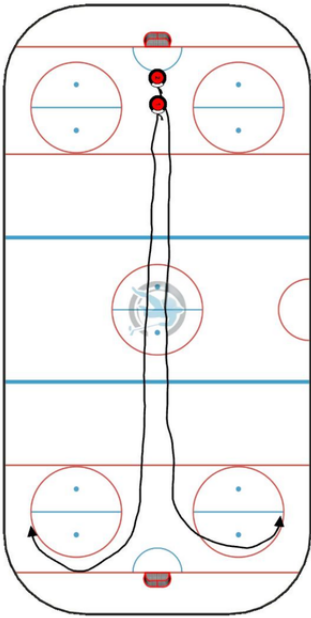


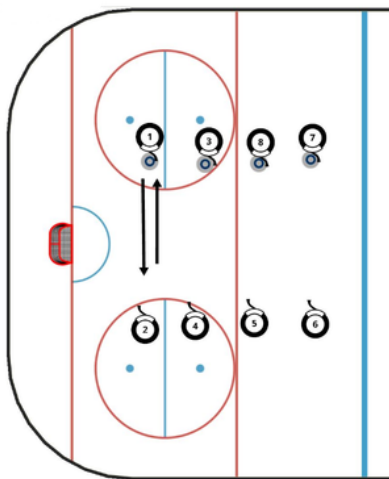
2026 Skills Session U16/U19

Drill 1: Butterfly Warm-Up - 3 minutes



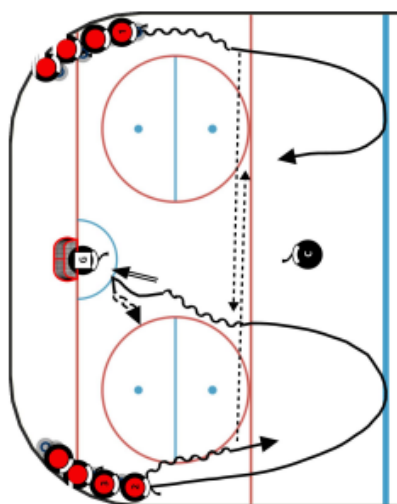
- Athletes skate down the centre of the ice, then split 50/50 down the right boards and left board.
- Along the boards they do stretches that they need, then in the middle they do the exercise called out by the On Ice Helper:
 - a. "Long forward stride"
 - b. "Two Foot Bubbles"
 - c. "Two foot skiing"
 - d. "Quick feet"

Drill 2: Partner Passing - 3 minutes



- Athletes choose a partner and a ring.
- They pass back and forth to warm up their passing.
- While this is happening the goalies should be stretching.

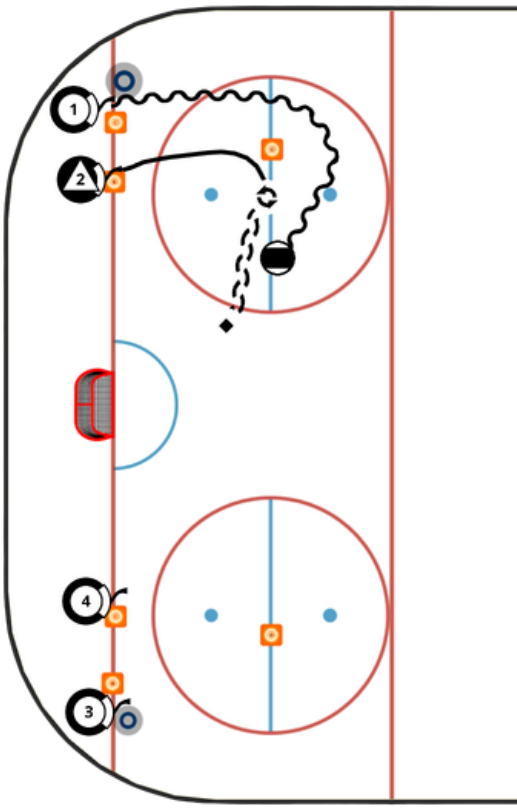
Drill 3: HorseShoe Flat Pass - 3 minutes



- 1 skates close to the blue line, curls back towards the top of the free pass circle and receives a flat pass just inside the ringette line from 2. 1 goes in and shoots.
- 2 continues the same skating pattern.
- Start first rep on the whistle then let the passer start when they want to have them work on their timing.

1 vs 1 Drills

Drill 4: From Corner 1 vs 1 - 8 repetitions

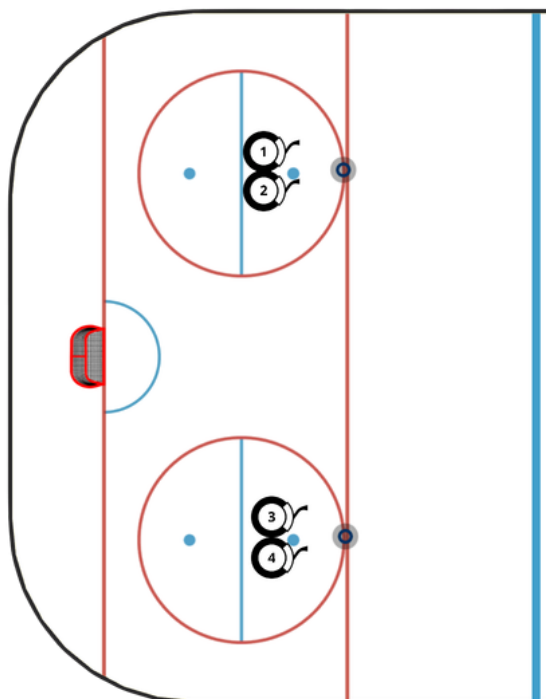


This is being run from all four corners of the ice. When the On Ice Helper whistles both 1 and 2 start the drill.

1 starts with the ring in the corner. Skates forward around the pylon (coming as close or far to it as they like) then works to come in for the shot against 2.

2 leaves the corner and is defending against 1. Working to stay in the shooter's lane, check and/or force a low percentage shot.

Drill 5: Shoulder To Shoulder - 8 repetitions



This drill is run out of 4 corners. Athletes go on the On Ice Helpers whistle.

- Players 1 and 2 are shoulder to shoulder (not touching, but very close).
- On the whistle they race to the ring, first one to stab it fights to get to the net to get a shot.
- Other player defends the net and fights to get the ring back.
- If there is a turnover, the roles reverse. The drill ends when they have had one shot on net.

Boundaries: The pair cannot cross into the opposite circle or go past the blue line.

Drill 6: 2 vs 2 - remaining time

This is run out of one end. Athletes go on the whistle. Goalies rotate after every 3 sets.

- Players 1 and 2 are on Offense.
- Players 11 and 12 (the triangles in the diagram) are playing defense against Players 1 and 2. They are using Man On coverage. They defend until there is a turnover or a shot on goal.
- They start with the ring.
- 1 makes a short/drop pass to 2 then skates over the 1st blueline to receive a pass (where 1 skates is up their decision - does not need to follow this drawing).
- 2 passes to 1 then skates over the second blueline for a pass back. 2 chooses to pass or shoot.
- They have 10 seconds to make a play in the offensive zone.
- Play ends on the OIH whistle/indication.

