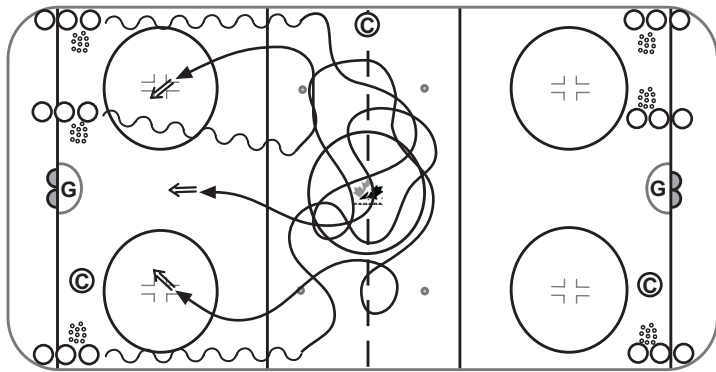


10 MIN NZ CHAOS

- Divide team into three lines on the goal line at each end of the ice, pucks at each line
- On coach's whistle, first player in each line stickhandles into the neutral zone
- On second whistle, players one at a time skate in and shoot on goal, filling all three lanes
- On third whistle, next players start
- Both ends go at same time; six players in neutral zone
- Progress to one puck between three players, passing throughout drill

KEY TEACHING POINTS

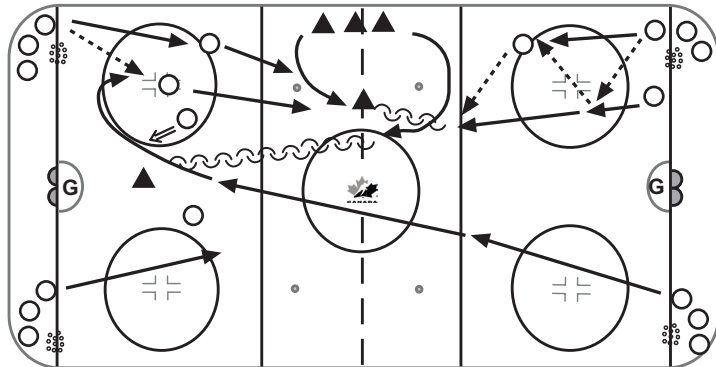
- Head up
- Keep skating/ feet moving
- Fill three lanes when shooting

**KEY EXECUTION POINTS**

- Start on every third coach's whistle

10 MIN FULL ICE BACKCHECK

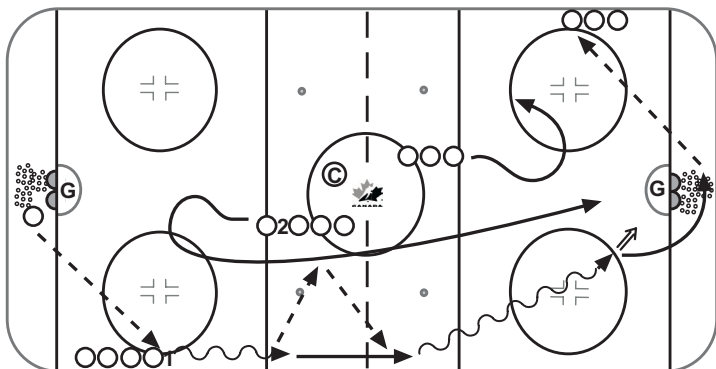
- 1) Forwards in all 4 Corners, D at red line
- 2) 2 or 3 forwards start passing to each other, D jumps out from centre line to play 3 on 1.
- 3) Backchecker waits until the 2 or 3 fwds get to ringette, then back checks. Once backchecker gets to far end they then go to whichever corner is calling the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

**10 MIN NZ GIVE AND GO**

- O1 receives pass from previous shooter, takes three strides, and passes to O2
- O2 returns a pass to O1
- O1 executes net drive and shoots, O2 plays rebound
- O1 initiates next repetition by retrieving a spotted puck from behind the net and passing to O on the hash mark

KEY TEACHING POINTS

- O2 mirrors net drive shooter, and control skates through the slot area
- Begin drill with shooters at the blueline

**KEY EXECUTION POINTS**

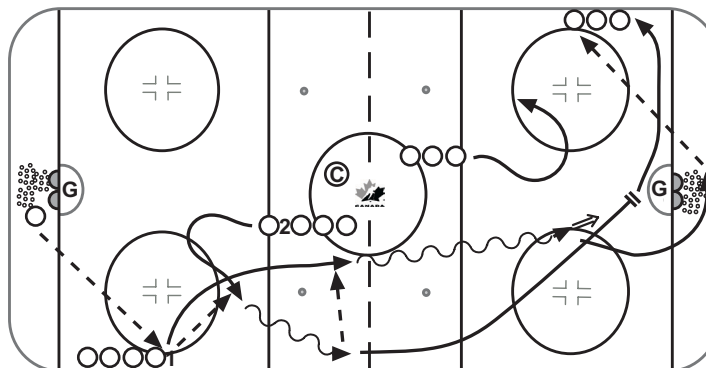
- O1 must wait until passer has control of the puck
- O2 must execute control skate approaching O1
- Pass from O1 to O2 should be a lateral pass

10 MIN NZ GIVE AND FOLLOW

- O1 receives pass, takes three strides, and passes to O2
- O2 spot passes for O1
- O1 executes net drive and shoots, O2 plays rebound
- O1 initiates next repetition by retrieving a spotted puck from behind the net and passing to O on the hash mark
- Eventually switch sides

KEY TEACHING POINTS

- O2 mirrors net drive shooter, and control skates through the slot area
- Begin drill with shooters at the blueline



KEY EXECUTION POINTS

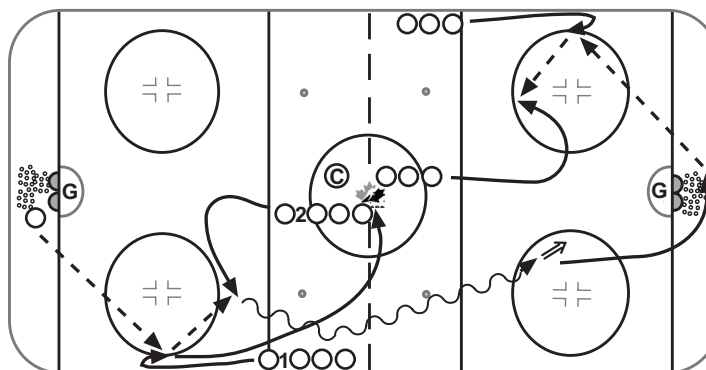
- Give & follow
- Communication
- Quick passes

10 MIN CANADA CUP DRILL

- Shooter retrieves a puck from behind the net, passing to O1 in quick low support position (hash marks)
- O1 takes two strides and passes to O2
- O2 executes net drive, shoots and picks up new puck from behind the net to initiate a new repetition
- Switch sides

KEY TEACHING POINTS

- O1 timing, reading off the net drive skater
- O2 timing, reading off O1's puck control
- Quick acceleration on pass reception



KEY EXECUTION POINTS

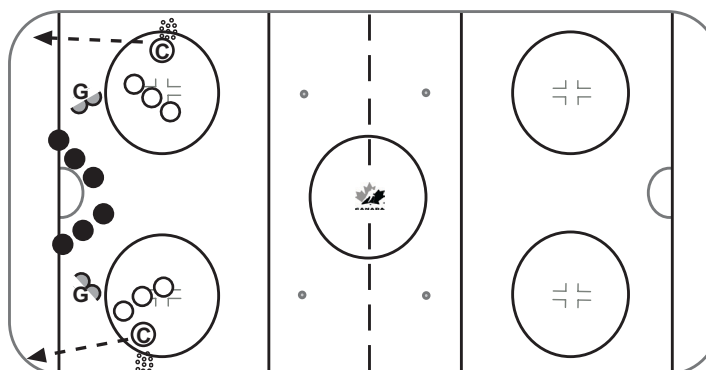
- O1 quick low support, open pivot to the puck carrier
- Begin 1st repetition with a shooter at the blueline
- Coach may control the release of O1 & O2 with verbal cue

10 MIN CORNER BATTLE

- Half of team in each corner with one net and a goalie
- Play 1 - 1, 2 - 2, 3 - 3 in confined space

KEY TEACHING POINTS

- Competition
- Puck Control
- Battle



KEY EXECUTION POINTS

- Coach calls number of players
- Players not involved keep puck in corner