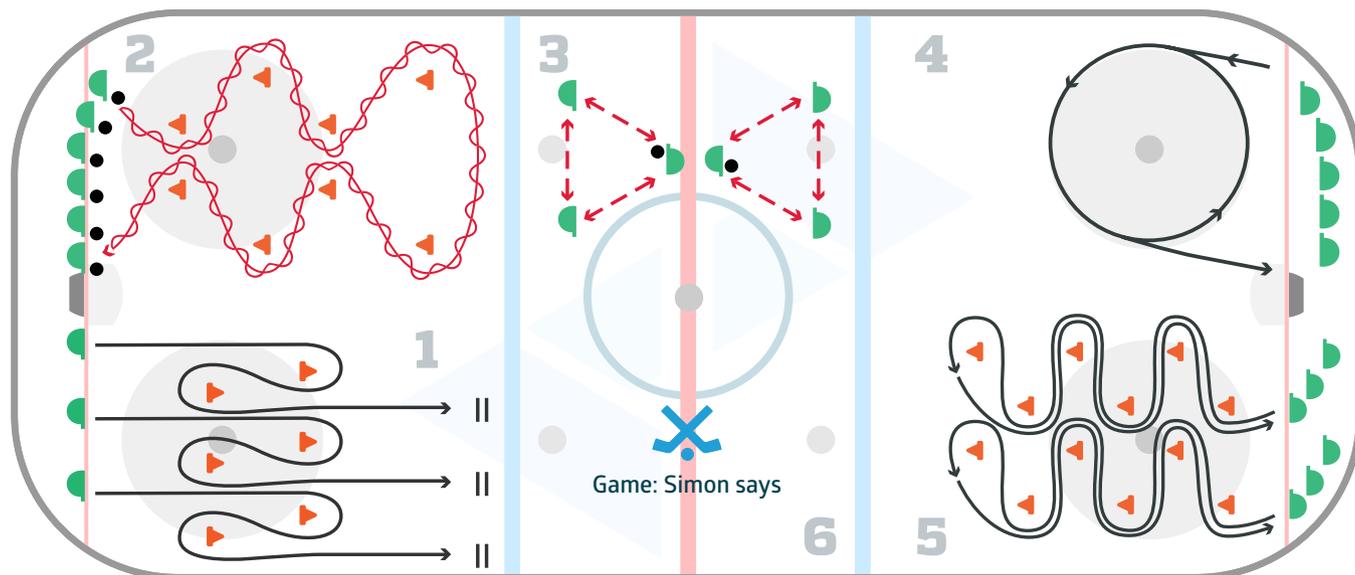


Initiation: Practices 21 & 22

Time: 60 minutes | Theme: Acceleration – v-start & crossover start

Equipment: Pucks, lots of cones, & a ringette ring



Alternate Layouts

Half Ice



Small Rink



Legend

players G O L R C
coach C

pilon ▲
stick L
stop ||

skate →
skate backward ~~~~>
skate with puck ~~~~~>

pass - - - - ->
shoot ==>

Warm-up

Players skate laps around the ice and follow the stretching instructions given by the coach circling the middle of the ice.

1. Wave Skating - Initiation 21

This segment's fundamental skating skills are a review of skating stance (always good), intermediate level tight turning in both directions, with a v-start to begin the drill and a two-foot stop to finish. If time permits, throw in some horse and buggy with resistance.

2. Puck Handling 4

Players again increase the skating component to their puck handling as they slalom through an eight-cone course. Have the players work on an open ice puck carry between the fourth and fifth cone. Emphasis is on puck control and agility as they maneuver their way through the course.

3. Triangle Passing

As a progression to the stationary pairs passing, players must now receive a pass from one direction and complete a pass in another direction. Have the players change the passing order from clockwise, to counter-clockwise, to random.

4. Wave Skating - Initiation 22

This segment's fundamental skating skills are the first two progressions of a crossover: outside leg c-cut and inside leg cross under around a circle in both directions. To reinforce the learning, let's introduce the crossover start and crossovers to each side while skating forwards.

5. Relay Race 3

Players slalom through the cones and return to tag the next player in line initiating their start. The first team to collectively complete the race wins. Emphasis is on balance, edge work, and speed as they complete the course.

6. Simon Says

Coach stands in front of the players in a line and calls out "Simon says" then displays various movements, which the players must replicate. If the coach does not call out "Simon says" and demonstrates a movement and the players still perform it then they are out. Last player remaining wins the game.

+ Cross-Ice Ringette

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones. Have the players turn their sticks upside down using the butt end to cradle the ring. Use cones or nets as a goal and players score by hitting the ring off/into the cone/goal.