

South Calgary Ringette Practice Drills

Team, Age, Level: All Levels

Place:

Equipment Needed: Rings, Pylons, Nets, Marker

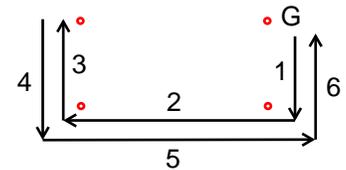
Goals:

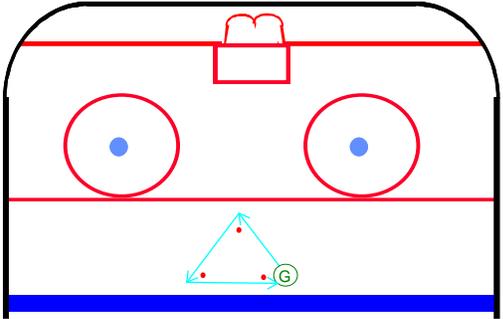
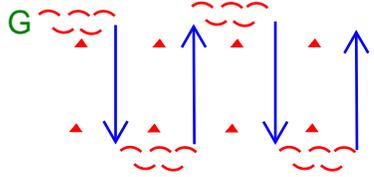
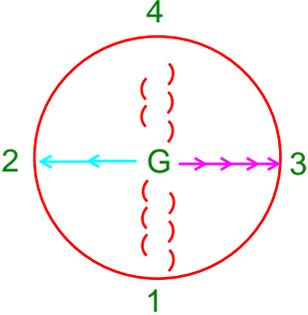
	X	Skater/shooter
	G	Goalie

Time	WARM-UP
Duration	
5	Skate laps Transitions at blue lines 1. backwards 2. t-push 3. shuffles

#1 MOVEMENT DRILLS

Time	DRILL #1A - Movement box drills
Duration	
5	Line up goalies in a single row facing evaluators Using a bingo dabber create a 4 corner box 4' deep x 5' wide Goalies will move from back right corner to front right corner to left front corner to back left corner Drill #1: Shuffle Shuffle from back corner to front corner, shuffle across to front right corner, and to back corner. Reverse and repeat the drill twice Drill #2: T-Push T-push from back corner to front corner, t-push across to front right corner, and to back corner. Reverse and repeat the drill twice Drill #3: Butterfly Slide Shuffle from back corner to front, Butterfly Slide across, recover and shuffle to back corner. Reverse and repeat the drill twice Drill #4: Power Slide Shuffle from back corner to front corner, butterfly , power slide to right 2 times, recover and shuffle to back corner. Reverse and repeat the
	Key Points
	Shuffle: Moves under control, no bobbing up and down, low centre of gravity, good stamina through all sets, equipment in proper position (gloves up, stick on the ice, head up)
	T-push: Hips are facing front through push, sharp stop after push, low centre of gravity, good stamina through all sets, equipment in proper position (gloves up, stick on the ice, head up)
	Butterfly Slide: Strong push off back leg while getting lead knee low to the ice for power and ice coverage, lead leg flared out and trail leg closes 5 hole quickly, upper body is stable and upright, gloves are up and stick is on the ice covering the 5 hole.
	Power Slide: Rotate hips and hands to face ring, activate backside skate to face ring, loads push leg

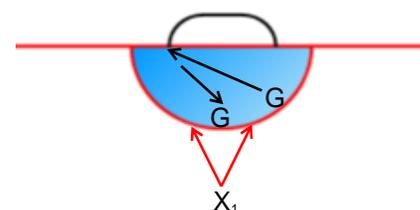


<p>Time Duration</p> <p>5</p>	<p>DRILL #1B - T-Push Triangles</p> <p>Put marker on ice in triangle 3 - 4 feet apart</p> <p>Goalies starts at one point of triangle, facing out from the triangle, and t-pushes to next point of triangle</p> <p>Goalie then rotates hips and t-pushes to next triangle point</p> <p>Variations:</p> <ol style="list-style-type: none"> 1. Reverse direction 2. Face centre of triangle 	
<p>Time Duration</p> <p>5</p>	<p>DRILL #1C - Butterfly slide through pylon maze</p> <p>Coach sets up pylon maze with 2 rows of pylons (8 total) about 4' apart. Reduce the pylon spacing based on goalie size and skill</p> <p>Goalie starts on out side of pylons and telescopes forward past the first pylon</p> <p>Goalie butterflys to the right and recover back to ready goalie position past the 2nd row of pylons</p> <p>Goalie telescopes forward past the pylon then butterflys to the left</p> <p>Repeat until maze is complete</p> <p>Repeat drill forward then try with backwards telescopes and butterfly slides</p>	
<p>Time Duration</p> <p>5</p>	<p>DRILL #1D - Iron Cross</p> <p>Use one of the circles on the ice (face off circles) and add dots about 4' at 12, 3, 6, and 9 o'clock. Add #'s 1, 2, 3, 4 to the ice</p> <p>The goalie always faces the coach</p> <p>Goalie telescopes to #1 then telescopes back to centre</p> <p>Goalie T-pushes to #2 then T-pushes back to centre</p> <p>Goalie shuffles to #3 then shuffles back to centre</p> <p>Goalie telescopes to #4 then telescopes back to centre</p> <p>Coach can call numbers for the goalie</p>	
<p>Time Duration</p> <p>5</p>	<p>DRILL #1E - Hand eye coordination</p> <p>Goalie lines up across from each other about 4' apart w/ one ball or ring</p> <p>Goalies move at the same time in one direction facing each other</p> <p>When movement starts one goalie throws the ball to the other goalie or coach</p> <p>Start with shuffles from blue line to blue line then back</p> <p>Repeat with t-pushes and butterfly slides</p>	

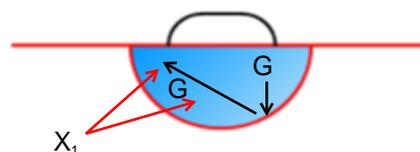
Time	DRILL #1F - Goalie Movement on Stick Signals
Duration	Goalie starts in ready goalie posing facing the coach
5	Coach signals, with stick, the direction and movement type to goalie
	Coach signals:
	1. Stick horizontal (left or right): Shuffle
	2. Stick angled up (left or right): T-Push
	3. Stick angled down (left or right): Butterfly Slide
	4. Stick straight ahead of coach: Telescope Backwards
	5. Stick behind coach: Telescope Forwards
	Note: Goalie to continue with movement and direction until coach changes stick position

#2 SHOOTING DRILLS (1 SHOOTER)

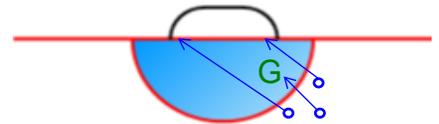
Time	DRILL #2A - Recovery & Tracking
Duration	Goalie starts in butterfly facing face off dot on strong side
5	Goalie rotates and recovers quickly into ready goalie position and T-pushes to far post
	Once set on post T-push to top of crease to face shot from X1
	Shooter shoots low to left or right side
	Goalie butterflies and tracks shot and activates leg
	Goalie power slides to side that ring goes for rebound (no rebound)
	Goalie recovers and starts in butterfly position facing face off dot on weak side and repeats.
	Key Points
	Rotates body prior to recovery
	Quick recovery from butterfly
	Strong T-push to and back to centre
	Track shot from slot into equipment. Head and eyes to follow shot
	Follow proper power slide steps:
	a. Rotate hands and hips to face new ring location
	b. Activate backside skate to the ring
	c. Load push skate
	d. Push and extend lead leg
	Quick edges back to ready goalie position
	Upper body is stable and upright as the goalie slides to ring for rebound
	Quick transition from save to recovery



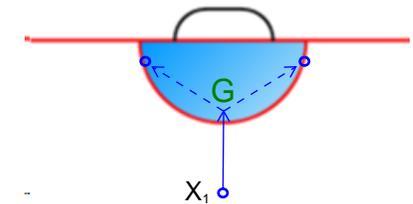
Time	DRILL #2B - Butterfly Slide with High Shot
Duration	Goalie start on post opposite shooter X1
5	Goalie steps out to face off dot
	Goalie executes butterfly slide backwards to far post to face shoot X1
	Shooter X1 times shot as the goalie is sliding to post with high shot to high left or high right
	Goalie recovers and goes to closest post to repeat in opposite direction.
	Key Points
	Goalie turns head and hands to face the ring
	Strong push off back leg while getting lead knee low to the ice for power and ice coverage
	Lead pad is flared out and close the trail leg quickly to cover 5 hole
	Upper body is stable and upright as they slide
	Track high shots to gloves with head and hand



Time Duration	DRILL #2C - Tight Triangle Shots
5	Goalie is in ready goalie position 3 rings are positioned in a triangle in front of goalie about 1'-6" apart The shooter stabs a ring and takes a quick shot while the goalie goes into butterfly The shooter then stabs a second ring forcing the goalie to pad slide across to square up to the shooter The shooter must remain stationary but can move the ring for a quick shot Try different starting triangles (front, left, right)

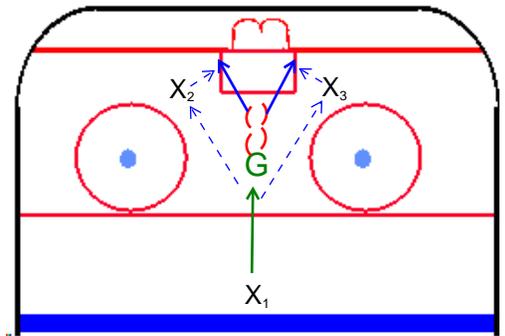


Time Duration	DRILL #2D - Tracking Shots and Activate Limbs
5	Goalie starts in butterfly position Goalie activates each limb as shots arrive Expand to ready goalie position Activate gloves for high shots Butterfly and activate legs for low shots

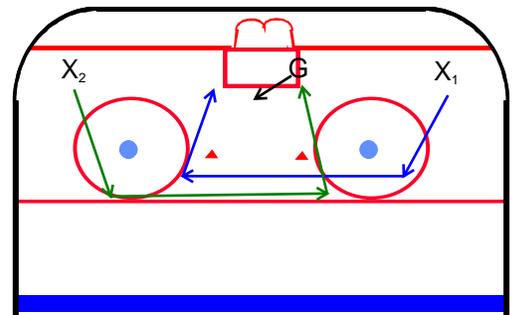


#3 SHOOTING DRILLS (2+ SHOOTERS)

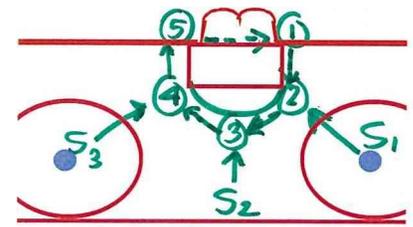
Time Duration	DRILL 3A - Breakaway Retreat
5	Goalie starts at hash marks skates backwards and butterfly slides at top of crease back to post to stop a shot Shooters are positioned at each side of the net If only 2 shooters then 1 shooter has ring approaching goalie and second skater is behind the net the come out to either side of the net



Time Duration	DRILL 3B - Drop Pass and Tracking
5	Goalie begins on the post same side as skater X1 Skater X1 skates, with the ring, inside the right offensive circle then skates parallel with the ringette line towards the middle of the ice. Skater X2 skates along the left offensive circle then skates along the ringette line towards the middle of the ice Goalie tracks skater X1 by pushing out to the top of the crease then shuffling along the crease When skaters X1 and X2 cross X1 decides whether to keep the ring and drive to the net at the hash marks or drop the ring for X2 to drive the net at the hash marks Goalie must react quickly to which player has the ring Player without ring prepares for a rebound Goalie to follow ring if there is a rebound and power slide to ring location Note: No pass after the player drives the net but could be added for difficulty
	Key Points
	Goalie shuffles to stay square to X1 Goalie maintains good angle to cover net Goalie reacts quickly to ring carrier Goalie makes save attempt then reacts quickly to rebound

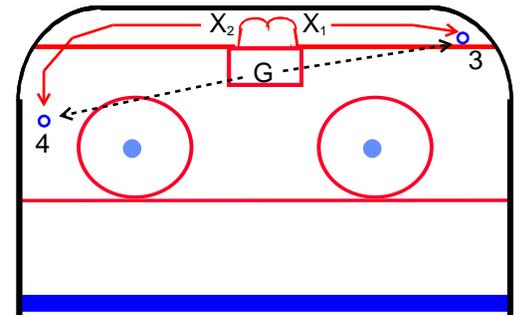
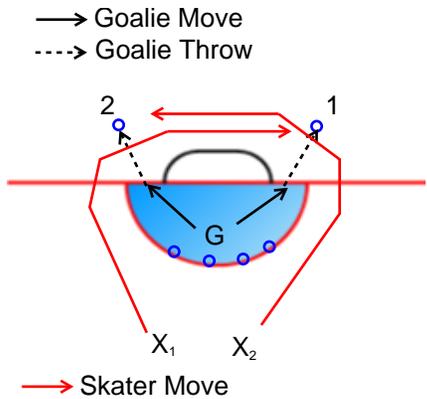


Time	DRILL 3C - Crease Movement with High Shots
Duration	The goalie starts against the post (5), t-pushes to post (1), telescopes to position 2 for high shot, shuffles to position 3 for high shot, shuffles to position 4 for high shot, telescopes to post (5).
5	Repeat in same direction. Repeat twice in reverse direction Note: Goalie remains on skates for all shots

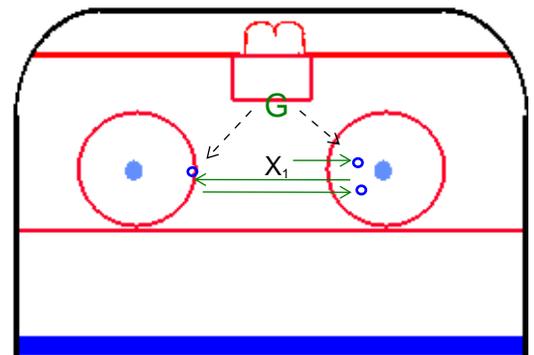


#4 RING THROW

Time	DRILL 4A - Ring Distribution (2 Skaters required)
Duration	Goalie stands in ready goalie position at top of crease with 4 rings in the crease with skaters X1 and X2 in triangle
5	Goalie picks up the ring then pushes to strong side post to drop the ring beside the net below the goal line to player going behind the net. Goalie returns to the top of the crease to pick up ring number 2 Goalie picks up the ring then pushes to weak side post to drop the ring beside the net below the goal line Goalie returns to the top of the crease to pick up ring number 3 Goalie picks up the ring then throws the ring to the boards along the goal line, on the strong side, ahead of X1 so the skater can skate into Goalie returns to the top of the crease to pick up ring number 4 Goalie picks up the ring then pushes to opposite post to throw the ring to the face off dot ahead of X2 so the skater can skate into the ring
	Key Points
	Goalie picks up the ring efficiently
	Goalie moves quickly to post to throw ring
	Ring is thrown low to avoid bouncing the ring which is difficult to stab
	Accuracy and timing of the throw for skaters on the move



Time	DRILL 4B - Ring Throws Leading Skater (1 skater)
Duration	Goalie stands in ready goalie position at top of crease with 4 rings in the crease with skaters X1 in triangle
5	Skater starts in centre and moves laterally towards hash mark making eye contact with goalie Goalie picks up a ring and does a short throw ahead of the moving skater to stab The skater then reverses and skates towards the other hash marks while the goalie picks up another ring and throws ahead of the skater Repeat until all rings are thrown Repeat multiple times with the skater moving further away from the goalie for longer throws



Time	DRILL 4C - Shot and Throw
Duration	Coach sets up 2 pylons at each face of dot about 2' apart
5	Goalie stands in ready goalie position at top of crease Shooter shoots at goalie stick along the ice Goalie picks up ring then throws between pylons at face of dot Repeat with 8 rings total
	DRILL 4D -Target Throws
	Goalie stands in ready goalie position at top of crease with 4 rings in the crease
	Coach sets up multiple pylons for the goalie to throw in various positions around the zone

