

Drill of the Week



#weloveringette - Valentine's Week

Title : Queen's Corner

Category #1 : Fun Battle

Category #2 : Ring Protection

Description

Run out of both corners. 2-4 players line up facing the boards. The coach tosses a ring in over top of the players' heads so it lands in front of them. All players fight for the ring and the player that comes out with it goes in for a shot. The other players check the ring carrier until there is a shot. Once there is a shot the other corner start and the next 4 players line up against the boards to await their turn.

Changing the amount of players in the corner will add more challenge when it comes to ring protection.

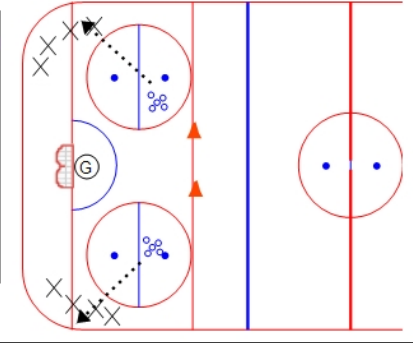
If you would like a defensive focus, you could add cones at the ringette line in which the player with the ring is actually "breaking out" and avoiding forecheckers from the other team.

Key points:

Move your feet

awareness

ring protection



Queen's Corner– any level; battle for the ring drill. Remind your players to move their feet to skate to freedom! Modification included for practicing breaking the ring out of your zone.

Backwards Chariots

Any level that has already worked on backward skating fundamentals. This really forces the “horse” to dig in and fully extend to get momentum.

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Title : Chariot Races- Backwards

Content elements:

Components :

Description

Athletes pair up and line up along the goal line in “trains”. The athletes are connected using one of their two sticks. X1 starts on the whistle and pulls X2 to the red line. Can also make this a race

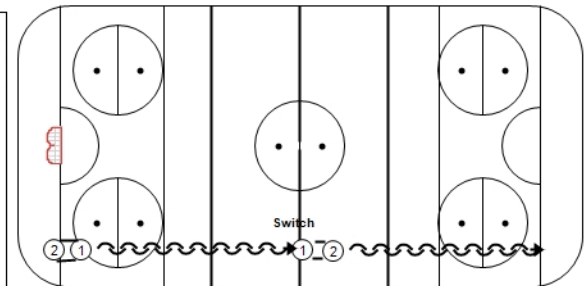
Progression:

X2 digs in with her skates to create enough resistance that pulling is hard, but not impossible, for X1. They switch at the red line.

This drill forces athletes to use a powerful and efficient stride.

X1 can also be going forward or backward

Can be done from half ice - have players only skate to blue line and then switch to go back to goal line



Key Points :