

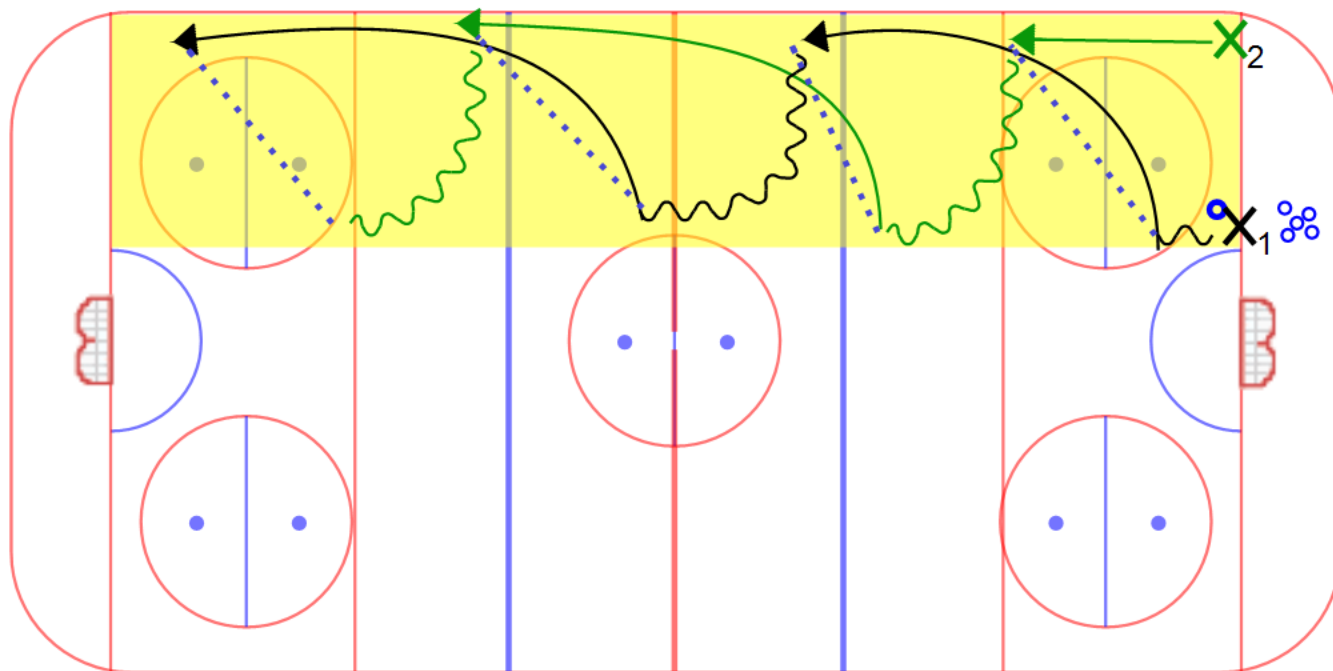
Category #1 :

Title : 2-player weave

Category #2 :

Content elements :

Components:



Key points :

Description

It's important to know the 3 lanes on the ice. Two outside, and the middle. The busiest lane is in the middle, which is why if you want to receive a pass, you do it in the outside lane. It's unusual that a pass will be successful if it's from one outside lane to the far outside lane, so when you want to make a pass, get to the middle of the ice to have more options.

In the 2-player weave, the ring starts with the skater on the edge of the outside and middle lanes. Two quick strides, and a stick-to-stick pass to their teammate on the boards, and then they cross. Remember to pass over the bluelines! As soon as you get the ring, take two strides to the middle of the ice, get to the edge of the middle lane. To receive the ring, go to the boards. This continues down the ice, and starts up again from the far corner.

This is often used while the goalie stretches.

This is a very basic and important skill to have. This will become second nature to get off the boards when you get the ring and to drive to the outside to receive a pass. Give-and-go is a big part of ringette and this is the best way to teach it. Though a 3-player weave is often used in hockey, it does not translate to use in ringette.