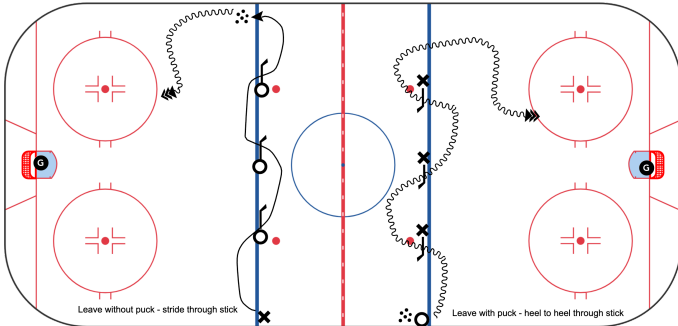




3 Drills For Winning The Lane

Cut Through Hands Win The Lane

10 mins



Players work on winning the lane and cutting the hands of their opponent both without and with the puck.

Stride through stick: the players acting as human pylons are facing away from the skater. The skater must cut in front and get their shin pad through their opponent's stick and then repeat on the next "pylon". Teach without the puck and progress to doing it with the puck. Drill can always finish with a shot on net or just be run as a skill drill across ice.

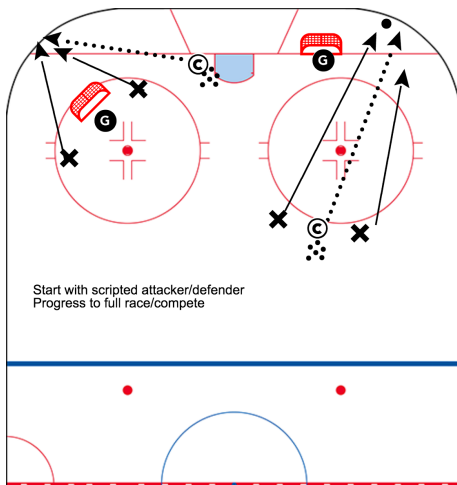
Heel to Heel through stick: the players acting as human pylons are facing towards the skater. The skater must cut in front **using a heel to heel move** to get their shin pad through their opponent's stick and then repeat on the next "pylon". Teach without the puck and progress to doing it with the puck. Drill can always finish with a shot on net or just be run as a skill drill across ice.

Key Points

- Cut The Hands - Shinpad to Stick or Pants to Hands
- Variations: players can start drill by working on their "push off" moves off a pin

1v1 Race Retrieval

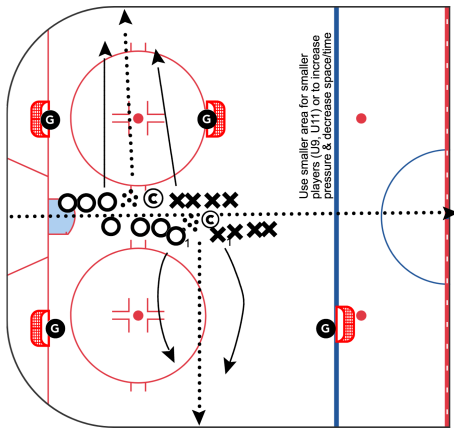
10 mins



- Two players line up on either side of coach. Coach dumps puck into zone and players race to retrieve puck. Player who gains possession first becomes attacker and other becomes defender.
- **Attack version:** attacker tries to score and defender tries to skate it out above ringette line.
- **Breakout version:** attacker tries to breakout and defender tries to contain-pressure-obtain the puck.
- **Scripted version:** choose who will win the race before starting the rep. It is simpler to do this by starting one player ahead of the other (as seen above) but can also be done with the players starting side by side so that the player "winning" the race still must win the lane & cut the defender's hands first.

Key Points

- Win lane - initiate contact, body into space, cut the hands
- Full compete level - game speed whenever possible.
- Drill can be done in any part of the ice - puck on wall or puck into space, net on wall, net turned
- Drill can be done with scripted defender having no stick, hitting pad, flipped stick or full stick



- Game starts with a loose puck placed out for a foot race/battle between X1 & O1.
- Whichever player gains possession 1st immediately activates their 2nd player (don't have to make a pass back to line).
- If defending player gains possession, their 2nd player activates turning it into 2v2.
- If no goalies, must score off a wrap-around or double up the nets.
- Variation: can run it where it is automatically 2v2 off the dump in (simpler)

Key Points

- Win race, initiate contact, build wall - puck/you/bad guy
- Possession under pressure
- In tight support and passing