

Drill of the Week



Title : Dog and Bone

Category #1 : Game

Category #2 : 1 v 1

Description

On the whistle the instructor will toss a ring in the middle to around the ringette line, the first person in each line will go around the circle doing crossovers and go up and around the pylon and race for the ring and play 1 v 1. Once they get the ring they need to get right to the net. After they shoot, the instructor will blow the whistle and the next 2 players will go

This is another fun compete drill where you can add in variations of skating techniques to practice first. It's like sneaking in there veggies with their dinner! Instead you could set up cones up the ice they have to do tight turns around. Maybe you could have them skate backwards to the blue line. Or work on parallel stops by skating to the red line stop blue line stop and then red line again before battling for the ring

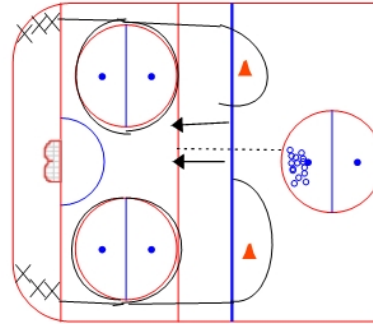
Key points:

skating

shooting

1 v 1

checking



2020 here we come...

Dog and Bone– any level; a bit of competition and racing. For the younger kids you can line up similar abilities vs each other. Mods: increase to 2 vs 2 and add a pass.

Defense Dominates –

U12 and up; game sense, endurance and focus are key here. Where being on D is a good thing!

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Title : Defense Dominates

Category #1 : Coaches

Category #2 : Defense

Description

Two defense begin vs. two forwards. They play 2 vs 2 until there is a goal or the defense can steal the ring and pass it to the outlets (triangles) on the blue lines. If the forwards score, they become defense against the next two forwards and the previous defense replace the outlet passers. If the defense successfully pass the ring to the outlets, they remain defense and face the next two forwards and the previous forwards become the outlet passers. The outlet passers join the forwards in the middle once they have been replaced. The defense receive a point for every set of forwards they turn away.

This is a great little competition for defense to work on man on coverage and challenge them to really push out but still stay goal side. This is also great for forwards partners to work on creativity in the offense zone and trying to create scoring opportunities.

Key points:

Defense

Compete

Offensive Passing

