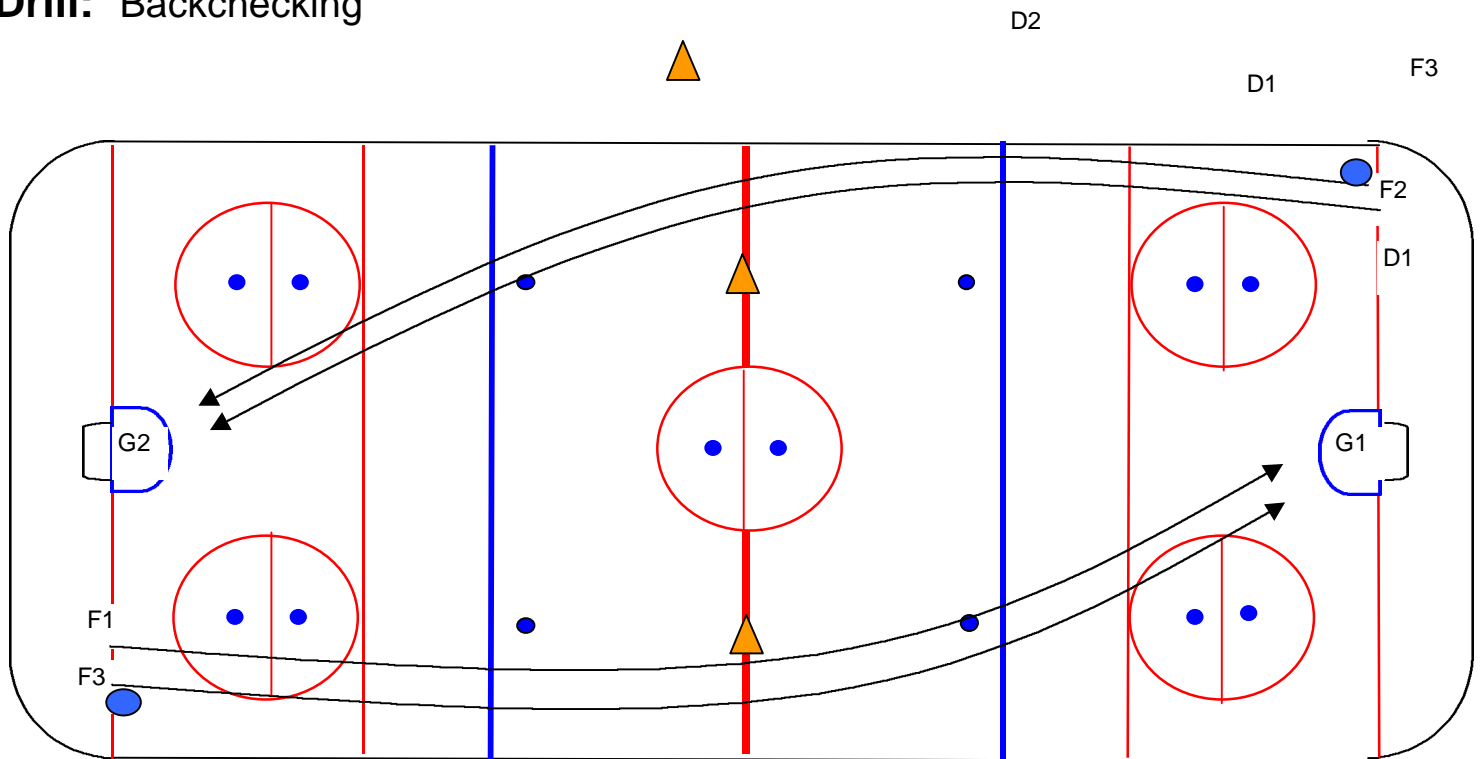


Drill: Backchecking



Board side players have the rings.

Both players start beside each other.

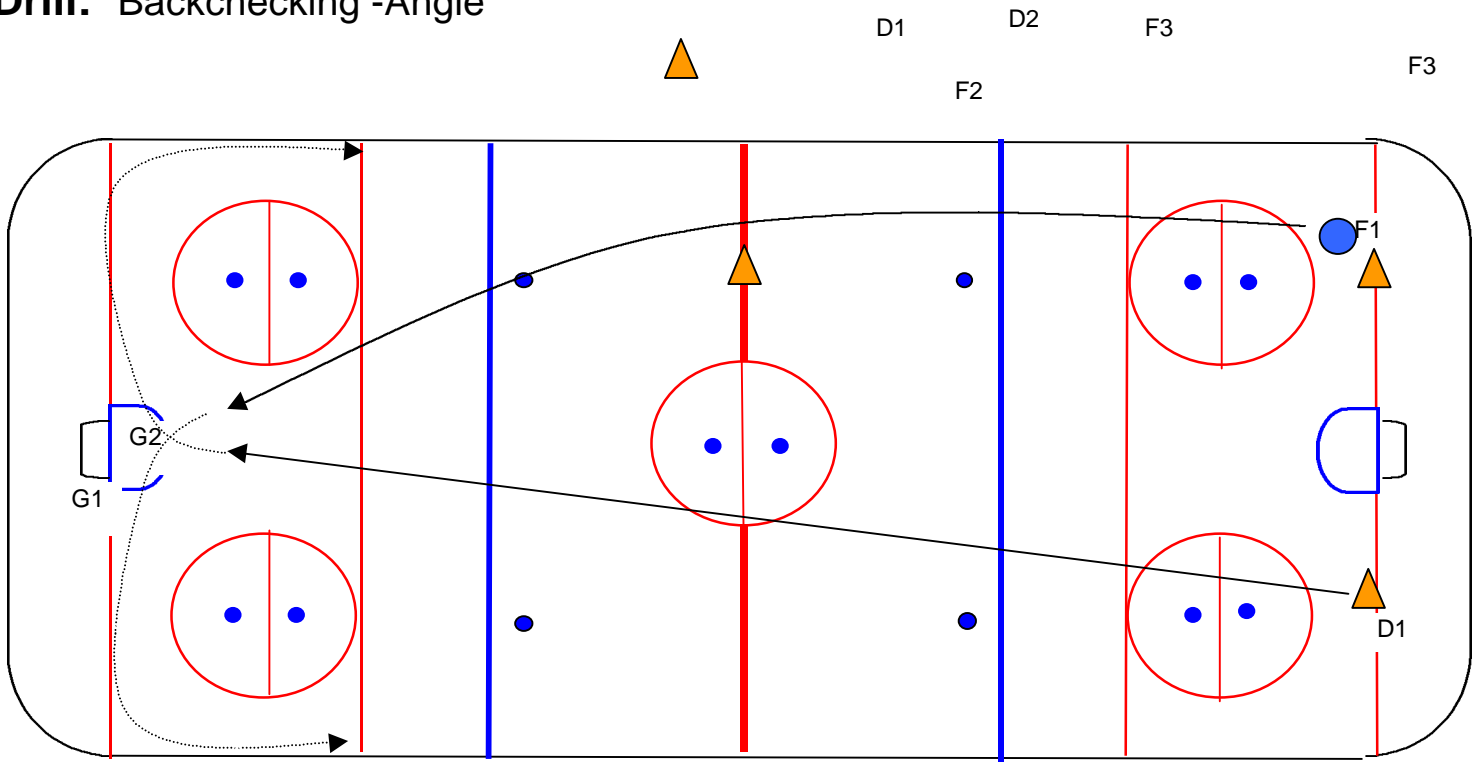
Board side player must skate between Pylon and the boards

Ring carrier tries to skate entire length of ice with the ring and shoot on the goalie.

Other player tries to back check, using sweeps to steal the ring.

If back checker obtains possession of the ring that player now tries to shoot and the player with out ring has to check.

Drill: Backchecking -Angle



F1 has the ring.

skates around Pylon as shown racing for a shot on net.

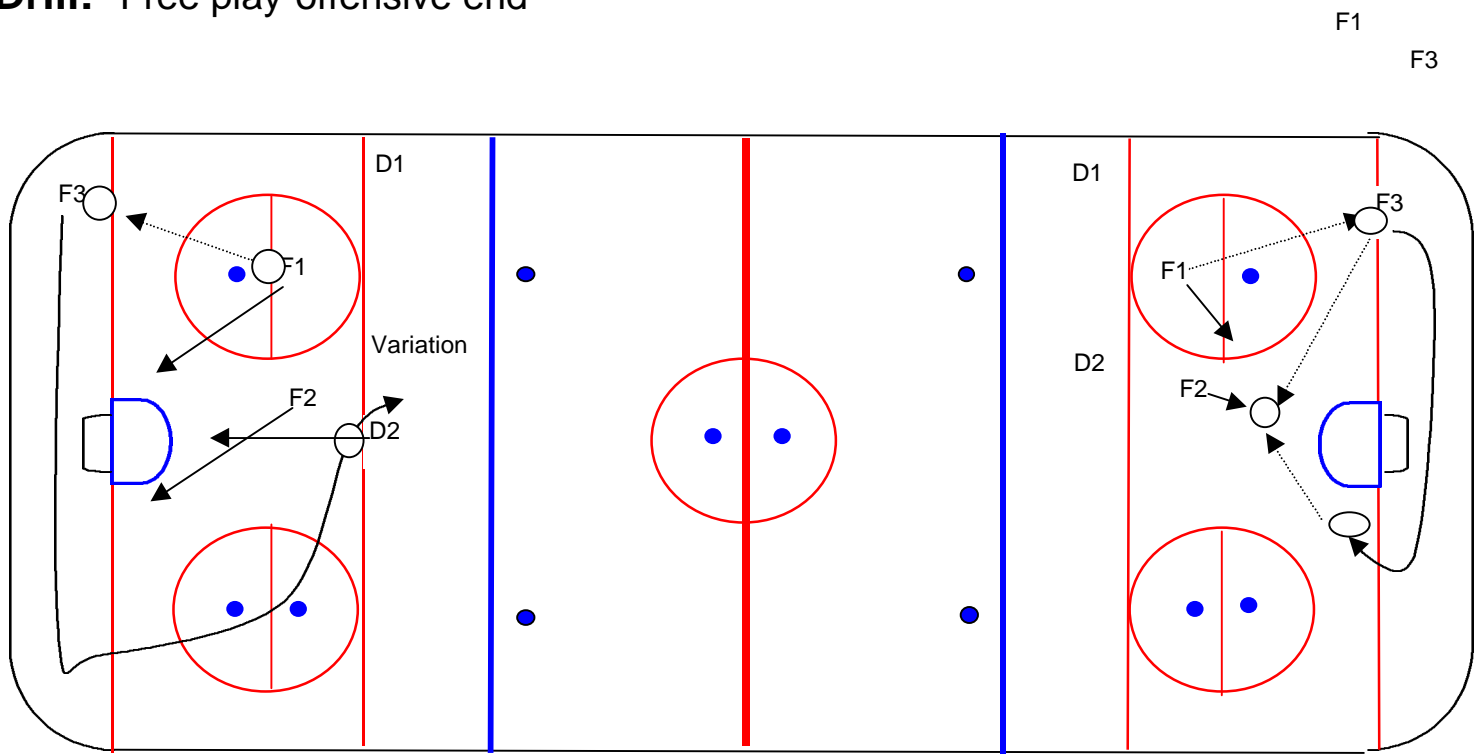
D1 does not have a ring.

Races to backcheck so that F1 cannot get a shot on net.

Players return against the boards so as not to interfere with next two players.

Players switch positions.

Drill: Free play-offensive end



F1 passes to F3.

F3 Passes to F2 or F1 Going for the net. OR

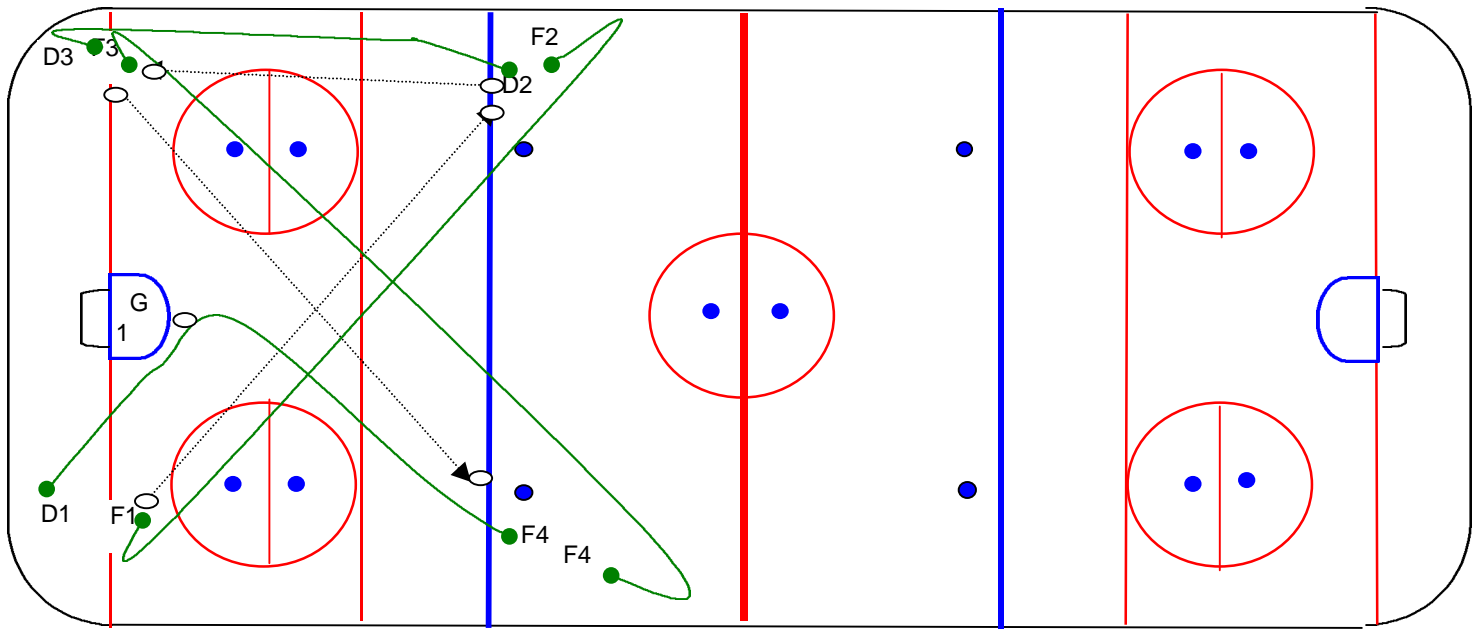
F3 goes behind the net passes into the front for F2 or F1.

Variation: F3 circles behind the net and comes out to free play line.

Drops ring for D2 who heads for the net. F2 and F1 move towards side of net looking for pass.

Drill: 4 Corners

F3



F1 passes to F2 and skates to F2's position.

F2 passes to F3 and skates to F3's position.

F3 passes to F4 who is moving towards the net.

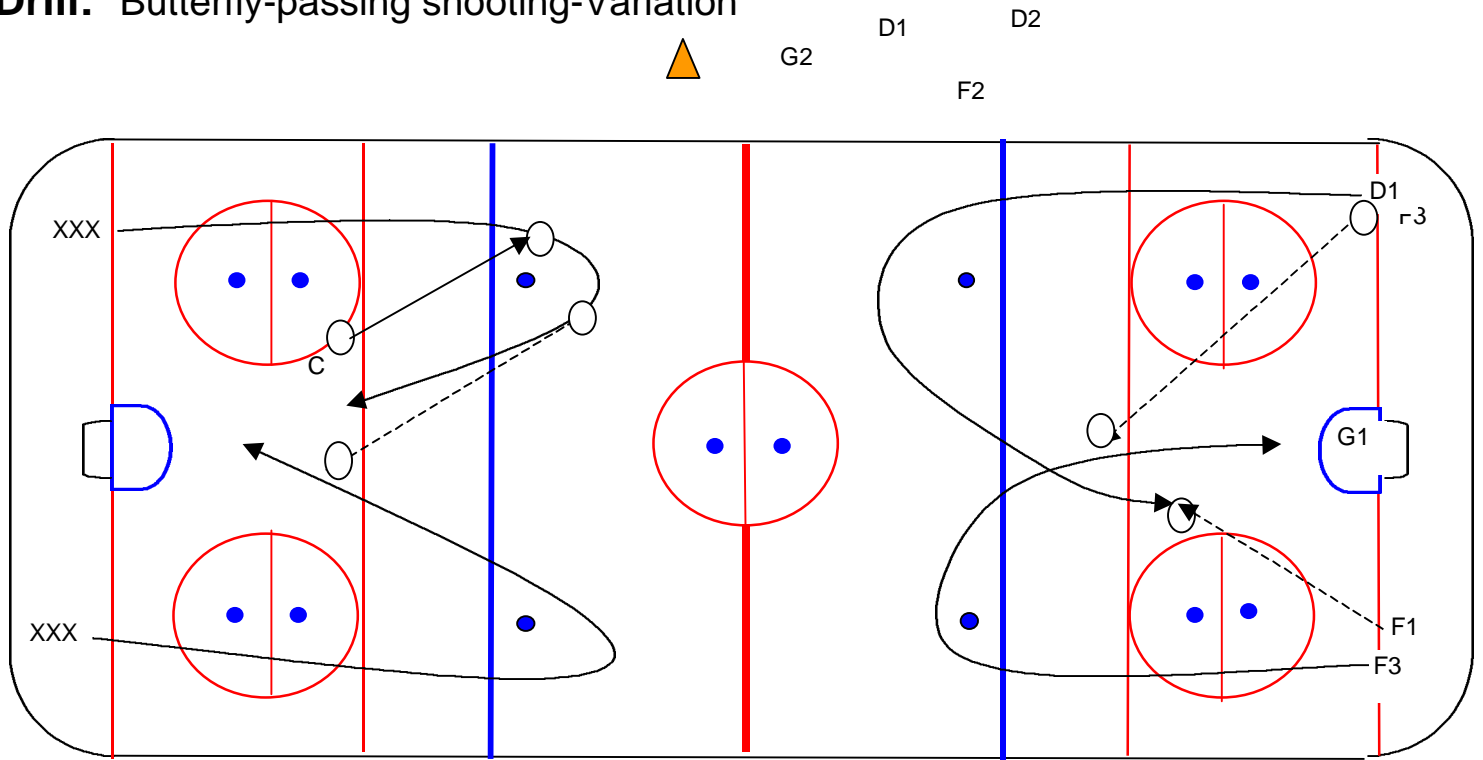
F3 skates to F4 position

F4 shoots on goal and moves to F1 position.

Continue drill.

use targets instead of Goalie.

Drill: Butterfly-passing shooting-Variation

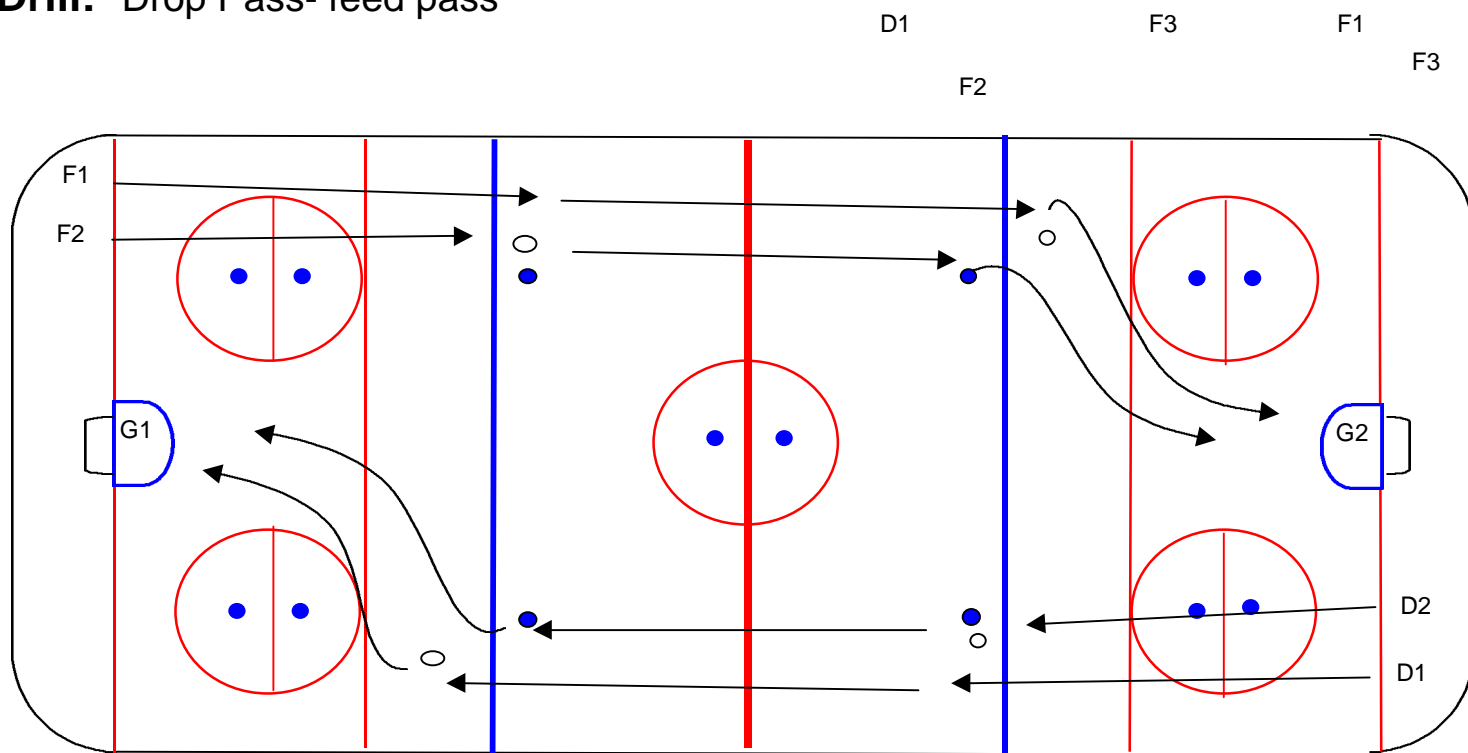


Players line up in corners. First player circles around outside face off circle and receives pass from other player on opposite corner.

Player who made the pass then skates and receives pass.

Variation. Coach passes to player as they leave blue line. Player then turns back passing to second player. Both players go in for shot on net.

Drill: Drop Pass- feed pass



Players line up in two lines in corner, One inside line, one outside line.

Inside player skates ahead of outside player letting ring go before it crosses blue line but with enough momentum that it crosses the blue line. Outside player picks up the ring and skates close to next blue line passing ring over the blue line ahead of inside . Inside player picks up ring and heads for the net. Outside player does same looking for drop pass or pass

Looking for judgement, speed, shooting passing, playmaking.

variation: players can criss-cross when heading for the net. Vary passes etc.

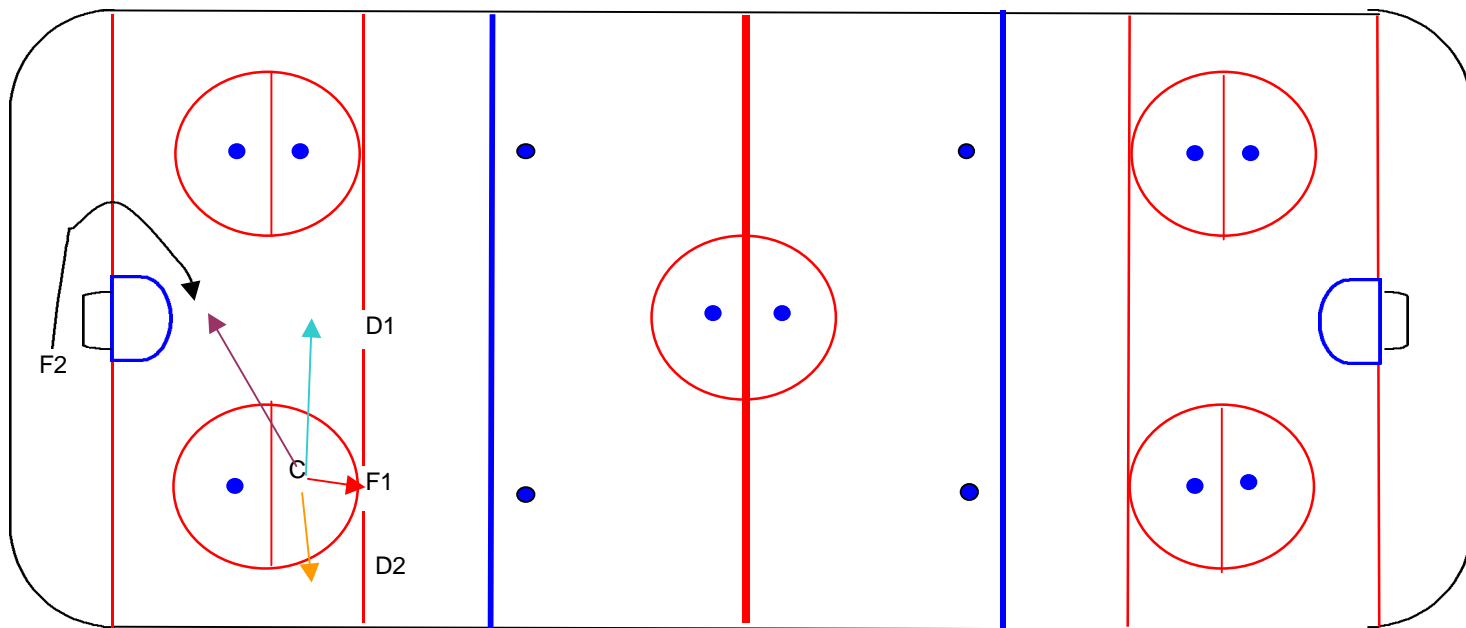
Drill: Free Play Offensive end1

D1

F3

F1

F3



Center has the ring and has 4 options to pass from this position.

Center and other players must communicate as to where the ring will go.

Except for pass back to F1 which is a skate pass that goes outside the free play line, all others are inside Free play Line.

Pass to F2 would be looking for a one time shot.

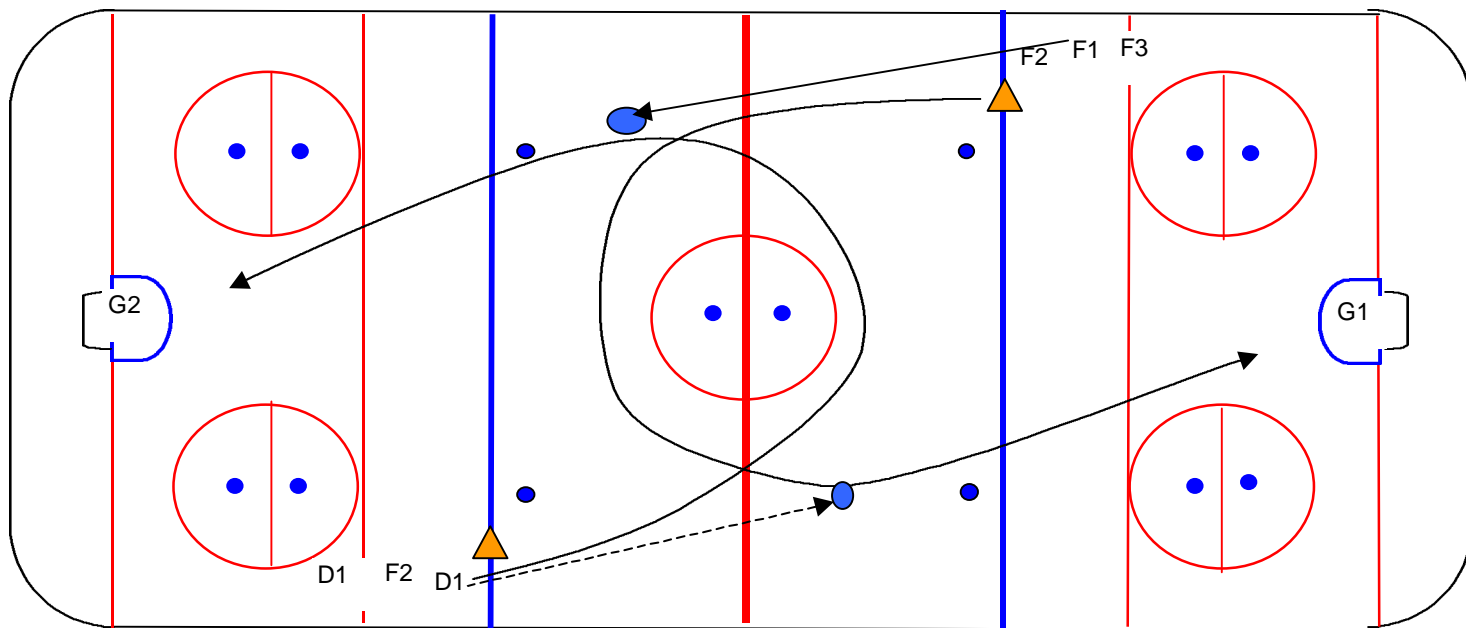
Pass going to F2, then D1 goes for net and F1 stays outside until they can switch.

Pass to D2, F1 stays out.

Pass to D1 F1 stays out.

Drill: Full Butterfly

F3



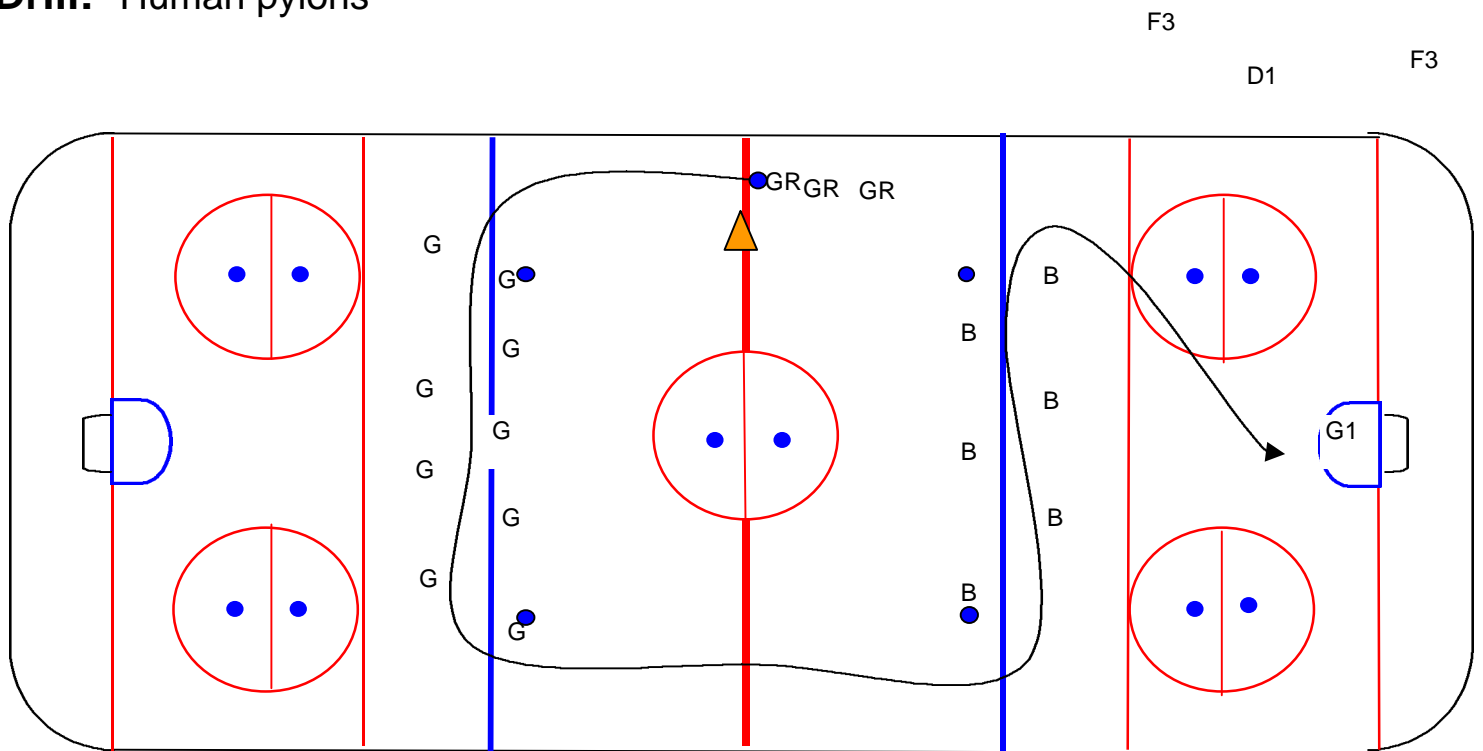
F2 starts and skates around Center Ice Circle receiving a pass from D1.

F2 goes in on Goal and shoots.

D1 starts skating as soon as she has passed and goes around Center Ice Circle
Receives a pass from F1 who then does the same and so on until all players have
Completed the drill. Players go back to their same line.

NOTE: after drill completed move pylons to opposite side of blue line so they
opposite side and they are crossing over opposite way.

Drill: Human pylons



Gold team lines up as shown(G) staggered on either side of the blue line .

Blue Team does same across other blue line

Green team starts at Center as shown.

Goes thru Gold team who will be STATIC checking.

Goes thru Blue team which will be static Checking.

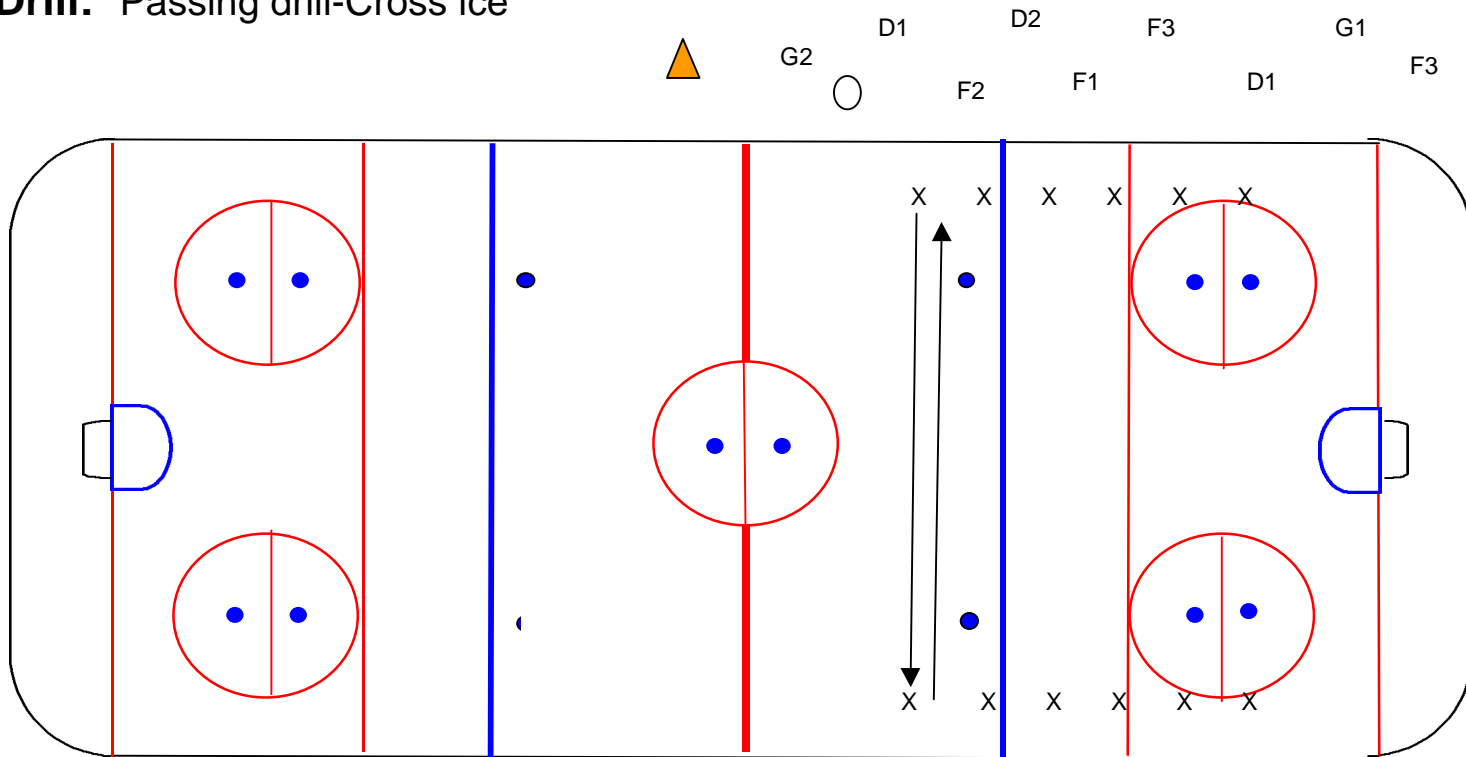
Shoots on net.

If player loses the ring she will be allowed to pick it up and continue

Green replaces Blue Team.

Blue then replaces Gold team

Drill: Passing drill-Cross ice



Players line up across from each other opposite side of ice.

One side has rings the other does not
variations in drills can be used.

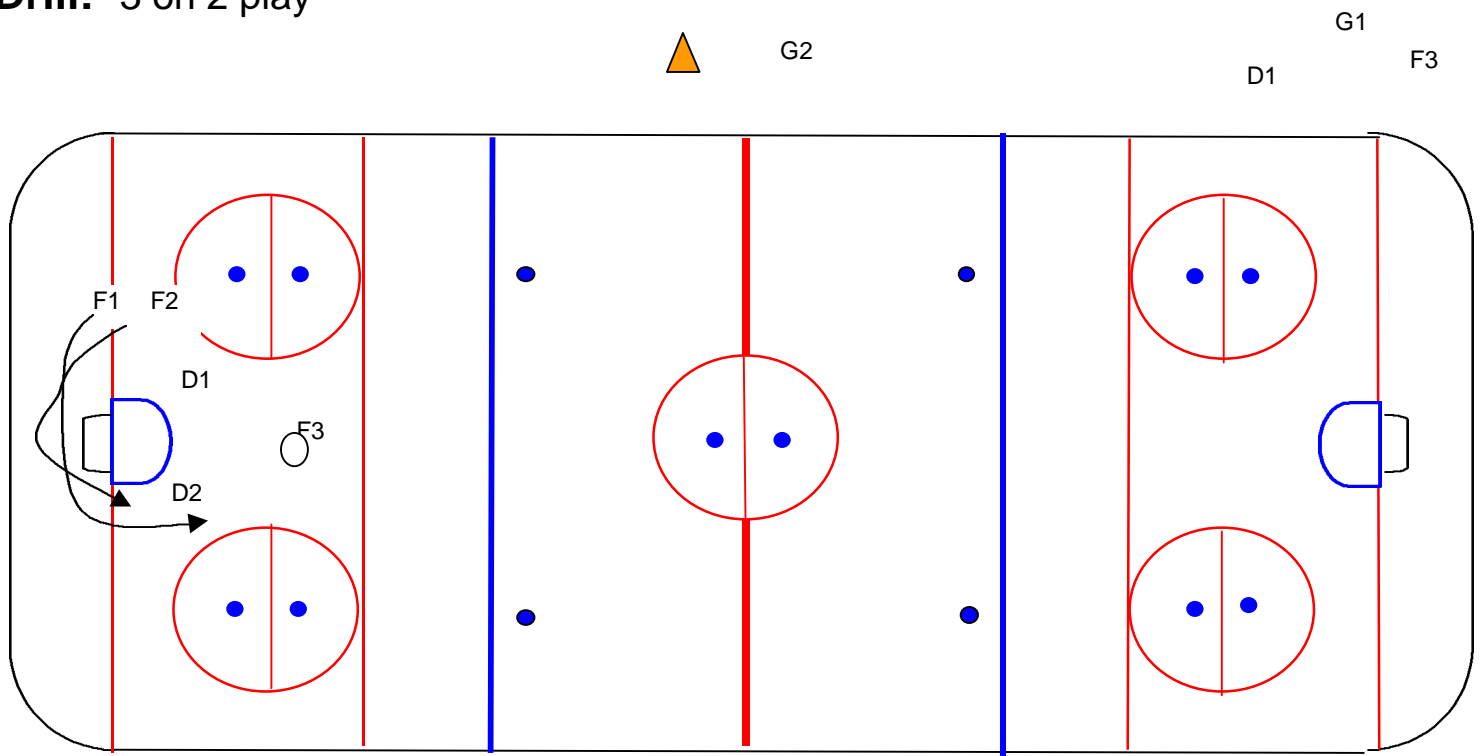
Start with both players skating towards each other with a pass being made quickly at the beginning of skating.

next have players skate towards each other practicing a drop pass (leaving ring for other player to pick up)

Combine both. Pass being made at start then a drop pass being made as players cross.

Finally can include a third pass. When drop pass is made player receiving pass turns with ring and passes to player.

Drill: 3 on 2 play



F3 has ring

F1 and F2 circle the net with F2 10-15 feet behind F1.

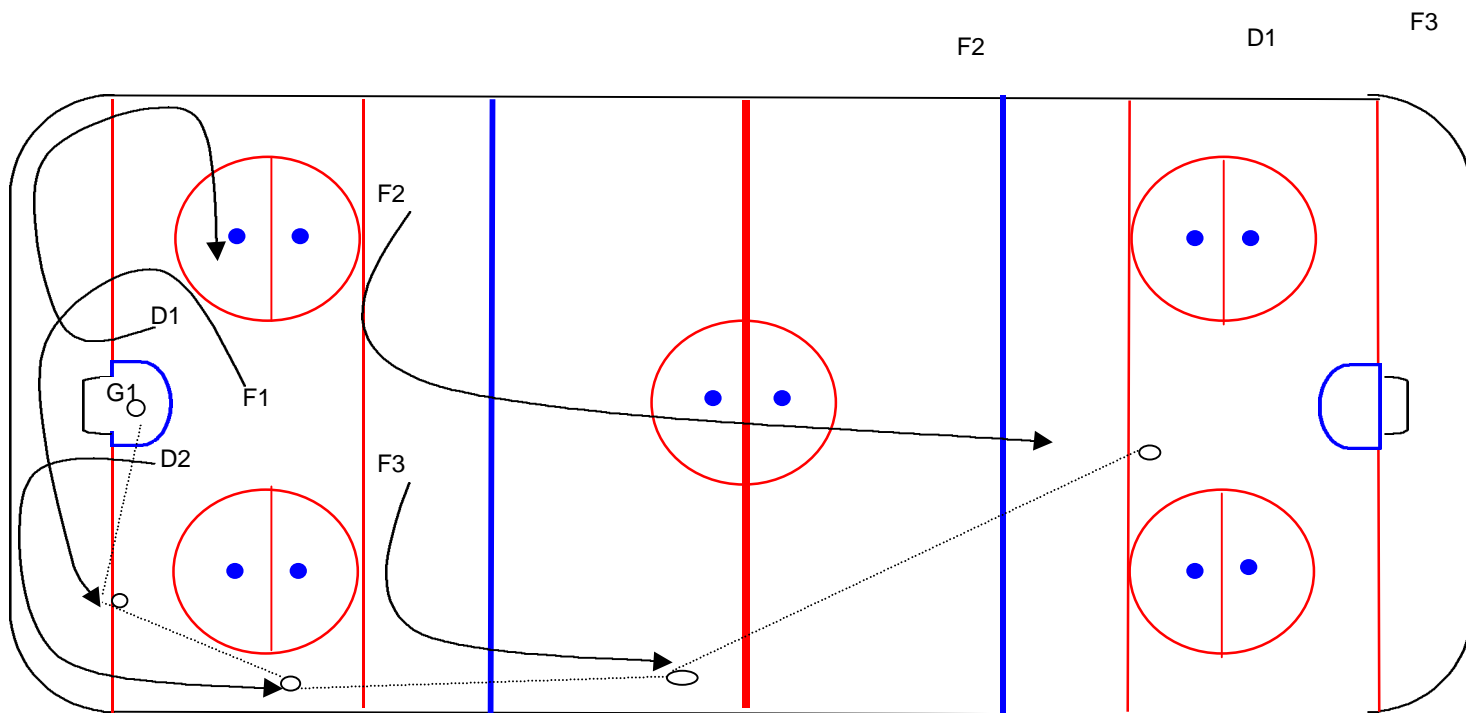
F1 comes on outside of D2.

F2 comes in on inside D2

F3 passes to F2 for One time shot.

Variation. F3 fakes pass drawing D1 to F2. F3 moves to open side for shot

Drill: Breakout-center Rear



G1 has just made save has ring

F1 (center) skates around net coming out opposite side

D1 and D2 skate towards rear then out to corners

F2 and F3 wait to see which way ring goes

Timing is important

G1 throws ring on angle for F1 to pick up

F1 passes to D2

F2 and F3 move towards side ring went and start heading out

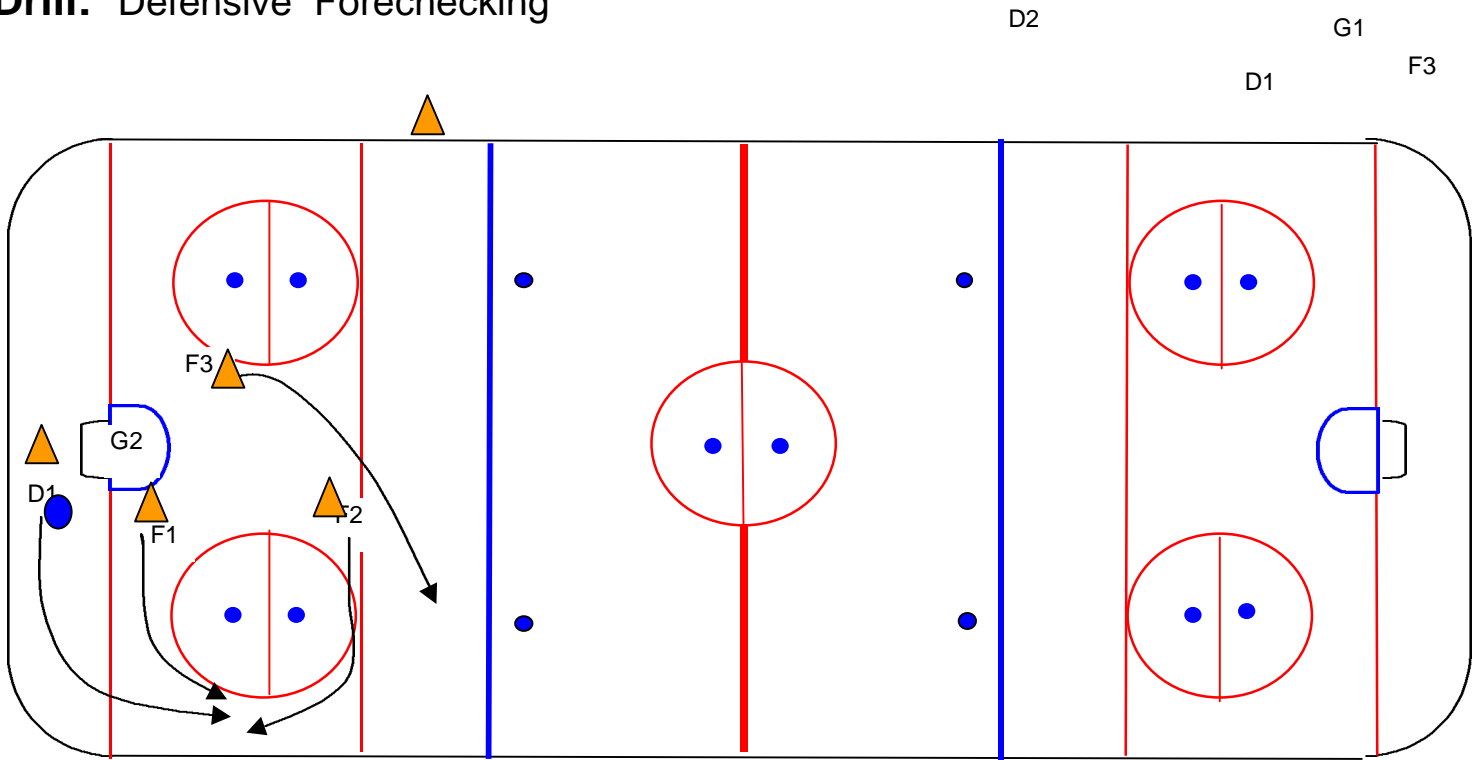
Farthest Forward breaks for opponents end

D2 passes to F3 who passes to F2. Ahead of F2. F2 races for ring for break.

F1 and F3

D1 stays back as play progresses moves up

Drill: Defensive Forechecking



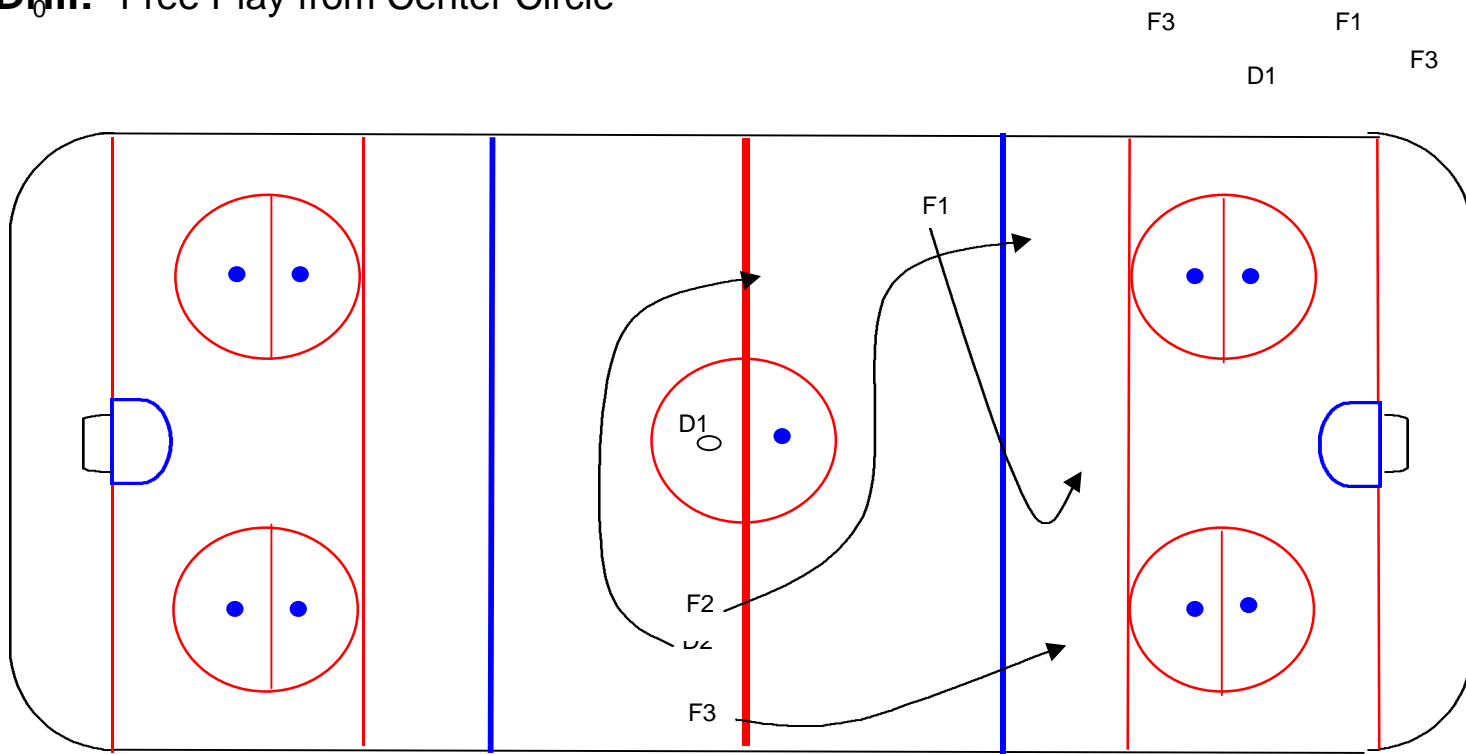
Defence gets ring and tries to skate ring out along the boards

F1 angles D1 so that D1 cannot cut back inside and needs to go along the Boards.

F2 cuts across and takes the inside boards thus forcing D1 to pass or lose ring.

F3 skates hard father outside looking for interception.

Drill: Free Play from Center Circle



D1 has the ring at the Center ice circle

F1(Center) lines up opposite of their three players outside opponents blueline

F2(left wing in above) lines up on Center line

D2 lines up behind F2

F3(Right wing in above) lines up behind D2 close to boards.

D2 skates behind D1

F2 skates in front of D1

F3 skates towards opponents end

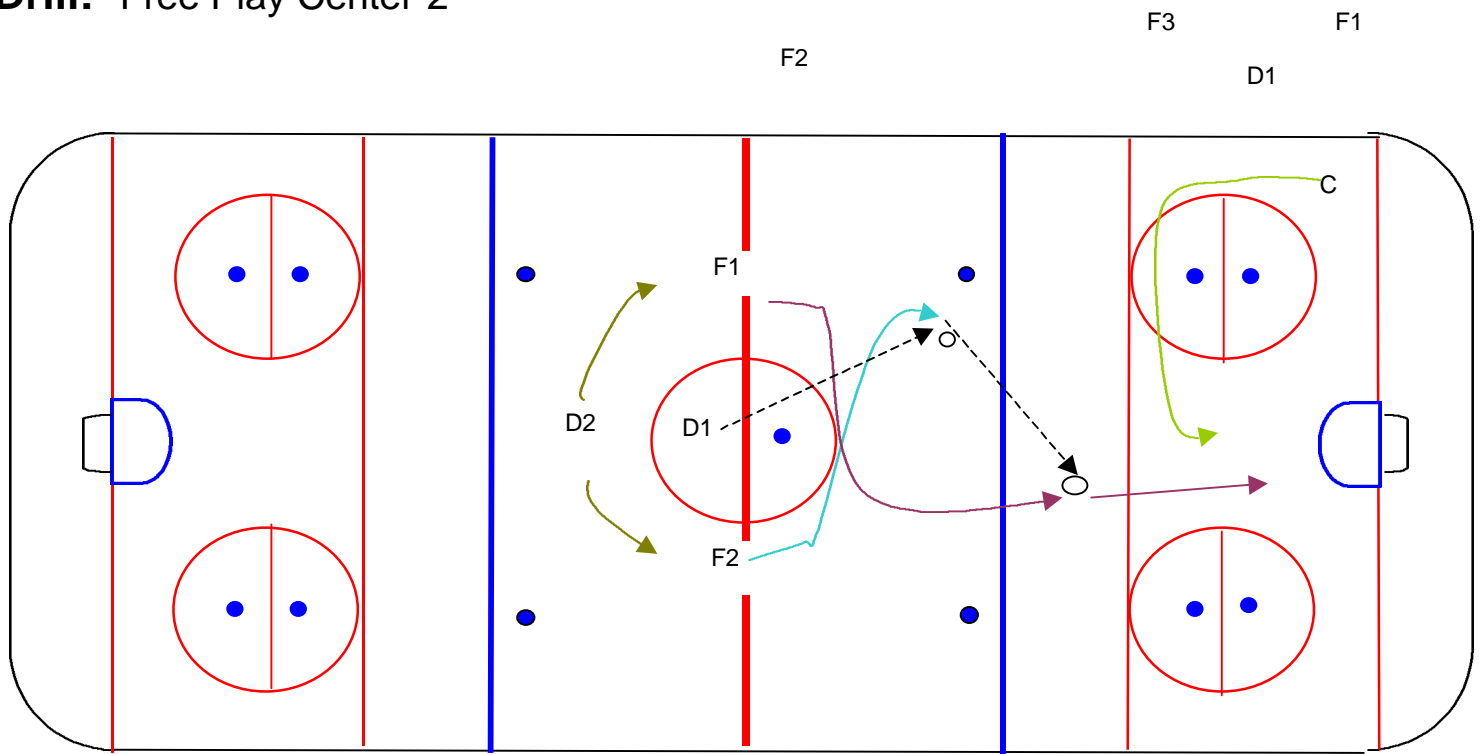
F1 skates across vertical center line and curves back towards left boards

options are dependant on defensive positions

safe play to D2 if not covered.

Dump in Play to F3 if defence not covering

Drill: Free Play Center-2



Players line up as shown.

D2 is secondary pass if forward pass is not possible

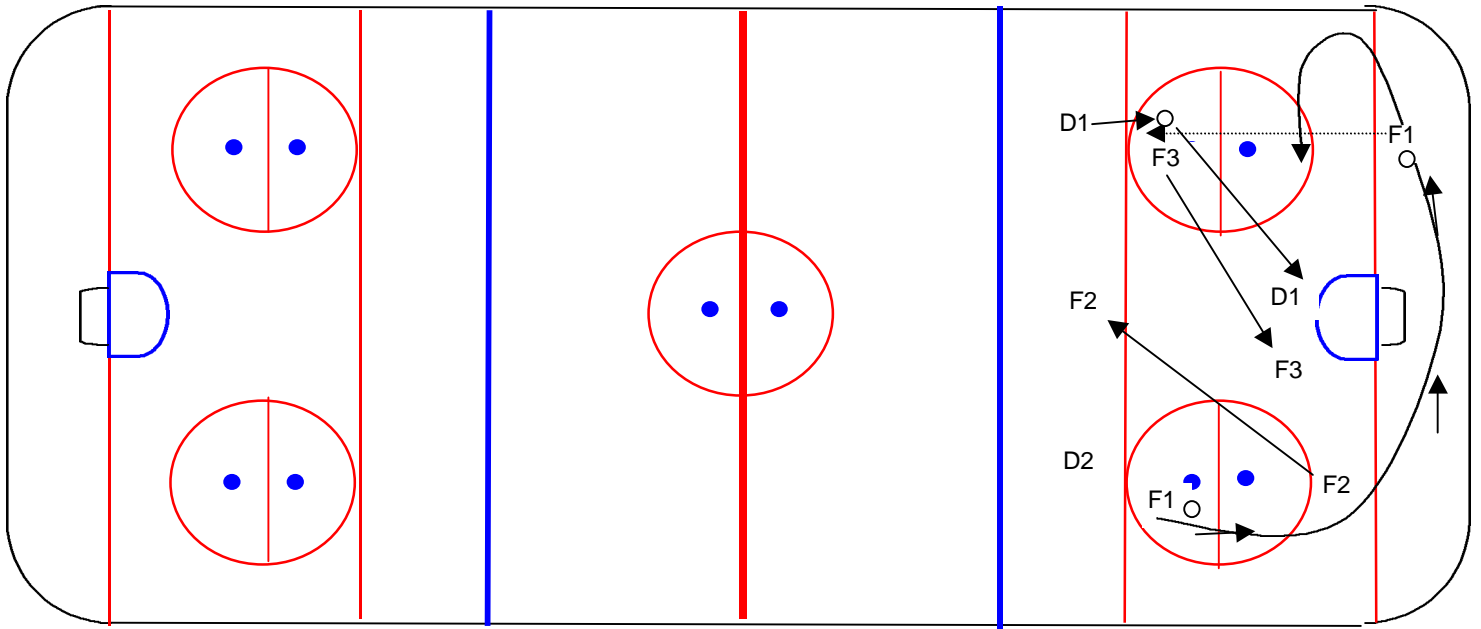
D1 passes to F2.

F2 passes to F1 who has crossed Blue Line. F1 breaks for the net.

Pass to C if open who has skated out towards blue line and then curled in towards net with F1.

F2 of Course is following up.

Drill: Offensive End Play - Switch



F1 has the ring, circles behind net and tells F2 "Leave" or "Switch".

F1 circles net as F2 leaves over free play line.

F3 seeing F2 leaving, crosses to other side of imaginary centre line (length of ice)

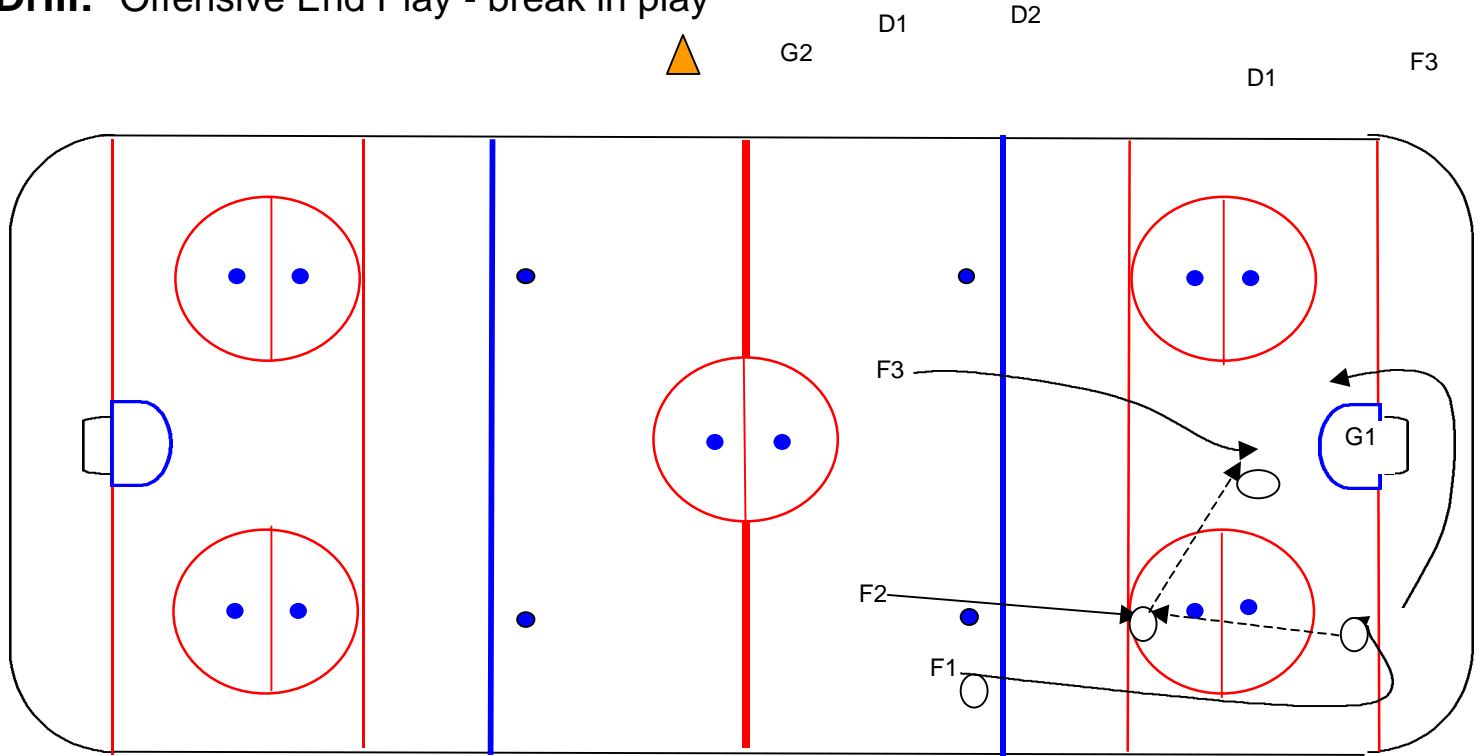
F1 passes towards D1 who comes in fast and goes directly at the net.

F3 can receive a pass.

F1 also heads for the net.

Variation: F1 goes behind D1 who can now drop the ring to F1 for screen shot.

Drill: Offensive End Play - break in play



F1 breaks in down the boards into the offensive end carrying the ring.

F2 Follows gliding into top of the Circle.

F1 Passes back to F2.

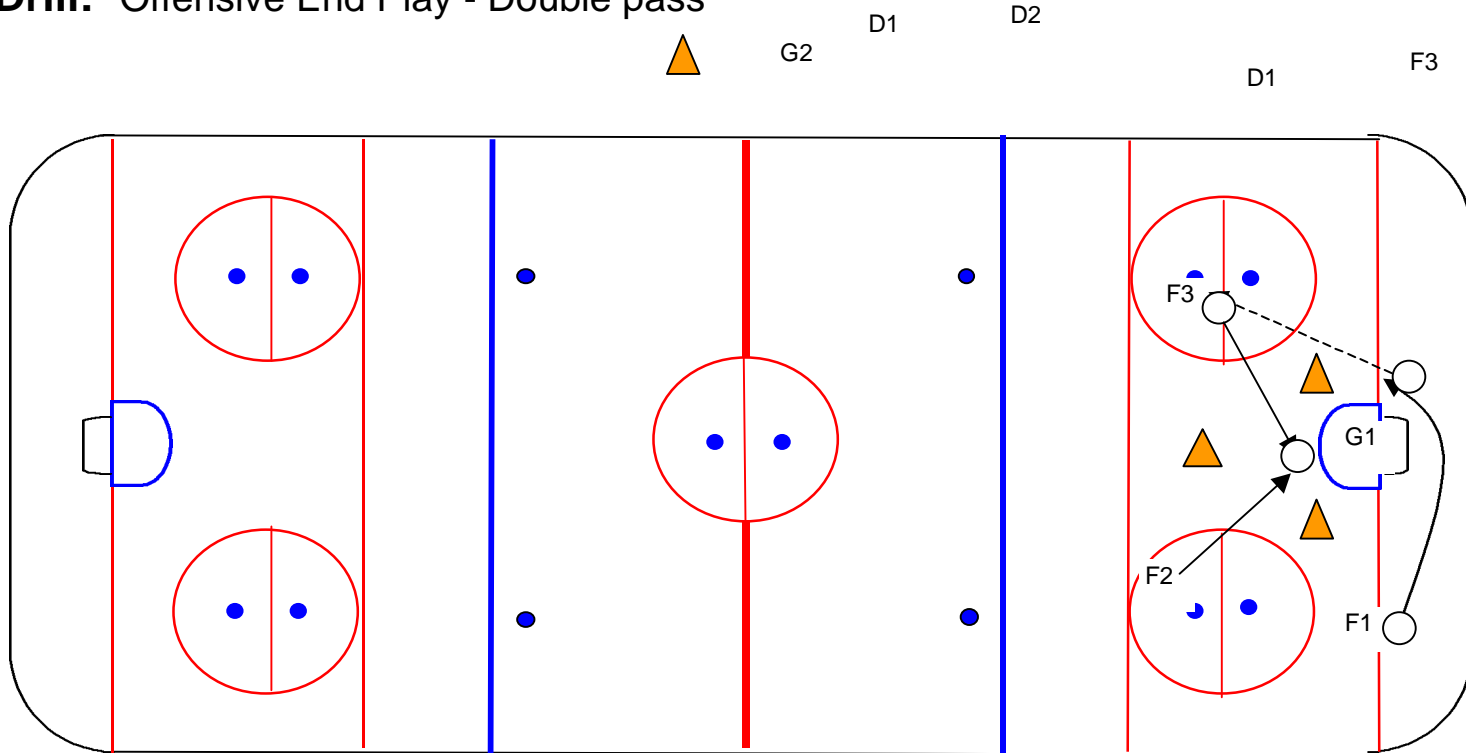
F3 should be skating hard towards the net.

Receives pass from F2.

F1 heads towards net going behind the net and around to far corner.

F3 has option to shoot or pass to F1 at far corner. Preferably one timer shot with chance of rebound.

Drill: Offensive End Play - Double pass



F1 starts going behind the net with the ring

F3 receives a pass from F1.

F2 is skating towards the net for the pass from F3.

F1 stays at the corner of the net Hopefully holding the Defence there.

F2 receives pass from F3 and shoots.

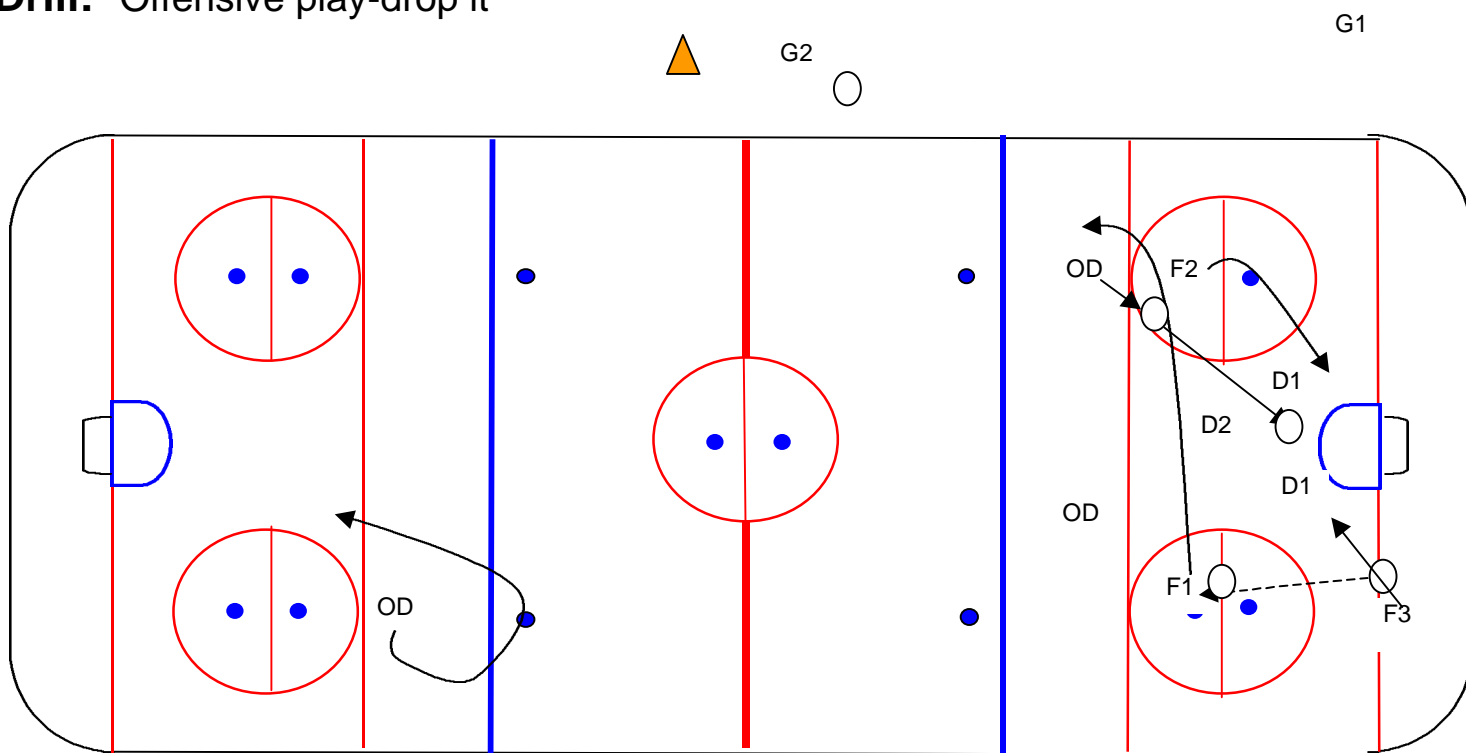
Things to look at. Which way does a player shoot: Right or Left.

Trying for one time shot.

Passes have to be crisp. On the ice.

Option of passing back to F1 if F2 covered.

Drill: Offensive play-drop it



Forwards set up in a box-open ended.

F3 passes to F1 who is high in the circle.

F3 then slowly moves to corner of the net.

F1 skates fast across front trying to draw Center with her.

Offensive Defenceman on far side gets ready to come in.

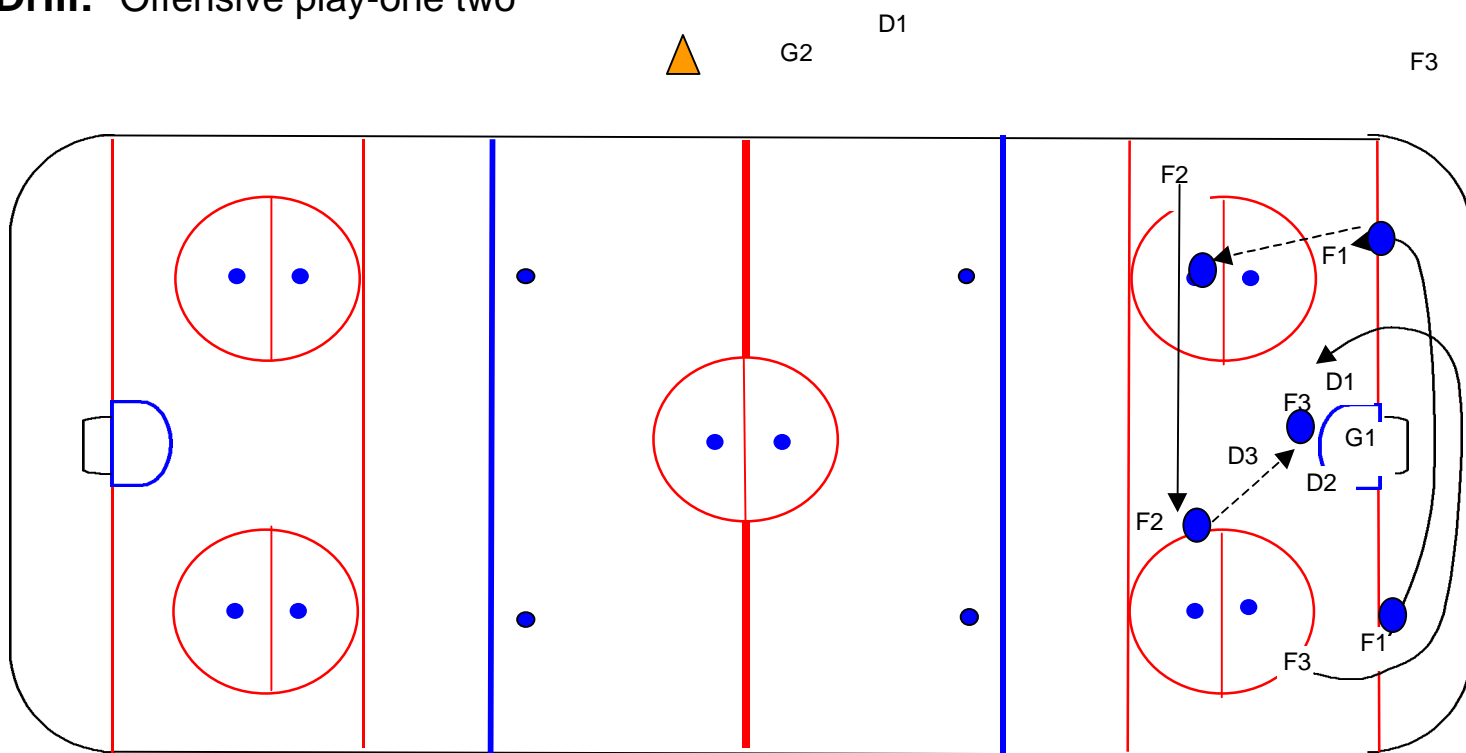
F2 skates to other side of net.

F1 skates out over the free play line leaving the ring inside the free play line.

OD then charges in picking up the ring heading for the net

Option: OD skates outside the blue line as if dropping back then turns and comes in to pick up the ring as F1 leaves Free Play Zone. TIMING WOULD BE KEY.

Drill: Offensive play-one two



F1 has the ring and circles behind the net.

F2 is closer to boards seeing F1 going around the net moves forward and receives pass.

F2 skates fast across the front of the net as shown looking for F3

F3 starts in area where F1 started. Timing is important as F3 wants to be arriving in front of G1 as the pass is made.

F3 circles net as F2 crosses in front of the net.

F3 comes from behind taking position in front of D1 and behind D3.

Surprise is required as pass from F2 will come quick.

F3 shoots as soon as she receives pass.

F3 should still be moving.

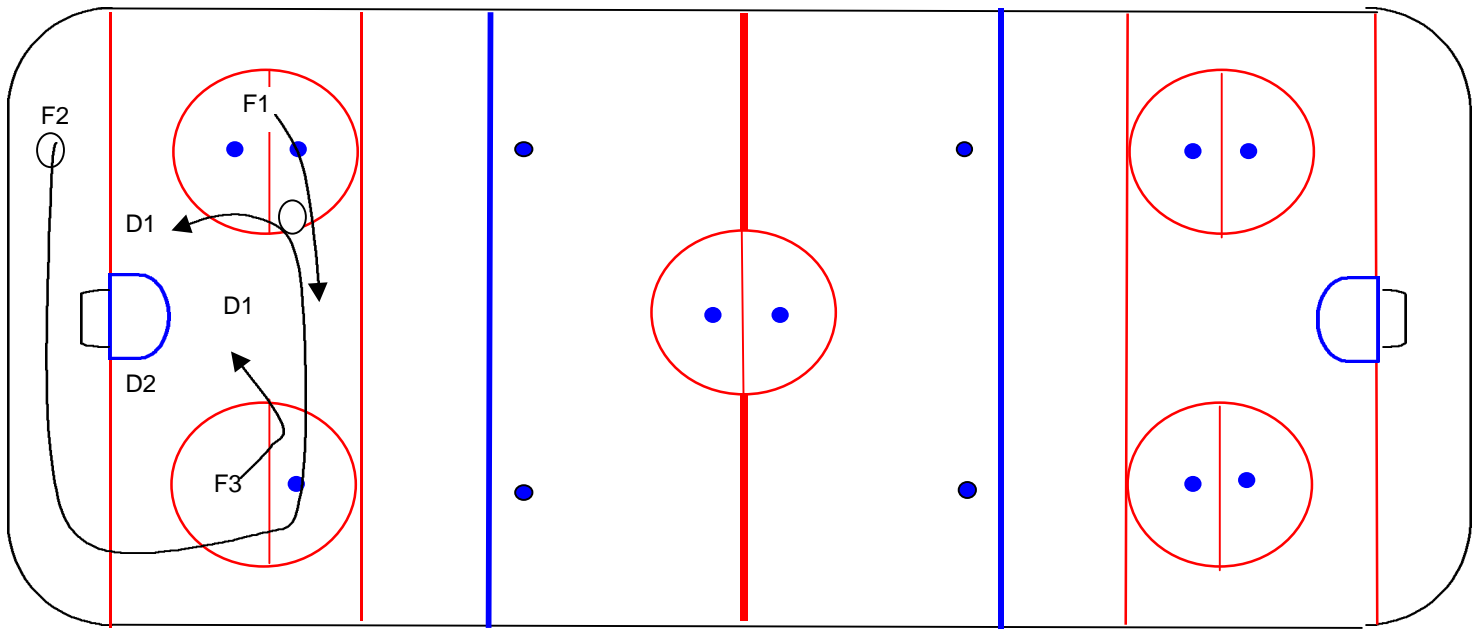
Drill: Offensive End Play - round about



G2

F3

G1



F2 starts with the ring and skates fast behind the net

F2 circles outside of F3 who is static(stationary)Once F2 has circled F3 then

F1 starts coming across outside of F2.

Remember that defence will be trying to keep ring carrier high. Stay inside the free play line.

F1 gets ring from F2 who continues and turns towards the net in front defence at . corner.

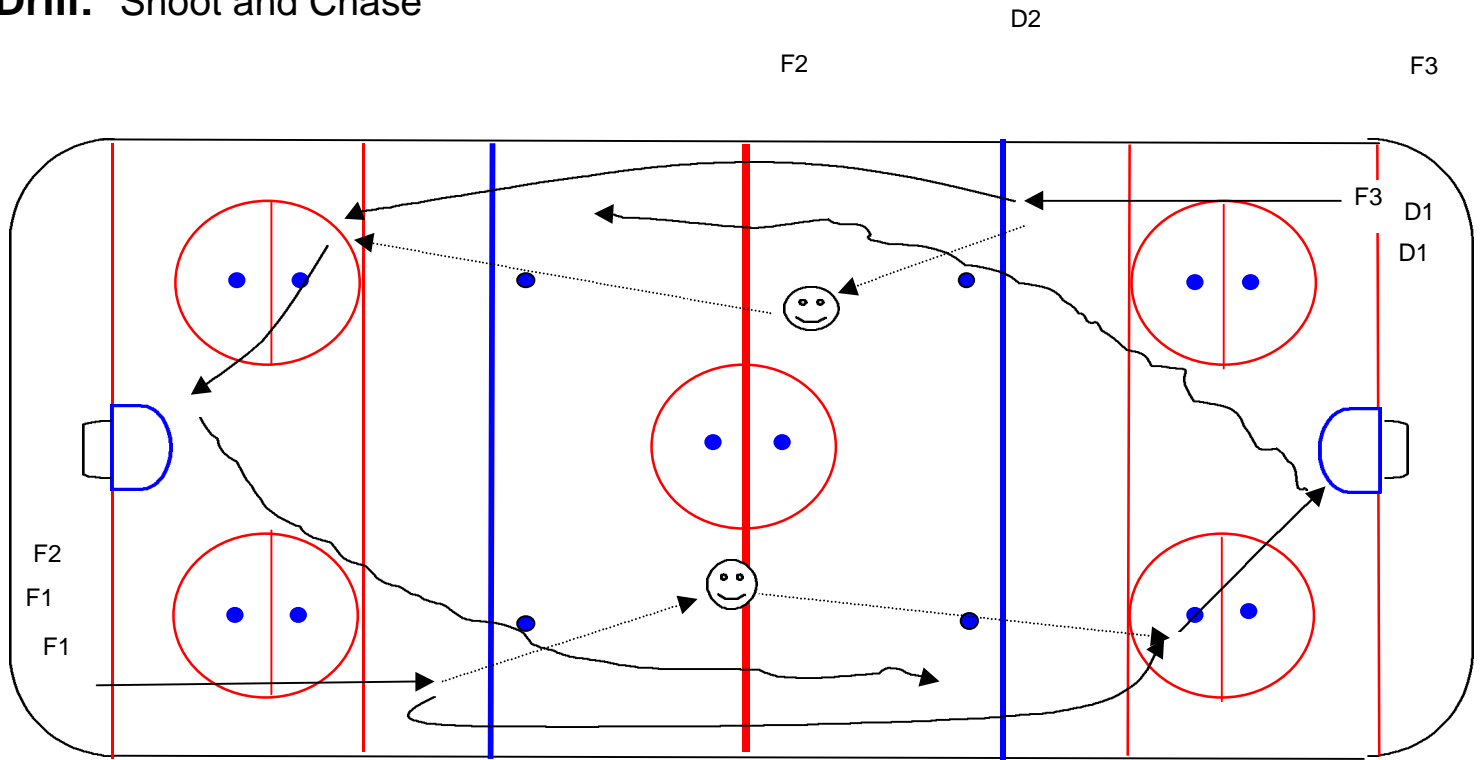
F1 if able goes straight for the net.

F3 glides as above and can receive a pass from F1.

F2 can receive pass from F3.

at any time when the opportunity arises a shot can be taken.

Drill: Shoot and Chase



Coach

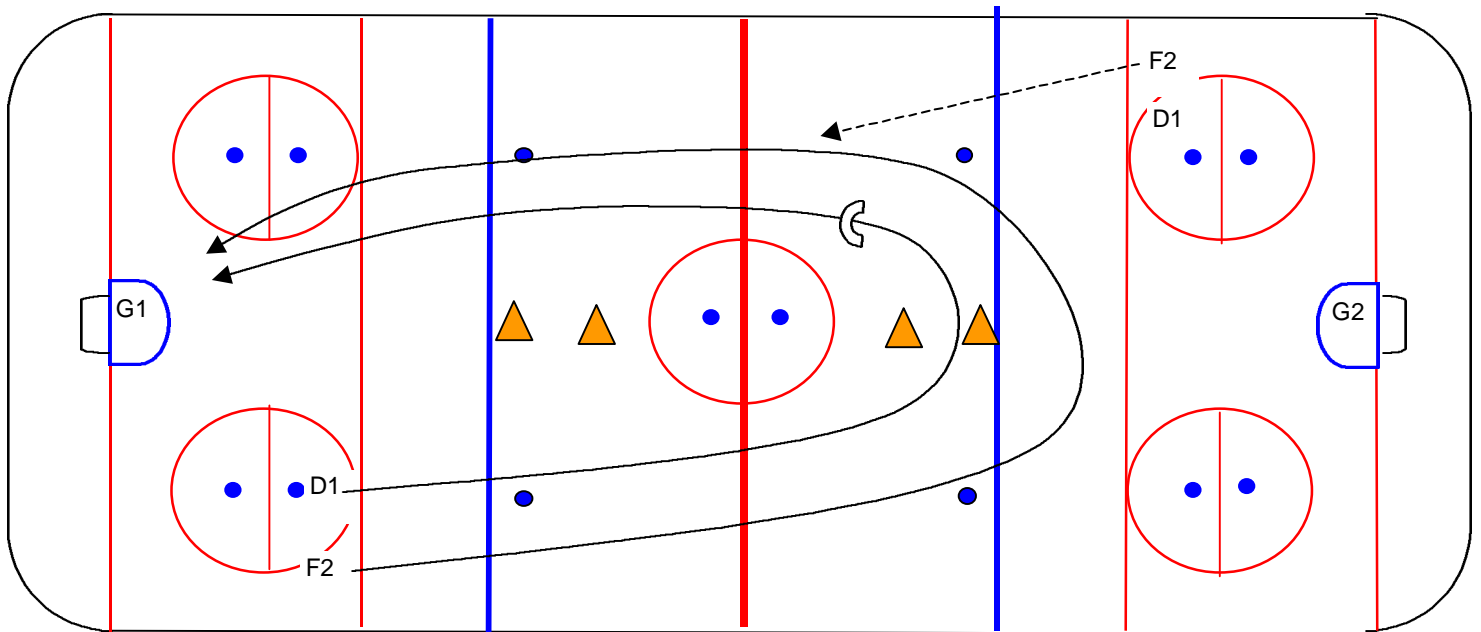


Pass

Player #1 passes to coach and returns pass to player over second blue line

Player 1 shoots and immediately chases player 2 who is passing to the other coach.

Drill: Defending



Offensive and defensive player skate as above . Defensive player goes around inside pylon and turns to skate backwards.

Offensive player receives pass from opposite offensive player.

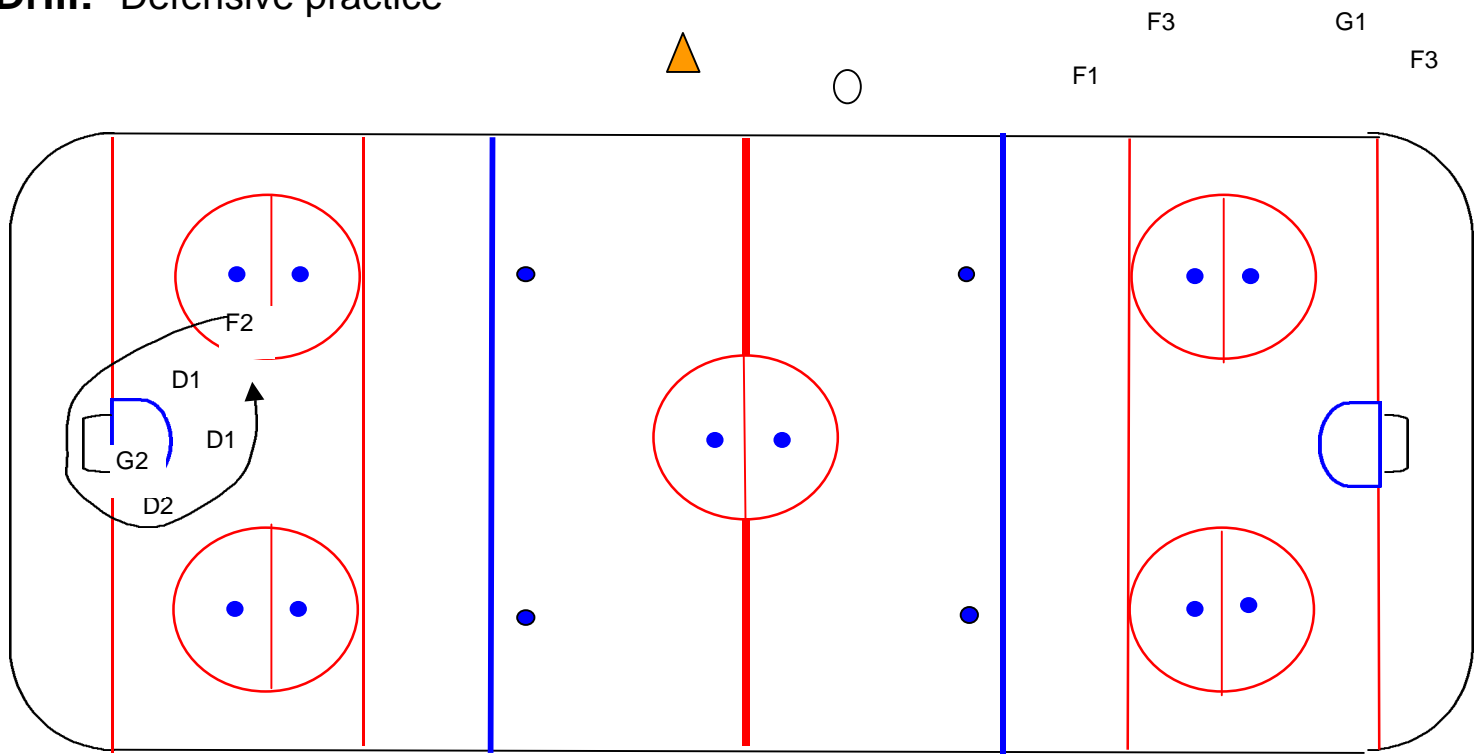
As this pass is completed opposite offensive and defensive players skate around their pylons receiveing a pass from offensive player.

Goalies in nets to stop shots.

Defensive player to practice staying square learning when to turn with opponent.

Ring Control and dekes emphasized for offensive player.

Drill: Defensive practice



Three defence line up in triangle.

F2 has ring and wraps around the net.

D1 stays with F2 until going behind net. D2 picks up F2

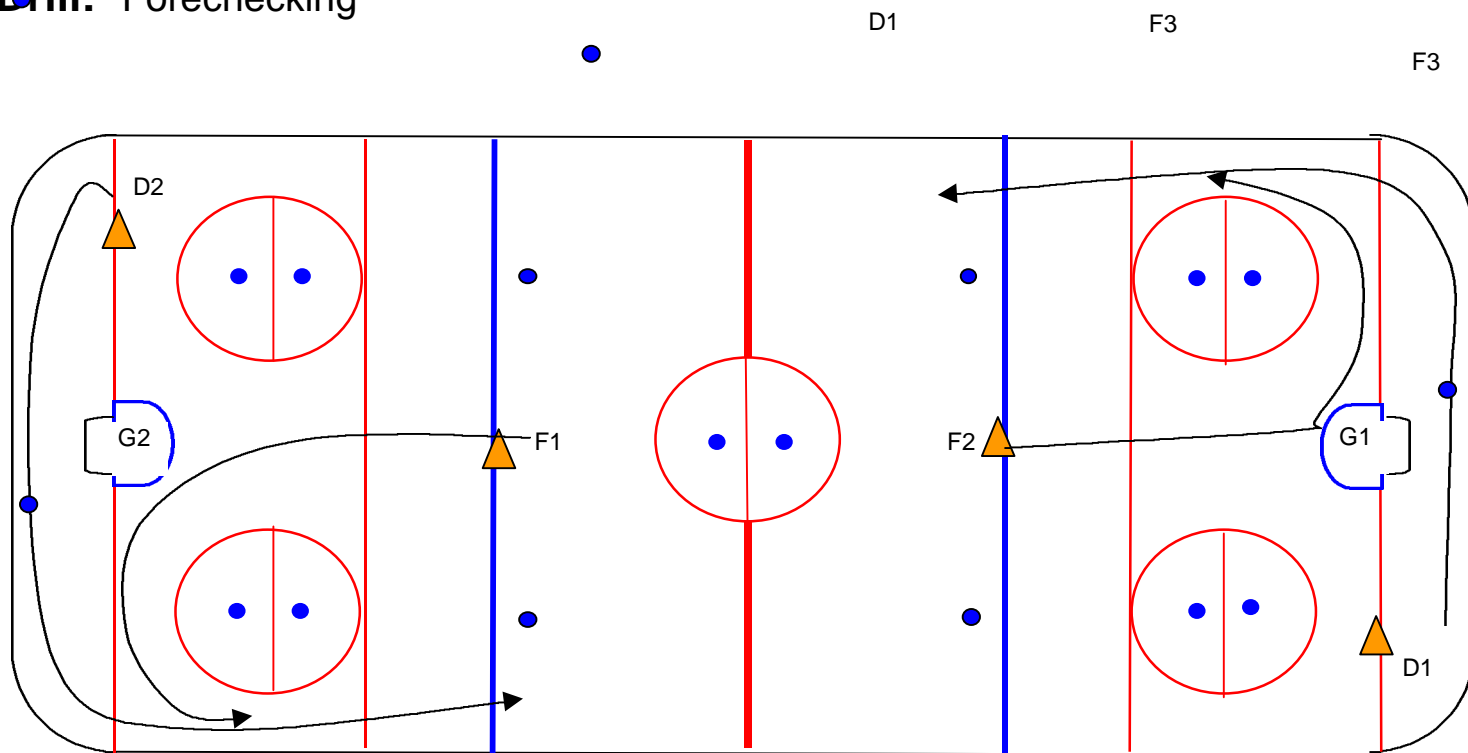
D stays "square" to F2 D1 picks up F2.

Introduce F3 and F1.

Emphasis on staying Square and preventing pass inside the triangle. Preventing shot. Look for checking opportunity or missed pass.

Secret is patience.

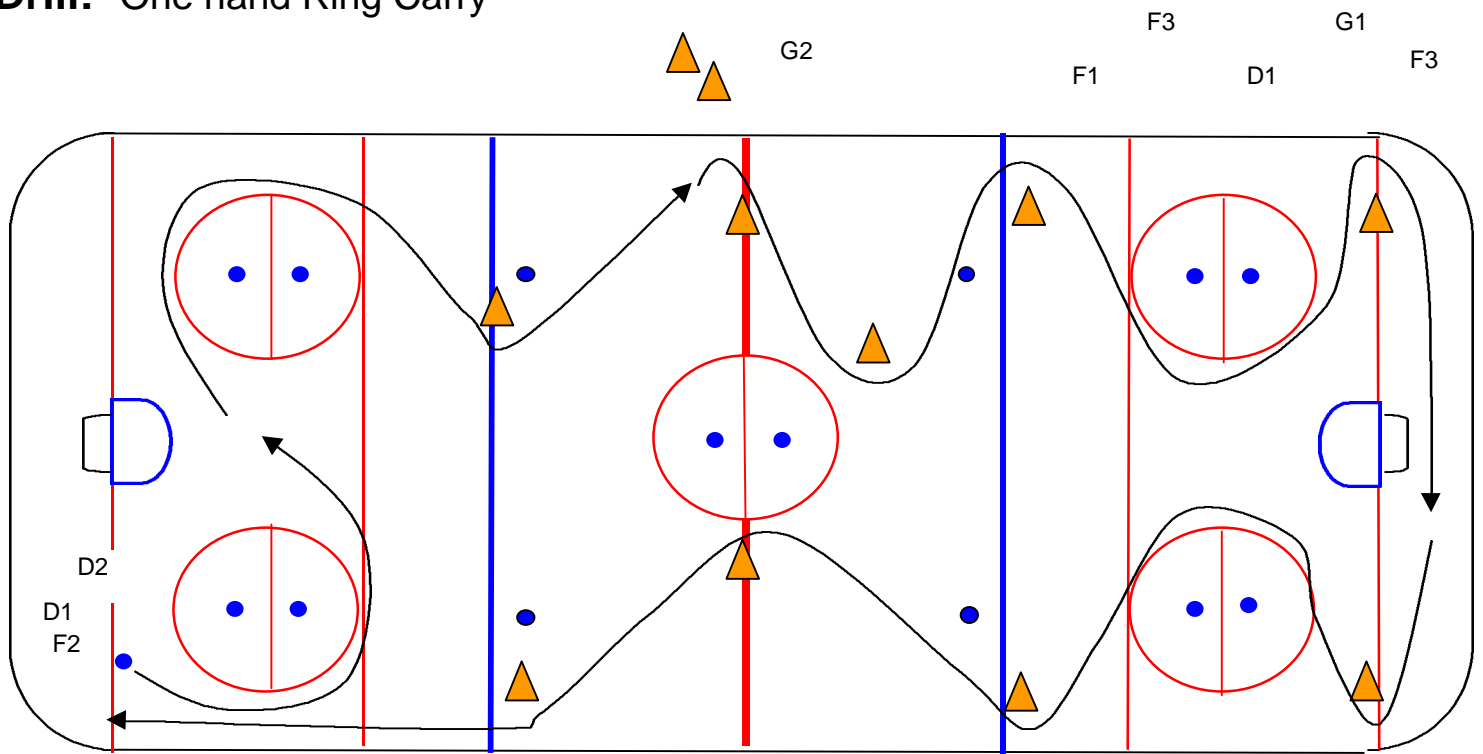
Drill: Forechecking



Goalie has the ring.

On the whistle Defence moves behind the net and receives a pass from the Forward moves towards the net and angles the defence who now HAS TO try and skate up the boards with the ring and carry it over the blueline.. If Forward gets the ring then the Forward will attempt a shot on net. Defence will try and check.

Drill: One hand Ring Carry



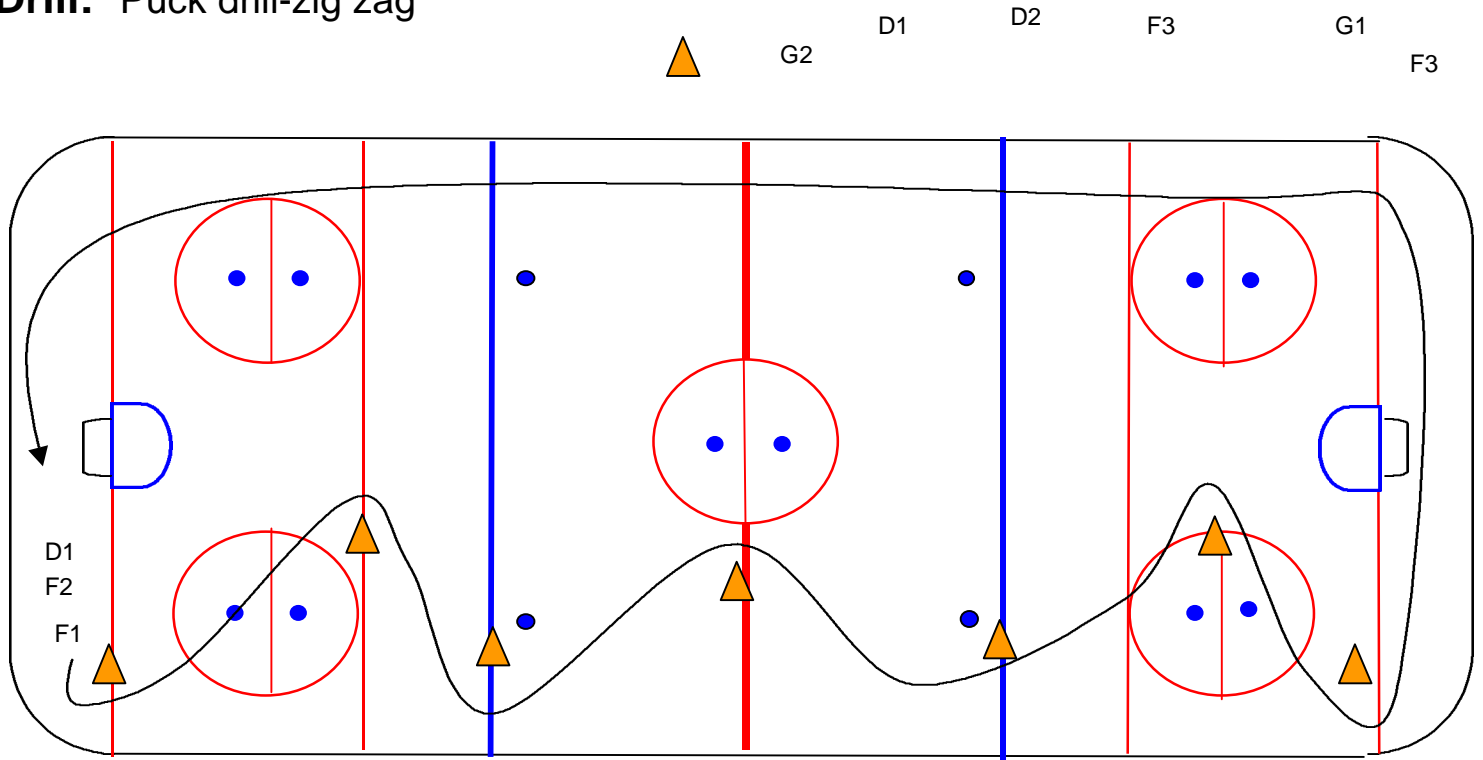
Players start in corner with the ring.

Players use only one Hand to carry the ring.

Players follow the course remembering that each face off circle they must skate around the outside as shown.

Players practice taking corners without looking at the ring.

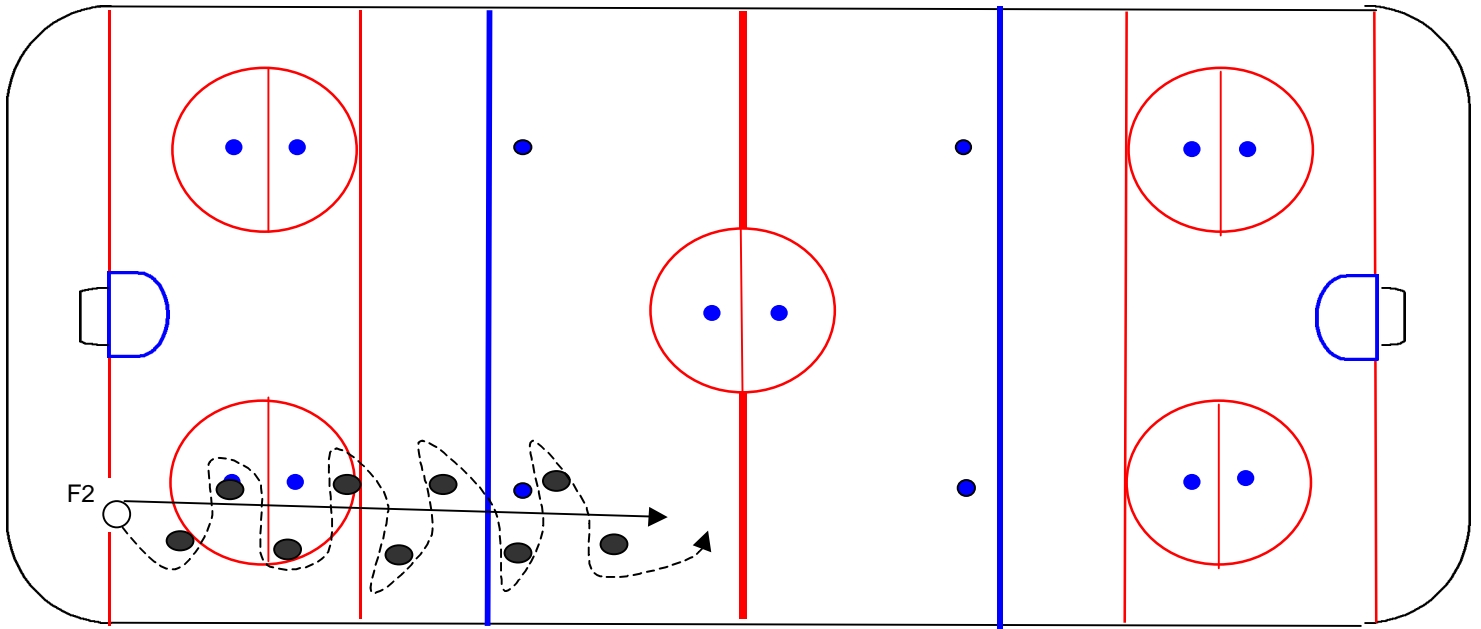
Drill: Puck drill-zig zag



Use pucks to carry through pylon zig zag drill.
Teaches player to keep pressure down on ring.
RING CONTROL

Drill: Ring control- side to side

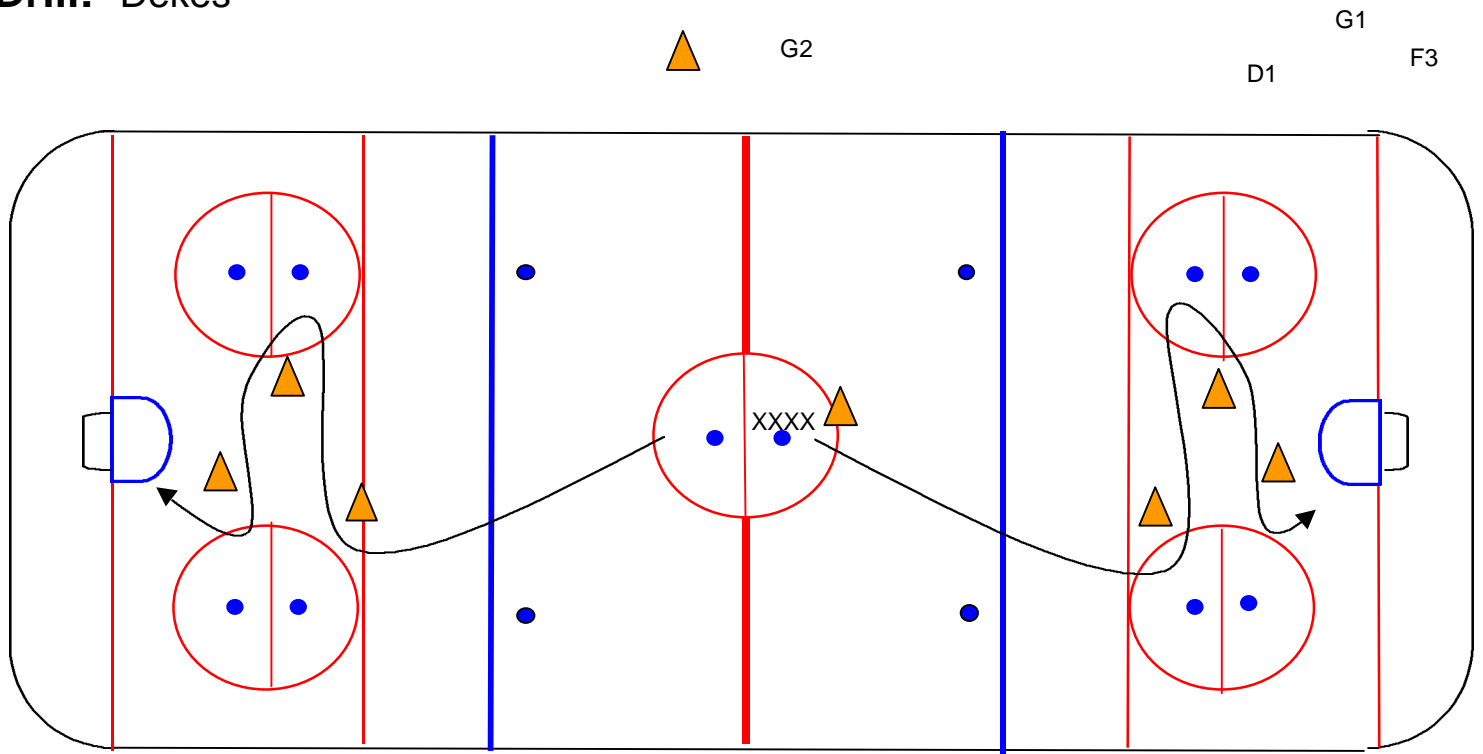
▲ G2 D1 D2 F3 G1
F1 D1 F3



Place puck as above staggered apart so that Player can skate between them .
Player must carry a ring around the outside of the puck while skating down the
center of the pucks.

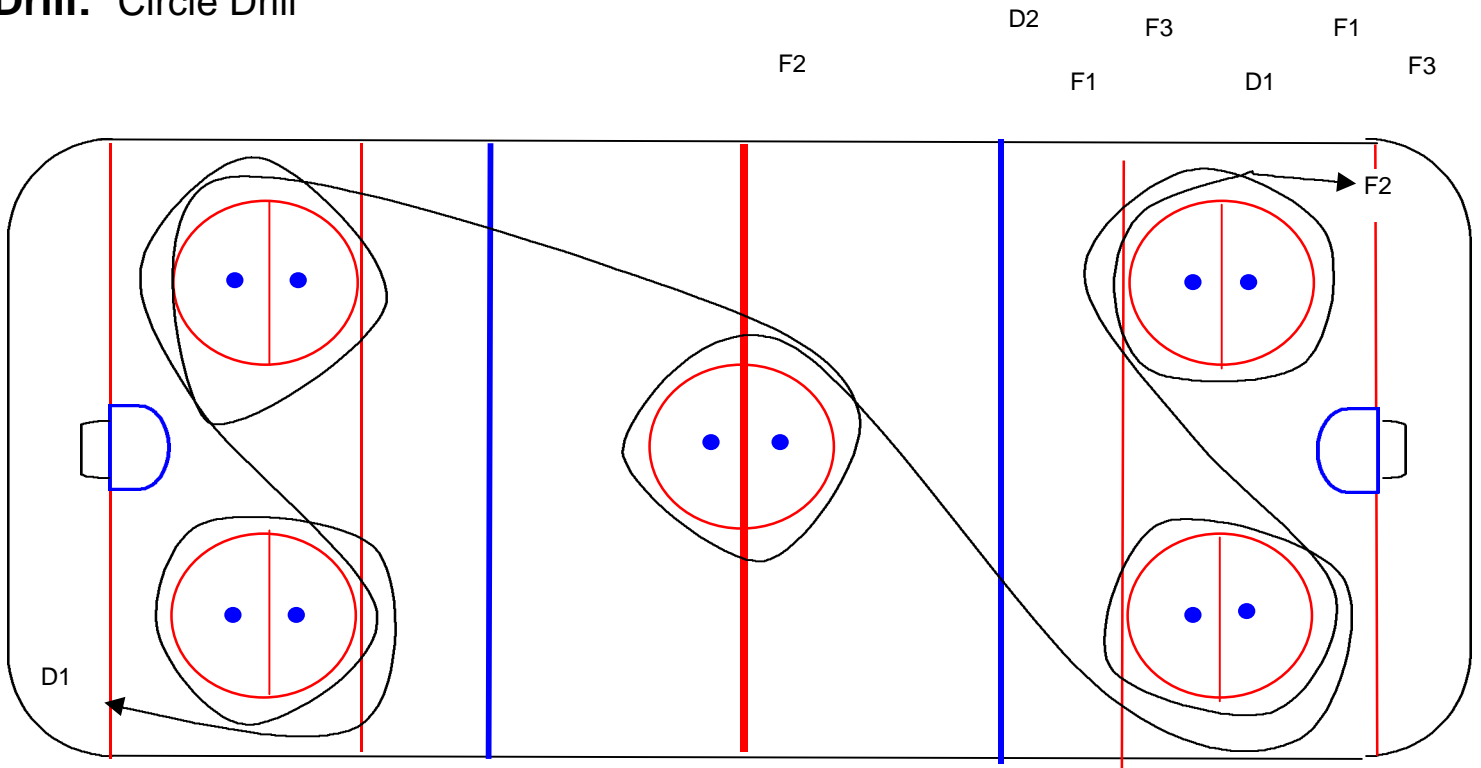
RiNG CONTROL

Drill: Dekes



Players carrying rings from center deke around pylons as placed and shoot on net
Move pylons to work on both side dekes.
Use static player, passive then checking.
Let defensive players check.

Drill: Circle Drill



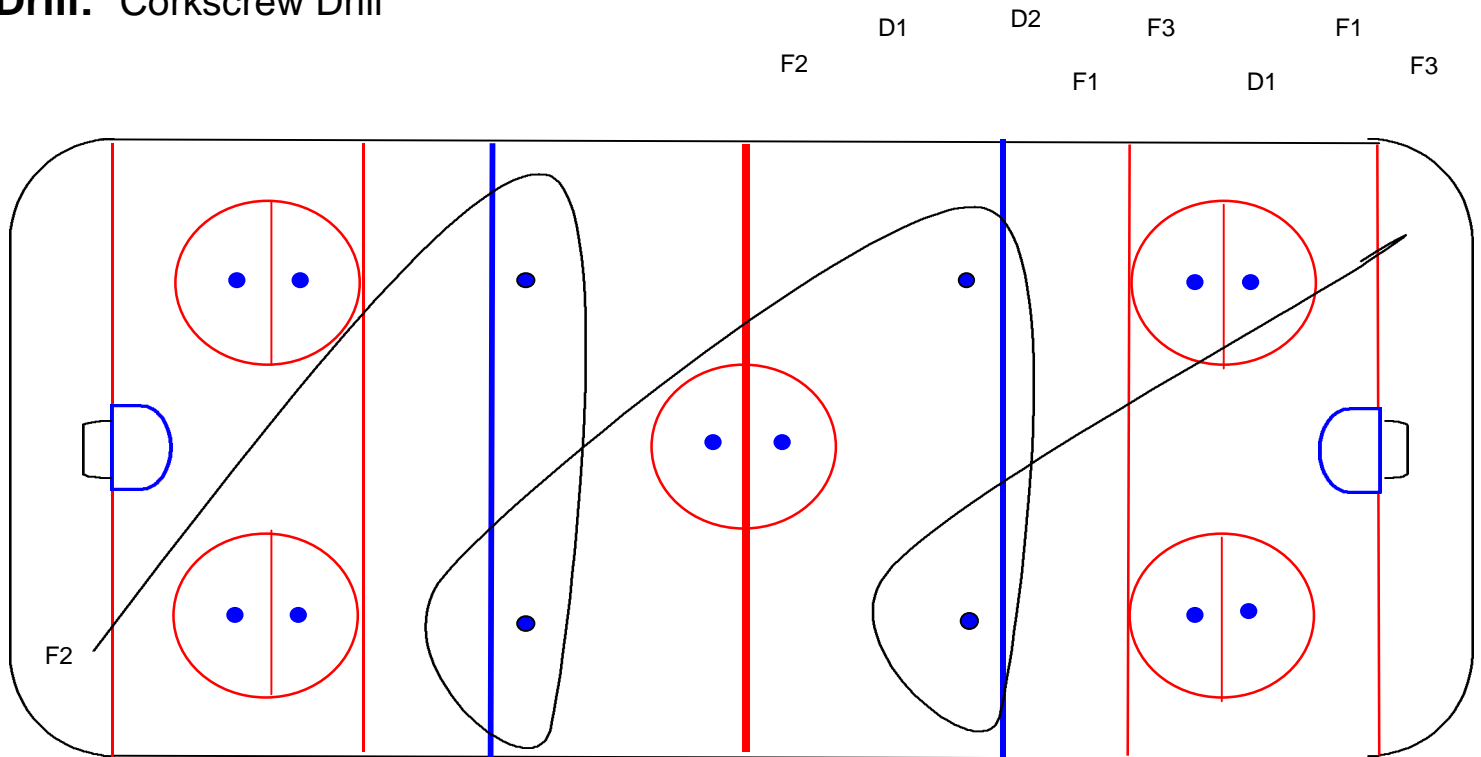
Start in corner can have all girls in one corner or split in two groups so they have to watch for other players coming opposite direction.

Reason. Crossovers.

Variations :always facing down ice.

Variations: only Half circle

Drill: Corkscrew Drill



Players start in corner.

Head to far blue line face off circle (can use pylons so they don't cheat)

Head back to other faceoff circle to do 360 degree turn.

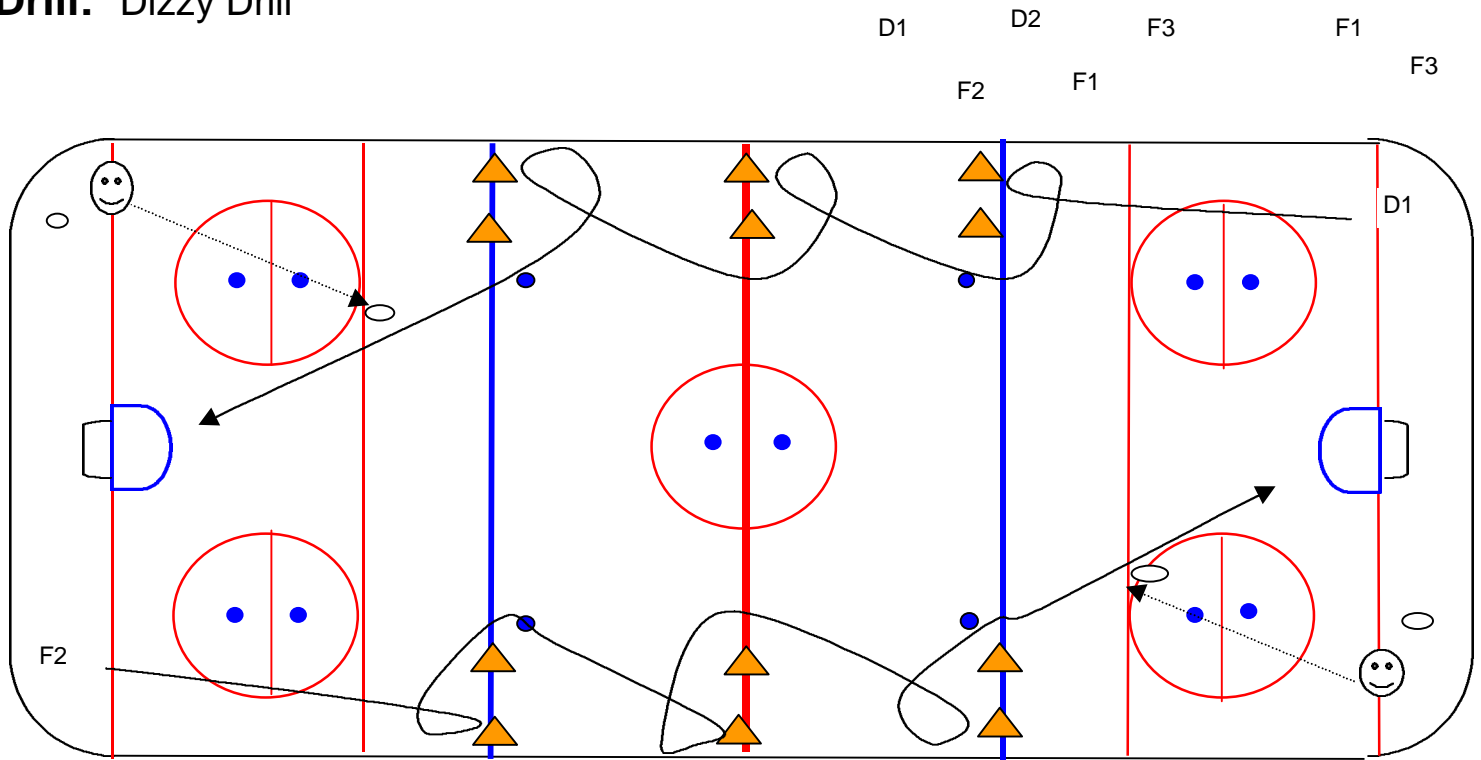
To far Blue line Face off Circle tight and so on.

Reason . Tight turns. Not looking at speed to start but need speed to do properly.

Variation: with Rings

With Pucks(ring Control)

Drill: Dizzy Drill



Player starts in corner and skates towards inside pylon does 360 degree Turn.

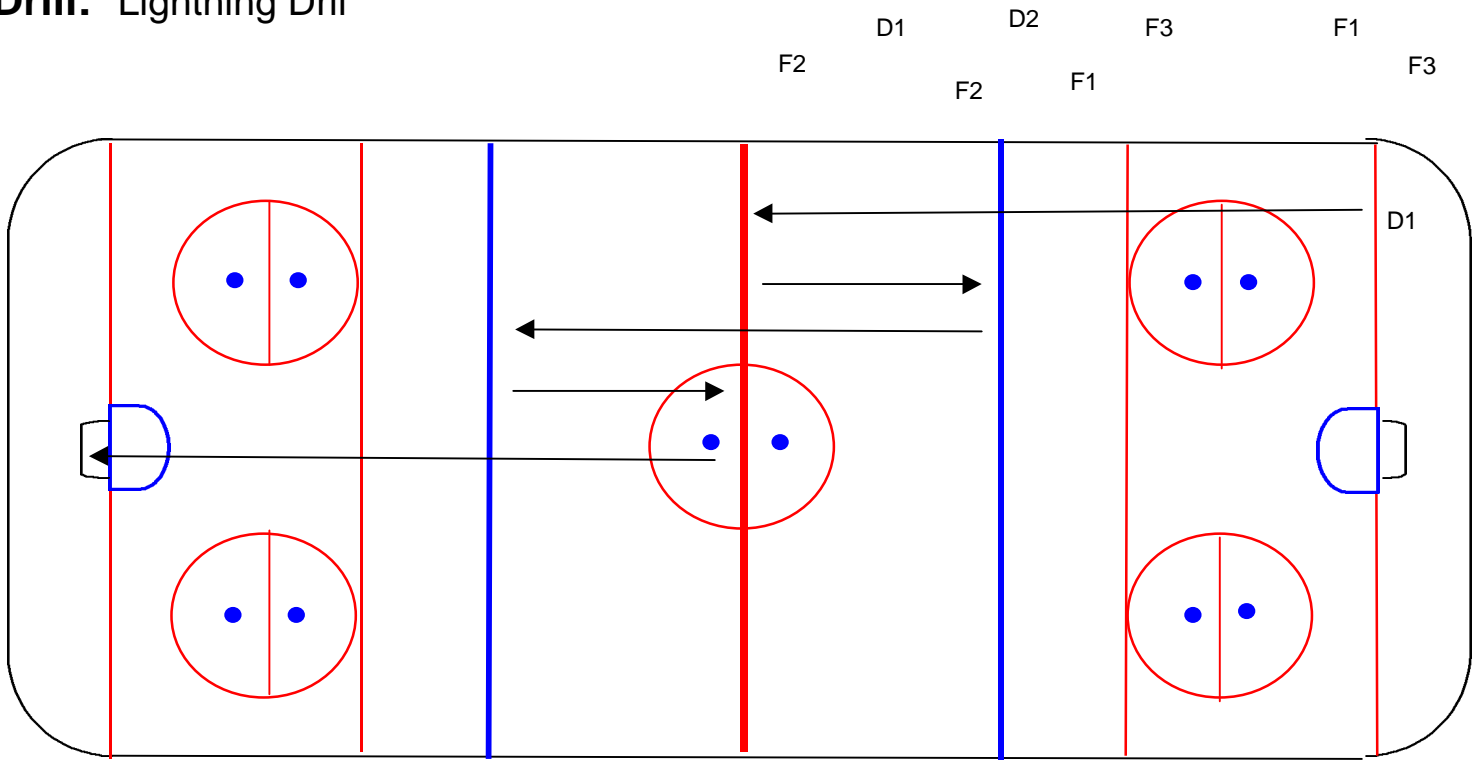
Goes around outside pylon and heads for next inside pylon.Repeat.

After last 360 degree turn heads for net receiving a pass from coach in corner. shoots at goalie, target etc.

Repeat on far boards.

Switch corners so that turns are done both clockwise and counter clockwise.

Drill: Lightning Drill



Players line up on Goal Line

Players skate to center ice. Stop. Go back to blue line. Stop

Go to Far blue Line. Stop. Go back to Center. Stop.

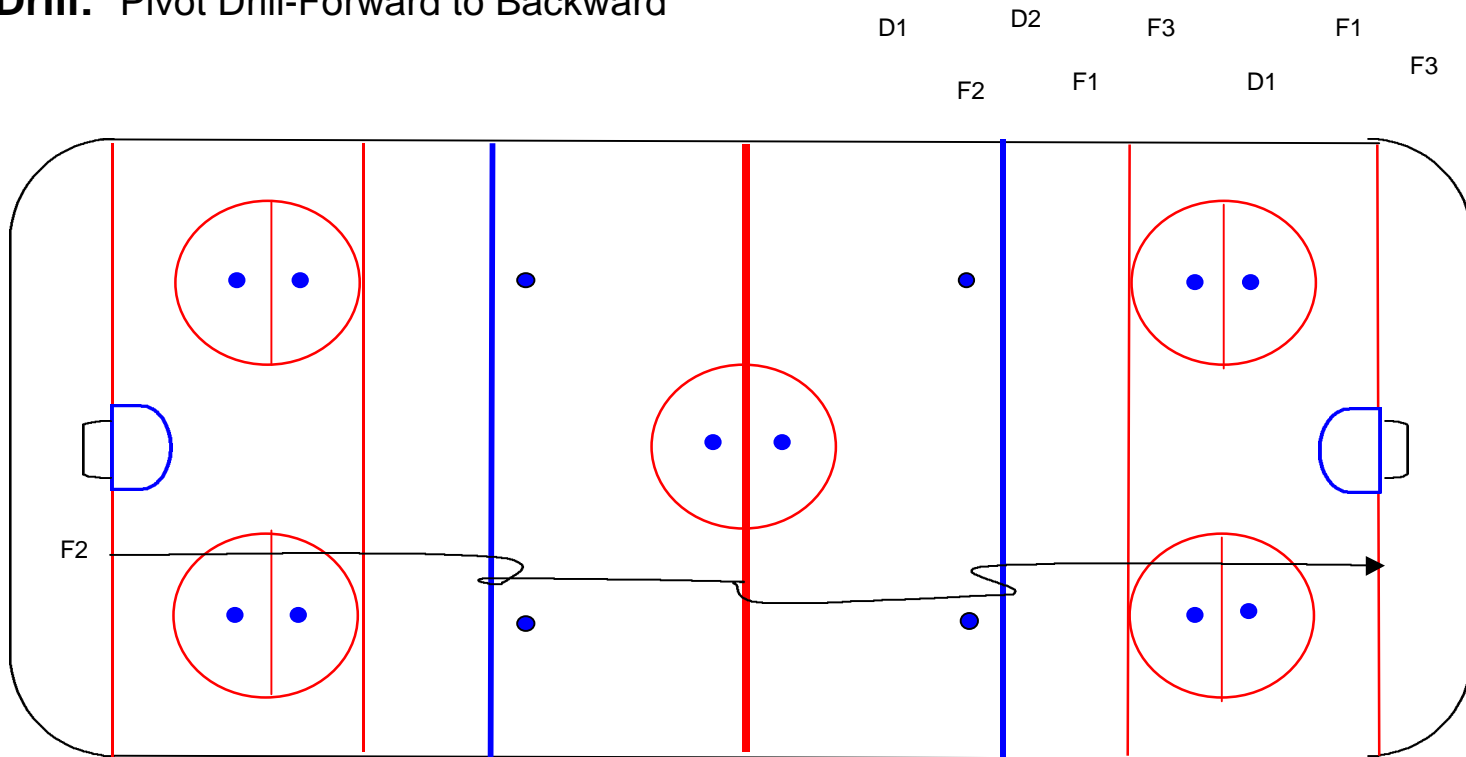
Go far Goal Line. Stop.

Variations: Always facing down ice.

Transition from forwards to backwards.

Crossovers when going forwards and backwards.

Drill: Pivot Drill-Forward to Backward

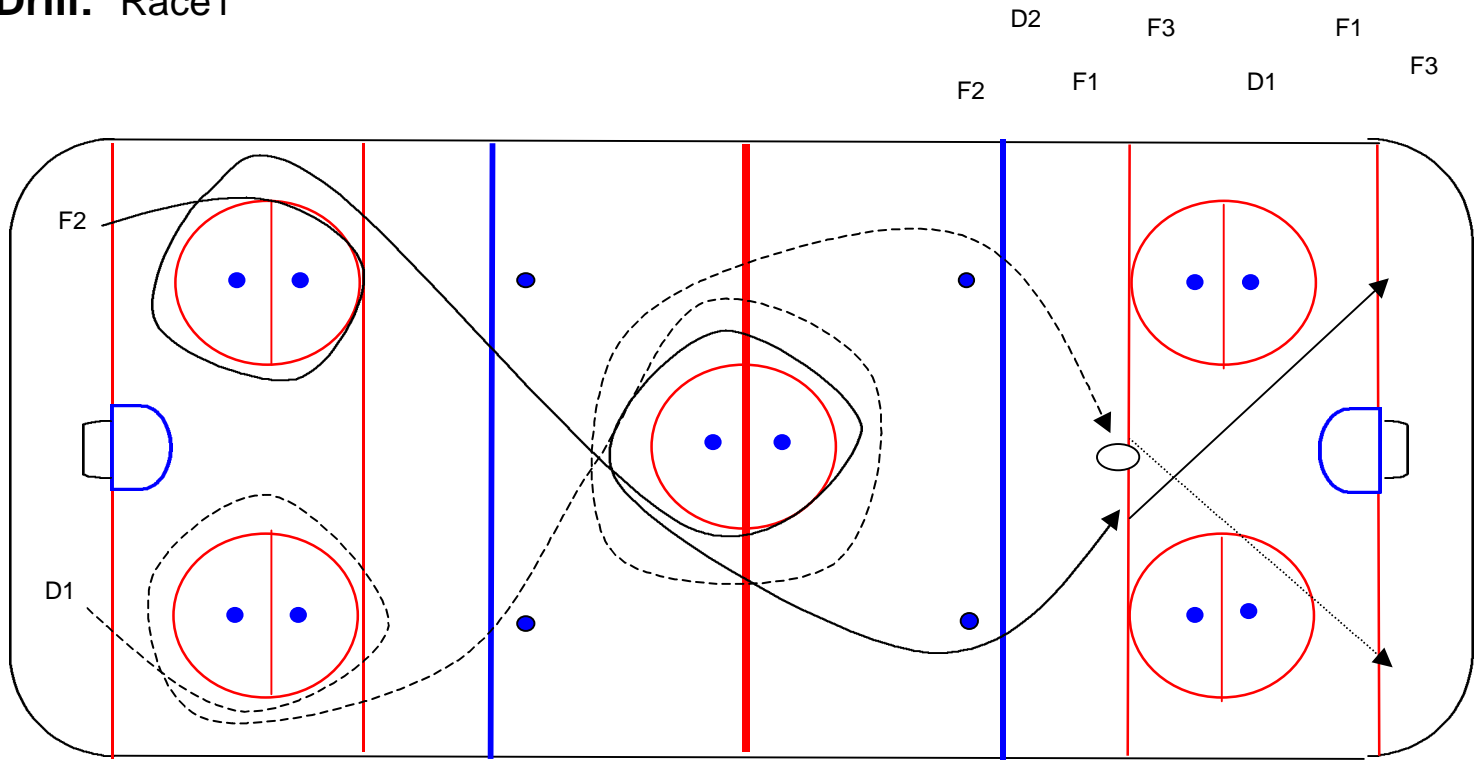


Player starts at Goal line skates to Blue line and turns to skate backwards to Center Line.

Turns to skate Forwards at Center Line and turns at blue line to skate backwards.

Variation: turn only at Blue lines and do backwards crossovers between blue lines.

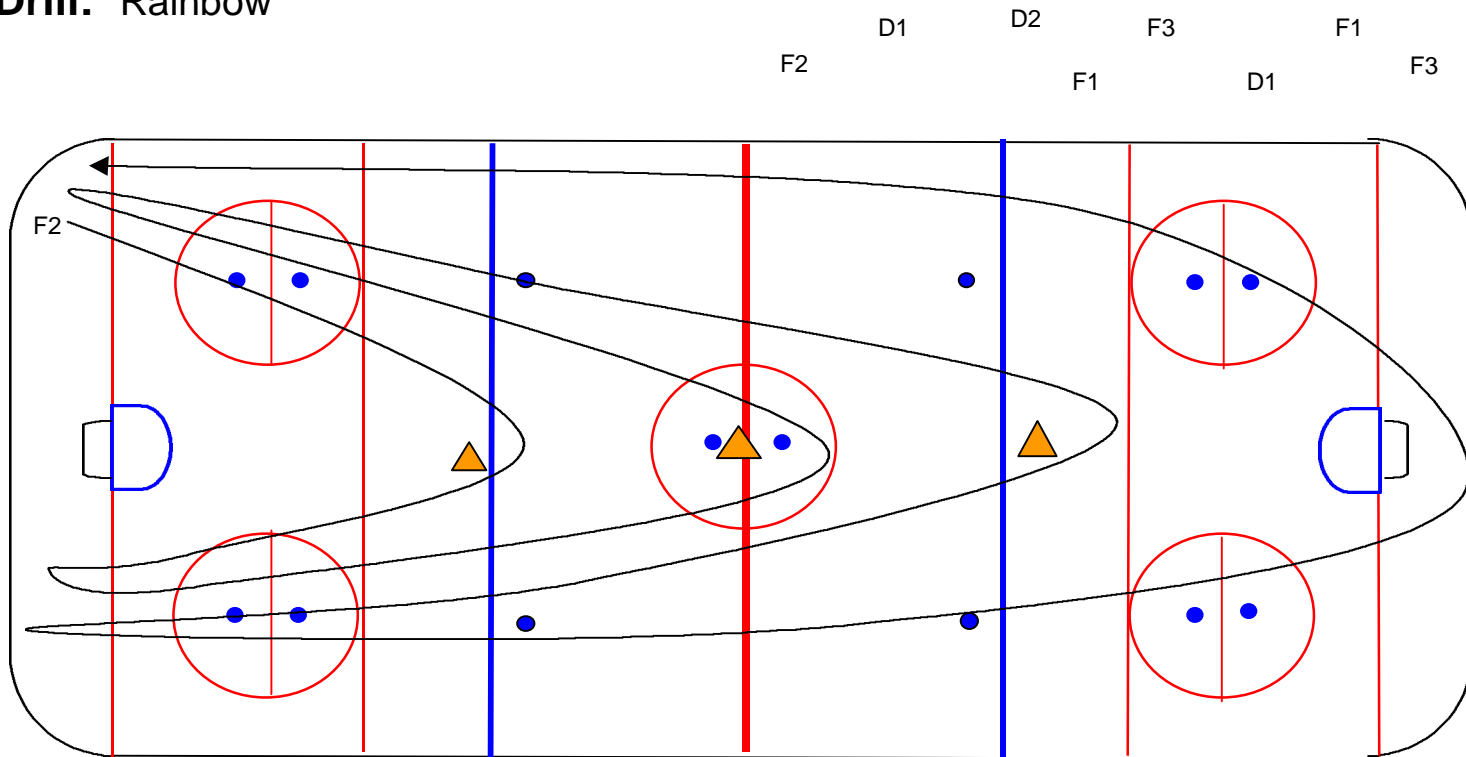
Drill: Race1



F1 and D1 start at goal line. Do full circles as shown.
go around faceoff circle at blue line and head for ring. Shoot on Goalie. Person who does not get the ring is a defender and expected to stop shooter from shooting.
players then line up opposite corner that they were in.

winners get rest. Losers do lightning drill

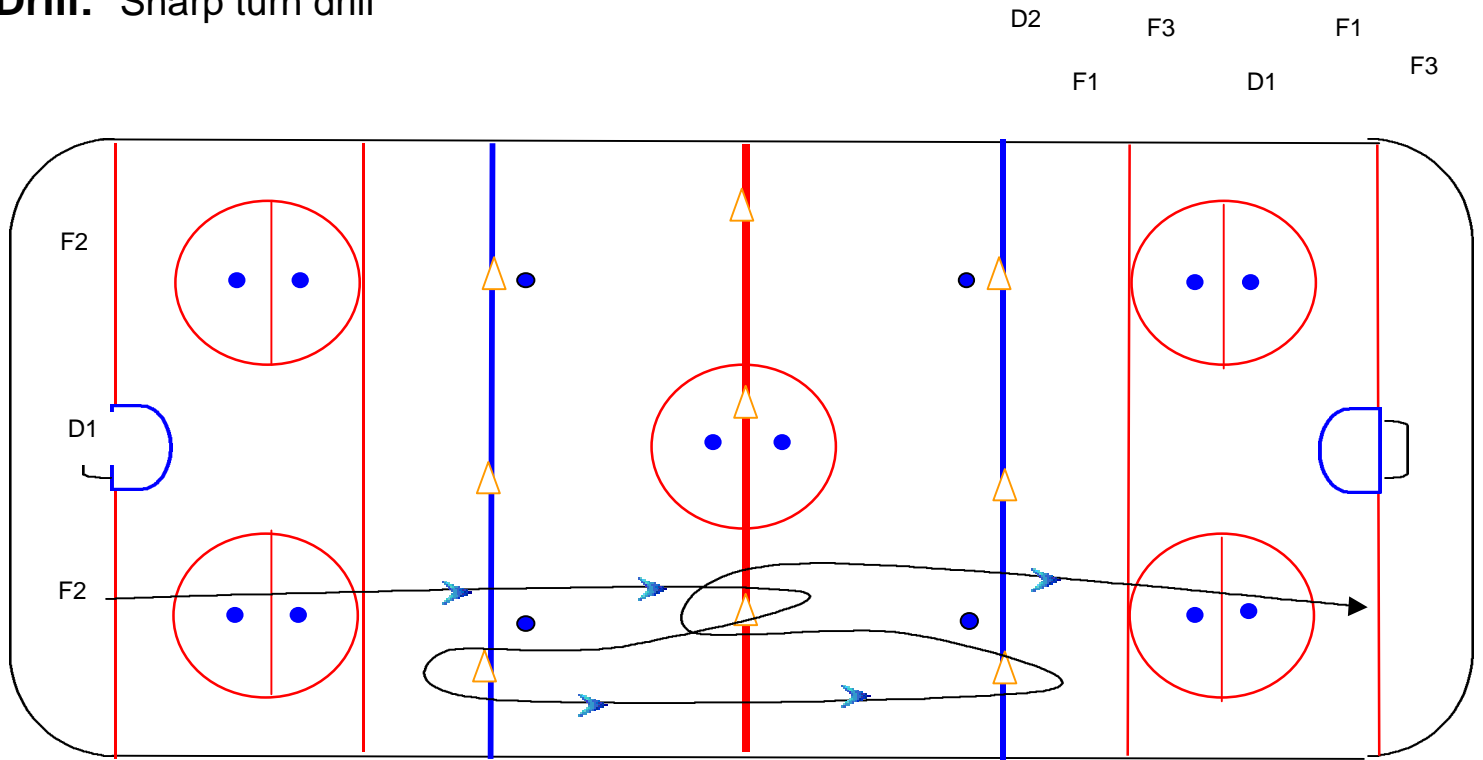
Drill: Rainbow



Start in Corner. Player skates around first pylon, then back to far corner, around second pylon and back to starting corner, around third pylon and back to far corner around far net and back to starting corner.

Variations: Always facing down ice. Transitional forwards to backwards
Carrying rings

Drill: Sharp turn drill



Players line up on the Goal line.

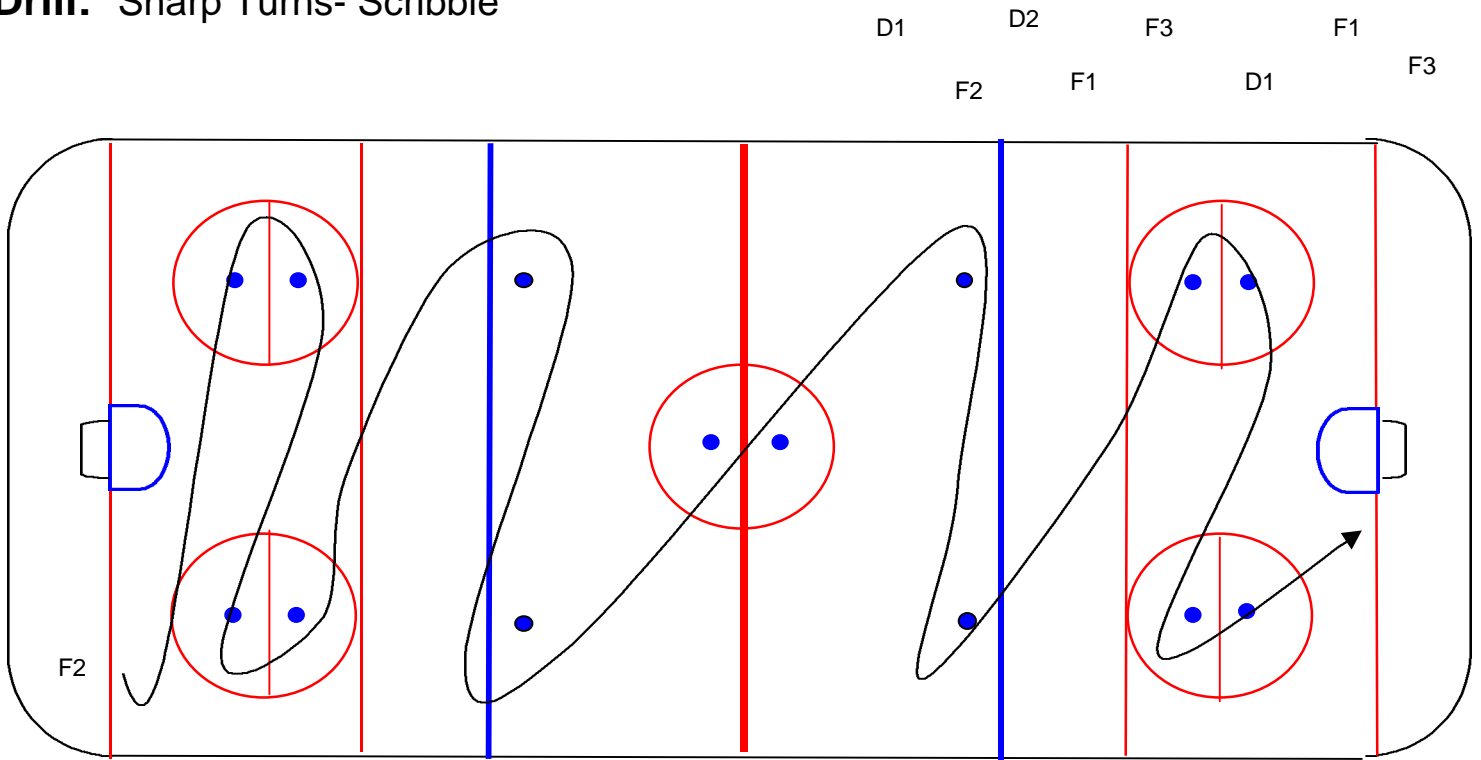
Skate out to centerline on left side and sharp turn around pylon.

Back to close blue line-sharp turn .

To farthest Blue line- sharp turn.

to center line -sharp turn. To end.

Drill: Sharp Turns- Scribble

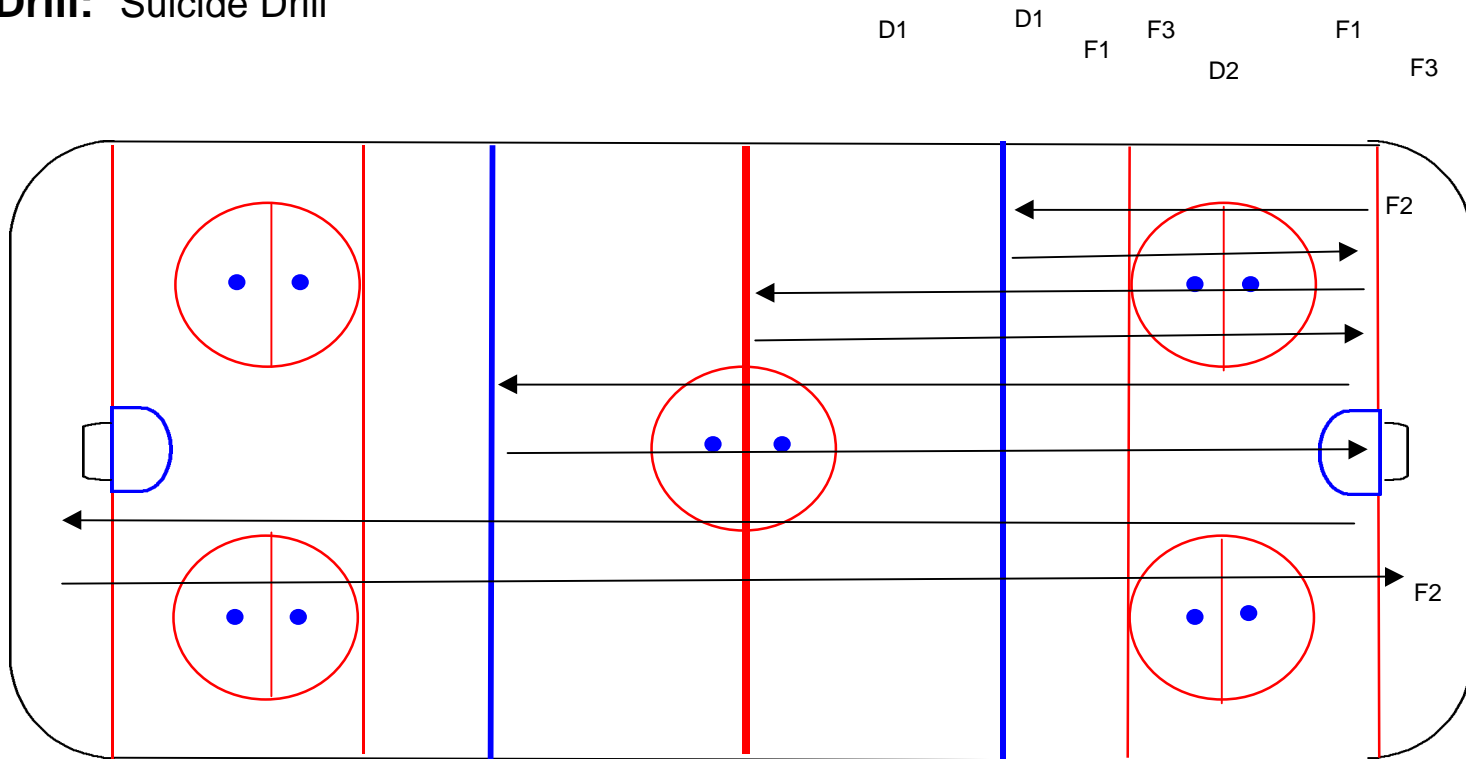


Players line up in corner and do sharp turns around the face off dots ending at far end.

variation: with rings.

Two at a time with one chasing the other(with rings)

Drill: Suicide Drill



Line skaters on Goal Line .

Skaters skate as above, blue line , back to goal line, to center line, back to goal line, to far blue line, to goal line, to far goal line and back to starting line.

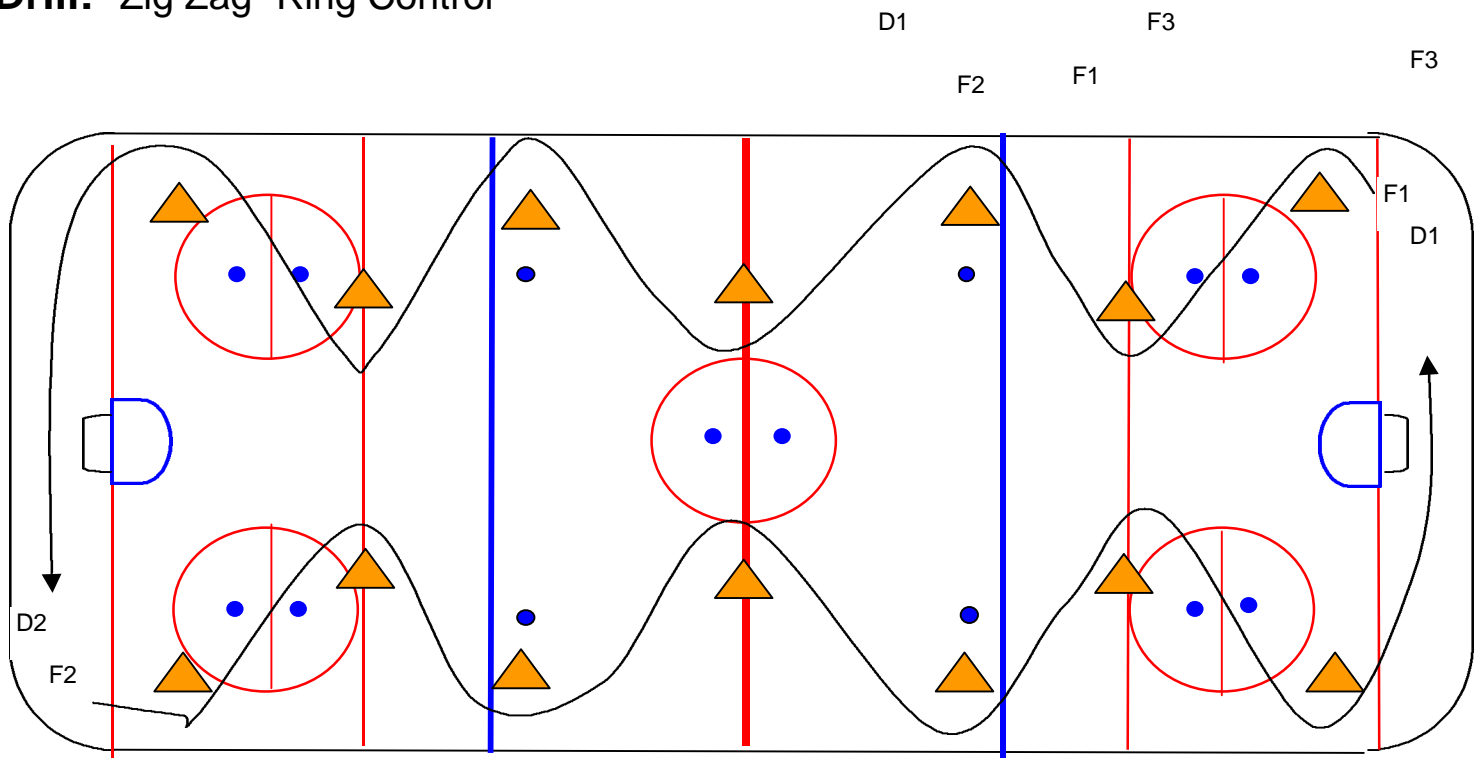
Points: always stop facing the same direction.(facing stands for Evaluation)

Complete stop and cross over start.

Variation. Always facing down ice forwards backwards.

Forwards Backwards without stopping

Drill: Zig Zag- Ring Control



Players carry the ring while skating around the pylons as in the diagram

Variation: Player 1 carries ring through pylons.

Player 2 follows Player 1 checking from behind first with intent to throw player one's concentration off. Then intent to take the ring. Player 2 must follow same route.

Variation: have coaches stand at pylons and do stationary checking.

Variation: use pucks at pylons. Player has to go around puck as above but ring has to go on other side of puck