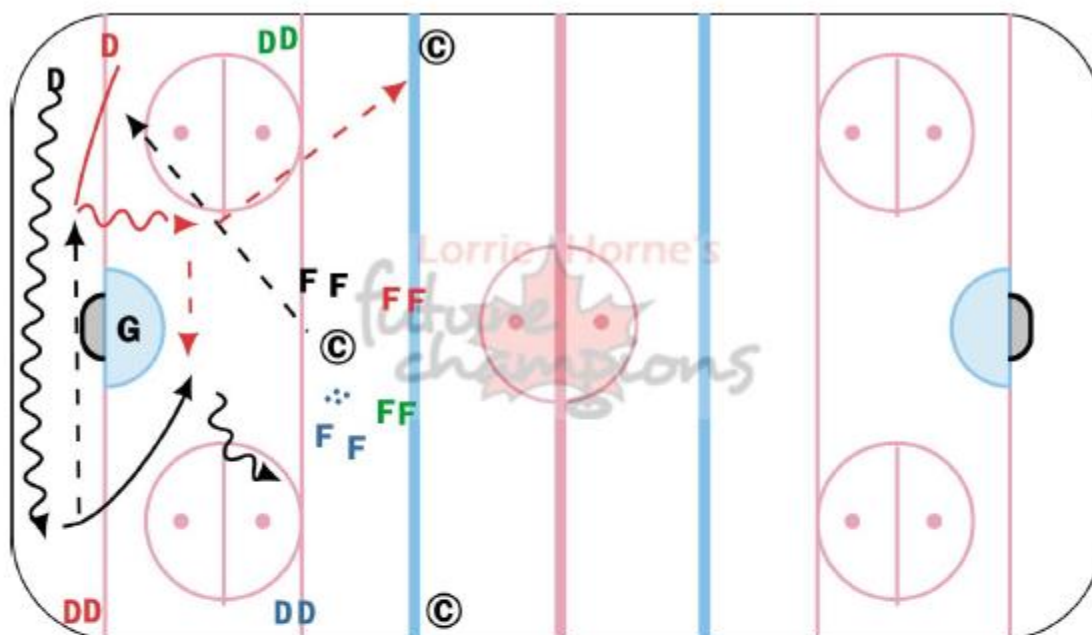
- This set up teaches the offensive players to drive hard to the net and shoot to score while it is creating opportunity for success for the defensive athletes to gain confidence in marking man on man while under constant pressure.
- Defensively remember marking man on man is a hard job! This allows defensive athletes to learn this skill and refine their timing in a smaller space than the neutral zone.
 - GOAL SIDE INSIDE MAN ON MAN is the deliverable. CONTACT and CONTROL!

17. Four Corner Down Low 2v2 - Defense in corner

2 v 2 Down Low – Defensive Gillespie Drill



2 v 2 Down Low – Defensive Gillespie Drill





2 v 2 Down Low – Defensive Gillespie Drill

Defensive Learning: The set up allows the defense players to learn key actions in the defensive zone as it relates to:

- 1) Getting the ring moving quickly and transitioning up the ice
- 2) support provided by their defensive partner
- 3) concentrating on providing a solid stick to stick pass to the outlet over the blue line while under pressure.

Key Terms:

Wheel - Defense with the ring will skate hard around the net with the ring with speed and cut through the lane right beside the crease. D partner will provide close support low behind the goal line and then at a offset 45 degree angle deep to the ring as the ring carrier advances up through the zone.

Wheel & Reverse - Defense will skate with the ring hard behind the net. When they recognize that they have hard forecheck pressure they will "reverse" the ring back to their defensive partner low below the goal line for them to quickly turn it up the ice and hit the outlet stick to stick across the blue line.

Quick Up - Defense will receive the ring and immediately drive up ice on the edge of the center lane to deliver a stick to stick outlet pass. Defensive partner will provide goal side support and be available for a support pass.

Quick up & Support - Defense will receive the ring and upon recognizing that there is strong forecheck pressure she will provide a quick support pass to her defensive partner who will turn the ring quickly to hit the outlet stick to stick across the blue line.

Defensively we are working to make certain that there is always:

- 1) awareness of where the defensive support pass can be provided
- 2) communication
- 3) quick stick to stick accurate passes
- 4) decision making based on reading where the forecheck pressure is coming from
- 4) learning confidence of using our speed to drive at the forechecking pressure to create opportunity and separation
- 5) consistent first pass to the outlet over the blue line



2 v 2 Down Low – Defensive Gillespie Drill

Forwards / Offensive side of drill: This set up allows to both focus the forwards and teach / refine:

- 1) Forecheck basics – inside outside pressure, awareness of the ring, quick feet and contain pressure, timing of F1 and F2
- 2) Attacking the net after recovering the ring from the defense on transition

Forecheck:

The set up allows the execution of three basic forecheck systems

- 1) 2 Hard F/C
- 2) 2 Split Forecheck and
- 3) Man on man forecheck.

**** The 2 hard and 2 split set up is shown in diagram 5.**

Forecheck Basics:

- Forward timing
- Inside outside pressure
- Communication
- Timing and quick feet

Adapting the drill set up based on skill set:

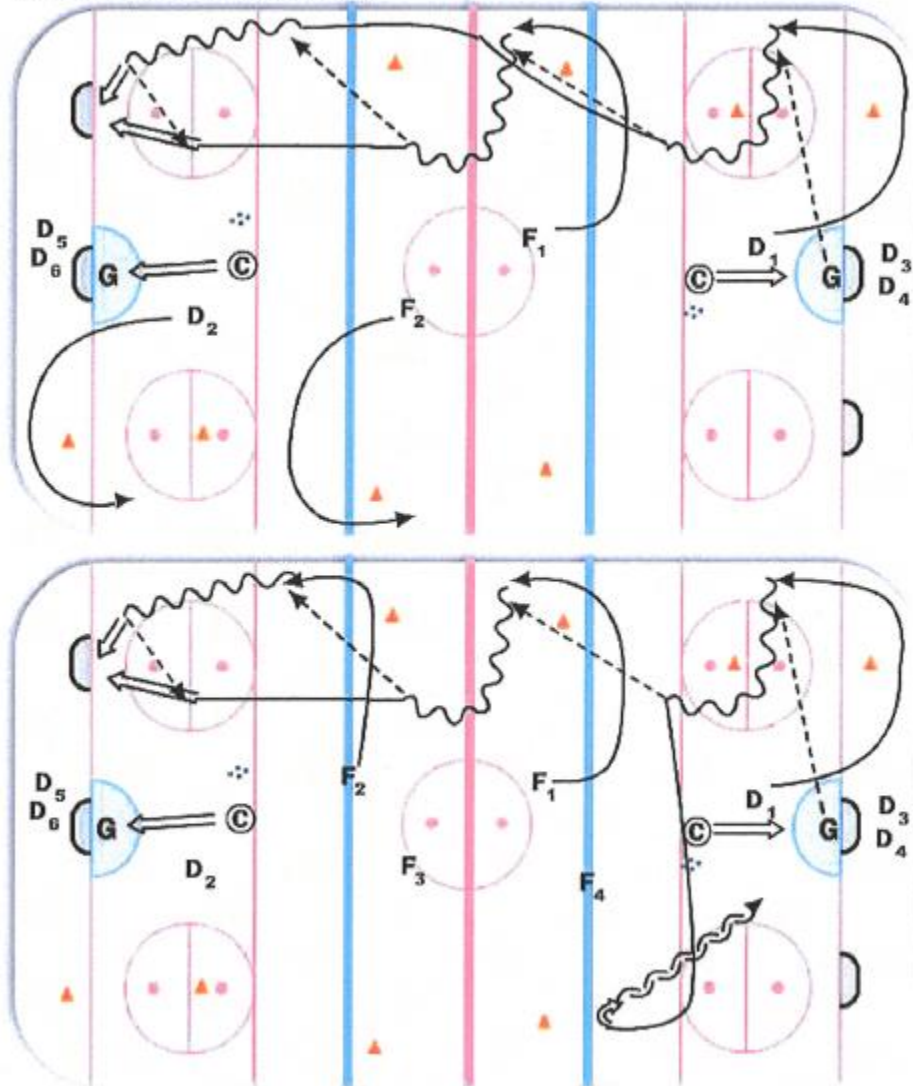
Depending on the skill of both the defensive and offensive players, you may have to adjust the starting position of the forwards lower or higher in the zone to allow for flow of the drill and success of both groups of athletes.

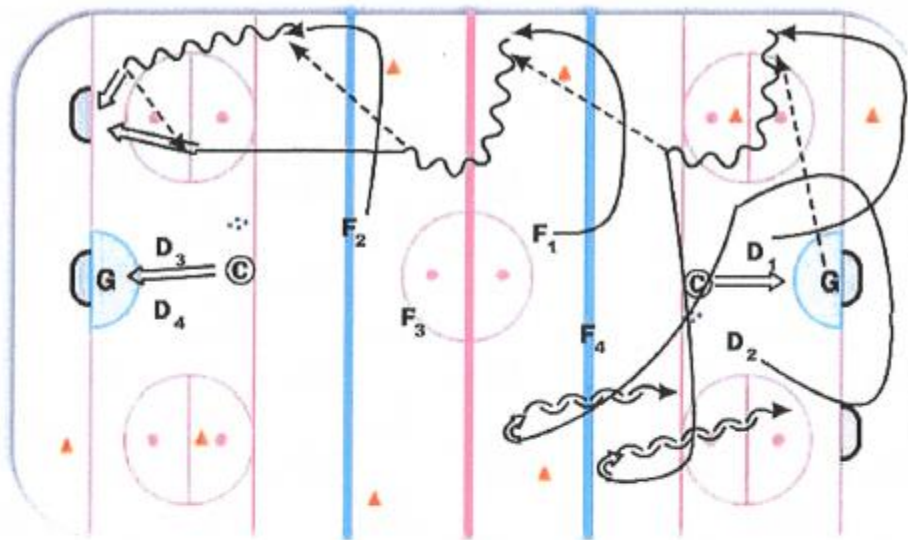
Pace and Tempo of drill / mechanics: The Coach who is running the drill must:

- 1) Tell each forward pair prior to each repetition which forecheck pattern they will use (one of 3 options)
- 2) Whistle and initiate the pass to the defense
- 3) Yell out to the defense their instruction - Wheel, wheel and reverse, quick up or quick up and support. Alternatively, you can place a coach in each corner to assist with providing the instruction. This allows for creating a better competitive game like environment.
- 4) Provide verbal instruction and feedback to all athletes regarding their positioning and level of compete while the drill is going IE - if the forwards recover the ring, drive the net or if the off side defense is not supporting the ring, remind them of their positioning.

18. Flow Drills

1/2 Ice Transition 2v0, 2v1, 2v2





Description

- Set up both ends, drill starts and stops on the whistle
- Coach starts the sequence with a shot on the goaltender.
- The Goaltender must have control of the ring and the ring must be in her hand before D1 can start her skate into the corner for the goaltender to distribute the ring.

2v0:

- D1 receives the ring, jumps to the edge of the middle land (inside the cone) to save ice and gain the passing lane.
- F1 must delay and time her skate based on D1's ring possession. F1 skates a flat line to the boards and become a passing option when her skates are facing up the ice. F1 must receive the ring on the boards in the quiet zone.
- F1 jumps to the edge of the center lane creating time and space for D1 to join her in the rush up the ice.
- D1 receives the ring across the second line, stick to stick in the quiet zone.
- F1 drives opposite post to become the second wave of attack and pass option.

2v1:

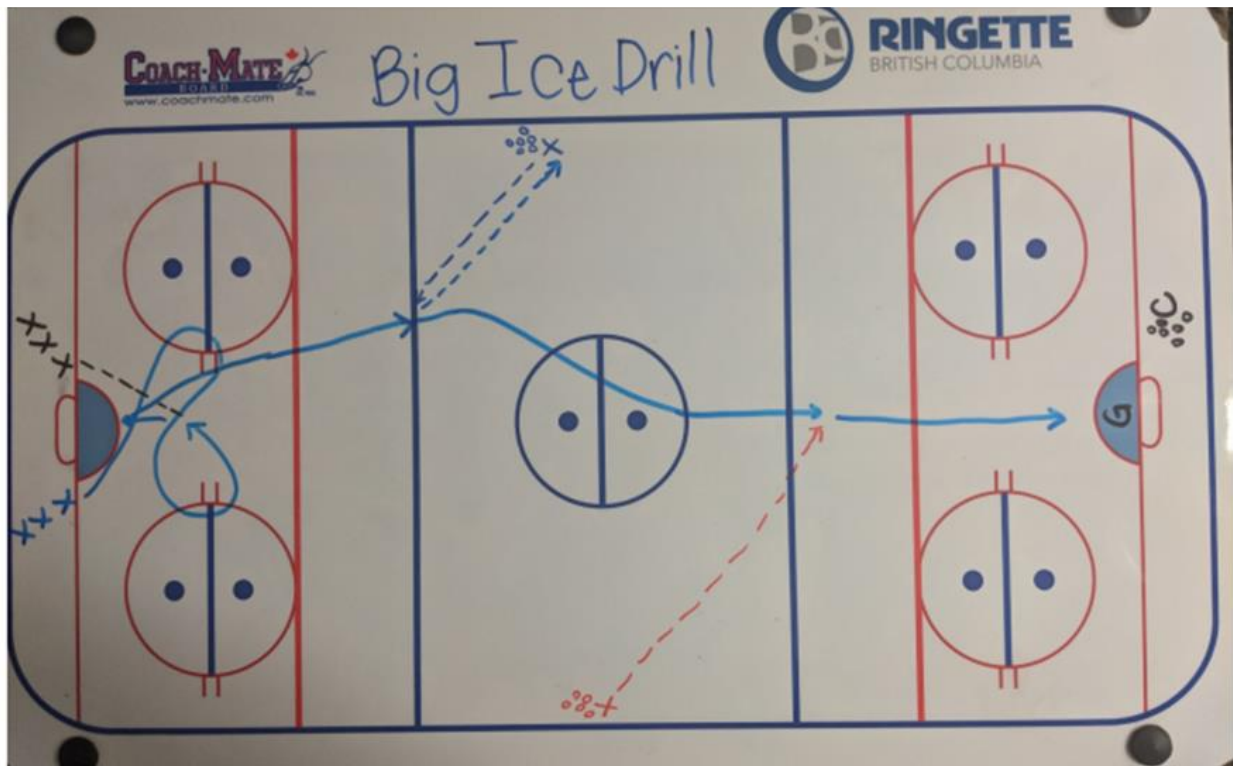
- D1 receives the ring, jumps to the edge of the middle land (inside the cone) to save ice and gain the passing lane.
- F1 must delay and time her skate based on D1's ring possession. F1 skates a flat line to the boards and become a passing option when her skates are facing up the ice. F1 must receive the ring on the boards in the quiet zone.
- F1 jumps to the edge of the center lane creating time and space for D1 to join her in the rush up the ice.
- F2 must delay and time her flat skate to the boards to receive the ring across the second line, stick to stick in the quiet zone.
- F1 drives opposite post to become the second wave of attack and pass option.
- NOTE: D2 from the opposite end becomes the defender. It is her job to deliver the outlet pass to F3 across the first blueline and then hustle across to put pressure on F2 receiving the pass from F1 (2v1). D2 must provide immediate pressure on F2 coming across the line.

2v2:

- D2 joins D1 on the breakout pattern. The Goaltender now has the choice to lay the ring behind the net (stick or glove). D2 is tasked with hustling to the neutral zone to put pressure on F3 before she is able to provide a pass to F4 over the blue line.

Key Points: - Timing, Ice Awareness, Communication, Focus on successful, accurate stick to stick passes, 2v1 & 2v2 - D needs to be accountable to put pressure on the F's breaking across the blue line on the opposit side.

19. Figure 8 Shooting Drill



Instructions

Players will be split into 2 groups, and line-up on either side of the net at one end. One player will line up next to the rings on both sides at center ice.

Players in Lines next to the net will skate a butterfly pattern in front of the net.

- After each tight turn the player skating will receive a pass from the opposite line up then takes a shot. Each player receives 2 passes and takes 2 shots.
- One player at center ice will make a head on pass to the skater then receive the same ring back.
- The other player at center ice will make a lead pass to the skater over the second blue line.
- After receiving the lead pass the skater will skate towards the goalie for a shot.



- Focus on the quiet zone for the pass from centre ice

20. Olivers Shooting Drill

Shooting #5 Oliver's Shooting Drill

Title: Oliver's Shooting Drill

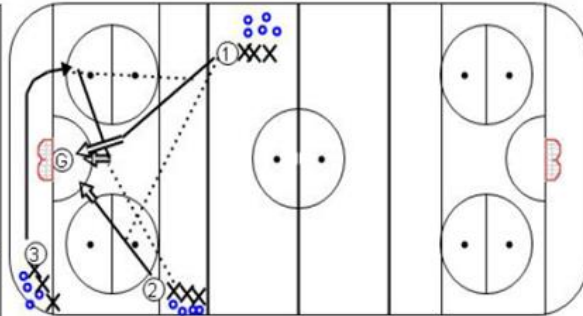
Content elements:

Components :

Description

X1 starts the drill by passing to X2. X2 drives to the net and shoots from the Hot Spot.
X3 times it so she is coming around the net and passing to X1 right after X1 has made her first pass. X1 drives to the net and shoots from the Hot Spot.
The second player in the X2 line then passes to X3 who takes a one-time shot on net. The drill is continuous.
Players rotate from line 1 to 2 to 3.

For Advanced groups, add defence. The defence can either chase right behind the pass receiver or the shooter can remain after she's shot and challenge the next shooter.



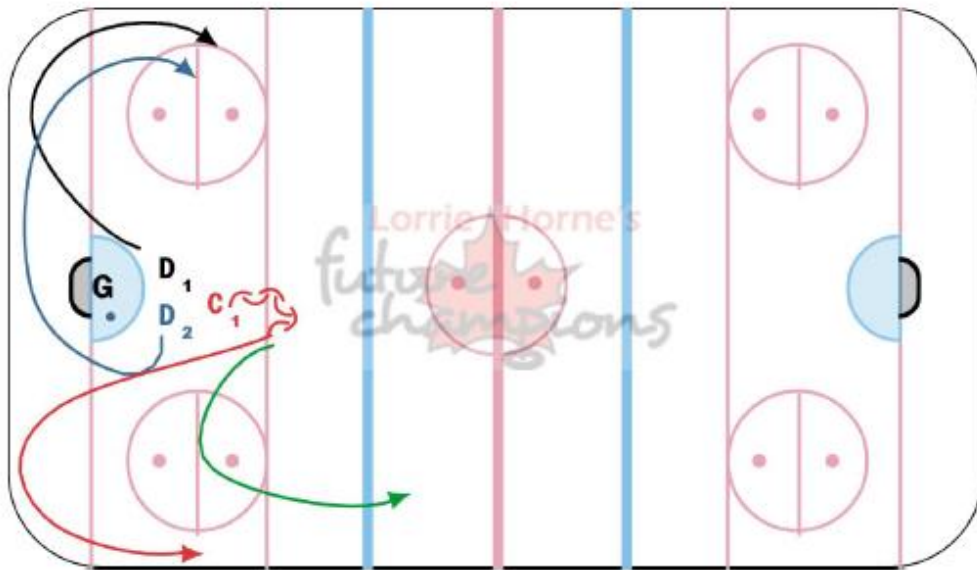
Key Points :

Purpose

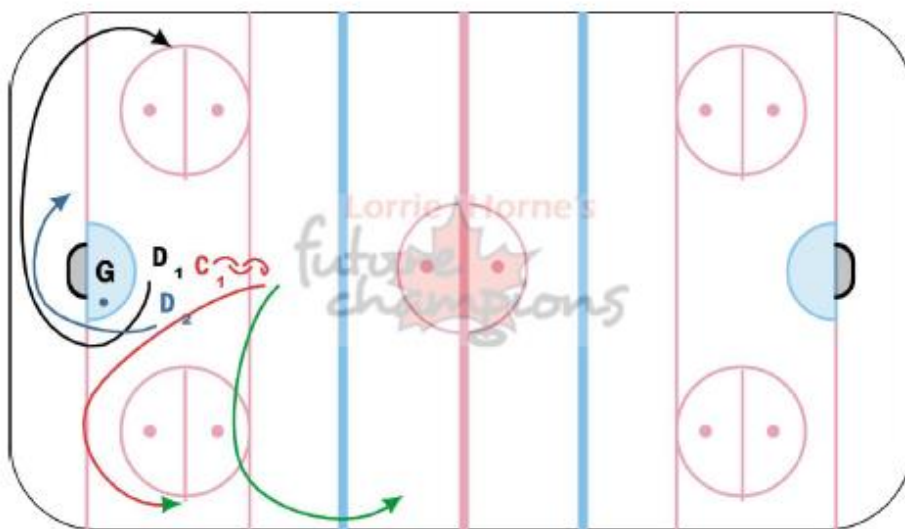
Oliver's drill is a good goalie warm-up and a great drill to help your athletes practice "shooting to score". They are working on shooting accuracy and picking smart targets to shoot at.

Strategy

1. Breakouts

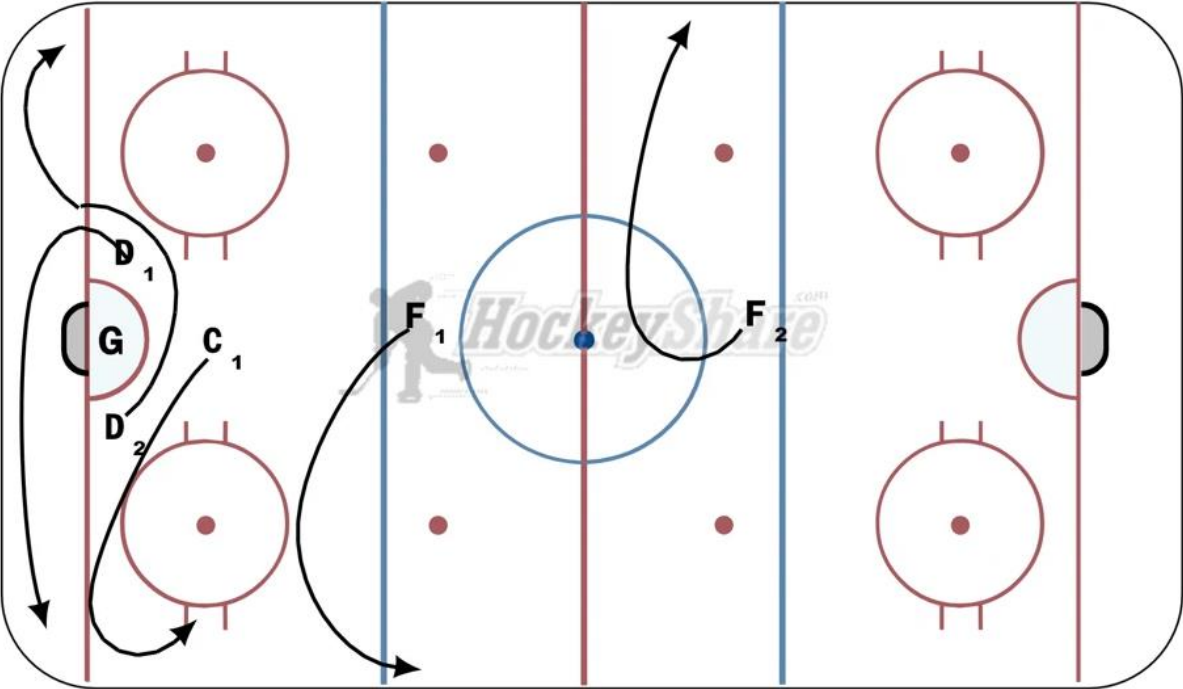


DD Behind Breakout Pattern



Full Ice Breakout with F1 and F2 playing High and low

Diagrams



Breakout Defense Patterns

4. Creating advantage after the goaltender distributes the ring:
 - a. Once the ring is delivered to the outlet, it is key that the ring carrier jumps middle to deliver the first pass from the pocket
 - b. If the ring carrier drives up the boards, the outlet options and support is limited.
5. Passing:
 - a. Ideally the first pass over the blue line is a stick to stick pass to the outlet
 - b. Using the boards is an option and passing to space is always an option.
 - c. Preference = possession and control!
6. Reading the outlet:
 - a. Timing of the pass to the outlet is always a challenge!
 - b. Passers should always look for the following:
 - i. Eye contact and outlet readiness (shoulders turned and stick presenting a target)
 - ii. If you see their numbers, don't pass! Look for another option! The outlet is not ready!
 - iii. Direction of skates: Outlet's skates should be faced up the ice!
 - c. Options:
 - i. Don't always pass to the first outlet you see. Consider short and long support options. Where is your defensive partner, where is your center?
7. The ring carrier should never be the last athlete in the zone!
 - a. There MUST be a goalside, inside support option in the zone! The ring carrier should never be left alone.



2. Triangle

DEFENSIVE ZONE & TRIANGLE:

Defenders are key to the team's overall success in all zones, but the defensive zone is where "all eyes are on the defenders".

Defense is played in pairs (D1 & D2 or LD & RD) and in the defensive zone it is crucial to work with your defensive partner and center to cover the slot, areas extending to the goal line, faceoff dots and extended zone line. The best scoring opportunities for the shooters happen when a defender is caught flat footed (standing still) or is pulled out of position. The triangle should not ever be static rather it is constantly moving and in motion to adjust to all the attackers. In the game of ringette, the ring carrier / attacker is ALWAYS considered the most dangerous player.

The below diagrams illustrate the following:

- D1 & D2's areas of responsibility
- C's area of responsibility
- D1 and the C's responsibility on the left side of the net and D2 and the C's responsibility on the right side of the net.



Triangle Movement:

To accomplish the above, the triangle must be dynamic and always moving. In the below diagram, the attacker is controlled by D1 and the C while D2 is taking care of the "offside / weakside".

D1 & C: Guidelines

- About 1 to 1 ½ stick lengths apart
- Flat: both D1 and the C are an equal distance away from the net. D1 and the C are creating a "wall" with their shoulders square to the shooter.

D2 Guidelines:

- Must be on her half of the ice with her feet north and south (slightly east or west depending on the position of the shooter).
- Head on a pivot
- Skates at the bottom of the hash marks but also only one stick length off the crease.
- D2 is referred to the offside D. She must be in a position that she can "step up" and meet the C and the shooter as the ring crosses the middle half line.

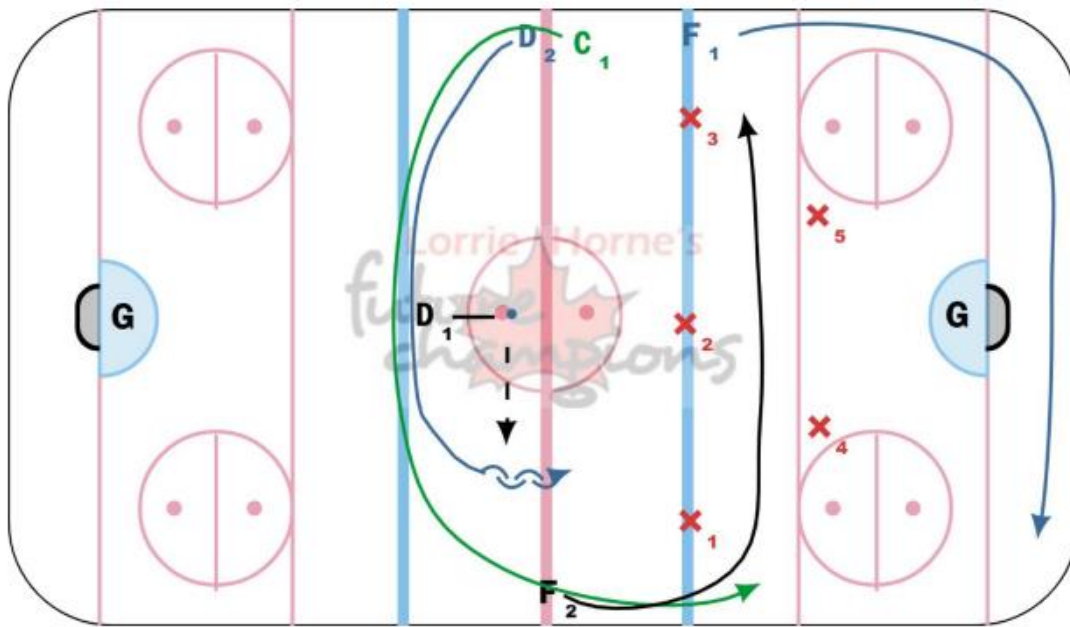


Transition of D1 with the C and D2 with the Center: Ring crossing the middle line at the top of the zone

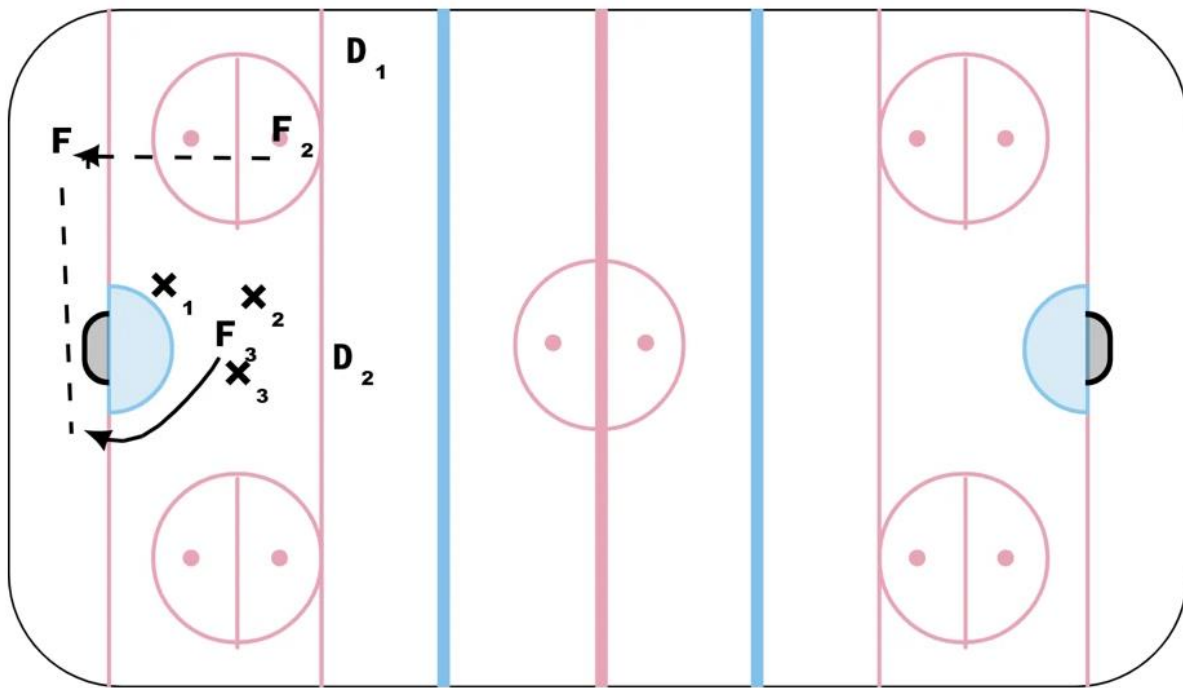
- As the attacker with the ring crosses the middle line, D2 must step up to meet the inside hip of the C and D1 must drop back to the mid line hash mark, feet north and south, head on a pivot and a stick length off the crease.
- Coaches must teach all defenders (D1, D2 and C) that the ring carrier / attacker is the most dangerous man not the outlets which may be at the goal line / corner of the net. Goaltenders and the offside D must be aware of the outlet on the post but remember she can't score without the ring. The attacker at the top is always a threat to shoot and score.

3. Center Ice Free Ring

Center Free Pass: Basic



4. Offensive Free Ring



Options are:

- Pass to F1, drive the net or give and go with F2
- Pass to F1, and F3 steps out of the triangle for a quick pass and drive to the corner and shoot
- F3 steps out of the triangle after the whistle and quick shot
- F2 pass to the boards and steps out of the zone to let D1 drive and shoot
- Flat pass to D2, F2 steps out of the zone at the same time