

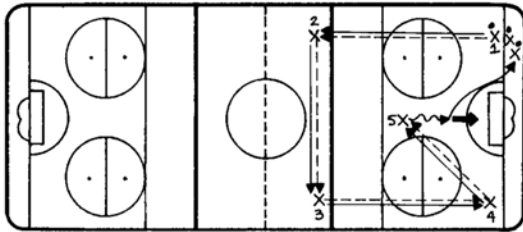
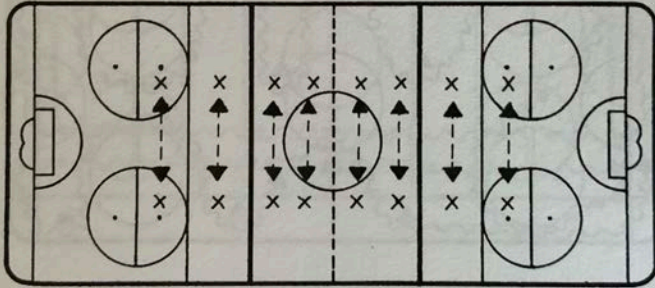
Return to play - social distancing sample passing drills

• Age groups - Ringette4U - U19

- drills are outlined in order from simple skill level to more advanced.

4.2.1 Partner Passing

Equipment: Rings are needed.
 Description: Players line up as illustrated approximately 4m. apart. Each pair has a ring and practices passing it back and forth to their partner. The type of pass may be specified by the coach.
 Variation: Both partners have rings which they pass simultaneously to each other.



Drill Name:	5 Point drill	Duration:	5 minutes
What Skills are we developing?	Players: (see matrix)	What do I need?	
Goalkeepers:		Involved in this drill	
Drill Details:	TIPS		
4.10.6 5 Point Drill	Equipment: Rings are needed. Description: Station five players in the positions indicated. The rest of the players line up in one corner with the rings. The object is to pass the ring to the next station then skate there quickly. Player 5 skates down the middle and picks up the pass from Player 4 and takes a shot on goal. Player 5 then goes to the end of the first line.		

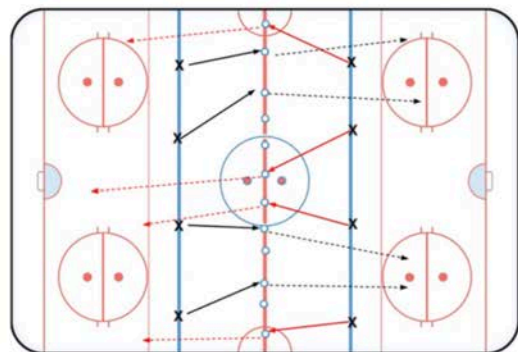
Social distancing technique:

- Ensure players are stationed 6 feet apart (between passing partners as well as other players doing drill)
- Suited for R4U - U19

Social distancing technique:

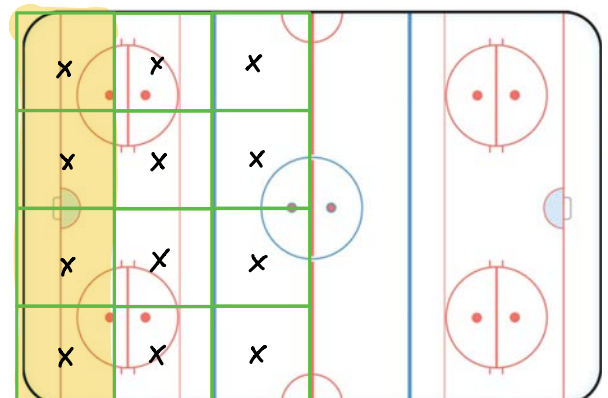
- While waiting for turn, ensure players are stationed at directed cones that are stationed 6 feet apart from each other.
- Suited for R4U - U16

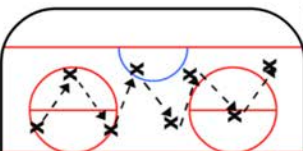
- **Garbage:** Players start on Knees at the blue lines (half on one end, half on the other), with rings across the length of the ice. When the instructor yells 'go', players will attempt to pass all the rings to the other side of the ice WITHOUT going across centre red line. When instructor is ready for the players to stop, they will count down from 10 and yell stop! The team with more rings on their side has to do 5 snow angels!



Social distancing technique:

- Divide ice into sections (as outlined in diagram - for example). Each player has a section of the ice where they must stay within.
 - Yellow highlighted area may wish to be occupied as a coach for small players who cannot pass over centre ice from the goal line.
 - Suited for R4U - U12


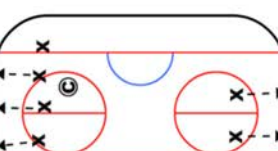


<p>Follow your Pass - Line players up as shown. Players will pass the ring down the line of players. The last player will shoot at a pylon on the boards. *Rotate players*</p>	<p>Forehand Sweep Pass: Proper grip; top hand pushes in, bottom hand pushes out Body parallel to target, ring start at back skate brought to front skate where it is then released -Follow through; transfer weight from back foot to front foot Point at target with stick upon release</p>		<p>Common Errors: Bringing ring too far behind back foot - Release of ring not at front foot - No follow through; not pointing stick in proper direction - Watching ring instead of the target</p>
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Social distancing technique:

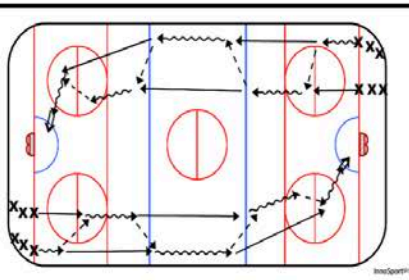
- Drill can be half ice or full ice depending on number of players and skill level.
- Ensure players are only positioning themselves at the next position once the other player has successfully moved to their next position.
- For lineups, place cones and assign a player to each cone. Only moving down the line once the player ahead of them has moved on.

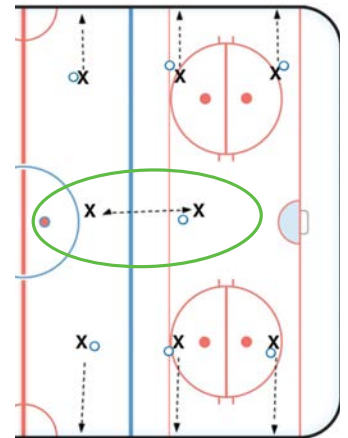
◦ Suited for R4U - U14

DRILL & EXPLANATION:	SKILL BREAKDOWN:	DIAGRAM:	INSTRUCTOR/COACH TIPS:
<p>Station #1 Backhand Pass: Instructors go through the correct way to make a backhand pass. Players line up facing the boards with a partner to practice their backhand passes. One player makes a backhand board pass to the other player, continuing back and forth.</p>	<p>Backhand Passing: • proper grip; back of the bottom hand facing the target • ring is brought from back foot to front foot with sweeping motion across body (arms fully extended) • weight transfer from back foot to front foot • follow through at front foot</p>		<p>Common Errors: - Pulling ring too far in, causing the ring to be lifted off the ice - Improper follow through; not pointing the stick at the target - not releasing ring when arms extended at front foot - watching the ring instead of the target</p>
<p>Bang the Boards - Players pick a spot on the boards and pass to themselves.</p>	<p>Forehand Sweep Pass: - Proper grip; top hand pushes in, bottom hand pushes out - Body parallel to target, ring start at back skate brought to front skate where it is then released Follow through; transfer weight from back foot to front foot -Point at target with stick upon release</p>		<p>Common Errors: Bringing ring too far behind back foot - Release of ring not at front foot - No follow through; not pointing stick in proper direction - Watching ring instead of the target</p>

Social distancing technique:

- Position players 6 feet apart along boards.
 - If not enough space, have players passing with a partner down the centre of the ice to optimize ice time. (As shown in diagram)
 - Suited for R4U - U12

<p>Full Ice Partner Passing: Have players line up in 2 lines in each corner. Players will then pass the ring back and forth down the ice. Once they get to the end they will take a shot on net and get in line. Both sides can go at the same time.</p>	
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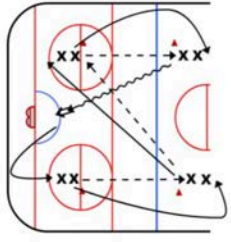
Social distancing technique:

- Draw lines / indicate landmarks for players to ensure partners are 6 feet apart the entire way down the ice. (Drill more suited for older groups)
- Next group does not go until first group is at the first blue line.
- Cones used for players in lineup to ensure 6 feet apart at all times.
 - Suited for R4U - U19

Players are split into 4 lines. 1 line on each dot by the blue line and 1 on each dot in the circles. One line has rings. Players with rings pass to the line in front of them then follow their pass. Line #2 pass to the line in the next circle and follow their pass. Line #3 passes to the line at blue line and follow their pass. Line #4 goes in a shoots then lines up in line #1. Drill is continuous.

Forehand Sweep Pass:

- Proper grip; top hand pushes in, bottom hand pushes out
- Body parallel to target, ring start at back skate brought to front skate where it is then released
- Follow through; transfer weight from back foot to front foot
- Point at target with stick upon release



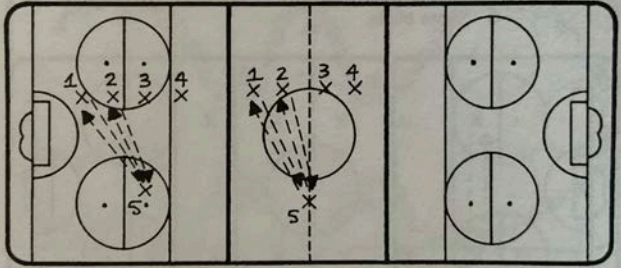
- Common Errors:**
- Bringing ring too far behind back foot
 - Release of ring not at front foot
 - No follow through; not pointing stick in proper direction
 - Watching ring instead of the target

Social distancing technique:

- Drill can be full ice or half ice (half best suited for R4U - U12, full best suited for U12-U19)
- For lineup, players must be separated by cones that are 6 feet apart.
 - Suited for R4U - U19

4.2.4 Pepper Passing

Equipment: Rings are required.
Description: Players line up as illustrated. Player 5 passes to Player 1 who passes quickly back. Then Player 5 passes to Player 2, who passes quickly back. This continues until Player 5 has passed to everyone twice. Then Player 5 replaces Player 1 in the line and Player 1 becomes the person at the front.

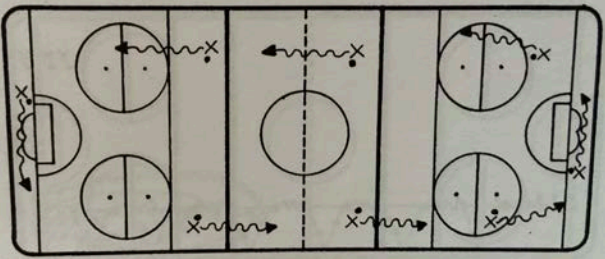


Social distancing technique:

- Ensure all players are stationed 6 feet apart. Only one group per zone (each end and neutral)
 - Suited for U12 - U19

4.5.3 Drop Pass Around Ice

Equipment: Rings are needed.
Description: Players each have a ring and spread out around the ice surface. Players skate in one direction and on the whistle, drop their ring and skate hard to pick up the next ring. Repeat on each whistle. Encourage a fast sprint to the next ring.
Variation: Players drop their ring, stop, change direction, and skate hard to pick up the next ring. Repeat on each whistle.

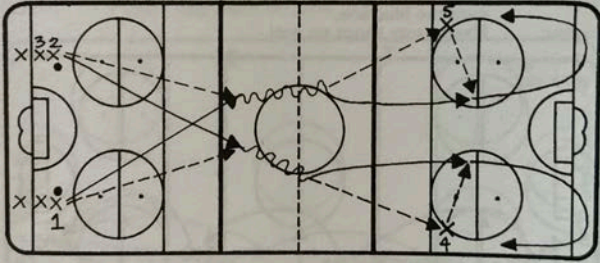


Social distancing technique:

- Ensure players are stationed an appropriate distance apart. If too many players to appropriate distance, have players wait at centre ice for their turn.
 - Suited for U12 - U19

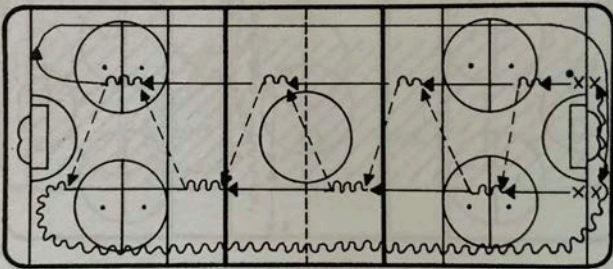
4.4.6 Diagonal Pass and Skate

Equipment: Rings are required
Description: Players line up in 2 lines. Player 1 has the ring. Player 2 skates across the blue line and receives a pass from Player 1. Player 2 passes ring to Player 5, skates across blue line and receives pass back from Player 5. Player 2 curls behind goal line and goes back along boards to the start. Meanwhile Player 1 skates out and receives a pass from Player 3, etc.
Variation: Players may shoot on goal.



4.4.1 Lead Passing

Equipment: Rings are required.
Description: Players form 2 lines on either side of the goal crease. In pairs, they skate the length of the ice passing ring back and forth ahead of the receiver. The ring must be passed as soon as it is received. When reaching the other end, players return up the ice along boards and change lines.
Variation: Three lines may be used. Players may shoot on the net.

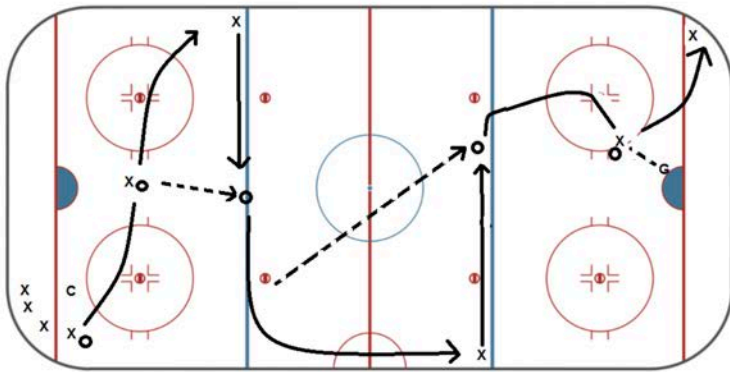


Full Ice S-drill

Setup: One skater at boards on one blue line and another at the other blue line opposite side. Rest in the corner with rings. Goalie in far net. Coach with skaters in the corner controlling when they leave.

Execution: Continuous flow after first whistle. Blue line players start moving across ice, player in corner comes out and does a pass in front of first skater on blue line who then passes to the next player on blue who then takes a shot on goal and then goes to the corner behind goalie. Players rotate (passer takes the first blue line, skater of the first blue line takes position on the second blue line). Next passer comes out and continues. Switch sides (goalie goes to other side) once all players are done.

Tips: Stick to stick pass...in front TO THE STICK (not way in front). Calling for the ring. Pointing to where they want the ring. Should be continuous flow. STOP THEM IF PASSES ARE NOT GOOD AND REMIND THEM.



Social distancing technique:

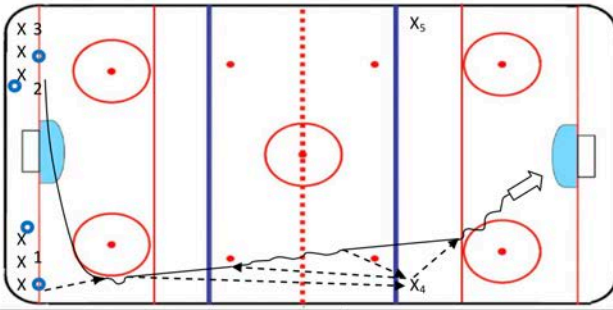
- Ensure players are moving to next position once other player has moved. Players are to lineup by cones to enforce 6 feet distance between players.
 - Suited for U12 - U19

Social distancing technique:

- Ensure all players are stationed 6 feet apart. Only one group per zone (each end and neutral). Players are not to proceed to next zone until partners in front pass the blue line.
- Players waiting for their turn are to be lined up with cones indicating 6 feet distance between players.
 - Suited for U12 - U19

Social distancing technique:

- Ensure all players are stationed 6 feet apart. Only one group per zone (each end and neutral). Players are not to proceed to next zone until partners in front pass the blue line.
- Players waiting for their turn are to be lined up with cones indicating 6 feet distance between players.
 - Suited for U12 - U19



Drill Name:	Diagonal Pass and Skate	Duration:	5 minutes
What Skills are we developing?		What do I need?	
Players:	<ul style="list-style-type: none"> • Works on hand-eye coordination • Focus on ring control • Focus on firm, accurate passes 	<ul style="list-style-type: none"> • Rings 	
Goalkeepers:	Involvement in this drill		
Drill Details:	<ul style="list-style-type: none"> • Players line up in 2 lines • Player 1 has the ring • Player 2 skates across the ice in front of the net and receives a pass from player 1 • Player 2 Passes ring to player 4 as soon as she receives the pass, skates across blue line and receives pass from player 4, passes it back to player 4 before hitting next blue line, receives pass back from player 4 then shoots on net • Once player 2 has received the ring from player 1, player 1 skates out and receives a pass from player 3, passes to player 5, continue the flow of the first player on the opposite side • Players skate back along boards and return to their lines after shooting 		

Social distancing technique:

- Ensure all players are stationed 6 feet apart.
 - Eg. Player 2 must be distanced 6 feet apart when passing player 1 and 4. Do this by outlining barriers for players, such as staying on the inside of the face off dots for player 2 and player 4 staying tight to the boards.
- Players waiting for their turn are to be lined up with cones indicating 6 feet distance between players.
 - *Suited for U12 - U19*