

Return to play - social distancing sample shooting drills

• Age groups - Ringette4U - U19

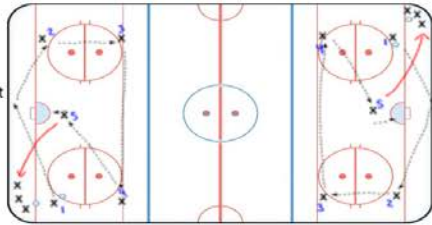
Duration:

5 Star Drill

Players start from the corner and 5 players start set up in different areas on the ice.

Notes

- Follow your pass
- Keep your feet moving
- Pass while moving your feet
- Do from both corners
- Change up shot in front of the net (posts, hot spot)



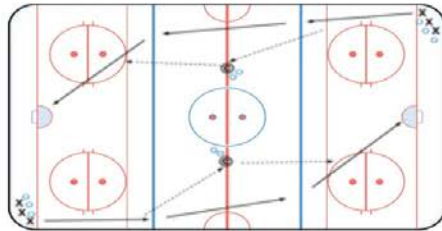
Social distancing technique:

- Ensure players are stationed 6 feet apart. Have players only start moving to next position once the other player has moved on.
- Players waiting in lineup will distance by cones placed 6 feet apart.
 - Suited for R4U - U14

Duration:

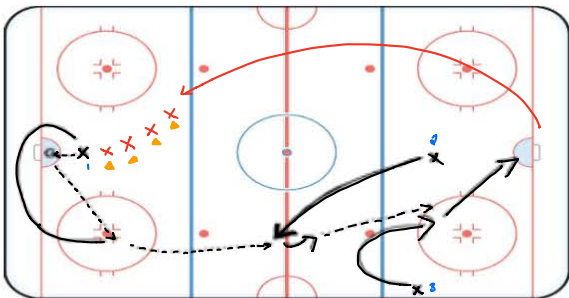
Coach Give And Go Full Ice

Players pass to coach over blue line, and receive pass over the second blue line.



Social distancing technique:

- Ensure players are stationed 6 feet apart. Have players only start skating once previous player has received the pass from the coach over the second blue line.
- Players waiting in lineup will distance by cones placed 6 feet apart.
 - Suited for R4U - U19



306 drill

— players start by taking a shot on the goalie. Goalie will make a pass back to player. Player 1 will skate forward to blue line and pass to player 2 who is to receive pass at centre ice. Player 2 will then pass to player 3 who is to receive pass in offensive zone, and take a shot on net. Players skate back to lineup up the boards as indicated on picture.

Social distancing technique:

- Ensure players are stationed 6 feet apart. Have players only start moving to next position once the other player has moved on.
- Players waiting in lineup will distance by cones placed 6 feet apart.
 - Suited for U12 - U19

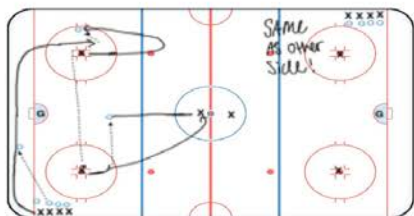
Duration:

Sail Boat

Follow your pass. Feet should always be moving. First pass comes next girl in line. Second pass is a drop pass. Third pass should be parallel and girl should break into zone with speed.

Notes

- * repeat from opposite corner
- * same on both sides



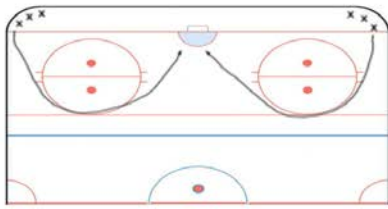
Social distancing technique:

- Ensure players are stationed 6 feet apart. Have players only start moving to next position once the other player has moved on.
- Players waiting in lineup will distance by cones placed 6 feet apart.
 - Suited for U14 - U19

Duration:

Rapid Fire

First shot - on ice
Second shot - at chest
Third shot - shoot to score

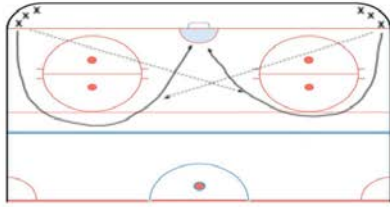


Social distancing technique:

- Ensure players are stationed 6 feet apart. Have players only go after shot is taken.
- Players waiting in lineup will distance by cones placed 6 feet apart.
 - *Suited for R4U - U19*

Duration:

1/2 Ice Horse Shoe



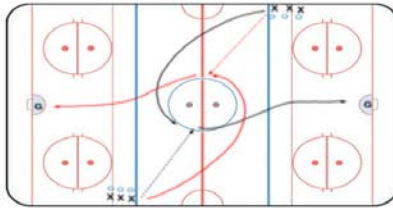
Social distancing technique:

- Ensure players are stationed 6 feet apart. Have players only go once shot is taken.
- Players waiting in lineup will distance by cones placed 6 feet apart.
 - *Suited for R4U - U19*

Duration:

Full Ice Horseshoe

Players start on each blue line. One player begins by skating around the centre circle and receives a pass from the other line. Player then continues to the net and takes a shot.



Notes

Players always end up in the same line they started at.

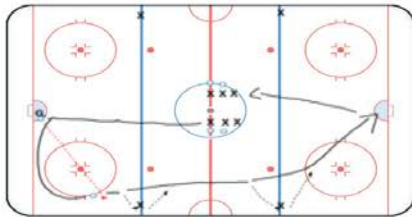
Social distancing technique:

- Ensure players are stationed 6 feet apart. Have players only go once other player passes blue line.
- Players waiting in lineup will distance by cones placed 6 feet apart.
 - *Suited for U12 - U19*

Duration:

Y Drill

Players start from a line at centre ice. Skate towards goalie/coach. Place ring in crease and skate around the bottom of the circle, they then call for the ring and receive it around the ringette line. They must pass it over each blue line to a coach/player and then shoot on the opposite net. They then return to the line

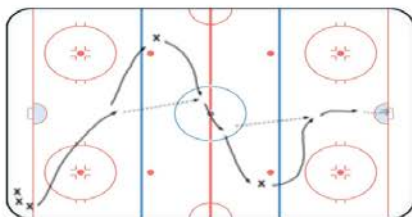


Social distancing technique:

- Ensure players are stationed 6 feet apart. Have players go once first player passes to coach on blue line.
- Players waiting in lineup will distance by cones placed 6 feet apart.
 - *Suited for U12 - U19*

Duration:

S Drill



Social distancing technique:

- Ensure players are stationed 6 feet apart. Have players only go once player ahead is at blue line.
- Players waiting in lineup will distance by cones placed 6 feet apart.
 - *Suited for U14 - U19*