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Half Ice Shooting Drills

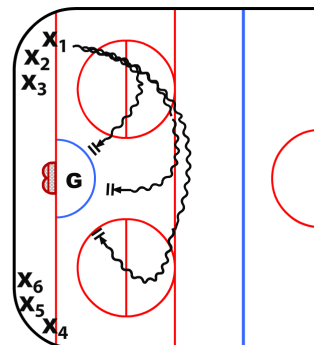
The drills shown here are useful for getting in lots of repetitions and shots.

Bentleys (Simple Shooting and Rebounds)

X1, X2, and X3 leave at the same time and drive the 3 different lanes. They each take a shot and stop in front of the net, looking for a rebound. The drill then repeats from the other side (X4, X5, X6).

Shooters should all be in front of the net until all the rings are in the net or behind it. (The goalie may ignore the multiple rebounds.)

As a variation, each shooter could stop and become a screen for the next shooter.



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Double Barrell

X1 and X2 leave at the same time.

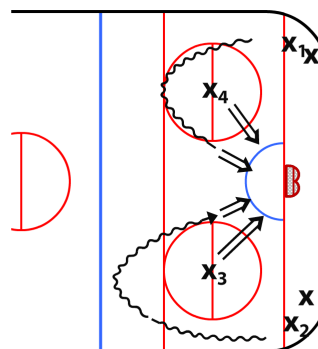
X1 skates around the circle and takes a shot.

At the same time, X2 skates close to the blue line, and comes in for a shot.

Once X2 shoots, X3 shoots from the middle of the circle.

X4 then shoots from the other circle.

Change which side goes first after a few reps to make sure the goalies practice moving all directions.



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3 Lines

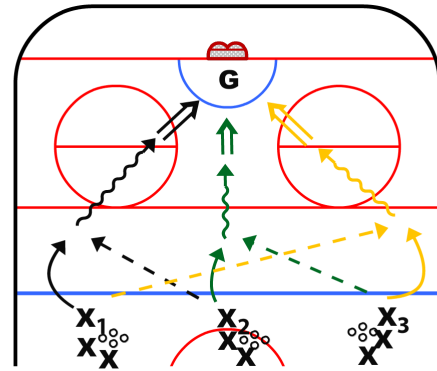
This can act as a goalie warm-up drill.

X1 skates over the blue line and receives a pass from X2. X1 drives in the outside lane and takes a shot.

After they pass, X2 waits for a moment before skating over the blue line and receiving a pass from X3. X2 takes a shot from the middle lane.

X3 then skates over the blue line to receive a pass from X1 on the far side of the ice. X3 skates in the outside lane and takes a shot.

Notice the goalie will receive 3 shots from 3 different angles through one repetition of the drill. It is important for skaters to allow time and space for the goalie to get the most out of this drill.



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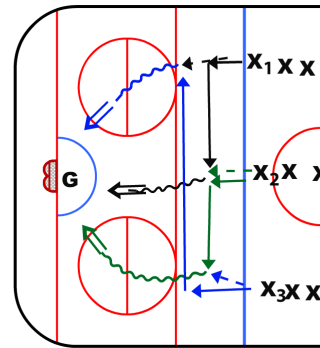
3 lines (variation)

X1 makes a hard cut along the blue line and receives a pass from X2. X1 then takes a shot.

After they make a pass, X2 cuts along the blue line towards X3. X3 gives them a pass, X2 skates in the outside lane and takes a shot.

X3 cuts along the blue line to the far side, receives a pass from X1, then takes a shot.

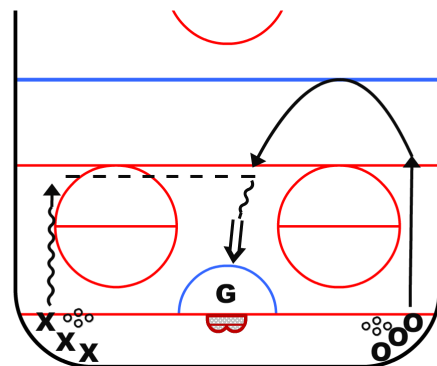
It is important to make "square" passes, in front of the player, not diagonally.



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Half Ice Horseshoe

- skate before passing, never pass from a stationary position
- make a flat pass, parallel to the ringette line, just inside the line



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Inverted Horseshoe

- quick, short pass out of the corner
- passing player then skates the same route, timing it so that they are in front of the goalie screening when the first player takes the shot
- the shooter also needs to time the shot to when the player is in front of the goalie screening

