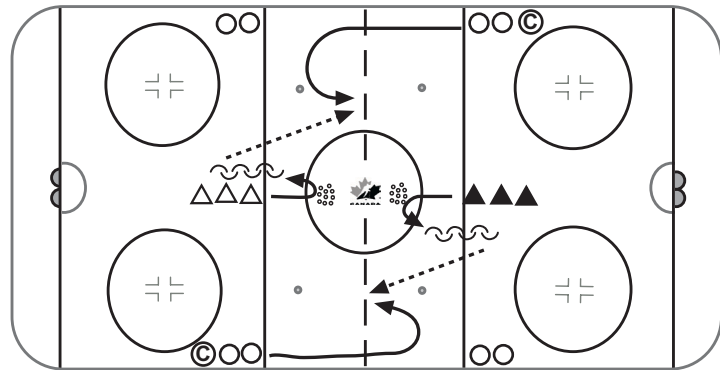


## 10 MIN

## D MAN MOBILITY WARMUP

- Go both ends at same time, Sequence is Pass Left, Pass Right, D Skate
- Players start on 4 corners of Blue lines
- All the pucks are in the center circle.
- D start inside blueline in centre of ice
- D picks up puck, backpeddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, backpeddles to blue line and hits F from the right side with pass, touches up to blueline, picks up third puck and goes in for shot on net.
- Progression from D Man Mobility 1 - Split the D side to side, so they alternate retrieving puck and make a D to D pass



## 15 MIN

## SKILLS STATIONS

**1. SHOOTING / SCORING - DOWN LOW EXCHANGE**

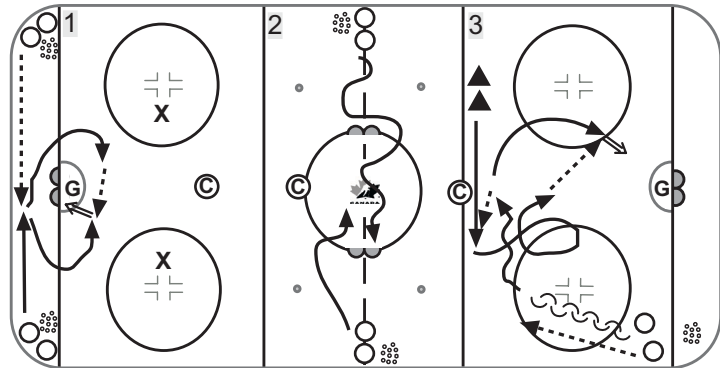
- Players start in both corners, on whistle skate towards each other exchange puck behind net and walk out front for shot or pass to score.

**2. AGILITY NETS**

- Place 2 nets in centre have players start at same time from the opposite side of the ice working on quick feet, quick hands, faking out each net and each other.

**3. D MAN MOBILITY**

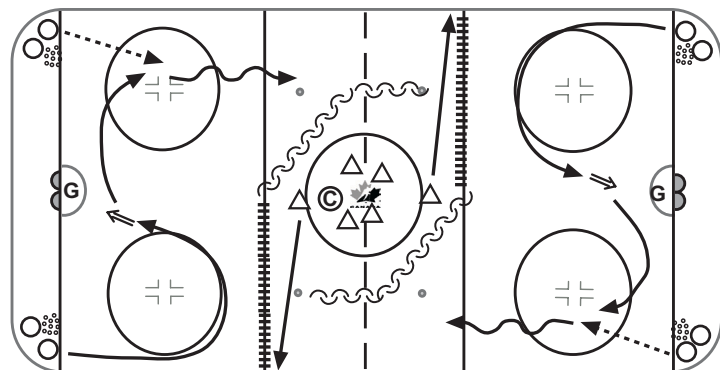
- D starts in corner skates bwds gets pass from corner, skates towards middle of ice, drops puck to other D skating along the line, who then moves towards the net, delays then passes to the original D going to the net for a shot.



## 10 MIN

## OLYMPIC 1 ON 1

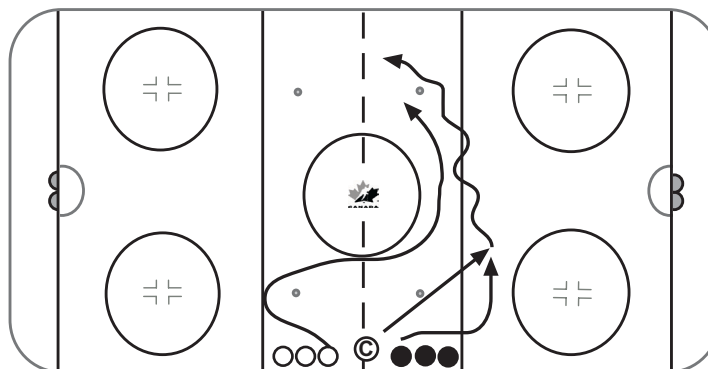
- Forwards in all 4 corners, D at centre ice. On whistle D skates to side boards, touches with stick, lateral crossovers (or bwds) back to centre to play oncoming forward back 1 on 1.
- Defense must move feet quick.
- Forwards must attack with speed.
- Turn into 2 on 1 or 2 on 2 from each direction by adding second forward and / or second D.



**5 MIN**

**STAMPEDE ANGLING**

- Coach at center ice with pucks, spots a puck to either line.
- Players react to spot.
- Player on puck side retrieves puck and attempts to come up ice.
- Other player touches up at his blue line and closes the gap to angle outside.

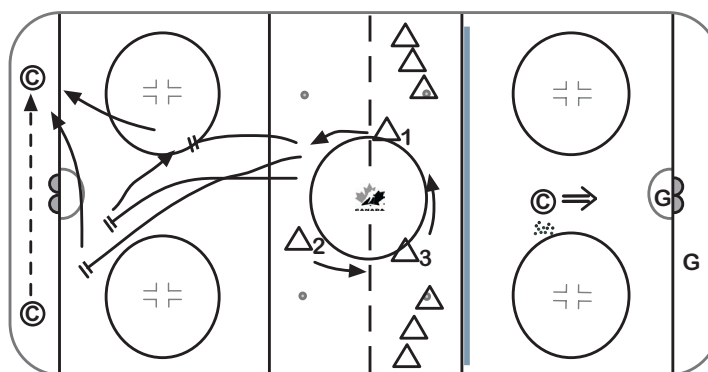


- Move up quickly to close gap and establish appropriate angle.
- Good stick placement.

**10 MIN**

**INTRODUCE 3RD MAN HIGH**

- D1, D2, D3 skate cross-overs around centre circle
- On whistle, first two D's out of circle attack © with puck, stopping in position, 3rd D stays in high slot
- Begin moving puck between 2 ©'s to have D players adjust positions



- Read and react
- Quick feet with straight line skating
- Forecheck with speed
- Forecheck square to puck carrier

**10 MIN**

**FULL ICE BACKCHECK**

- Forwards in all 4 Corners, D at red line
- 2 or 3 forwards start passing to each other, D jumps out from centre line to play 3 on 1.
- Backchecker waits until the 2 or 3 fws get to ringette, then back checks. Once backchecker gets to far end they then go to whichever corner is calling the loudest and goes back down 2 or 3 on 1.

