

# Shooting

## One on One Screen Shot

One on One - Screen Shot

### Description

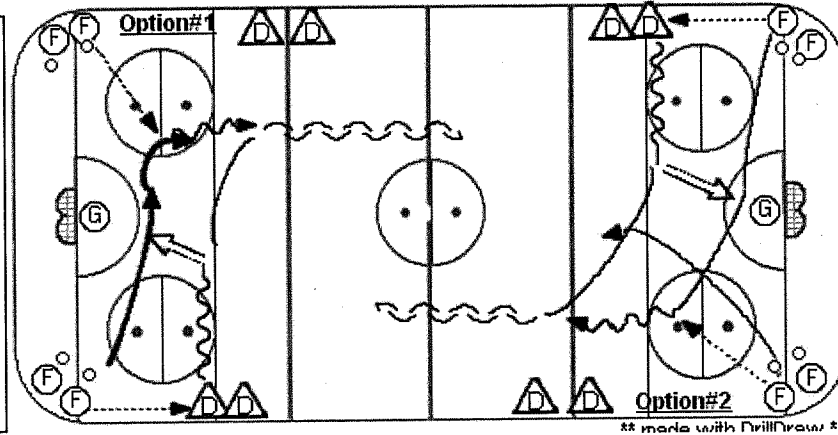
**\*Drill starts on the whistle.  
Both ends at the same time.**

#### Option#1: 1 on 1

On the whistle, the (F) makes a pass to the (D) and goes to the net for a screen / rebound. The (E) receives a pass from the corner for a 1 on 1.

#### Option#2: 2 on 1

The second (F) follows the pass.



## Purpose

This drill works on screen shots and 1v1 situations. Goalies should work on fighting through the screen to get a good view of the shot. Shooters are working on accuracy and getting to the Hot Spot.

## Variations

2v1 - the passer joins the rush.

# Four Lane Shooting with Chaser

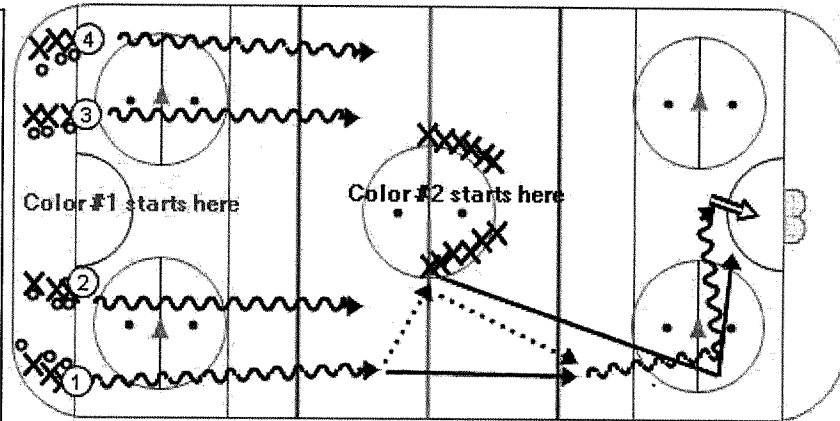
**Title :** 4 Lane Shooting w/ Chaser

**Content elements:**

**Components :**

## Description

**FOCUS: HOT SPOT.** X1 starts; She skates up ice and does a give/go with an athlete in the middle. After the passer gives the ring back to X1, she chases her. X1 gets the ring back over the blue line, drives around the pylon and shoots from the hot spot (no dekes but athletes can use "patience"). When X1 hits the first ringette line, X2 leaves and does the same thing. When X2 hits the first ringette line, X3 leaves and skates the same pattern on the far side; then X4, etc. Start with one color in the middle circle and the other color shooting. After everyone has gone, switch the colors and run again starting from the other end.



**Key Points :**





## Purpose

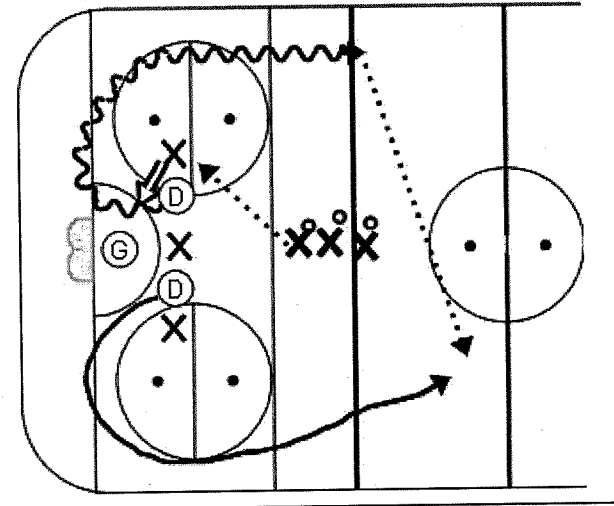
This drill works on picking up the ring and finishing scoring chances under pressure.

# Polo Drill

Title : Ali's Polo Drill      Category #1 : Coaches      Category #2 : Defense

### Description

3 Forwards (X's) line up in a line across the crease with 2 Defense between them. The first girl in the line of Xs can pass to any of the 3 Xs in a line. As soon as the pass is made, X shoots, While the D is trying to prevent a goal. If there is a rebound anyone can grab it. If the goalie or the D get it, they are trying to break out of the zone while the X's forecheck. If the X's get it, they take another quick shot. The next five people jump into position after the D has successfully skated the ring out of the zone.  
\*The point of the drill to take quick shots, the Xs should not be skating with the ring after they receive it.



Key points:

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## Purpose

This drill works on stabbing the ring and releasing a quick shot under pressure.

# Shooting Drill

**Title :** Ando's Drill

**Content elements:**

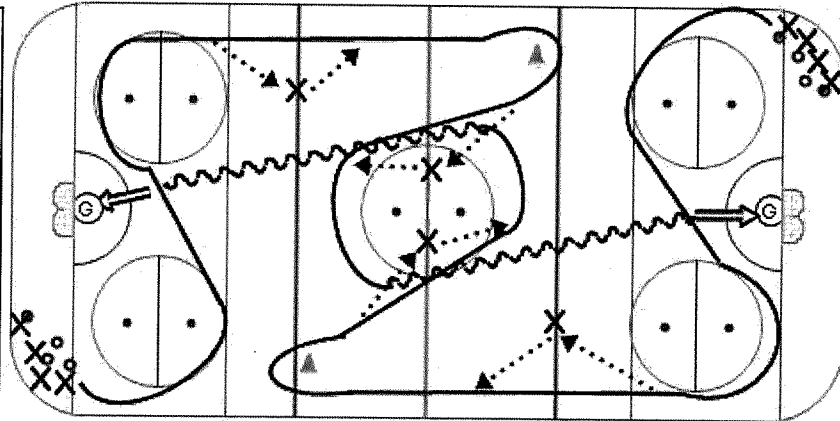
**Components :**

## Description

Athletes line up in both corners. They skate the pattern shown to the right and make 2 give and go passes along the way. This drill works on skating, receiving the ring, lead passing, and shooting from the hot spot. The next athlete in line can leave when the first athlete gets around the top of the circle.

\* Athletes MUST keep their heads up to avoid collisions!

\*



**Key Points :**

## Purpose

The purpose of this drill is to get the athletes skating, passing, and shooting at high speeds. Remind your shooters to bury their chances rather than just going through the motions.

# Belgium 3 Shot

**Item :** Belgium 3 Shot

**Category #1 :**

Coaches

**Category #2 :**

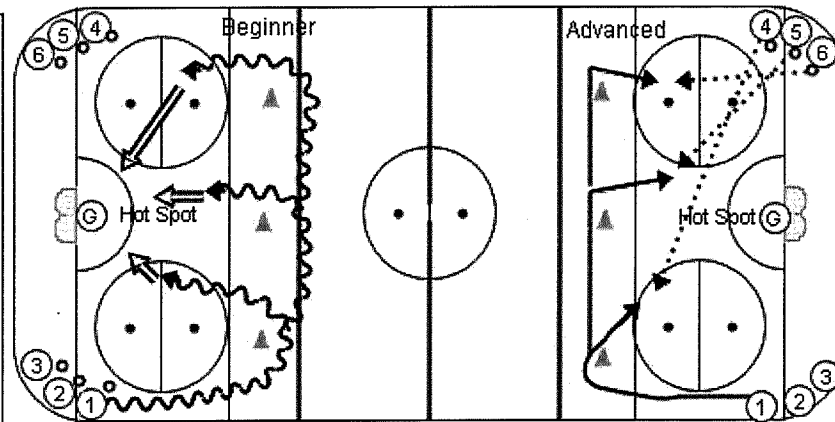
Hot Spot

## Description

**Beginner:** All players begin with a ring. 1, 2, 3 leave at the same time. 1 goes around the closest pylon, 2 around the middle, 3 around the far pylon. Drill ends with shots from each player. Once 3 is around the pylon, 4, 5, 6 follow same pattern from other corner.

**Advanced:** 1, 2, 3 leave without rings and skate around the pylons. 1 goes around the closest pylon, 2 around the middle, 3 around the far pylon. 4 passes to 1, 5 passes to 2, and 6 passes to 3. After the last pass is made, 4, 5, 6 follow the same pattern and receive passes from 1, 2, 3

**First Progression:** shoot from outside hot spot, 2nd progression shoot from hot spot.



**Key points:**

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## Purpose

The purpose of this drill is to improve shooting accuracy and to train athletes to shoot from the Hot Spot.

## Variations

Beginner - no pass & Advanced - with a pass.

# Breakaways with a Chaser

Title : Breakaways with a chaser

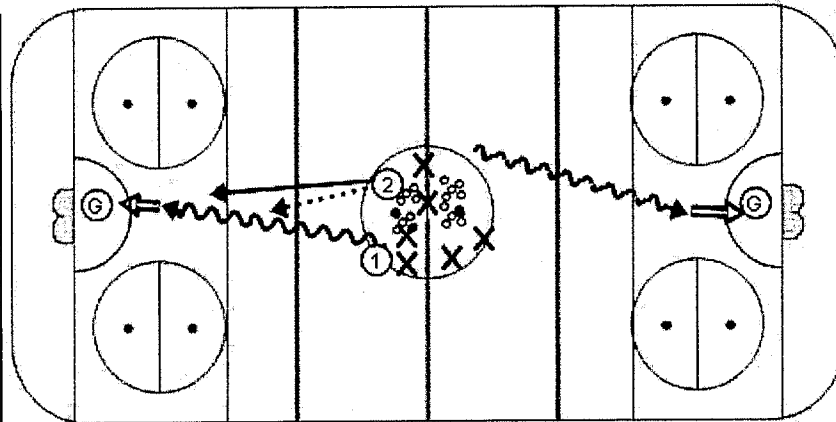
Content elements:

Components :

## Description

X1 starts the drill by skating in over the blue line. She receives a pass from X2 who chases X1 right away. X2 is trying to pressure X1 and force her to take her breakaway at game speed. If X2 can check X1 she should.

Run in both ends.



Key Points :

## Purpose

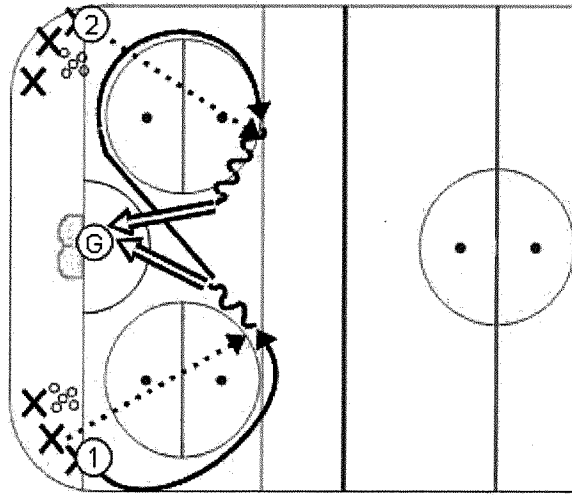
The purpose of this drill is to learn to score on breakaways. Adding a chaser makes the breakaways "game-like" because a shooter doesn't have time to slow down during a game.

# Figure 8 Shooting Drill

Title : Figure 8 Shooting Category #1 : Coaches Category #2 : Shooting

## Description

X1 starts the drill and skates around the top of the circle. She receives a pass from the next person in that same line. X1 drives to the slot and shoots and then carries on toward the next corner. She skates around the top of the circle and receives another pass from the next person in that line. X1 drives to the slot for a 2nd time and shoots. X2 leaves after she makes her first pass.



Key points:

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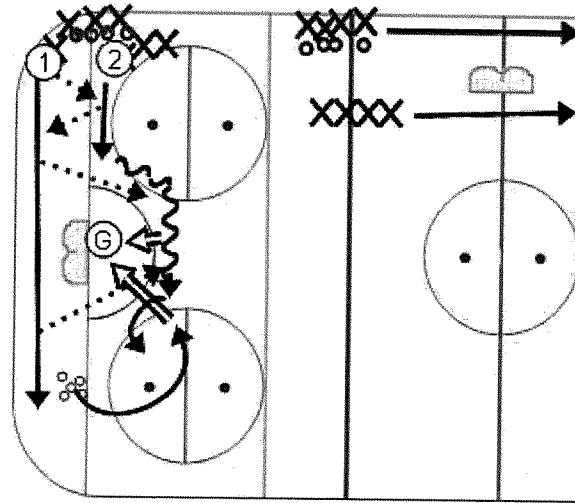
## Purpose

The figure 8 drill works on crossovers, picking up the ring, shooting accuracy, and shooting from the Hot Spot. Because the shooter is moving she should also notice where the open net is when a goalie has to move to keep up with the ring carrier.

# Shoot and Defend

## Description

Run in all 3 zones. X1 skates behind the net, X2 skates just in front. They make quick, short, lead passes. X1 gives the ring to X2 either right before or right after she passes the net. X2 takes a one-time shot on goal. X1 then picks a ring up at the side of the net and drives to the Hot Spot for a shot. X2 plays D so it is a 1v1.



Key points:

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## Purpose

The purpose of this drill is to finish scoring chances in close. Athletes practice "deceptive passes" in this drill because the goalie can try to intercept. If the ring carrier telegraphs her pass it won't get through.



# One Timer Stations

**Title :** One Timer Stations

**Content elements:**

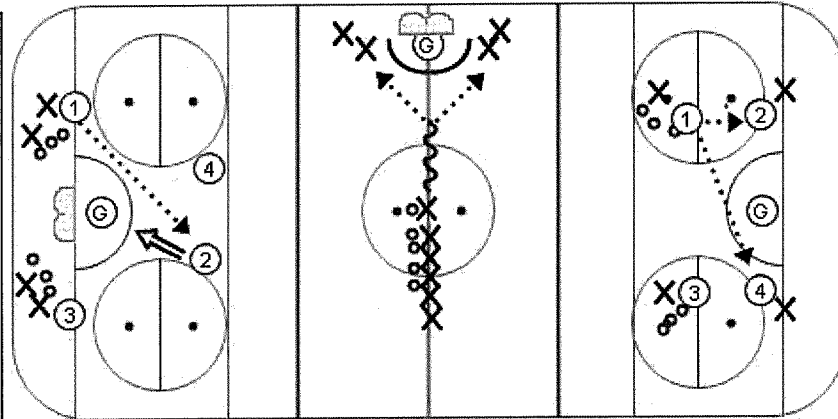
**Components :**

## Description

1) X1 starts the drill by passing to X2. X2 takes a one time shot. X3 waits for the goalie to be in position then passes to X4, who takes a one time shot. Rotation is: 1 - 2; 2 - 3; 3 - 4; 4 - 1.

2) The first player in line drives at the net and dishes at the last moment to a player on the low post. The low post player stabs the ring and shoots.

3) X1 and X3 have the rings. X1 starts the drill by passing to X2 or X4. The low post player stabs the ring and one-times it. X3 waits for the goalie to get in position and then makes a pass to the low post. Athletes rotate between passing and shooting lines.



**Key Points :**

## Purpose

This drill helps the athletes master the skill of picking up the ring and shooting it all in one motion.

## Variations

You can make up any number of stations which simulate one-time scoring opportunities in a game-like environment.

# Sharp Turn Shooting Drill

**Title :** RMc's Shooting Drill

**Category #1 :** Coaches

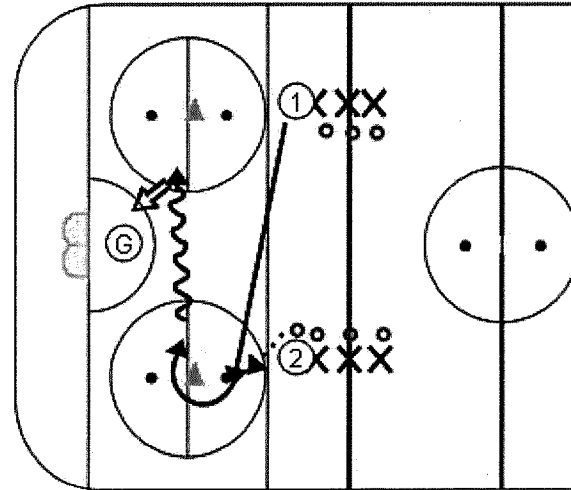
**Category #2 :** Shooting

## Description

X1 starts the drill by skating across the ringette line and receiving a lead pass from X2. X1 drives around the pylon and across the top of the crease. Her job is to make the goalie move and then "bury her chance" from the hot spot.

Options are: race the goalie to the far post, shoot five hole, or stop and shoot back where you came from. Coaches may have to demo these moves one at a time to give athletes ideas.

X2 leaves as soon as X1 is around the pylon. Run in both ends.



**Key points:**

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## Purpose

In this drill athletes skate across the top of the crease and then shoot. Skating across the top of the crease is a smart move because it truly forces the goalie to move. When a goalie moves she must eventually leave some part of the net open. The shooter's job is to be patient and smart - to bury the ring in the open net.

# Quick Release Drill #2

Title : Quick Release Drill 2

Category #1 : Coaches

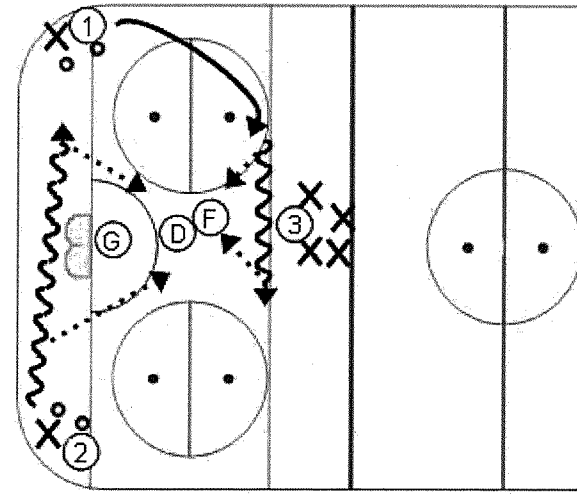
Category #2 : Shooting

## Description

Run in all 3 zones (switch neutral zone athletes with end zone athletes after 3-4 minutes). X1 starts the drill by skating up around the circle and across the ringette line. In the middle, F is trying to give X1 a good passing option (by getting good position on the D). X1 decides when to make a slip pass into F, who takes a one-time shot (or spins off the D and take a quick shot). D tries to bother the shot (she plays at about 70% and must be goal side). F and D now join the X1 and X2 lines. Two new players immediately jump in from line 3 (one D and one F). X2 skates behind the net and decides when to make a pass out to F who is trying to do the same thing (get open, quick release). This drill helps athletes works on deceptive passes in the offensive end and getting open in a small space for the quick release shot.

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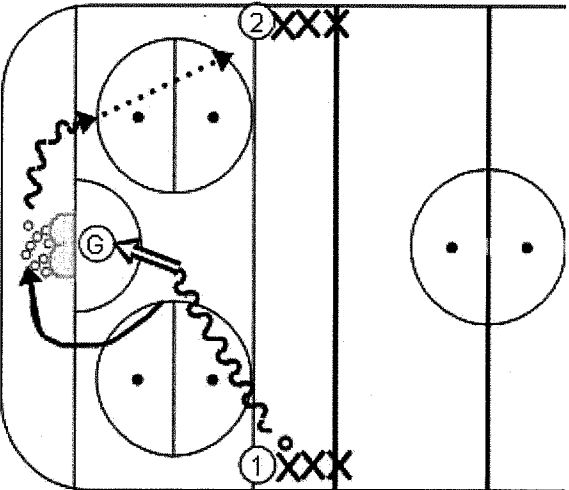


## Purpose

The purpose of this drill is to learn to get open in a very small space and release the ring very quickly under pressure.

# Shoot-Breakout-Shoot

| Coaches  | Category #2 | Shooting |  |  |  |  |
|--|-------------|----------|--|--|--|--|
| <b>Description</b>   |             |          |  |  |  |  |
| <p>X1 starts the drill by taking a shot on net. After she shoots, she grabs a ring from behind the net and passes it to X2. X2 then skates in with ring and shoots. She grabs a ring from behind the net and passes to the X1 line. The drill continues in that pattern.</p>                               |             |          |  |  |  |  |
| <b>Key points:</b> <table border="1" style="display: inline-table; vertical-align: middle;"><tr><td style="width: 100px; height: 20px;"></td><td style="width: 100px; height: 20px;"></td></tr><tr><td style="width: 100px; height: 20px;"></td><td style="width: 100px; height: 20px;"></td></tr></table> |             |          |  |  |  |  |
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## Purpose

The purpose of this drill is to improve shooting accuracy and to master the skill of shooting from the Hot Spot. Shooters should notice which parts of the net are open on which goalies - glove hand? five hole? low stick side? Etc.

# Shoot and Chase Drill

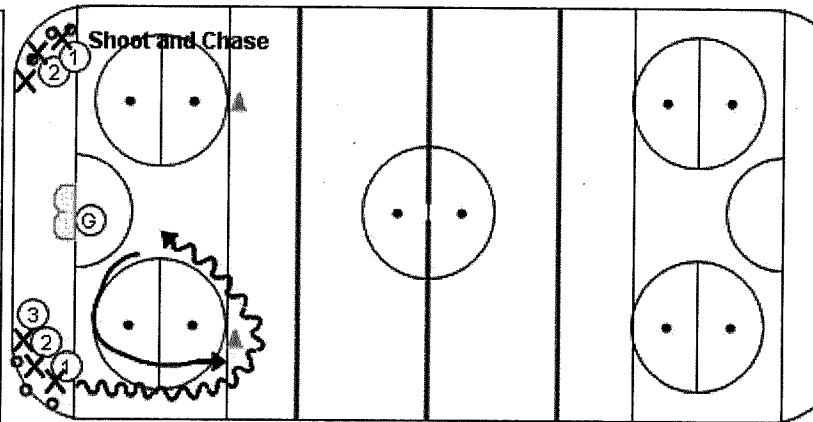
**Title :** Shoot and Chase

**Category #1 :** Coaches

**Category #2 :** Defense

## Description

Shoot and Chase: X1 skates with the ring around the pylon and takes a shot on goal. As soon as she shoots, X2 accelerates around pylon with a ring. X1 must skate the same pattern and try to catch X2. X2 then chases X3. \*If the drill is running smoothly, try both corners, staggered.



**Key points :**

## Purpose

The shoot and chase drill asks athletes to finish their scoring chances while being pressured.

# Two Loop Drill

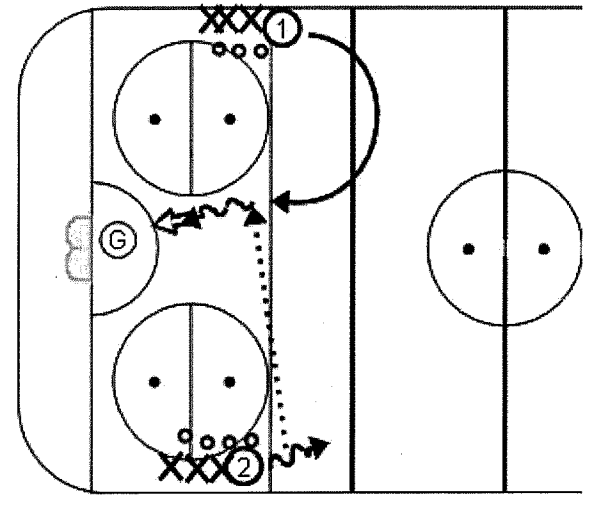
Title : Two loop drill      Category #1 : Coaches      Category #2 : Shooting

## Description

Players start at the ringette line. X1 leaves and skates just over the blue line. She then drives down the middle of the ice and receives a lateral pass from X2 at the ringette line. X1 drives in for the shot.

After X2 passes, she skates the same pattern as X1. Etc.  
Run in both ends.

For their first 3 or 4 shots, athletes shoot from a 2'. For the remainder of their shots, athletes shoot from the Hot Spot.



Key points:

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## Purpose

This drill forces athletes to make accurate lead passes, to stab the ring, and to shoot accurately.

## Variations

Two people leave one after the other. The 2nd person is a chaser whose job is to put pressure on the ring carrier. This forces the shooter to finish under pressure.