

Practice #1— Explain the rules:

- Dressing Room - Must be at games 40 minutes ahead of time and practices 30 minutes ahead of time. Must be ready 10 minutes before scheduled ice time, All girls must participate in pregame warmup in dressing room which is made up of 10 minutes of player led stretching. Feel free to bring appropriate music but it gets turned off when the coaches come in. Male coaches will come into the dressing room 10 minutes before scheduled ice time. Be ready!! After games nobody takes any equipment off until after the coaches have had 5 minutes to talk with players
- All our practices will have the same format (provided we have enough girls in attendance - approx. 5 minutes talk—15 minutes skating /water / 15 minutes of skill stations/ water / 15 minutes situational play / 5 minute shoot out .
- Practice is where we will try new things, don't worry if you don't pick it up right away ... just keep trying
- Try to do the drills properly each time - concentrate on the skill the coaches are trying to teach you.
- **Have lots of fun !!!**
- If girls prefer certain positions we will start the year trying that . The plan will be have 3 centres, 4 forwards and 4 defense to start. If we don't
- We will play "First 3 In" Ringette which requires everyone to always be aware of where their team mates are on the ice and COUNT

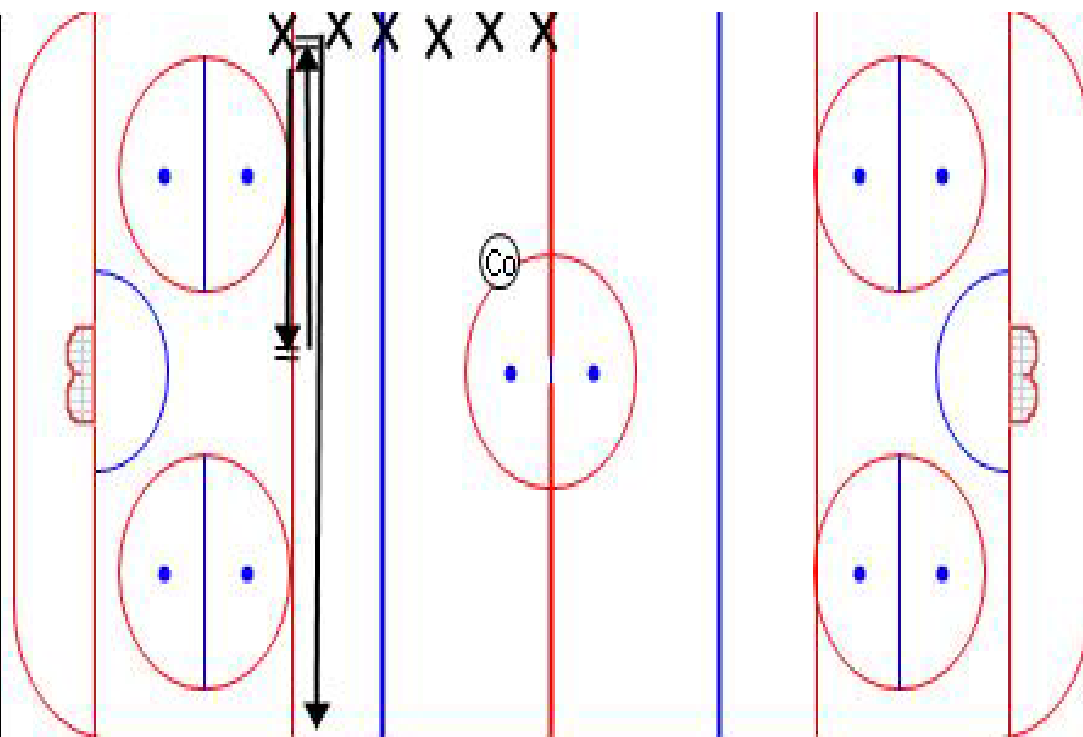
Mackenzie's Quick Feet Drill - 5 Minutes

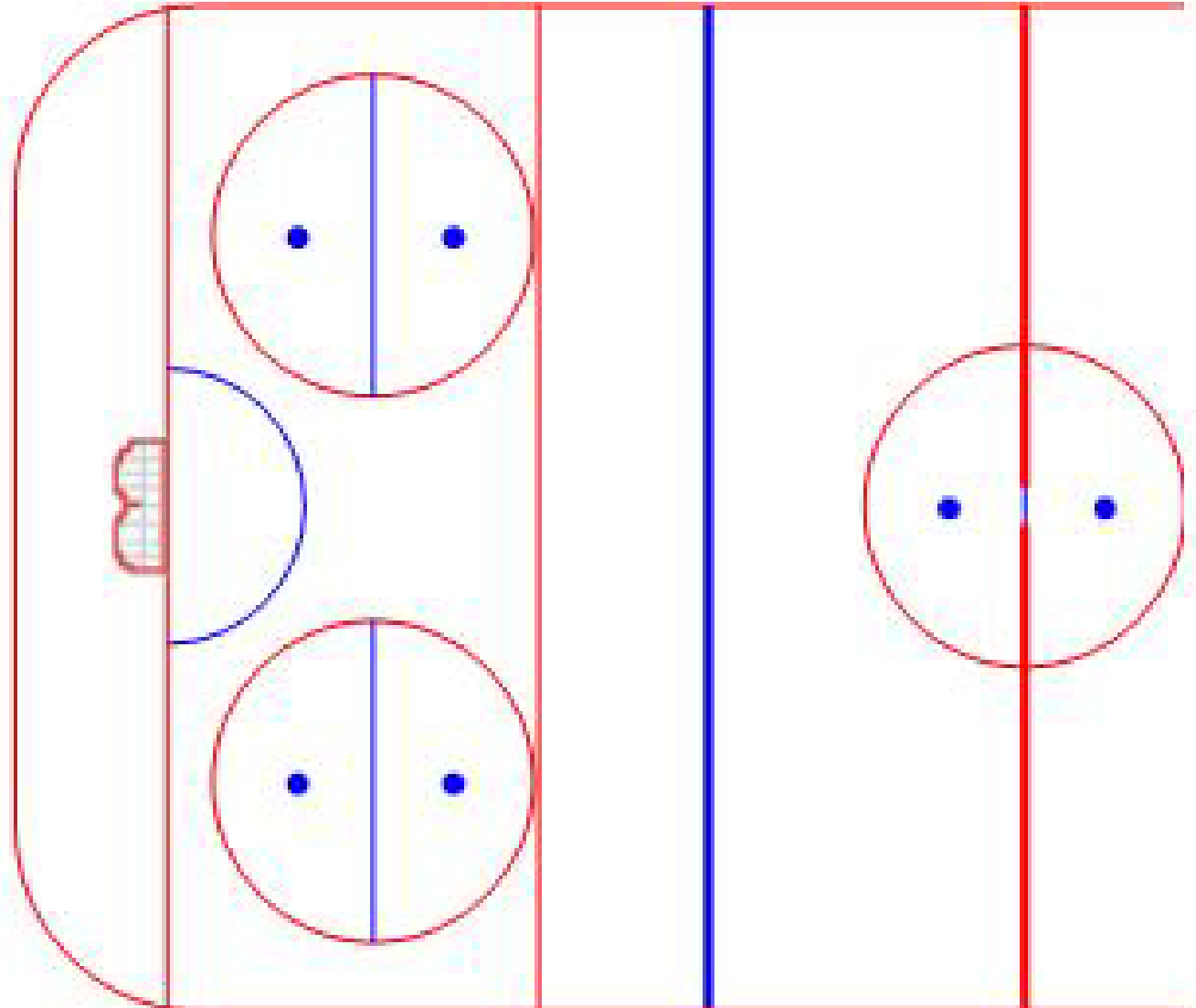
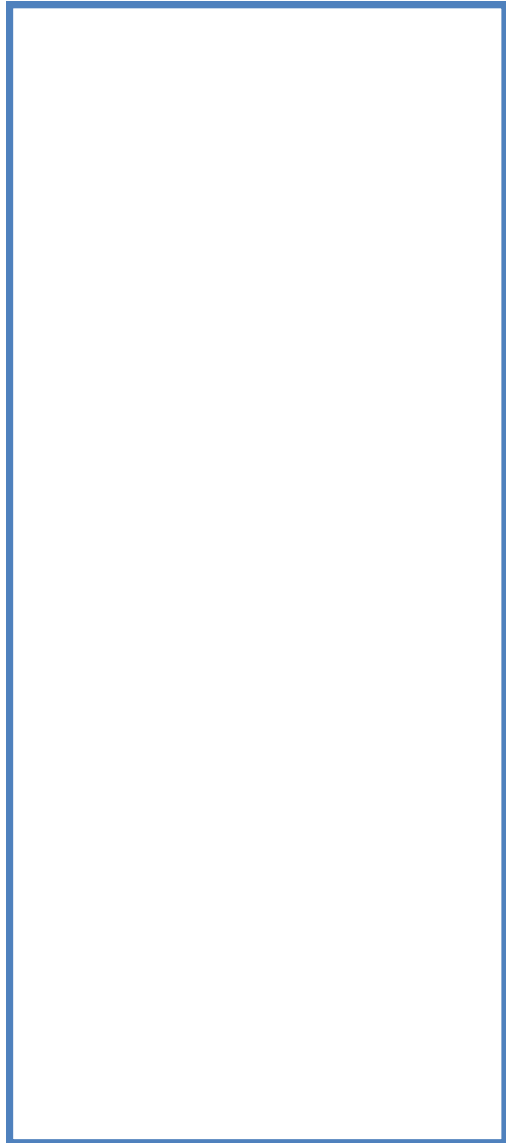
Players start with their bums against the boards. The coach explains and demos various things for them to do across the width of the ice. They always start with quick feet and then go on the whistle.

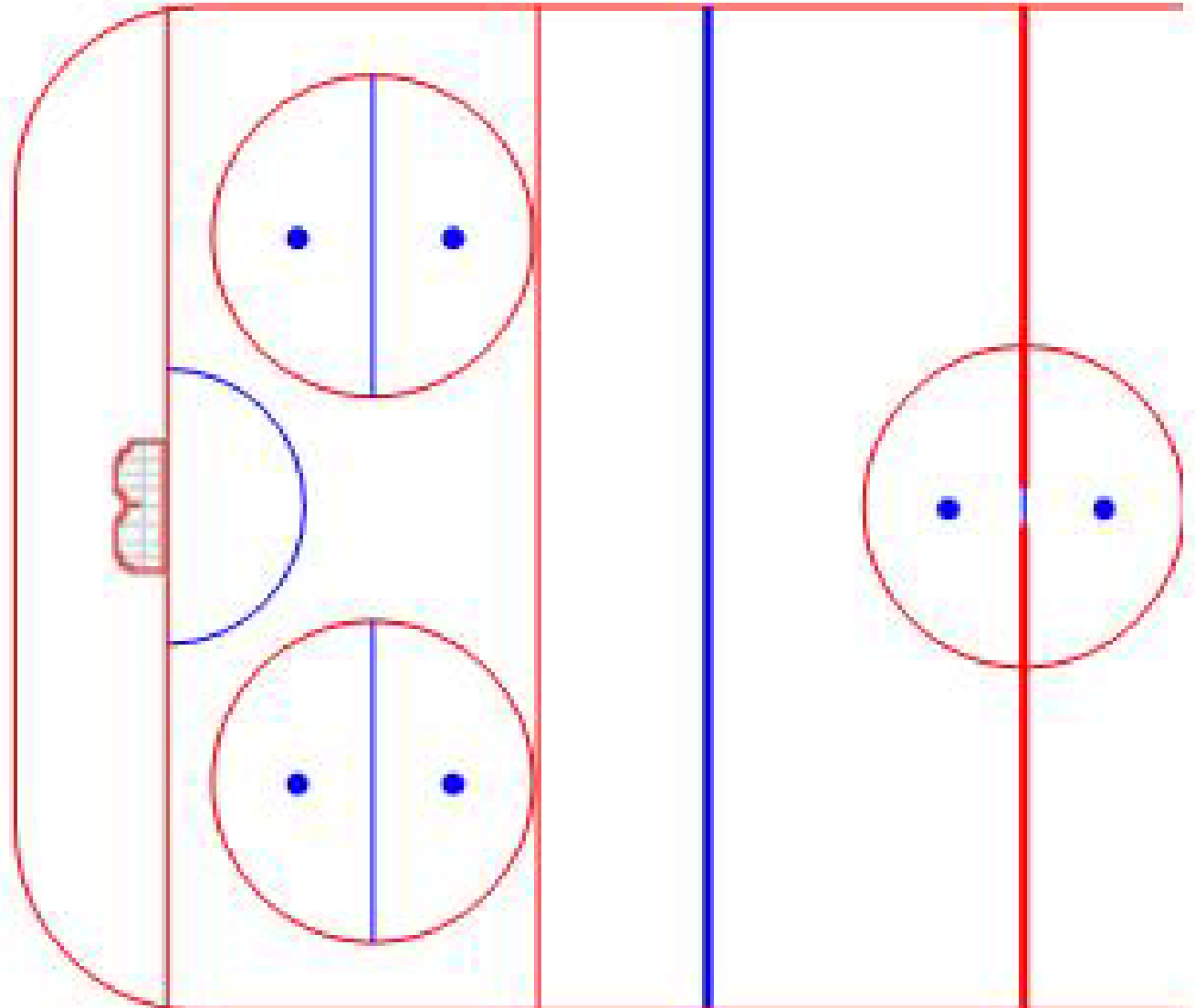
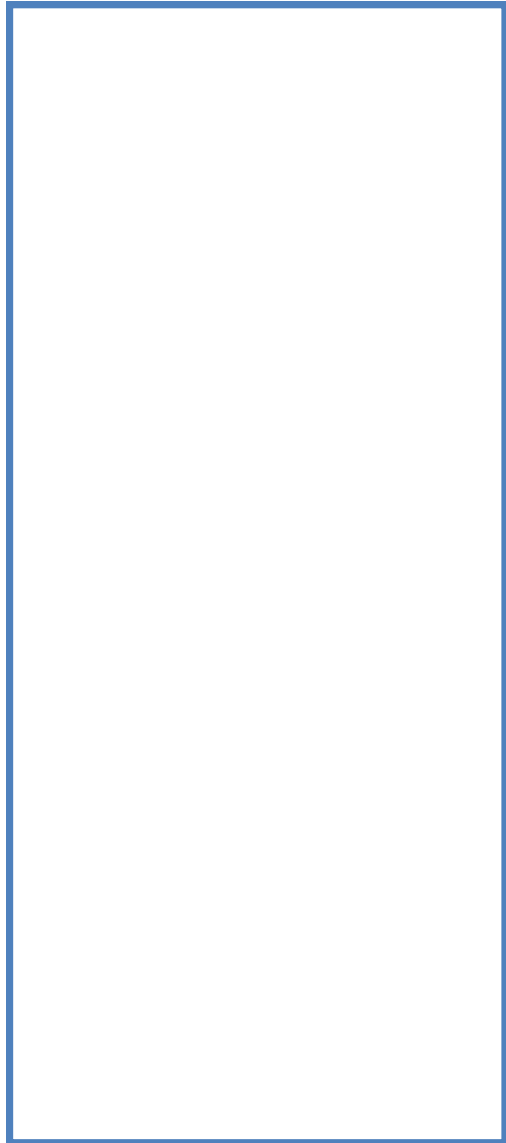
E.g. , Quick feet - hard to center - back to boards - hard to far boards.

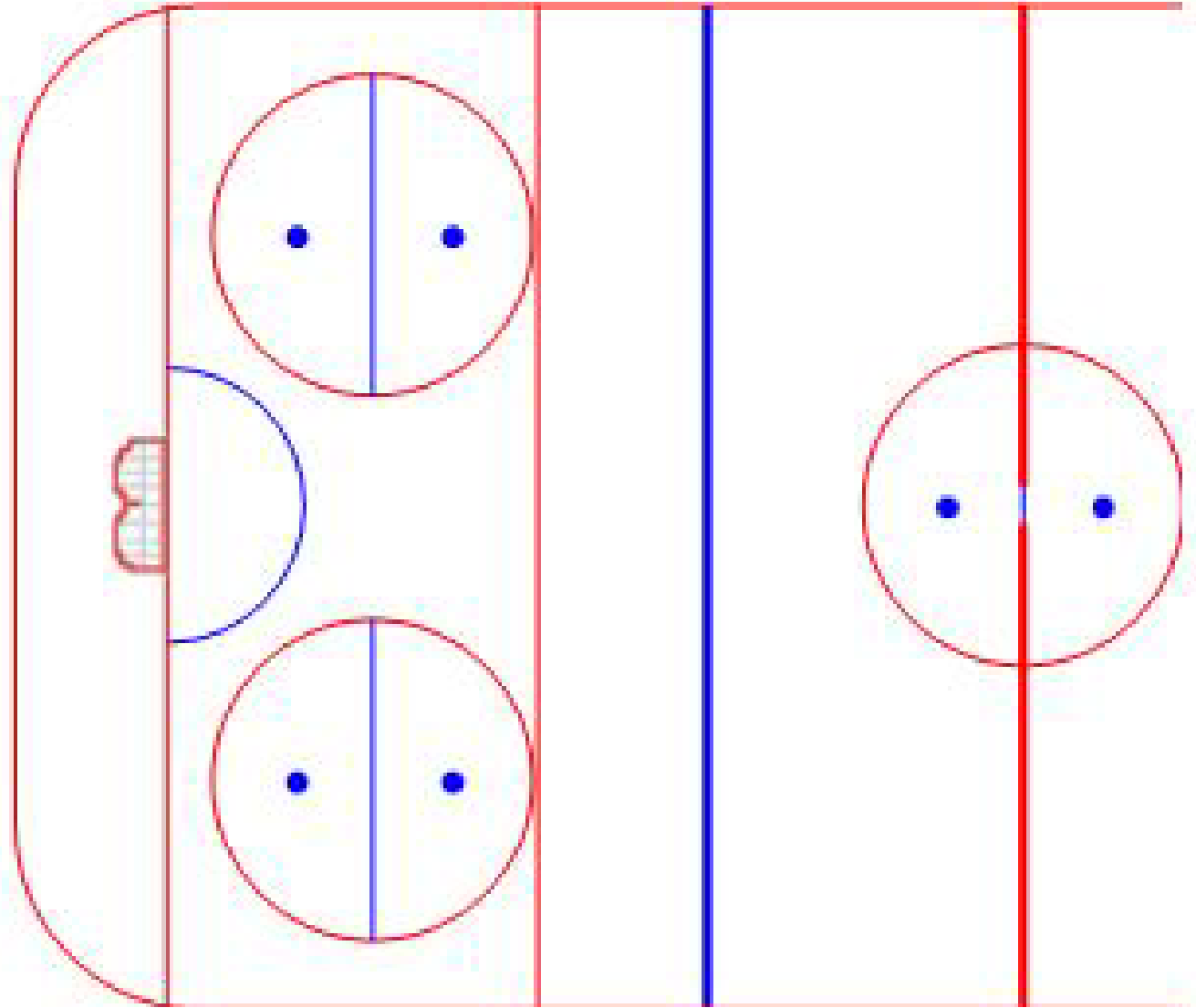
E.g. , Quick feet - hard to center - 360 on one knee - hard to boards

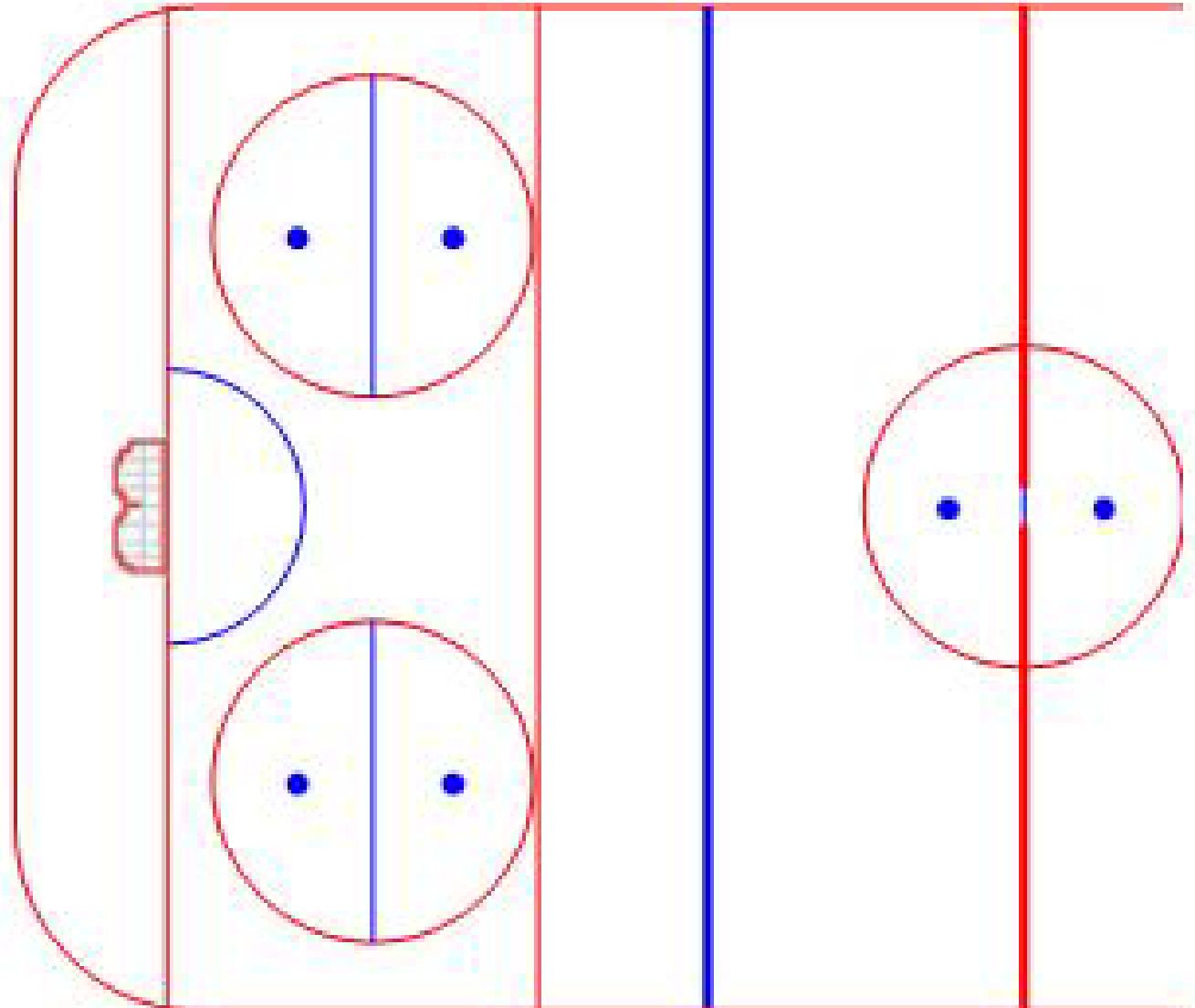
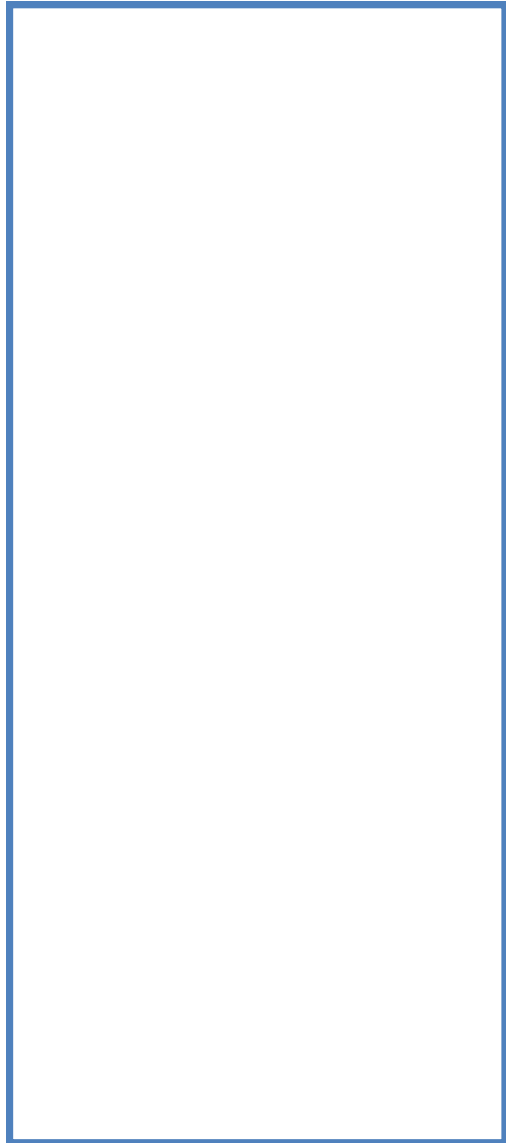
E.g. , Quick feet - bckwds to center - fwds to boards - bckwds to far boards











Team Pinnie vs Team No Pinnies

