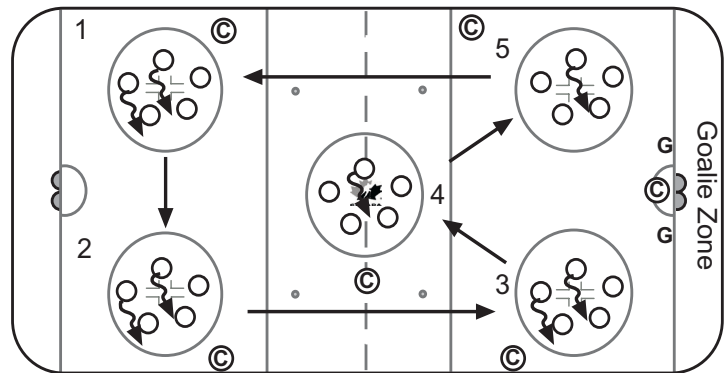


10 MIN 5 CIRCLE CHAOS

- Divide players up into the 5 circles
- In each circle they perform a different stickhandling move

1. Toe Drags
2. 1 handed
3. Puck in feet
4. Puck through legs from back
5. Stick and puck through legs



KEY EXECUTION POINTS

- On whistle players move to next circle

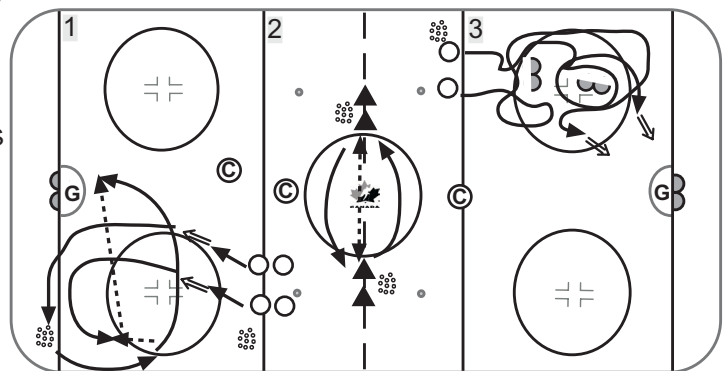
15 MIN SKILLS STATIONS

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.

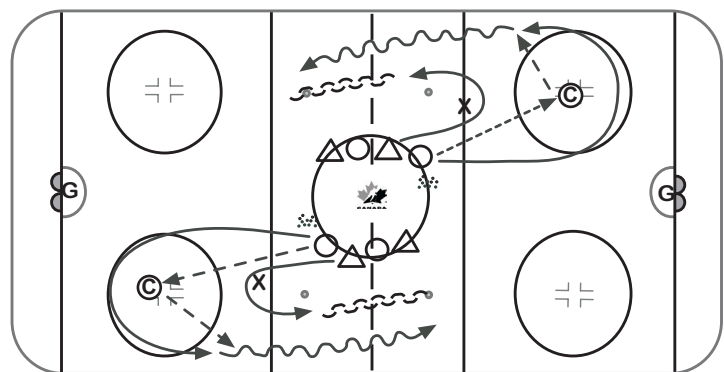


3. AGILITY NETS

- 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 1 ON 1 OFFENSE VS. DEFENSE

- 1 on 1 Emphasis: Net Drive
- Give and go with ©.
- Execute 1 on 1 against ○.
- Both sides at the same time.
- Switch sides 1/2 way through drill.



KEY EXECUTION POINTS

○'s:

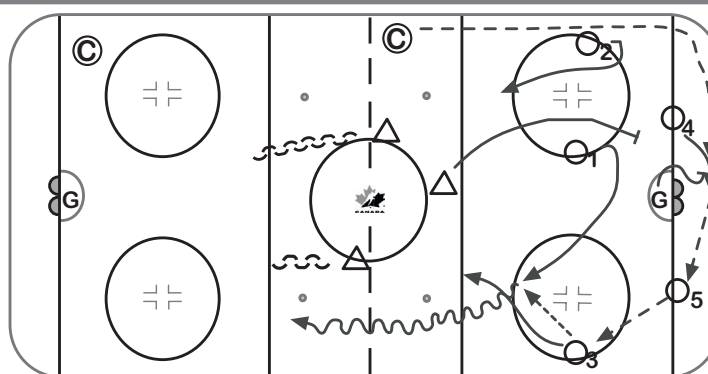
KEY EXECUTION POINTS

- Body fakes
- Gap control
- Attack with speed

10 MIN "1 ON 1" OFF/DEF PLAY

1 on 1 Emphasis: Gap Control

- O exchanges pass with D at centre face-off circle
- D maintains tight gap playing 1 on 1
- Both sides go at the same time
- Switch side 1/2 way through drill



- | | |
|---|--|
| <p>O's</p> <ul style="list-style-type: none"> • Body Fakes • Quick Feet | <p>D's</p> <ul style="list-style-type: none"> • Gap control • Body position • Inside shoulder to outside shoulder |
|---|--|

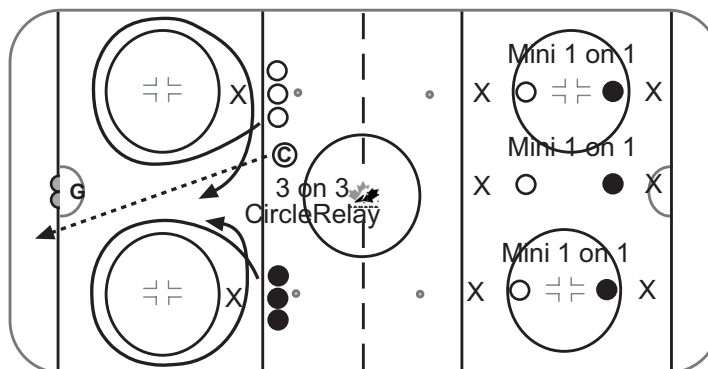
10 MIN SMALL AREA GAMES

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.

