

Drill of the Week



Title : Half Ice Horse Shoe

Category #1 : Goalie Warm Up

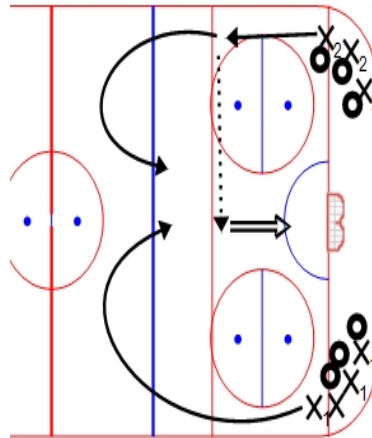
Category #2 : Passing

Description

X1 leaves without a ring. X2 skates out and gives her a pass. The pass should be parallel to the ringette line. This allows the player to skate onto the ring. Get players out of the habit of passing down ice, as it results in turn overs. X2 continues and receives a pass from the next X1 in line.

Might as well start with a classic! This is great because it gets the skaters skating, passing, and hopefully stabbing the ring before shooting. As mentioned the pass is flat along the ringette line just in case it's missed it stays in the zone. If we made a diagonal pass out from the corner, it is harder to pick up and if that pass is missed, it's going towards the other end!

Modification: For the younger groups, have the line start at the ringette line as it



passing

shooting

stabbing

skating

Key points:

To start us off Week 1:

Half Ice Shoe – any level;
great for warm-up; makes
sure everyone is paying
attention.

3-Person-Weave –

U10 and up; Gets legs
moving; reinforce the need
for verbal communication
while skating with speed

NATIONAL
RINGETTE
SCHOOL.COM

Title: 3-Person-Weave

Content elements: Passing

Components : Skating

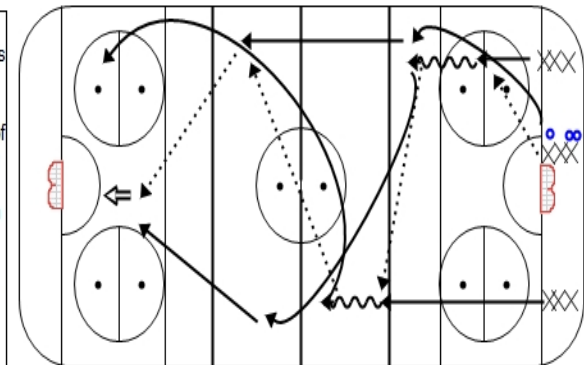
Description

Rings start in the middle line. The first person in the middle line passes to one of the outside lines and follows their pass. After this, each player follows the same pattern: receive the ring, pass to the opposite outside lane, follow your pass. The player with the ring in front of the far net shoots and all 3 athletes hustle back into line (or form new lines in the far end).

Ensure your players pass over the blue line but they can make more than just three passes!

* The next group of 3 leaves when the first 3 hit the blue line.

Progression: add a line of defense on each side of the



Key Points :

Passing with speed

skate to open ice

pick up your passes

communicate