Notes:

Need pylons

Shooter tutors if there are no goalies

20-23 skaters

4 on-ice coaches, 2 bench coaches, 1 timekeeper

# Warmup – 5-7 minutes

**8 dots**

* Can use pylons or just go around faceoff dots
* Stay at the far end and come back once everyone is there
* Next player goes when the one in front passes the net
  + 2x with tight turns around the dots
  + 2x with parallel stops on the dots

STRETCH – coaches lead stretch in motion

# Passing – 5-7 minutes

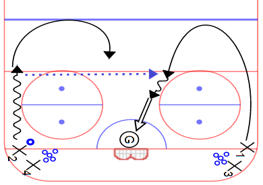
Chart

Description automatically generated**Partner passing:**

* Facing your partner
* Spaced out approx. from faceoff dot to faceoff dot
* Forehand, backhand, and moving back and forward

\*\*goalies can do extra stretch if needed

# Goalie warmup, Ring control & shoot – 10-12 minutes

**Half ice horseshoe:**

* Skate before passing
* Nice flat pass along the ringette line
* Use backhand for passes and shots sometimes!
* Pick up ring & hard shot – no dekes/fakes

# 1v1 – 10-12 minutes

Diagram

Description automatically generated**1v1 figure 8 (both ends!):**

* Divide groups by pinnie, half at each end.
* X1 skates around the circle and shoots
* Once they take a shot, X2 leaves, and X1 is now the defender and it’s a 1v1 to the net.
* When X2 gets a shot, or loses the ring, X3 leaves from the far corner, and X2 is now defending
  + Next F can’t leave too soon
* Reminders about timing and gap control
* Fight to get to the net!

# Scrimmage -25-35 minutes

* 60-90 second shifts, change on buzzer or on the fly
* If changing on the fly, recommend someone sets the time clock to count down from 30 minutes (or however much time is left in the ice slot) so that athletes and coaches can get a sense of how long they’ve been on the ice
* If changing on the buzzer:
  + All skaters must reach the bench before the next line can leave the bench
  + Everyone comes in one door and out the other
  + Coaches acting as referees will ensure the ring is not too close to the boards on a line change, skaters race to the ring and continue from there. If this becomes a safety concern, give the ring to the goalie if it’s in one end or the other, and a centre-ice free pass if it’s in the neutral zone.
* After a goal, there will be a centre ice free pass or goalie ring
* No real penalties, but there may be a change of possession if an infraction occurs