

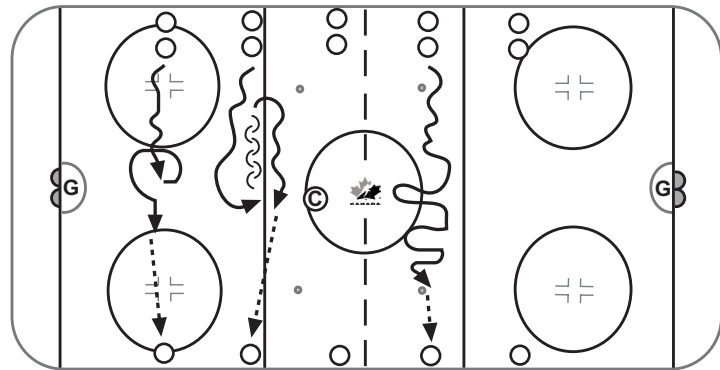
5 MIN

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 - 3 SHOT CORNER CYCLE / DROP

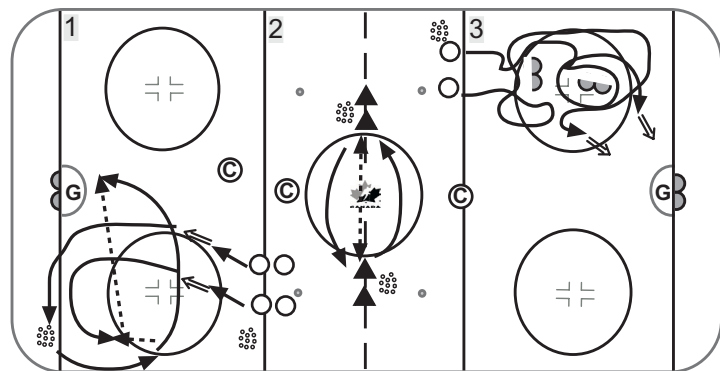
- Start with two lines at the blue line – each player goes in and shoots. First player skates to corner to retrieve puck. Second player supports, receives a drop pass from the first player who then heads to the net to get a pass back door. Do from both sides

2. QUICK SPRINT PASS

- Have players line up in 2 lines opposite each other on the circle. Players 1 touch pass and receive and skate to back of opposite line. Keep going until pass is missed then start over.

3. AGILITY NETS

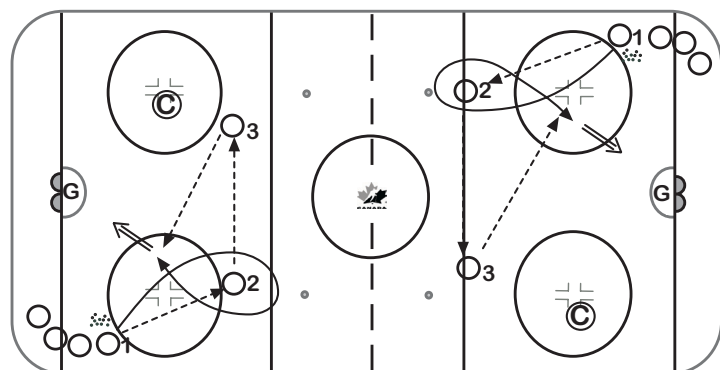
- Place two nets randomly in the corner and have players handle the puck around the nets in random fashion before taking a shot on net. Encourage deception, fast feet and fast hands.



10 MIN

INSIDE OUT, OUTSIDE IN

- ○1 passes to ○2, ○2 passes to ○3, ○3 passes back to ○1
- After ○1 initiates with a pass, ○1 executes:
 - inside out tight turn
 - outside in tight turn
- ○1 receives passes from ○3 and drives to the net for a shot on goal



KEY EXECUTION POINTS

- Shot from desired angle
- Good timing on passing
- Emphasis on good passing and receiving technique

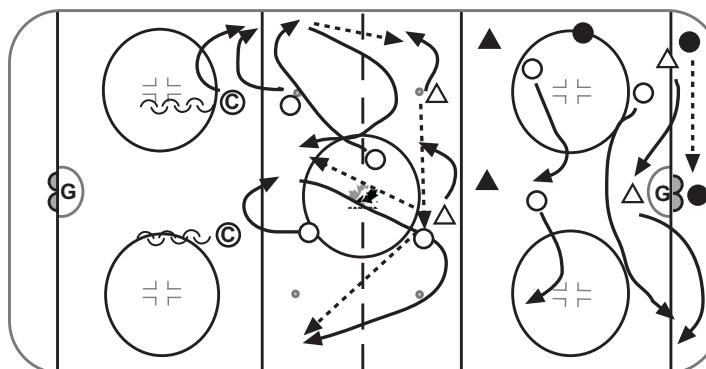
10 MIN FORECHECK/D ZONE COVERAGE

D ZONE COVERAGE

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

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.



15 MIN CHECKING STATIONS

1. CONTAINMENT

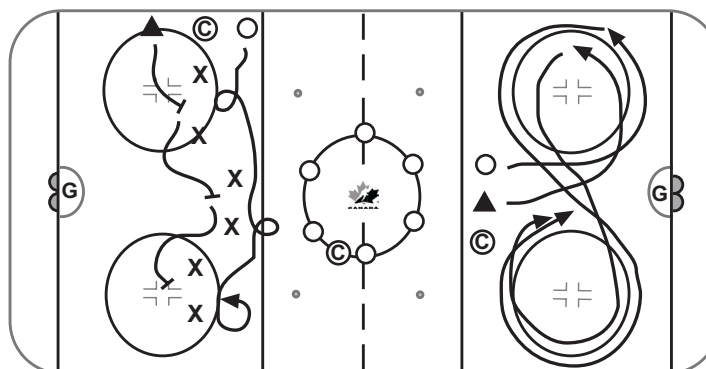
- Place 3 sets of 2 pylons as shown. Fwd starts with puck and must attack a lane by going through a set of pylons.
- D has to jump up and contain and cut the fwd off before going through the pylons.
- Fwd stop start, change pace etc to lose D and get through for shot on net.

2. CIRCLE BUMP

- Player on outside of circle turned sideways with skate on the line.
- Pick one player who has to skate across circle and try to bump one of the other off the circle.
- Use shoulders, knees bent.

3. MIRROR 1 ON 1

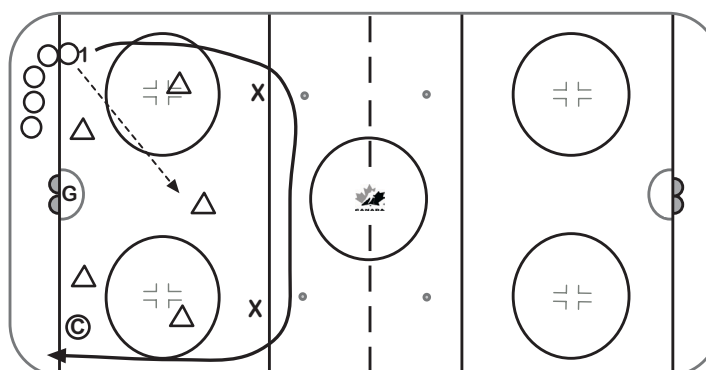
- Players start out near blue line. Fwd carries puck towards corner (Coach can also dump it in) D has



- to trail and mirror to contain the fwd as fwd carries puck around circle, then to other circle.
- D has to transition to keep shoulders square with fwd and always face chest to chest.
- As fwd skates around top of 2nd circle, it becomes 1 on 1 until a goal is scored.

5 MIN BASE-BALL

- 's vs D's
- 1 passes to any D and skates around the pylons and stops in the corner in order to score
- All D's must touch the puck and score on the goalie to get ○1 out



- Control puck before passing
- Quick puck movement
- Be ready
- Have fun