

# Drill of the Week



Title : German Checking Drill Category #1 : NRS Category #2 : Checking

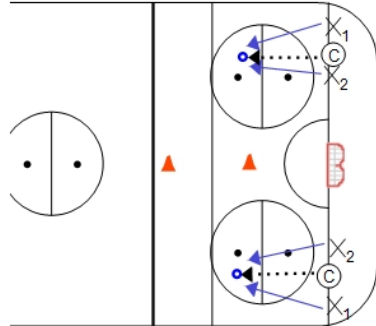
## Description

This is a drill that can be run out of both corners alternating turns. Pylons can be used to divide the ice to make sure athletes do not cross over the invisible line.

X1 and X2 race to get the ring thrown out by the coach or Rotating Player.

Whoever gets the ring tries to make their way to the net to take a shot, whoever does not plays defense and tries to check the other player.

Modification: Change the angles/direction the ring is released for added challenge. Perhaps the coach can start at the blue line and pass it at the two athletes. Difficult to stab those but good to practice!



## Key points:

Head to the net!

Hip-to-hip

Both players keep skating

Shoulder-to-Shoulder

Week 2:

**German Checking Drill**– any level; works on checking while skating; remind players to get hip to hip, shoulder to shoulder.

**Game: Sharks and Fishes**–  
Gets legs moving and heads  
up to avoid getting checked.

NATIONAL  
**RINGETTE**  
SCHOOL.COM

Title : Sharks and Fishes

Content elements:

Components :

## Description

The game is played between the blue lines or between the ringette line and the goal line. Players have to stay in the boundaries. A player that has a ring is a fish and a player without a ring is a shark. At the beginning of the game, only a few players are sharks. Once a fish's ring has been checked away from her by a shark, she now becomes a shark. The last fish alive wins!

This drill is great for proper checking practice as well as ring protection. If a skater can protect the ring in small spaces that will transfer skills into the game!

Modifications: could have a game in each circle; smaller numbers but smaller space!



## Key Points :

Ring Protection

Skate away from pres

Checking