

Return to play - social distancing sample skating drills

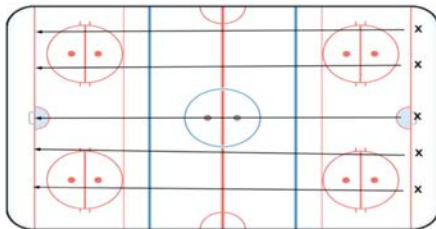
• Age groups - Ringette4U - U19

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

Duration:

Length Wise Strides & Edges

- slow controlled strides
- one foot pushes to half and switch feet
- forward skulling
- forward inside edges
- parallel stops



Duration:

Line Mile

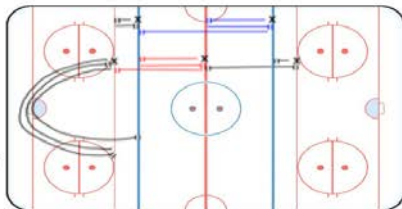
Players start on either a blue line, centre red line, or a ringette line. Each player will start at a different line.

Players begin by skating in direction instructed by the coach. Stopping at the next blue, centre red, or ringette line (skipping goal lines). Stop, and skate back to start line. Players then proceed to skate in the same direction to pass the line originally stopped at. Will stop at the second line, stop, and go back to the line passed.

Players end drill when back at the line they started at.

Notes

SOCIAL DISTANCING - ensure one player starts on each line. No two players should start on the same line. Players will stagger themselves to not skate directly behind another player. Once players have completed the drill, they must remain in the spot they started until all players are stationed at their beginning spots.



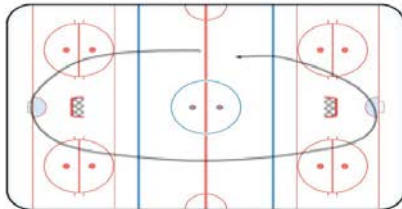
Duration:

Whistle Skate

- 1 whistle - hard/slow
- 2 whistles - stop, cross over and touch ice, cross over and touch ice, quick start in OPPOSITE direction
- 3 whistles - 4 knee touches

Notes

SOCIAL DISTANCING - ensure players are spaced out appropriately prior to the beginning of the drill. Reminders to not cut close to the nets, especially for social distancing protocols.



U14+

Social distancing technique:

- Ensure players are stationed 6 feet apart. Have players only start skating only once the player ahead passes the blue line. players are to lineup according to cones which are stationed 6 feet apart.
 - Suited for R4U - U19

Social distancing technique:

- Suited for U14 - U19

Social distancing technique:

- Suited for U12 - U19

Connect the dots drill:

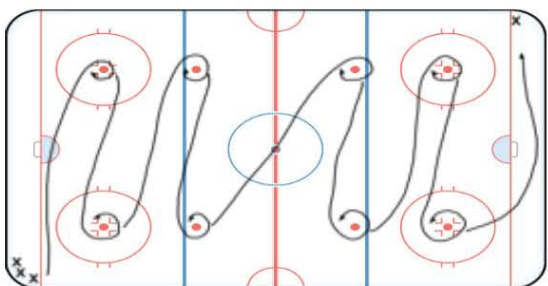
— Players skate to each face off dot and do one of the following:

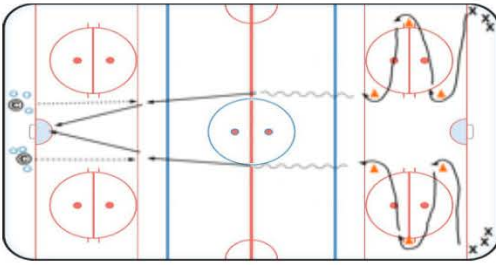
- Tight turns, Stops, Transitions, Spread eagle (toes out, inside edges)

Social distancing technique:

- Ensure players are stationed 6 feet apart. Have players only start skating only once the player ahead passes the first cone. players are to lineup according to cones which are stationed 6 feet apart.

- Suited for U12 - U19





Head on pass skate

- players begin in corner, tight turns around cones.
- players then skate forward to the blue line, drop to knees and get back up as fast as possible.
- players will receive a head on pass from a coach and shoot on net.

Social distancing technique:

- Ensure players are stationed 6 feet apart. Have players only start skating only once the player ahead passes the blue line. players are to lineup according to cones which are stationed 6 feet apart.

◦ *Suited for R4U - U19*

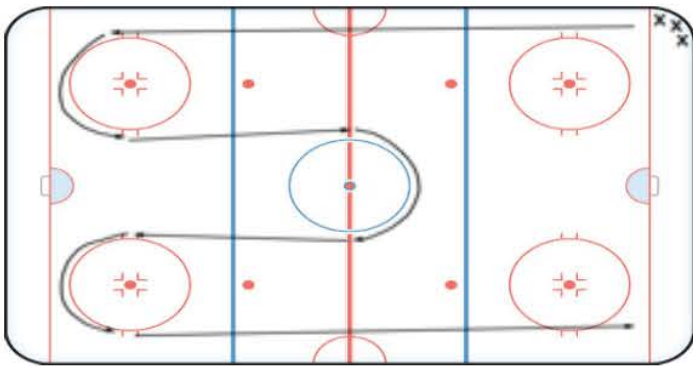
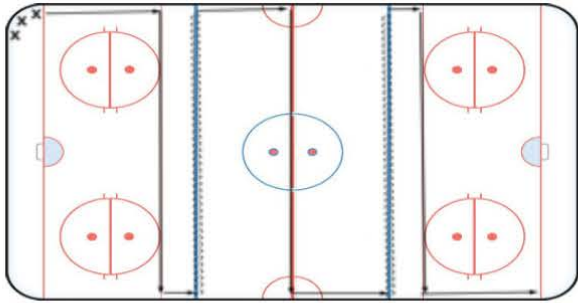
Line skate:

- players start in corner, skate forwards down red lines, and backwards down blue lines. Ensure players are skating all the way to the boards.

Social distancing technique:

- Ensure players are stationed 6 feet apart. Have players only start skating only once the player ahead passes the blue line. players are to lineup according to cones which are stationed 6 feet apart.

◦ *Suited for R4U - U19*



Mickey Mouse drill:

- players start in corner, skate forwards to far circle. Option to do cross overs around the circles forwards, or transitioning at the tops to always face one end of the rink.

Social distancing technique:

- Ensure players are stationed 6 feet apart. Have

players only start skating only once the player ahead passes the blue line. players are to lineup according to cones which are stationed 6 feet apart.

◦ *Suited for U12 - U19*

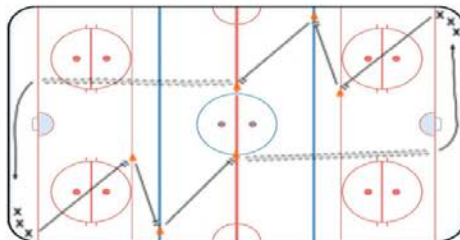
Duration:

Week 5 - Skating Together

All together:

- Players start in opposite corners. Players start in their starting position (depending on colours - V-start / L-start) and stop at every pylon as shown (Snowplow / parallel).

- Once players stop at the centre ice pylon, they will do their forwards skulling (bubbles) to far goal line. Line up in opposite corner, repeat on way back.



Social distancing technique:

- Ensure players are stationed 6 feet apart. Have players only start skating only once the player ahead passes the blue line. players are to lineup according to cones which are stationed 6 feet apart.

◦ *Suited for R4U - U19*