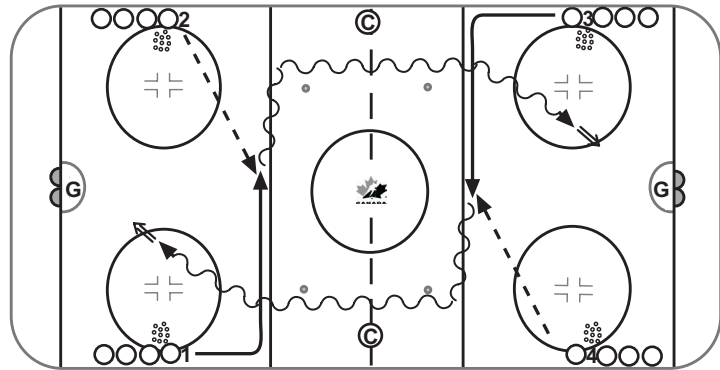


10 MIN FLAT SKATING

- O1 & O3 flat skate along blue line
- O1 & O3 receive pass from O2 & I2
- O1 & O3 drive wide, shoot on net

KEY TEACHING POINTS

- Low wrist shots
- Accelerate into pass
- Communicate to initiate drill & passes

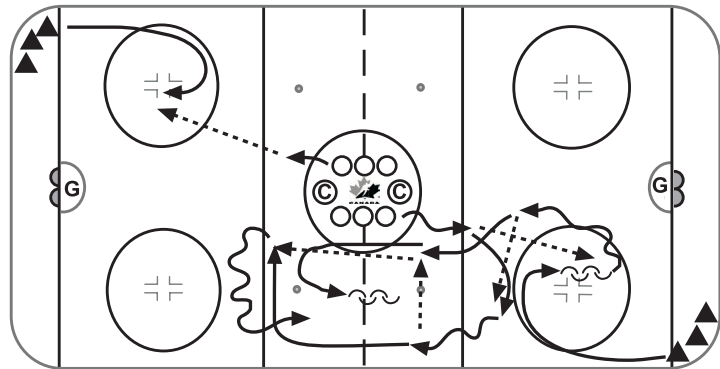
**KEY EXECUTION POINTS**

- Skaters stay on same side
- Warm up goaltenders

10 MIN SUPPORT 1 ON 1

Both sides at the same time.

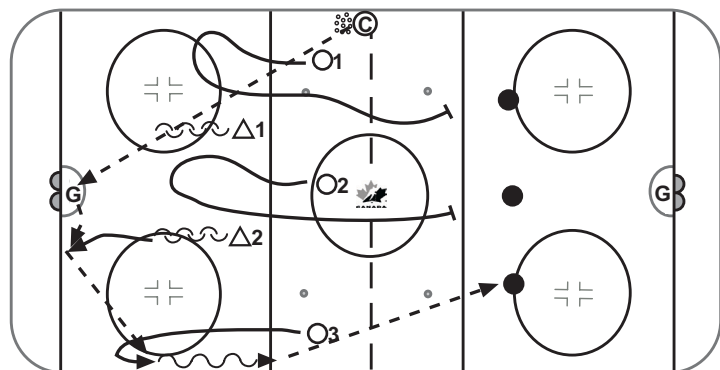
- 1) Forwards start on centre circle / D start in corners
- 2) On whistle D steps up, receives pass from fwd, skates bwd and pivots toward middle of ice
- 3) Fwd skates towards boards to receive return pass from D - sets the puck at the dot and then sprints to stretch to far blue line to receive stretch pass from D
- 4) D once again follows pass up ice, closes gap and plays the 1 on 1 coming back

**10 MIN NEUTRAL ZONE FORECHECK**

- Coach dumps puck to G, passes to Ds
- O's & D's breakout, any option
- O with puck crosses blue line, passes to 's at ringette line
- O's forecheck (attack triangle) for scoring attempt
- 's to gain red line, dump in & start next line

KEY TEACHING POINTS

- Switch G's half way
- O's become D's for next line
- D's may jump up in play

**KEY EXECUTION POINTS**

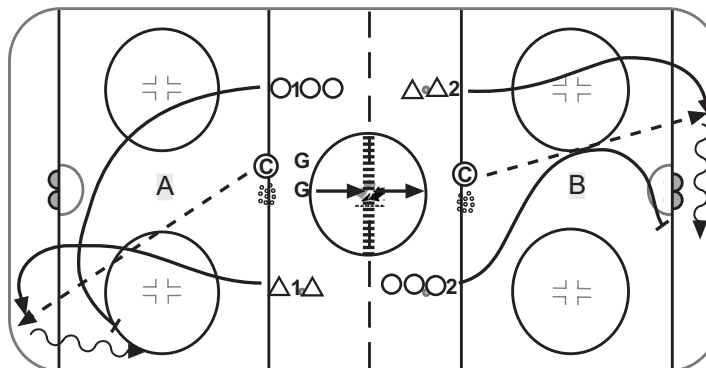
- 1st O angle to the outside and take the body
- 2nd & 3rd O's read & react to form triangle

10 MIN ESCAPE SERIES

- A. Coach dumps to any corner, D1 retrieves puck
- D1 up wall to blue line, O1 angles, hits & pins
- B. Coach dumps to any corner, D2 retrieves puck
- D2 skates behind net to blue line, O2 closes gap, angles to outside, hits & pins
- C. G's in center circle for clock drill

KEY TEACHING POINTS

- Angling, pinning
- Quick feet, full speed



KEY EXECUTION POINTS

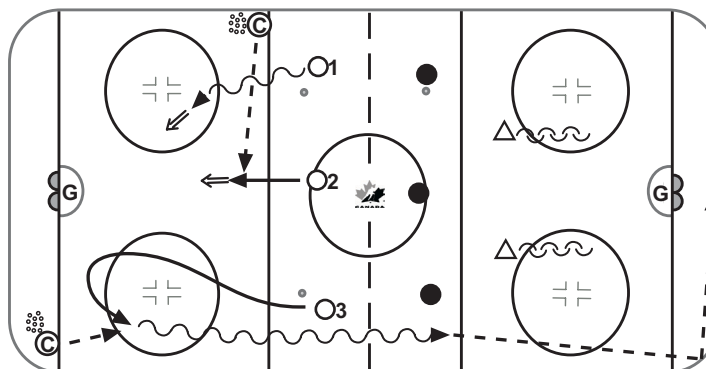
- Skaters tag goal line, then blue line on turnovers
- Option: D1 & O4 fight to blue line, then back for scoring attempt

10 MIN FORECHECK SYSTEMS (2-1-2/1-2-2)

- 2 - 1 - 2 · O1 crosses blue line for shot on net
- O2 receives pass from coach, shoots & turns up ice
- O3 receives pass from coach, dumps from red line I's to hold up O2 & O3
- 1st O across blue line shoots, 2nd, 3rd get pass from coach
- 1 - 2 - 2 · All 3 forwards forecheck

KEY TEACHING POINTS

- Hard rims, angle to outside
- Take the body
- Communication

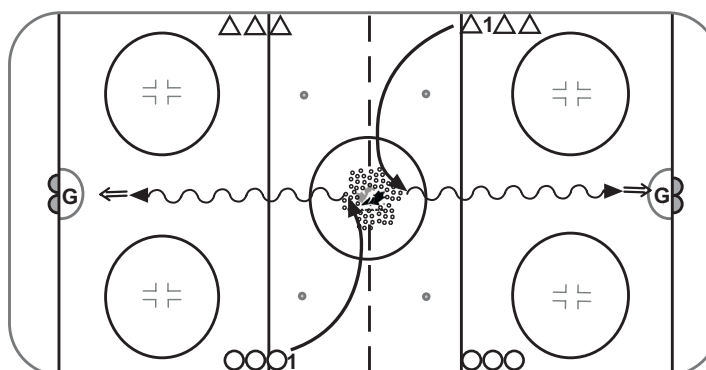


KEY EXECUTION POINTS

- Once past the blue line, let line continue down ice, then the next line jumps out
- Keep rotating the defense

10 MIN 4 CORNER PLACE YOUR BET

- O1 vs D1
- Scoring team receives a point
- Non-scoring team skates over
- Alternate sides for shooting



KEY EXECUTION POINTS

- No score team skates over, not over and back