



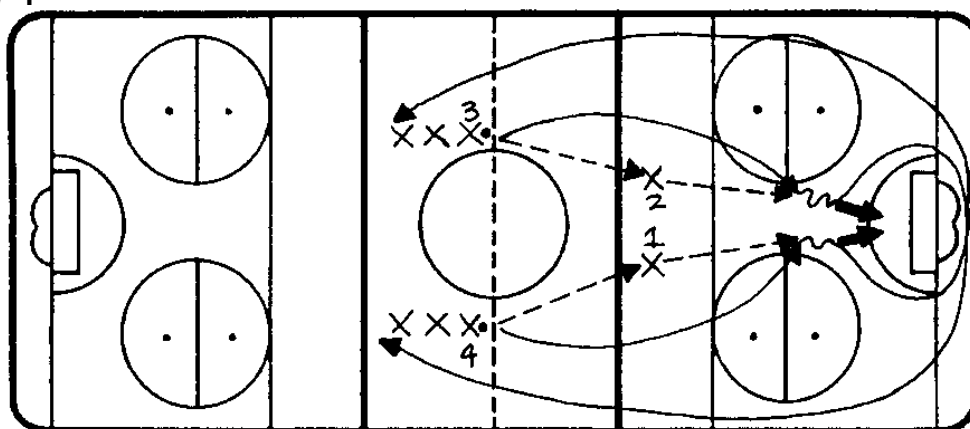
**Stage: UI6/UI9**  
**SHOOTING DRILLS**

Drill #	ACTIVITY
1	V-Drill (Ref. 4.10.5)
2	5 Point Drill (Ref. 4.10.6)
3	One-Timers (Ref. 4.10.7, 4.10.16, 4.10.10)
4	Quick Shot with Rebound
5	Moving Cross Crease
6	Horseshoe ½ ice (Ref. 4.10.8)
7	Terry's Targets
8	3 Line Shooting

**Note:**

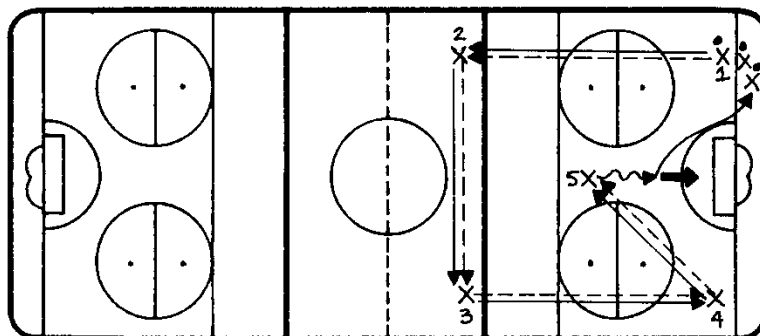
- Many of the passing drills incorporate shooting
- Always remember to vary the shooting option
- Add targets to the nets for ALL drills – even with goalie in.  
This will teach players to see “mesh” (target’, instead of where the goalie is.

## Drill # 1



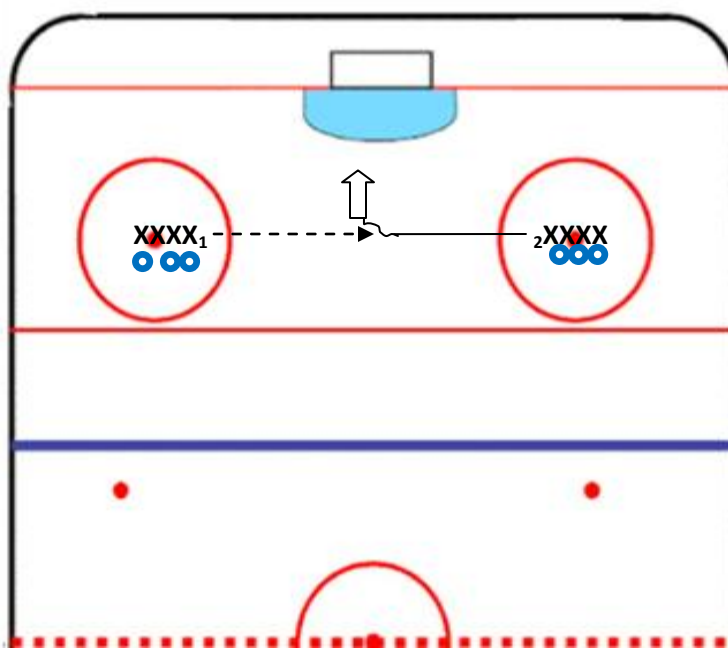
<b>Drill Name:</b>	V drill	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b>		<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li></ul>		
<b>Players:</b> (see matrix)				
<b>Goalkeepers:</b> Involved in this drill				
<b>Drill Details:</b> <b>4.10.5 "V" Drill</b>  Equipment: Rings are needed. Description: Two players stand just inside the blue lines. The other players form two lines behind the red line. Player 3 passes to Player 2, then skates toward net, receives the pass back from Player 2, and shoots. The other line performs the same exercise on their side. Remember to change the two stationary players often.			<b>TIPS</b> <ul style="list-style-type: none"><li>• Remember to mix up the shots</li><li>• Change from fore hand to back hand and wrist shot to flip shots</li></ul>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>
November - December		December-February		
<b>Skills Matrix</b>				
Ring Skills Passing, Forehand sweep	Ring Skills Receiving Stabbing the Ring	Ring Skills Shooting Forehand Sweep, Backhand Sweep, Forehand flip, Backhand flip, Forehand Wrist, Backhand wrist		

## Drill # 2



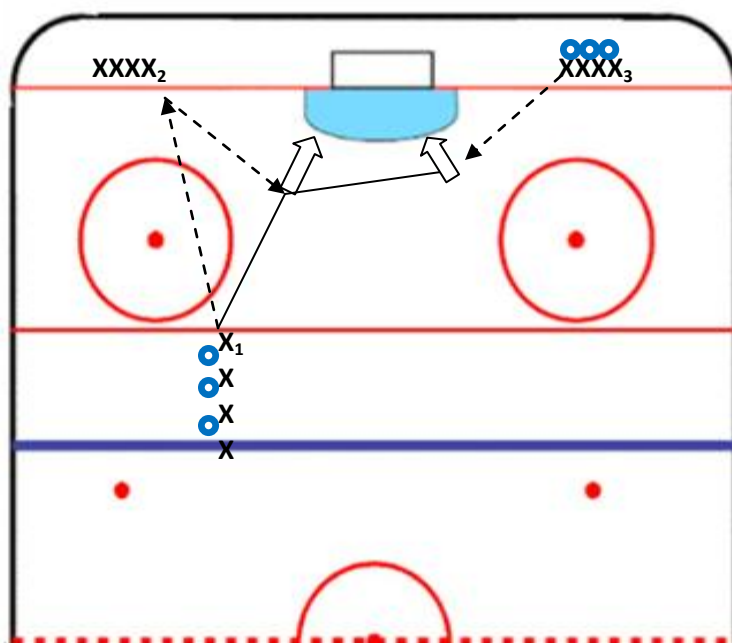
<b>Drill Name:</b>	5 Point drill	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> (see matrix)		<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li></ul>		
<b>Goalkeepers:</b> Involved in this drill				
<b>Drill Details:</b> <b>4.10.6 5 Point Drill</b>  Equipment: Rings are needed. Description: Station five players in the positions indicated. The rest of the players line up in one corner with the rings. The object is to pass the ring to the next station then skate there quickly. Player 5 skates down the middle and picks up the pass from Player 4 and takes a shot on goal. Player 5 then goes to the end of the first line.			<b>TIPS</b>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>
November - December		December-February	Add a board pass	
<b>Skills Matrix</b>				
Ring Skills Passing, Board pass, Forehand Sweep, Backhand pass	Ring Skills Receiving Stabbing the Ring	Ring Skills Shooting Forehand Sweep, Backhand Sweep, Forehand flip, Backhand flip, Forehand Wrist, Backhand wrist		

## Drill # 3



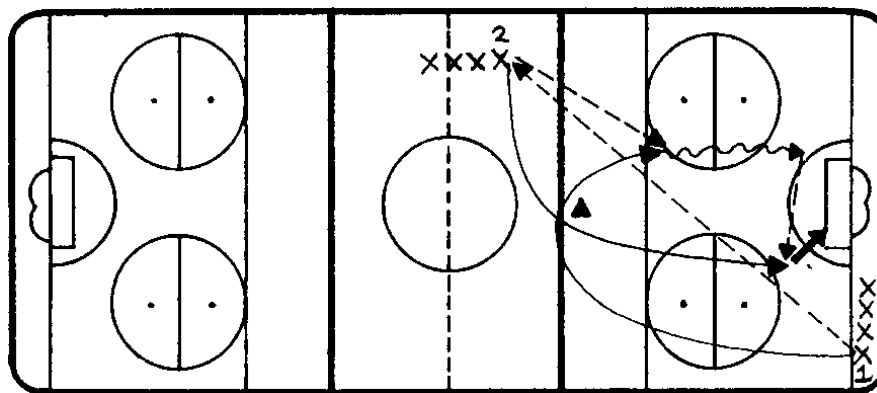
<b>Drill Name:</b>	One Timers			<b>Duration:</b>	5 minutes
<b>What Skills are we developing?</b> <b>Players:</b> <ul style="list-style-type: none"><li>• Ref 4.10.7 (pressure shooting) in Ringette Canada Drill Manual</li><li>• Ref 4.10.16 (cross crease 1,2,3) in Ringette Canada Drill Manual</li><li>• Ref 4.10.10 (pass from the corner) in Ringette Canada Drill Manual</li></ul>				<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li></ul>	
<b>Goalkeepers:</b> Involved in this drill					
<b>Drill Details:</b> <ul style="list-style-type: none"><li>• Player 1 passes to player 2 who is skating to the ring - receives the ring and shoots</li><li>• Then player 1 skates to the ring, player 3 passes... continue on</li></ul>					<b>TIPS</b>
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>	
		Late December-February			
<b>Skills Matrix</b>					
Ring Skills Shooting Forehand Sweep, Backhand Sweep, Forehand Wrist, Backhand Wrist					

## Drill # 4



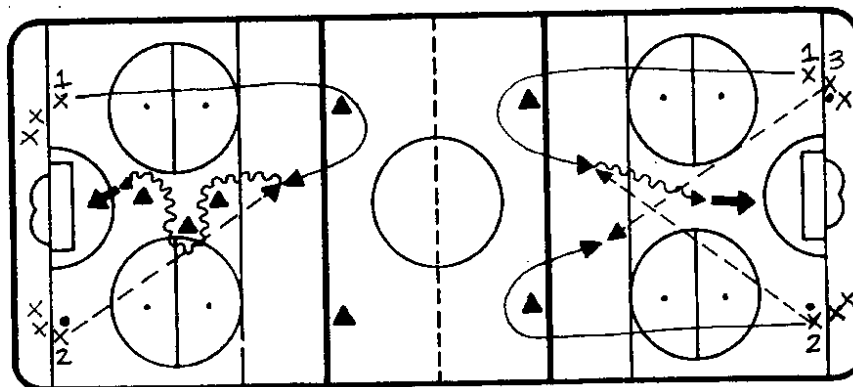
<b>Drill Name:</b>	Quick Shot with Rebound	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> (see matrix)		<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li></ul>		
<b>Goalkeepers:</b> Involved in this drill				
<b>Drill Details:</b> <ul style="list-style-type: none"><li>• Player 1 passes down to player 2</li><li>• Player 2 returns pass to player 1 skating in who takes a shot (flip-forehand/backhand)</li><li>• Player 1 then receives rebound pass from player 3 and quick shot</li><li>• Player 1 to 3; 3 to 2; 2 to 1.</li></ul>			<b>TIPS</b>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>
		January-February	Add defender to middle of hot spot (defender with or without a stick)	
<b>Skills Matrix</b>				
Ring Skills Shooting, Forehand flip, Backhand flip				

## Drill # 5



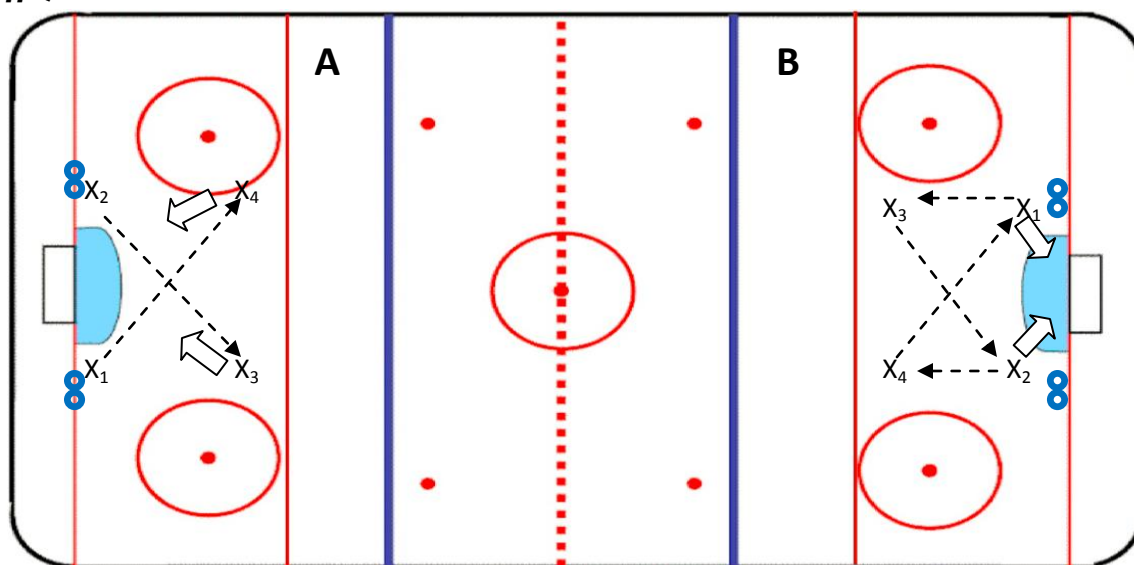
<b>Drill Name:</b>	Moving cross crease	<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b>		<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li><li>• 1 pylon</li></ul>		
<b>Players:</b> (see matrix)				
<b>Goalkeepers:</b> Involved in this drill				
<b>Drill Details:</b> <b>4.10.18 Moving Cross Crease</b>  Equipment: Rings/Pylons are needed. Description: Player 1 passes to Player 2 and skates around the pylon. Player 2 passes back to Player 1, and skates around pylon down to the side of the crease. Player 1 makes a pass across the crease to Player 2 who shoots. Return to the opposite line along the boards.			<b>TIPS</b>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>
December		January-February		
<b>Skills Matrix</b>				
Ring Skills Shooting Forehand Sweep, Backhand Sweep, Forehand Wrist, Backhand Wrist				

## Drill # 6



<b>Drill Name:</b>	Horseshoe (half ice)		<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> (see matrix)			<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li><li>• 2 or 4 pylons</li></ul>		
<b>Goalkeepers:</b> Involved in this drill					
<b>Drill Details:</b> <b>4.10.8    Horseshoe</b>  Equipment:    Rings/Pylons are required. Description:    Players form two lines in opposite corners. Player 1 skates up and around the first pylon. Player 2 passes the ring to Player 1 and begins to skate around the pylon. Player 1 shoots, and goes behind the opposite line. Player 3 passes the ring to Player 2 etc.  Variation:    Add pylons in front of the net to weave through.				<b>TIPS</b>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>	
December		January-February	Add pylons in front of net to weave through		
<b>Skills Matrix</b>					
Ring Skills Shooting Forehand Sweep, Backhand Sweep, Forehand Wrist, Backhand Wrist					

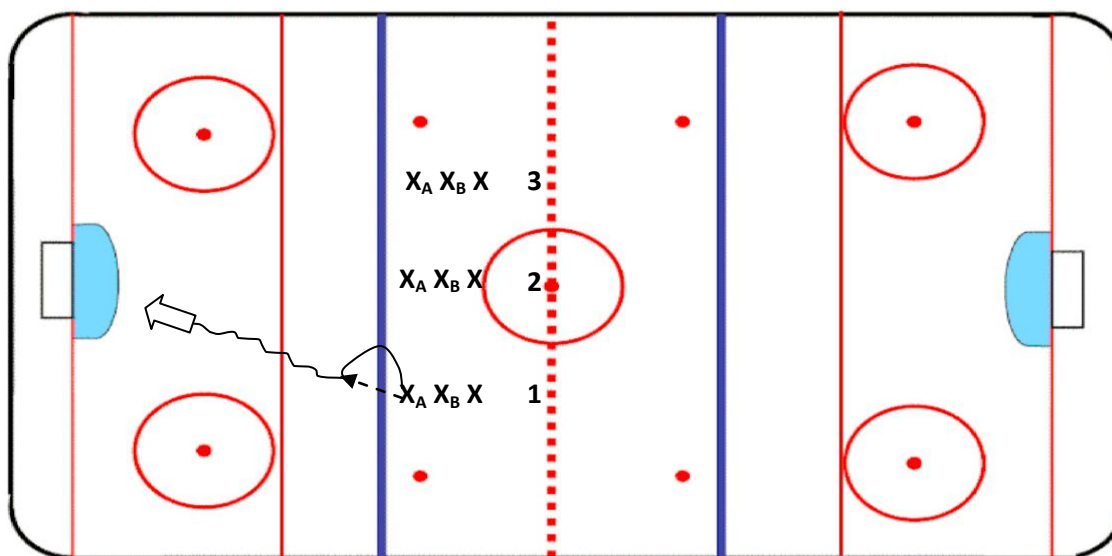
## Drill # 7



<b>Drill Name:</b>	Terry's Targets		<b>Duration:</b>	5-7 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> (see matrix)			<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li><li>• Targets (can be pretty much anything, cow bells, jugs, cones, rings....)</li></ul>		
<b>Goalkeepers:</b> Not involved in this drill					
<b>Drill Details:</b> <ul style="list-style-type: none"><li>• Tie "targets" into 4 corners of nets</li><li>• Objective: to teach players to look to where they are shooting</li><li>• 2 groups</li><li>• Group A: player 1 passes to 4 who shoots at designated target</li><li>• Player 2 passes to 3 who shoots</li><li>• (Rotate position after all rings used up)</li><li>• Group B: change direction of pass so low post player is shooting</li></ul>				<b>TIPS</b> <ul style="list-style-type: none"><li>• Switch sides to work on a variety of forehand and backhand shots</li></ul>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>	<b>Competition Variations</b>	
December		January-February	Make targets smaller(e.g. small orange rings)		
<b>Skills Matrix</b>					
Ring Skills Shooting Forehand Sweep, Backhand Sweep, Forehand Wrist, Backhand Wrist					



## Drill # 8



<b>Drill Name:</b>	3 line shooting		<b>Duration:</b>	5 minutes	
<b>What Skills are we developing?</b> <b>Players:</b> (see matrix)			<b>What do I need?</b> <ul style="list-style-type: none"><li>• Rings</li><li>• 3 pylons (optional)</li></ul>		
<b>Goalkeepers:</b> Involved in this drill					
<b>Drill Details:</b> <ul style="list-style-type: none"><li>• Line # 1: player A makes c-cut, faces back to player B, who passes to player A, who carries ring to net and shoots on net</li><li>• As soon as player A in line # 1 takes pass,</li><li>• Player A in line # 2 does c-cut and takes pass from player B</li><li>• Line 3 goes next... continue</li></ul>				<b>TIPS</b> <ul style="list-style-type: none"><li>• Great drill for goaltenders</li><li>• Player turns head back to receive pass</li></ul>	
<b>Suggested Time to use Drill for Preparation</b>	<b>Preparation 7-10 Weeks</b>	<b>Suggested Time to use Drill for Competition</b>	<b>Competition 10-15 weeks</b>		<b>Competition Variations</b>
November-December					
<b>Skills Matrix</b>					
Ring Skills Shooting Forehand Sweep, Backhand Sweep, Forehand Wrist, Backhand Wrist					