

# Drill of the Week



**March 5<sup>th</sup> – Pulling into the homestretch for many...**

Title : Shooting at the top of the triangle Category #1 : Shooting Category #2 :

## Description

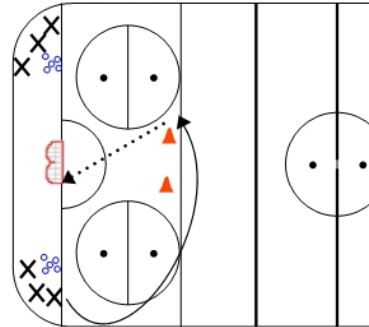
This is a very simple drill. Have your players take turns skating across the ringette line, and shooting back where they came from. Have them practice both forehand and backhand. This is a great skill to practice because it allows for all your players to be unpredictable at the top of the triangle if they can shoot forehand, backhand, pass, or continue skating for that spot.

## Progressions:

add a few more pylons before they reach the top of the triangle. ask them to fake/deke around these first before shooting  
have a coach or player act as the centre that the shooter has to shoot past

## Key points:

shooting	strength
cross half ice before shoot	speed



**Shooting from the top** – U10 and up; working on a quick release while using the defender as a screen to the goalie. Bump pylons closer to hashmarks depending on shooters strength.

## 3 Line Shots–

U10 and up; working on choosing between a pass and a shot. Having goalie track ring from one side to another. Add options as they succeed.

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Title : Three Line Shots Category #1 : Shooting Category #2 : Passing

## Description

X1 and X2 leave at the same time  
X2 skates towards the net and takes a shot and then stand on the side of the net - ready for a one timer  
X1 skates behind the net with the ring  
X3 times it to have a drop pass with X1  
Once X3 gets the ring, she can either pass to X1, X2 or take a shot

this drill is great as it works on timing, the drop pass, decision making, and potentially a one timer.  
You could modify this by have X2 turn around and act as a screen for the next shot and have X1 become the new passing option after the drop.

## Key points:

Timing	Ready for the ring
Creating options	Speed

