



# Alternative Skills Training

December 15, 2020

Version 1

The Alternative Skills Training resource has been provided for Coaches to assist with practices using a reduced group size and with attention to physical distancing measures. The following are the current restrictions for ringette training groups due to COVID-19.

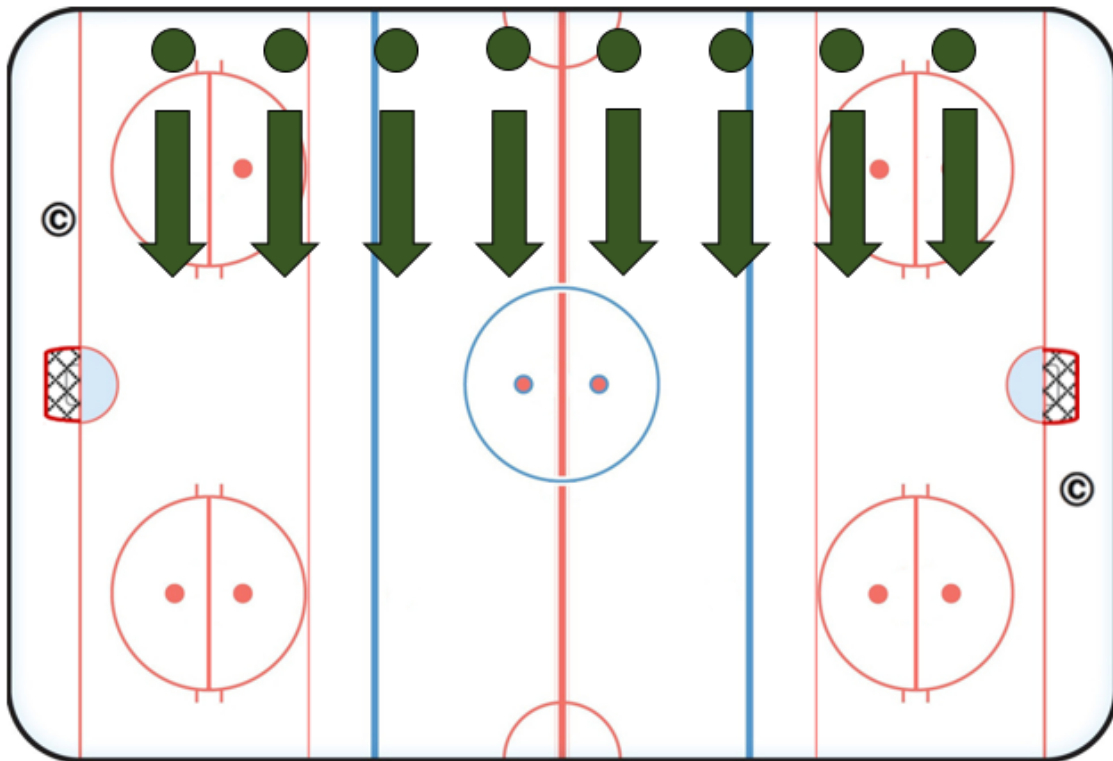
	ALL PLAYERS/ COACHES MUST WEAR FACE COVERINGS AT ALL TIMES WHILE INSIDE THE FACILITY AND ON THE ICE SURFACE
	MAXIMUM EIGHT (8) PLAYERS ON-ICE SURFACE AT ONE-TIME
	MAXIMUM TWO (2) COACHES ON-ICE SURFACE AT ONE-TIME
	PLAYERS / COACHES MUST MAINTAIN THREE(3) METRES OF DISTANCE BETWEEN EACH OTHER
	TEAMS MUST CONTINUE TO ADHERE TO THE PRE-ACTIVITY SCREENING REQUIREMENTS

These drills are to be used as a guide and adjustments should be considered for the age and skill level of the training group.

A few things to remember:

- When running drills be mindful that players are wearing masks, it may be harder to breath
- Only send a few players at a time for a water break, ensure 3 meters distance

# SKATING



## DRILL DESCRIPTION

Players line up along board with no ring. Players skate forward while performing the skills below as instructed. This should be performed going forwards and backwards. Rotate through the skill every 3-5 mins.

### **Forwards Stride**

- One foot push and glide 3 secs to allow recovery
- Alternate feet with 3 sec glide
- ½ speed to maintain technique
- Increase speed in increments

### **Backwards Stride**

- One foot c-cut with 3 sec glide to allow recovery
- Alternate feet with 3 sec glide
- ½ speed to maintain technique
- Increase speed in increments

### **Forward Edge work**

- Inside edge
- Outside edge
- One Crossover each way
- Two crossovers each way

### **Backward Edge work**

- Inside edge
- Outside edge (crossover in front and step behind)
- One crossover each way
- Two crossovers each way

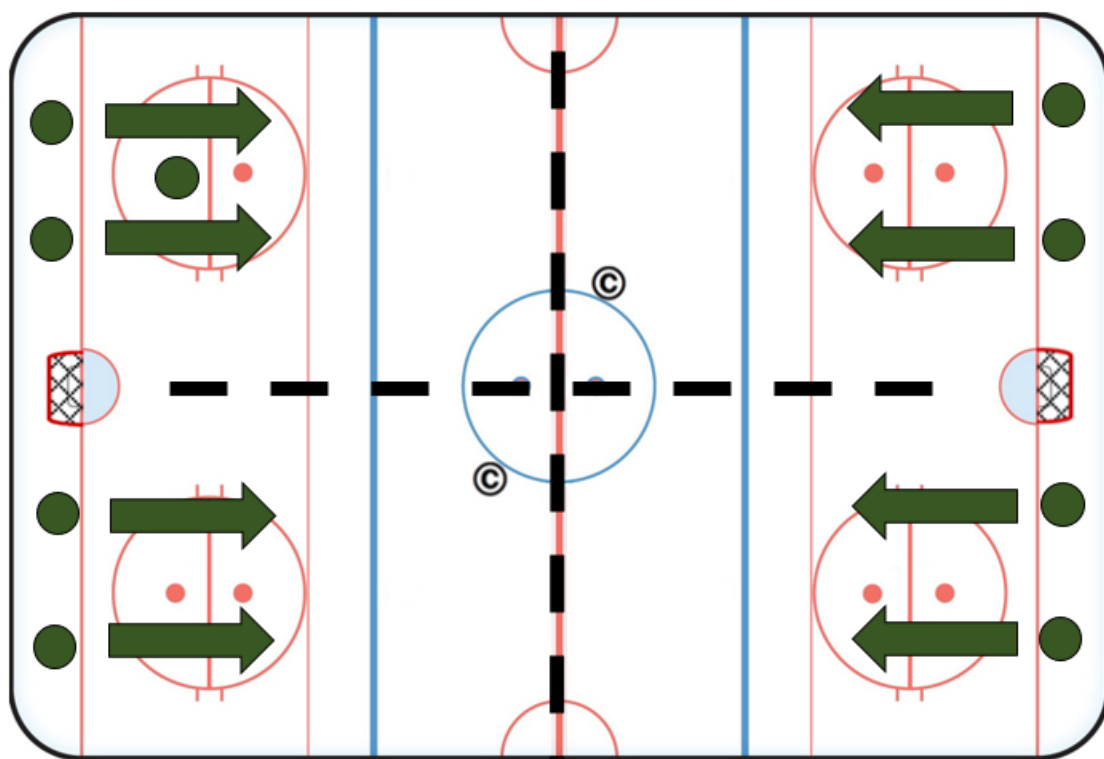
### **Direction Changes**

- Stop and quick start
- Tight turns
- Transitions
- Mohawks
- Heel Shuffles

### **Other**

- Down to knees and up
- Down to stomach and up
- Jumping over lines
- Shoot the duck

# FOUR- ZONES



## DRILL DESCRIPTION

Coach can either teach the same skill in each zone or assign a separate task for each zone. Rotate through the zones/skills every 3-5 mins.

### **Forwards Stride**

- One foot push and glide 3 secs to allow recovery
- Alternate feet with 3 sec glide
- ½ speed to maintain technique
- Increase speed in increments

### **Backwards Stride**

- One foot c-cut with 3 sec glide to allow recovery
- Alternate feet with 3 sec glide
- ½ speed to maintain technique
- Increase speed in increments

### **Forward Edge work**

- Inside edge
- Outside edge
- One Crossover each way
- Two crossovers each way

### **Backward Edge work**

- Inside edge
- Outside edge (crossover in front and step behind)
- One crossover each way
- Two crossovers each way

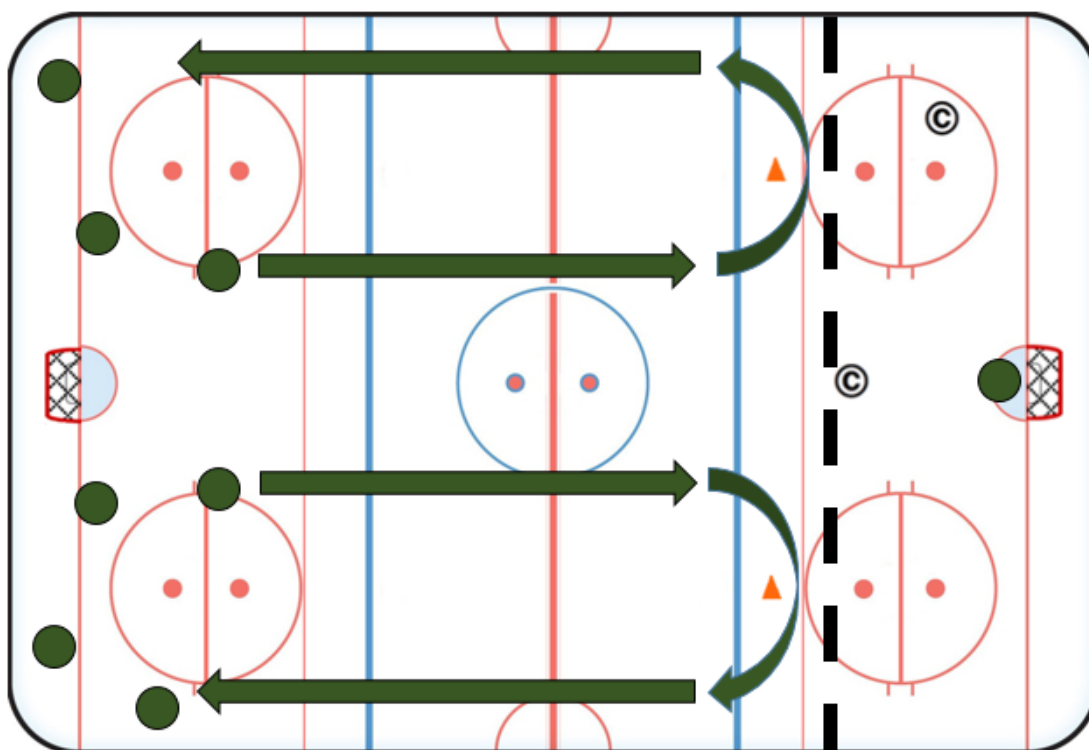
### **Direction Changes**

- Stop and quick start
- Tight turns
- Transitions
- Mohawks
- Heel Shuffles

### **Other**

- Down to knees and up
- Down to stomach and up
- Jumping over lines
- Shoot the duck

## 2 LANE SET-UP



Players are organized into two lines and flow through the 2 lane pattern – down the middle and back along the wall. Coaches can identify different skills to be practiced.

### Forwards Stride

- One foot push and glide 3 secs to allow recovery
- Alternate feet with 3 sec glide
- ½ speed to maintain technique
- Increase speed in increments

### Backwards Stride

- One foot c-cut with 3 sec glide to allow recovery
- Alternate feet with 3 sec glide
- ½ speed to maintain technique
- Increase speed in increments

### Forward Edge work

- Inside edge
- Outside edge
- One Crossover each way
- Two crossovers each way

### Backward Edge work

- Inside edge
- Outside edge (crossover in front and step behind)
- One crossover each way
- Two crossovers each way

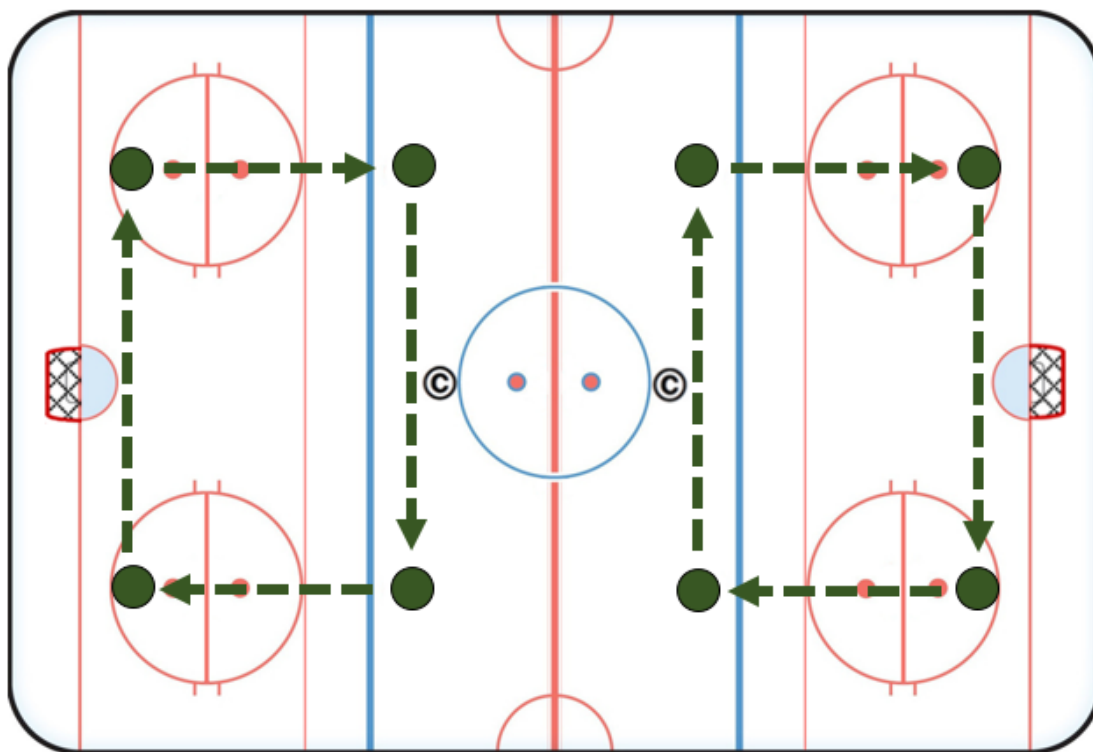
### Direction Changes

- Stop and quick start
- Tight turns
- Transitions
- Mohawks
- Heel Shuffles

### Other

- Down to knees and up
- Down to stomach and up
- Jumping over lines
- Shoot the duck

## PASSING and RECEIVING



### DRILL DESCRIPTION

Split your group into two. A coach should be stationed between zones to facilitate learning. The coach can vary the passing length by adjusting the position of the players. Challenge players by addition obstacles, which players pass around.

#### **Stationary**

- Forehand pass
- Backhand pass
- Behind the back pass

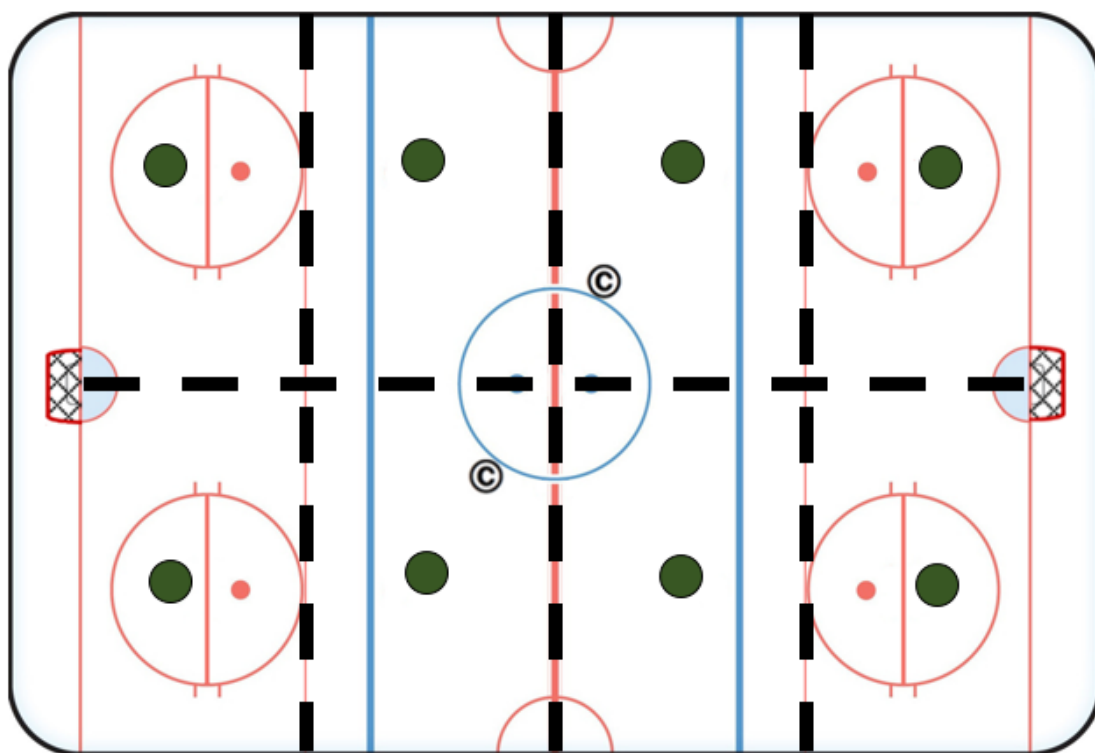
#### **Stationary to opposite hand**

- Forehand pass – receive backhand
- Backhand pass – receive forehand

**Moving box** – passer skates towards receiver and receiver skates backwards away from passer

- Forehand pass
- Backhand pass

## STATIONARY RING SKILLS



### DRILL DESCRIPTION

Identify one station ring skill to be taught at each zone. Rotate zones or skills every 3-5 minutes. Each skill sequence provides a sample of ring skills to be used.

#### **Skill/Station 1:**

- Forehand shot at a target

#### **Skill/Station 2:**

- Backhand shot at a target

#### **Skill/Station 3:**

- Fake forehand, shoot backhand at a target

#### **Skill/Station 4:**

- Fake backhand, shoot forehand at a target

#### **Skill/Station 5:**

- Reach Forehand shot at a target

#### **Skill/Station 6:**

- Reach Backhand shot at a target

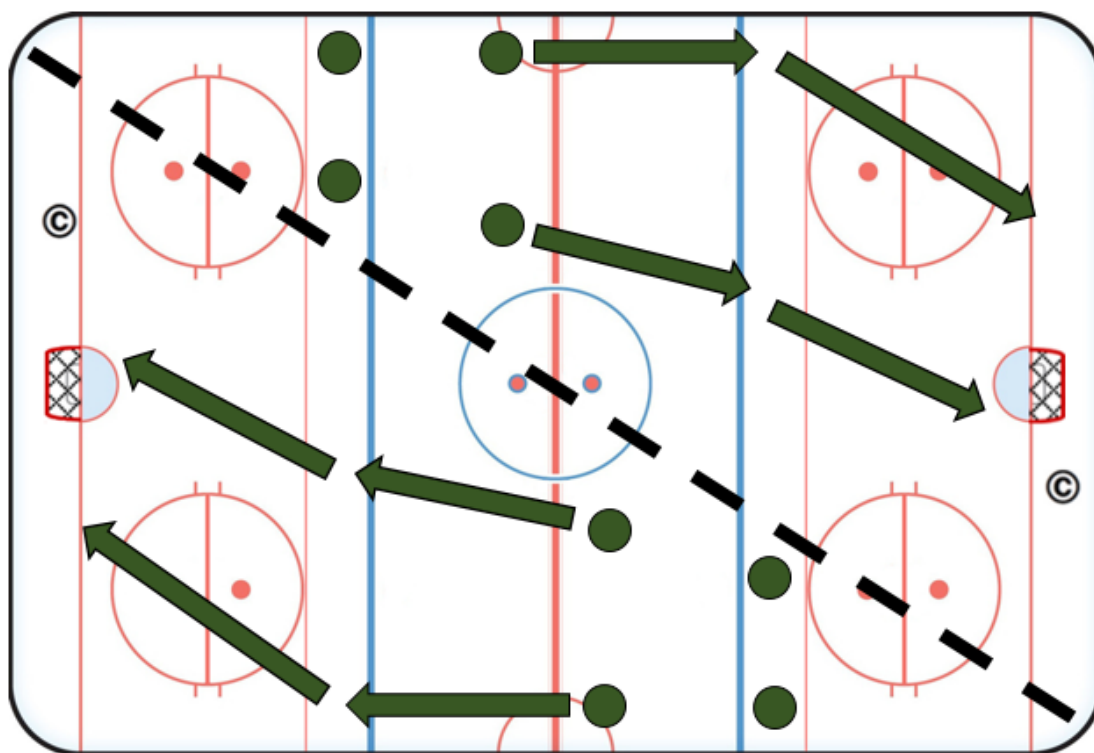
#### **Skill/Station 7:**

- Reach forehand pass around a pylon

#### **Skill/Station 8:**

- Reach backhand pass around a pylon

## MOVING PASSING and RECEIVING (DIAGONAL SETUP)



### DRILL DESCRIPTION

The diagonal set-up allow the players to practice their passing and receiving at various distances through the length of the ice. This set-up allow the player to finish the drill with a scoring opportunity. Goalies could receive shot at the end of the drill. Depending on the number of players in the drill coaches should be mindful of work-to-rest ratios.

#### **Option 1:**

- Forehand to Forehand pass

#### **Option 2:**

- Forehand to Backhand pass

#### **Option 3:**

- Reach Forehand pass

#### **Option 4:**

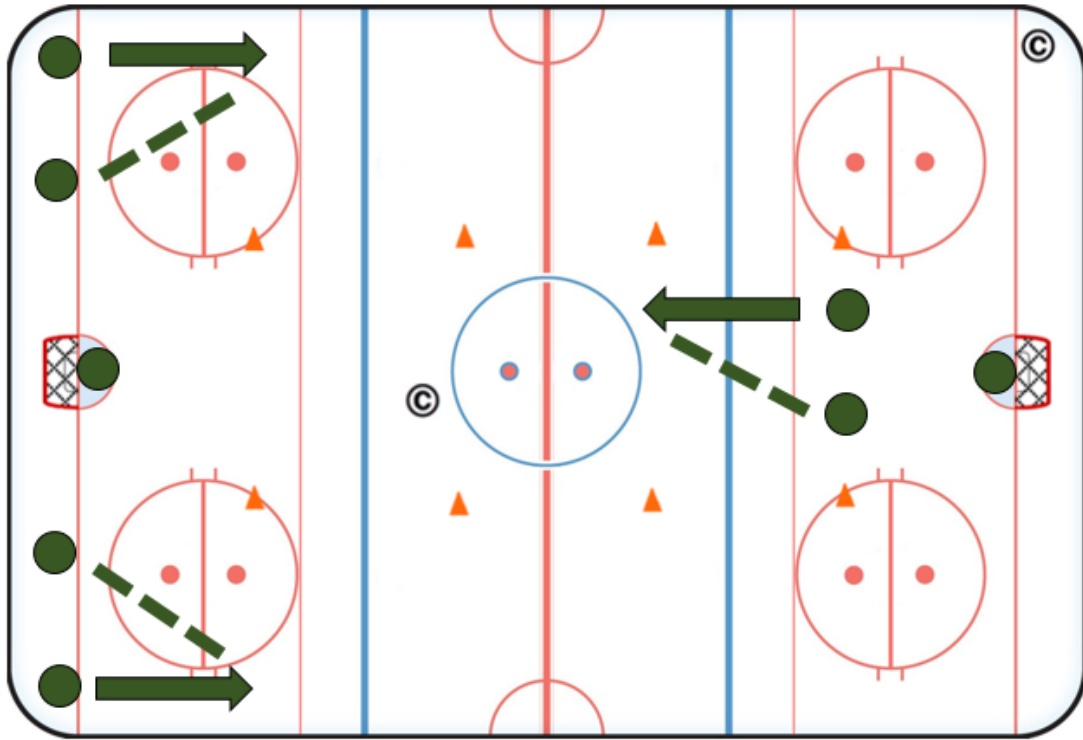
- Reach Backhand pass

#### **Option 5:**

- Weave with a pass up – receiver is ahead of passer



## MOVING PASSING and RECEIVING (3 LANE SETUP)



### DRILL DESCRIPTION

The 3 lane setup allows for maximum ice use while challenging players passing/receiving skills. Each lane go at the same time. Goalies could receive shot at the end of the middle lane drill.

#### **Option 1:**

- Forehand to Forehand pass

#### **Option 2:**

- Forehand to Backhand pass

#### **Option 3:**

- Reach Forehand pass

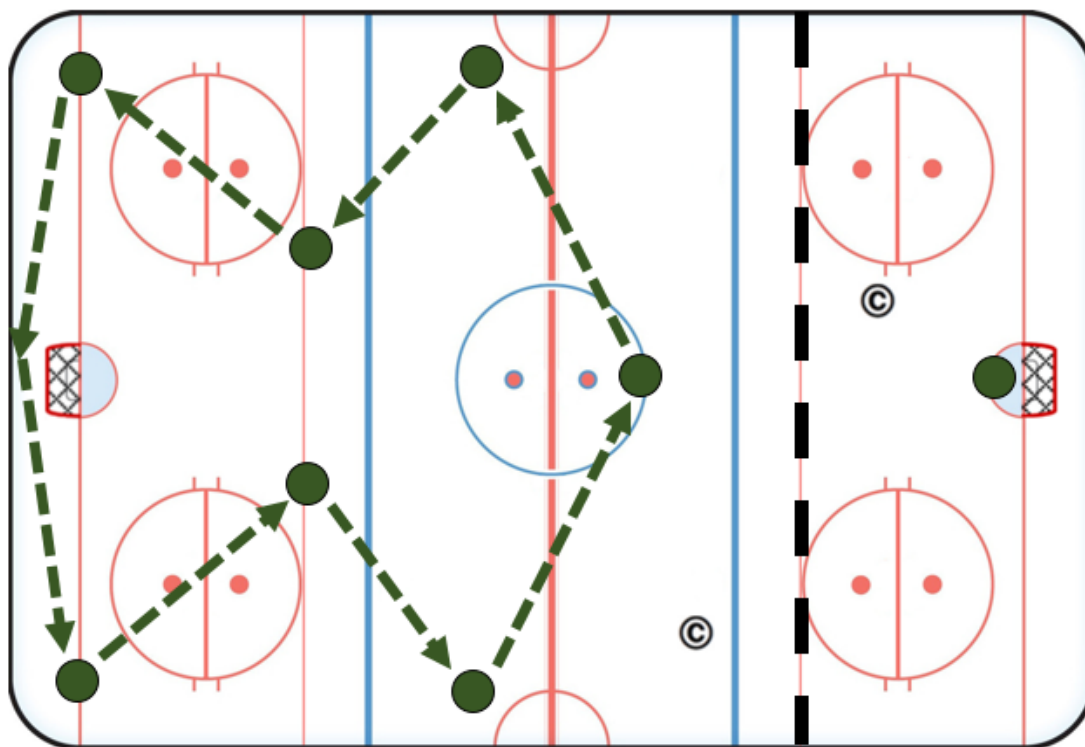
#### **Option 4:**

- Reach Backhand pass

#### **Option 5:**

- Weave with a pass up – receiver is ahead of passer

## PASSING CHALLENGE

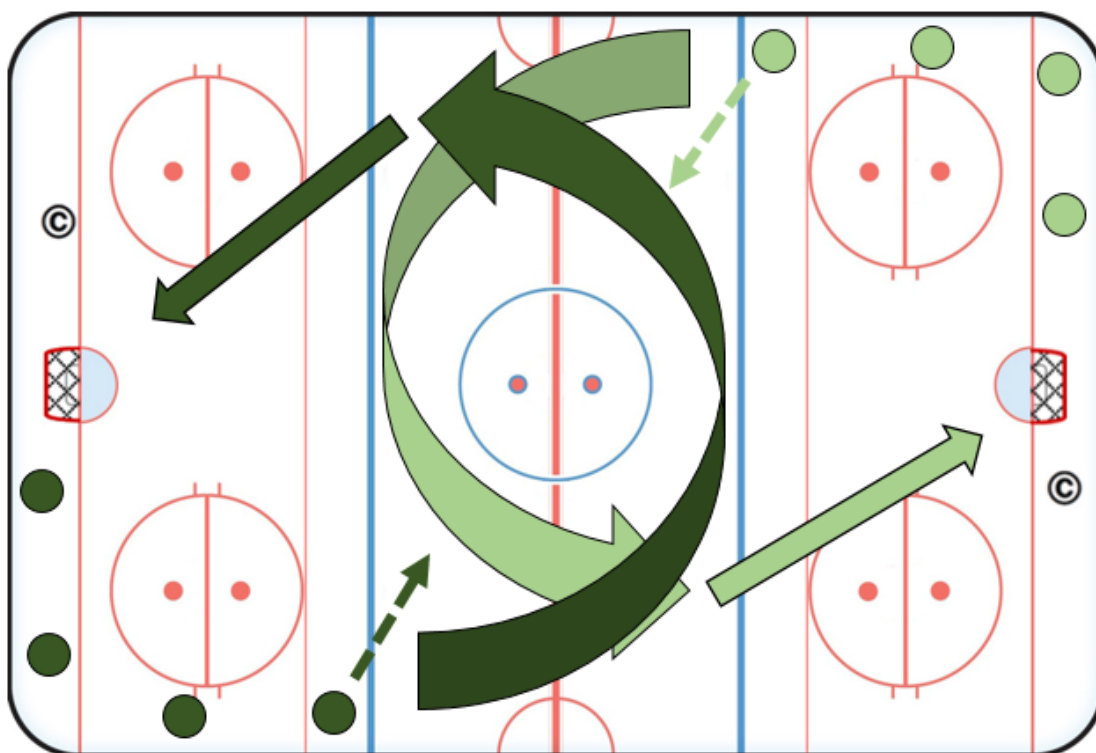


### DRILL DESCRIPTION

Zigzag players around the ice, as shown in the diagram. Every player has a ring. On go, players pass their ring to the player on the right and then turn to receive the ring coming from the player on the left. If a ring is missed, that ring is out of the challenge. The challenge is continuous until all rings are out – you can time them to see how long they last. Try again and switch directions.

At the other end of the ice a coach can work with a goalie.

## FULL ICE HORSESHOE



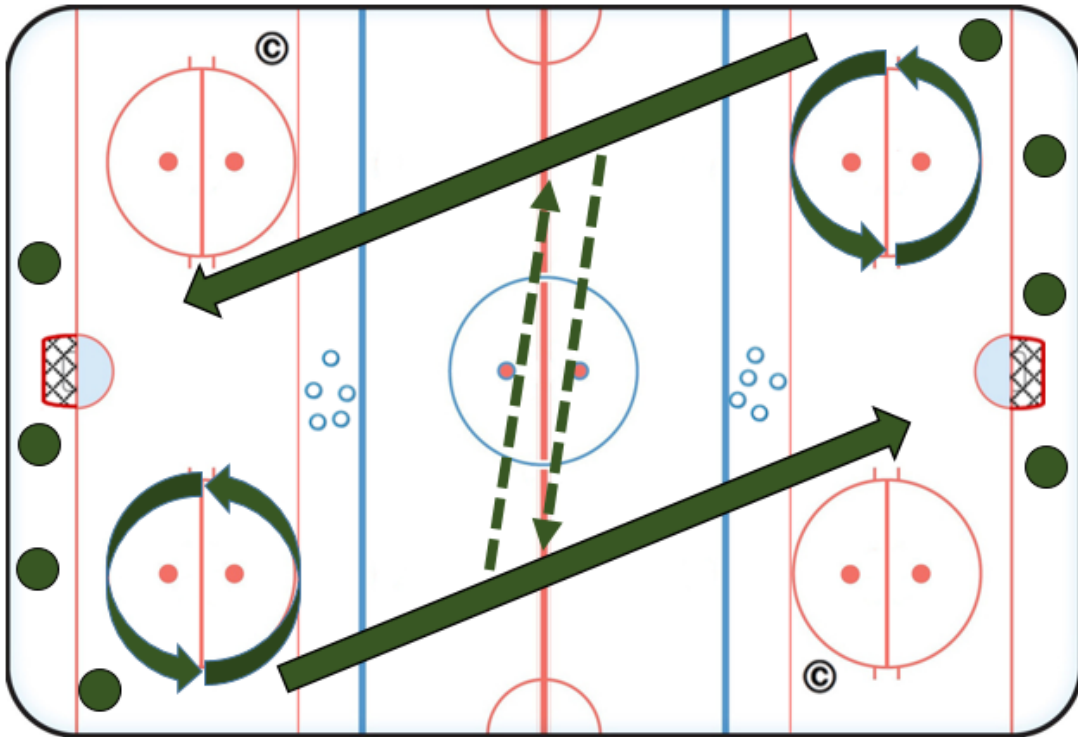
### DRILL DESCRIPTION

The first player in each line go at the same time. They skate up and around the center circle. The player skating gets a pass from the player in the other line and continues to skate around the circle and shoot on the net. After the player makes their pass, they will continue the pattern around the circle and get a pass from the other side they were on and shoot on the net. Depending on the number of players in the drill coaches should be mindful of work-to-rest ratios.

#### Key points:

- Passers should send a lead pass to the receiver – not passing along the blue line
- Ensure the players are shooting and then joining the line they came from
- Halfway through – move lines to the other side of the ice

## FULL ICE PASSING and SKATING



### DRILL DESCRIPTION

Players will line up in opposite corners distanced along the boards. 1 player from each line leaves on the whistle carrying a ring. They skate around the circle and up the ice, staying on their half. They make a head on/cross ice pass to each other before the center line. If they miss the pass they pick up a ring from the pile in the middle of the ice and take a shot on net. Depending on the number of players in the drill coaches should be mindful of work-to-rest ratios.

Key points:

- Players need to stay on their own side of the ice
- Passes should be properly weighted (not too hard)
- Provide a pile of rings just inside each blue line in case a pass is missed