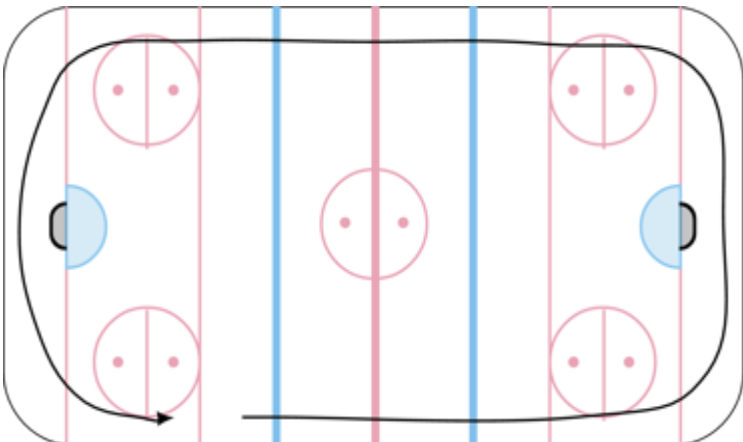


**Date:** 04/25/25**Group:** _____**Length:** 50 mins**Start Time:** 8:30pm**Focus:** _____**End Time:** 9:20pm**Level:** R-U14

Length	Start	Drill Name	Category	Notes
2	8:30pm	Warm up Laps	Warmup	
6	8:32pm	Double M Drill	Tryout Assessments	Evaluator Focus: - Maintain speed through entire drill - Skating Technique - Pivots between Forwards / Backward
6	8:38pm	1 Way circles	Tryout Assessments	Evaluator Focus: - Maintain speed through entire drill - Demonstrates ability to cross over on both edges.
6	8:44pm	Static Ring Passing	Tryout Assessments	Evaluator Focus: - Stabbing Technique - Ability to use forehand and backhand passes. - Passing speed / Accuracy - Comfortable as passing distance increases
10	8:50pm	Drill 1: Tight Turns, Stops Starts	Tryout Assessments	Evaluator Focus: - Coming to a complete stop - Explosive speed coming out of the stops. - Top speed of the player between the blue lines - How do they receive a pass at top speed - The use of both edges on tight turns. - Do they maintain speed coming out of the turn. - Power and Accuracy of Shot
10	9:00pm	Drill 2: Lululemon	Tryout Assessments	Evaluator Focus: - Maintain speed through entire drill - Head up and looking down the ice when skating - Calling for the ring - Making a stab and getting into shoot position. - Power and Accuracy of Shot

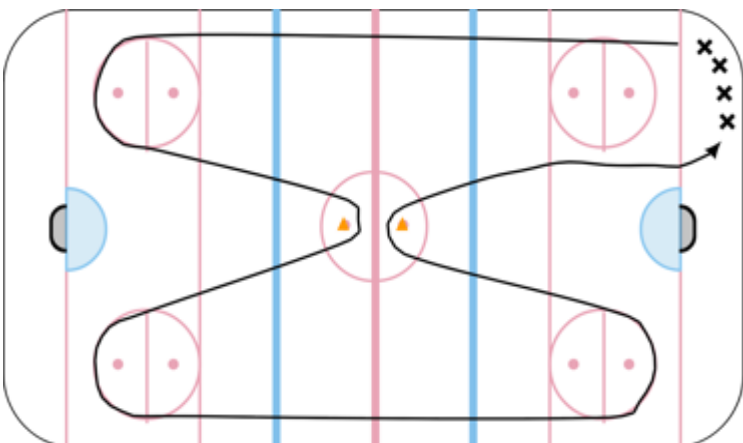
10	9:10pm	Drill 3: Full 1 v 1	Tryout Assessments	<p>Evaluator Focus:</p> <ul style="list-style-type: none"> - Maintain speed through entire drill - Call for Ring when receiving <p>Offense</p> <ul style="list-style-type: none"> - Must show creativity to beat defender - Demonstrate proper use of Speed <p>Defence</p> <ul style="list-style-type: none"> - Proper gap control - Staying Goal side middle - Active stick
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Warm up Laps



Warm up laps prior to practice start. Work on all edges, forward and backward. should be skating at 50-75%

Double M Drill



Line up all players in the corner.
 Player 1 will skate down the ice and loop around far circle.
 Then come back towards centre, continuing to loop around the pylon,
 Follow the path at full speed.
 When finished, get back in line to continue the next variation.

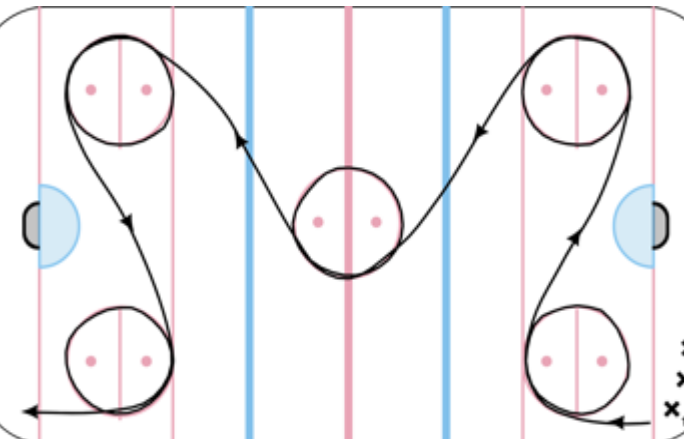
Player 2, leaves as soon as Player 1 passes first free play line.

Players have 3 Variations for this drill

- 1 - Forward
- 2 - Always Face End boards (Forward and backwards)
- 3 - Backwards

Key Points: What to look for: , Maintain your speed throughout drill , Crisp Edgework on turns , Transitions forward/backward

1 Way circles



Players line up in corner
Send 2 players at a time who will skate around
circles following the path outlined.
Be sure to alternative direction on each circle.

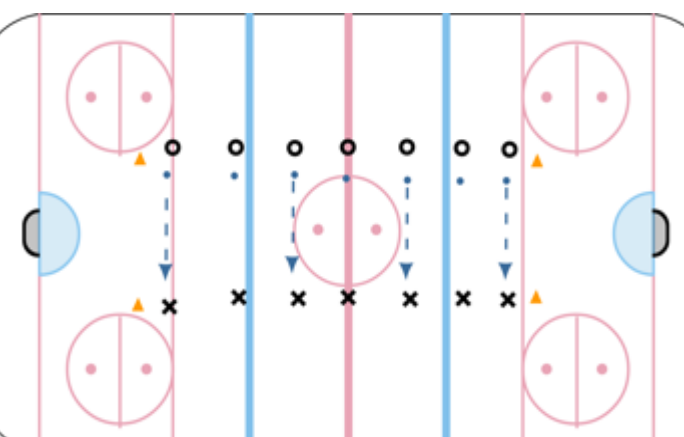
Variations

- 1 - Forwards
2 - Backwards

For Safety: players will remain in corner and wait until all players have finished before moving to next Variation.

Key Points: Maintain Speed Consistent cross overs on both edges

Static Ring Passing

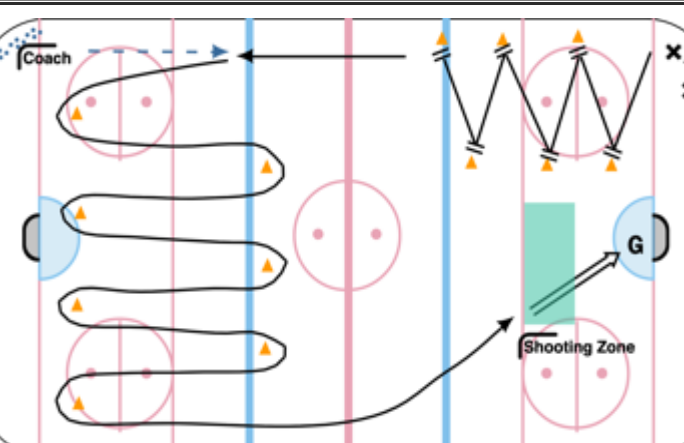


Players pair off and face each other approximately 2 metres apart

Player 1 passes to player 2 and repeat
After 10 passes, take 2 steps back and repeat

Continue to spread out
v. 1 players can skate forward when passing and
backwards when receiving (constantly moving)

Drill 1: Tight Turns, Stops Starts



Players Line in corner

Player 1 will go and skate towards first pylon and come to a full 2-foot stop.

Quickly, player 1 will skate to next pylon and come to a full stop.

Ensure all players are always facing down the ice

After all pylons/stops have been completed. Player 1 will skate as hard as they can between the blue lines.

At the Second Blue line, Player 1 will receive a head on pass from the Coach.

Player 1 will continue with ring around pylons as shown demonstrating tight turns.

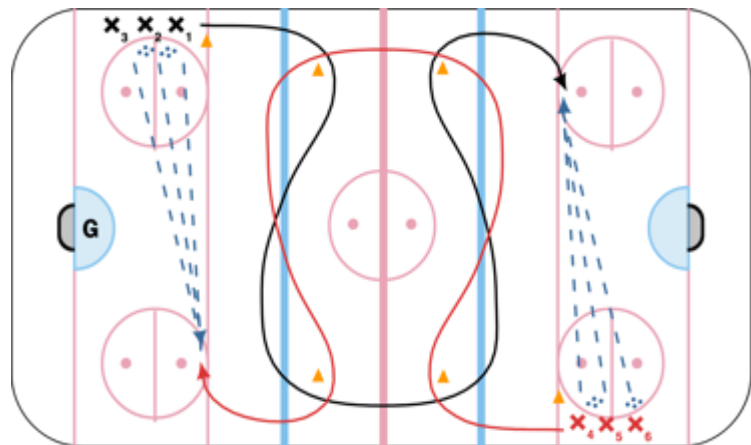
Variation 1: Tight turns

Variation 2: Mohawks

After all right turns are complete, Player 1 will skate as hard as they can between blue lines.

Player 1 will then go in and take a hard shot between the Free Pass line and Hash Marks. NO DEKES on Goalie. Must shoot.

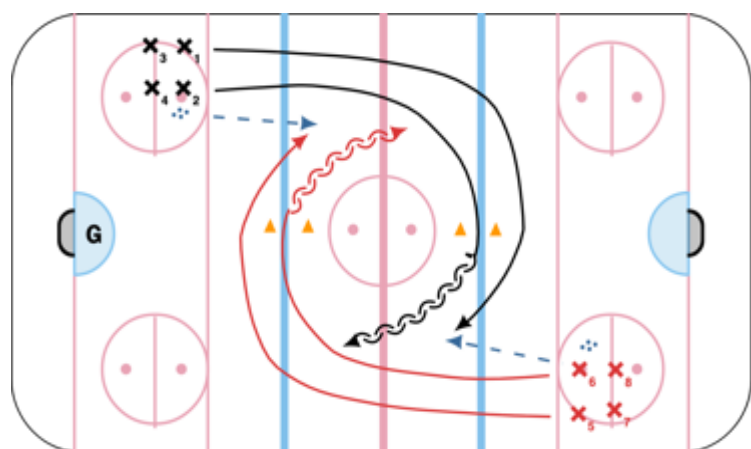
Drill 2: Lululemon



Divide players into 2 equal groups who will stand behind pylon at free pass line.
On Whistle, Players 1,2 and 3 will skate will go, but will be spaced out by a few strides.
Players 1,2 and 3 will follow the path and loop around the pylons maintaining full speed.
After players 1,2 and 3 pass the last pylon, players 4,5 and 6 will be ready with rings to make a flat pass to each respective player.
Passes should be received between blue line and free pass line.
Players 1,2 and 3 will then go in for a shot on net.

Players 4,5 and 6 will then leave together following the same instructions.

Drill 3: Full 1 v 1



Players will line up in 2 groups at each end of the ice and two lines on the ringette lines.
The First pair on each end go on the whistle.
X1/X2 and X5/X6 will go at same time.
X1 skates around the far pylon and receives a pass from the next player in the line. X2 skates around the closer pylon, pivots and skates backwards
This creates a 1 v 1 where X1 is attacking and X2 is defending

Key Points: Attackers: Maintain speed and aggressive attack. Defenders: Gap Control and Goal Side Positioning