



South Calgary Off Ice Session – Gym Ringette

WARM UP (2-5 minutes)

Ring drop – Everyone has a stick and ring. Athletes run around in all directions keeping their heads up. On the whistle they drop the ring and go pick up another and keep running. (2 minutes)

STRATEGY – (40-45 minutes) Use this time to work on the below. Focus on 1- 3 per time

1. **Go over Defensive Triangle** – Have athletes do the triangle without sticks at first if they need extra help with positioning. Demonstrate the proper techniques and stop them if they go chase or become a flat triangle. Focus on working together as a unit of 3 and not as individuals.
2. **L Offense** – In groups of 3 players pass the ring so that the ring carrier always has 2 lateral pass options. Transition the drill to be in front of the net so they can see how it works in a game situation.
3. **Free Ring** - Run your free ring play so that athletes can focus on the task without skating. Try with or without coverage.
4. **Goalie Ring / Break outs** - Run your Goalie ring so that athletes can focus on the task without worrying about skating. Try with or without coverage.
5. **New Drills** - This is a great time to teach new drills to save time on the ice. They can try the drill and get a feel for how it works. Then when you go out on the ice they already have a basic understanding of the drill and the drill is more effective.

GAMES (10 minutes) – break up one 5 min. game half way and one at the end

Don't throw your junk in my backyard – Split into 2 teams one on each side of the gym. Pick a dividing line that either team cannot pass. Give each team 10 rings and tell them they must get all the rings off their side. They have 1 minute to do so and the team with the most rings on their side at the end of one min has to do a task such as quick lap around the gym or 10 jumps on the spot. Play the best of 3 or 5. (Note: this game works on hand eye, stabbing, shooting and movement. Always pick games on and off the ice that are fun while developing at least one or two skills.)

Relay Race – your choice.