

Ringette Sniper Program



Driveway Training Program

Created by: Tania Pettitt

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How this all works

This is a 10 week shooting program with 3 different drills for each week.

The drills are set up for a driveway setting with limited access to movement or passing. If you can pass or move with the ring on your driveway, you are encouraged to do so.

Each week you should complete the 3 drills (approximately 100 shots each) and record the results on the results page.

The drills include both wrist shots and backhand shots from a variety of positions around the net and have targeted corners for each drill.

The distance from the net is marked in paces. Just start from your net and walk normally. You will notice that some of these drills put you close to the “crease”. On these drills, quick release and the ability to get the ring high very quickly are the skills being emphasized.

The purpose of this program is to focus on accuracy. Strength of the shot will come with repetition, but blind shooting does not build a sniper.

Successful snipers also have good shooting position – see below for key points.



Hands are shoulder width apart.

Stick is in front of the body (try to reduce big draw back when shooting)

Stick is skinny side up at the front of the ring

Quiet Eyes for Accuracy

“In ringette, how do I get the ring to go where I want it to go?” Most athletes will tell you the secret is to point your stick at the target when you follow through. This is important for accuracy but it’s the second most important point.

In reality, accuracy is more about Quiet Eye :

'Quiet Eye' comes from the groundbreaking research of Dr. Joan Vickers at the University of Calgary. She wanted to know why NBA basketball players like Shaquille O'Neal couldn't sink a high percentage of their free throws no matter how much they worked on their shot. Using an expensive computer helmet on athletes to track their gaze, Dr. Vickers discovered two things:

1. If you look at a target for at least one second before you shoot, you are more likely to hit it.
2. You do not need to look at your target while you shoot, because your 'aiming command' is set before you release the shot.

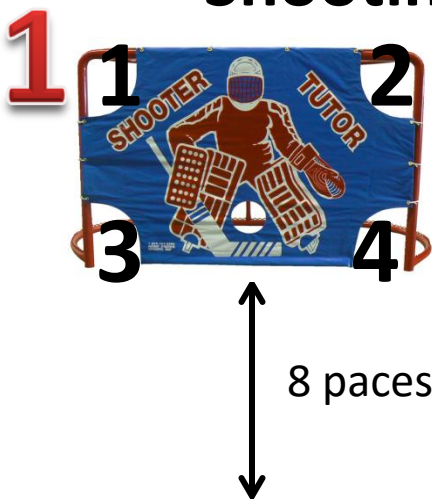
With this program, shooters can work on their “quiet eye” in an environment without pressure. They can train their eye to find the target naturally so when returning to the ice, the eye will automatically go there 😊

During the drills focus on the assigned target and not the ring. You must train your eye to go immediately to your target and dismiss all the other information (Goalie, players, obstacles etc). In the stab and shoot drills for example, you must STAB, Focus on target and release the shot as fast as you can. If you are struggling with accuracy, slow the movement down and really work on your eye focus until your accuracy improves.

Results

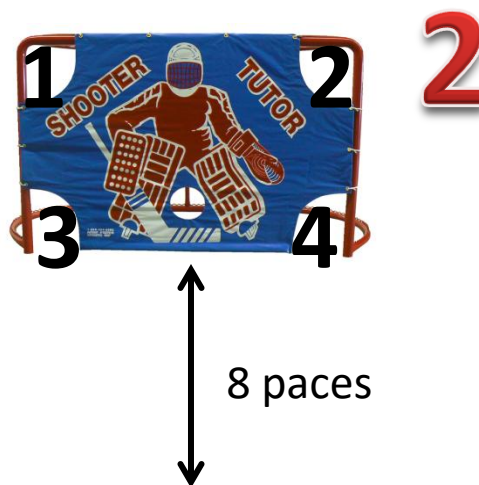
Week	Drill #1	Drill #2	Drill #3
1	Best Score	Best Score	Time
2	1 2 3 4 5	1 2 3 4 5	Corner # Spot #
3	1 2 3 4	Time	1 2 3
4	Score /25	Score /40	Score /10 /10
5	Best Score /20	Best Score /10 /10	1 2 3 4 5
6	# Goals # Shots	# Goals # Shots	Score /25
7	Best Score	Best Score	Time
8	1 2 3 4 5	1 2 3 4 5	Corner # Spot #
9	1 2 3 4	Time	1 2 3
10	Score /25	Score /40	Score /10 /10

Shooting Drills Week # 1



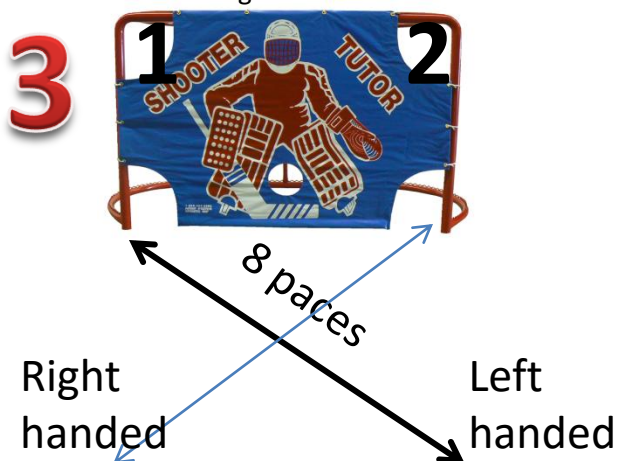
4 Corner Sniper Drill – Wrist shot only

Start shooting at #1. You keep shooting until you hit it, then you move to #2 and keep shooting until you hit it. Repeat with #3 and #4 until you have hit all 4 corners. Keep track of the number of shots it took you to hit all 4 corners. Repeat rounds until you have completed the drill 5 times. Record your best score. Goal is to get to 4!



4 Corner Sniper Drill – Backhand shot only

Facing the Goalie, start shooting at #1. You keep shooting until you hit it, then you move to #2 and keep shooting until you hit it. Repeat with #3 and #4 until you have hit all 4 corners. Keep track of the number of shots it took you to hit all 4 corners. Repeat rounds until you have completed the drill 5 times. Record your best score. Goal is to get to 4!



Top Corner Sniper Drill – Wrist shot only

Start shooting at #1. Alternate back and forth between #1 and #2 until you have hit each corner 5 times in a row (#1 5 times and #2 5 times with no misses in-between). Remember to focus on your target. Right handers, you will shoot #2 then #1. Your goal is to complete this in less than 2 minutes 😊

Drill	Objective	Result
1	Complete 5 rounds. Record best score	Score
2	Complete 5 rounds. Record best score	Score
3	Time yourself. How long did it take you to hit both corners 5 times in a row?	Time

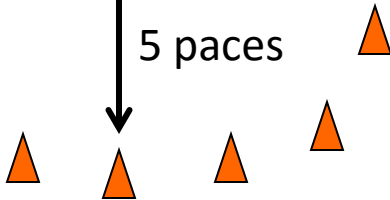
Shooting Drills Week # 2

1



5 paces

Start here



Fives Sniper Drill – Wrist shot only

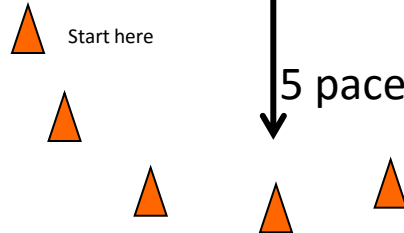
Only shoot at #1. Start 5 paces away shooting from 5 spots on your power side. Try to hit #1 5 times in a row. You can only move to the next spot when you have hit it 5 times in a row. 5 paces, 5 spots, 5 shots in a row. Righties, Aim for #2 and do it from your power side.

2



5 paces

Start here



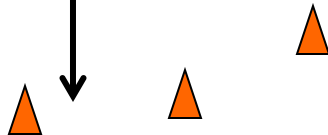
Fives Sniper Drill – Backhand shot only

Only shoot at #2. Start 5 paces away shooting from 5 spots on your backhand. Try to hit #2 5 times in a row. You can only move to the next spot when you have hit it 5 times in a row. 5 paces, 5 spots, 5 shots in a row. Righties, Aim for #1 and do it from your backhand side.

3



10 paces

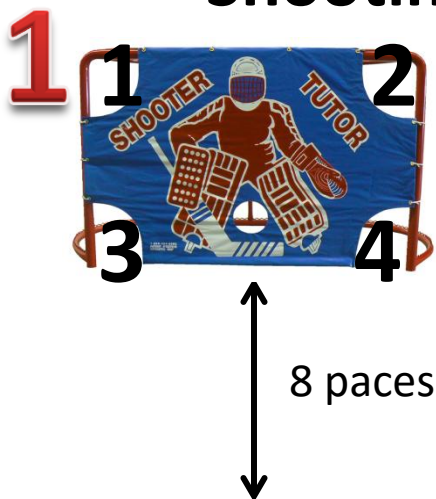


Call your Corner Sniper Drill – Wrist shot only

Call the corner you are aiming for and shoot until you hit it. Lefties, pick 3 spots on your power side and work a different corner from each spot. Mix it up. Righties, do the same just start on your power side. Work towards calling the corner and hitting it in 1 shot from all 3 spots in a row. You must be able to hit a different corner from each spot, so make sure you mix it up.

Drill	Objective	Result
1	Hit a top corner from in close. Work on raising the ring quickly.	Record the # shots it took you from each spot to hit 5 in a row.
2	Improve the accuracy of your backhand.	Record the # shots it took you from each spot to hit 5 in a row.
3	You must be able to hit different corners from the same spot.	Record which is your favourite corner and from which spot.

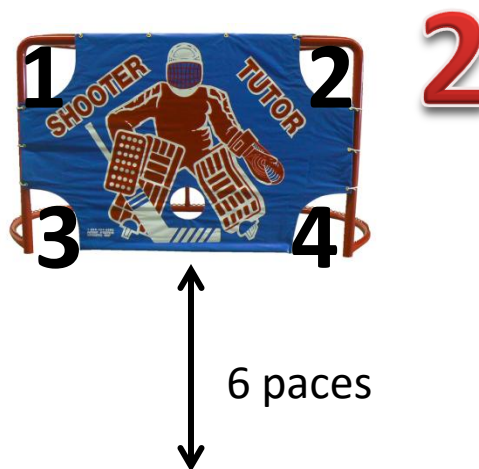
Shooting Drills Week # 3



Shooting under pressure – Wrist shot only

Start by doing 20 jumping jacks and then follow with 10 shots as fast as you can at #1. Repeat the process for #2 and then #3 and #4. You need to learn to shoot when your heart rate is high. Record the number of goals out of 10 you get in each corner.

Repeat each corner 4 times.



“Spin to Win” – Backhand shot only

Start with back to goalie. Fake to your forehand side and then spin and release a quick backhand shot aiming for the top corner on the same side you spin to. (Your fake should draw the goalie to the opposite side). Don't shoot blind! You must control the height of your shot by looking at the target and keeping your follow through low. Repeat until you have hit the top corner 10 times in a row. Time yourself.



Top Corner Sniper Drill

This set up is for Lefties – Righties, just switch sides.

Using your wrist shot start shooting at #2. Take 10 shots and record the # of goals you score.

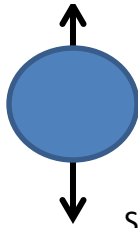
Now take 1 step up and take 10 shots aiming for #1. Lastly, switch sides and using your back hand shoot at #1. Take 10 shots and record the # of goals you score.

Repeat in each spot 4 times.

Drill	Objective	Result
1	Complete 4 rounds. Record best score for each corner.	Score
2	Make sure your fake is convincing and get your backhand to hit just under the crossbar.	Time it took you to hit 10 in a row
3	Record your # of goals for each corner (best score only)	Score

Shooting Drills Week # 4

1



Obstacle 4 paces out

Shooter 6 paces

Shooting with an obstacle– Wrist shot only

Place an obstacle 4 paces out right in the middle of your shooting path. Focus on your edges (red arrows) and take one step around the obstacle and shoot for the edge. You must release your shot as soon as you clear the obstacle. Focus on the target not the obstacle. Move the obstacle around 4 times and try different spots. Take 25 shots from each spot.

2

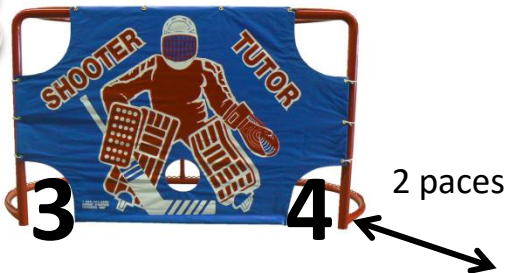


6 paces

“Spin to Win” – Wrist shot only

Start with back to goalie. Fake to your backhand side and then spin and release a quick wrist shot. Objective should be to hit inside the post on the same side you spin to. (Your fake should draw the goalie to the opposite side). Your eyes must be able to focus quickly on your target to control the height of your shot. Shot from 3 different spots. Repeat for 40 shots from each spot.

3



Bottom Corner Sniper Drill

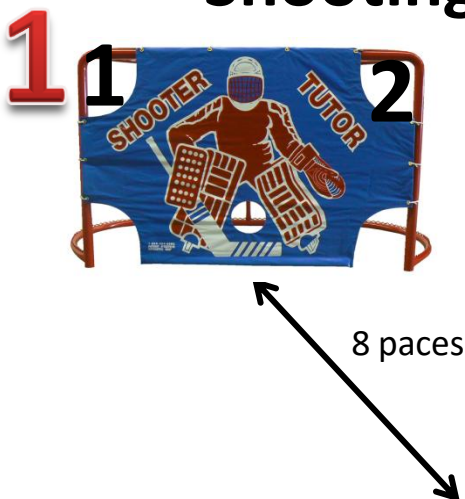
This set up is for Lefties – Righties, just switch sides.

Lefties shooting at target #3. Take 1 step up (like you are stepping around the goalie) and release your wrist shot. Now switch sides do the same thing and using your back hand shoot at #4. Take 10 shots from each spot and record the # of goals you score.

Repeat on each side 5 times (100 shots total)

Drill	Objective	Result
1	Complete 4 rounds. Record best score out of 25.	Score
2	Make sure your fake is convincing and get your shot to hit along	Record best score out of 40
3	Record your # of goals for each corner	Score

Shooting Drills Week # 5



One Timers– Wrist shot only

Start with your stick out of the ring. “Stab” the ring and shoot immediately. Aim for a high corner. You need to train your eye to immediately focus on the target corner. Track the number of shots vs. goals scored. Aim for 5 rounds of 20 shots with a score % of 50 or higher.

Righties, shoot from the high left side.



Weak side Shot – Wrist shot only

This set up is for Lefties, Righties switch sides. Set up as if you were cycling and your shot is going across your body (Rt shoulder closest to net)

From your “weak side” take 10 shots at each corner. Repeat for each corner 5 times. Record your best score for each corner.



Five Hole Sniper Drill

Shooting at target #5.

Start 8 paces out. Shoot at the five hole until you have scored 10 goals. Record the # of shots it took you to do this.

Now step in 1 Step and repeat.

Once you have scored 10 goals, Step in 1 step and repeat.

Continue this process until you are 3 steps from the “goalie” (you should move in 5 steps)

Drill	Objective	Result
1	Record score/20. Work on quiet eyes.	Best Score
2	Shoot across your body (non power side)	Best Score for each Corner
3	Five hole. Start far our and get closer. How many shots to score 10 goals?	# of Shots from each spot

Shooting Drills Week # 6



6 paces

Pump Fake and Shoot – Wrist shot only

Pump fake a shot aiming for #2 (this pins the goalie against the post), then take a step toward the centre and shoot for #1. (Pump fake, step, shoot) If you are a righty, aim for #2. Your goal is to hit your target more than 60%. Record the # of goals vs. the # of shots.



3 paces

In close shooting – Any shot

Start with your stick out of the ring. “Stab” the ring and immediately take 1 step in either direction and shoot for a corner (top or bottom). Stab, Step, Shoot. Work on lifting the ring quickly and releasing the ring quickly. You must be able to “step around” the goalie. Record the # of goals vs. the # of shots.



4 paces

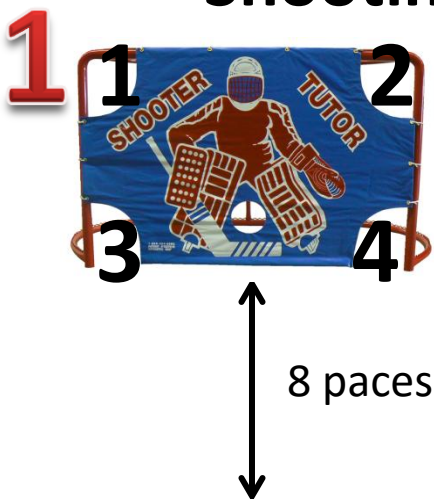
Goal Line Quick Release

This is set up for Lefties, Righties, go to the other side.

Stand 4 paces from the post and 1 pace up off the goal line facing the top of the triangle (Right shoulder to the net) Start with your stick out of the ring. “Stab” the ring and take 25 shots at any corner you choose. Record the number of goals you score. Work on Stab, Look, Shoot. Think you have just come around the corner of the crease and are getting a pass from the top and you want to release as fast as possible.) Repeat 4 times. Record your best score.

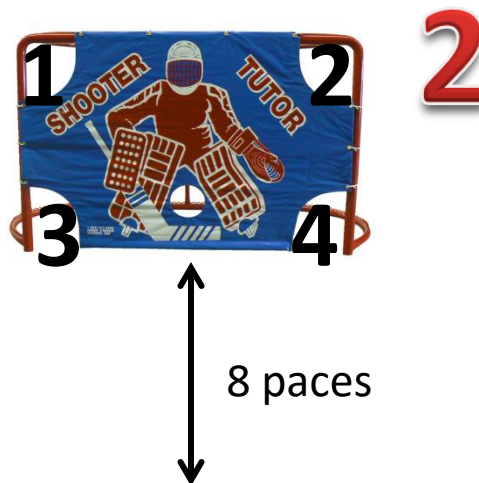
Drill	Objective	Result
1	Record the # of goals vs. the # of shots	Percent
2	Record the # of goals vs. the # of shots	Percent
3	Record your best score out of 25.	Score

Shooting Drills Week # 7



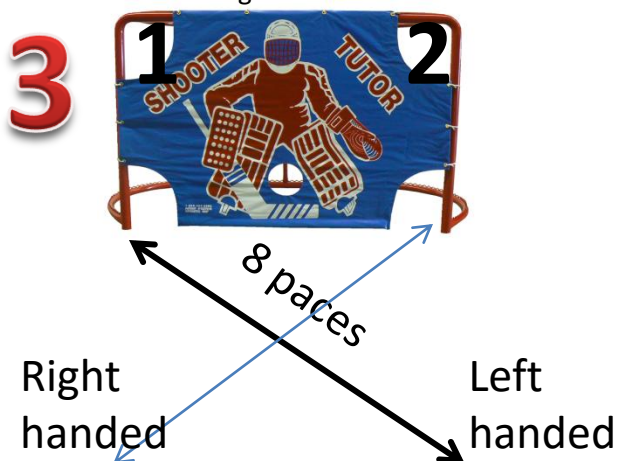
4 Corner Sniper Drill – Wrist shot only

Start shooting at #1. You keep shooting until you hit it, then you move to #2 and keep shooting until you hit it. Repeat with #3 and #4 until you have hit all 4 corners. Keep track of the number of shots it took you to hit all 4 corners. Repeat rounds until you have completed the drill 5 times. Record your best score. Goal is to get to 4!



4 Corner Sniper Drill – Backhand shot only

Facing the Goalie, start shooting at #1. You keep shooting until you hit it, then you move to #2 and keep shooting until you hit it. Repeat with #3 and #4 until you have hit all 4 corners. Keep track of the number of shots it took you to hit all 4 corners. Repeat rounds until you have completed the drill 5 times. Record your best score. Goal is to get to 4!



Top Corner Sniper Drill – Wrist shot only

Start shooting at #1. Alternate back and forth between #1 and #2 until you have hit each corner 5 times in a row (#1 5 times and #2 5 times with no misses in-between). Remember to focus on your target. Right handers, you will shoot #2 then #1. Your goal is to complete this in less than 1 minute ☺

Drill	Objective	Result
1	Beat your score from Week #1	Score
2	Beat your score from Week #1	Score
3	Beat your score from Week #1	Time

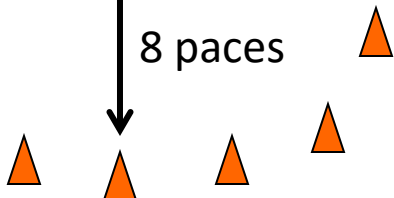
Shooting Drills Week # 8

1



8 paces

Start here



Fives Sniper Drill – Wrist shot only

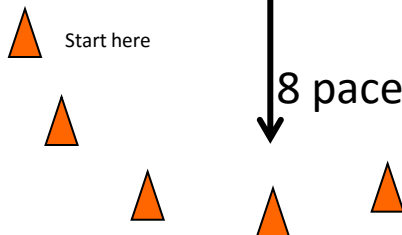
Only shoot at #2. Start 8 paces away shooting from 5 spots on your power side. Try to hit #2 5 times in a row. You can only move to the next spot when you have hit it 5 times in a row. 8 paces, 5 spots, 5 shots in a row. Righties, Aim for #1 and do it from your power side.

2



8 paces

Start here



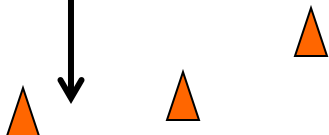
Fives Sniper Drill – Backhand shot only

Only shoot at #1. Start 8 paces away shooting from 5 spots on your backhand. Try to hit #1 5 times in a row. You can only move to the next spot when you have hit it 5 times in a row. 8 paces, 5 spots, 5 shots in a row. Righties, Aim for #2 and do it from your backhand side.

3



10 paces

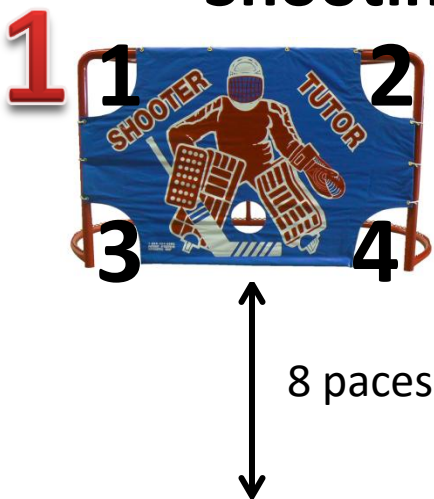


Call your Corner Sniper Drill – Wrist shot only

Call the corner you are aiming for and shoot until you hit it. Lefties, pick 3 spots on your power side and work a different corner from each spot. Mix it up. Righties, do the same just start on your power side. Work towards calling the corner and hitting it in 1 shot from all 3 spots in a row. You must be able to hit a different corner from each spot, so make sure you mix it up.

Drill	Objective	Result
1	Hit a top corner from in close. Work on raising the ring quickly.	Record the # shots it took you from each spot to hit 5 in a row.
2	Improve the accuracy of your backhand.	Record the # shots it took you from each spot to hit 5 in a row.
3	You must be able to hit different corners from the same spot.	Record which is your favourite corner and from which spot.

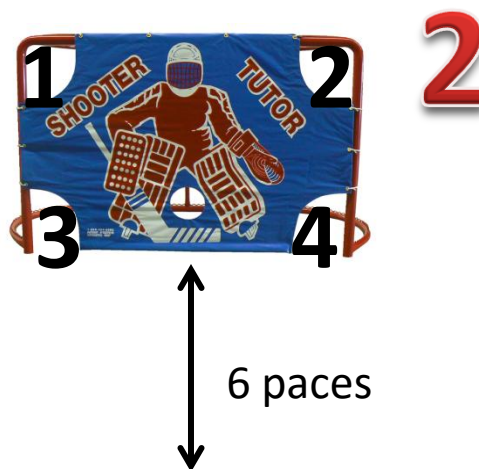
Shooting Drills Week # 9



Shooting under pressure – Wrist shot only

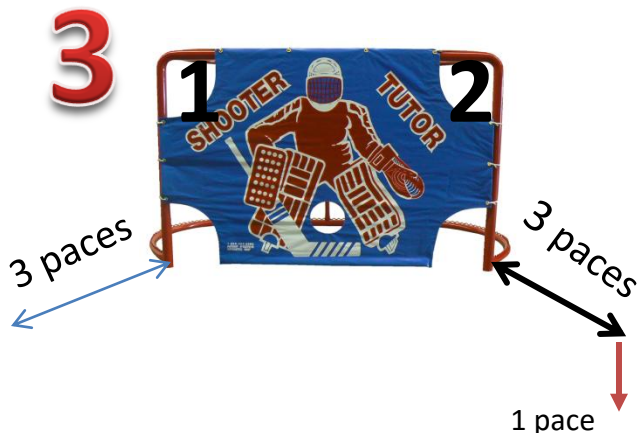
Start with the ring 8 paces out and then step back 8 paces and run into the ring, stab and shoot at #1. Repeat the process for #2 and then #3 and #4. You need to learn to shoot when your heart rate is high. Record the number of goals out of 10 you get in each corner.

Repeat each corner 4 times.



“Spin to Win” – Backhand shot only

Start with back to goalie. Fake to your forehand side and then spin and release a quick backhand shot aiming for the top corner on the same side you spin to. (Your fake should draw the goalie to the opposite side). Don't shoot blind! You must control the height of your shot by looking at the target and keeping your follow through low. Repeat until you have hit the top corner 10 times in a row. Time yourself.



Top Corner Sniper Drill

This set up is for Lefties – Righties, just switch sides.

Using your wrist shot start shooting at #2. Take 10 shots and record the # of goals you score.

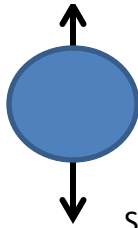
Now take 1 step up and take 10 shots aiming for #1. Lastly, switch sides and using your back hand shoot at #1. Take 10 shots and record the # of goals you score.

Repeat in each spot 4 times.

Drill	Objective	Result
1	Complete 4 rounds. Record best score for each corner.	Score
2	Make sure your fake is convincing and get your backhand to hit just under the crossbar.	Time it took you to hit 10 in a row
3	Record your # of goals for each corner (best score only)	Score

Shooting Drills Week # 10

1



Obstacle 4 paces out

Shooter 6 paces

Shooting with an obstacle– Wrist shot only

Place an obstacle 4 paces out right in the middle of your shooting path. Focus on your edges (red arrows) and take one step around the obstacle and shoot for the edge. You must release your shot as soon as you clear the obstacle. Focus on the target not the obstacle. Move the obstacle around 4 times and try different spots. Take 25 shots from each spot.

2



6 paces

“Spin to Win” – Wrist shot only

Start with back to goalie. Fake to your backhand side and then spin and release a quick wrist shot. Objective should be to hit inside the post on the same side you spin to. (Your fake should draw the goalie to the opposite side). Your eyes must be able to focus quickly on your target to control the height of your shot. Shot from 3 different spots. Repeat for 40 shots from each spot.

3



2 paces

Bottom Corner Sniper Drill

This set up is for Lefties – Righties, just switch sides.

Lefties shooting at target #3. Take 1 step up (like you are stepping around the goalie) and release your wrist shot. Now switch sides do the same thing and using your back hand shoot at #4. Take 10 shots from each spot and record the # of goals you score.

Repeat on each side 5 times (100 shots total)

Drill	Objective	Result
1	Complete 4 rounds. Record best score out of 25.	Score
2	Make sure your fake is convincing and get your shot to hit along	Record best score out of 40
3	Record your # of goals for each corner	Score