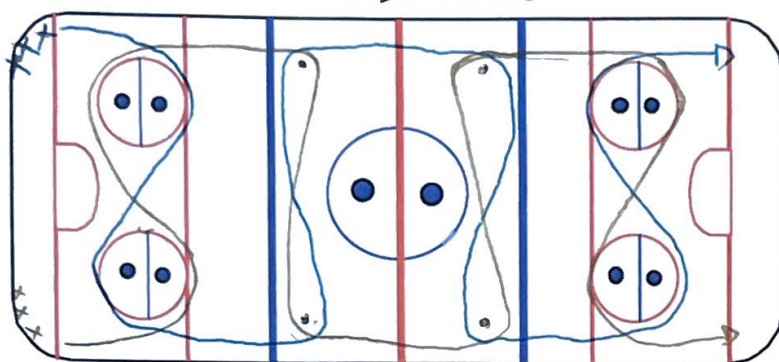


# Ringette Practice Plans Worksheet

Date: \_\_\_\_\_ 1/2 Ice Full Ice  
(Circle One)

Skating → Passing →

①



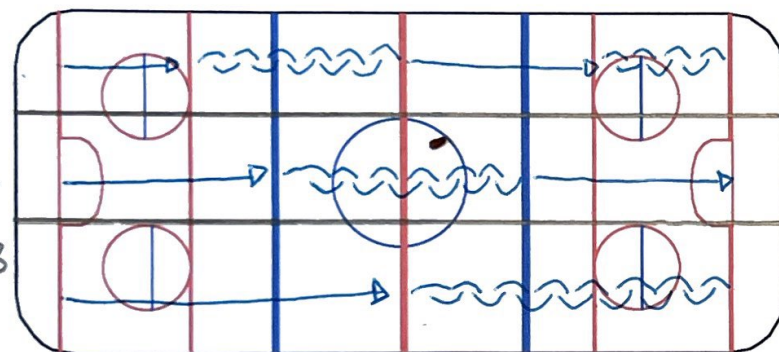
Description: \_\_\_\_\_ Duration: \_\_\_\_\_

## Quick Feet

- looking for quick feet at each turn.
- Keep head up
- Runs both side
- \* Always stay to the right to avoid colliding with other player.

②

Drill #1



Drill #2

Drill #3

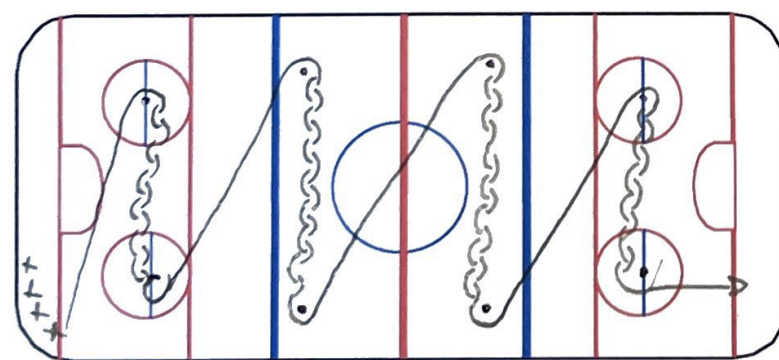
Description: \_\_\_\_\_ Duration: \_\_\_\_\_

Drill #1: Pivot forward/backwards at red lines

Drill #2: Pivot at blue lines

Drill #3: Pivot at center line.

③



Description: \_\_\_\_\_ Duration: \_\_\_\_\_

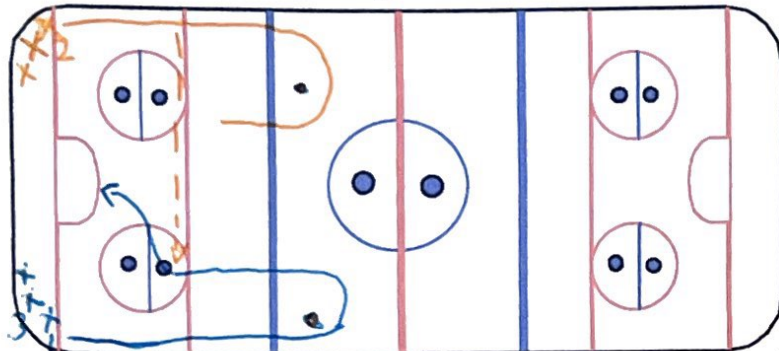
Skate forward to the dot, pivot backwards. Skate backwards to next dot. Pivot forwards protecting the ring.

# Ringette Practice Plans Worksheet

Date: \_\_\_\_\_ 1/2 Ice Full Ice  
(Circle One)

Skating → Passing →

④

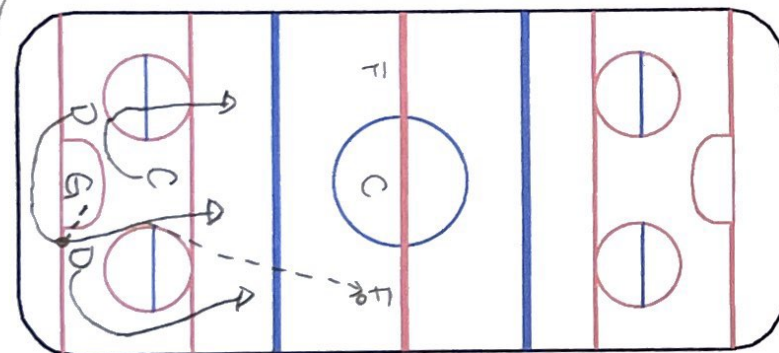


Description: \_\_\_\_\_ Duration: \_\_\_\_\_

Player 1 loops out and receives flat pass inside the ringette line from player 2. Player 2 continues and loops out to receive a pass from Player 3.

③

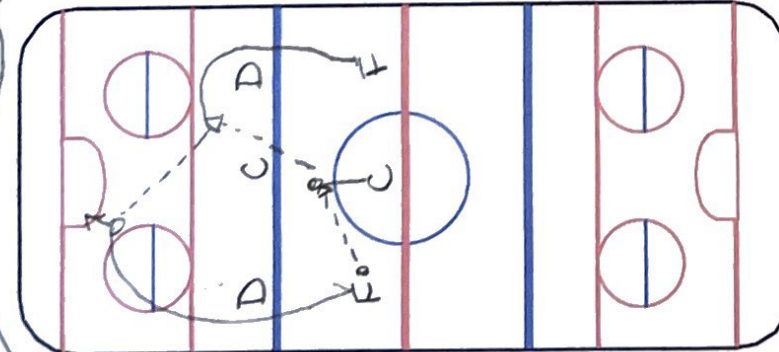
Step 1



Description: \_\_\_\_\_ Duration: \_\_\_\_\_

Goalie ring breakout. Goalie can pass either D or C. Receiver skates out and passes the ring to one of the three offensive players.

Raven Step 2



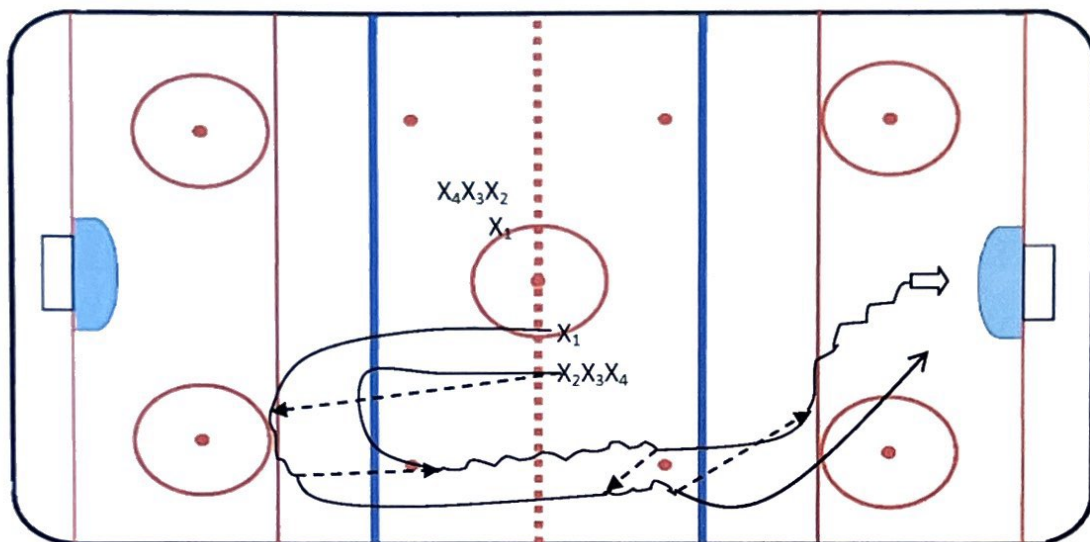
Description: \_\_\_\_\_ Duration: \_\_\_\_\_

Receiver must make one pass before passing over the blue line. As the offense break-in over the blue line, the defense are to go "man on". The offense goal is to drive to the net, pass and shoot.

\*This is a quick drill, we are not looking for offensive plays.



## Drill # 13



<b>Drill Name:</b>	Finland	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> (see matrix)	<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li></ul>			
<b>Goalkeepers:</b> Involved in this drill				
<b>Drill Details:</b> <ul style="list-style-type: none"><li>• Two groups</li><li>• Use both sides of the ice</li><li>• Player 1 skates into the zone and turns to receive a pass from player 2</li><li>• Player 2 skates towards the blue line and turns to the boards and receives a pass from player 1</li><li>• Both players skate down the ice and player 2 back passes the ring to player 1 and then receives a return pass from player 2</li><li>• Player 1 takes a shot</li><li>• Player 3 starts to skate into zone to continue the drill</li></ul>			<b>TIPS</b>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>
October-November		December	Increase intensity; Add Defender	
<b>Skills Matrix</b>				
Skating, Forward Stride	Ring Skills, Passing Lead Pass, *Back Pass (currently not in skills matrix but should be added)		Ring Skills, Shooting Forehand wrist shot	

6



Players 1, 2 and 3 skate around their respective pylons on the whistle.

Player 2 shoots, drives to centre, picks up a ring. Player 2 skates down the ice, drives the net and shoots.

Player 1 skates around the top of the circle and gets a pass from the coach in the corner.

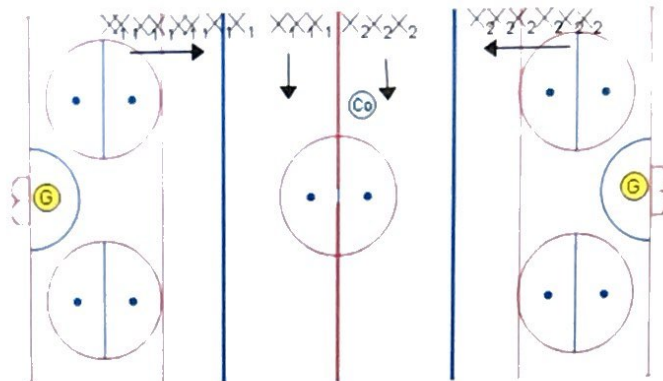
**FOCUS:** Timing and shot selection

### Description



2 groups of girls (each group with different pinhey colour) line up along the boards on their half. They need to be shown which net they are shooting on (one group shots on one net and the other group shots on the other). On the whistle the first 3 girls closest to the centre line go get the ring and play 3 on 3. Let the girls play for about a minute and then the whistle blows and the next 3 girls on each team go get the ring and continue the play (wherever the first group left it) and continue the play. Girls when they are finished go line up again on their team against the boards.

Continuos play - option to have 2 on 2, 4 on 4, etc.

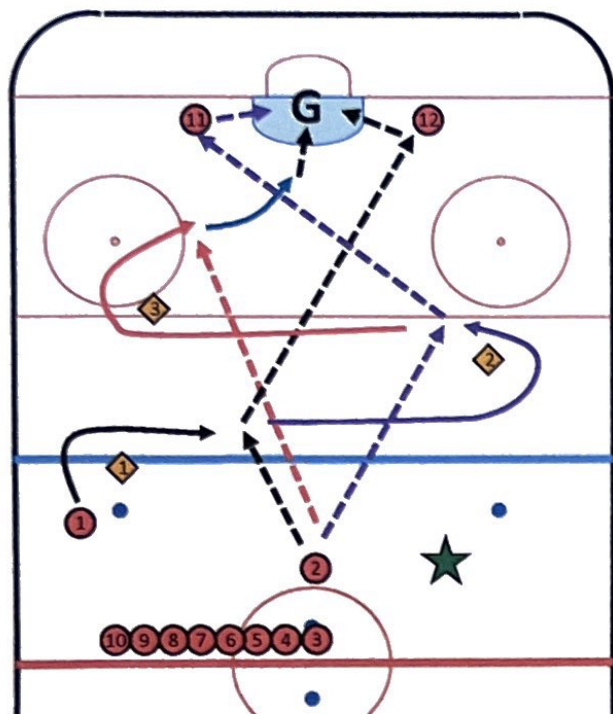


Key Points :

--	--	--	--



# OPTIONAL



## #23 – Advanced Three Pass Drill



- Setup
  - Players line up along the centre red line
  - Players 11 and 12 line up low post
- Instructions
  - Player 1 will receive three passes from Player 2
  - P1 cuts 90 degrees at blue line at cone 1 and receives pass from P2 in front, just over blue line, then passes it to player 12 who shoot one-timer
  - P1 cuts around cone 2 and receives pass from Player 2 at ringette line just after cone, then passes it to player 11 who shoot one-timer
  - Player 1 then cuts to boards at cone 3 to receive bounce pass, cuts in and shoots on goalie.
  - Player 2 then becomes receiver and Player 3 steps up to pass
  - Player 12 goes to back of line and Player 11 goes to low post on other side. Player 1 goes to low post spot vacated by player 11.
  - Passes should always be in front of the player, tell players who miss passes to keep skating pattern, do not chase rings
  - Score both players P1 on stabbing, P2 on passing after 3<sup>rd</sup> pass – Only goalie assessor should watch shot.
  - Run this drill at both ends
  - If players miss stab, they should continue to next cone
- Pacing
  - Allow P1 to finish shot (and assessors to score) before sending P2

- ★ Coach
- ① Player
- Skating forward
- ==> Skating backward
- - -> Shot or pass
- ◇ Cone
- Ring