

Skating

10, 20, 30

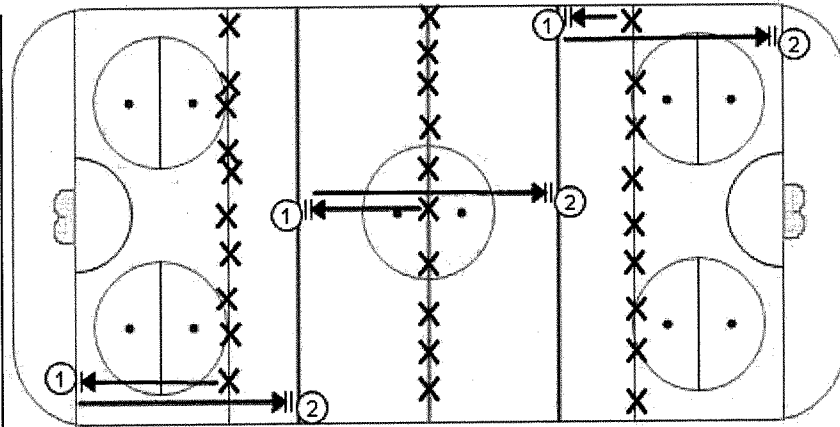
Title : 10, 20, 30

Content elements:

Components :

Description

Split athletes into 3 groups and line them up as shown in the diagram. On the whistle, they skate in direction ① then direction ② (i.e., they skate to the line to the left of them then to the line to the right of them). On the first whistle, they have 10 seconds to see how many reps they can do. Blow the whistle after 10 seconds and give them a 10 second rest. On the next whistle they skate the same patterns for 20 seconds; followed by a 20 second rest; on the next whistle 30 seconds; followed by a 30 second rest; on the next whistle 20 seconds; then finish with 10. They go 10-20-30-20-10.



Key Points :

Purpose

This is a conditioning drill that will challenge your athletes to maintain an efficient skating stride while they're tired. Watch for athletes who start to stand up and lose all their power when they get tired. Encourage those athletes to get lower, slow down their stride, and lengthen it.

Variations

Vary the length of time based on your athletes' age and physical capabilities.

Board Rushes w/ Hold-ups

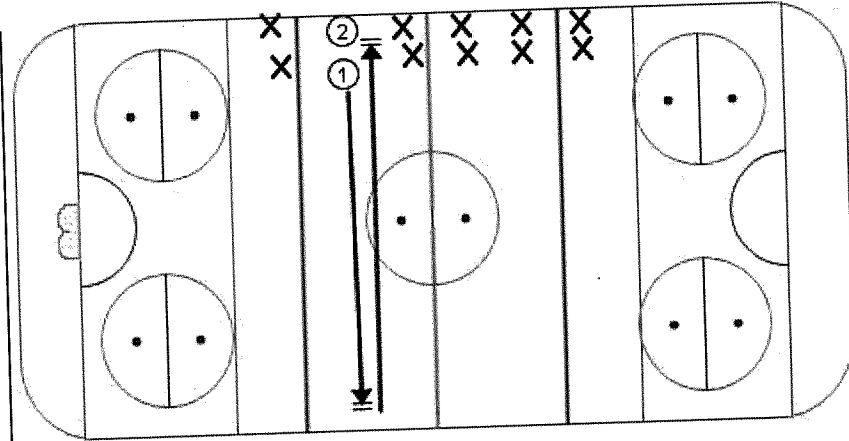
Title : Board Rushes with Hold-Ups

Content elements: _____

Components : _____

Description

Athletes work in pairs. On the whistle, X1 skates to the far boards and back as quickly as she can. While X1 is skating, X2 "jumps" up onto the boards and supports herself using upper body strength. When X1 gets back, the two switch roles. This continues to a certain number of boards rushes. E.g., on the final repetition, each athlete skates to the far boards and back 4 times and their partner must support themselves the whole time. You can substitute push-ups or sit-ups for "board hold-ups".



Key Points :

Purpose

This is a conditioning drill which works on both cardio fitness and upper body strength.

Variations

Change the strength activity from board hold-ups to push-ups, sit-ups, or mountain climbers.

Change of Direction

Title: Change of Direction - waves

Content elements: _____

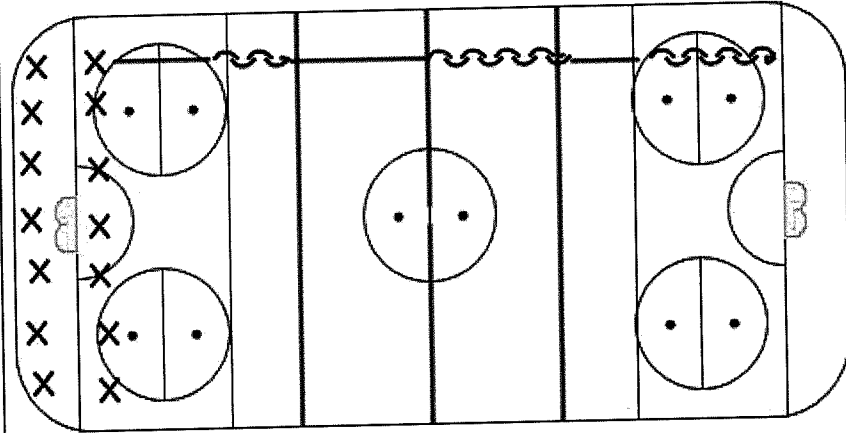
Components : _____

Description

Athletes skate in waves, changing directions (forward to backward or backward to forward) on each line.

1st Progression: 2-foot pivot (scrape the ice)

2nd Progression: mohawk (you might want to walk through this first)



Key Points :

| | | | |
|-------|-------|-------|-------|
| _____ | _____ | _____ | _____ |
|-------|-------|-------|-------|

Purpose

This is a "technique" drill which teaches the athletes to pivot without losing speed. The trick is to change directions without scraping the ice at all.

Edges Challenge

Title: Edges Challenge

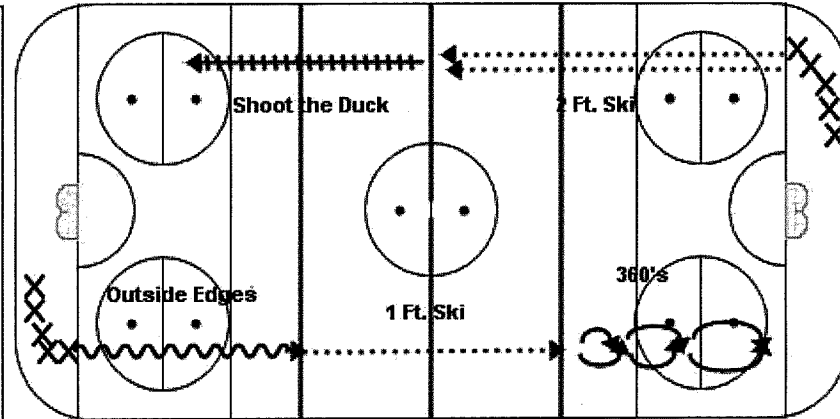
Content elements:

Components :

Description

Each athlete completes the "course" 2 or 3 times. Tell athletes this is a true test of their balance and comfort on their edges.

For advanced athletes, challenge them to do it twice forward and twice backward.



Key Points :

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

Purpose

This is a technique drill which asks your athletes to push their limits on their edges. Advanced athletes will be challenged to complete the course outlined above.

Variations

For beginner athletes, substitute these moves for more basic agility moves like bubbles, 2 foot skiing, and the airplane glide.

Edges on the Line

Title : Edges on the line

Category #1 : Coaches

Category #2 : Skating

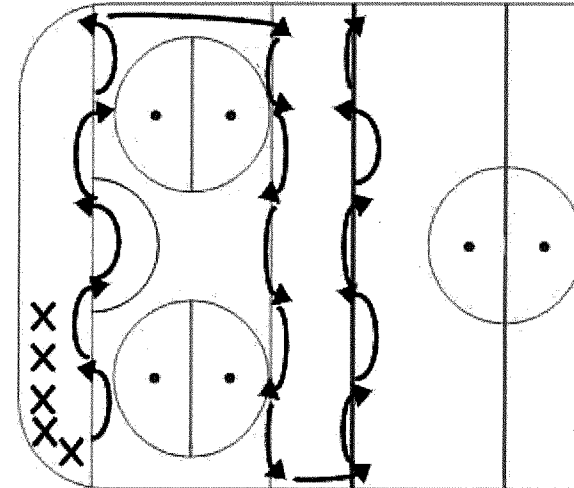
Description

Athletes line up in the corner and skate along the goal line, ringette line, and blue line. The first 2 times through they skate on their outside edges only. The next 2 times through they skate on their inside edges only.

Once the athletes are comfortable, give them the following challenges:
Make as much noise as they can each time they cut
Stay on their edge as long as possible (make the biggest cut they can)

Key points:

| | |
|--|--|
| | |
| | |



Purpose

This is a technique drill that introduces your athletes to their edges (flat edge, outside edge, and inside edge) and challenges them to become more comfortable on all of them. Younger athletes take some time to just figure out which edge is which. Older athletes need to be challenged - e.g., get as far over on the edge as you can or stay on the edge for as long as possible.

Fewest Pushes Challenge

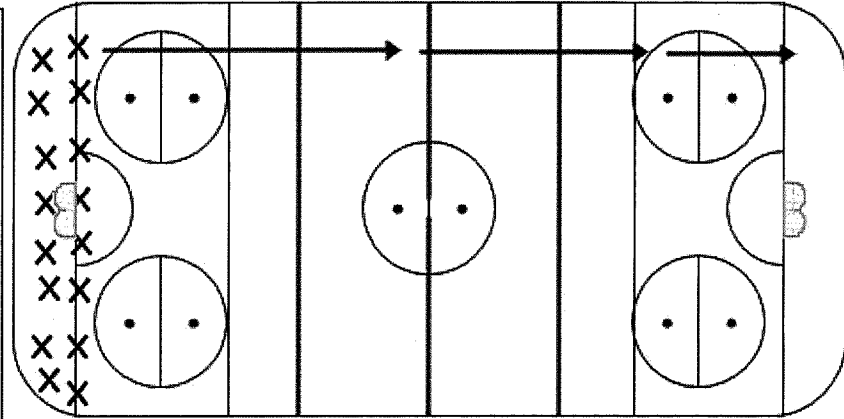
Title : Fewest Pushes Challenge

Content elements: _____

Components : _____

Description

Split athletes up into two or three waves. In waves, the athletes try to get from goal line to goal line using as few pushes as possible. (They'll try to cheat by using their arms or "wiggling" between strides.) This challenge forces them to use their most powerful stride possible.



Key Points :

Purpose

This is a technique drill. The fewest pushes challenge forces athletes to use their most powerful and efficient stride. As mentioned above, watch for cheating!

Freeze Drill

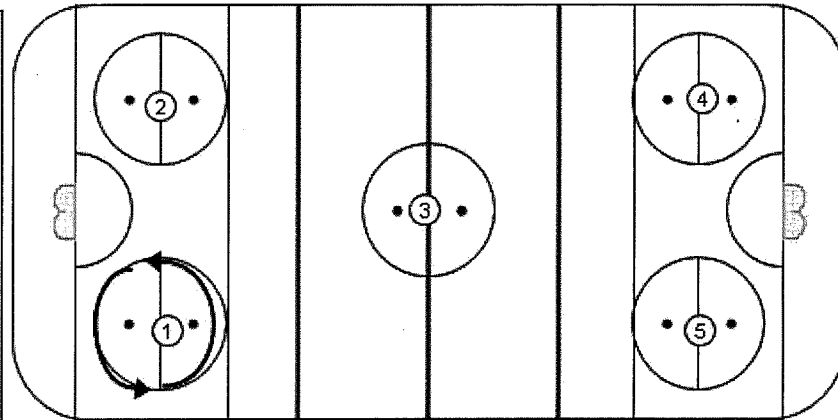
Title : Freeze Drill

Content elements:

Components :

Description

Split your athletes up into 5 groups. On the first whistle, athletes begin doing cross-overs at 50% speed. On the 2nd whistle, athletes "freeze" on whichever foot (edge) they are on - inside or outside. The challenge is to see how long they can glide on that edge without having to put their other foot down. On the next (double) whistle, they change directions and continue with 50% speed cross-overs. Repeat the "freeze" challenge 5 - 6 times.



Key Points :

Purpose

This is a technique drill. It helps the athletes improve their edges and crossover technique.

J Drill

Title : J Drill

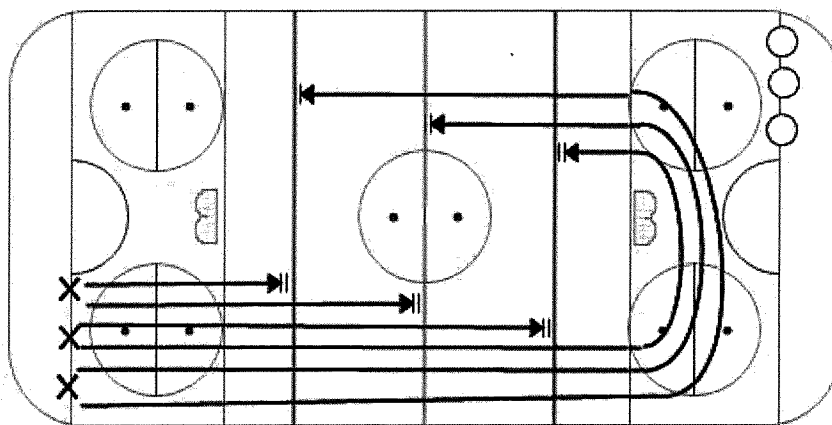
Content elements:

Components :

Description

Split your athletes up into two groups (X's and O's). They start on the whistle. They skate to the near blue line and back, center line and back, far blue line and back, around the net to the blue line and back, around the net to the center line and back, around the net to the far blue line and back.

Variations: in partners - one partner does mtn climbers or sit ups while the other partner skates; add the ringette lines so the athletes do 4 more skating reps.



Key Points :

Purpose

This is a conditioning drill which will dramatically improve your team's cardio fitness.

Variations

Run the drill using partners. Run the drill from one corner only. Ask the athletes to stop on more lines or fewer lines than shown in the diagram.

Full Ice Mountain Drill

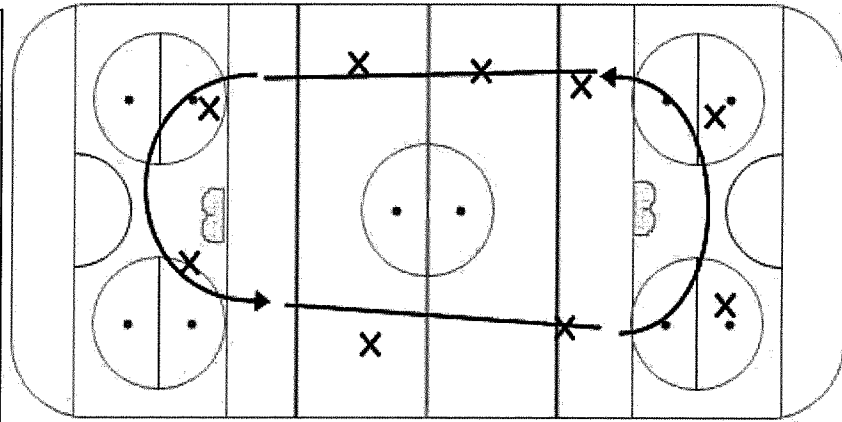
Title : Full ice mountain drill

Content elements:

Components :

Description

Athletes skate around the nets (or in a butterfly pattern). They start out skating at 40% speed. On each whistle they change their speed as follows: 60% - 80% - 100% - 80% - 60% - 40%. The focus is on stride length. (Blow the whistle every 10 - 12 seconds). They should start with their longest, most efficient stride and try to maintain that, particularly when they are tired. At the end, give the athletes a 1 minute break and repeat once in the other direction. Goalies can participate or work with the goalie coach in an end.



Key Points :

Purpose

This is a conditioning drill. Challenge your athletes to stay low and to use a long, efficient stride even when they are tired.

Variations

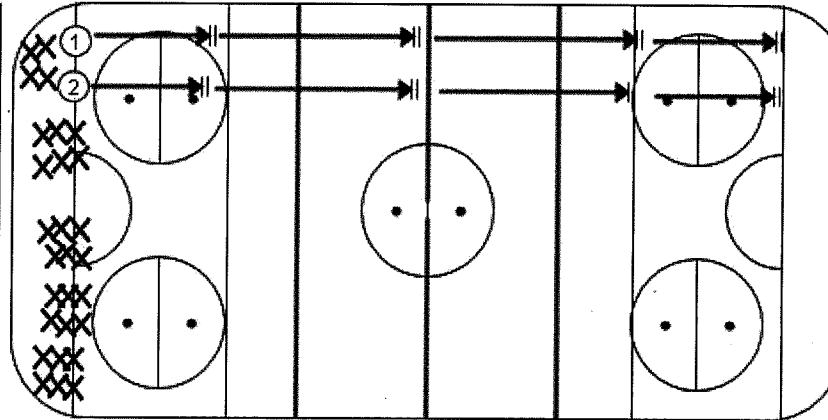
Change the % so your athletes are working harder through the entire drill.

Shadow Stopping Challenge

Title: Shadow Stopping Challenge **Content elements:** _____ **Components :** _____

Description

Split athletes up into teams of 4-6. They line up on the goal line in pairs (within their team). On the whistle, the first pair race to the ringette line and see who can stop the quickest (leaving the shortest mark). They wait in the "toilet position". On the next whistle, they race to the red line and the first pair starts (races to the ringette line). Continue to the ringette line and, finally, the goal line. Each time, the athletes check to see who left the shortest mark, then challenge each other to see who can have the quickest start. *Athletes face each other when they stop. Have them stay on the same side so they stop on a different edge on the way back.*



Key Points :

Purpose

This is a technique and conditioning drill. The shadow stopping challenge forces challenges athletes to stop on a dime and not come out of their basic stance after they stop.

Snake and Race Challenge

Title : Snake and Race Challenge

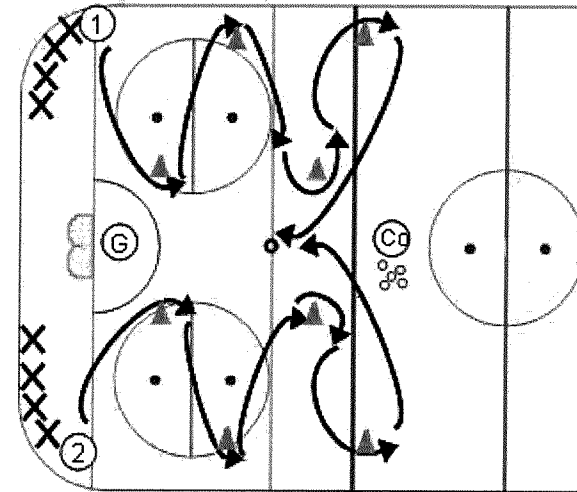
Category #1 : Coaches

Category #2 : Shooting

Description

X1 and X2 start on the whistle. They skate through the pylon course and race for the ring placed in the middle by the coach. The winner takes a shot on net, the loser chases to the bitter end!

* Run in both ends with a third station in the middle. *



Key points:

| | |
|--|--|
| | |
| | |

Purpose

This is a conditioning drill which forces your athletes to improve their acceleration and agility.

Variations

You can run any number of "obstacle courses" and turn them into a race for the ring. Have the athletes skate forward or backward, stop and start, do tight turns, etc.

Speed Challenge

Title : Speed Challenge

Category #1 : Coaches

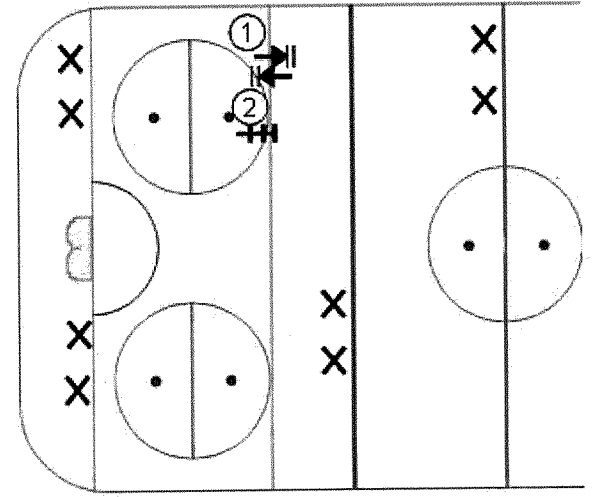
Category #2 : Skating

Description

Athletes work in pairs and line up next to a line on the ice. On the whistle, X1 starts doing stops and starts over the line (quick stride, stop, quick stride, stop, etc.). Meanwhile, X2 does knee touches where she tries to rotate touching left knee, right knee, etc. to the ice as quickly as possible. On the next whistle (after about 10-15 seconds), athletes switch roles. The next whistle is a double whistle and they get a 10-15 second rest then they begin again. Repeat 3 - 4 times.

Key points:

| | |
|--|--|
| | |
| | |



Purpose

This is a conditioning drill which trains your athletes' quick twitch muscle fibers. This is a great way to improve your athlete's acceleration / speed.

Star Drill

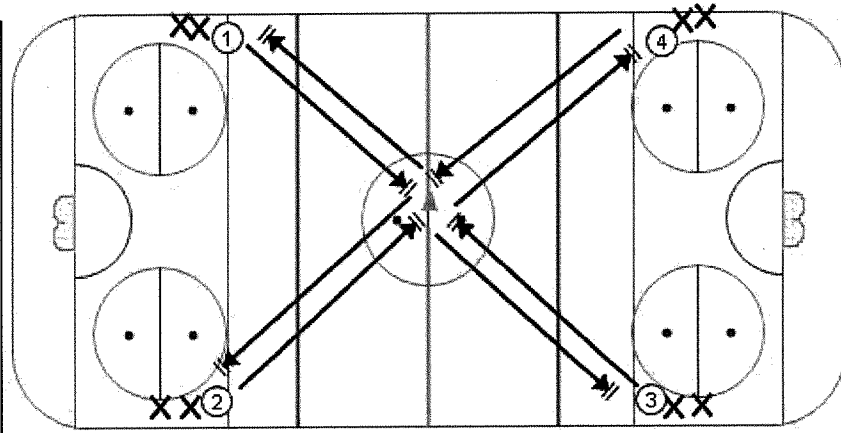
Title : Star Drill

Content elements:

Components :

Description

Split your athletes into 4 even teams. On the whistle the first player in each line skates the star pattern shown to the right. When she gets back to where she started, the next person leaves.



Key Points :

Purpose

This is a conditioning drill which should really test your athletes' fitness.

Variations

Send the next athlete in line sooner (e.g., when the first person from her line gets to the 2nd pylon).

Lap Drill

Title : Tamara's Lap Drill

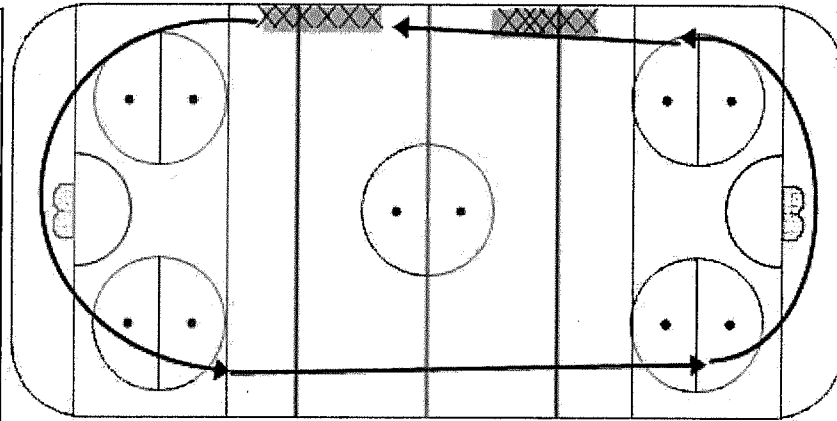
Content elements:

Components :

Description

Split your athletes into 2 even groups. Athletes start in the players' benches. Designate one gate the "out gate" and one gate the "in gate". On the whistle, the first player in each gate steps out the "out gate", does one lap at full speed and comes in the "in gate". The next athlete in line leaves on your whistle. The drill is continuous. You decide how hard your athletes work by blowing your whistle more or less often.

Variations: Switch directions, athletes skate backwards



Key Points :

Purpose

This is a conditioning drill which will improve your team's fitness.

Variations

Blow the whistle more or less quickly to change the degree of difficulty.

Three Woman Tight Turn Drill

Description

Players get in groups of three. Two players line up across from each other. The third player is doing tight turns in figure-eight pattern around them.

Standing up at the end of the turn
 Staying low throughout
 Advanced - Backwards!

Players switch after every 3 figure-eight patterns.

Key Points : Toilet vs. Flower

Purpose

This is a technique and conditioning drill which improves your athletes' tight turns and acceleration.

Variations

Make the athletes closer together or further apart.

Zig Zag Drill

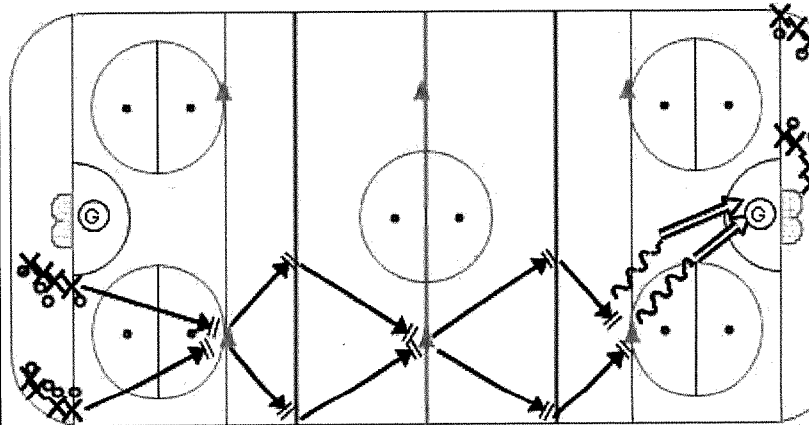
Title : Zig Zag Drill

Content elements:

Components :

Description

Two lines in each corner. Two athletes start at the same time and skate the pattern shown to the right. They finish the drill with a shot MAKING SURE NOT TO SHOOT AT THE SAME TIME. They then join the next lines (in the opposite corner). On one side of the ice they do this drill in the "Mess position". On the other side of the ice they do it in the "Toilet position". The focus is on stride efficiency, speed, and acceleration.



Key Points :

Purpose

This is a conditioning drill. Ensure your athletes are coming to a full stop and that your goalies are warmed up before you run this drill.