










## TABLE OF CONTENTS

- i. ACKNOWLEDGEMENTS
- ii. REQUEST FOR CONTRIBUTIONS
- iii. INTRODUCTION
- 1. TIPS FOR PLANNING EFFECTIVE PRACTICES
- 2. WARM UP TECHNIQUES
- 3. SKATING SKILLS
- 4. RING SKILLS
- 5. GOALKEEPING SKILLS
- 6. TEAM PLAY SKILLS
- 7. GAMES FOR DEVELOPING RINGETTE SKILLS
- 8. INDEX OF DRILLS AND GAMES
- 9. RESOURCES

### LEGEND

|   |                         |   |                   |
|---|-------------------------|---|-------------------|
| O   | Offensive player        |    | Pivot             |
| Δ   | Defensive player        |    | Pass              |
| G   | Goaltender              |   | Shot              |
| D   | Defence                 |  | Stick check       |
| C   | Centre                  |  | Screen            |
| F   | Forward                 |  | Pylon             |
| ●   | Position of ring        | I   | Instructor        |
|  | Forward skate           | X   | Stationary player |
|  | Backward skate          | II  | Stop              |
|  | Forward skate with ring |   |                   |

## ACKNOWLEDGEMENTS

Ringette Canada is delighted to make this resource available to Ringette coaches and instructors to assist in developing the skills of Ringette players.

We are grateful for the original preparation of this work by Robin Hopper (Mississauga), a former Ringette Canada Coaching Committee member.

Additional thanks is extended to the members of the Sport Development Committee:

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Without the efforts of these people and the assistance of former staff members; Elizabeth Cowick, Wes Clark and Doug MacQuarrie, the production of this manual would not have been possible.

Ringette Canada would also like to extend a sincere note of thanks to Sport Canada for financial support.

I.S.B.N. 0-920817-69-6

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## REQUEST FOR CONTRIBUTIONS

If you have a favourite drill, exercise or activity that you would like to see included in the manual, diagram it, describe it, name it and send it in. We'll include it in the next publication or update of the Drill Manual.

Send it/them to:

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## Chapter 9

### RINGETTE CANADA RESOURCE LIST

**NOTE: ALL RESOURCES CAN BE PURCHASED THROUGH YOUR PROVINCIAL RINGETTE OFFICES.**

*Please visit the Ringette Canada Website at [www.ringette.ca](http://www.ringette.ca) to see the list of resource available.*

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## INTRODUCTION

Ringette, a unique winter sport, has grown in popularity since its invention in 1963 by the late Mr. Sam Jacks, Director of Parks and Recreation in North Bay, Ontario. Ringette has grown significantly and is now enjoyed by people of all ages in every province and territory in Canada at a recreational and/or competitive level. The game has also been introduced to other countries and is now being played in the USA, Finland, Sweden, France, Estonia, New Zealand, Germany, and the Commonwealth of Independent States. The involvement of other countries is currently underway. The International Ringette Federation was formed in 1986 and the first World Ringette Championships were held in Gloucester, Ontario in 1990.

The Ringette Canada Drill Manual was developed to assist coaches of all levels. The Drill Manual content includes drills and games to improve skating, passing, shooting, ringhandling, balance, agility, checking and goaltending skills. The Drill Manual also contains sections on team play - breakouts, offensive and defensive strategies, free passes, power plays and short handed situations. There are many drills and strategies ranging in difficulty from simple to complex.

As Ringette is primarily a team sport, the team performance depends both on individual and team effort. The players must master the basic techniques to be efficient in the tactic aspect of the game. The Ringette Canada Drill Manual is a must for all serious Ringette coaches.



## Games for Developing Ring Skills

|      |                               |
|------|-------------------------------|
| 7.1  | Tag                           |
| 7.2  | Blind Man's Bluff             |
| 7.3  | Power Pass                    |
| 7.4  | Diminishing Ring              |
| 7.5  | Hit the Skate                 |
| 7.6  | Ring Soccer                   |
| 7.7  | Ice Dodgeball                 |
| 7.8  | Linked-Arm Raises             |
| 7.9  | Tennis Ball Catch and Dribble |
| 7.10 | Skipping                      |
| 7.11 | Bola                          |
| 7.12 | Relays                        |
| 7.13 | Balloons on Ice Relay         |
| 7.14 | Duck and Goose                |
| 7.15 | Touch                         |
| 7.16 | Bean Bag Balance              |
| 7.17 | Glide                         |
| 7.18 | Obstacle Course               |
| 7.19 | Hoop Race                     |
| 7.20 | Squat Tag                     |
| 7.21 | Zigzag Race                   |
| 7.22 | Backward and Forward          |
| 7.23 | Chariot Race                  |
| 7.24 | Tandem Race                   |
| 7.25 | Prisoner's Base               |
| 7.26 | Push or Pull - Mr. Ice Race   |
| 7.27 | Attention Game                |
| 7.28 | Pip, Squeak, or Wilber        |
| 7.29 | Hot Potato                    |
| 7.30 | Hunting the Rabbit            |
| 7.31 | Lanes and Alleys              |
| 7.32 | British Bulldog               |
| 7.33 | Rings                         |
| 7.34 | What Time Is It Mr. Wolf?     |
| 7.35 | Catch the Tail                |
| 7.36 | Parachute Games               |
| 7.37 | Peanut Butter, and Marmalade  |
| 7.38 | Crows and Cranes              |
| 7.39 | Stealing Bases                |
| 7.40 | True and False                |
| 7.41 | Ship Shape                    |
| 7.42 | Ring Spud                     |
| 7.43 | Ring Agility                  |
| 7.44 | Steal the Gold                |
| 7.45 | Scrimmages                    |

## Drills for Developing Team Play Skills

### Offensive Strategies

- 6.3.1 Free Pass from Centre
- 6.3.2 Simple Free Pass
- 6.3.3 Complex Free Pass
- 6.3.4 High Risk Free Pass
- 6.3.5 Offensive Triangle ("T" Offense)
- 6.3.6 "T" Offense - Give and Go
- 6.3.7 Screens

### Breakout Patterns

- 6.4.1 Simple Breakout
- 6.4.2 Complex Breakout
- 6.4.3 Deep Centre Breakout
- 6.4.4 High Centre Breakout
- 6.4.5 On-the-Go Breakout

### Defensive Ringette

- 6.5.1.1 Triangle Defence
- 6.5.1.2 Inverted Triangle
- 6.5.1.3 Wall Defences
- 6.5.2.1 Angle Checking
- 6.5.2.2 Multiple Attackers

### Intercepting Free Passes

- 6.5.3.1 In the Offensive Zone
- 6.5.3.2 In the Neutral Zone
- 6.5.3.3 In the Defensive Zone

### Other Offensive and Defensive Strategies

- 6.6.1 Power Plays
- 6.6.2 Penalty Avoidance
- 6.6.3 Short Handed
- 6.6.4 Changing Lines

### Checking

- 6.7.1 Two Player Checking
- 6.7.2 One Player Checking
- 6.7.3 Double Teaming

## Chapter I

### TIPS FOR PLANNING EFFECTIVE PRACTICES

Every practice is important for the development of accomplished players. It should be well organized, fun, and challenging. New skills should be taught after reviewing and reinforcing skills taught in earlier practices. The structure and organization of the practice will have an effect on whether or not it will reach its goals.

When planning a practice it is important to consider the following:

#### I.1 Use 100% of Ice Time Available

- Come prepared with a practice plan.
- All players must be ready 10 minutes before practice time.
- Explanation about the objectives of the practice and any drill explanations, etc. should be given in the dressing room.
- Teach players specific signals (whistles, arms, etc.) and request immediate response when they are used.
- Evaluate each practice to assist with the preparation of the next one.

#### I.2 Use 100% of the Ice Surface

- Drills should use as much of the entire ice surface as possible.
- Have assistant coaches work with small groups.
- Single line drills with only one or two skaters should be discouraged.
- All three zones should be used.
- Every player should have a ring, with at least six for the goalkeeper.
- Various stations may be used where a different drill is practiced in each station on the ice.

#### I.3 Ensure That All Players Participate and Expect Their Attention

- Explain clearly to players the reasons behind the activities in which they are participating.
- Remind players that skills are mastered in practices, not games.
- Teach new skills toward the beginning of the practice.
- Vary drills and exercises from practice to practice.
- Have all players participate in drills.
- Speak loudly and clearly.
- Briefly explain and demonstrate skills before players practice the skill.
- Incorporate games, relays, races, etc.

#### I.4 Look for 100% Effort From Each Player

- Practices should utilize progressively increasing intensity with drills used.
- Use the warmup to improve fundamental skills.
- Provide constructive feedback to motivate players.
- Endurance and strength drills should be alternated to allow players to recuperate between drills.

## **I.5 Basic Safety Tips for your Games and Practices**

- The coach is always the first on the ice and the last to leave. If this is not possible, it is the responsibility of the coach to find a replacement.
- Inspect the ice surface for any refuse or hazards (wood chips, pieces of tape, etc.).
- Repair any holes or gouges in the ice surface.
- During practices, all doors must be securely closed.
- Players should remove all jewelry for practices and games.
- Players should be wearing all equipment (as in a game). Faulty equipment should never be used (splintered sticks, inadequate gloves, etc.).
- Provide water/sport drinks for players to replenish body fluids lost during practices.
- Do not leave obstacles such as pylons, rings, sticks, etc. on the ice during exercises for which they are not required.
- Players should never jump over objects on the ice, such as sticks. Instead, the lines on the ice should be used.
- Drills which require players to do quick stops or turns should be executed approximately 2 metres from the boards.
- Discourage any type of horseplay during practices and games.

### **SUMMARY**

Practice planning is important in order to achieve positive results; the objective being to provide a quality learning experience. Effective practices maximize learning, motivate the players, and will assist the player and coach in games.

## **Drills for Developing Goalkeeping Skills**

### **Basic stance**

- 5.1.1 Dive

### **Mobility**

- 5.2.1 Mirror
- 5.2.2 Solo Skip
- 5.2.3 Hop the Rope
- 5.2.4 Pylon Course
- 5.2.5 Centre the Line
- 5.2.6 Combo

### **Stick Techniques**

- 5.3.1 One to One
- 5.3.2 Stick Handling

### **Crease Orientation**

- 5.4.1 Rope Angles
- 5.4.2 Find and Hug Posts
- 5.4.3 Random Path

### **Catching and Throwing**

- 5.5.1 Frisbee Throw
- 5.5.2 Catch and Throw



## Shooting

- 4.10.1 Stationary Shooting
- 4.10.2 Quick Shot
- 4.10.3 4 Corners
- 4.10.4 Mini Weave
- 4.10.5 "V" Drill
- 4.10.6 5 Point Drill
- 4.10.7 Pressure Shooting
- 4.10.8 Horseshoe
- 4.10.9 Zigzag Horseshoe
- 4.10.10 Pass from the Corner
- 4.10.11 Pass from Blue Line
- 4.10.12 Rebounds
- 4.10.13 Follow In
- 4.10.14 Weave and Rebound
- 4.10.15 Cross and Rebound
- 4.10.16 Cross Crease
- 4.10.17 Triangle Cross Crease
- 4.10.18 Moving Cross Crease
- 4.10.19 Stationary Screen
- 4.10.20 Moving Screen
- 4.10.21 Dekes
- 4.10.22 "C" Drill
- 4.10.23 "C" Drill Defending
- 4.10.24 "C" Drill With Rebound
- 4.10.25 Double Relay
- 4.10.26 Cross Ice Pass
- 4.10.27 Shoot and Chase
- 4.10.28 Pass and Shoot

## Chapter 2

### WARMUP TECHNIQUES

#### 2.1 - INTRODUCTION

The warmup is a very important part of any physical activity. By being physically fit and ready for activity, players are less prone to injury and more capable of playing to their full potential... and, in effect, have more fun. It is important for the coach/instructor to ensure that all aspects of a proper warmup are completed. Warmups can be performed on and off the ice, or both. With rising ice costs, it may be wise to utilize more off ice warmups to maximize the use of your on ice practice time.

#### 2.2 - PURPOSE OF PERFORMING A WARMUP

Everyone should do a complete warmup before participating in physical activities for the following reasons:

- to get the blood flowing through the muscles and increase the heart rate slowly (Stretching is a lot easier and more effective when there is an increase of blood in the muscles.)
- to stretch muscles, tendons and ligaments, which will help to reduce the chance of injury
- to help prepare the athlete mentally and physically for what is to follow.

#### 2.3 - STAGES OF AN EFFECTIVE WARMUP

##### 2.3.1 STAGE #1 Easy Active Movement

This stage consists of light skating and arm movement to start increasing the blood flow to the muscles and to raise the heart rate slowly.

##### 2.3.2 STAGE #2 Stretching

These exercises increase flexibility by progressively lengthening muscles, using a controlled force. Each stretch should be held for eight seconds repeated three times each. (This may seem like a long time but it is the most effective.)

##### 2.3.3 STAGE #3 Sport Specific Skills

In this last stage, use slow easy skills specific to the drills you are planning to introduce in your practice (e.g. after you loosen up and stretch, but before you practice or play, start passing the ring back and forth).

## 2.4 - HELPFUL HINTS FOR WARMUPS

These are some simple tips to help you, the coach/instructor, to ensure a proper warmup.

- Be systematic and follow a logical progression starting with larger muscle groups working to the smaller muscles, working from head to toe or vice versa, or from the middle of the body outward to the extremities.
- Offer a selection of different exercises for the various parts of the body. Add variety...change drills regularly.
- Warmup exercises should be specialized for your players. Keep in mind that Debs should be able to handle more complicated exercises than Novices and Petites.
- Avoid bouncing while stretching. Control all movements in a slow, progressive manner.
- Relax your muscles while stretching them.
- Avoid knee bending below 90° because this can lead to undue repetitive strain on the ligaments in the knee.
- The coach/instructor should demonstrate all exercises and can act as the main role model for all participants. An alternative can be to let players take turns demonstrating exercises. With the older participants, the more you can involve them in designing and leading their own warmup the better. If players are skating counterclockwise, have the demonstrator(s) skate clockwise.
- When giving instructions during the warmup, be sure that the players can hear you. Use your whistle sparingly. Be sure the players know what the whistle signal means.
- If there are several players performing a warmup stretch incorrectly, stop the group and demonstrate the correct method. Be sure that the players understand.
- If one or two participants are performing a warmup stretch incorrectly, attend to them separately without stopping the group.
- Above all...if a player complains that a stretch hurts - don't make them do it. Find out why it hurts. You may have to advise them to seek medical advice.

## 2.5 - SAMPLE ON OR OFF ICE WARMUP ROUTINE

### 2.5.1 Easy Active Movement (2-3 minutes)

- light jog or skate with some kind of easy arm movements until athlete breaks out in a light sweat.

### 2.5.2.1 Stretches (4-6 minutes)

- neck
- shoulders
- arms
- back
- sides
- ankles
- calves
- hamstrings
- quadriceps
- groin (adductors)
- abductors (outside of leg)

## Drop Pass

- 4.5.1 One Player Following the Other
- 4.5.2 Straight On Drop
- 4.5.3 Drop Pass Around Ice
- 4.5.4 Drop Pass With Shot

## Use of Boards

- 4.6.1 Board Passing
- 4.6.2 Partner Board Passing
- 4.6.3 2 on 1 Board Pass
- 4.10.22 "C" Drill

## Stick Check

- 4.7.1 Standing Position
- 4.7.2 Confined Area
- 4.7.3 Straight Line
- 4.7.4 Alley
- 4.7.5 Chase
- 4.7.6 Human Checking Pylons
- 4.7.7 Follow Your Pass Checking
- 4.7.8 1 on 1 in corners
- 4.7.9 Angle Checking
- 4.10.25 Double Relay
- 4.10.27 Shoot and Chase
- 7.4 Diminishing Rings

## Sweep Check

- 4.8.1 Stationary Sweep Check
- 4.8.2 Motion Sweep Checking
- 4.8.3 Angle Sweep Checking
- 4.8.4 2 on 1 Sweep Check
- 4.8.5 2 on 2 Sweep Check
- 4.10.23 "C" Drill Defending

## Double Teaming

- 4.9.1 Stationary Double Teaming
- 4.9.2 Confined Area Double Teaming
- 4.9.3 2 on 1 in Corners

## Drills for Developing Ring Skills

### Ringhandling

- 4.1.1 Ring Toss
- 4.1.2 Mirror
- 4.1.3 Pylon Course
- 4.1.4 Zigzag
- 4.1.5 Human Pylons
- 4.1.6 Going Around Opponents
- 4.1.7 One Hand Ring Carrying
- 4.1.8 One Hand Pylon Course
- 4.1.9 One Hand Carrying Backward
- 7.4 Diminishing Ring
- 7.41 Ship Shape
- 7.42 Ring Spud
- 7.43 Ring Agility

### Stationary Passing/Receiving

- 4.2.1 Partner Passing
- 4.2.2 Receiving
- 4.2.3 Diagonal Passing
- 4.2.4 Pepper Passing
- 4.2.5 Follow Your Pass
- 4.2.6 Zigzag Passing
- 4.2.7 Star
- 4.2.8 "W" Passing
- 7.39 Stealing Bases

### Motion Passing/Receiving

- 4.3.1 Back and Forth
- 4.3.2 Single Line
- 4.3.3 Pass around the Circle
- 4.3.4 Figure Eight
- 4.3.5 Skating Partner Passing
- 4.3.6 Head on Passing
- 4.3.7 Stress Pass

### Lead Passing/Receiving

- 4.4.1 Lead Passing
- 4.4.2 Give and Go
- 4.4.3 Skating Zigzag
- 4.4.4 Pass and Cross
- 4.4.5 Weave
- 4.4.6 Diagonal Pass and Skate
- 4.4.7 Long and Short Pass
- 4.4.8 Pylon Lead Passing
- 7.3 Power Pass
- 7.5 Hit the Skate

## 2.5.2.2 Warmup - Stretches Description

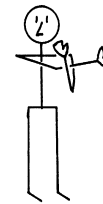
### Neck

- Stretch the neck slowly, first from one side to the other, shoulder to shoulder, then forward - never back.

### Shoulders

- Shrug up and down.
- Roll shoulder forward and backward.

### Arms



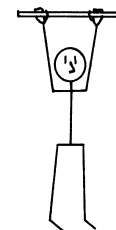
- Bring the arm across the body and hold with the opposite hand, stretching the triceps and shoulder.
- Grasping with both hands, bring the arms above the head to stretch the triceps and forearm.
- With both hands behind the back, grasp and stretch the biceps and deltoids.

### Back



- Position the feet slightly wider than the proper stance, and with the knees bent, roll forward and touch the toes. This will stretch the lower back and hamstrings.

### Sides

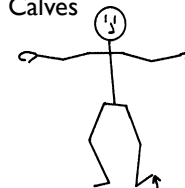


- With one arm, reach above the head to stretch one side, then the other. Avoid over exaggerated side bends.
- Variation - Raise the stick above the head with two hands on it. Press one hand up, then the other.

### Ankles

- Toe in - Between the blue lines, glide on one foot (knee slightly bent) turn the toe inward and hold for eight seconds.
- Toe out - Use the same motion, but turn the toe out.

### Calves



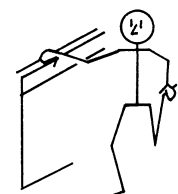
- Stationary - With motion, and the feet shoulder width apart, lift the toes(supporting leg knee is slightly bent). Stretch the opposite calf.

## Hamstrings

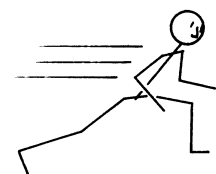


- Stationary - Kneel on the ice, bring one leg out to the side with the toe pointing upward, and hold position for 8 seconds (should feel a stretch in the back of the leg and calf area). Switch legs.

## Quadriceps

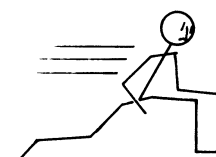


- Stationary - Hold onto the boards with one hand and use the other hand to grasp ankle behind back. The supporting knee is bent and the back should be straight, with the knees parallel.



- Moving - Same motion, but between blue lines while gliding.
- Moving - Similar to a groin stretch, the player puts the toe on ice rather than side of foot.

## Groin (Adductor)



- Moving - One leg is put behind the other, with the inside of the foot on the ice. The supporting knee is bent (no more than 90°). Do not bounce.

## Abductors (outside of leg)/



- Moving - Similar to the quadriceps stretch, except the player grasps the foot with the opposite hand, in front of body. This is a good balance drill.

## Sharp Turns

- 3.13.1 Grab and Turn
- 3.13.2 Fish Hook
- 3.13.3 Connect the Dots
- 3.13.4 Reaction Turn
- 7.1 Tag
- 7.32 British Bulldog
- 7.33 Rings

## Balance

- 3.14.1 Line Jumps
- 3.14.2 Squat Glide
- 3.14.3 High Knee Prance
- 3.14.4 Stick Kick
- 3.14.5 One Foot Glide
- 3.14.6 T-Balance
- 3.14.7 On Your Toes
- 3.14.8 Cork Screw
- 3.14.9 Ride the Stick
- 3.14.10 Pull Across Line
- 7.7 Ice Dodgeball
- 7.8 Linked Arm Raises
- 7.10 skipping
- 7.16 Bean Bag Balance

## Agility

- 3.15.1 Knee Drop
- 3.15.2 Snow Queen
- 3.15.3 Hop the Stick
- 3.15.4 Mirror Drill
- 3.15.5 Wide Crossovers
- 3.15.6 Skiing
- 3.15.7 Inside Edges
- 3.15.8 Outside Edges
- 3.15.9 Single Leg Skating
- 3.15.10 Combo
- 3.15.11 Polka
- 7.1 Tag
- 7.5 Hit the Skate
- 7.6 Ring Soccer
- 7.7 Ice Dodgeball
- 7.10 Skipping
- 7.11 Bola
- 7.12 Relays
- 7.18 Obstacle Course
- 7.30 Hunting the Rabbit
- 7.31 Lanes and Alleys
- 7.32 British Bulldog
- 7.33 Rings
- 7.35 Catch the Tail
- 7.41 Ship Shape
- 7.44 Steal the Gold

## Backward (“V”) Stop

- 3.10.1 Board Push and Stop
- 3.3.3 Stops and Starts
- 3.5.9 Shuttle Skate
- 3.6.3 V-Drill
- 3.4.1 Fall to Boards
- 3.6.4 Stop and Change Direction
- 3.6.5 Lightning

## Forward Crossover Turns

- 3.11.1 Circle Sculling
- 3.11.2 Cross and Hold Position
- 3.11.3 Partner Turn
- 3.11.4 End Zone Figure Eight
- 3.11.5 Circles
- 3.11.6 Inch Worm
- 3.11.7 Pylon Courses
- 3.5.7 Fox and Hare
- 3.5.10 Fast and Slow
- 3.6.4 Stop and Change Direction
- 3.7.1 Side Steps
- 7.2 Blind Man’s Bluff
- 7.14 Duck and Goose
- 7.21 Zigzag Race
- 7.28 Pip, Squeak, or Wilber
- 7.32 British Bulldog
- 7.36 Parachute Games

## Backward Crossover Turns

- 3.11.1 Circle Sculling
- 3.11.3 Partner Turn
- 3.11.4 Figure Eight
- 3.11.5 Circles
- 3.11.6 Inch Worm
- 3.11.7 Pylon Courses
- 3.5.10 Fast and Slow
- 3.6.4 Stop and Change Direction
- 3.7.1 Side Steps
- 7.21 Zigzag Race

## Pivots

- 3.12.1 Step Turns
- 3.12.2 180’s
- 3.12.3 Flower Drill
- 3.12.4 Box Skate
- 3.3.3 Stops and Starts
- 3.7.3 Line to Line
- 3.11.5 Circles
- 7.22 Backward and Forward

## 2.5.3.1 Sport Specific Skills

(3-4 minutes)

- balance & agility drills
- backward skating
- turns on the lines
- stops and starts...

\*Be sure to add variety to all warmups to prevent boredom. Remember, there are many ways to stretch a muscle safely.

## 2.5.3.2 Balance and Agility Drills

### SQUATS

Squat down, keeping the back straight.  
NOTE: Students should not go lower than a 90° bend in the knees because it is bad for the knees. Hold for a count of 8. Then repeat.

### LEG UP

Lift the leg so that the thigh is parallel to the ice. Hold it there for a count of 8. Alternate legs.

### LEG UP AND HOLD

Lift the knee to the chest and hold it there with a free hand for a count of 8. Alternate legs.

### LEG UP AND OUT

Lift the leg, bending it at the knee, then extend the leg so it is straight out in front of the body.

### KICK SWING

Swing the leg forward and backward three times while the other leg is stationary. Alternate legs.

### SIDE LEG LIFT

Lift the leg straight to the side and hold. The opposite leg is stationary with the knee slightly bent to maintain balance. Count to 8, then alternate legs.

**HOLD SKATE - FORWARDS AND BACKWARDS** Lift one leg, bending the knee while crossing it in front of the other leg, and hold it with the hand opposite the lifted leg. Extend the free arm to the side for balance. Alternate legs after a count of 8.

**WALKING** Have the students walk across the ice slowly, raising the knees as high as possible.

**“T”** Lean forward and raise a leg behind, extending it so it is parallel to the ice. Glide, then repeat with the other leg.

For additional ideas for balance and agility refer to skating drills section.

### 2.5.5 Additional Exercises for the Goalkeeper

After having completed the regular warmup, a goalkeeper should then go to an area and do sport-specific warmup skills [e.g. additional groin stretching, telescoping (forward and backward), shuffles, quick controlled leg movements simulating making a “save”, ‘down-ups’ and slides].

Having completed these sport specific skills, the goalkeeper can concentrate on reacting to shots. Players should take shots as follows: i) shots directed at the goalkeeper, ii) shots directed at other parts of the net, iii) dekes, and finally iv) cross crease passes and shots.

Remember, if your goalkeeper does not keep active in your practice, the risk of getting cold and becoming injured is greatly increased. Try to have activities planned or someone to provide shots for the goalkeeper when you are involved with other players.

### 2.5.6 On Ice Warmup Formations

Warmup exercises can be performed between the free play lines. Equal attention should be paid to both sides of the body.

### Crossover Start

- 3.7.1 Side Steps
- 3.7.2 Cross the Line
- 3.7.3 Line to Line
- 3.3.3 Stops and Starts
- 3.5.8 Suicide
- 3.5.13 Dominos
- 3.6.3 W-Drill
- 3.6.4 Stop and Change Direction
- 3.6.5 Lightning
- 7.1 Tag
- 7.2 Blind Man’s Bluff
- 7.19 Hoop Race
- 7.33 Rings
- 7.34 What Time Is It Mr. Wolf?
- 7.38 Crows and Cranes
- 7.40 True and False

### Backward (“C”) Start

- 3.8.1 Toe to Heel
- 3.8.2 Backward Bubbles
- 3.8.3 Backward Sculling
- 3.3.3 Stops and Starts
- 3.5.9 Shuttle Skate
- 3.7.3 Line to Line

### Backward Striding

- 3.9.1 Board Push and Glide
- 3.9.2 Backward Walk
- 3.9.3 “C” Cut and Glide
- 3.3.2 Horse and Buggy
- 3.3.3 Stops and Starts
- 3.5.3 Rhythm Skating
- 3.5.4 Level Stick Skating
- 3.5.8 Suicide
- 3.5.9 Shuttle Skate
- 3.5.10 Fast and Slow
- 3.5.11 Fast down the Middle
- 3.5.12 Widths and Lengths
- 3.5.13 Dominos
- 3.6.4 Stop and Change Direction
- 3.6.5 Lightning
- 3.8.1 Toe and Heel
- 3.8.2 Backward Bubbles
- 3.8.3 Backward Sculling
- 7.26 Push or Pull - Mr. Ice Race

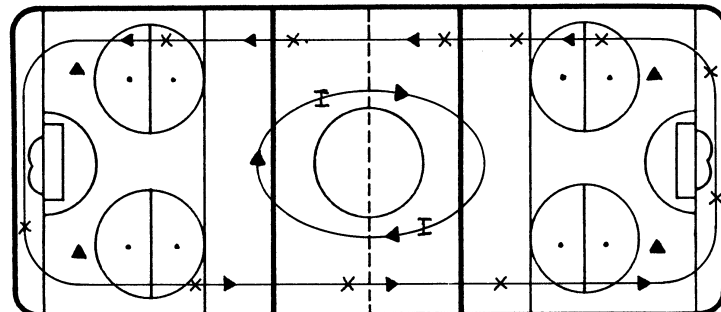
## Forward Striding

- 3.5.1 Push and Glide
- 3.5.2 Lengthen Strides
- 3.5.3 Rhythm Skating
- 3.5.4 Level Stick Skating
- 3.5.5 Train Engine
- 3.5.6 Player Chase
- 3.5.7 Fox and Hare
- 3.5.8 Suicide
- 3.5.9 Shuttle Skate
- 3.5.10 Fast and Slow
- 3.5.11 Fast down the Middle
- 3.5.12 Widths and Lengths
- 3.5.13 Dominos
- 3.3.2 Horse and Buggy
- 3.3.3 Stops and Starts
- 3.1.1 Partner Push
- 7.12 Relays
- 7.23 Chariot Race
- 7.24 Tandem Race
- 7.26 Push or Pull - Mr. Ice Race
- 7.32 British Bulldog
- 7.33 Rings
- 7.34 What Time Is It Mr. Wolf
- 7.38 Crows and Cranes
- 7.40 True and False

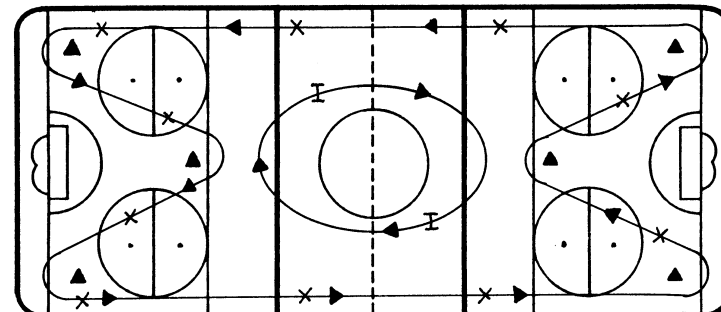
## Parallel Stop

- 3.6.1 Pylon Stop
- 3.6.2 Push and Stop
- 3.6.3 W-Drill
- 3.6.4 Stop and Change Direction
- 3.6.5 Lightning
- 3.6.6 Red Light, Green Light
- 3.3.3 Stops and Starts
- 3.5.8 Suicide
- 3.5.9 Shuttle Skate
- 3.5.13 Dominos
- 7.1 Tag
- 7.2 Blind Man's Bluff
- 7.19 Hoop Race
- 7.32 British Bulldog
- 7.33 Rings

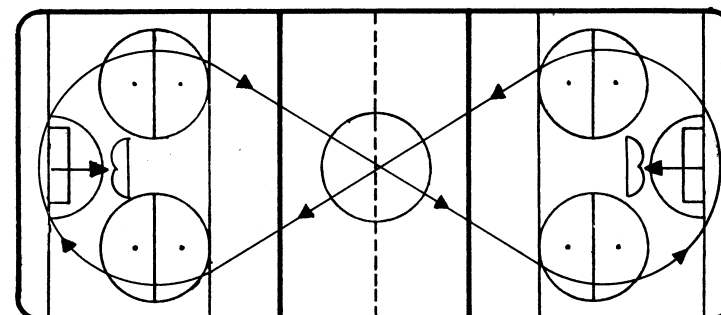
- 2.5.6.1. Standard: Use the full ice surface, with players skating around the outside of the ice surface, instructors/coaches/demonstrators skating in the opposite direction in the centre of the ice demonstrating the warmup exercise.



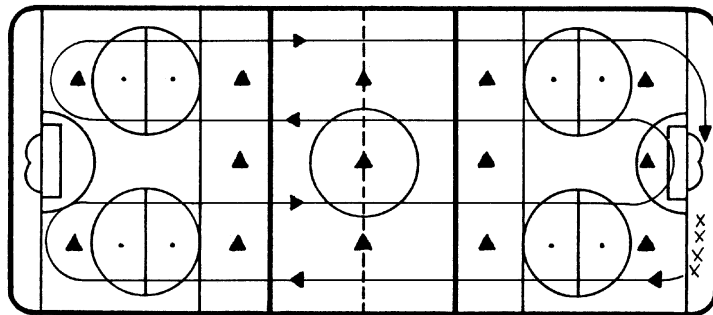
- 2.5.6.2. Variations on the Standard



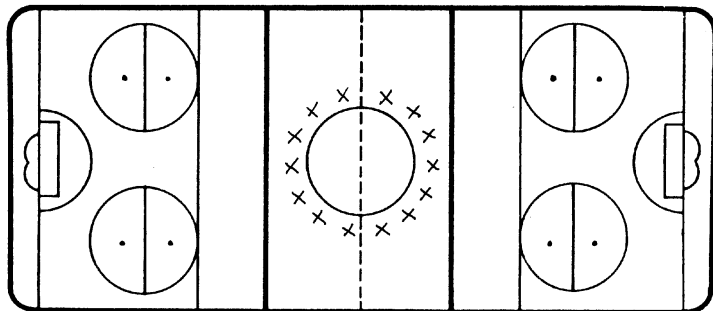
- 2.5.6.3. Figure eight set-up: This is a good warmup set-up for extra skating conditioning. Instructor/coach/demonstrator can provide comments to players at each end of the ice surface or in the middle near the crossover.



2.5.6.4. Lanes: Good for skating/conditioning warmups.

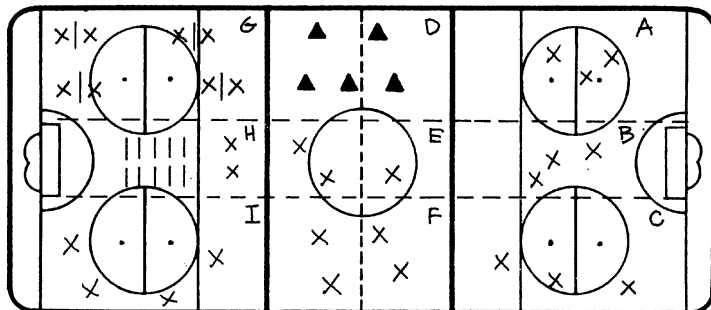


2.5.6.5. Stationary Warmup: This can be done on or off the ice, with one person in charge of giving directions.



\*This should be used in combination with an on-ice skating warmup.\*

2.5.6.6. Circuit Warmup: Make up your own stations. Rotate through stations at a prescribed frequency.



## Chapter Eight

### INDEX OF DRILLS AND GAMES

Use the following indexing system to assist you in identifying drills and games to practice different skills. The table lists all drills and games contained in the manual and summarizes the benefits of the activity.

The index table is separated by skill type i.e. Skating Skills, Ring Skills, Goalkeeping Skills, Team Play Drills and Games.

### Drills for Developing Skating Skills

#### Basic Stance

- 3.1.1 Partner Push
- 3.1.2 Ankle Roll
- 3.1.3 Visualize
- 3.1.4 Stationary Jumping
- 3.1.5 Marching
- 3.1.6 Gliding

#### "T" Start

- 3.2.1 One Push
- 3.2.2 Scooter
- 3.2.3 Decreasing Pushes

#### Snowplow Stop

- 3.3.1 Board Hold
- 3.3.2 Partner Pull/Horse and Buggy
- 3.3.3 Stops and Starts

#### Front ("V") Start

- 3.4.1 Fall to Boards
- 3.4.2 Run on Spot
- 3.4.3 Run Across Ice
- 3.4.4 Partner Push
- 3.4.5 Quick Step
- 3.3.3 Stops and Starts



## 7.45 Scrimmages

An important aspect of a practice may include a scrimmage. The concept will develop skill and teamwork and give the players an opportunity to practice certain plays before they play an actual game. Once again, “fun” should be a part of this activity.

There are several ways to improve the concept of a scrimmage.

- Omit whistle stoppage. Players should be encouraged to play by the rules so that play will be continuous and more aerobic in nature. At the same time have the players stay away from the boards to prevent freezing the ring and unnecessary congestion.
- Use the players as referees. This will give all players the chance to see what it is like to referee. They will learn to interpret and understand the rules during regular games.
- The coach controls the game and also the location of the ring. Occasionally the coach shall blow the whistle unnecessarily. At this time all players stop and try to locate a new ring that the coach has introduced. The idea is to try and have players react quickly to a new situation and also keep all players involved.
- The coach can also determine the role or the way certain players can play during the scrimmage so that the athlete works on a specific skill. This can be useful because the athlete has a goal to reach (i.e. work hard on checking in the defensive zone, carry the ring with control in the offensive zone). Shoot for the corners, and continue moving even though the ring is not in your zone.

## Chapter 3

### DRILLS FOR DEVELOPING SKATING SKILLS

To become an accomplished player in the game of Ringette, one must develop skating skills. A person that has mastered skating skills can stride forward, accelerate, decelerate, change direction, pivot, and skate backwards in a smooth and efficient manner. The following are drills intended to develop skating skills and can be modified according to the needs of the skater. The information in this chapter include drills intended to develop these skills. When players perform these drills, the coach may specify the type of stride (forward or backward) to be used, as well as the speed and style. Variations to drills are endless with the use of the imagination.

The drills in this chapter will follow the normal progression of skills as indicated below:

Basic Stance  
“T” Start  
Snowplow Stop  
Front (“V”) Start  
Forward Striding  
Parallel Stop  
Crossover Start  
Backward (“C”) Start  
Backward Striding  
Backward (“V”) Stop  
Forward Crossover Turns  
Backward Crossover Turns  
Pivots and Turns  
Sharp Turns  
Balance  
Agility.

Throughout this chapter, when referring to drills, the format will be as follows.

|                        |  |
|------------------------|--|
| <b>Number and Name</b> | - will appear in bold type.  |
| <b>Equipment</b>       | - indicates the equipment requirements <u>over and above the properly equipped player.</u> |
| <b>Description</b>     | - is a brief description of the drill.   |
| <b>Variation</b>       | - is a brief description of a similar drill using a different method.                      |

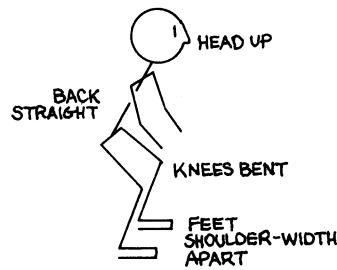
### 3.1 - BASIC STANCE

#### 3.1.1 Partner Push

Equipment: None required.

Description: Assume a proper basic stance. The partner gently pushes from all directions to test balance.

Variation: Experiment with improper stances (such as knees straight, feet too close together, trunk bent forward), and have a partner push to test balance.



#### 3.1.2 Ankle Roll

Equipment: None required.

Description: Assume a proper basic stance. Roll ankles inward and outward to feel skate edges.

#### 3.1.3 Visualize

Equipment: None required.

Description: Close eyes and visualize yourself in proper stance. Assume that stance, then open the eyes to check it.

#### 3.1.4 Stationary Jumping

Equipment: None required.

Description: Assume a basic stance and jump on the spot, returning to basic stance when landing.

Variation: Jump and rotate - 1/4, 1/2, 3/4, and full turns both directions. Be sure to return to the basic stance upon landing.

#### 3.1.5 Marching

Equipment: None required.

Description: Assume a basic stance and march on the spot.

#### 3.1.6 Gliding

Equipment: None required.

Description: Skate from the end boards to the blue line and glide in basic stance between blue lines, then skate to other end.

Variation: Skate around the rink and on the whistle command, or at blue lines, glide in a basic stance.

### 7.43 Ring Agility

Purpose: Ring agility will be improved.

Equipment: One ring per person is required.

Description: (a) Using a ring, each student holds it in their hands facing the leader. While watching the leader at all times, students mimic the movements. The ring is moved around the head, waist, knees, legs, etc.  
(b) Using a ring and a stick (similar to the above), the stick and ring are moved around the body, between the legs, etc.

### 7.44 Steal the Gold

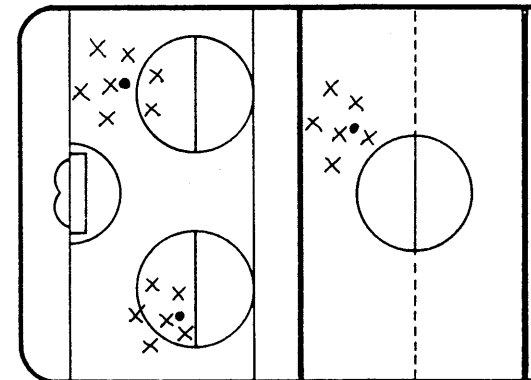
Purpose: This is an activity game.

Equipment: Sticks and rings are required.

Description: There are two teams divided by the centre line. Seven rings are placed on the dots of each of two diagonal circles. There are two "jails" located in each of the opposite diagonal corners. The object of the game is to steal the "gold" without being captured by the other team.

#### Important Rules

1. Two players from each team guard their "gold". Players crossing the centre line may be touched by a guard.
2. If touched, players go to jail.
3. When holding a "gold" ring, players cannot be touched.
4. One prisoner is freed when touched by a teammate carrying "gold" and will then accompany the player with the "gold" back to the other side.



### 7.41 Ship Shape

Purpose: Carrying the ring, stopping, starting, and changing directions will be practiced.

Equipment: One ring per player is needed.

Description: This is a game especially for young skaters. Gather all the skaters in the centre circle and explain the calls.

Bow - one end of the ice (front of the boat).

Stern - the opposite end of the ice (back of the boat.)

Port - the left side of the ice (facing the bow).

Starboard - the right side of the ice (facing the bow).

Man Overboard - lie down on the ice, then get up.

Captain Aboard - salute to the captain (coach).

Swab the Deck - moving the ring and stick around like it was a mop.

Mutiny - chase the coach.

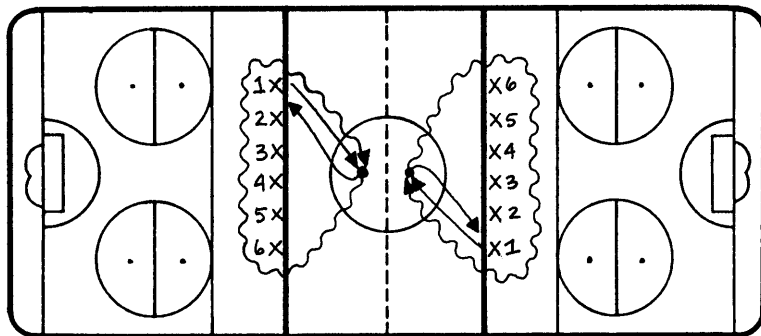
For example, if the instructor yells "bow", all the students skate with their rings to the designated end of the ice and come back. When all are back or nearly back, the teacher makes another call. Continue to reinforce the skating skills, and vary the calls.

### 7.42 Ring Spud

Purpose: Ring carrying and turning will be improved.

Equipment: Two rings are required.

Description: Divided players are into equal teams and numbered. The teams line up on the blue line facing each other. With two rings placed at centre ice, the coach calls a number. The two players skate to the centre, take a ring, skate behind their line, and return to their original spot. The first player one in position receives a point.

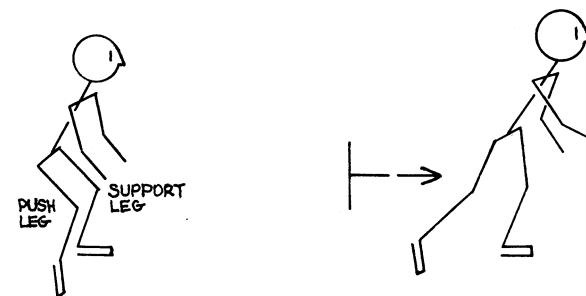


### 3.2 - "T" START

#### 3.2.1 One Push

Equipment: None required.

Description: Execute one push and glide as far as the player can - either in a basic stance or on one foot.



#### 3.2.2 Scooter

Equipment: None required.

Description: Execute continuous "T" pushes with the same foot across the ice.

Variations: Vary the speed of repetitions, change the pushing foot at each line. Then make it into a relay race.

#### 3.2.3 Decreasing Pushes

Equipment: None required.

Description: Start by allowing 3 "T" pushes to get across the ice. Decrease it to 2 and then 1 push to get across the ice.

### 3.3 - SNOWPLOW STOP

#### 3.3.1 Board Hold

Equipment: None required.

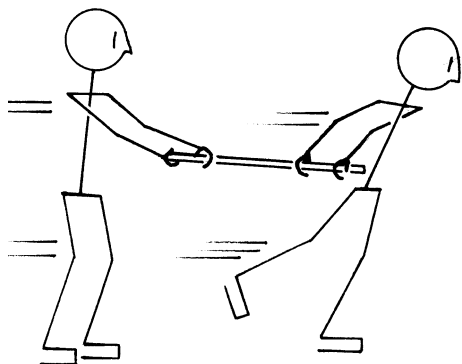
Description: Assume a proper snowplow position while holding the boards (facing boards). Push the skates down and out to get the feel of pushing with the inside edges of the skate blades.

### 3.3.2 Partner Pull/Horse and Buggy

Equipment: Ringette sticks (one for each person).

Description: In partners, both players face the same direction, one standing in front of the other. Players hold two sticks between them. The front partner pulls the other, while the back partner practices snowplow stops.

Variation: For beginning skaters, the coach/instructor may need to be the puller, and can skate backwards to offer advice on technique. This drill can also be done with the front partner skating backwards.



### 3.3.3 Stops and Starts

Equipment: A whistle.

Description: Skate around the ice, or if preferred, up and down the length of the ice. On the first whistle, stop completely. On the next whistle, start skating again in same direction. Next whistle, stop again, etc.

Variation: The same drill can be done with skaters stopping on word commands, at lines on the ice, at the boards, or at pylons set up in some formation on the ice. It can be used with backwards skating or be done using pivots or sharps turns in place of stops.

## 3.4 - FRONT ("V") START

### 3.4.1 Fall to Boards

Equipment: None required.

Description: Face the boards, and make a "V" with the skates (heels together and toes apart, as close as possible to 180°) about one arm's length away from boards. Fall forward and stop yourself on the boards while keeping feet in same spot. Get the feel of the push on the inside edge of skates while leaning forward.

### 3.4.2 Run on the Spot

Equipment: None required.

Description: Face and hold onto boards with the feet in the front start position. Run on the spot, pushing off the inside edge.

## 7.40 True and False

Purpose: Agility, stopping, and knowledge of rules will be improved.

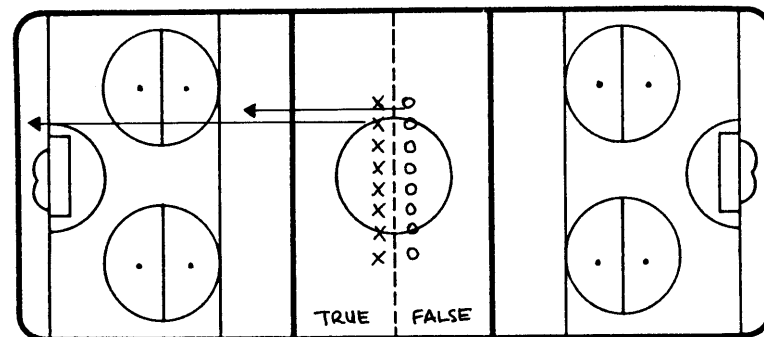
Equipment: A list of statements, to be called out by the teacher is needed.

Description: There are two teams. Each team lines up on its blue line facing the other. The coach stands at one end of the red line. One line is designated as the "false" line and the other the "true" line. The coach states a rule. If it is false, the "false" line turns and skates to the end boards.

The players on the "true" line chase after those on the "false" line. (e.g. the coach says "the ring may be carried over the blue line." This is obviously false, so the "false" team turns and skates to its end boards with the "trues" chasing in hot pursuit. Anyone who is tagged before reaching the end red line joins the other team and the game is repeated.

Examples of statements are

- the forwards cannot play in the entire defense zone
- the goalkeeper may never pick up the ring
- knee pads are mandatory
- you may body check in Ringette
- there is a blue line ordering each zone
- the goalkeeper may play the ring anywhere on the ice
- there must always be six skaters on the ice
- goalkeeper may pick up the ring on the crease line
- you may go into the crease at any time to play the ring
- the ring must be passed over the blue line .

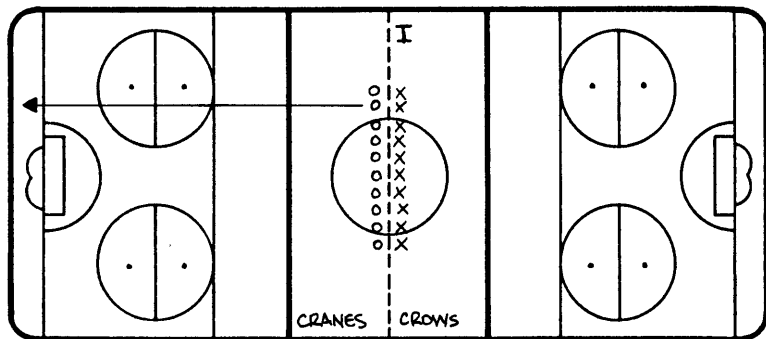


### 7.38 Crows and Cranes

Purpose: Starting power and stopping will be practiced.

Equipment: None is required.

Description: There are two teams. Each team lines up facing the other at the centre red line. The coach stands at one end of the line. If the coach says "cranes", the cranes skate to their end and the crows chase them. If a crane is touched by a crow before reaching the end red line (safety zone), that player must join the crows. The caller can make things fun by saying "crackers", "crows", etc., to confuse everyone!



### 7.39 Stealing Bases

Purpose: Skating, passing, and receiving will be improved.

Equipment: Sticks and rings are needed.

Description: Players are divided in groups of three and spread over the ice surface. Two players have one ring between them and pass it back and forth. The third player tries to steal as many bases as possible by skating between the first two. If the base stealer is tagged with the ring while trying to 'steal a base', the base stealer is required to change places with the passer. The objective is to steal as many bases as possible.

### 3.4.3 Run Across Ice

Equipment: None required.

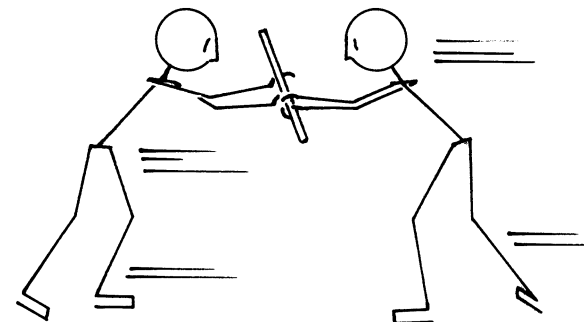
Description: With the feet in the front start position, run across the ice trying to get a good push off the inside edge.

### 3.4.4 Partner Push

Equipment: None required.

Description: In partners, the back player places hands on the stick of the front player and pushes that player across the ice using the inside edges.

Variation: The front partner can either glide or apply some resistance (e.g. snowplow stop) to make it more difficult.



### 3.4.5 Quick Step

Equipment: None required.

Description: Begin in a front start position. Lean forward and take 4 or 5 quick steps and then go into full stride. The quick steps should be pushes off inside edges with toes rotated out initially as far as possible, and body leaning forward.

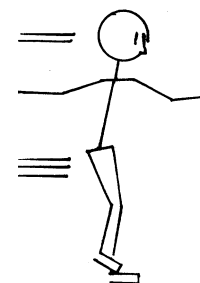
## 3.5 - FORWARD STRIDING

### 3.5.1 Push and Glide

Equipment: None required.

Description: Push off the inside edge of one foot and then glide for 3 counts. Continue the length of the ice, alternating feet and concentrating on full extension in each push.

Variation: Repeat the drill but gradually decrease the gliding time so that it ends up being slow motion continuous striding.



### 3.5.2 Lengthen Strides

Equipment: None required.

Description: Skating the length of the ice, start off with short, quick strides and gradually increase to long, powerful strides.

### 3.5.3 Rhythm Skating

Equipment: A stick or whistle is required.

Description: Using the stick against the boards to beat a loud rhythm, the skaters stride to the beat. Start off with a slow beat to develop long, slow, powerful strides and increase the beat each time they go down the ice.

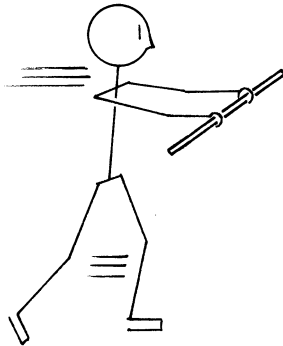
Variation: Skating backwards.

### 3.5.4 Level Stick Skating

Equipment: One stick per player is needed.

Description: While holding the stick in front of the body horizontally, skate the length of the ice, keeping the stick level and at the same height.

Variation: Skating backwards.



### 3.5.5 Train Engine

Equipment: A whistle is required

Description: The skaters line up single file and hold on to the hips/sweater of the person in front of them. Skating around the rink on the first whistle, the last person in line stops striding and glides. On the next whistle, the 2nd last person in line does the same. This continues until the first person in line is pulling all the others. Then trade positions in line and repeat.

Variation: This drill may be alternated to have players stop skating from the front of the line towards the back. In this case, the last person in line will be pushing all the others.

### 7.34 What Time Is It, Mr. Wolf?

Purpose: Changing directions and speed will be improved.

Equipment: None is required.

Description: One "wolf" is needed at an end of the ice surface. The other skaters are positioned at the opposite end. Skaters move closer to the "wolf" (whose back is turned), saying "What time is it, Mr. Wolf?" The answer which the "wolf" gives (at their choice) is "dinner time". The wolf then gives chase and tries to catch one of the skaters. The player who is caught first becomes the next "wolf".

### 7.35 Catch the Tail

Purpose: Speed and agility will be improved.

Equipment: One tail per person (i.e. a piece of cloth) is required.

Description: Players put a "tail" on the back of their pants. On the word "go", players try to gather as many tails as possible from others while trying not to lose theirs.

### 7.36 Parachute Games

Purpose: Balance and crossovers will be improved.

Equipment: A parachute is required.

Description: Players hold on to the edges of the parachute, then skate around in a circle, doing crossovers.

### 7.37 Peanut Butter, Jam and Marmalade

Purpose: To improve agility.

Equipment: A parachute is needed.

Description: Give each student around the edge of the parachute a name, either "Peanut Butter", "Jam", or "Marmalade". When the parachute is raised up over the heads, yell out one of the three names. If, for example, "Peanut Butter" is called, all "Peanut Butters" go under the parachute and try to get into another place before the chute is brought down on them. Space may be added by calling more than one name at a time.

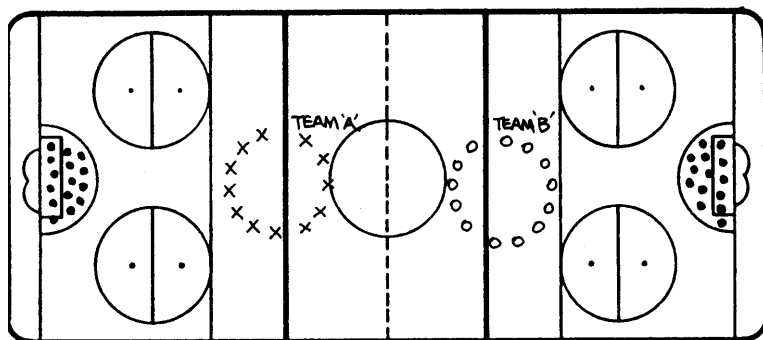
### 7.33 Rings

**Purpose:** This drill concentrates on the improvement of agility, speed, and power.

**Equipment:** Rings are needed.

**Description:** Divide the group into two teams. Teams line up in their end, spreading out on the red line. Move the goal nets out of the way, and in each goal crease put the same number of rings (10 or more is ideal - five would be the minimum). The idea is for Team A to get all the rings from Team B's area and not let Team B take theirs, and vice versa. Once a player from Team A passes the centre line into Team B's area, that individual can be tagged by a member of Team B. If tagged, the player must go back over the centre line and start again. Teams can have only two guards guarding their rings (positioned no closer than 10 feet in front of the crease). Once inside the opposition's crease, without being tagged, the player is safe!

A player may take only one ring. If successful in making it back over the centre red line without being tagged, the ring is then placed in the crease. If tagged before reaching the centre line, the ring is returned to the player who tagged the ring carrier. The tagged player begins again by returning behind the centre line. Rings may not be thrown or kicked. Other rules may be incorporated (e.g., one cannot guard the centre line), to make the game run smoothly. Play until one team has all the rings, or for a set period of time.



### 3.5.6 Player Chase

**Equipment:** None required.

**Description:** In pairs, one partner leads the other by about 4 strides, then the other partner chases to try and catch up.

### 3.5.7 Foxes and Hare

**Equipment:** None required.

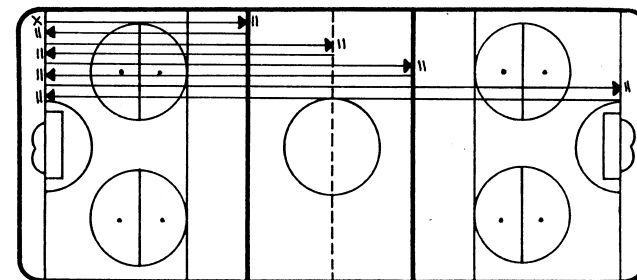
**Description:** One player starts at the free play line (hare) while the rest start at the goal line (foxes). On "go" they all start skating around the ice, the foxes trying to catch the hare.

### 3.5.8 Suicide

**Equipment:** None required.

**Description:** Starting at the goal line, skate forward to the near blue line and return to the starting point. Then skate to the centre red line and return to the start, then the far blue line and return, and finally to the far end and return.

**Variation:** Use the free play lines as well as red and blue lines. Consider using backwards skating on the return portions or in both directions. This drill can also be used with sharp turns instead of stops and starts.



### LEGEND

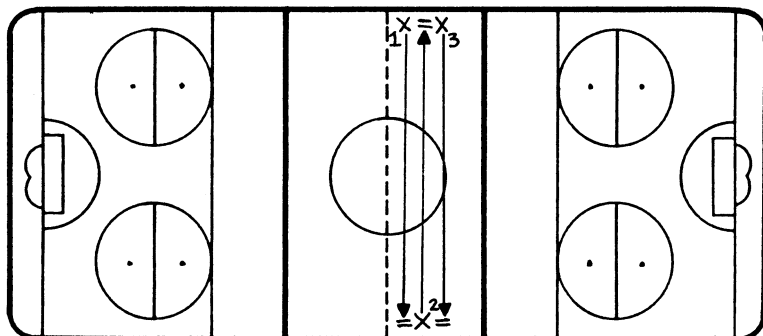
|   |                         |   |                   |
|---|-------------------------|---|-------------------|
| O | Offensive player        |   | Pivot             |
| Δ | Defensive player        |   | Pass              |
| G | Goaltender              |   | Shot              |
| D | Defence                 |   | Stick check       |
| C | Centre                  |   | Screen            |
| F | Forward                 |   | Pylon             |
| ● | Position of ring        | I | Instructor        |
|   | Forward skate           | x | Stationary player |
|   | Backward skate          |   | Stop              |
|   | Forward skate with ring |   |                   |

### 3.5.9 Shuttle Skate

Equipment: None required.

Description: Players form groups of 3, two(2) stand against the boards at one side, while the other is against the boards directly across from them. One of the players (where the 2 are standing) skates hard across the ice. Then the other player skates hard back across the ice and then the third player skates hard across. Continue the drill for 2-3 minutes.

Variation: Skating backwards.



### 3.5.10 Fast and Slow

Equipment: Whistle needed.

Description: Players skate around the ice. On the first whistle, they skate as fast as they can until the next whistle, then they slow down. Continue with equal sprint and rest times.

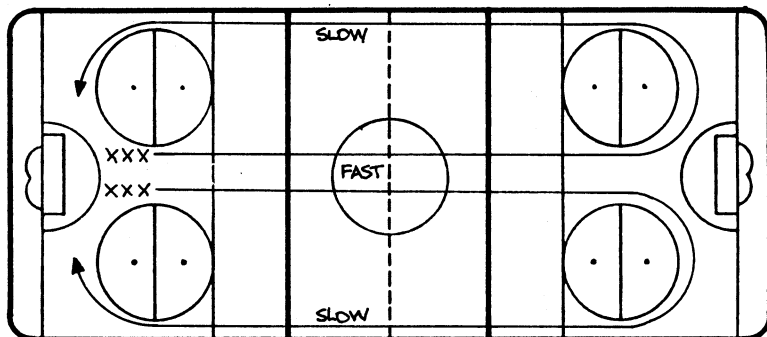
Variation: Skating backwards.

### 3.5.11 Fast Down the Middle

Equipment: None required.

Description: Two(2) groups begin skating in single file from the end of the ice, along the boards on their side toward the opposite end. Upon reaching the other end, they turn around the free pass circle towards the net, and skate as quickly as possible back down the middle of the ice. When they reach the starting point, they turn and skate slowly up the boards and return fast down the middle.

Variation: Skating backwards.

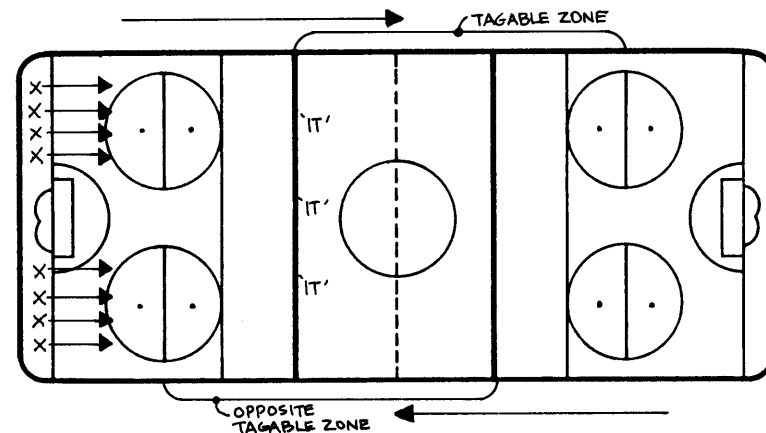


### 7.32 British Bulldog

Purpose: This will practice forward skating, stopping, and agility.

Equipment: None is required.

Description: One person is "It". "It" stands at centre ice while everyone else lines up at one end. "It" yells, "British Bulldog" and everyone skates from one blue line to the next. Anyone who gets tagged stays in the centre to assist those already caught. The game is played until everyone is tagged.





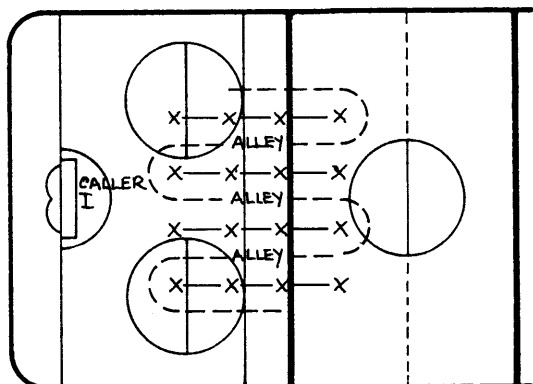
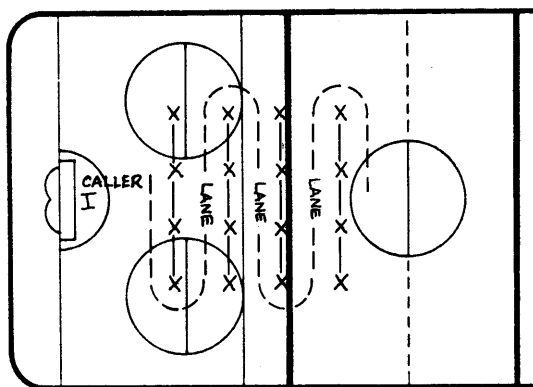
### 7.31 Lanes and Alleys

**Purpose:** Agility, stopping, and starting will be practiced.

**Equipment:** None is required.

**Description:** A large group for this game will make it more effective. No sticks are needed. The group stands in the formation shown below, far enough apart so that when the players' arms are outstretched, their fingers touch. One person remains outside the formation as the caller. When "lanes" are called the players, still facing the caller, stick out their arms for lanes. Motion through lanes is shown. A player cannot miss a lane, but may go forward or backward.

When "alleys" are called, everyone faces to the right with arms outstretched to form the alleys. Again, a player may not skip an alley, but may go through in either direction. Practice this a few times, then select two students to be the chaser and the chasee. They start at opposite corners of the square and start skating up and down the lanes and alleys. They cannot skip a "lane" or "alley". The caller periodically calls either "lane" or "alley" to change the configuration of the square. Players may not go through the outstretched arms of those forming the square. When the chaser touches the chasee, they change with two others in the square.

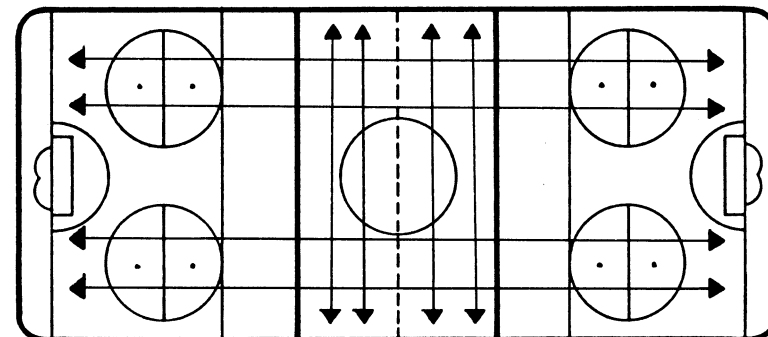


### 3.5.12 Lengths and Widths

**Equipment:** None required.

**Description:** One half of the group lines up along the end boards (lengths); the other half lines up along the side boards (widths). First the "lengths" skate down the ice and back. Then the "widths" skate across the ice and back. This continues until each has done this three times. Then the "widths" change places with the "lengths" and vice versa, and the drill is repeated.

**Variation:** Skating backwards.

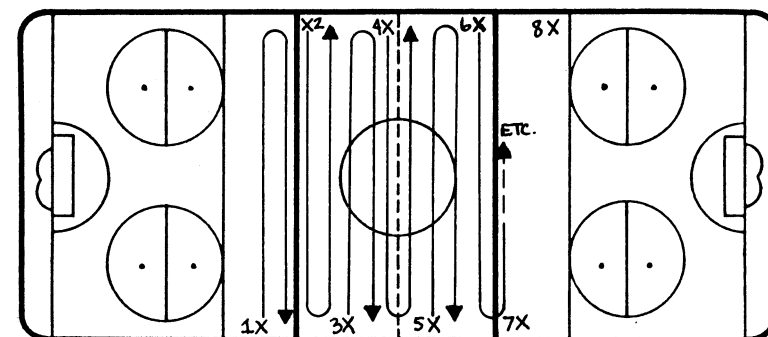


### 3.5.13 Dominos

**Equipment:** None required.

**Description:** Divide the group in half and line them up along each side board facing each other. Each player is a domino. The first domino skates to the other side and returns, joined for the return trip by the first domino on the other side. When that domino returns, the second domino in the first line joins in for the return trip. Each domino must only skate to the other side and back, each time causing a new domino on the other side to begin skating.

**Variation:** With a large group, the dominos may begin at each end, meeting in the middle. Once they meet in the middle, the first dominos begin again. The drill will also work using sharp turns in place of stops or using backwards skating.



### 3.6 - PARALLEL STOP

#### 3.6.1 Pylon Stop

Equipment: One pylon is needed for every 2 skaters.

Description: Players line up in pairs, one behind the other, along the goal line. One pylon is placed at the free play line in front of each pair (with enough space to turn around the pylon). The first partner skates up to the pylon and turns around it, attempting to sit and push with edges closest to pylon (as though attempting a parallel stop), then returns to the goal line and the other partner goes. Continue while gradually working towards a complete stop at the pylon.

#### 3.6.2 Push and Stop

Equipment: None required.

Description: Players line up along the goal line (for large groups make 2 lines). All players begin by pushing with one T-push and then parallel stop facing one direction. Then push again and stop facing the other direction. Continue the length of the ice, alternating the direction of the stop.

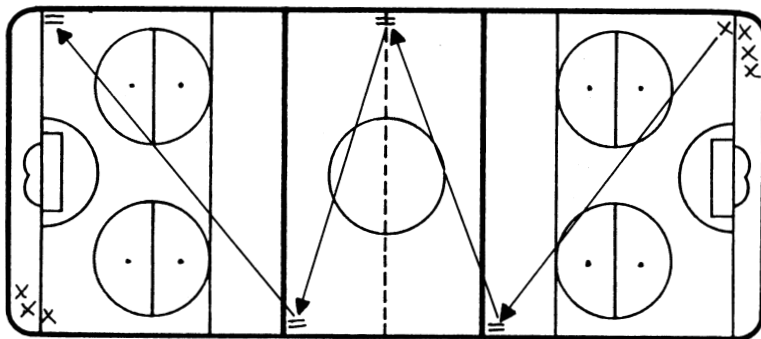
Variation: This drill can also be done with increasing strides before stopping. Start with one stride and stop, then 2 strides and stop, then 3, etc.

#### 3.6.3 W-Drill

Equipment: None required.

Description: Players line up in one corner. The first player skates to the blue line at the opposite boards, stops, and then skates back across to the red line at the other side, stops, then back to the opposite side blue line, stops, and back to opposite side corner and stops. Player always stop facing the direction they are travelling down the ice. Allow sufficient space between players to perform the stop correctly.

Variation: More advanced players can have 2 groups going at once, starting in opposite corners (head up to avoid collision). Try using the free play lines as additional stopping points. This drill can also be done skating backwards.



### 7.29 Hot Potato

Purpose: Balance and crossovers will be practiced.

Equipment: Rings are required.

Description: Two teams are selected, and each team is given the same number of rings. The object of the game is to end up with the least number of rings on one's side by passing them to the opponents. Players must take rings passed to them before passing them on. The game is limited to a designated length of time. The coach should identify a type of pass which must be used by all players.

### 7.30 Hunting the Rabbit

Purpose: Agility will be improved.

Equipment: None is required.

Description: This game is especially good for younger skaters. No sticks or gloves are needed. For this game you need hunters (two players skating hand in hand), and rabbits (solitary skaters). Have one rabbit for every hunter. The idea is for the hunters to work together to capture the rabbit in their net (join both hands with rabbit inside). Change the rabbits and hunters frequently.

### LEGEND

|   |                         |   |                   |
|---|-------------------------|---|-------------------|
| O | Offensive player        |   | Pivot             |
| Δ | Defensive player        |   | Pass              |
| G | Goaltender              |   | Shot              |
| D | Defence                 |   | Stick check       |
| C | Centre                  |   | Screen            |
| F | Forward                 |   | Pylon             |
| • | Position of ring        |   | Instructor        |
|   | Forward skate           | X | Stationary player |
|   | Backward skate          |   | Stop              |
|   | Forward skate with ring |   |                   |

### 7.27 Attention Game

**Purpose:** This will help enhance speed.

**Equipment:** None is required.

**Description:** Two teams line up along the side boards facing each other, and each team numbers off. The leader at one end shouts a number. Players skate to one end of the rink, back to the other end, and finally back to their place. The first person back gets one point.

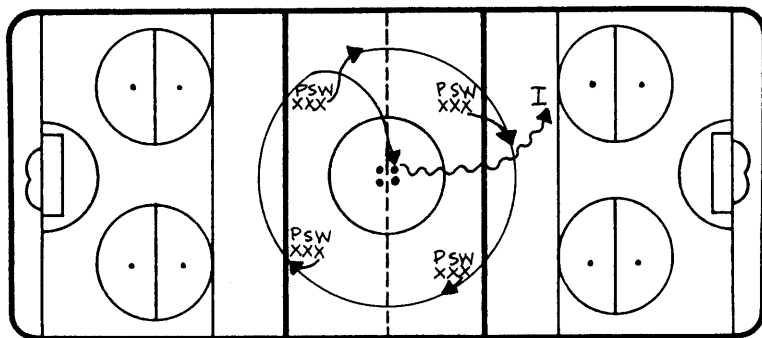
**Variation:** Teams are in a circle and number off. The leader in centre calls a number. Players skate to the right around the circle and back to their place. This is called "Circle Attention".

### 7.28 Pip, Squeak, or Wilber

**Purpose:** Crossovers will be practiced.

**Equipment:** Rings are needed.

**Description:** Divide the skaters into groups of three. In each group of three, name each one "Pip", "Squeak", or "Wilber". Place each of the groups an equal distance from a central point where there is a ring for each group. Designate the coach as "The Big Cheese". The "Big Cheese" calls out either "Pip", "Squeak", or "Wilber", and the skater who has been assigned that name from each group proceeds around all the other groups in a large circle. After skating around all groups, the player cuts into the centre, picks up a ring and takes it to "The Big Cheese". The rings are then put back into the centre, and the game is repeated with the coach calling out another name. Encourage players to change directions, also utilizing backward skating.

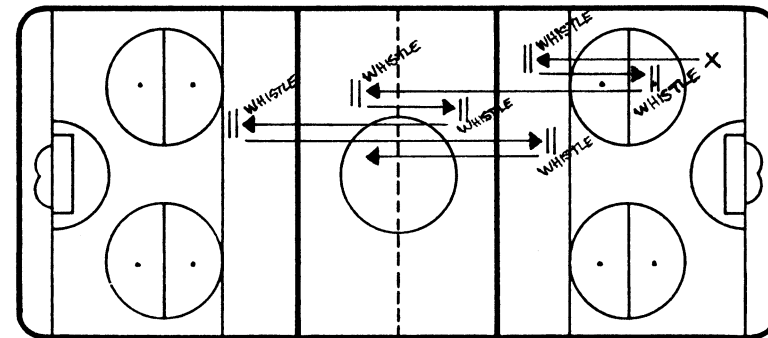


### 3.6.4 Stop and Change Direction

**Equipment:** Whistle required.

**Description:** Players skate around the ice or from end to end. On the whistle they stop and skate in the opposite direction.

**Variation:** Players skate forward, stop on the whistle and skate backward in the opposite direction. Try using the drill with sharp turns instead of stops and starts.

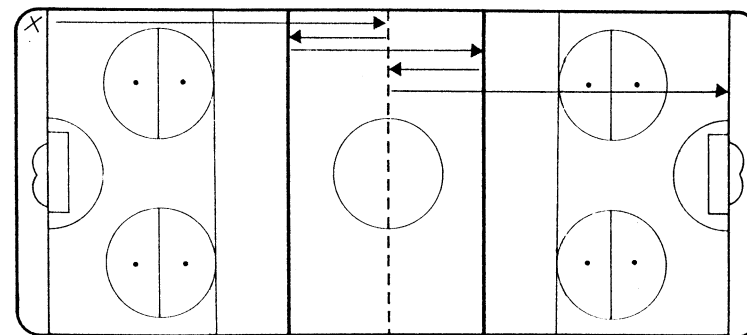


### 3.6.5 Lightning

**Equipment:** None required.

**Description:** Players start at the goal line and skate to centre red line, stop, and skate to the blue line closest to their starting point, and stop. Then they skate to the far blue line, stop, skate to the centre red line, stop, and then skate to the far end. Always face the same side when stopping to practice left and right stops.

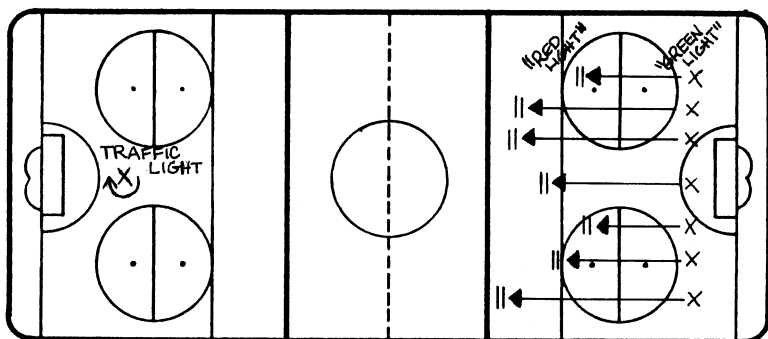
**Variation:** Alternate forward and backward skating between each of the stops. Try using the free play lines as additional stopping points. This drill can make good use of sharp turns instead of stops at each line.



### 3.6.6 Red Light, Green Light

Equipment: None required.

Description: One player is the "traffic light" and stands at one end facing everyone else at the other end. The traffic light yells "Green light", then turns around to face away from the skaters. Everyone skates forward. When the light yells "Red light", everyone must stop. The traffic light turns around quickly and sends anyone caught moving back to the starting position. The first player to reach the traffic light, gets to be the light in the next round.



### 7.23 Chariot Race

Purpose: Development of the drive leg will be accomplished.

Equipment: A rope is required.

Description: Skaters work in threes. Those who cannot skate as well may participate in this game. Two children pull the third, who is in a squat position between them. To make grouping easier, rope may be used, rather than hands.

### 7.24 Tandem Race

Purpose: Coordination of skating with a partner will be improved.

Equipment: A rope is required.

Description: Skaters work in pairs, joining both hands, and moving toward a finish line.

Variations: (a) Stand one behind the other with the back skater's hands on the hips of the front skater.  
(b) Front person pulls the back skater with a rope. The back skater maintains a squat position.

### 7.25 Prisoner's Base

Purpose: Stops, starts, and changing direction will be practiced.

Equipment: None is required.

Description: Two teams are at opposite ends of the ice. The players on one team are the police; those on the other are the robbers. One team moves toward the other. One person on the police team gives a signal. When the robbers are relatively close, and the police team gives chase. Prisoners are brought back to the goal line and lined up with arms linked. If a robber approaches and touches the last person in the prisoner line, all are freed. Then the alternate team approaches.

### 7.26 Push or Pull - Mr. Ice Race

Purpose: This drill will develop strength.

Equipment: None is required.

Description: Skaters are in threes. Those who do not have skates may assist. Depending on the number without skates, the middle person in squat position (either with or without skates) is pulled or pushed by the two outside persons (who may be with or without skates).

| LEGEND |                         |    |                   |
|--------|-------------------------|----|-------------------|
| O      | Offensive player        |    | Pivot             |
| Δ      | Defensive player        |    | Pass              |
| G      | Goaltender              |    | Shot              |
| D      | Defence                 |    | Stick check       |
| C      | Centre                  |    | Screen            |
| F      | Forward                 |    | Pylon             |
| ●      | Position of ring        | I  | Instructor        |
|        | Forward skate           | x  | Stationary player |
|        | Backward skate          | II | Stop              |
|        | Forward skate with ring |    |                   |

### 7.18 Obstacle Course

Purpose: Agility and mobility will be improved.

Equipment: Hoops, ropes, and chairs are needed.

Description: Skaters are divided into two or three teams. Obstacles such as hoops, ropes, and/or chairs are placed at intervals. Students complete the course and come back to touch the next person. The students skate through a course performing prescribed activities at each location. For example, the students can crawl through the hoop, then skate around a series of chairs in slalom style, jump over a rope at the end, then skate back to their team to touch the next person. Vary objects to change the type of course.

### 7.19 Hoop Race

Purpose: Speed and stopping will be improved.

Equipment: Hoops and bean bags are required.

Description: Each team has a common starting line and two hoops spread out in front of them, one near, and one far away. One of the hoops has three bean bags in it. Skaters in succession take bean bags one at a time to the other hoop. Once the first skater has moved all of the bean bags from one hoop to the other and has skated back to touch the next student, the next student moves the bags, one at a time, back to their original location.

### 7.20 Squat Tag

Purpose: Balance and mobility will be improved.

Equipment: None is required.

Description: Two or more players are "it". If tagged, the skater must squat. If touched by another free skater, the squatting player is free to start skating again. (This is similar to Frozen Tag.)

### 7.21 Zigzag Race

Purpose: This drill will practice crossovers.

Equipment: Pylons are needed.

Description: Divide players into equal teams. Pylons should be placed at intervals in a straight line. One at a time, skaters must zigzag through the course down and back, and touch the next person on their team. The first team to complete the course is the winner.

### 7.22 Backward and Forward

Purpose: Turning will be practiced.

Equipment: None is required.

Description: Skaters assemble at one end of the ice, skate backward to the blue line, then forward the remaining length of the ice surface. This can be varied to alter when and how many turns are made.

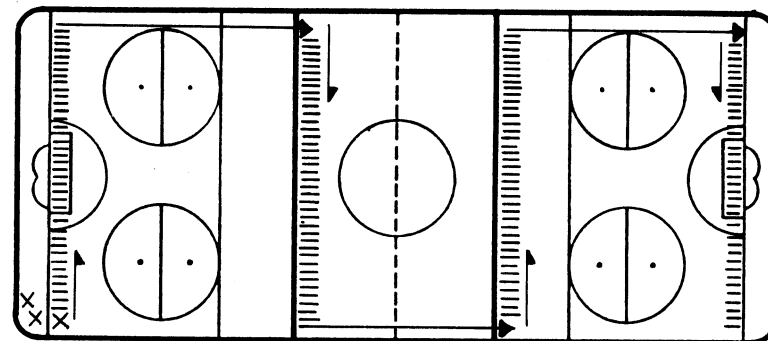
## 3.7 - CROSSOVER START

### 3.7.1 Side Steps

Equipment: None required.

Description: Players line up in one corner. Starting in the basic stance, players step one foot over the other and then bring the other foot back into basic stance again, always keeping shoulders and knees square to the opposite end boards. Continue side stepping all the way across the goal line. Then the players skate straight up the boards to the near blue line and side step along the blue line back to the other side. Continue to the next blue line, and again at the far end goal line.

Variation: More advanced players can use running/hopping side steps, and can go across the free play lines and centre line as well.



### 3.7.2 Cross the Line

Equipment: Sticks (one for each player) are needed.

Description: Players line up along the free play line facing the side boards. Players side step foot over foot toward and across the blue line and then go into a forward stride to the next blue line. They then repeat the process from the blue line toward and across the next free play line then continue a forward stride to the end boards. They can continue on their own time, alternating sides.

Variation: Pivoting could be substituted for starts and stops.

### 3.7.3 Line to Line

Equipment: None required.

Description: Players start on the goal line facing one side. They crossover start and skate to the next line and stop. Then crossover start again and continue to the next line and stop. This continues the complete length of the ice, always stopping and starting facing the same direction. Then they come back down the ice doing the same thing, still facing the same direction, to practice both sides.

## 3.8 - BACKWARD "C" START

### 3.8.1 Toe to Heel

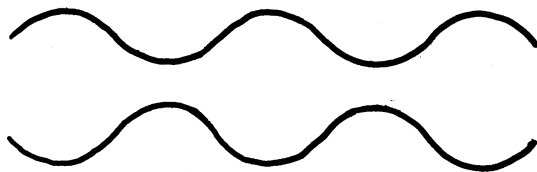
Equipment: None required.

Description: Players start with the outside of one foot flush up against the boards and hang on to the boards with their arm on the same side. The other foot will practice making "C" cuts in the ice by putting toe to toe together and pushing that foot out and around in a semi-circle until it comes nearly heel to heel with the other foot. Continue until the player gets the idea of making "C" cuts, and then change feet.

### 3.8.2 Backward Bubbles

Equipment: None required.

Description: Players start on the goal line facing the near end boards. Starting in a snowplow stop position, players then push out with both feet and make semi-circles until their feet come together again heel to heel. Then push out again and pull in again making circles (bubbles) all the way down the length of the ice (never lifting the feet off the ice).



### 3.8.3 Backward Sculling

Equipment: None required.

Description: Players start on the goal line facing the near end boards, in a basic stance. Pushing with one foot only, make semi-circles or "C" cuts down the length of the ice without lifting the feet off the ice. Return using the opposite foot.

### 7.13 Balloons on Ice Relay

Purpose: This is to give the players experience at individual competition and improve mobility.

Equipment: Balloons are required.

Description: Skaters line up on the goal line, and skate to the centre line and back, batting a balloon. This may be a relay or individual challenge.

### 7.14 Duck and Goose

Purpose: This drill will improve crossovers.

Equipment: None is required.

Description: Students assemble in a circle. One player skates around the circle touching consecutive students, saying "Duck ... Duck ... Duck ..." and then finally "Goose" to a player who then must give chase to the caller. The caller tries to beat the other student back to her starting position before being touched. If the leader is not touched before regaining the vacant position, the "Goose" becomes the caller and repeats touching the students saying "Duck ... Duck ... Duck ... Goose". The new goose chases.

### 7.15 Touch

Purpose: The player will learn to shift their weight while skating.

Equipment: A large ball is needed.

Description: The group is divided into two teams which face each other. Each line is numbered the same. The leader calls a number, and the two students with that number skate to touch the object (i.e., ball in the centre of the ice). Note: It is interesting if the leader inserts "Me" as the object, and then dodges those trying to touch her.

### 7.16 Bean Bag Balance

Purpose: This drill will improve balance.

Equipment: Bean bags are needed.

Description: Skaters skate the length of the ice and back balancing a bean bag on their heads. Younger players are encouraged to try to get as far as they can. Older players can compete with each other as a group or in team relays.

### 7.17 Glide

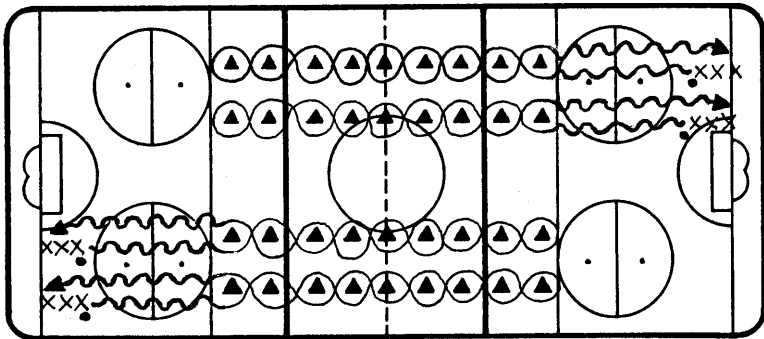
Purpose: This drill will help to develop a push.

Equipment: None is required.

Description: Skaters skate hard, then glide between two lines on one or both skates. The coasting race may be for time or distance.

## 7.12.7

Description #7: - Relay #1 - Set up four rows of pylons down the ice. Divide the players into four teams and line the teams up in both ends. 3-4 per team. The first player in each line carries the ring down the ice, weaving through the pylons and back again. Then give the ring to the next player and so on.



## 7.12.8

Description #8: - Relay #2 - As many rings as pylons will be needed for this relay. The first player from each team carries a ring to the first pylon drops it off, skates back to the line and picks up another ring. The player continues through all the pylons dropping a ring at each. Each player goes through a similar procedure. Each second player picks up a ring rather than dropping one off.

## 7.12.9

Description #9: - Divide players into four equal teams as above. On command the first skater breaks from the goal line to the free play line. At the free play, blue, red, blue, and free play lines respectively, one knee must be touched to the ice. Each player tags the first player at the opposite end. Repeat relay twice. Losing team may be forced to do extra work on special assignment or the winning team may be appropriately rewarded.

## 3.9 - BACKWARD STRIDING

### 3.9.1 Board Push and Glide

Equipment: None required.

Description: Players start facing end boards. In the basic stance, push off the boards with hands and arms and glide backwards. Then come back to boards and try again. (Beginning skaters are often afraid to go backwards, this drill will take away the fear.)

### 3.9.2 Backward Walk

Equipment: None required.

Description: Have the players slowly walk backwards in order to help them get used to travelling backwards. Then as they become proficient, push off the boards in the basic stance and then walk backwards while gliding.

### 3.9.3 "C" Cut and Glide

Equipment: None required.

Description: Players start in one corner. Travelling backwards along the goal line, players push with one foot in a "C" cut and then glide in basic stance for a 3 count. Then they push with the other foot and glide for a 3 count. This pattern continues, trying to travel in a straight line, along the goal line, then back along the next blue line, down the other blue line, and back along the far end goal line.

## 3.10 - BACKWARD "V" STOP

### 3.10.1 Board Push and Stop

Equipment: None required.

Description: Players start facing boards and push off the boards with the hands and arms and glide in basic stance and then stop. Return to boards and repeat, gradually shortening the glide time with each push off.

## 3.11 - CROSSOVER TURNS

### 3.11.1 Circle Sculling

Equipment: None required.

Description: Players spread out evenly among the five free pass circles and start with their left foot on the circle. Pushing with their right foot only, players make hard cuts with their skate around the circle, never lifting their skate off the ice. After about 3 times around the circle, stop and change direction, pushing with their left foot while their right foot stays on the circle.

Variation: This drill can also be used for backward crossover turns.

### 3.11.2 Cross and Hold Position

Equipment: None required.

Description: Players spread out evenly around the 5 free pass circles and start by placing their left foot on the circle (facing counterclockwise). Using their right foot, players push 3 times and then cross their right foot well over their left foot as far as they can and hold that position for a 3 count. Then push 3 more times and hold again. After about 3 times around the circle, stop and change direction, using the left foot to push.

### 3.11.3 Partner Turn

Equipment: Sticks (one for every 2 players) are needed.

Description: In partners, each holds on to an opposite end of a stick. One player stands in one spot and will serve as the axis of a circular pattern. The other player skates around the partner while holding the stick with both hands, crossing over both feet while turning. After a number of revolutions, stop and change direction, and then switch roles.

Variation: This drill can also be used for backward crossover turns.

### 3.11.4 End Zone Figure Eight

Equipment: None required.

Description: Players divide into 2 groups, half at each end of the ice. Using the 2 free pass circles in their end, players skate in a figure of eight pattern around the circles. (Around one circle once one way, and on to the other circle, skating around it the opposite way, and back to the other circle, etc.)

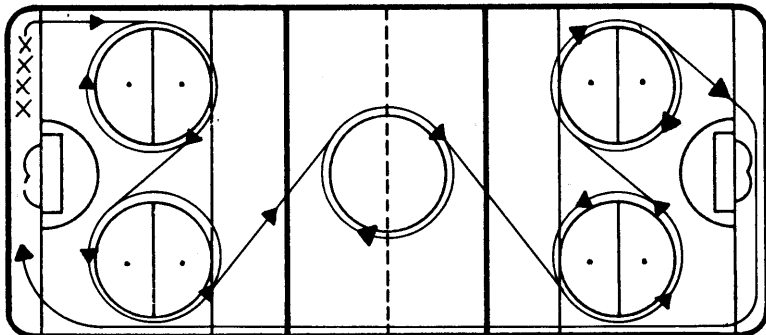
Variation: This drill can also be used for backward crossover turns.

### 3.11.5 Circles

Equipment: None required.

Description: Players line up in one corner of the ice. Three(3) players begin skating forward around the free pass circle closest to the boards. They complete one and one half revolutions of the circle they start on, then cross to skate 1 1/2 times around the other circle in the same end zone but in the opposite direction. They then continue to the centre circle and then the circles at the far end, alternating between clockwise and counterclockwise. Once the first 3 players have passed the starting point on the first circle, the next 3 join the drill, and so on, until all players are skating.

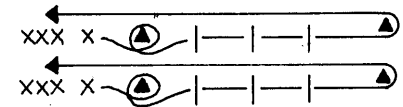
Variation: This drill may also be done skating backwards; and may be done facing the far end at all times, causing skaters to pivot from forward to backward and vice versa.



Skating - 16

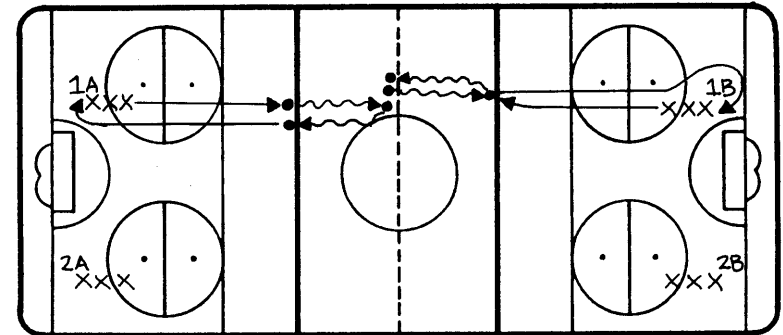
### 7.12.3

Description #3: - Skate, full pivot around the pylon, step over the stick, and then go around the pylon and back to tag the next player.



### 7.12.4

Description #4: - Divide each relay team in half and position them at each end of the ice. Player 1 skates to the blue line picks up a ring, proceeds to the red line places the ring on the line and picks up another, then continues skating to the far blue line and places the ring on the line and skates hard toward the line with the remaining teammates. Continue the relay until everyone goes through twice.



### 7.12.5

Description #5: - Use the same player format as above. The first person on each team carries a ring while skating down the ice. Do not allow players to take off their gloves. At each line the ring must be passed between the legs while switching hands. This is done between the free play lines. Each player goes through this twice.

### 7.12.6

Description #6: - Use the same format as above. Players skate while kicking a ring down the ice to the next player. Don't allow them to kick the ring too far ahead of themselves.



### 7.10 Skipping

Purpose: This is to improve balance and agility.

Equipment: One skipping rope per player is needed.

Description: Each player has a skipping rope. This skill will include jumping, balance, and agility. The players try to skip the entire length of the rink. They must remember to bend their knees, keep their back straight and head up. Make sure each player has enough space around them to perform this skill.

### 7.11 Bola

Purpose: This is a drill to improve agility.

Equipment: A softball and a sock are required.

Description: To make a 'bola', stuff a rubber soft ball into a long sock and tie a knot in the sock just above the ball. Now tie a rope securely to the sock. Have one person in the middle of the circle spinning the 'bola' in a circular motion. The other players form a circle around the rotating rope. As the jumpers get a little more agile, they might try skipping while holding hands with the person next to them. (This is a good exercise for goalkeepers.)

### 7.12 Relays

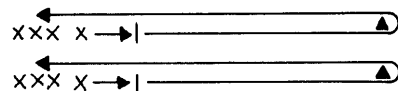
Purpose: These drills will improve skating skills, balance and agility

Equipment: Pylons, sticks and rings are needed.

Description: Start with a simple relay and build up to a complex one. When explaining, keep instructions short (15-20 seconds). Have a player go slowly through a trial or clarify the task during the first leg of the relay. Try to match the teams evenly in order to encourage enthusiasm. Have the losing team(s) do a certain number of stress exercises, reward the winning team appropriately.

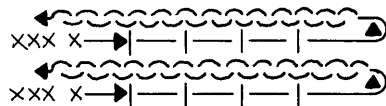
#### 7.12.1

Description #1: - Step over the stick, skate towards and around a pylon and tag the next skater.



#### 7.12.2

Description #2: - Skate, step over four sticks, go around the pylon and skate backwards to tag the next skater.

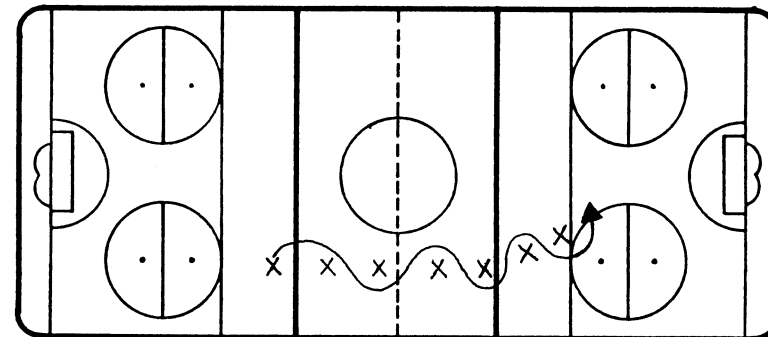


### 3.11.6 Inch Worm

Equipment: None required.

Description: Players stand in a single file line approximately one meter apart to form the "inch worm". One player leaves the end of the line and weaves her way in and out around each other player and takes a new position at the other end of the "inch worm". Each player takes a turn to weave through the line to the other end, causing the entire "inch worm" to move around the ice surface.

Variation: This drill is suitable for backward crossover turns.



### 3.11.7 Pylon Courses

Equipment: Fifteen (15) pylons or more are needed.

Description: With pylons spaced out in any formation on the whole ice surface (random), one player serves as the leader which all others follow. The leader weaves a path of crossover turns around the pylons in any order, practicing turning both ways.

Variation: Try using sharp turns instead of crossover turns. This drill can also be performed backwards.

### 3.12 - PIVOTS

#### 3.12.1 Step Turns

Equipment: None required.

Description: Players spread out along the blue line. On the spot, players walk through the steps of pivoting from forward to backward and vice versa.

#### 3.12.2 180°s

Equipment: None required.

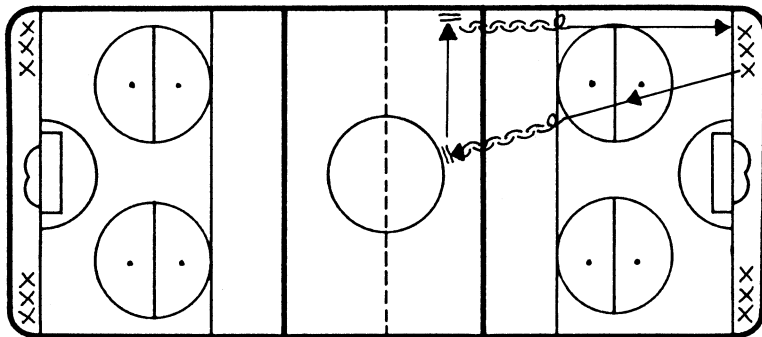
Description: Players skating from one end to the other or around the ice, pivot 180° at each line on the ice (free play lines, blue lines, and centre line).

Variation: This drill may also be done with players pivoting on a whistle, with commands or at pylons, or instead of only 180°, a full 360° turn.

### 3.12.3 Flower Drill

Equipment: None required.

Description: Players divide into 4 groups, one in each corner. The first player in each group skates toward the centre free pass circle, pivoting from forward to backward at the free play line, and stops at the circle. Skating forwards to the nearest side boards, the player pivots to go backward towards their group, and pivots at the free play line again to skate forward to rejoin their group. Once they are finished (or sooner, depending on numbers), the next person in each group takes a turn, and so on.



### 3.12.4 Box Skate

Equipment: Pylons (about 4 for every 2-3 players) are needed.

Description: Four(4) pylons are set up in a box formation (with about 2-3 meters space between each pylon), for every 2 or 3 players. With one player in each group skating around their box at a time, the player pivots from forward to backward and vice versa at every pylon. (They must remain facing the same direction at all times.)

Variation: More advanced and older players can do this drill without the pylons.

## 3.13 - SHARP TURNS

### 3.13.1 Grab and Turn

Equipment: One stick for every 2 players is required.

Description: In pairs, one partner holds a stick at chest height, parallel to the ice. The other partner skates forward, grabs hold of the stick, and turns around the other player who serves as the pivot point.

### 7.6 Ring Soccer

Purpose: This is to improve starts, stops and agility.

Equipment: Two rings and four sticks are needed.

Description: Divide players into four teams. Games will be played on the width of the rink between the goal line and the blue line at both ends. Players have all their equipment except sticks. Four sticks can be used for goals in each end. Players can only use their skates to kick the ring around the playing surface. Goalkeepers (if any) cannot use a stick or lie on the ice. Remember, the rules say a player can only kick the ring with the side of their skate blade.

### 7.7 Ice Dodgeball

Purpose: This drill will improve skating skills and balance.

Equipment: Utility balls are required.

Description: Divide the players into teams of three to five. Make sure you have equal teams. Send two teams to each circle. Position one team on the outside of each circle and the other within the circle boundary. The team on the outside tries to hit the players within the circle. The ball must be thrown to hit the opponent below the hips.

Any player hit joins the outside group. If the last dodger avoids 10 consecutive throws, the original team returns into the circle.

### 7.8 Linked-Arm Raises

Purpose: This is a drill to improve balance.

Equipment: None is required.

Description: The group is divided into pairs which are equal in size and weight. Both players sit on the ice, back to back with their arms linked and legs straight in front of themselves. Together they try to lift themselves off the ice. Hands are not allowed to touch the ice.

### 7.9 Tennis Ball Catch and Dribble

Purpose: This drill will improve hand-eye co-ordination.

Equipment: One tennis ball per player is required.

Description: Each player should have a tennis ball and as they skate around the arena throw the ball into the air and catch it. This is great for hand-eye co-ordination. Have the player bend over and move the ball along the ice with their hands. Then place the ball at their skates. Move the ball along the ice, gently kicking it with alternate skates. All of these drills help the players move about the ice and help with their co-ordination.

### 7.3 Power Pass

**Purpose:** This drill is to strengthen passing ability.

**Equipment:** One ring per player is needed.

**Description:** Divide the group in half. Each team is responsible for their zone, which is between the goal line and the red line. No one is able to cross the red line into the other end. Players on both teams should have one ring each: the objective of this game is to try and pass all the rings from one zone into the other team's zone. Players should spread out. The rings must remain on the ice at all times. The game begins and stops by sounding the whistle. If you wish to add more competition, explain to the teams that the group that has the least rings in their end when the whistle blows will be rewarded.

### 7.4 Diminishing Ring

**Purpose:** This will improve ringhandling and checking ability.

**Equipment:** One ring per player is needed.

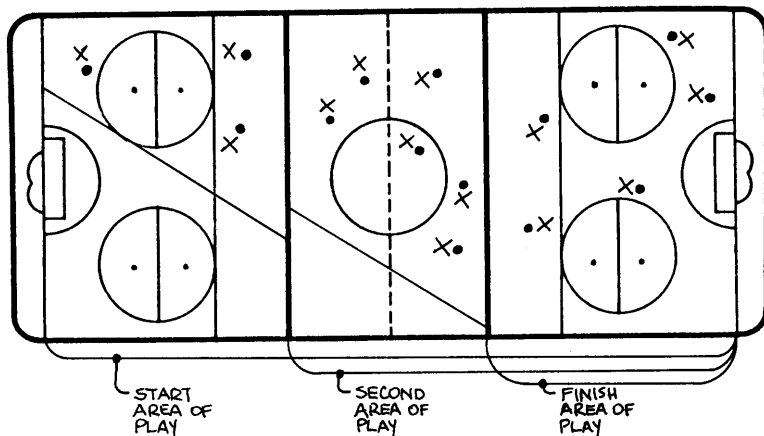
**Description:** The game is played in one zone. Everyone has a ring except two players who are "it". These two players must try and check the players who have the rings. When they retrieve a ring, they shoot it out of the zone. The player who loses the ring joins the players who are "it". The last player with a ring is the winner.

### 7.5 Hit the Skate

**Purpose:** This drill will improve skating skills and passing and shooting accuracy.

**Equipment:** One ring per player is needed.

**Description:** This is a simple game, but involves all of the skating skills in the player's repertoire. All players have a ring and skate anywhere on the ice surface. Each player tries to hit another player's skate with their ring, while the other players are doing the same. Once you are hit on the skate you are "out" and step aside until the last person has been tagged. With some age groups, the area of play can be restricted to one zone to promote real heads-up play. One specific area may also be designated for those who are "out" so that they may be involved in another activity rather than standing still.



### 3.13.2 Fish Hook

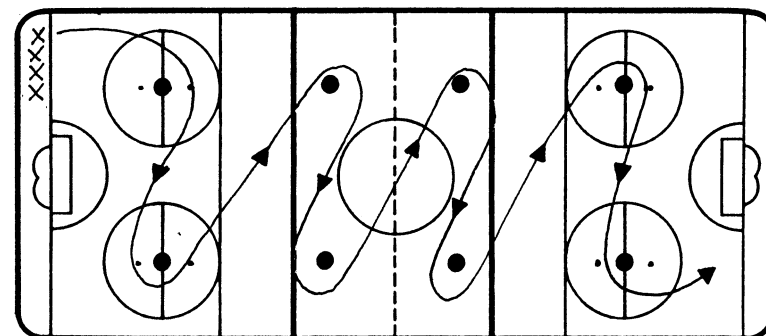
**Equipment:** One pylon for every 2 players is needed.

**Description:** With pylons set up about ten feet from the side boards (spaced out) players stand in pairs directly opposite a pylon. The first partner skates to the pylon and turns around it to the left. Then the next partner does the same, and the drill is then repeated turning to the right. Continue to practice, keeping the inside foot slightly ahead and leaning into the turn.

### 3.13.3 Connect the Dots

**Equipment:** None required.

**Description:** Players line up in one corner. In a single file line, zig zagging back and forth across the width of the ice, players skate in order, performing a tight/sharp turn around each of the hockey face-off dots on the ice.



### 3.13.4 Reaction Turn

**Equipment:** None required.

**Description:** The coach/leader stands at the centre free pass circle while the players line up single file with the first player at the free play line. One at a time, the players skate forward toward the leader. As the players get closer, the leader points to the left or right, and the player then makes a sharp turn in that direction, then goes back and joins the end of the line.

### LEGEND

|   |                         |  |                   |
|---|-------------------------|--|-------------------|
| O | Offensive player        |  | Pivot             |
| Δ | Defensive player        |  | Pass              |
| G | Goaltender              |  | Shot              |
| D | Defence                 |  | Stick check       |
| C | Centre                  |  | Screen            |
| F | Forward                 |  | Pylon             |
| • | Position of ring        |  | Instructor        |
|   | Forward skate           |  | Stationary player |
|   | Backward skate          |  | Stop              |
|   | Forward skate with ring |  |                   |

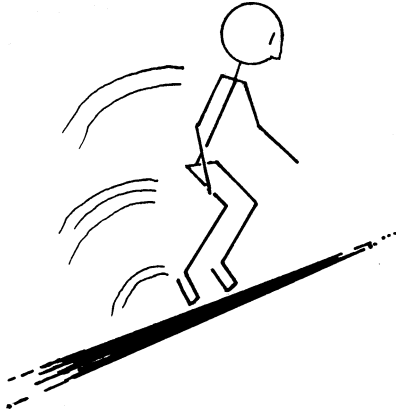
## 3.14 - BALANCE

### 3.14.1 Line Jumps

Equipment: None required.

Description: Players line up along the goal line. Skating from one end to the other, players do a two foot jump at each line on the ice - free play lines, blue lines, and centre red line.

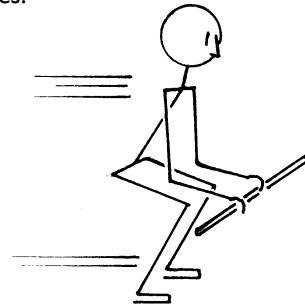
Variation: More advanced skaters can jump sticks or pylons - but this can be potentially dangerous. Should your older or more advanced players wish to, they may choose to jump higher.



### 3.14.2 Squat Glide

Equipment: None required.

Description: Players skate from one end to the other, or around the rink, and glide in a sitting position (squat) between the two blue lines. Squatting regularly with the knees bent more than 90° can be quite stressful on the tendons and ligaments of the knees.



### 3.14.3 High Knee Prance

Equipment: None required.

Description: Players line up along the side boards. Moving across the width of the ice, players prance - drive up off the toe and emphasize the high knee lift, at a speedy tempo.

## Chapter 7

## GAMES FOR DEVELOPING RING SKILLS

### Introduction

Practices should not be all work and no play. Once in a while it is good to “goof-off”. It has been reported that children can learn physical skills very quickly when they are concentrating on something other than the immediate skill. Both young and old enjoy games, so it is important to incorporate fun into any lesson. Not only will they have fun, but they will develop their skills at the same time.

We have provided examples of games to use, but try to develop your own, in order to provide your team some specific and unique opportunities. Remember the players might have some great ideas; not only for games but also skills or drills they may wish to work on.

Throughout this chapter when referring to development of Ring Skills the format will be as follows.

#### Drill Number and Name

Purpose:

Equipment:

will appear in bold type.

is the purpose of the skill.

indicates the equipment requirements over and above the **properly equipped player**.

Description:

is a brief description of the drill.

### 7.1 Tag

Purpose: This will improve skating, speed and agility.

Equipment: None is required.

Description: The players line up along the sideboards. One player is stationed in the middle of the ice. On a whistle signal, the players skate across the ice. The player in the middle tries to tag as many teammates as possible. As each player is caught they too attempt to tag the remaining players. Alternate the middle player if playing more than once.

Variation: One Glove Tag - “It” is signified by the player with one glove on. If tagged, one glove is removed and placed (not thrown) beside the boards. Game is played over the entire ice surface.

### 7.2 Blind Man's Bluff

Purpose: This is a great game to practice crossovers, stops and starts.

Equipment: None is required.

Description: Players line up around one of the free pass circles or form a circle if there are too many players. Select one player to start off. Have this player skate around the outside of the circle and tap a teammate on the shoulder. The first player continues to skate around the circle in the same direction while the second (tapped) player skates the opposite way, both racing to get back to the vacant spot in the circle. The loser continues to skate and tap another player, and so on.

#### 3.14.4 Stick Kick

Equipment: One stick is needed for each player.

Description: While skating from one end to the other or around the ice, players hold their stick out in front at shoulder height and slowly kick one leg at a time up to meet the end of the stick. This is a controlled movement, not a quick snap.

#### 3.14.5 One Foot Glide

Equipment: None required.

Description: Players skate from one end to the other or around the ice, and glide on one foot between the blue lines or free play lines, maintaining control of their body.

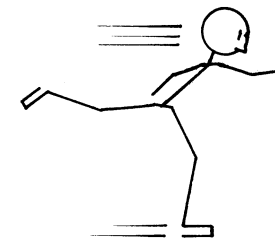
Variation: More advanced players can also try to jump the lines on one foot.



#### 3.14.6 T-Balance

Equipment: None required.

Description: Skating from one end to the other, or around the ice, players glide between the blue lines or free play lines with one leg outstretched behind them and their arms out to their sides, with their body in a forward leaning position.



#### 3.14.7 On Your Toes

Equipment: None required.

Description: Players line up along the side boards. Moving across the width of the ice, the players first walk on their toes. Then after becoming proficient at that, players run on their toes.

Variation: This drill may be repeated with players walking and then running on their heels.

### 3.14.8 The Cork Screw

Equipment: None required.

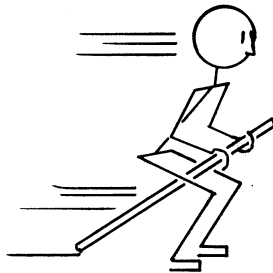
Description: Players stand in their own space, lift one leg slightly off the ice and turn 180° (1/2 turn), then turn back again. Alternate the direction and leg.

### 3.14.9 Ride the Stick

Equipment: One stick is needed for each player.

Description: Skating from one end to the other, players grasp the top of their stick with both hands, put the stick between their legs, and sit on the shaft. Glide with the stick on the ice, between the blue lines.

Variation: Once they gain proficiency, players can attempt to turn from a forward glide to a backward glide (1/2 turn), then a complete 360° turn. The WORLD RECORD is three full turns!



### 3.14.10 Pull Across the Line

Equipment: None required.

Description: In pairs, one stands on either side of the blue line. Players grasp hold of each other's forearms. Each partner tries to pull the other across the line to their side.

Variation: This drill can be made into a contest to see who can pull every other player across the line.

## 3.15 - AGILITY

### 3.15.1 Knee Drop

Equipment: None required.

Description: Standing in their own space, players drop to their knees (using their hands to break the fall) and get back up again as quickly as possible. Then players do the same while skating - dropping at each blue line and getting up and skating again.

Variation: This drill can also be done with players only touching one knee to the ice at a time while skating.

## SUMMARY NOTES:

Defensive strategies can vary depending upon a number of factors (e.g. the score, time left in the game, coaches preference, or team capabilities).

Even if short handed, a team which finds itself behind in the latter stages of a game may have to 'pull out all the stops' in order to gain possession of the ring so they may try to score.

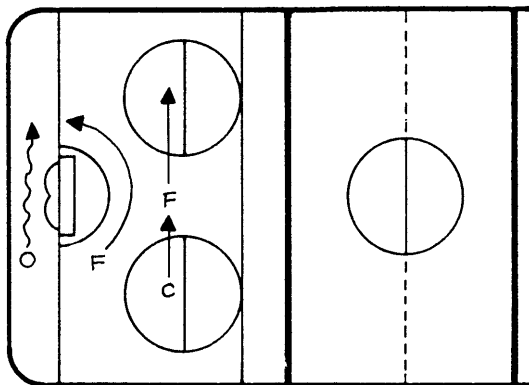
In most cases (unless in a total point series or goals for and against situation), losing by one goal will result in the same standings as losing by two or three. Generally, it is worthwhile to be aggressive to regain the ring and expose some vulnerability to attempt to cause a turnover (i.e. checked ring carrier or shot on goal).

We must also consider some truth in the familiar phrase: "The best defense is a good offense".

### 6.7.2 One Player Checking

Equipment: None is needed.

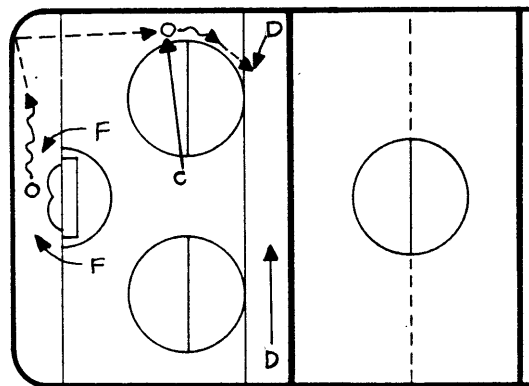
Description: In a one player checking system, the sole checker moves with the ring. The other two checkers are playing much deeper and rotate from side to side depending on which side the ring is coming out on.



### 6.7.3 Double Teaming

Equipment: None is needed.

Description: In this drill, the offensive player starts with the ring behind the net. The ring can be shot in from the red line and a full complement of offensive and defensive player(s) is/are sent in. The defensive or forechecking team is delayed being sent in by a possible 1-2 seconds. The ring starts out from behind the net and the front two forecheckers play the defence - having a forward come from opposite sides of the net. The defense then passes the ring off the boards to either side. The forechecking defense on the side to which the ring has gone, moves in on the ring handler while the trailing defense covers up. The forechecker tries to stop the play before the ring comes out of the offensive zone.

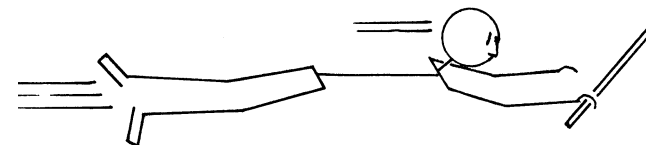


### 3.15.2 Snow Queen

Equipment: None required.

Description: Players start on the goal line and skate forward the length of the ice. At the first blue line, they dive forward under control and slide on their stomach (with their stick directly out in front - if carrying one). Then they get up as quickly as possible.

Variation: Same as above, except while sliding on the ice, players roll like a log, keeping control of their body (and stick) and then get up again as quickly as possible.



### 3.15.3 Hop the Stick

Equipment: One stick for every two players is needed.

Description: In pairs in their own space on the ice, one partner is the sweeper and the other is the hopper. The sweeper is on two knees holding the stick pointing outward in one or two hands. With the stick on the ice, the sweeper moves it back and forth like a windshield wiper. The hopper has to jump over the stick one foot at a time (like skipping), while trying to keep the head up and eyes straight ahead. Partners then switch roles and repeat the drill.

### LEGEND

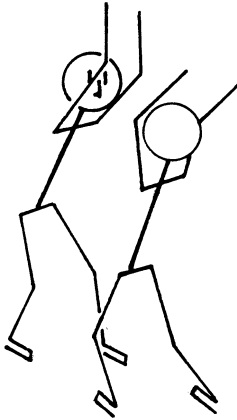
|   |                         |   |                   |
|---|-------------------------|---|-------------------|
| O | Offensive player        | e | Pivot             |
| Δ | Defensive player        | → | Pass              |
| G | Goaltender              | → | Shot              |
| D | Defence                 | → | Stick check       |
| C | Centre                  | → | Screen            |
| F | Forward                 | ▲ | Pylon             |
| ● | Position of ring        | I | Instructor        |
| → | Forward skate           | X | Stationary player |
| → | Backward skate          |   | Stop              |
| → | Forward skate with ring |   |                   |

### 3.15.4 Mirror Drill

Equipment: None required.

Description: In partners, the two face each other. One is the leader and the other the follower. The leader moves forward, backward, side to side, jumps, falls to knees, to stomach, rolls over, etc. Any combination of these can be used while the follower mimics each of the moves. Then the partners switch roles and continue the drill.

Variation: This drill can also be done as a large group, with the instructor as the leader. Using signals, the leader stands facing the players who are spread out in their own space, and points to what the players are to do.



### 3.15.5 Wide Crossovers

Equipment: None required.

Description: While skating either the length of the ice or around the rink, players lift one leg high to the side, then cross it over the other leg. When that leg touches down on the ice, the other leg is lifted and repeats the movement of the first leg. This is a continuous movement. The intent is to use the outside edges of the skate blades as much as possible.

Variation: This drill can also be done skating backwards.

### 3.15.6 Skiing

Equipment: None required.

Description: While moving from one end to the other or around the ice, players keep both feet together and cut the ice pushing with their heels on one side then the other in a parallel skiing motion. Both feet stay on the ice at all times.

Variation: Once proficient in skiing, moguls can be added so that after each cut the player does a two foot hop before cutting the other way. This is a difficult movement requiring good leg strength.

### 6.6.4 Changing Lines

Equipment: None is required.

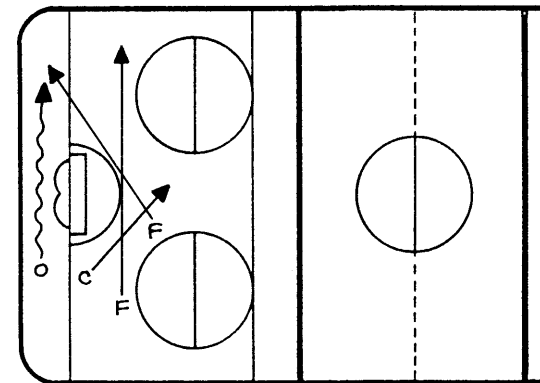
Description: Changes normally occur when there is a stoppage in play, particularly where beginners are involved. Changes should be frequent, where possible, particularly when there is an abundance of up and down the ice action. Orderly changes require organizing the players box (e.g. in one door, out the other). Players should be instructed to come off the ice before they get tired. Sustain pressure on the opposition by controlling the ring and changing offensive players while play is in progress. Rink geography may influence this decision. Try to change forwards and defence, if required, when the ring is in the opponent's zone. Be prepared to change players 'on the fly'. This is best done when the team is on offense or in transition.

### 6.7 - Checking

#### 6.7.1 Two Player Checking

Equipment: None is needed.

Description: In the two player checking system, the player deep in the slot moves in to the opposite corner if the play or ring shifts from one corner to the other. The player who was in the corner moves back out to cover the slot area. The second checker moves out to help the player who has gone into the opposite corner to retrieve the ring or to force the play.





## 6.6 - Other Offensive and Defensive Strategies

Other commonly used offensive, defensive, or game strategies are:

- line changing
- fast transitions
- breakout patterns - simple and complex
- penalty avoidance
- power plays.

### 6.6.1 Power Plays

Equipment: None is needed.

Description: This is signified by a player advantage (one or more players than the opposition). Select players with best receiving and shooting skills. Take full advantage of a penalty situation by making good passes. Be fully aware of the game situation, (e.g. score, time left). Be selective - shoot only when a good percentage opportunity exists. Be patient - don't waste the opportunity by taking a poor percentage shot.

### 6.6.2 Penalty Avoidance

Equipment: None is needed.

Description: Penalties should be avoided in order to maintain maximum strength. Avoid the following:

- intentional body contact
- hooking by using a long reach while attempting to check a player
- slashing (i.e. hitting towards the opponent)
- interfering by using the body along the boards
- retaliation
- interfering or preventing a player from checking the ring carrier
- interfering with a goalkeeper
- charging.

### 6.6.3 Short Handed

Equipment: None is required.

Description: This is signified by a player disadvantage (one or more less than the opposition). This can be an aggressive or passive strategy depending on which sticks are penalized, time in game, score, etc. There are two possible scenarios:

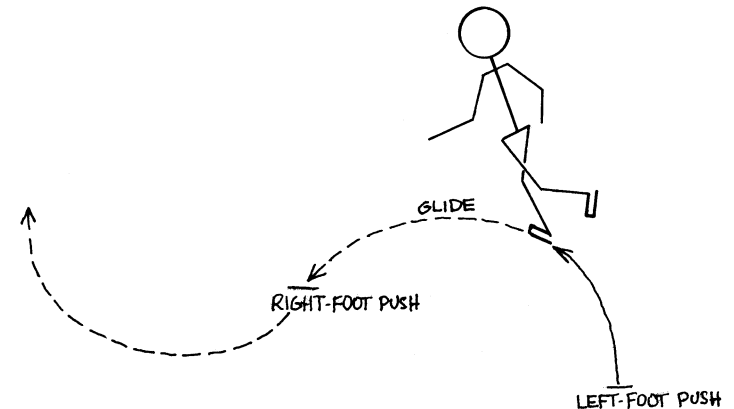
- if the penalized team has possession of ring, they may elect to control ring rather than attempt to score goal, or
- if the penalized team does not have possession they may attempt to regain possession by aggressively attacking the ring carrier.

### 3.15.7 Inside Edges

Equipment: None required.

Description: While moving from one end to the other or around the ice, players first push once with their left foot and glide on the inside edge of their right foot in a semi-circle to the left. When they get back to the middle, they push once with their right foot and then glide on the inside edge of their left foot in a semi-circle to the right, and repeat the drill. This is a continuous movement.

Variation: This drill can be done backwards as well.



### 3.15.8 Outside Edges

Equipment: None required.

Description: While moving from one end to the other or around the ice, players first push once with their right foot and glide on their left foot outside edge in a semi-circle to the left. Then when they get back to the middle, they push once with their left foot and glide on the outside edge of their right foot in a semi-circle to the right. Then the drill is repeated in a continuous motion.

Variation: This drill can be done backwards as well.

### 3.15.9 Single Leg Snaking

Equipment: None required.

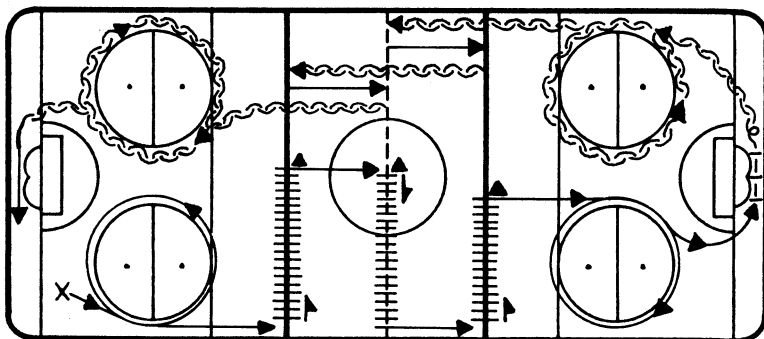
Description: While skating forward, players lift one leg off the ice. The supporting leg, well flexed, continues to push, alternating from inside to outside edge, in a snaking motion. The other leg can help with momentum by swinging it in the direction of travel.

Variation: Once proficient, this drill can be done backwards.

### 3.15.10 Combo

Equipment: Three(3) pylons and 3 sticks are needed.

Description: Pylons and sticks are set up as indicated in the diagram. Players line up at the end boards and begin the drill one at a time. At the first circle, the players skate counterclockwise around it and then skate to the boards at the first blue line. Then they walk or hop sideways along the blue line to a pylon near the middle of the ice. Then they skate forward to the pylon at the centre red line, where they walk or hop sideways back to the boards, and skate forward to the next blue line. Again they walk or hop sideways to the pylon. Then they skate clockwise around the circle and go behind the net. They do a two foot jump over each of the sticks and then turn backwards and skate counterclockwise around the circle and to the centre red line. Then skate forward to the blue line, backward to the other blue line, forward to the centre red line and backward to and around the circle clockwise, at the other end and line up in the corner, ready to begin again.



### 3.15.11 Polka

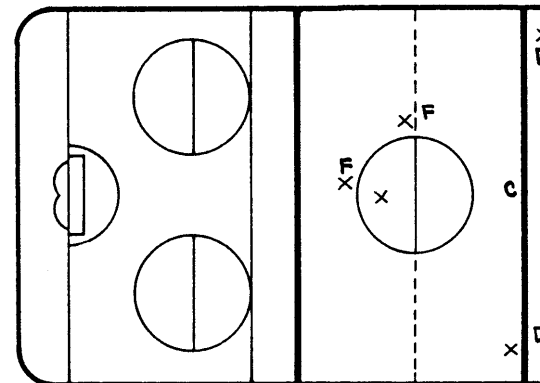
Equipment: None required.

Description: In pairs, partners hold on to each other's forearms. Using the same steps as in the polka dance, the two can move in a straight line or around in circles and vary the tempo of their steps.

### 6.5.3.2 In the Neutral Zone

Equipment: None is required.

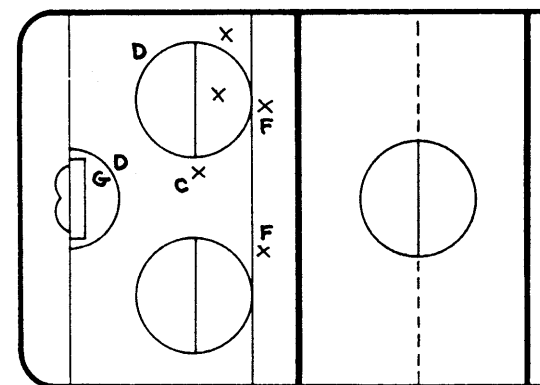
Description: Play one on one (i.e. defence cover forwards, forwards cover defence, centre covers centre). Don't 'concede' the pass. Attempt to force a long pass. Stay between your check and your goal. To practice simply attempt free passes alternating players doing the passing and the direction of the pass.



### 6.5.3.3 In the Defensive Zone

Equipment: None is needed.

Description: Guard the "slot" but also be ready for a shot on goal. Protect the ice space between the free pass circle and your goal. 'Concede' the deep and high corners of the zone. Defence players cover the forwards. Goalkeeper must cover the angles. Anticipate open ice and look for the potential receiver. Stay between your check and your goal. To practice, simply attempt free passes alternating players doing the passing and the direction of the pass.

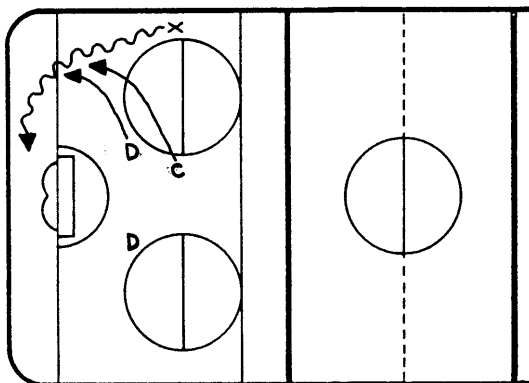


### 6.5.2.2 Multiple Attackers

Equipment: None is required.

Description: In this situation, there can be two or more checkers on the ring, attempting to force the opponent to make a bad pass, or cause a turnover. These attacks can be vulnerable, but may be necessary if time is running out and the team needs the ring to score a goal. If in the defensive zone, one player may stay back to protect the goalkeeper.

Purpose: This is to force the opposition to make a bad pass.

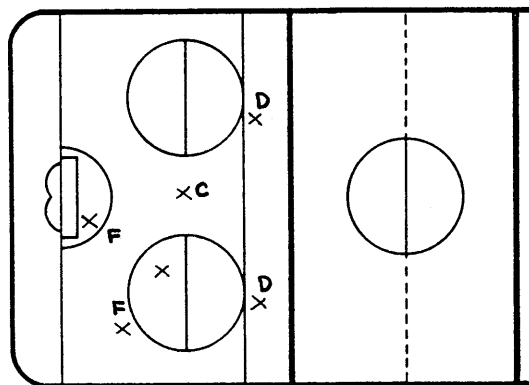


### 6.5.3 - Intercepting Free Passes

#### 6.5.3.1 In the Offensive Zone

Equipment: None is required.

Description: Anticipation is the key. Cover all players including the goalkeeper's space. Watch out for 'sleepers'. Stay between your check and your goal. Cover both sides of the circle. Anticipate where open ice may be. Don't 'concede' the free pass. Anticipate open ice and the pattern of potential receivers. To practice simply attempt free passes alternating players doing the passing and the direction of the pass.



## Chapter 4

### DRILLS FOR DEVELOPING RING SKILLS

Ringette players must develop ring skills along with skating skills in order to become accomplished at playing the sport. Ring skills include ringhandling, passing, receiving, checking, shooting, and dekes. The following are drills intended to develop these ring skills. When players perform passing drills the coach may specify the type of pass to be used as well as how the ring is to be received. The type of shot to be used when shooting may also be specified by the instructor in order to develop all shooting skills. All drills may be modified according to your players' needs. Variety can be enhanced by using some imagination.

The drills in this chapter will follow the normal progression of skills as indicated below.

#### Grip Ringhandling Passing

- Forehand Sweep
- Backhand Sweep
- Forehand Flip
- Backhand Flip
- Lead
- Drop
- Use of Boards
- Directing a Pass Using the Skate

#### Receiving

- Stabbing the Ring
- Off of the Boards
- Use of the Hand
- Use of the Skate

#### Checking

- Slide Stick Check
- Sweep Check
- Double Teaming
- Checking in Corners

#### Shooting

- Forehand Sweep
- Backhand Sweep
- Forehand Flip
- Backhand Flip
- Forehand Wrist
- Backhand Wrist

#### Dekes

- Hand and Body Fakes
- Fake Passes
- Fake Shots

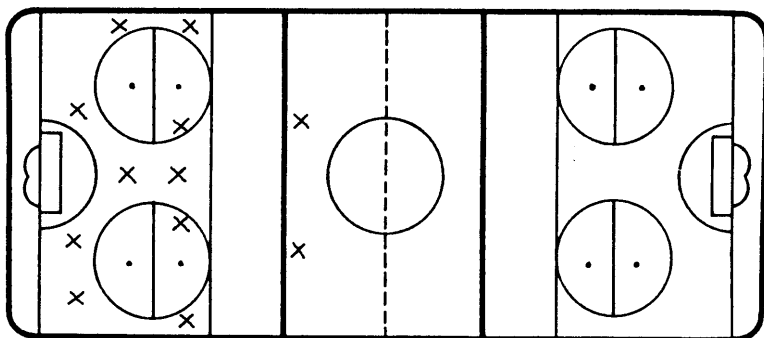
Throughout this chapter when referring to drills, the format will be as follows.

**Number and Name:** will appear in bold type  
**Equipment:** indicates the equipment requirements over and above the properly equipped player.  
**Description:** is a brief description of the drill.  
**Variation:** is a brief description of a similar drill using a different method.

## 4.1 - RINGHANDLING DRILLS

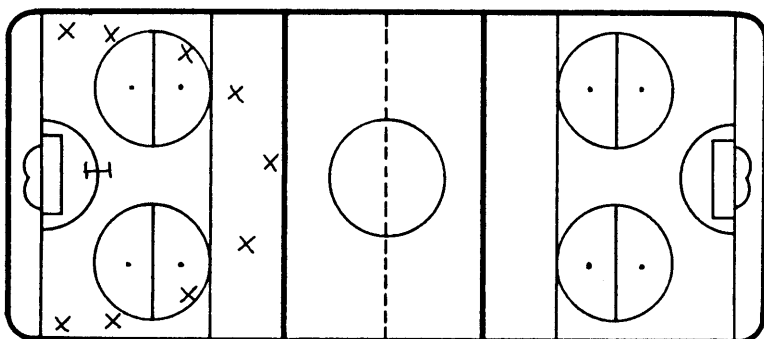
### 4.1.1 Ring Toss

**Equipment:** Rings are required.  
**Description:** Players do not require sticks for this drill. Players find free ice to stand in. Players toss their ring into the air and catch it.  
**Variation:** Toss ring to a partner.



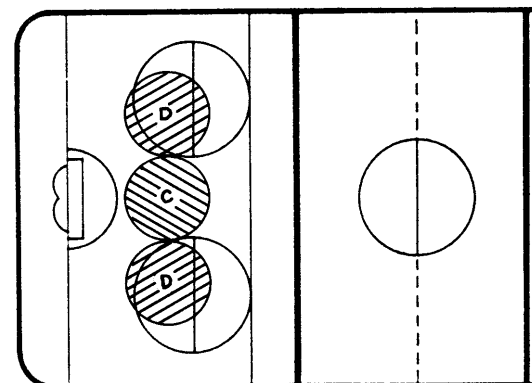
### 4.1.2 Mirror

**Equipment:** Rings are needed.  
**Description:** Players spread out facing the instructor. Each has a ring. Players spell their name with the ring on the ice. Players mimic the instructors moves (e.g. bring ring around body with stick, through legs both directions, etc.).



### 6.5.1.3 Wall Defence

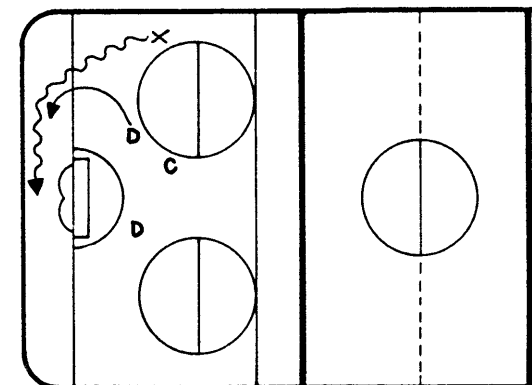
**Equipment:** None is needed.  
**Description:** The defender in the middle should attempt to get in front of the shooter. The other two defenders should move closer in an attempt to force the shooter off to the side (Note: This type of defense does not provide any depth, only breadth).  
**Purpose:** This is the system used to form a barrier in front of the shooter.



## 6.5.2 - Aggressive Defence

### 6.5.2.1 Angle Checking

**Equipment:** None is required.  
**Description:** Aggressive defenders chase the ring carrier. Aggressive defensive strategies need not only be employed in the defensive zone. They can be used, for example, when playing close to or inside the opposition's blue line to keep the ring in the opposition's zone, double teaming, pressuring opposition, or covering other players. This system of limiting the area of ice the ring carrier can use by attacking the ring carrier and restricting where they can go by forcing them one way or the other can be applied in any zone. The defenders must avoid committing themselves with a sweep check which may allow the opponent to get past, thus creating a 3 on 2 situation.  
**Purpose:** This is to limit the area of ice the ring carrier has available.

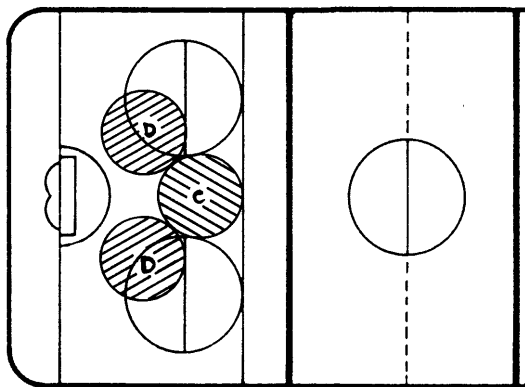


#### 6.5.1.1 Triangle Defence

Equipment: None is needed.

Description: The triangle is larger when the opposition is further from the goal. The triangle gets smaller, or tighter, as the opposition gets closer to the goal. It is important for the defenders at the base of the triangle to watch for the opposition at the side of net so as to avoid shots from the side, or passes across the crease. It is also important to avoid screening the goalkeeper. To practice group movement within the triangle simply utilize offensive players by passing and skating with the ring, within the zone. Emphasize that the triangular position should be maintained while the players move.

Purpose: This is used to protect the slot area.

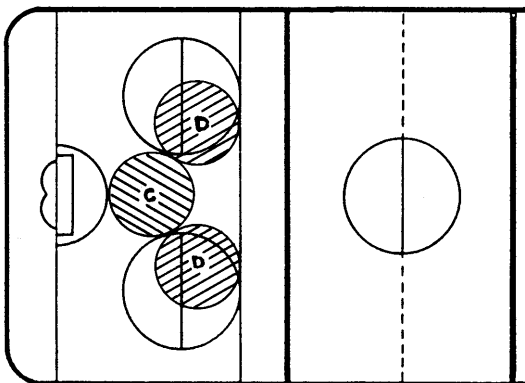


#### 6.5.1.2 Inverted Triangle

Equipment: None is needed.

Description: The triangle gets smaller or tighter as the opponent gets closer to net. The object is to block the shot and not give the shooter much of the net to shoot for. The goalkeeper should move out of the crease in order to reduce the shooter's angle.

Purpose: To defend against teams that generally shoot rather than pass.

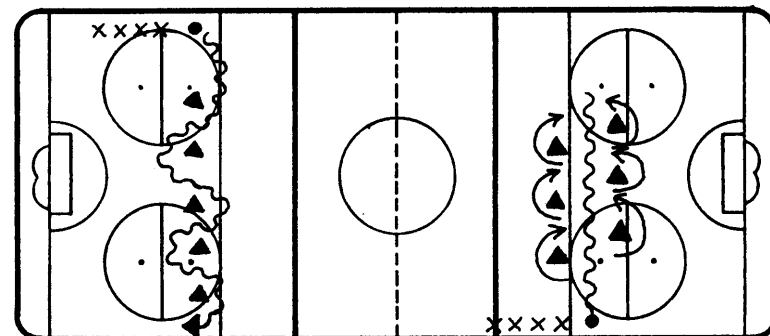


#### 4.1.3 Pylon Course

Equipment: Rings/Pylons are required.

Description: Pylons are placed approximately 1m. apart. Players skate through course keeping the ring in front of the body.

Variation: Stagger pylons slightly. Players glide straight through pylons and only the stick and ring goes around the pylon.

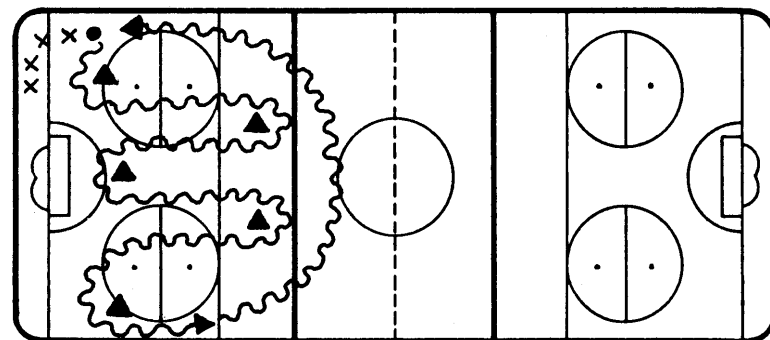


#### 4.1.4 Zig Zag

Equipment: Rings/Pylons are needed.

Description: Set up the pylon course as illustrated. Players skate through course carrying a ring. The body is kept between the ring and the pylon (while pretending the pylon is an opponent).

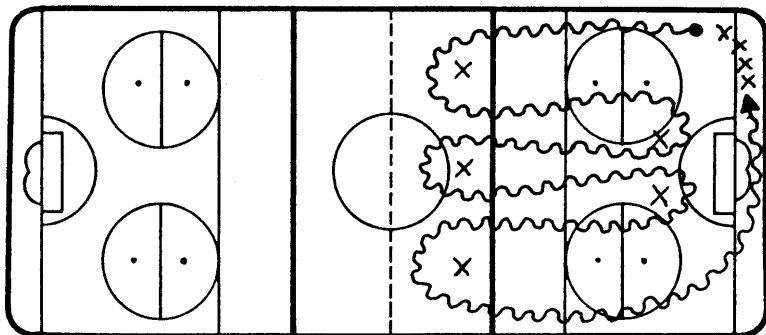
Variation: Players start from both ends of the course simultaneously. This encourages players to watch where they are going.



#### 4.1.5 Human Pylons

Equipment: Rings are needed.

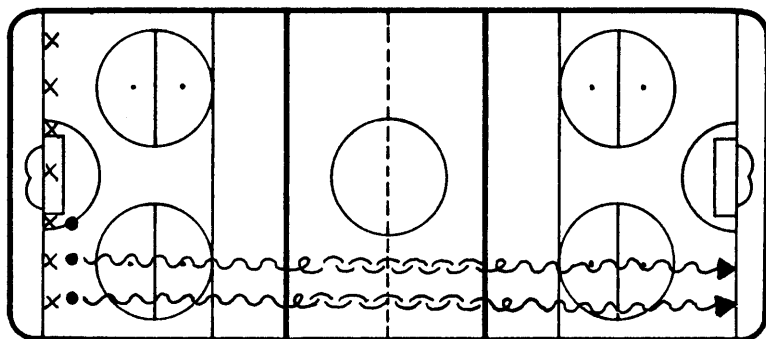
Description: Instead of using pylons, players are used. Players go through the course keeping their ring to the outside of the stationary players. Rotate the players. Allow the players to “fake” checks to the ring carrier.



#### 4.1.6 Going Around Opponents

Equipment: Rings are required.

Description: Players line up at one end, each with a ring. Skate to the blue line, do a mohawk turn, skate to far blue line backwards, mohawk turn, then skate forward to end boards. Keep the ring close to the body on turns.



#### Defensive Strategies

You are in a defensive mode when the opposition has the ring.

Defensive work means:

- nullifying an attack in order to prevent a goal being scored
- anticipating the play
- checking skillfully and avoiding penalties
- obtaining possession of the ring.

Two types of defensive strategies are employed:

- aggressive - defence initiates an aggressive attack to retrieve the ring, perhaps leaving themselves vulnerable
- passive - defence “stays put” and waits for opposition to make a mistake.

#### Defensive Triangle

The objective of the defensive triangle is to keep the offense out of the “slot” (the area in front of the goal). Ultimately, the triangle will make it more difficult for the opposition to score. The defensive player closest to the ring carrier will always be the apex of the triangle while the other two defencemen form the base. Defencemen should try to keep opponents to the outside and not let them into the centre of the triangle.

#### 6.5.1 Passive Defences

Passive implies that generally it is a formation which waits for opposition to attack. This is most effective against teams that pass frequently when in the offensive zone.

## 6.5 - DEFENSIVE RINGETTE

### Positional Play

#### The Centre

The centre may skate in all zones and therefore should serve as a pivot player, again, maintaining position ahead of the play in both offensive and defensive situations. When play is in the neutral or offensive zone, it should be the forward's role to go after the ring carrier, and look for the possibility of breaking up a play as the opposition crosses the blue line. The centre should float back and control the middle of the ice surface. This player must have a good knowledge of the game and be quick to convert from offensive to defensive play, and vice versa.

#### The Forwards

Immediately when the ring changes hands, both forwards should go after the ring carrier. It is their job to check the ring carrier all the way back to their own free play line. When both forwards chase the ring carrier, one can work to slow down the opponent's forward progress while the other stick checks from the opposite side. By putting this sort of pressure on the opponent, the forwards may cause either an errant or a panic pass, allowing the centre an opportunity to intercept and gain control of the ring.

#### The Defence

At all times, the defence players should remain between the farthest advanced opponent and their own goal. Defending against a team that advances a forward in somewhat of a "sleeper" play requires that one player be stationed between this player and the goal. The remaining defence player can afford (if a strong skater) to stay up with the play to break up plays as quickly as possible. A good rule of thumb is that the first player into the defensive zone and the last player out of the defensive zone are always defence players. The other defender should be behind the ring carrier as the ring leaves the defensive end.

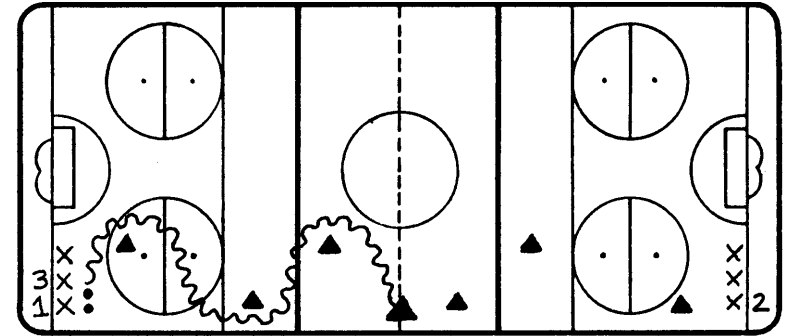
Should one defensive player have an opportunity to break up a play, the other should 'cover-up' in case control of the ring is not gained. Once the ring has advanced to the defensive zone, both defence players and the centre should take up their respective position in a man-to-man defence or zone defence (the zone defence will be explained shortly).

A common fault of defence players in their own zone is screening their own goalkeeper. To avoid this, the defence should remain a good distance from the goal crease, providing the goalkeeper with both an unobstructed view and time to react.

### 4.1.7 One Hand Ring Carry

Equipment: Rings/Pylons are needed.

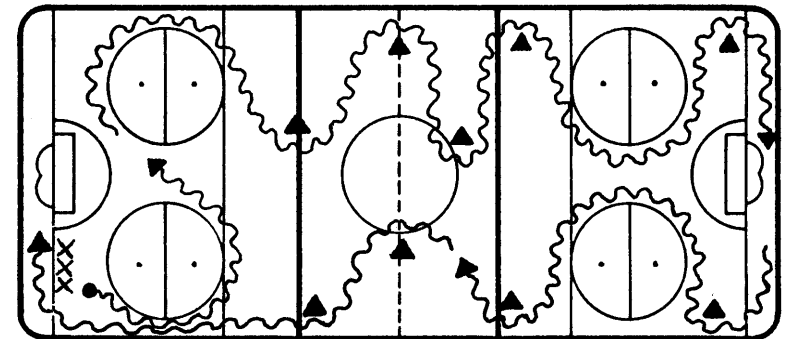
Description: Players line up at opposite ends of the course. Player 1 begins with the ring and must skate through pylon course controlling the stick and ring with one hand. Player 1 then passes to Player 2 who goes back through, passing the ring next to Player 3 and so on.



### 4.1.8 One Hand Pylon Course

Equipment: Rings/Pylons are needed.

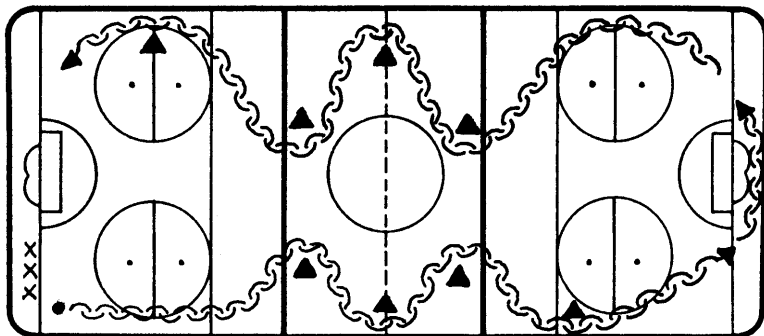
Description: Players line up at the beginning of the course. Players follow the course with one hand on the stick. Practice taking corners without watching the ring while concentrating on keeping enough pressure on the stick.



#### 4.1.9 One Hand Ring Carry - Backwards

Equipment: Rings are needed.

Description: Players line up at one end. Players skate straight backwards to the pylons carrying the ring with one hand on stick. Continue through the pylon course remembering to keep enough pressure on the stick.



All stationary passing drills may incorporate the following passes: forehand, sweep, backhand sweep, forehand flip, backhand flip, as well as a variety of receiving techniques.

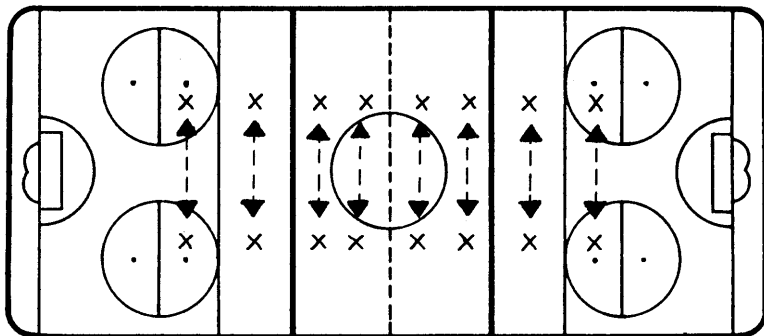
### 4.2 - STATIONARY PASSING/RECEIVING

#### 4.2.1 Partner Passing

Equipment: Rings are needed.

Description: Players line up as illustrated approximately 4m. apart. Each pair has a ring and practices passing it back and forth to their partner. The type of pass may be specified by the coach.

Variation: Both partners have rings which they pass simultaneously to each other.

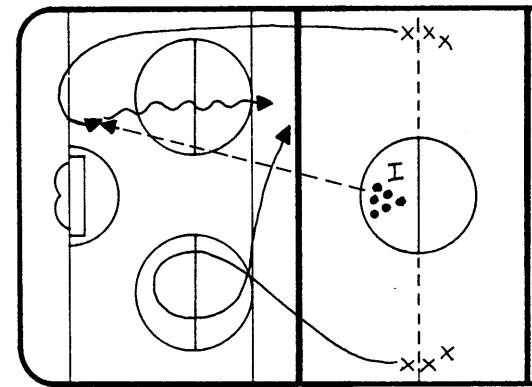


#### 6.4.5 On-the-Go Breakout

Equipment: None is required.

Description: Utilize both zones of the ice surface. The drill starts with only two players, one ring carrier plus one pass receiver. The coach shoots the ring into the end zone and the player closest to the ring becomes the passer, while the second player skates for an opening to receive the pass. Players rotate roles after each breakout. The coach must emphasize that both players should skate and break with the ring to create 'passing avenues' for one another. Players break from the centre red line.

Purpose: The objective of the on-the-go breakout is to gain possession of the ring in the centre zone.



### LEGEND

|   |                         |  |                   |
|---|-------------------------|--|-------------------|
| O | Offensive player        |  | Pivot             |
| Δ | Defensive player        |  | Pass              |
| G | Goaltender              |  | Shot              |
| D | Defence                 |  | Stick check       |
| C | Centre                  |  | Screen            |
| F | Forward                 |  | Pylon             |
| ● | Position of ring        |  | Instructor        |
|   | Forward skate           |  | Stationary player |
|   | Backward skate          |  | Stop              |
|   | Forward skate with ring |  |                   |



#### 6.4.4 High Centre Breakout

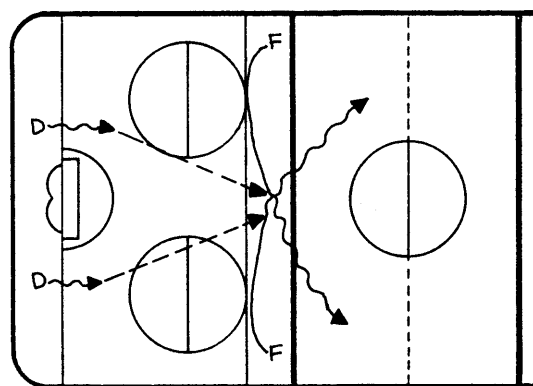
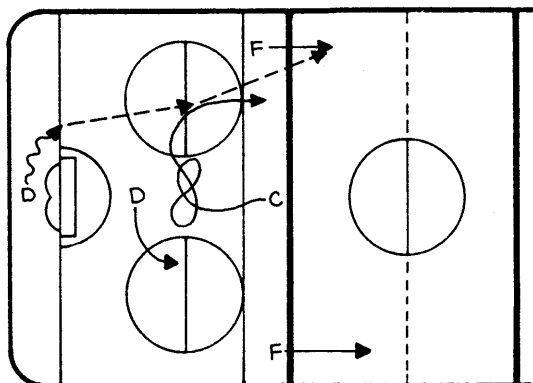
Equipment: None is needed.

Description: The coach should explain the pattern on chalkboard and walk players through the drill during on-ice demonstration. The breakout positions are identical for the forwards and defenders as in the "deep centre breakout". The exception is that the centre should attempt to skate at the proper angle to receive the pass and should also be able to quickly see the opposing defence.

Purpose: The objective of the high centre breakout is to gain possession of the ring in the centre zone.

Variations: #1 Use the same progression as in "deep centre breakout", by adding checkers to increase the pressure on the offensive players. Pressure should only be added when the players have developed adequate knowledge about the pattern and have had opportunity to work together as a unit. The coach can add variations (so can the players) if certain players are not open but the concept is to keep the pattern as simple as possible.

#2 Both ends may be used - alternate passes from one side of net to the other.

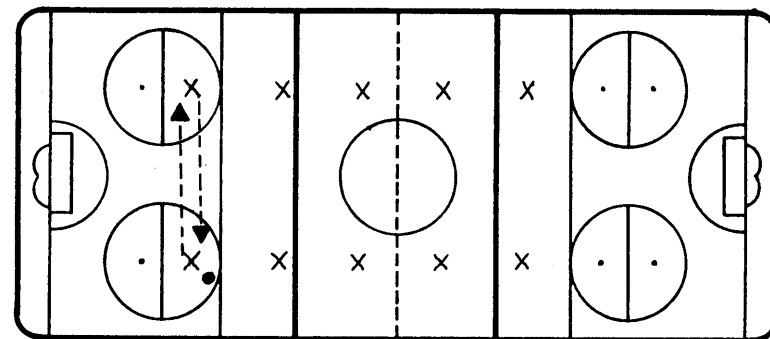


#### 4.2.2 Receiving

Equipment: Rings are needed.

Description: Players line up as illustrated. Each partner has a ring, and passes to their partner. Practice receiving the following ways:

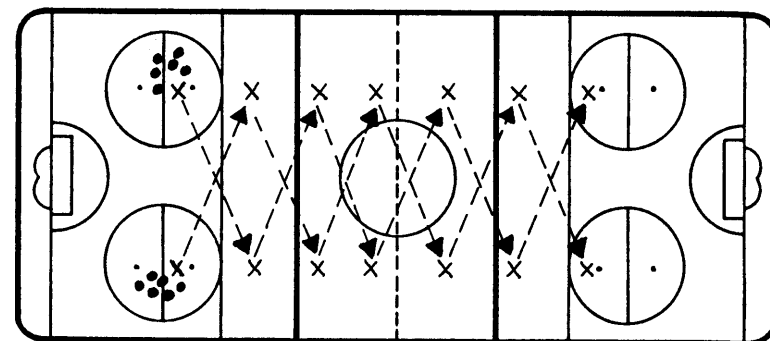
- 1) stick receiving
- 2) hand/glove receiving
- 3) side of stick on ice
- 4) skate blade.



#### 4.2.3 Diagonal Passing

Equipment: Rings are needed.

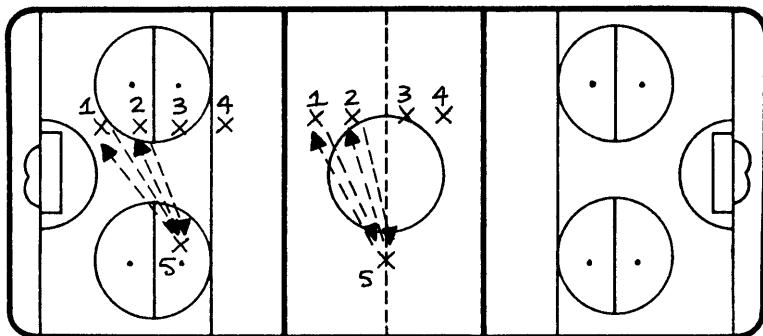
Description: Players line up as illustrated. Rings are placed at the end of one line. The player closest to the rings passes the ring to the player in the opposite line. That player receives the ring and passes to the second player in the opposite line. Players continue passing the ring back and forth down the line. After a brief pause, the first player passes another ring in the same manner. Repeat from the other end once all the rings have been passed through the drill.



#### 4.2.4 Pepper Passing

Equipment: Rings are required.

Description: Players line up as illustrated. Player 5 passes to Player 1 who passes quickly back. Then Player 5 passes to Player 2, who passes quickly back. This continues until Player 5 has passed to everyone twice. Then Player 5 replaces Player 1 in the line and Player 1 becomes the person at the front.

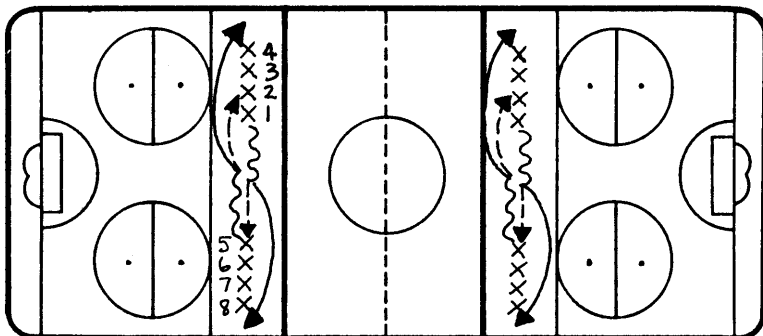


#### 4.2.5 Follow Your Pass

Equipment: Rings are required.

Description: Players line up facing each other. There should be no more than 4 players in each line. Player 1 passes to Player 5 and then skates behind Player 5's line. Player 5 passes to Player 2 and then follows that pass and joins Player 2's line, etc.

Variation: Players may be in a triangle with 3 lines or a box with four lines.



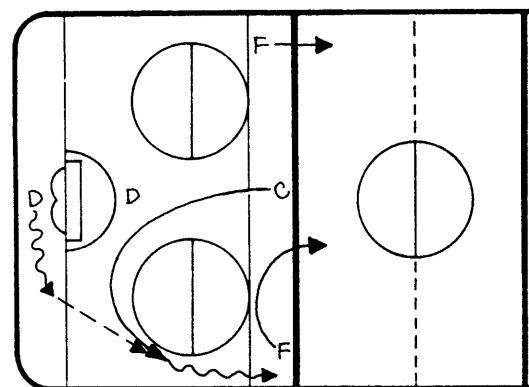
#### 6.4.3 Deep Centre Breakout

Equipment: None is required.

Description: This drill can be done using both ends of the ice surface. The coach should position players and walk through the drill pattern as the play progresses. Start the drill slowly and position all players as outlined in the diagram. The centre starts from centre ice at blue lines, and moves into either corner to swing and receive a pass from the defense behind the net. The right forward (in the diagram) breaks out and fills the centre ice position to accept a pass from the centre. The centre alternates going deep into each corner while the defence also alternate handling the ring behind the net.

Purpose: The objective of the deep centre breakout is to gain possession of the ring in the centre zone.

Variation: The players can start at the centre red line and have the coach shoot the ring into defensive zone. The players skate for their respective positions as quickly as possible. Add to this drill by using checkers and increasing the pressure on the offensive players.



Reminder: If all forwards are covered, the defense positioned in front of the net should move to the corner opposite to the centre's swing and be open for a pass.

## 6.4.2 Complex Breakout

Equipment: None is needed.

Description: Complex breakouts are generally fast breakouts and may consist of multiple passes, specific patterns, short and/or long passes, or multiple options.

### Example 1

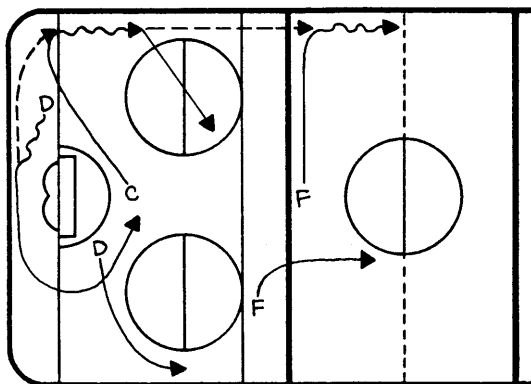
- Players crisscross in the neutral zone.
- The player not receiving the first pass breaks for the opposition's zone looking for second pass.
- The player making the second pass should not wait too long to pass, however as is the case for all good passes, it must be a controlled pass.
- The other players move down the ice as quickly as possible as the ring clears the zones.
- Normally the pass is to open ice.

### Example 2

- No crisscross takes place in the neutral zone.
- The player not receiving first pass breaks for the opposition's zone immediately.
- The player making the second pass should not wait too long to pass, however as is the case for all good passes, it must be a controlled pass.
- The other players move down the ice as quickly as possible as the ring clears the zones.
- Normally the pass is to open ice.

Purpose: The objective of the complex breakout is to advance the ring to the center and offensive zones.

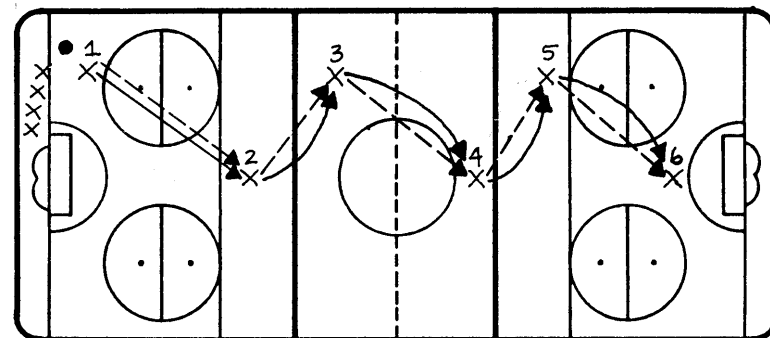
Variation: Experiment with various patterns to break the ring out of the defensive zone.



## 4.2.6 Zig Zag

Equipment: Rings are needed.

Description: Set up players as shown. The ring starts at Player 1. Player 1 passes to Player 2, then skates to the place where Player 2 was positioned while being ready to receive a pass from the next player in line. Player 2 passes to Player 3 and then skates to the position where Player 3 was again, ready to receive a pass. Players continue passing ahead to the next player and following their pass to a new position.

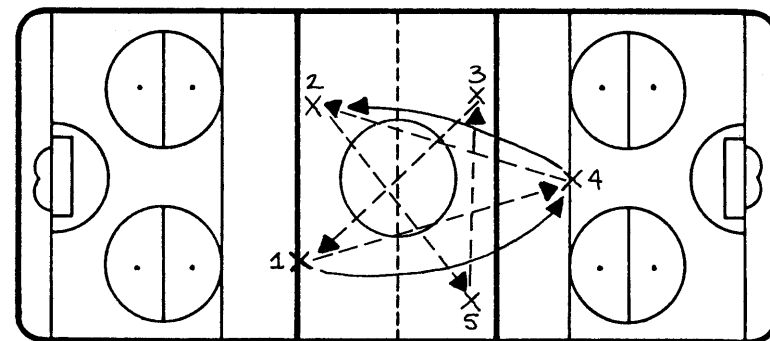


## 4.2.7 Star

Equipment: Rings are needed.

Description: Divide players into 5 groups and arrange in a circular fashion. Players pass across the circle in the pattern shown (forming a star). Player 1, to Player 4, Player 4 to Player 2, Player 2 to Player 5, Player 5 to Player 3, Player 3 back to Player 1.

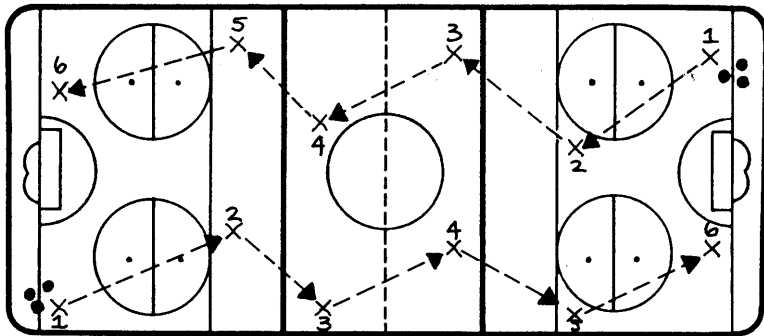
Variation: Add a second or third ring to the drill or have the players follow their pass when using one ring.



#### 4.2.8 “W” Passing

Equipment: Rings are required.

Description: Players are spread out in a “W” fashion as illustrated. While players are stationary, Player 1 begins passing a ring to Player 2. The ring continues through the W to the opposite end and back along the other side. Player 1 begins another ring when the previous ring reaches Player 3.

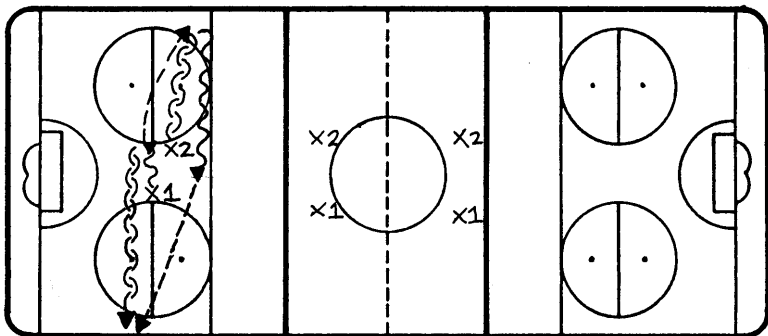


#### 4.3 - MOTION PASSING

##### 4.3.1 Back and Forth

Equipment: Rings are required - one for each pair.

Description: Players line up as shown approximately 4m. apart. On the whistle, Player 2 skates backward and Player 1 skates forward. Player 1 stops at the middle and makes a pass to Player 2. Player 2 stops, receives the ring and skates forward while Player 1 skates backward. Repeat the above and continue. Only do this drill for short periods of time with a rest period in between.



#### 6.4 - BREAKOUT PATTERNS

This is a concept of bringing the ring out of the defensive zone and moving it towards the opposition's zone in a predetermined manner.

##### 6.4.1 Simple Breakout

Equipment: None is needed.

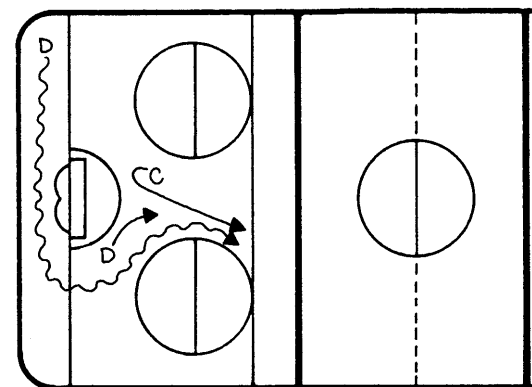
Description: Breakouts can be fast or controlled (i.e. quick long pass or short safe pass). Generally, the recipients of a short pass over the blue line should:

- be moving, not stationary
- move to open ice while eluding checkers.

Other players should also move up with the ring carrier and may receive a pass over the blue line. Don't leave a passer alone in their own defensive zone. One defender or centre should lay back until the ring is clear of the zone or until there is clear possession within the center zone. The passer should follow the play out of the zone.

Purpose: The objective of the simple breakout is to advance the ring to the center and offensive zones.

Variation: Experiment with various patterns to break the ring out of the defensive zone.



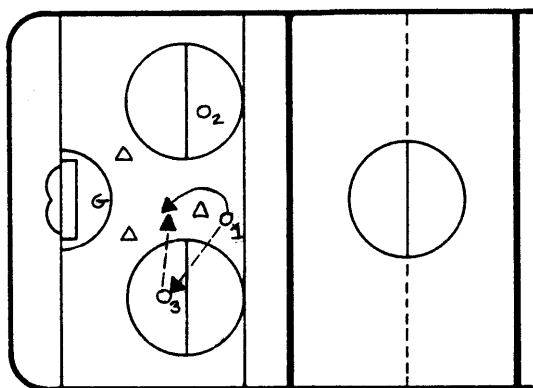
### 6.3.6 "T" Offense - Give and Go

Equipment: None is required.

Description: O1, the ringhandler at the top of the triangle, passes to the player on the left side(O3). The player at the top(O1) breaks behind the top of the defensive triangle to receive a quick pass from O3. O1 takes a shot on the net. O3 skates to the side of the net for a rebound or a pass from O1.

Purpose: The objective of the give and go is to catch the defence off guard and create a good scoring opportunity.

Variation: The passer may also use the player on the right side of the triangle(O2).



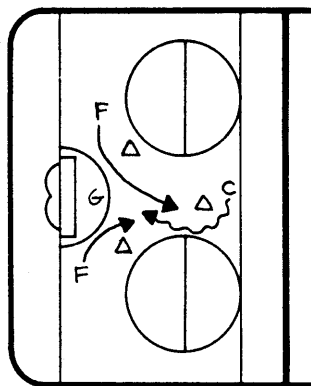
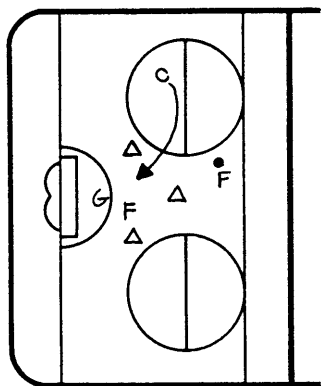
### 6.3.7 Screens

Equipment: None is required.

Description: Offensive players skate towards the net to block the view of the opposing goalkeeper.

Purpose: The objective of the screen is to shoot on goal while the goalkeepers view is obstructed.

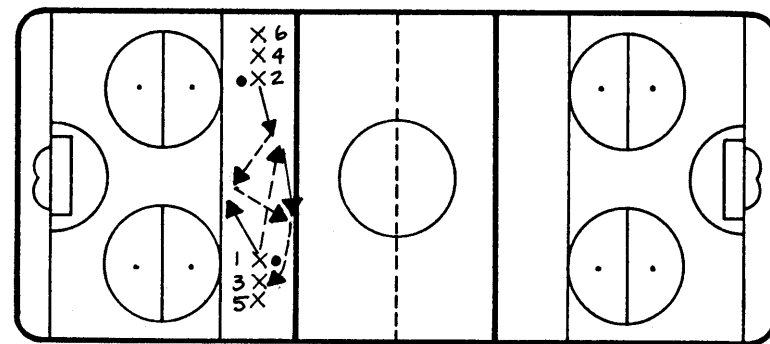
Variation: The shooter need not wait for a teammate to block the goalkeeper. A defender will also serve as a great screen.



### 4.3.2 Single Line

Equipment: Rings are needed.

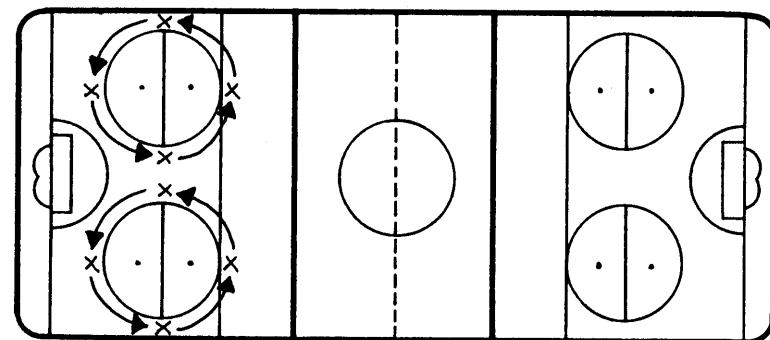
Description: This drill requires a large area in which to skate. Players line up in two lines facing each other. Player 2 skates forward and receives a pass from Player 1. Player 1 skates diagonally to the left and receives a pass back from Player 2. Player 2 moves past Player 1 and receives a pass back from Player 1 and passes ring to Player 3. Player 1 skates behind Player 6 and Player 2 behind Player 5. Player 3 starts the drill again passing to Player 4.



### 4.3.3 Pass Around the Circle

Equipment: Rings are needed.

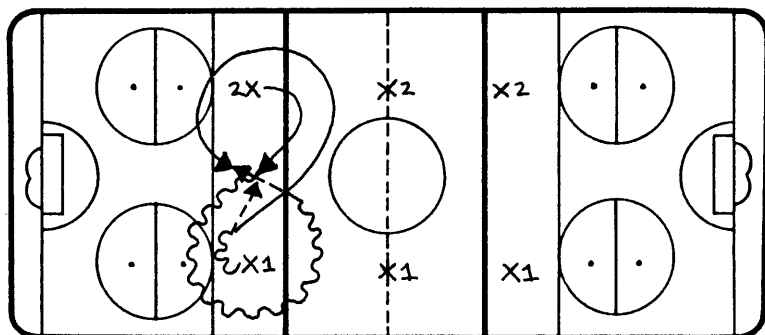
Description: While skating around a free pass circle, players pass to each other. Players must pass well ahead of the other player receiving the ring.



#### 4.3.4 Figure Eight

Equipment: Rings are required.

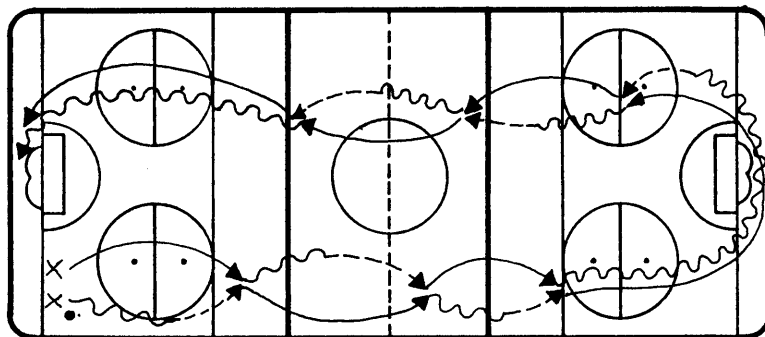
Description: Players face their partner approximately 10m. apart. Player 1 and Player 2 skate in a figure eight. Before they cross at the centre, Player 1 passes to Player 2. They continue to skate the figure eight, passing at the centre.



#### 4.3.5 Skating Partner Passing

Equipment: Rings are required.

Description: Players start at one end. Players skate around ice passing back and forth while skating together. Encourage players to make as many passes as possible.



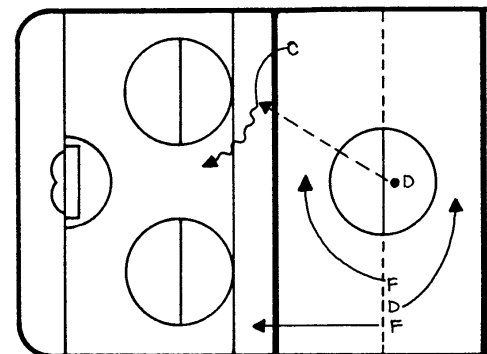
#### 6.3.4 High Risk Free Pass

Equipment: None is needed.

Description: This usually involves a long pass which is intended to create a breakaway shot on goal. These are sometimes used at the end of a period or as a desperation effort in order to score a goal.

Purpose: The main objective is to gain a high percentage scoring opportunity.

Variation: Experiment with numerous free pass patterns.



#### Offensive Triangle

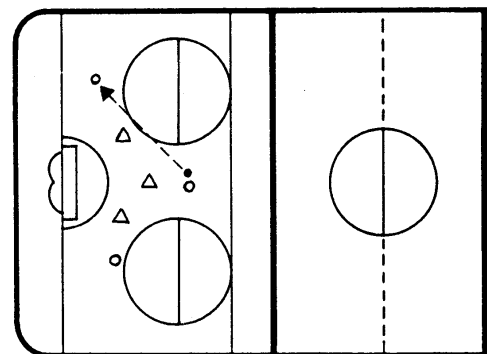
The objective of the offensive triangle is to penetrate the defensive area and attempt to score. Quick passes by the forwards in motion will create space. The forward player in the centre becomes the apex of the triangle. The two forwards to the left and right make up the base. Working "give and go" passes can be an effective method of forcing the defensive team into a mistake.

#### 6.3.5 Offensive Triangle ("T" Offense)

Equipment: None is needed.

Description: Offensive players simply pass the ring within a triangle formation while attempting to catch the defence off guard to create a scoring opportunity.

Purpose: The objective of the "T" offense is to set up for a drop pass or to catch the defence out of position. The biggest advantage of the "T" offense is that it can create two on one situations. Offensive players simply pass ring within triangle formation while attempting to catch defense off guard to venture a goal attempt.



Team Play - 7

### 6.3.2 Simple Free Pass

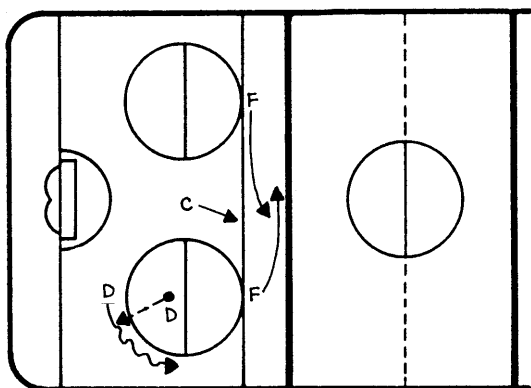
Equipment: None is required.

Description: This should be a short safe pass (for example):

- to a teammate close to the circle
- to the goalkeeper when in defensive zone
- behind the net to a teammate.

Purpose: The main objective is to retain possession of the ring.

Variation: Experiment with numerous free pass patterns.



### 6.3.3 Complex Free Pass

Equipment: None is needed.

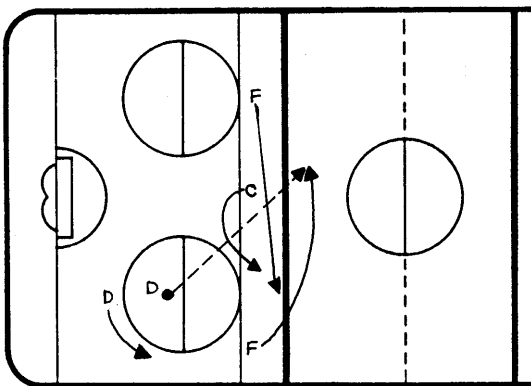
Description: This can be variety of short or long passes (for example):

- reverse movement at centre ice
- board deflection
- pass to the corner
- players have designated patterns to follow e.g. curl back.

These usually involve fakes or deception.

Purpose: The main objective is to retain possession of the ring.

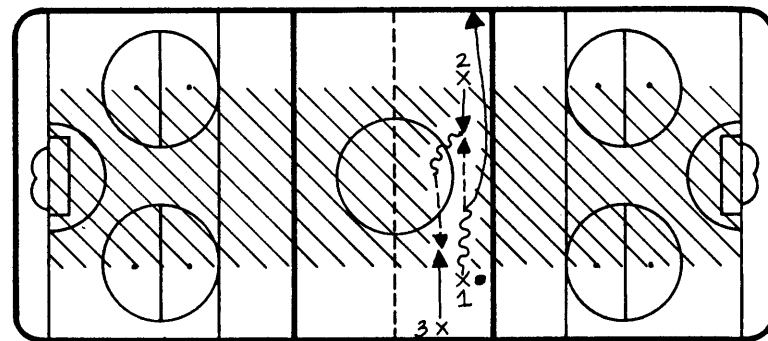
Variation: Experiment with numerous free pass patterns.



### 4.3.6 Head on Passing

Equipment: Rings are needed.

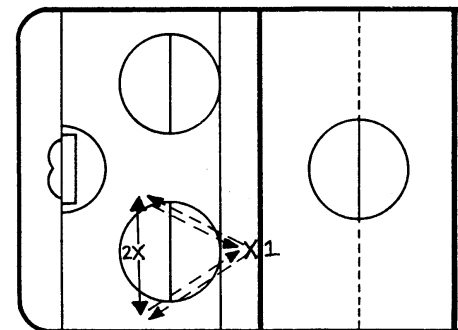
Description: Player 1 and Player 2 begin skating towards each other; Player 1 passes to Player 2. Player 2 receives the pass and then passes to Player 3 who is skating forward, etc. Once a pass is made, that player skates to the boards, touches them and then starts back. Make sure passes are made in the shaded area.



### 4.3.7 Stress Pass

Equipment: Rings are needed.

Description: Players are divided into pairs facing each other 2-3m. apart. One player remains stationary while the other skates 5m in either direction from starting position. Player 1 passes to Player 2 and receives a return pass. Player 2 stops and skates in the opposite direction and Player 1 repeats a pass. Each player does the drill for one minute. Change places and repeat the drill.



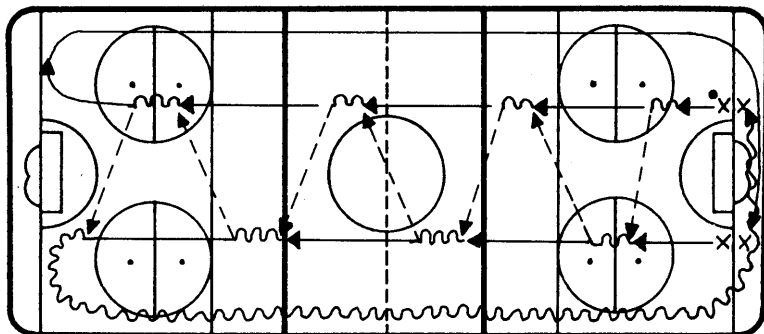
## 4.4 - LEAD PASSING

### 4.4.1 Lead Passing

Equipment: Rings are required.

Description: Players form 2 lines on either side of the goal crease. In pairs, they skate the length of the ice passing ring back and forth ahead of the receiver. The ring must be passed as soon as it is received. When reaching the other end, players return up the ice along boards and change lines.

Variation: Three lines may be used. Players may shoot on the net.

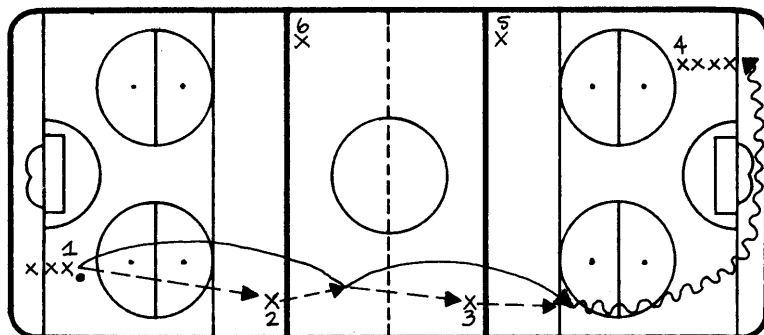


### 4.4.2 Give and Go

Equipment: Rings are required.

Description: Players line up in opposite corners of the ice. Stationary players are located as indicated. On the whistle, Player 1 passes to Player 2 and receives the pass back over the blue line from Player 2. Player 1 then passes to Player 3 and receives a pass over the second blue line. Player 1 then goes to the other line which has started the same drill down the opposite side of the ice.

Variation: Players may shoot on goal.



## 6.3 - OFFENSIVE STRATEGIES

### 6.3.1 Free Pass from Centre

Equipment: None

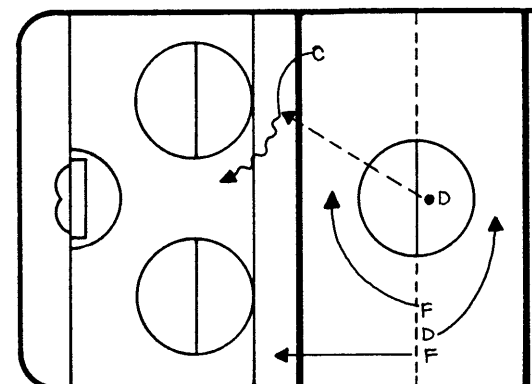
Description: There are various free pass plays ranging from simple and safe plays, to complex and perhaps high risk plays. Beginners should be taught one or two simple free pass plays, and should learn to execute them well. Advanced teams may work on a number of simple and complex free pass plays. The key to well executed free pass plays are:

- anticipation
- timing
- deception
- communication
- alternate or option plays
- discipline
- coverage of players
- practice.

Pass to a teammate outside of the circle, preferably one who is in motion. Move within the circle and do not rush the pass - five seconds to complete the pass is a 'long' time. Use fakes when possible.

Purpose: The main objective is to retain possession of the ring.

Variation: Experiment with numerous free pass patterns.





## Offensive Strategies

Offensive strategies involve gaining and retaining possession of the ring, and may include the following tactics:

- controlling and advancing the ring with the objective of scoring a goal. A good scoring opportunity should exist prior to a shot being taken, otherwise the team in possession runs the risk of needlessly losing the ring to the opposition.
- controlling possession of the ring to protect a lead, or to avoid losing control of the ring when short handed.

Many strategies are used, and new ones are continually being created as coaching development improves across the country.

For example in the areas of:

- free passes
- breakout patterns
- scoring plays.

Throughout this chapter when referring to drills the format will be as follows.

**Number and Name:** - will appear in bold type

**Equipment:** - indicates the equipment requirements over and above the properly equipped player.

**Description:** - a brief description of the drill.

**Purpose:** - a brief description of the purpose or intent of the drill.

**Variation:** - is a brief description of a similar drill using a different method.

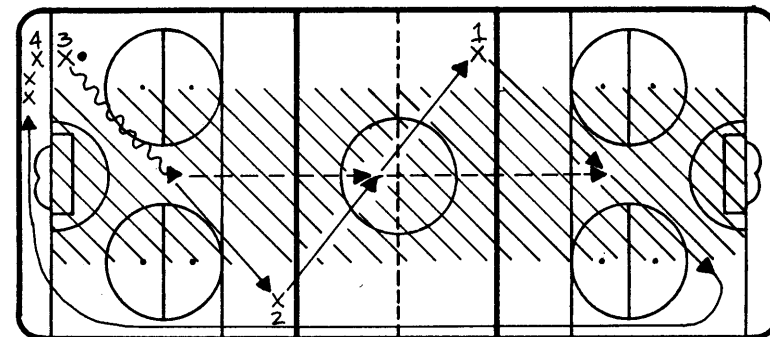
| LEGEND |                         |    |                   |
|--------|-------------------------|----|-------------------|
| O      | Offensive player        |    | Pivot             |
| Δ      | Defensive player        |    | Pass              |
| G      | Goaltender              |    | Shot              |
| D      | Defence                 |    | Stick check       |
| C      | Centre                  |    | Screen            |
| F      | Forward                 |    | Pylon             |
| ●      | Position of ring        | I  | Instructor        |
|        | Forward skate           | X  | Stationary player |
|        | Backward skate          | II | Stop              |
|        | Forward skate with ring |    |                   |

## 4.4.3 Skating Zigzag

**Equipment:** Rings/Pylons are needed.

**Description:** The shaded area is the passing area. Player 1 and Player 2 are at the blue line as shown. Player 3 starts with the ring and skates towards Player 2. Player 3 passes the ring straight up the centre where Player 2 receives it. Player 2 passes to Player 1 who skates to the corner and returns along the boards to the starting position. Player 3 replaces Player 2, and Player 2 replaces Player 1. Player 4 now begins the drill. Players may shoot on goal.

**Variation:**

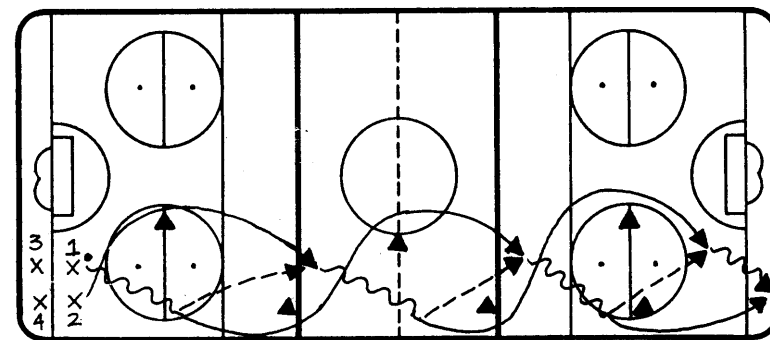


## 4.4.4 Pass and Cross

**Equipment:** Rings/Pylons are needed.

**Description:** Pylons are set up as illustrated. Player 1 starts with the ring. Player 2 skates in front of Player 1, around the pylon and skates across the blue line. Player 1 passes to Player 2 over the blue line. Player 2 and Player 1 continue around the pylons on the blue line and those at centre ice, until across the second blue line. Player 2 passes to Player 1 over the blue line. Both players cross and skate around pylons while Player 1 passes back to Player 2. Continue down the other side. Passes must be made between pylons as shown and over the blue line.

**Variation:** Players may shoot on goal.

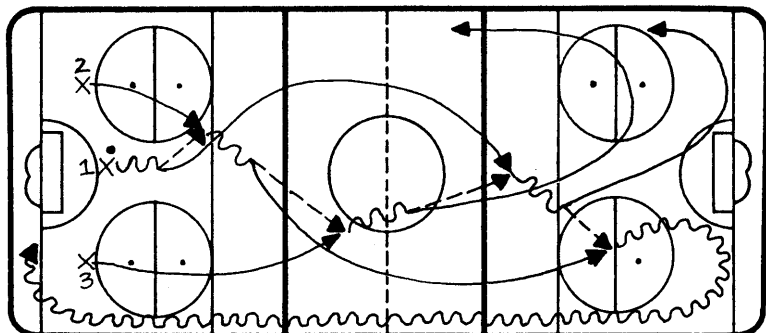


#### 4.4.5 Weave

Equipment: Rings are required.

Description: Players line up in 3 lines at one end. Player 1 starts with the ring. Player 1 passes to Player 2 who is skating towards the centre of the ice. Player 1 skates behind Player 2 but angles in towards the centre of the ice. Player 2 continues to skate and passes to Player 3. Player 2 goes behind Player 3. Player 3 passes to Player 1, and goes behind Player 1, etc.

Variation: Players may shoot on goal.

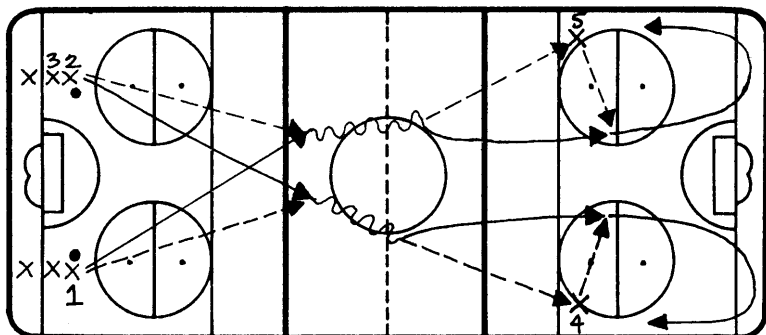


#### 4.4.6 Diagonal Pass and Skate

Equipment: Rings are required

Description: Players line up in 2 lines. Player 1 has the ring. Player 2 skates across the blue line and receives a pass from Player 1. Player 2 passes ring to Player 5, skates across blue line and receives pass back from Player 5. Player 2 curls behind goal line and goes back along boards to the start. Meanwhile Player 1 skates out and receives a pass from Player 3, etc.

Variation: Players may shoot on goal.



## 6.2 - OFFENSIVE RINGETTE

### Positional Play

All players should be able to play every position, because most skills are required for playing any position on the ice. Players should be strong skaters, accurate passers and shooters, and good pass receivers. Players must be taught to check and anticipate the play.

#### The Centre

The centre is primarily a pivot player (i.e. a player around which offense and defensive roles revolve). The centre should try to be ahead or as near the play as possible as it moves up and down the ice. Skating skills are essential because this player plays on the entire ice surface. Moreover, because many plays begin in the defensive zone, quick reaction time will assist in gaining possession of the ring.

#### Forwards

Although the forwards are free to skate the whole width of the ice, they should be taught that their primary responsibility is their own side of the ice. Forwards should be taught to cover the opposing defence when the ring is in their own end zone. This "sets up" the defence in case the play is converted to offence. One of the forward's most important tasks is to draw the opponent out of the play or out of position, and by so doing, assist teammates in gaining an advantageous position to score. Forwards also serve an important function through checking in the neutral and offensive zone.

#### The Defence

The position of the defence during offensive play depends largely on the location of the ring, and the opponent's style of play. For example, one of the defence players may initiate a breakout play. While this player is either skating with the ring or initiating a passing play, the other defence player should remain slightly behind in case of a turnover. At all times, one defence player should remain between the goal and the nearest opponent. Should the style of play of the opposing team be to plant a forward near the goal, one defender will also have to stay back. The other defender should be beyond centre ice intercepting passes, setting up plays, etc. for the forwards and centre.

#### The Goalkeeper

The goalkeeper plays a very significant part in team play. When the ring is in the defensive zone, the goalkeeper is often in the best position to monitor the play in front and give instructions to her teammates.

Furthermore, when the goalkeeper gets the ring, there is a crucial offensive role to play. Clearing breakout plays and free pass plays in the defensive zone should involve the goalkeeper from the outset.

This chapter will discuss the general strategies as indicated below:

| DEFENSIVE STRATEGIES   | OFFENSIVE STRATEGIES   | TRANSITION STRATEGIES  |
|--|--|--|
| <b>BASIC</b> <ul style="list-style-type: none"> <li>- One on One</li> <li>- Zone</li> <li>- Combination</li> </ul>   | <b>FREE PASS</b> <ul style="list-style-type: none"> <li>- Passing</li> <li>- Receiving</li> <li>- Simple</li> <li>- Complex</li> <li>- High Risk</li> </ul>  | <b>CHANGING LINES</b>  |
| <b>PASSIVE</b> <ul style="list-style-type: none"> <li>- Triangle</li> <li>- Inverted</li> <li>- Wall</li> <li>- Line</li> </ul>  | <b>PASSING</b> <ul style="list-style-type: none"> <li>- Short</li> <li>- Long</li> <li>- Drop</li> <li>- Fake</li> </ul>   | <b>FAST TRANSITIONS</b>  |
| <b>AGGRESSIVE</b> <ul style="list-style-type: none"> <li>- Ice Cutting</li> <li>- Multiple Attackers</li> <li>- Forechecking</li> <li>- Backchecking</li> <li>- Movable "T"</li> </ul> | <b>OFFENSIVE OPTIONS</b> <ul style="list-style-type: none"> <li>- Total Ice</li> <li>- Triple Threat</li> <li>- Attacking the Triangle</li> <li>- Shooting</li> <li>- Screens</li> <li>- Pressuring Opposition</li> <li>- Outnumbering Defence</li> <li>- Aggressive</li> <li>- Picks</li> </ul> | <b>BREAKOUTS</b> <ul style="list-style-type: none"> <li>- Simple</li> <li>- Complex</li> </ul> |
| <b>INTERCEPTING PASSES</b> <ul style="list-style-type: none"> <li>- Defensive Zone</li> <li>- Neutral Zone</li> <li>- Defensive Zone</li> </ul>  |  | <b>PENALTY AVOIDANCE</b>   |
| <b>SHORT HANDED</b>  | <b>POWER PLAYS</b>   |  |

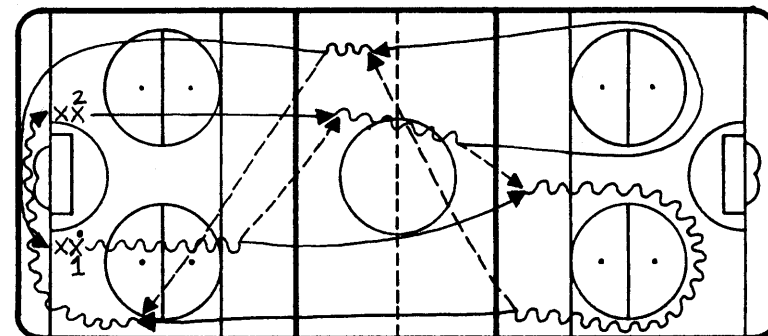
The table above provides a list of defensive, offensive, and other strategies that are commonly employed in the playing of Ringette.

The purpose of listing these strategies is to provide some insight and a basis on which to build strategies of your design. It is by no means an all inclusive list of options, as the strategies employed, and the team's ability to execute them, depend to a large extent on the age and calibre of player and the ingenuity of the coaching staff.

#### 4.4.7 Long and Short Pass

Equipment: Rings are needed.

Description: Players line up in two lines on either side of the crease. The first pair skate down the ice making short passes to each other across the blue lines. At the end, players turn at the free pass circles making rink wide passes back to the start. Change lines.

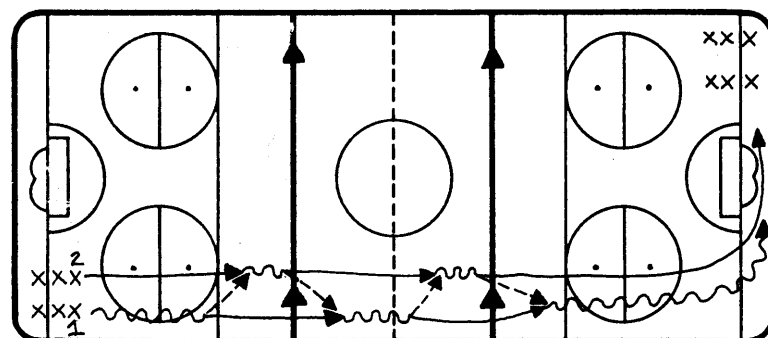


#### 4.4.8 Pylon Lead Passing

Equipment: Rings/Pylons are needed.

Description: Players line up in two lines at opposite corners. Pylons are placed before all blue lines. Player 1 skates with ring toward the first pylon, and makes a short pass to Player 2. Player 2 passes back to Player 1, once Player 1 is across the blue line. Repeat at the next blue line. Once players reach the opposite end they repeat the drill down the opposite side.

Variation: Players may shoot on goal.

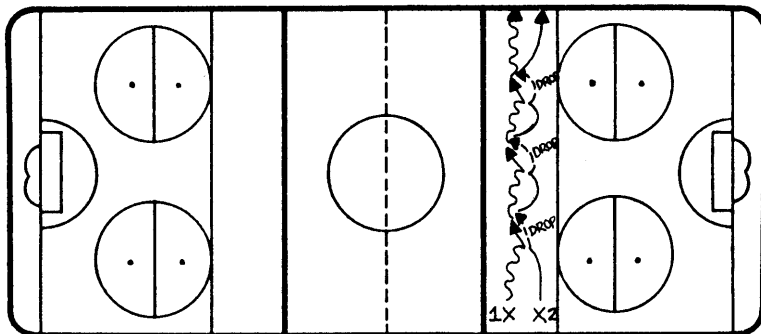


## 4.5 - DROP PASS

### 4.5.1 One Player Following the Other

Equipment: Rings are required.

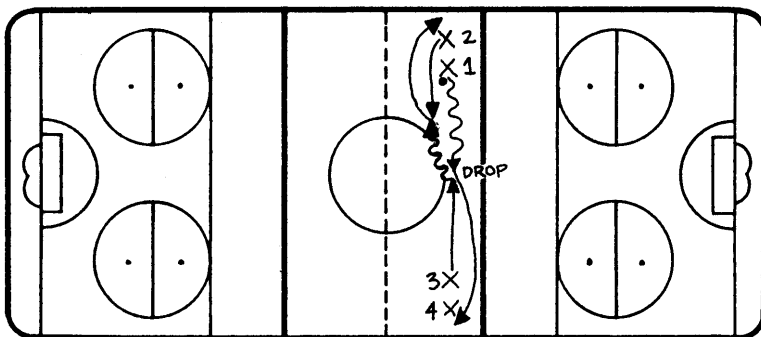
Description: Players line up with a partner along the side boards, one in front of the other. Player 1 and Player 2 skate forward. Player 1 drops ring to Player 2. Player 2 passes ring up to Player 1 who drops it again. Continue across the ice and back. Alternate the ring carriers.



### 4.5.2 Straight On Drop

Equipment: Rings are required.

Description: Players line up in two lines facing each other. Player 1 skates towards Player 3, drops the ring, and skates behind the opposite line. Player 3 skates towards Player 2 and drops the ring. Continue through each line and repeat several times.



## Chapter 6

## DRILLS FOR DEVELOPING TEAM PLAY SKILLS

### 6.1 - GENERAL

“Strategy is the science of planning and directing an operation.”

Strategies employed and taught to players can range between very simple and extremely complex. Generally, the teaching of various degrees of strategies will vary with the age or experience of the players and/or the level of play.

|              |                       |             |
|--------------|-----------------------|-------------|
| House League | Level of Play         | Competitive |
| Simple       | Degree of Difficulty  | Complex     |
| Young        | Player Age/Experience | Older       |

Strategies employ both offensive and defensive techniques, and can be aggressive or passive. The technique employed may depend on influencing factors such as penalties, time remaining in a game, and the score. It goes without saying that the team with the ring controls the play.

For a more detailed discussion of aspects of team play and strategies obtain a copy of the Ringette Development Model from your provincial Ringette association or Ringette Canada.

### LEGEND

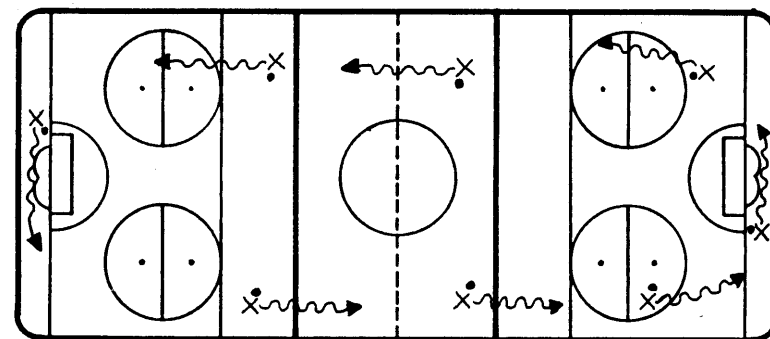
|   |                         |    |                   |
|---|-------------------------|----|-------------------|
| O | Offensive player        |    | Pivot             |
| A | Defensive player        |    | Pass              |
| G | Goaltender              |    | Shot              |
| D | Defence                 |    | Stick check       |
| C | Centre                  |    | Screen            |
| F | Forward                 |    | Pylon             |
| ● | Position of ring        | I  | Instructor        |
|   | Forward skate           | X  | Stationary player |
|   | Backward skate          | II | Stop              |
|   | Forward skate with ring |    |                   |

#### 4.5.3 Drop Pass Around Ice

Equipment: Rings are needed.

Description: Players each have a ring and spread out around the ice surface. Players skate in one direction and on the whistle, drop their ring and skate hard to pick up the next ring. Repeat on each whistle. Encourage a fast sprint to the next ring.

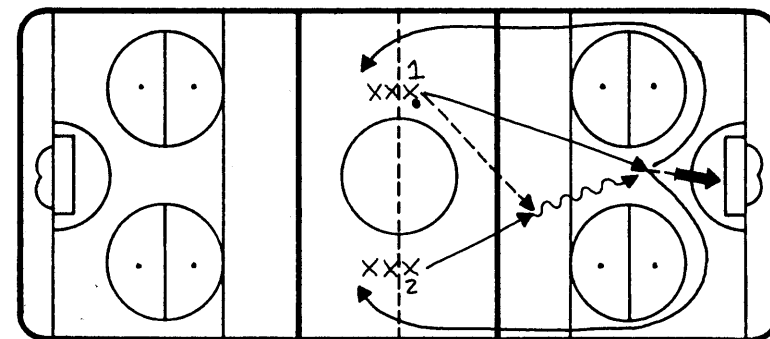
Variation: Players drop their ring, stop, change direction, and skate hard to pick up the next ring. Repeat on each whistle.



#### 4.5.4 Drop Pass With Shot

Equipment: Rings are needed.

Description: Players form two lines facing the goal. Player 1 passes across the blue line to Player 2. Player 2 skates toward the goal and drops the ring in front. Player 1 who is skating close behind picks up ring and shoots. Players skate back to the beginning along boards. Alternate lines.



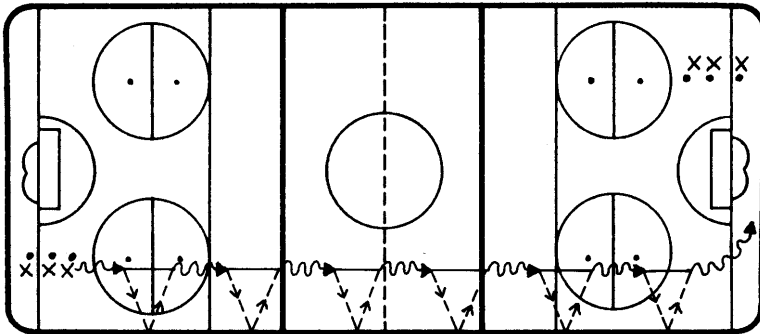
## 4.6 - USE OF BOARDS

### 4.6.1 Board Passing

Equipment: Rings are needed.

Description: Players line up in opposite corners of the rink. Each player has a ring. Players skate around the ice surface passing to themselves by rebounding the ring off the boards.

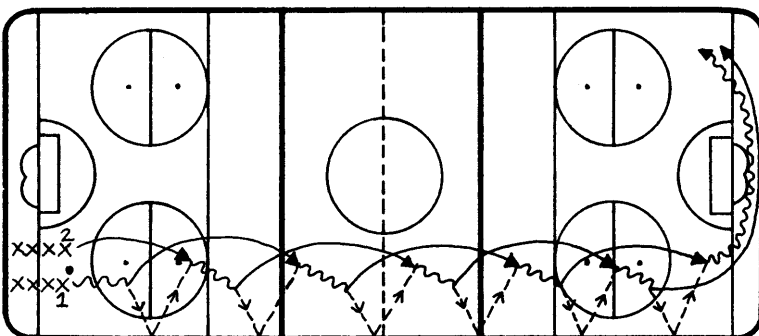
Variation: Pylons may be placed 1m. from boards for players to pass around.



### 4.6.2 Partner Board Passing

Equipment: Rings are needed.

Description: Players line up at one end of the ice in two lines. One player has a ring. Player 2 skates ahead of Player 1. Player 1 passes off the boards to Player 2. Player 1 skates around Player 2 to get ahead to receive the ring. Once Player 1 is ahead, Player 2 will pass to Player 1, off the boards. Repeat while skating around the ice.



## 5.5 - CATCHING AND THROWING

### 5.5.1 Frisbee Throw

Equipment: One frisbee for every two goalkeepers is needed.

Description: In partners, goalkeepers pass the frisbee back and forth, working on proper throwing technique and accuracy. Then the drill is repeated using rings in place of the frisbees, but following the same technique.

Variation: Goalkeepers throw rings along the ice to pylons or other targets for accuracy.

### 5.5.2 Catch and Throw

Equipment: A shooter with one to five rings is required for every goalkeeper.

Description: With the shooter in the slot and the goalkeeper in the crease, the shooter takes light flip shots. The goalkeeper catches the ring with the glove hand and then throws it, on the ice, back to the shooter. Have the shooter move around providing the goalkeeper with a good target.

Any of the shooting drills which provide the goalkeeper with many shots in succession are excellent for developing goalkeeping skills. When training goalkeepers, it is important to stress technique early in their development. Once good technique is established, rapid succession shooting drills will improve reaction time. It is important that goalkeepers develop a good balance between reaction time (reflexes) and technique (skills).

Variations can be added to the shooting drills to work on specific goalkeeping skills. For example:

- 1) doing the drill without a stick to work on using the feet and upper body more
- 2) dropping into butterfly position between each shot
- 3) moving back to hug the post between shots
- 4) for longer time periods between shots - shuffle to the boards and back, telescope out to the free play line and retreat, do a slide save and stack the pads to each side, or slide the stick over to the boards then go pick it up and get back into position.

There are many constructive practice drills a goalkeeper can do while the skaters are working on something that doesn't involve shooting, and even during scrimmages, which can help to develop skills at a faster rate. All it takes is a little creativity and pre-planning by the instructor or coach with a quick explanation and some encouragement for the goalkeeper.

### 5.3.2 Stick Handling

- Equipment:** Twelve to fourteen pylons and one ring per goalkeeper are needed.
- Description:** Set up the pylons in a zig zag oval shaped course with enough room between each for the goalkeepers to weave in and out. While skating through the pylon course, the goalkeeper's stick handles the ring "hockey style".
- Variation:** The goalkeeper can also go through the course, staying in the basic stance and just guiding the ring around the pylons.

## 5.4 - CREASE ORIENTATION - ANGLES AND POSTS

### 5.4.1 Rope Angles

- Equipment:** A 45 - 50 foot long rope (or two ropes approximately 20 - 25 feet in length) are needed.
- Description:** Tie one end of the rope to each top corner of the goal where the post meets the crossbar. With the goalkeeper standing in the crease, the coach takes the middle of the rope and goes out into the slot until the rope becomes taut, forming a triangle. Imagine the point of the triangle as where the ring is and have the goalkeeper adjust position to be in the middle between the ropes and out far enough to touch the ropes on each side. The coach can then move to either side of the slot with the rope, and have the goalkeeper adjust again.
- Variation:** It is also good for the goalkeepers to see the rope angles from the point of view of the shooter (the point of the triangle).

### 5.4.2 Find and Hug Posts

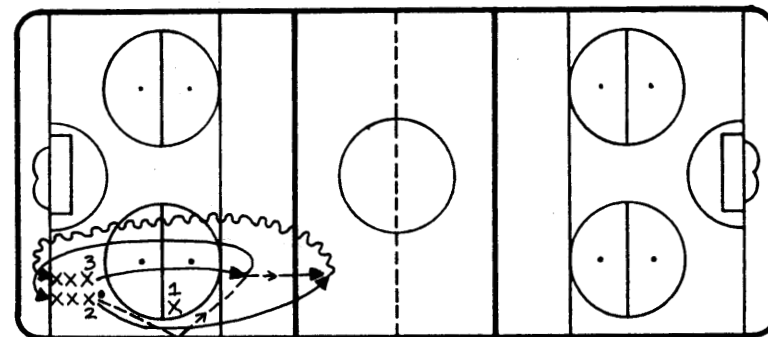
- Equipment:** None is required.
- Description:** The goalkeeper starts at the top of the crease. While always facing forward (not looking at posts), the goalkeeper slowly backs in to the net finding a post on either side. The goalkeeper then hugs the post. Have the goalkeeper practice the move on both sides of the net.

### 5.4.3 Random Path

- Equipment:** One shooter with a ring for each goalkeeper is required.
- Description:** The shooter takes the ring and follows a random path moving slowly around the front, sides, and behind the net. The goalkeeper follows the shooter being conscious of position, angles, finding and hugging posts. The shooter may take a shot at any time along the path, and then continue.

### 4.6.3 2 vs. 1 Board Pass

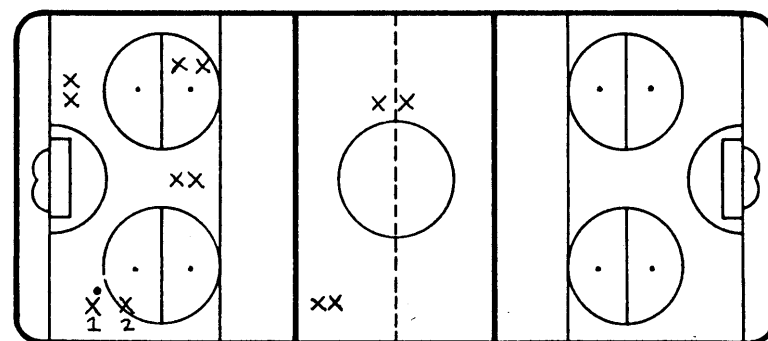
- Equipment:** Rings are required.
- Description:** Players divide into 4 groups of three around the ice. Player 1 stands stationary 1m. from the boards. Player 2 passes to Player 3 off the boards around Player 1 while Player 1 attempts to stop the pass. Player 2 follows up over the blue line to receive the pass back. Player 2 goes behind Player 3's line and vice versa. Remember to rotate the stationary player.



## 4.7 - SIDE STICK CHECK

### 4.7.1 Standing Position

- Equipment:** Rings are required.
- Description:** Players are paired up and stand in their own space. Player 1 has the ring and Player 2 checks under the stick. The ring carrier keeps one foot stationary and may pivot around to make the check difficult. Change places.

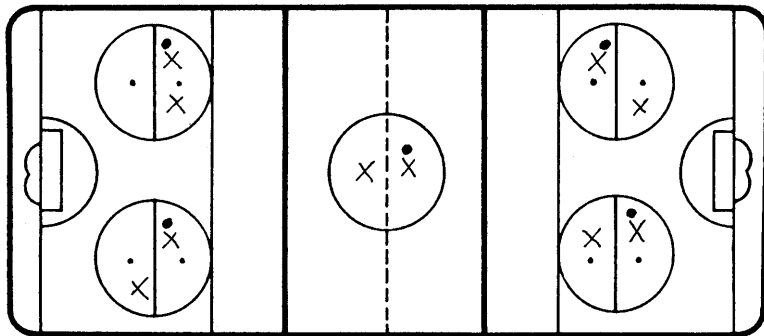


#### 4.7.2 Confined Area

Equipment: Rings are needed.

Description: Players are paired up and sent to a free pass circle. One player is the ring carrier and the other the checker. Players practice checking each other while staying in the designated area. Concentrate on technique. Change places.

Variation: Have 2 checkers and 2 ring carriers in one circle. Checkers may check either player.

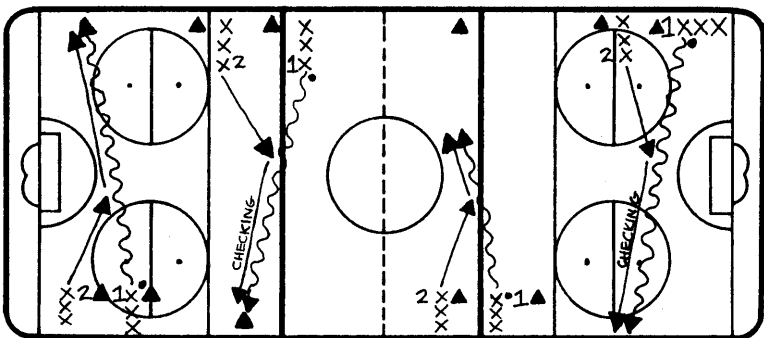


#### 4.7.3 Straight Line

Equipment: Rings are needed.

Description: Players are paired up along the side board. Player 1 has the ring and skates towards the opposite boards with the ring out in front. Player 2 side checks while in stride with Player 1. Switch at the opposite boards.

Variation: Have two checkers for each ring carrier.



#### 5.2.5 Centre the Line

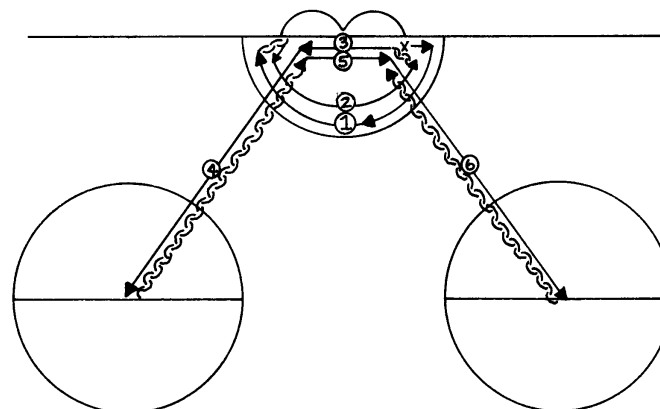
Equipment: None are required.

Description: Goalkeepers practice telescoping and retreating along the blue line - centering their body over the line, all the while being conscious of the ice and feet, but keeping the head up.

#### 5.2.6 Combo

Equipment: None are needed.

Description: The goalkeeper starts the drill hugging the left post. Using shuffle steps, move along the blue crease line to the right and hug the right post. Then shuffle along the crease to the left back to the starting position. Then execute a T-push or one shuffle step straight across to the other post. Continue by telescoping forward to the centre of the free pass circle on the right and retreating to the post. Then T-push to the left straight across to the post. Finish by telescoping to the centre of the other circle and retreating to the post.



### 5.3 - STICK TECHNIQUES

#### 5.3.1 One to One

Equipment: A net or two pylons and five rings to every goalkeeper are needed.

Description: With one shooter for every goalkeeper, the shooter stands in the slot and shoots rings at the goalkeeper who practices the following.

- Variations:
- Cushioning - the shot comes at the stick on the ice and the goalkeeper cushions the ring to keep it in the crease.
  - Deflecting - the shot comes on the ice to either side of the goalkeeper and the stick is used to deflect the ring to the corners.
  - Clearing - the shot comes on the ice and the goalkeeper stops it then uses the stick to clear it to a specific target.



## 5.2 - MOBILITY

### 5.2.1 Mirror

Equipment: None is required.

Description: Goalkeepers line up, spread out, and face the instructor/coach who leads the drill, either by doing the actions or by pointing and calling out the actions. The goalkeepers follow the moves - shuffles and T-pushes to both sides, telescoping and retreating, and going down and getting back up into the basic stance. More advanced players can also do slides to the sides, butterfly drops, and toe kicks.

Variation: The drill can also be done with two goalkeepers, one leading and one following.

### 5.2.2 Solo Skip

Equipment: One skipping rope is needed for every goalkeeper.

Description: Goalkeepers skip in full equipment (without a stick). Practice landing in a good stance. Try one foot skipping too.

### 5.2.3 Hop the Rope

Equipment: One skipping rope or long rope is required for every two goalkeepers.

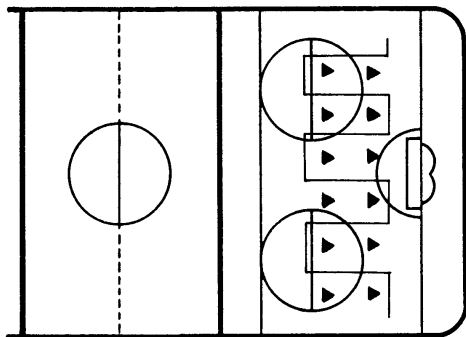
Description: In partners, one goalkeeper is the rope turner, holds on to one end and turns the rope in a circle keeping one end on the ice. (This can be done by turning the whole body or by using a lasso style to avoid dizziness.) The other goalkeeper hops over the rope as it comes by, landing in a good stance each time. Then the goalkeeper can try one foot hops.

Variation: Once proficient at that, the skipper can try to drop to her knees and then get back up again in between skips.

### 5.2.4 Pylon Course

Equipment: Approximately 12 pylons are required.

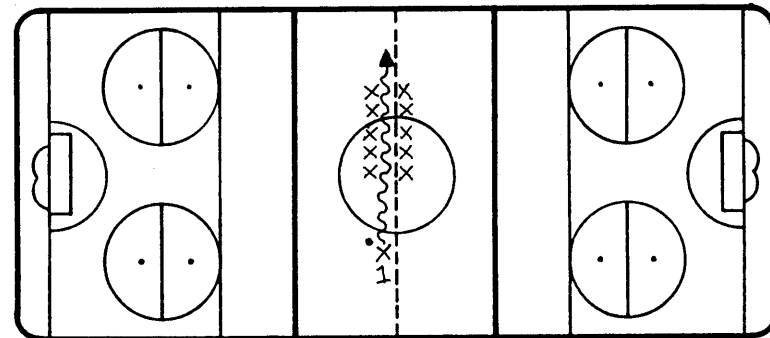
Description: Set up the pylons in two parallel lines about 3 meters apart. Goalkeepers start at one end and go through the pylons in a zig zag pattern with the instructor specifying which actions (shuffle right, telescope forward, T-push left, etc.) are to be done while completing the course.



### 4.7.4 Alley

Equipment: Rings are required.

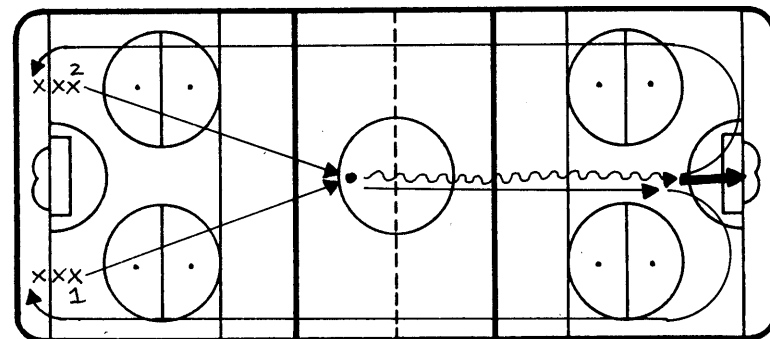
Description: Players line up in two lines facing each other. Player 1 carries the ring and skates through the alley. Stationary players check the ring carrier. (Each is only allowed one check.)



### 4.7.5 Chase

Equipment: Rings are required.

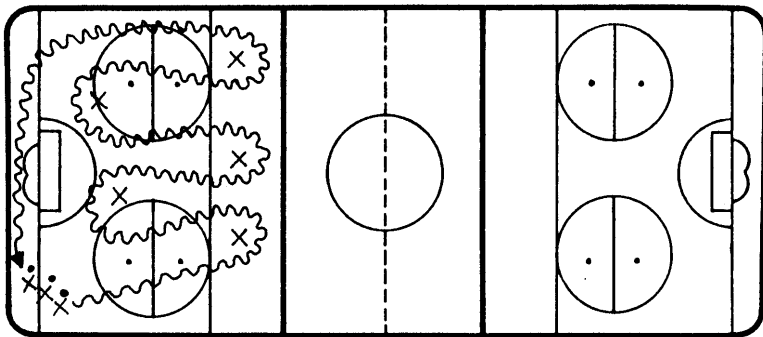
Description: Players form two lines on either side of the crease. Place one ring at centre ice. On the whistle, Player 1 and Player 2 race to the ring at centre ice. Whoever reaches the ring first is the ring carrier. This player continues skating toward the goal to shoot. The other player tries to check the ring carrier. Players return to the beginning along the boards. Players should be travelling in the same direction for safety reasons.



#### 4.7.6 Human Checking Pylons

Equipment: Rings are needed.

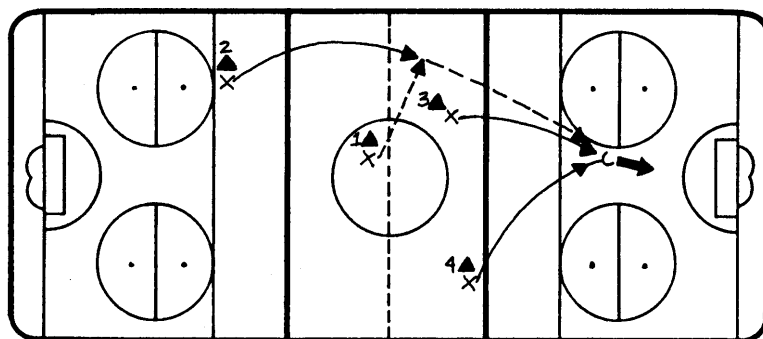
Description: Players skate through the course carrying a ring. Other players act as "pylons". Pylons try to check ring carriers but cannot chase them. Rotate players evenly.



#### 4.7.7 Follow Your Pass Checking

Equipment: Rings/Pylons are needed.

Description: Players line up as illustrated. Player 1 passes to Player 2. Player 2 immediately passes to Player 3 who will attempt to shoot on net. Player 4 tries to check Player 3 and prevent the shot. Player 4 goes behind Player 1, Player 1 to Player 2, Player 2 to Player 3, and Player 3 to Player 4. This drill is to be done in a continuous movement and passes are made to open space.



## Chapter 5

### DRILLS TO DEVELOP GOALKEEPING SKILLS

Goalkeepers play a key role in the success of any Ringette team. An accomplished goalkeeper is a good skater; possesses many qualities including good mobility and agility; and demonstrates good skills in ring control, positioning and anticipation. Goalkeepers must also be alert, quick, good communicators and team motivators. The following drills are intended to develop goalkeeping skills and can be modified according to the needs of the goalkeeper.

Throughout this chapter when referring to drills the format will be as follows.

- Number and Name:** - will appear in bold type.  
**Equipment:** - indicates the equipment requirements over and above the properly equipped goalkeeper.  
**Description:** - is a brief description of the drill.  
**Variation:** - is a brief description of a similar drill using a different method.

#### 5.1 - BASIC STANCE

##### 5.1.1 Dive

Equipment: None is required.

Description: Assume a proper goalkeeping stance. Take a few skating strides and dive to the ice. Get back up into stance as quickly as possible.

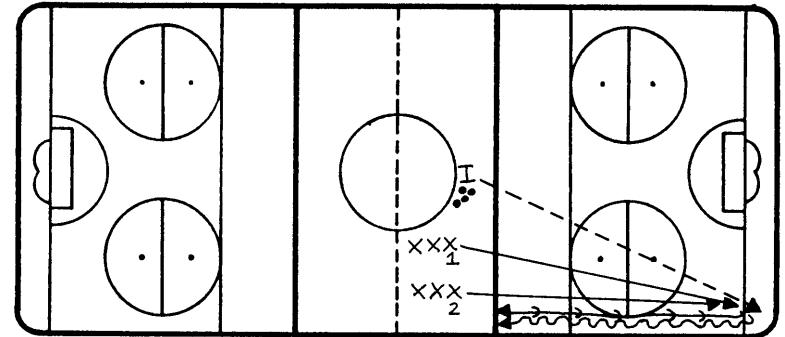
Variation: Repeat the drill dropping the stick as well. Retrieve the stick and get back into the stance.



#### 4.7.8 1 on 1 Corners

Equipment: Rings are required.

Description: Players form two lines at the blue line. The instructor shoots the ring into the corner. Both Player 1 and Player 2 race to get the ring. The player who reaches the ring first is to carry it back to the blue line. The other player checks the ring carrier on the way back. Caution should be taken by the instructor to ensure that the players hold their stick across their body to avoid spearing themselves accidentally.

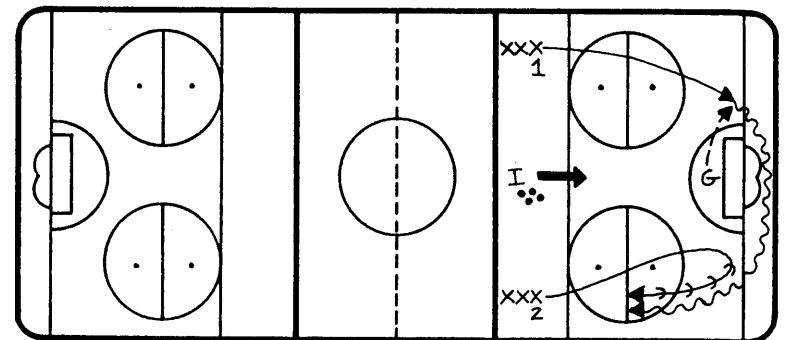


#### 4.7.9 Angle Checking

Equipment: Rings are required.

Description: Players form two lines on either side of the ice. The instructor takes a shot on goal. The goalkeeper tosses the ring to Player 1, who continues around the net. Player 2 skates at an angle, and checks the ring carrier out to the free pass circle. Alternate lines.

Variation: Add one more line for double teaming.

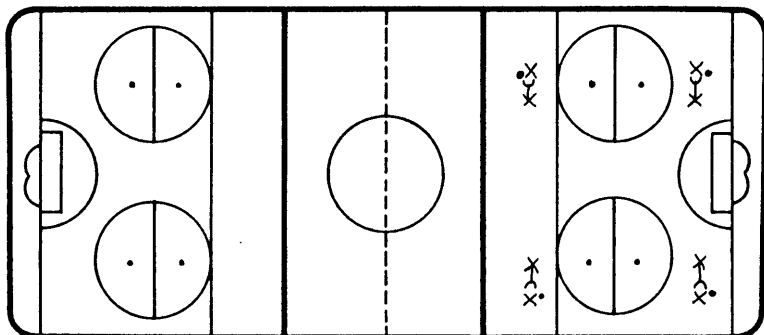


## 4.8 - SWEEP CHECK

### 4.8.1 Stationary Sweep Check

Equipment: Rings are needed.

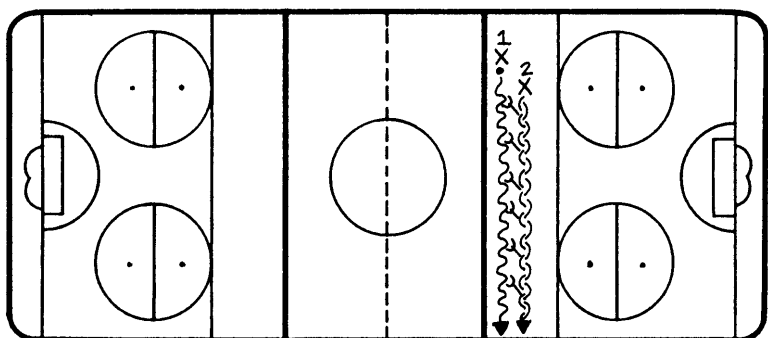
Description: Players stand one stick length from their partner and practice the motion of sweep checking each other.



### 4.8.2 Motion Sweep Checking

Equipment: Rings are needed.

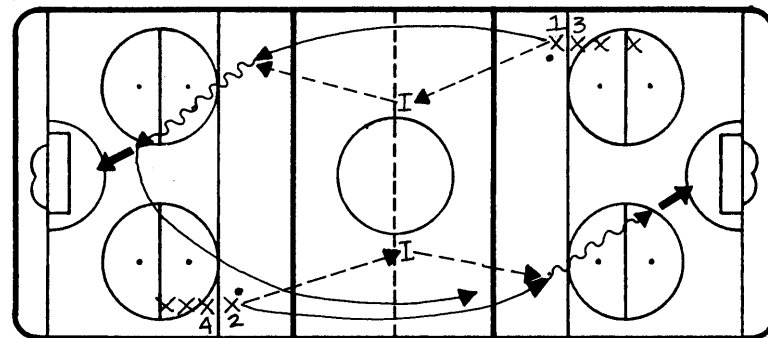
Description: Players line up along one side with a partner. Player 1 has the ring, Player 2 is one stick length away. They both begin to skate; Player 1 forward and Player 2 backwards. Player 2 sweeps the ring away and repeats this until they reach the other boards. Switch and repeat.



### 4.10.27 Shoot and Chase

Equipment: Rings are required.

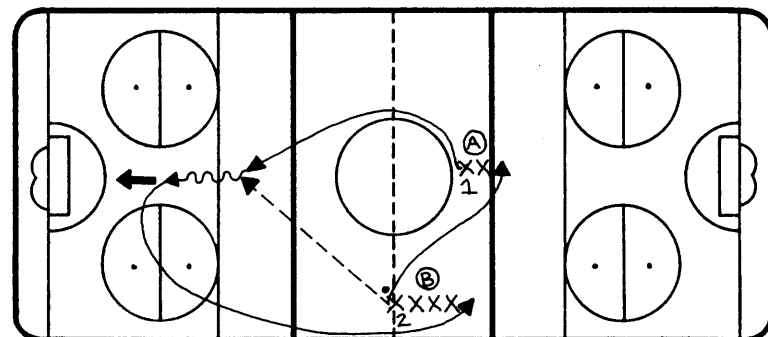
Description: Players line up in opposite corners. Player 1 passes to the instructor who returns a pass over the second blue line. Player 1 shoots and immediately chases after Player 2 who is passing to the other instructor. Player 1 tries to check Player 2. Player 2 takes a shot and then chases Player 3.



### 4.10.28 Pass and Shoot

Equipment: Rings are required.

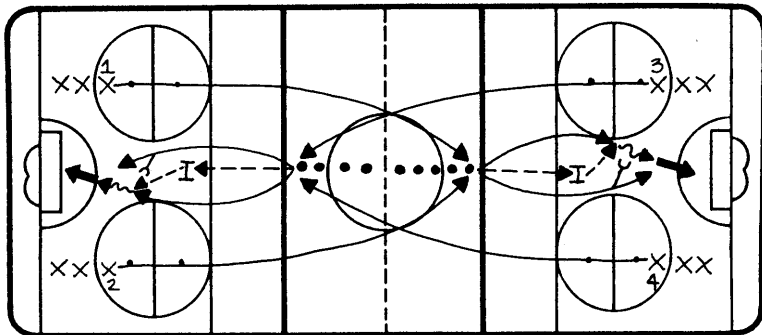
Description: Players line up as illustrated. Player 1 skates around the circle into the offensive zone and receives a pass from Player 2 and shoots on goal. Player 1 then switches sides and goes to group B while Player 2 goes to A. Work on both sides of rink.



#### 4.10.25 Double Relay

Equipment: Rings are needed.

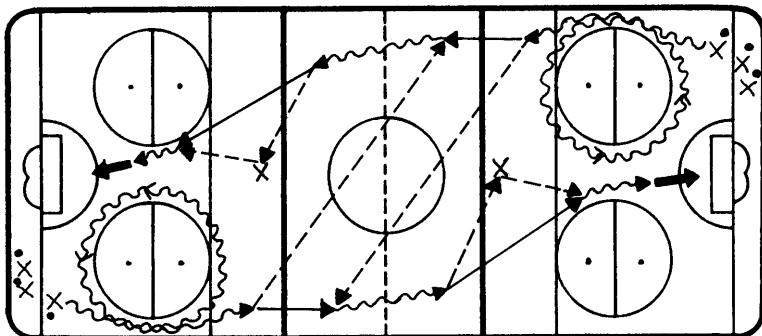
Description: Players line up in four teams as shown. Player 1 and Player 2 race for the ring at far blue line. At the same time Player 3 and Player 4 do the same for a ring at the other blue line. The first player to reach the ring passes to the instructor, receives a pass back, and shoots on net. The second player becomes a checker.



#### 4.10.26 Cross Ice Pass

Equipment: Rings are needed.

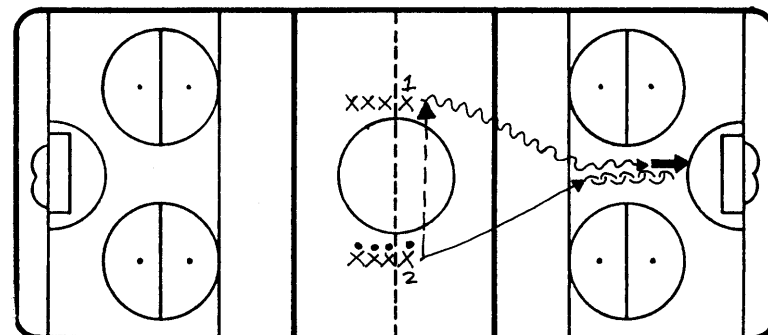
Description: Players line up in two groups in opposite corners. The first player in each group skates (with a ring) around the free pass circle. They pass their ring to each other before they cross the blue line. On receiving the pass, the player then does a "give and go" with stationary players (as illustrated), finishing with a shot on goal.



#### 4.8.3 Angle Sweep Checking

Equipment: Rings are required.

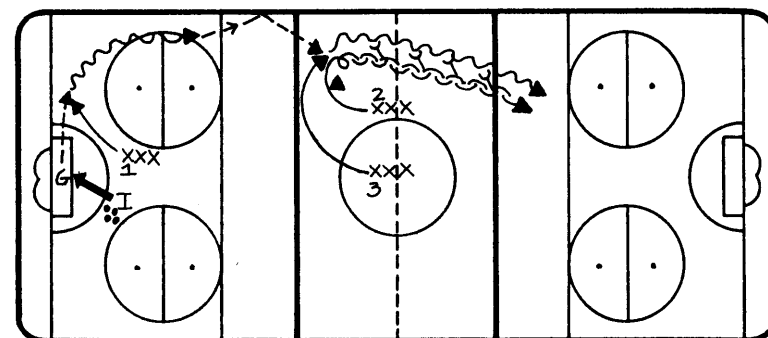
Description: Players line up in two lines outside the blue line. Player 2 has a ring. Player 2 passes the ring to Player 1 and then skates across the blue line to the middle of the ice and turns backward. Player 2 sweep checks while Player 1 attempts to get by and take a shot. Go back to start along the boards and alternate lines.



#### 4.8.4 2 on 1 Sweep Check

Equipment: Rings/Pylons are required.

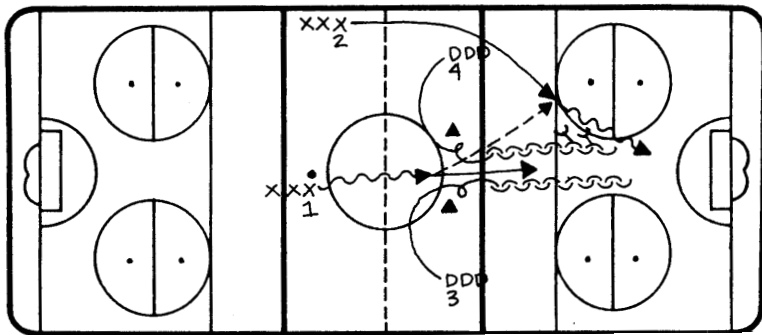
Description: Players line up as illustrated. The instructor takes a shot on net. The goalkeeper passes or tosses the ring to Player 1 who turns on the circle and passes off the boards to Player 3. Defense Player 2 skates with Player 3 around the pylon to cover and then turns backwards and sweep checks. Players alternate lines: Player 3 to Player 1, Player 1 to Player 2, Player 2 to Player 3.



#### 4.8.5 2 on 2 Sweep Check

Equipment: Rings/Pylons are needed.

Description: Players line up as illustrated. On the signal, Player 1 skates out with the ring trying to pass to Player 2 in the next zone. Defense Players 3 and 4 skate around pylons and commence backward sweep checking. The two players on offense want a shot on net, while defense are trying to stop them. Players return along the boards and alternate lines.

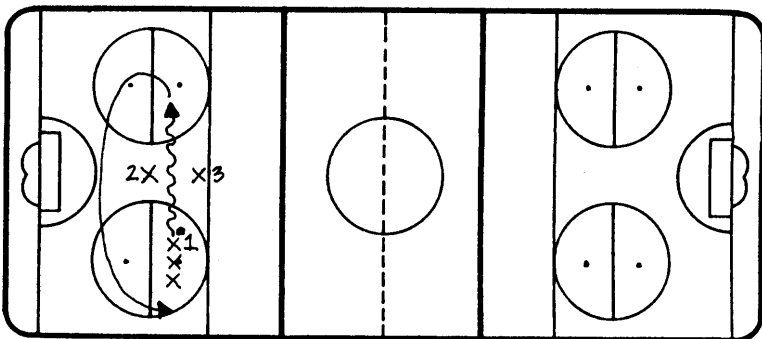


#### 4.9 - DOUBLETEAMING

##### 4.9.1 Stationary Double Teaming

Equipment: Rings are required.

Description: Players are in groups of three. Player 1 skates between Player 2 and Player 3 who check the ring carrier. Player 1 does not protect the ring. Rotate players through every position.

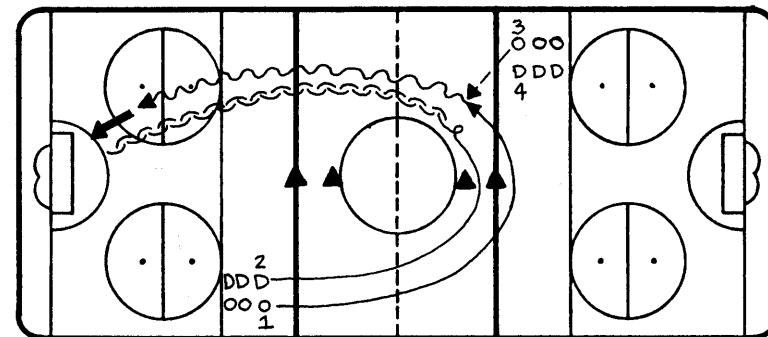


#### 4.10.23 "C" Defending

Equipment: Rings/Pylons are required.

Description: Player 1 and Player 2 skate through pylons as shown. Player 1 goes around the far pylon and receives a pass from Player 3. Player 2 skates between pylons, turns, and skates backward for a 1 on 1. Player 3 and Player 4 continue.

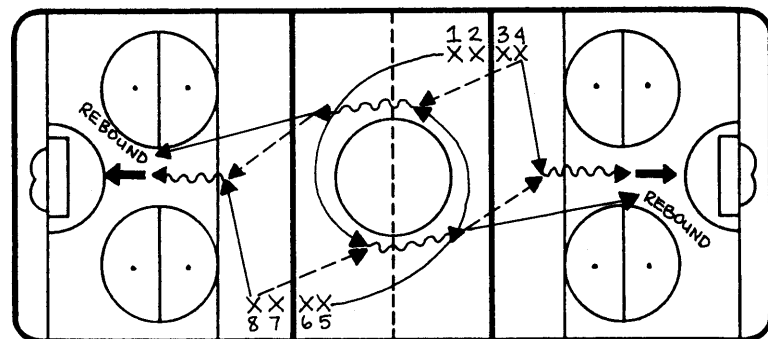
Variation: Add another offensive player for 2 on 1.



#### 4.10.24 "C" Drill with Rebound

Equipment: Rings are required.

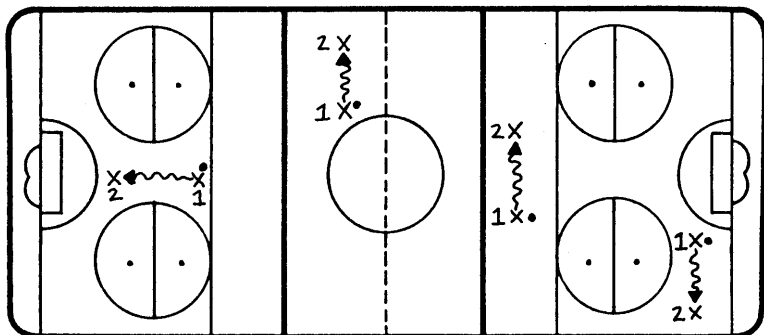
Description: Players form two lines at blue line. Each player has a ring. Player 1 skates around the centre free pass circle and receives a pass from Player 8. Player 1 passes to Player 4 who has skated in. Both go for a shot and a rebound. Immediately, Player 5 skates and receives a pass from Player 3, then passes to Player 8, etc.



#### 4.10.21 Dekes

Equipment: Rings are needed.

Description: Players are paired up and find free space in which to skate. One player skates toward the stationary defending player. The ring carrier will practice body and head dekes.

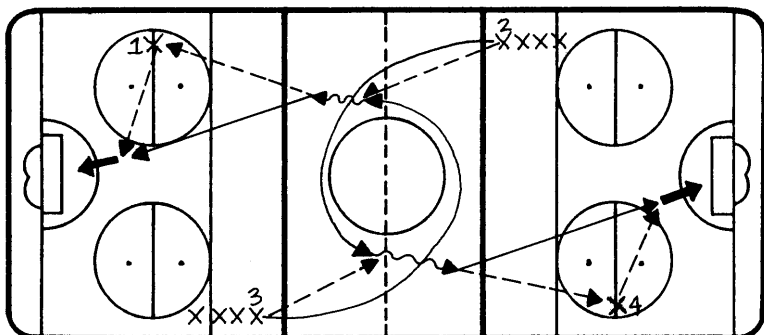


#### 4.10.22 "C" Drill

Equipment: Rings are needed.

Description: Players form two lines on opposite sides of the ice at the blue line. Two stationary players are Player 1 and Player 4. Player 2 skates around the centre circle and receives a pass from Player 3. Player 2 passes to Player 4, who returns a pass. Player 2 shoots and returns to the original line. After Player 3 made the first initial pass, Player 3 goes through the same pattern.

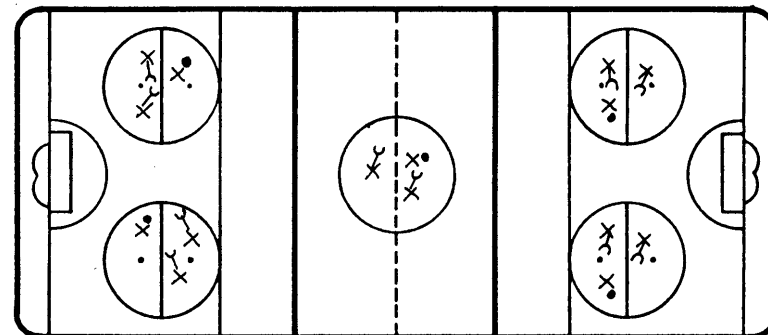
Variations: #1: Players may make a board pass to Player 1 over the blueline.  
#2: Two players may go at once on the goalkeeper.  
#3: Rather than skating around the free pass circle, a pylon may be added and players stop at the pylon, then continue back to the net at which they are shooting.



#### 4.9.2 Confined Area Double Teaming

Equipment: Rings are required.

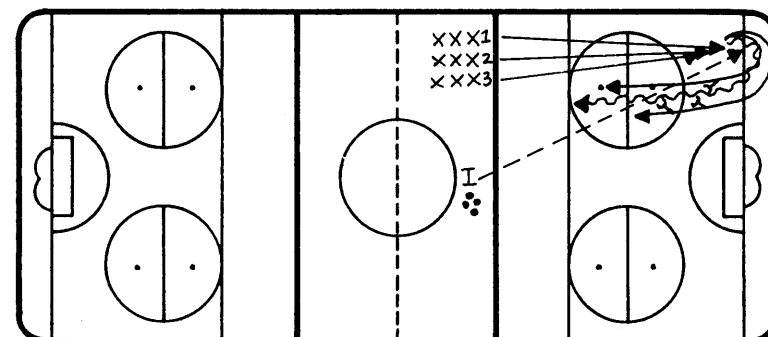
Description: Players are sent to a confined area (e.g. free pass circle) in groups of 3. Two players check the ring carrier. Rotate positions.



#### 4.9.3 2 on 1 Corners

Equipment: Rings are required.

Description: Players line up in three lines outside the blue line. The instructor shoots the ring into the corner. The first player in each line races to the corner. The player reaching the ring first tries to bring it out past the blue line, while the other two players double team. Caution players before about the way they carry their sticks going into the boards.

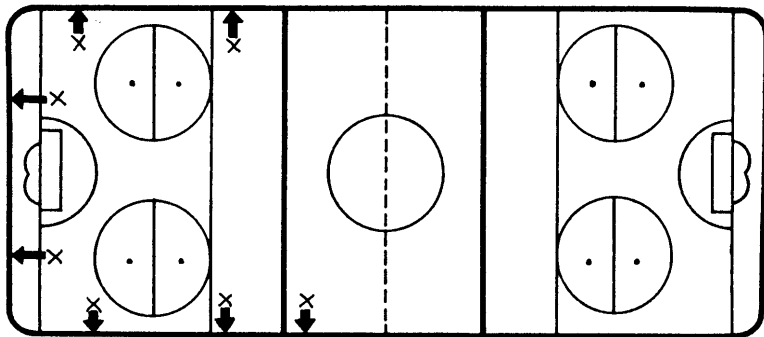


#### 4.10 - THE FOLLOWING DRILLS INCLUDE SHOOTING, PASSING, CHECKING, REBOUNDS, SHOOTING CROSS-CREASE, SHOOTING SCREEN AND DEKES

##### 4.10.1 Stationary Shooting

Equipment: Rings are needed.

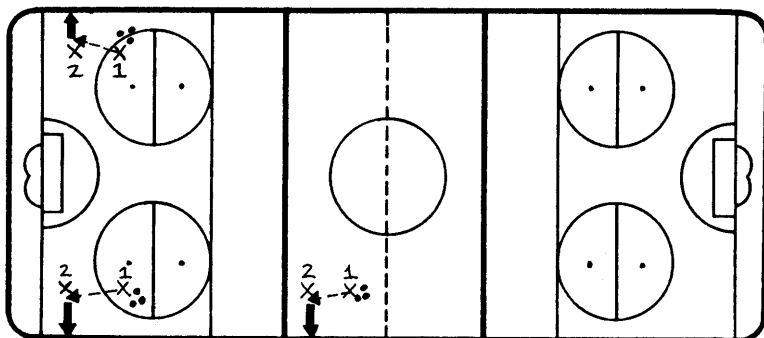
Description: Players spread out around ice surface and practice against the boards. Watch for proper technique.



##### 4.10.2 Quick Shot

Equipment: Rings are needed.

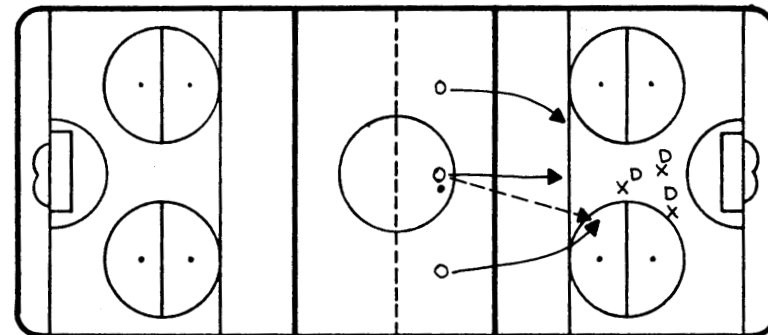
Description: Players are paired and spread out over the ice surface. Each pair has 3-4 rings. Player 1 passes to Player 2 who receives the ring and takes a quick shot. Emphasize quick release and suitable shots.



##### 4.10.19 Stationary Screen

Equipment: Rings are required.

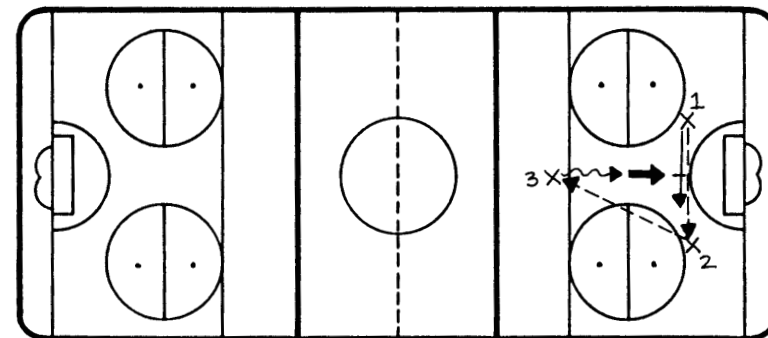
Description: The ring starts in the neutral zone and is brought in by the attacking players. They pass the ring around and set up a stationary screen.



##### 4.10.20 Moving Screen

Equipment: Rings are required.

Description: Players form a triangle as shown. Player 1 passes to Player 2, Player 2 to Player 3. Player 1 skates across the front of the net to screen while Player 3 shoots. Players rotate positions.

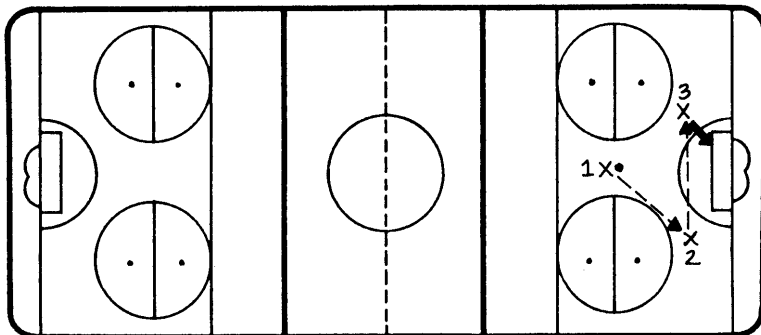




#### 4.10.17 Triangle Cross Crease

Equipment: Rings are needed.

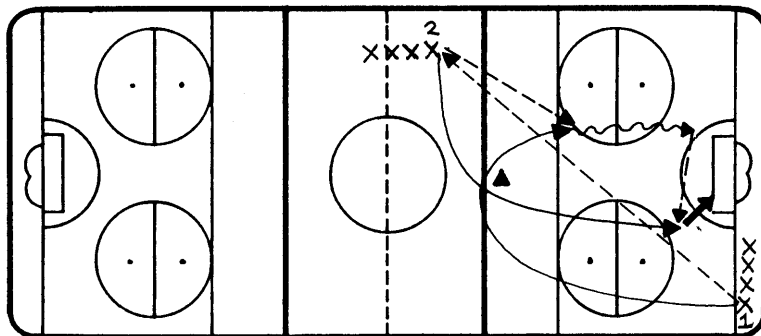
Description: Players are positioned as illustrated. Player 1 passes to Player 2, and Player 2 to Player 3. Player 3 shoots. Repeat a number of times and rotate places.



#### 4.10.18 Moving Cross Crease

Equipment: Rings/Pylons are needed.

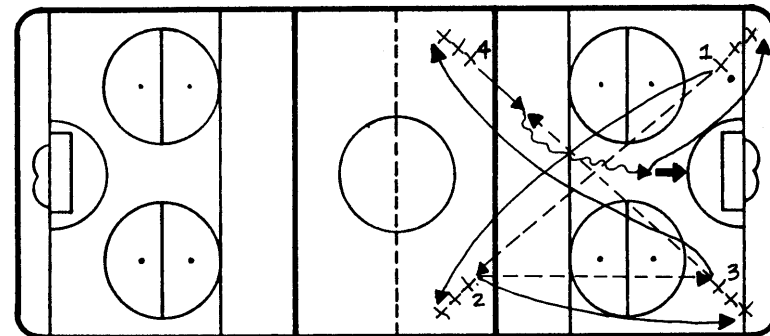
Description: Player 1 passes to Player 2 and skates around the pylon. Player 2 passes back to Player 1, and skates around pylon down to the side of the crease. Player 1 makes a pass across the crease to Player 2 who shoots. Return to the opposite line along the boards.



#### 4.10.3 4 Corners

Equipment: Rings/Pylons are required.

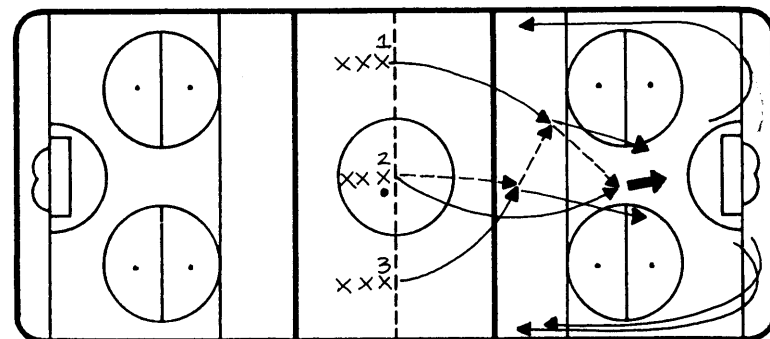
Description: Players line up in four lines (in the shape of a square) at one end. Rings start with Player 1. Player 1 passes to Player 2; Player 2 to Player 3; and Player 3 to Player 4 who is skating towards the net and shoots. All players follow their pass to a new line. Players may stay stationary to start, then encourage players to skate towards the pass.



#### 4.10.4 Mini Weave

Equipment: Rings are required.

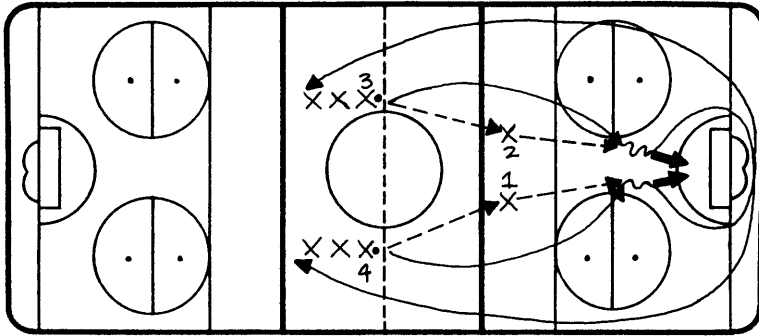
Description: Players line up in three lines behind the red line. Player 2 starts with the ring. Player 3 skates in towards the middle and receives a pass from Player 2. Player 1 also skates in and receives a pass from Player 3. Meanwhile Player 2 has also skated in around Player 3 and receives the final pass for the shot. Players skate along the boards back to the start and alternate lines.



#### 4.10.5 "V" Drill

Equipment: Rings are needed.

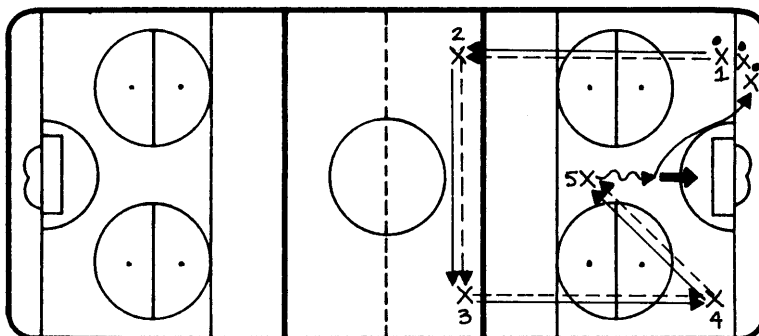
Description: Two players stand just inside the blue lines. The other players form two lines behind the red line. Player 3 passes to Player 2, then skates toward net, receives the pass back from Player 2, and shoots. The other line performs the same exercise on their side. Remember to change the two stationary players often.



#### 4.10.6 5 Point Drill

Equipment: Rings are needed.

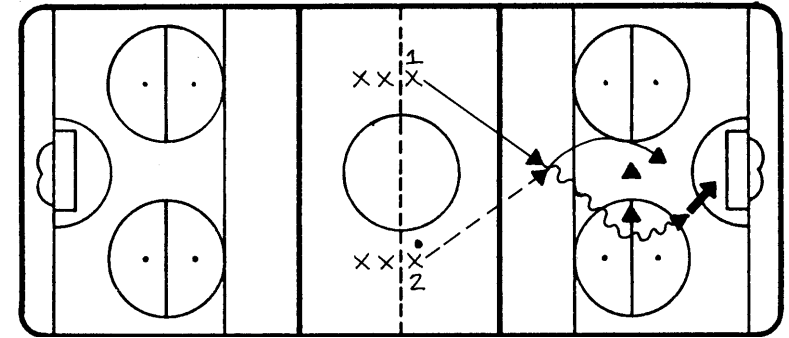
Description: Station five players in the positions indicated. The rest of the players line up in one corner with the rings. The object is to pass the ring to the next station then skate there quickly. Player 5 skates down the middle and picks up the pass from Player 4 and takes a shot on goal. Player 5 then goes to the end of the first line.



#### 4.10.15 Cross and Rebound

Equipment: Rings/Pylons are required.

Description: Players form two lines behind the blue line. Player 1 receives a pass from Player 2. Player 2 continues around the pylon to the net. Player 1 skates around the other pylon and shoots. Player 2 looks for rebound. Return along boards to the opposite line.



#### 4.10.16 Cross-Crease

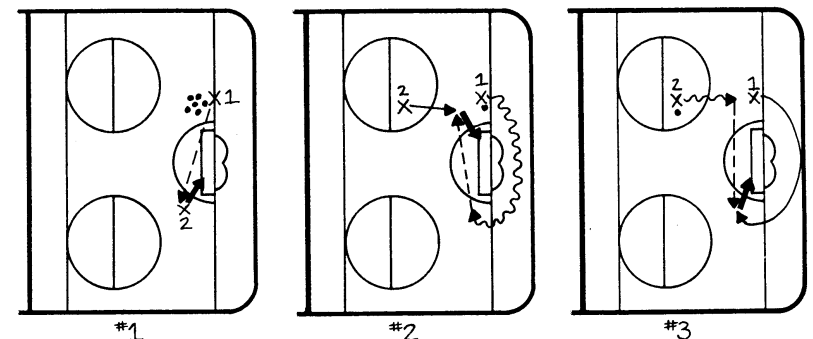
Equipment: Rings are required.

Description: Player 1 passes to Player 2 quickly, then Player 2 shoots. Player 1 continues passing an additional 5 rings. Rotate places.

Variations #1: Player 2 begins from the slot area and skates to the crease edge to receive a pass, and shoot.

#2: Player 1 starts at the side of the net with the ring. Player 2 skates to Player 1's place while Player 1 skates with ring behind the net. Player 1 passes through the crease to Player 2 for a shot.

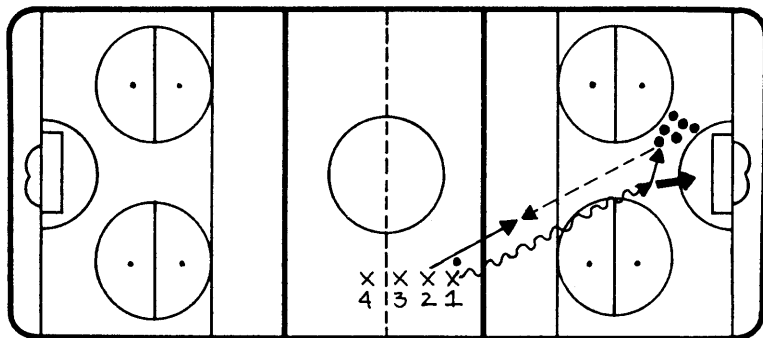
#3: Player 1 starts at the side of the net. Player 2 starts from the edge of the slot area with the ring. Player 2 skates in with the ring while Player 1 skates around the back of net. Player 2 passes to Player 1 across the front of the net for a shot.



#### 4.10.13 Follow In

Equipment: Rings are needed.

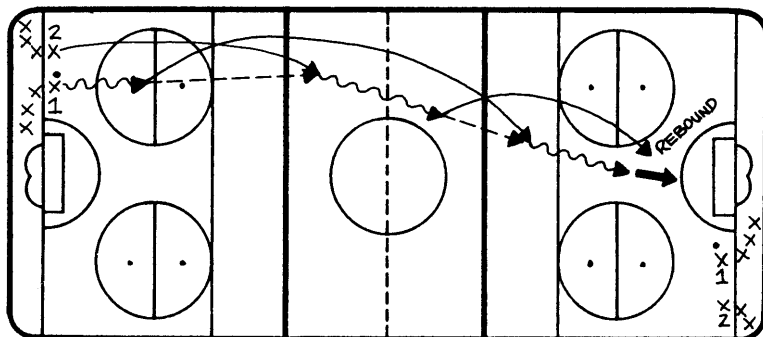
Description: Players line up outside the blue line near the boards. Player 1 starts with a ring. Additional rings are placed to the sides of the net, outside the crease. Player 1 skates in and shoots, picks up a ring from the side of the net and passes to Player 2 skating in. Player 2 shoots, picks up a ring from the side, passes and to Player 3, etc.



#### 4.10.14 Weave and Rebound

Equipment: Rings are needed.

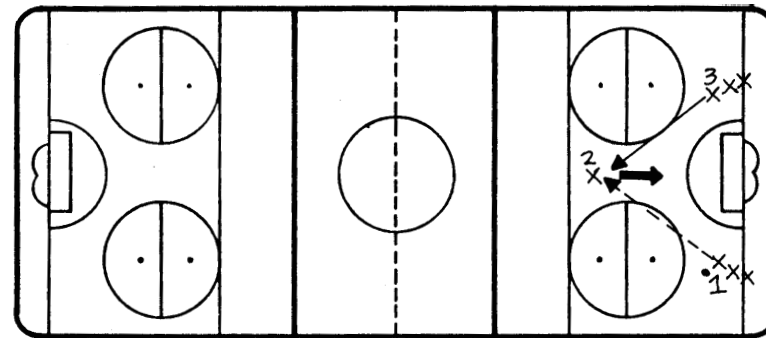
Description: Players form two lines in each corner. Player 1 passes to Player 2, and follows the pass. Player 2 passes to Player 1 who shoots on goal. Player 2 looks for the rebound. Return to the opposite line.



#### 4.10.7 Pressure Shooting

Equipment: Rings are required.

Description: Position players in three lines as indicated. Player 1 has the ring and passes to Player 2 who is stationary. As the pass is made, Player 3 skates hard towards the receiver. Player 2 must shoot before being checked by Player 3. Player 2 remains as a shooter, and Player 1 and Player 3 rotate lines. Alternate the shooter.

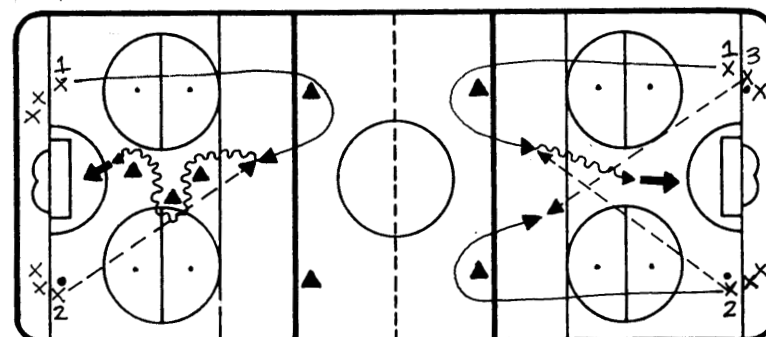


#### 4.10.8 Horseshoe

Equipment: Rings/Pylons are required.

Description: Players form two lines in opposite corners. Player 1 skates up and around the first pylon. Player 2 passes the ring to Player 1 and begins to skate around the pylon. Player 1 shoots, and goes behind the opposite line. Player 3 passes the ring to Player 2 etc.

Variation: Add pylons in front of the net to weave through.

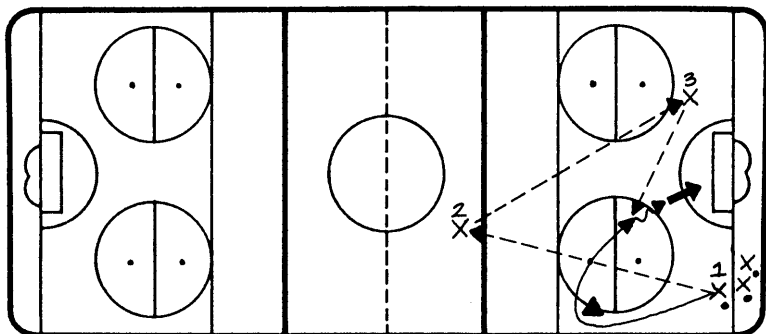


#### 4.10.9 Zig Zag Horseshoe

Equipment: Rings/Pylons are needed.

Description: Have two players stationary, in the positions indicated. The rest of the players line up behind Player 1 with rings. Player 1 passes to Player 2 and skates around the pylon. Player 2 passes to Player 3, Player 3 passes back to Player 1 who shoots and Player 1 goes back to the start. Remember to rotate stationary passers.

Variation: Have extra players line up behind Player 3. Keep rings at Player 1 position. After each player goes through the drill, Player 3 moves to Player 2 position, Player 2 moves to Player 1 position and Player 1 joins the end of the line.

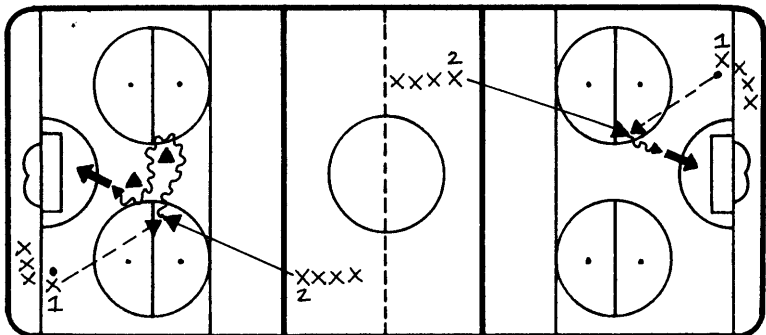


#### 4.10.10 Pass from the Corner

Equipment: Rings are needed.

Description: Players form two lines, one in the corner and one behind the blue line. Player 2 skates in and receives a pass from Player 1. Player 2 shoots and goes behind the Player 1 line. After a period of time, change sides of the rink.

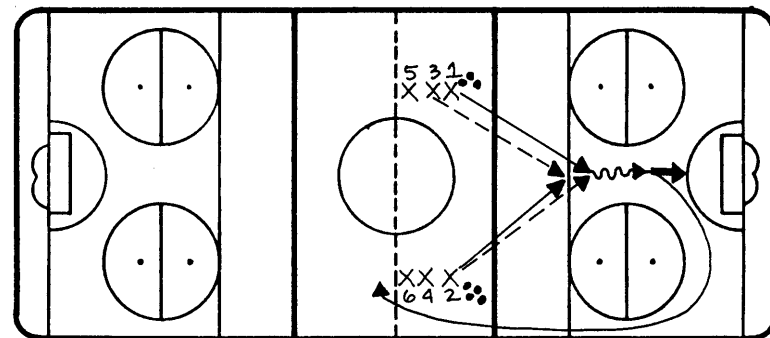
Variation: Add pylons in front of the net to weave through.



#### 4.10.11 Pass from the Blue Line

Equipment: Rings are required.

Description: Players form two lines behind the blue line. Rings are placed at the beginning of each line. Player 1 skates in at full speed and receives a pass from Player 2, Player 1 shoots, and joins Player 2 in line. Player 2 then skates in and receives a pass from Player 3, shoots, and joins Player 1 in line, etc.



#### 4.10.12 Rebounds

Equipment: Rings/Pylons are required.

Description: Players form two lines. Player 2 begins with ring, passes to Player 1, and skates around slot area. Player 2 receives a pass back from Player 1. Player 1 skates in behind Player 2 for the rebound. Switch lines.

