

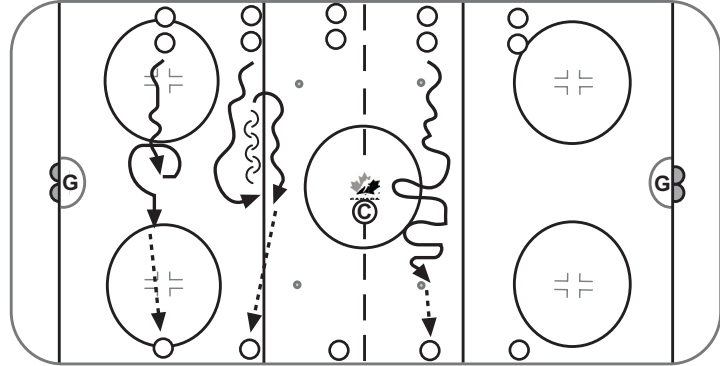
5 MIN

CROSS ICE SKILLS WARMUP

Form lines along the boards down the ice. On whistle, players from one side perform skill across ice and end up in line on opposite side of ice. Repeat

1. Transition skating
2. Tight turns
3. Pivots
4. Puck Moves
5. Creativity

Be creative / fast hands / fast feet



15 MIN

SKILLS STATIONS

1. SHOOTING / SCORING - SHORT SIDE PASS / DROP OPTION

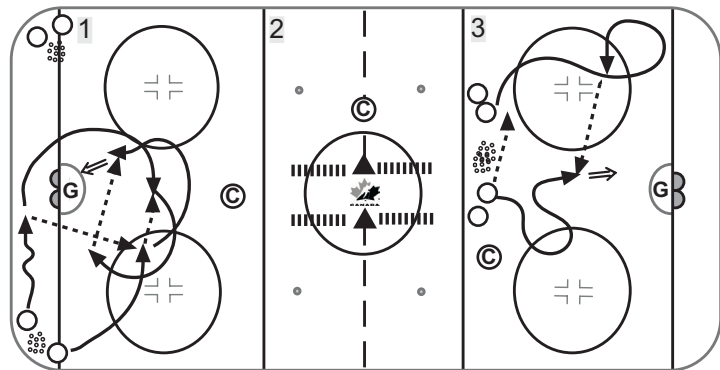
- Players in each corner. Puck carrier has option
- carry behind or pass short side.
- carry behind net pass cross crease
- pass short side, go behind net receive back door pass carry into slot, make 3rd pass for shot.

2. AGILITY MIRROR

- Players face other in centre circle, one is the leader and the other has to imitate / mirror the leader. Add pucks as well.

3. SHOOTING / SCORING - DELAY - 1 TIMER

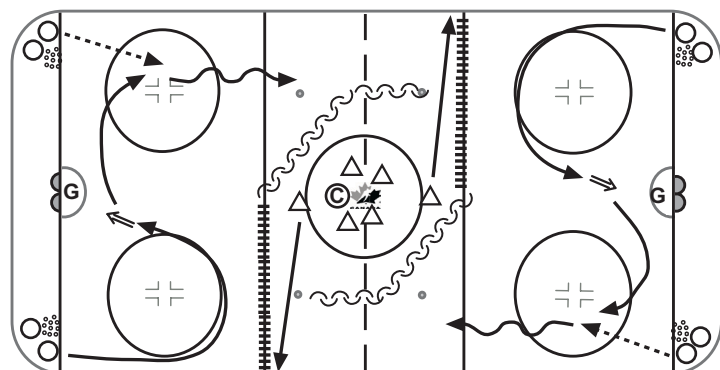
- Two lines near blueline. Pass is made to player who skates towards net, delays and then hits the original passer for a 1 timer from slot. Go from both sides, add D to make more difficult



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.



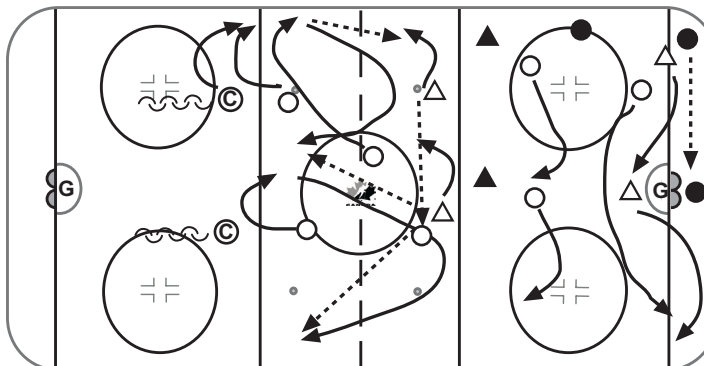
15 MIN FORECHECK/D ZONE

1. D ZONE COVERAGE

- Attacking team moves puck from corner, to behind net, to other corner, to point, Defenders rotate - wingers stay above ringette line.

2. NZ FORECHECK / OFFENSIVE ZONE FORECHECK.

- Start with pass to coach, turns to outside, near side forward, takes body on wall, Centre comes in for support gets puck, and passes back to D. D to D pass, weak side winger curls for far boards receives pass, dumps in far corner, repeat forecheck in Offensive zone, pass back to D.



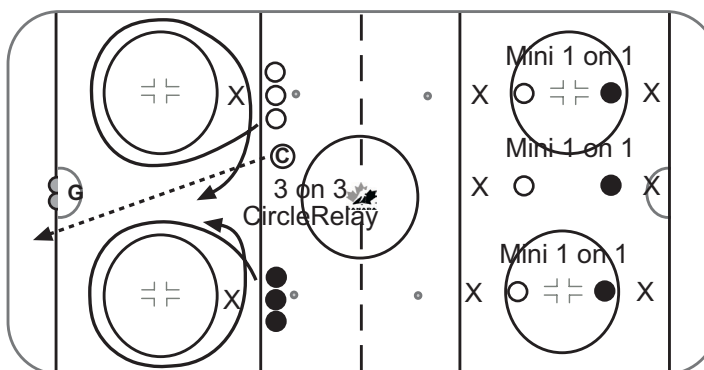
10 MIN SMALL AREA GAMES

1. CIRCLE RELAY

- Place 2 pylons on the ice as shown.

2. MINI 1 ON 1

- 2 players face off with one puck and try to score by touching the puck to the pylon opposite them. Have to skate the puck to the pylon, can't shoot it at the pylon.
- Have 3 or 4 games going at once



5 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.

