

## Ring Gather

**Equipment:** 5 Rings per player and 1 Bucket per player, stopwatch

**Description:** Place rings in a pile across ice and a bucket beside the player. On whistle player sees how many rings they can retrieve and put in the bucket in 30 seconds only getting one at a time.

**Variation:** Add 1 ring to add incentive to get more rings.

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## Ring Line Relay

**Equipment:** 4 Rings per pair

**Description:** First player grabs with hands a ring and skates to the near free play line and puts it down on the line. Rings must be on the line to count. The player then skates back to the start, grabs another ring and skates to the near blue line and places ring. Do the same for the red line and far blue line. After all the rings have been placed, the second player does the same, but in reverse. She skates to the free play line and retrieves the ring and brings it back and places it on the goal line. She then retrieves the other 3 rings. First pair finished wins.

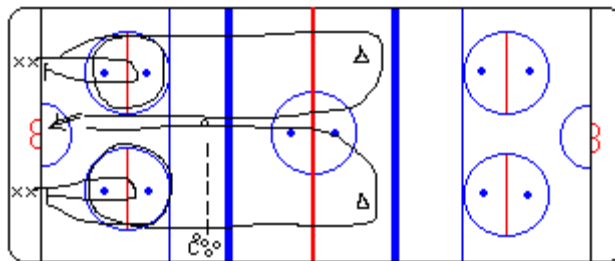
**Variation:** Backwards

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## Ring Race

**Equipment:** Rings and 2 pylons

**Description:** Divide the group in half. Skaters start behind the goal line. They skate up and do a tight turn around the face off dot, then skate back to the start and stop. They do crossovers around the circle going towards the boards from when they stopped. They then skate up the ice to the far face off dots and do a tight turn around the pylon. The coach throws a ring into the center and the first player to the ring picks it up and tries to score, the second skater checks the ring carrier.

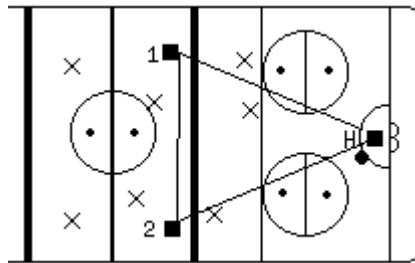


## Ringette Baseball

**Purpose:** Teaches how to kick the ring properly, agility and speed

**Description:** Use 2 face off dots as bases. The fielders have sticks and the base skaters do not. The first base skater has the ring at home plate which is in the crease. She kicks the ring as hard as she can with the side of the skate and then skates to first base. The fielders must pick up the ring and pass it to first base. The player covering first base must pick up the ring and tag the base skater. This works well with a large group of skaters so there are two teams. Three outs and change positions. Play 2-4 innings.

**Variation:** Only use backhand passes, skating backwards.



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## Hit the Skate

**Purpose:** This drill will improve skating skills and heads up play

**Equipment:** Coaches on boards between the blue lines with a few rings

**Description:** This is a simple game, but involves all of the skating skills in the player's repertoire. The players start on the goal line at one end. The coach blows the whistle and they skate as fast as they can down the ice trying not to be hit in the skate by one of the coaches between the blue lines. If you are hit you get 1 point. Leave it up to the kids to keep track of their points. The more coaches trying to hit the skates the more fun the drill is.

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## Hand Ball

**Purpose:** Develop edge control, balance and diminishes fear of contact.

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## ZONES

**Equipment:** 1 Ring

**Object:** The ice is divided into three zones - the neutral zone and the two zones inside each blue line at both ends. Each team uses all three zones freely. The object of the game is to move the ring quickly, and under control, from zone-to-zone, thereby scoring points.

**Description:** Start with 3 on 3. The coach throws the ring into the neutral zone. The first team to the ring passes to a teammate in one of the other two zones bordered by the blue line. If the pass is successfully completed that team scores 1 point. If the player receiving the ring holds on to it for more than 3 seconds (the coach can count 1 one thousand...2 one thousand...3 one thousand) before passing it, that team loses the point they just gained. The 3 second rule is critical because it promotes quick thinking, anticipation and the use of open spaces.

To score another point the team with the ring must successfully pass the ring back into the neutral zone. And then it needs to be passed in to the opposite end zone and so on. If the ring goes over both blue lines they do not receive a point, but do not lose possession of the ring.

Switch the players and have 30-60 shifts. The team not in control has to check like mad to get the ring back.

**Variation:** Optional to use goalies, but not to stop shots. When the team gains the end zone the ring can be passed to the goaltender and she has to pass it back to her teammate before it is passed into the neutral zone.

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## Chair Race

**Purpose:** To develop balance and power

**Description:** Have the players push a chair around the ice. This can be made into a fun relay.

**Variation:** Divide into two groups. Line up as shown with two chairs. On whistle, one player from each line pushes the chair around the free pass circle back to her line where she hands off the chair to the next player. Continue until everyone has finished. Last player skates into the middle and sits on her chair. Try to be the first team done.

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## Everyone Must Score

**Equipment:** 1 Ring

**Description:** *Scrimmage:* the object of the game is to be the first team to have everyone score. This will develop passing and teamwork skills and will also get weaker players involved in the game.

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### **Barrier Scrimmage**

**Equipment:** 4 long Ringette sticks taped together if you don't have a piece of wood, 1 Ring

**Description:** Place the barriers across the bottom of the nets. Basic scrimmage but to score the ring must be raised off the ice. Good game for younger players to make them lift the ring.

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### **Put the Rings Away**

**Equipment:** Container you put your rings in

**Description:** All players put their sticks in the bench. Make 2 piles of rings and 2 groups. Place the bucket in the crease at the far end of the ice. Players race to see who can get their rings into the bucket first. This is a good drill to teach the players to help pack everything up before they leave the ice.

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### **Scoring Relay**

**Equipment:** Rings, nets, 2 goalies,

**Description:** - Pull both nets up to the blue lines.

- Divide your group into two teams. (They line up at the face-off dot in opposite corners of the rink, with rings.)

- In a relay style, the first player on each line must skate to, and score on the goalie who is facing him at the far blue line. If the goalie stops the attempt, she can throw the rebound wherever she wants. The skater must retrieve that ring and continue his attempt to score.

- Once she scores, she returns to her line and tags the next player to begin their attempt. Team that loses, skates up and back twice.

Great Fun! It's either a confidence builder or a stamina builder for both the goalie and the shooter.