

Stage: UI2

Practice: # 5 ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice) (3-5min in the dressing room)

- Welcome athletes.
- Review procedures for safety, water breaks, etc.
- Discuss goals of practice + planned drills/activities

Warm up (10-12 minutes)

Drill #1: Ship Shape /F18-7.41

- Bow (one end of the ice – front of the boat)
- Stern (opposite end of the ice – back of the boat)
- Port (the left side of the ice facing bow)
- Starboard (the right side of the ice facing bow)
- Man Overboard (lie down on ice and get back up quick)
- Captain Aboard (stop, stand straight, and salute coach)
- Swab the Deck (mopping action with ring and stick)
- Mutiny (chase the coach)

Drill #2: Stretching – Agility / Balance / Coordination (ABC'S) of Warm-Up

Figure 8 Laps – forwards /W7-2.5.6.3

Dynamic (with movement) Stretches /W7-2.5.2.2

- Shoulders & Arms
- Back & Sides
- Hamstrings & Quadriceps
- Groin & Legs (adductor/inside and abductor/outside)
- Ankles & Caves

Drill #3: Skating & Passing

Skating Zigzag (Lazy S) /R15-4.4.3

Goalie

Mobility (forward & backward): keeping stick flat on the ice, handling shots, cushioning the shot.

One to One/G3-5.3.1

Cool down (5-10min)

True and False Game /F17-7.40

- The forwards cannot go in the defence zone
- The goalkeeper may never pick up the ring
- The goalkeeper may play the ring anywhere on the ice
- A player can skate through the crease
- The ring must be passed over each blue line

Post-practice wrap up) (3-5min in the dressing room)

- Wrap up daily activities and prepare athletes for next ice time.
- Before each athlete leaves the ice discuss what position they like playing the best
- Coaches are available for questions

Drill #1

7.41 Ship Shape

Purpose: Carrying the ring, stopping, starting, and changing directions will be practiced.

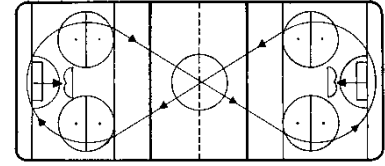
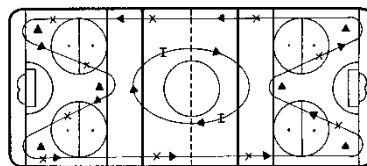
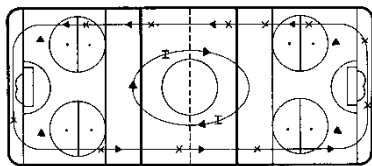
Equipment: One ring per player is needed.

Description: This is a game especially for young skaters. Gather all the skaters in the centre circle and explain the calls.

Bow - one end of the ice (front of the boat).
 Stern - the opposite end of the ice (back of the boat).
 Port - the left side of the ice (facing the bow).
 Starboard - the right side of the ice (facing the bow).
 Man Overboard - lie down on the ice, then get up.
 Captain Aboard - salute to the captain (coach).
 Swab the Deck - moving the ring and stick around like it was a mop.
 Mutiny - chase the coach.

For example, if the instructor yells "bow", all the students skate with their rings to the designated end of the ice and come back. When all are back or nearly back, the teacher makes another call. Continue to reinforce the skating skills, and vary the calls.

2.5.6.3. Figure eight set-up (third diagram): This is a good warm-up set-up for extra skating conditioning. Instructor/coach/demonstrator can provide comments to players at each end of the ice surface or in the middle near the crossover.

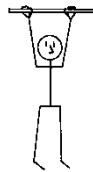
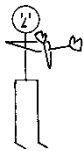


Drill #2

2.5.2.2 Warm-up - Stretches Description

- | | |
|-----------|--|
| Neck | - Stretch the neck slowly, first from one side to the other, shoulder to shoulder, then forward - never back. |
| Shoulders | - Shrug up and down.
- Roll shoulder forward and backward. |
| Arms | - Bring the arm across the body and hold with the opposite hand, stretching the triceps and shoulder.
- Grasping with both hands, bring the arms above the head to stretch the triceps and forearm. |
| Back | - With both hands behind the back, grasp and stretch the biceps and deltoids.
- Position the feet slightly wider than the proper stance, and with the knees bent, roll forward and touch the toes. This will stretch the lower back and hamstrings. |
| Sides | - With one arm, reach above the head to stretch one side, then the other. Avoid over exaggerated side bends.
- Variation - Raise the stick above the head with two hands on it. Press one hand up, then the other. |
| Ankles | - Toe in - Between the blue lines, glide on one foot (knee slightly bent) turn the toe inward and hold for eight seconds.
- Toe out - Use the same motion, but turn the toe out. |

- | | | |
|---------------------------------|---|--|
| Calves | - | Stationary - With motion, and the feet shoulder width apart, lift the toes(supporting leg knee is slightly bent). Stretch the opposite calf. |
| Hamstrings | - | Stationary - Kneel on the ice, bring one leg out to the side with the toe pointing upward, and hold position for 8 seconds (should feel a stretch in the back of the leg and calf area). Switch legs. |
| Quadriceps | - | Stationary - Hold onto the boards with one hand and use the other hand to grasp ankle behind back. The supporting knee is bent and the back should be straight, with the knees parallel.
Moving - Same motion, but between blue lines while gliding.
Moving - Similar to a groin stretch, the player puts the toe on ice rather than side of foot. |
| Groin (Adductor) | - | Moving - One leg is put behind the other, with the inside of the foot on the ice. The supporting knee is bent (no more than 90°). Do not bounce. |
| Abductors
(outside of leg) - | - | Moving - Similar to the quadriceps stretch, except the player grasps the foot with the opposite hand, in front of body. This is a good balance drill. |



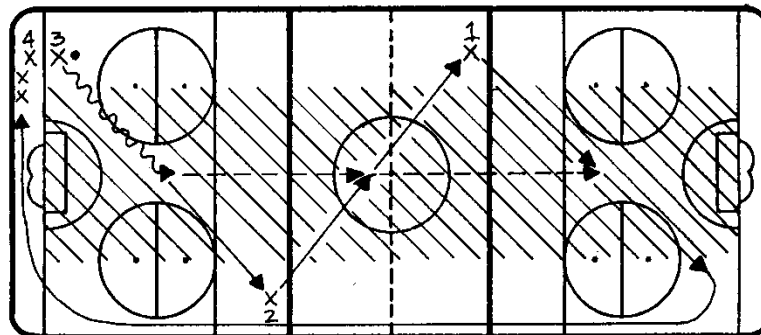
Drill #3

4.4.3 Skating Zigzag

Equipment: Rings/Pylons are needed.

Description: The shaded area is the passing area. Player 1 and Player 2 are at the blue line as shown. Player 3 starts with the ring and skates towards Player 2. Player 3 passes the ring straight up the centre where Player 2 receives it. Player 2 passes to Player 1 who skates to the corner and returns along the boards to the starting position. Player 3 replaces Player 2, and Player 2 replaces Player 1. Player 4 now begins the drill.

Variation: Players may shoot on goal.

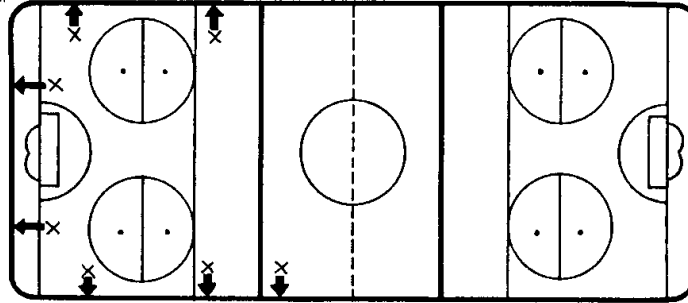


Drill #4

4.10.1 Stationary Shooting

Equipment: Rings are needed.

Description: Players spread out around ice surface and practice against the boards. Watch for proper technique.



5.3.1 One to One

Equipment: A net or two pylons and five rings to every goalkeeper are needed.

Description: With one shooter for every goalkeeper, the shooter stands in the slot and shoots rings at the goalkeeper who practices the following.

- Variations:
- Cushioning - the shot comes at the stick on the ice and the goalkeeper cushions the ring to keep it in the crease.
 - Deflecting - the shot comes on the ice to either side of the goalkeeper and the stick is used to deflect the ring to the corners.
 - Clearing - the shot comes on the ice and the goalkeeper stops it then uses the stick to clear it to a specific target.

Drill #5

3.11.1 Circle Sculling

Equipment: None required.

Description: Players spread out evenly among the five free pass circles and start with their left foot on the circle. Pushing with their right foot only, players make hard cuts with their skate around the circle, never lifting their skate off the ice. After about 3 times around the circle, stop and change direction, pushing with their left foot while their right foot stays on the circle.

Variation: This drill can also be used for backward crossover turns.

3.11.2 Cross and Hold Position

Equipment: None required.

Description: Players spread out evenly around the 5 free pass circles and start by placing their left foot on the circle (facing counterclockwise). Using their right foot, players push 3 times and then cross their right foot well over their left foot as far as they can and hold that position

for a 3 count. Then push 3 more times and hold again. After about 3 times around the circle, stop and change direction, using the left foot to push.

3.11.4 End Zone Figure Eight

Equipment: None required.

Description: Players divide into 2 groups, half at each end of the ice. Using the 2 free pass circles in their end, players skate in a figure of eight pattern around the circles. (Around one circle once one way, and on to the other circle, skating around it the opposite way, and back to the other circle, etc.)

Variation: This drill can also be used for backward crossover turns.

Drill #6

3.6.2 Push and Stop

Equipment: None required.

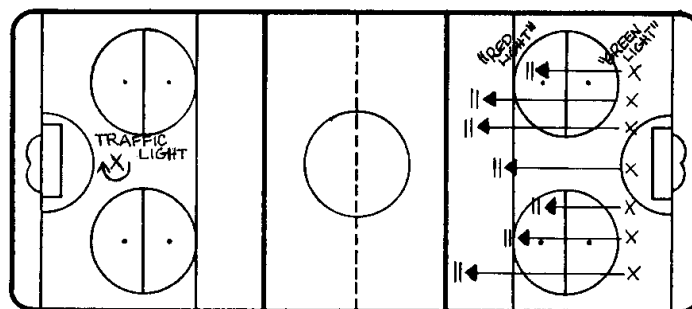
Description: Players line up along the goal line (for large groups make 2 lines). All players begin by pushing with one T-push and then parallel stop facing one direction. Then push again and stop facing the other direction. Continue the length of the ice, alternating the direction of the stop.

Variation: This drill can also be done with increasing strides before stopping. Start with one stride and stop, then 2 strides and stop, then 3, etc.

3.6.6 Red Light, Green Light

Equipment: None required.

Description: One player is the "traffic light" and stands at one end facing everyone else at the other end. The traffic light yells "Green light", then turns around to face away from the skaters. Everyone skates forward. When the light yells "Red light", everyone must stop. The traffic light turns around quickly and sends anyone caught moving back to the starting position. The first player to reach the traffic light, gets to be the light in the next round.



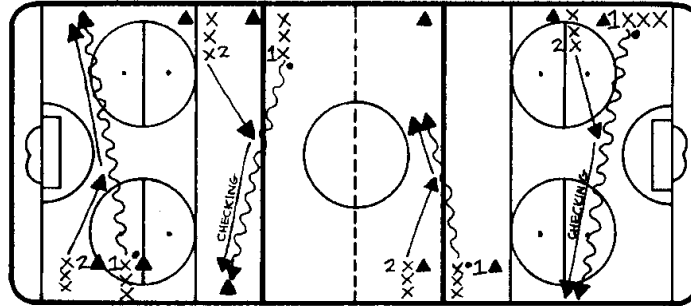
Drill #7

4.7.3 Straight Line

Equipment: Rings are needed.

Description: Players are paired up along the side board. Player 1 has the ring and skates towards the opposite boards with the ring out in front. Player 2 side checks while in stride with Player 1. Switch at the opposite boards.

Variation: Have two checkers for each ring carrier.



Drill #8

6.3.1 Free Pass from Centre

Equipment: None

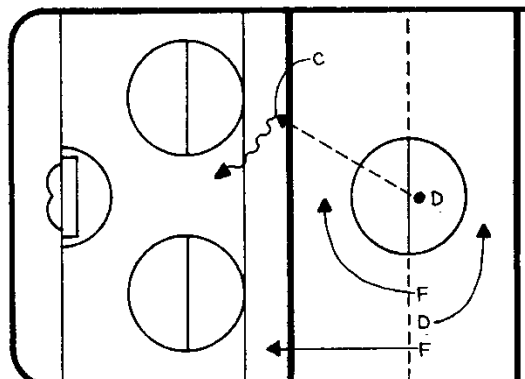
Description: There are various free pass plays ranging from simple and safe plays, to complex and perhaps high risk plays. Beginners should be taught one or two simple free pass plays, and should learn to execute them well. Advanced teams may work on a number of simple and complex free pass plays. The key to well executed free pass plays are:

- anticipation
- timing
- deception
- communication
- alternate or option plays
- discipline
- coverage of players
- practice.

Pass to a teammate outside of the circle, preferably one who is in motion. Move within the circle and do not rush the pass - five seconds to complete the pass is a 'long' time. Use fakes when possible.

Purpose: The main objective is to retain possession of the ring.

Variation: Experiment with numerous free pass patterns.



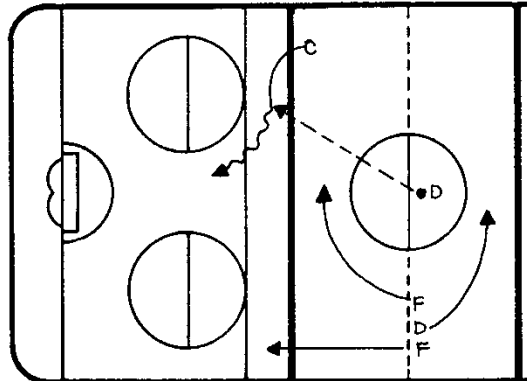
6.3.4 High Risk Free Pass

Equipment: None is needed.

Description: This usually involves a long pass which is intended to create a breakaway shot on goal. These are sometimes used at the end of a period or as a desperation effort in order to score a goal.

Purpose: The main objective is to gain a high percentage scoring opportunity.

Variation: Experiment with numerous free pass patterns.



Drill #9

7.40 True and False

Purpose: Agility, stopping, and knowledge of rules will be improved.

Equipment: A list of statements, to be called out by the teacher is needed.

Description: There are two teams. Each team lines up on its blue line facing the other. One line is designated as the "false" line and the other the "true" line. The coach states a rule. If it is false, the "false" line turns and skates to the end boards.

The players on the "true" line chase after those on the "false" line. (e.g. the coach says "the ring may be carried over the blue line." This is obviously false, so the "false" team turns and skates to its end boards with the "trues" chasing in hot pursuit. Anyone who is tagged before reaching the end red line joins the other team and the game is repeated.

Examples of statements are

- the forwards cannot play in the entire defense zone
- the goalkeeper may never pick up the ring
- knee pads are mandatory
- you may body check in Ringette
- there is a blue line bordering each zone
- the goalkeeper may play the ring anywhere on the ice
- there must always be six skaters on the ice
- goalkeeper may pick up the ring on the crease line
- you may go into the crease at any time to play the ring
- the ring must be passed over the blue line .

