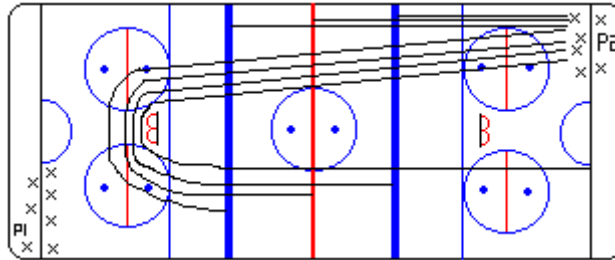


## **Skating Drill**

**Description:** Divide the two groups in half, one at each corner. Move nets into the hash marks to allow plenty of room. On whistle, P1 skates to the near blue line and back to the start. When they are done, P2 does the same thing from their end. P1 then skates to the red line and back to the start while P2 does the same. Far blue line and back, go around the far net to the far blue line and back, go around the far net to the red line and back, go around the far net to the near blue line and back, and go around the far net to the goal line where you started and back around. This drill is great for endurance and speed bursts because it allows sufficient skating and rest periods. This is a favourite drill of NHL player Peter Zezel.

**Variation:** Backwards



## **Ship Shape**

**Purpose:** Carrying the ring, stopping, starting, and changing directions

**Description:** Good game for young skaters. Each player should have a stick and ring. Gather them into the center circle and explain the calls.

BOW - One end of the ice

STERN - Opposite end of the ice

PORT - Left side of the ice (facing the bow)

STARBOARD - Right side of the ice (facing the bow)

MAN OVERBOARD - Lie down on the ice, roll over and get up quickly

CAPTIAN ABOARD - Skate to the center circle and salute the coach.

SWAB THE DECK - Down on knees and rub the ice

MUTINY - Chase the coach.

## **Inch Worm**

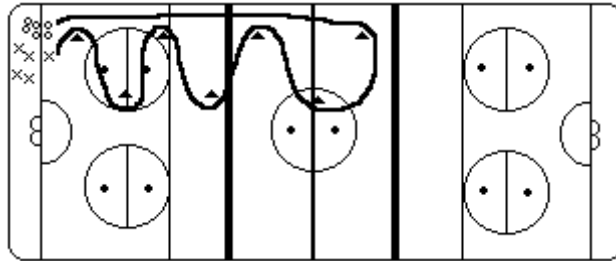
**Purpose:** To develop turning and agility

**Description:** Have players line up in a single line just more than arms length. The player in the back starts to go through the line skating in and out of each player. When she reaches the end, she takes up a place in the line. The next player from the back starts. Encourage the line to bend around the ice.

## Slolam x3

Equipment: Pylons, Rings

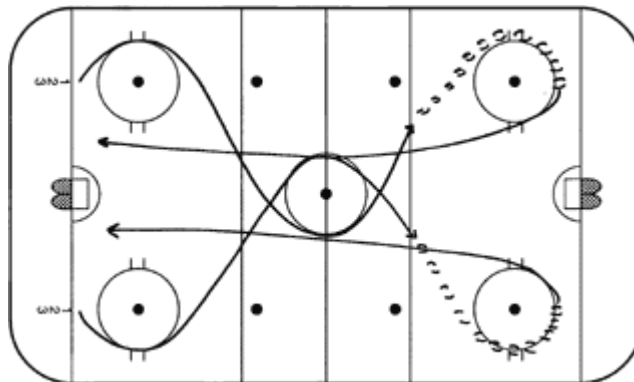
Description: Players skate through the pylons 3 times. #1 forwards, #2 backwards, #3 pick up a ring and go forwards. If possible have two lines going at the same time to prevent players from standing around. All three times through should be continuous.



## Heads Up!!

Equipment: None

Description: 2 players at a time skate through pattern as shown

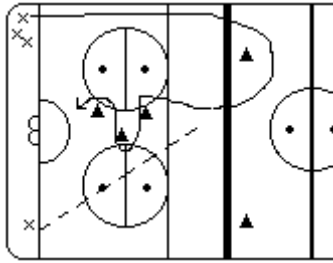


## Horseshoe Drill with Pylons

Equipment: Rings/Pylons

Description: All players in one corner, coach in opposite corner with rings. Player 1 skates up around pylon and receives ring. Then she skates through the pylons and takes a shot on goal

Variation: Opposite corner



## Double Shots

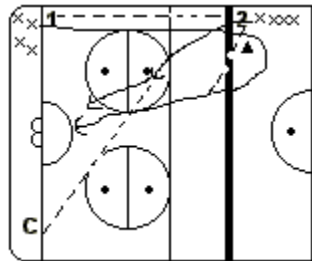
Equipment: Rings

Description: All players line up in the corner. The coach sets up on the same side beside the net with rings. The skater skates around the free pass circle and picks up a pass from the coach and takes a quick shot. The skater then pivots backwards and skates backwards around the opposite free pass circle until she reaches the top. She then pivots frontwards and picks up a pass from the coach and takes a quick shot.

## 2 Pass Philly Drill

Equipment: Rings

Description: 2 Groups as illustrated. Player 1 skates up the boards and passes up the boards over the blue line to Player 2. Player 1 skates around the pylon and receives a pass back from Player 2. Player 2 then skates towards the goal and receives a pass from the coach in the corner. After the drill is finished alternate lines.



## 3 Rings Score

Equipment: 3 Rings

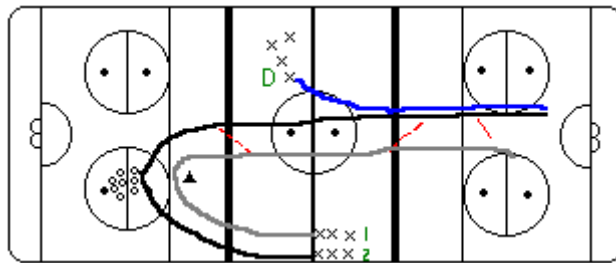
Description: Two lines at the blue line. One line is the forward line and the other is the defense line. Three rings are placed behind the net. On whistle, the forward skates behind the net and picks up a ring, comes out front and takes a shot, if she scores, the forward goes back behind the net and picks up another ring. If the defense picks up the ring it must be passed to an opposite corner, not out of the zone. The drill continues till all 3 rings are in the net. Coaches must make sure players are holding their sticks across their bodies and not straight out in front to prevent the skater from spearing herself on the boards. Goalies and players will be very active

Variation: 2 forwards and 1 defense, or any other combination.

## Transition #1

Equipment: Rings, pylons

Description: Set up the rings beside the pylon. Line up three lines, two on the red line facing the rings, and the other across the ice on the red line. On the whistle, first two players skate around the pylon, picking up a ring then continue up the ice passing over the blue line. Meanwhile the first player in the third line tries to check the ring away or prevent a shot.



## High Speed Shooting

Equipment: Pylons, rings

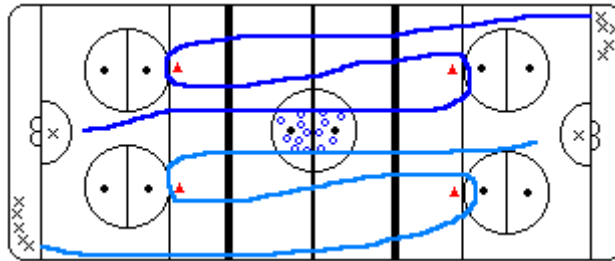
Description: Players line up behind goal line and skate a figure 8 around pylons and receive a pass from the coach for a one timed shot. This will develop foot speed, getting open and keeping head up.



## Torture Drill

Equipment: Pylons, rings

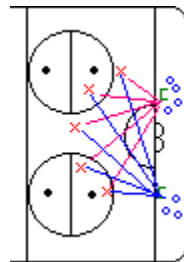
Description: Skaters skate hard from both corners around the pylons and pick up a ring to take a shot on goal.  
Next player starts when the player in front of her hits the first pylon. Change lines.  
Variation: Pivot backwards around first pylon



## Quick Shot

Equipment: Rings

Description: Players line up in a semi circle in front of the net. Coaches have 2 piles of rings on either side of the net. Alternating, the coaches pass to one of the players who takes a shot on goal. The goalie won't know who is getting the pass. Teaches goalies and players to always be ready for a pass or shot from anywhere

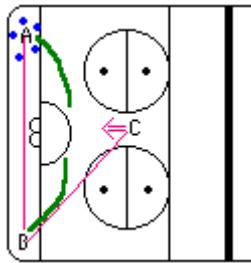


## Deflection & Screen

Equipment: Rings

Description: A passes to B who quickly passes to C. A and B go to the front of the net while C takes a shot. A and B look for rebounds.

Variation: Add a defense



## ZONES

Equipment: 1 Ring

Object: The ice is divided into three zones - the neutral zone and the two zones inside each blue line at both ends. Each team uses all three zones freely. The object of the game is to move the ring quickly, and under control, from zone-to-zone, thereby scoring points.

Description: Start with 3 on 3. The coach throws the ring into the neutral zone. The first team to touch the ring passes to a teammate in one of the other two zones bordered by the blue line. If the pass is successfully completed that team scores 1 point. If the player receiving the ring holds on to it for more than 3 seconds (the coach can count 1 onethousand...2 onethousand...3 onethousand) before passing it, that team loses the point they just gained. The 3 second rule is critical because it promotes quick thinking, anticipation and the use of open spaces.

To score another point the team with the ring must successfully pass the ring back into the neutral zone. And then it needs to be passed in to the opposite end zone and so on. If the ring goes over both blue lines they do not receive a point, but do not lose possession of the ring.

Switch the players and have 30-60 shifts. The team not in control has to check like mad to get the ring back.

Variation: Optional to use goalies, but not to stop shots. When the team gains the end zone the ring can be passed to the goaltender and she has to pass it back to her teammate before it is passed into the neutral zone.

## Everyone Must Score

Equipment: 1 Ring

Description: Scrimage: the object of the game is to be the first team to have everyone score. This will develop passing and teamwork skills and will also get weaker players involved in the game.