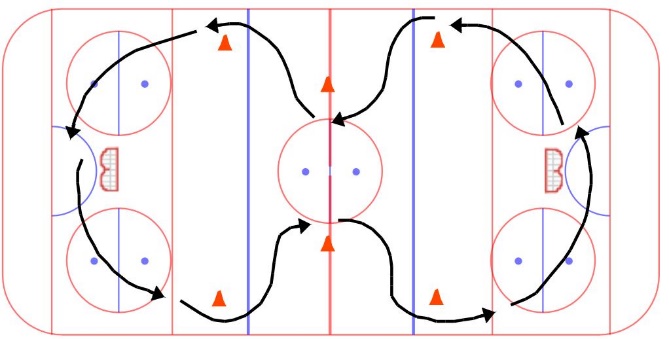
Notes:

Need pylons

Shooter tutors (no goalies)

20-23 skaters

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

# Warmup – 5-7 minutes

**Butterfly - wide:**

* crossovers at pylons
* change directions part way through

Diagram, schematic

Description automatically generatedSTRETCH

# Skating – 5-7 minutes

**Skating:** 5 circles backwards crossovers x 2 and pivots x 1.

* Twice backwards
* Once with pivots so they always face the far end of the rink

Chart

Description automatically generated

# Passing – 5 minutes

**Partner passing:**

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

Goalies do extra stretching as needed

# Goalie warmup

**Half ice horseshoe:**

* Skate before passing
* Nice flat pass along the ringette line
* Pick up ring & hard shot – no dekes/fakes

# 1v1 from corner – 10 minutes

Diagram

Description automatically generated**1v1 from corner:**

* Divide groups by pinnie, half at each end.
* Change corners part way through so they practice pivoting both directions
* May only need one pylon for the F to go around. Let the D decide when to pivot
* F cuts around pylon and drives to the net for scoring chance
* D defends F by challenging ring carrier and channeling wide or checking
* Skaters should change lines (yes even for U16) and coaches should try to have them up against different opponents each time

# Scrimmage -25-35 minutes (still recommend doing half- or cross-ice)

* 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