



Ringette Evaluations

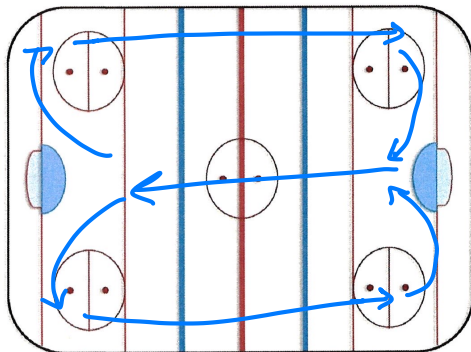
Practice Plan –

U16 / U19



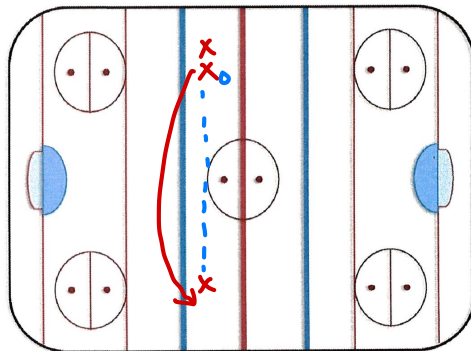
Butterfly Warmup – 5 mins

- Skate down the middle and stretch between the blue lines
- Peel off half each way and switch each time you go back down
- Skate back up along the sides and skate hard between the blue lines



Shuttle Passing Warmup – 5 mins

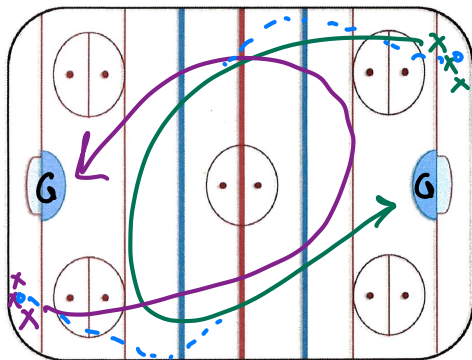
- Get in groups of 3 in line with the faceoff dots to run an ongoing shuttle
- Practice multiple passing types: forehand, backhand, drop, etc.



Full Ice Horseshoe Goalie Warmup – 8 mins

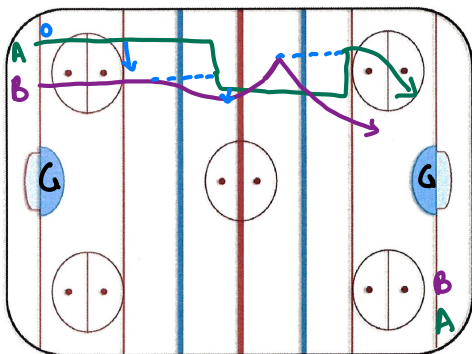
- 1 player leaves out of each side, cutting deep to then receive a pass out of the opposite corner
- Once the second player in line makes the pass, they leave the corner to skate the same pattern the player before them did
- Go on the whistle

Add a drop pass in the midzone from the first player who just received the ring to the second player who passed from the corner so the first player can skate over the second blue line and receive a pass back to avoid carrying the ring over the blue lines if the group seems able.



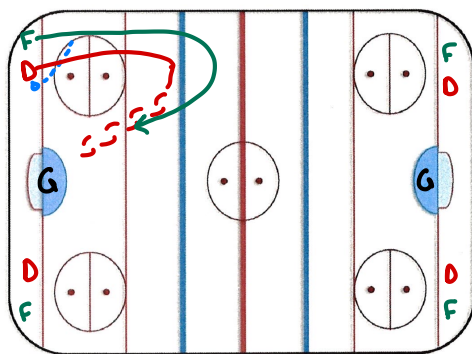
Drop Pass Lead Pass – 10 mins

- Player A begins with the ring, drop passing it to Player B. Player A then skates over the blue line, cutting to 'get open.'
- Player B lead passes to Player A over the blue line.
- Player A drop passes to Player B in the midzone. Player A then skates over the blue line, cutting to 'get open.'
- Player B lead passes to Player A over the second blue line.
- It becomes a 2v0 on the goalie.
- Halfway through, switch sides.
- Go on the whistle.



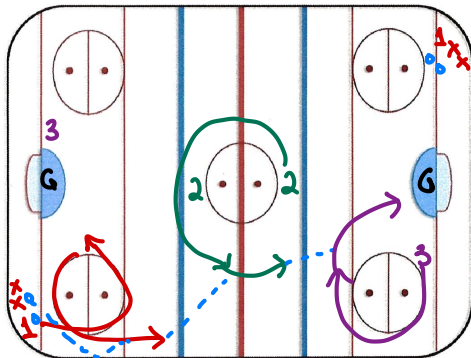
1v1 – 10 mins

- Opposite corners will go at the same time.
- The Defence will pass to the Forward, who will then tight turn with the ring around the faceoff dot.
- The Defence will pivot backwards and maintain proper gap control, creating a 1v1.
- Then, the other set of opposite corners will go.
- Go on the whistle.



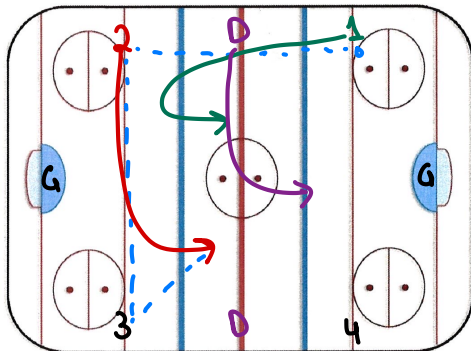
Bicycle – 7 mins

- Both corners go at the same time.
- **1** goes around the circle and shoots on the goalie.
- The next player in line passes to **1** as she comes around the circle.
- **2** times it so that she is cycling back as **1** is breaking up and receives a pass.
- **3** times it so that she is cycling back as **2** is breaking up and receives a pass.
- **3** shoots on the goalie.
- **1** becomes **2**, **2** becomes **3**, **3** gets in line.
- Go on the whistle.
- Switch sides.



Rick's Drill – 10 mins

- Alternate sides.
- **1** passes to **2** and then skates down to break up the ice with **2**.
- **2** passes to **3**, who then passes to either **1** or **2** but does not break up the ice herself. **3** is only a passer for this round and remains where she is.
- The first player in the defence line on the side the ring started from picks up either **1** or **2**, creating a 2v1 scenario.
- Go on the whistle.



For clarification, the next drawing shows what number each line becomes for going in the opposite direction to alternate sides and ensure both goalies get shots.

(As above) Rick's Drill – 10 mins

- Alternate sides.
- **1** passes to **2** and then skates down to break up the ice with **2**.
- **2** passes to **3**, who then passes to either **1** or **2** but does not break up the ice herself. **3** is only a passer for this round and remains where she is.
- The first player in the defence line on the side the ring started from picks up either **1** or **2**, creating a 2v1 scenario.
- Go on the whistle.

