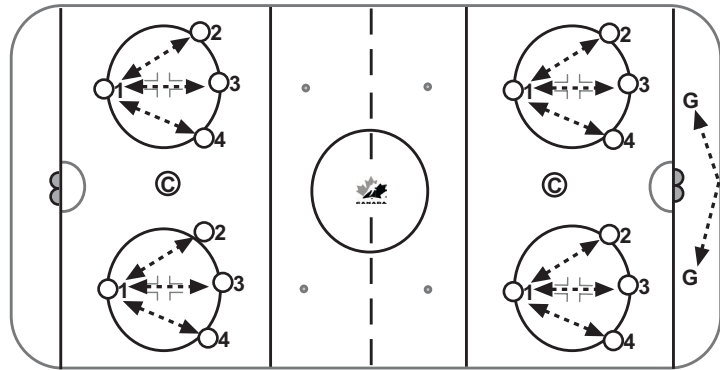


10 MIN PEPPER

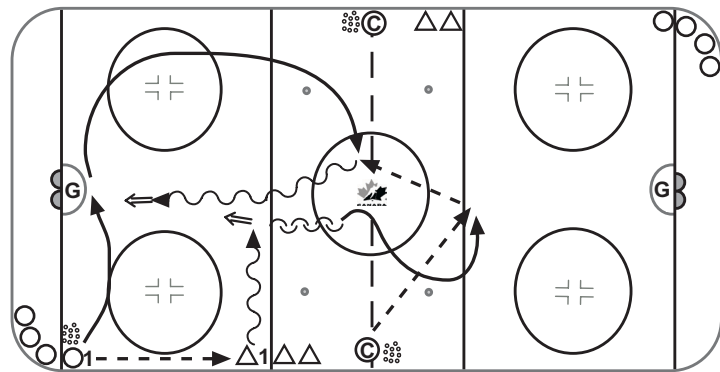
- O1 passes to O2 who returns pass to O1, O1 to O3 who returns pass to O1, O1 to O4 who returns pass back to O1
- Forehand, Backhand, one touch
- Give pass on forehand receive pass on backhand
- Give pass on backhand receive pass on forehand
- All players have turn as O1
- On coach's whistle, one hard lap and back to original circle

**KEY TEACHING POINTS**

- Call for pass
- Arms / hands away from body
- Provide target
- Keep puck flat on ice

10 MIN TRANSITIONAL DRILL

- D1 receives pass from O1, drags to middle & shoots
- O1 skates to net for screen or deflection
- Coach spots a puck in the neutral zone
- D1 retrieves loose puck, passes to O1 for shot on goal
- Alternate sides at start, then both sides together
- Add a 2nd D to play 1 on 1 low & 1 on 1 attack

**KEY TEACHING POINTS**

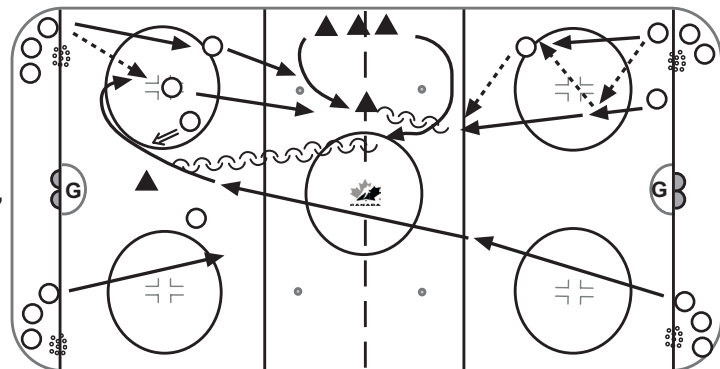
- O's attempt to screen or deflect
- D's keep feet moving / shoulder check looking for support
- Speed through the neutral zone
- On side passes

KEY EXECUTION POINTS

- Start by alternating corners
- Monitor neutral zone for safety once both sides engage at the same time

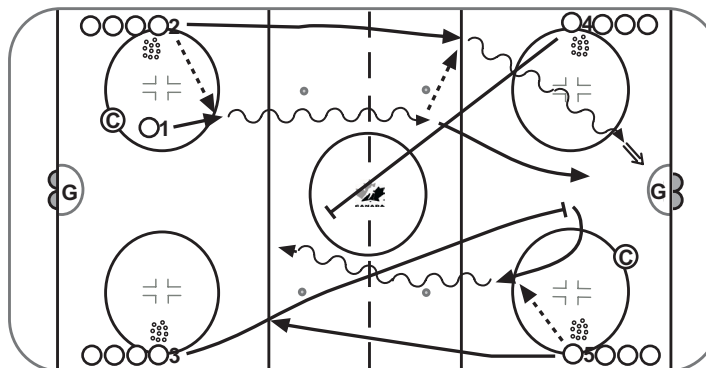
10 MIN FULL ICE BACKCHECK

- 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 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.



10 MIN FIRE DRILL BACKCHECK

- O1 selects a side to execute a 2 on 0 rush with either O2 or O3
- Once a side is chose, O1 & O2 play 2 on 0 with O3 (forward not selected) backchecking.
- After the backcheck, O3 selects a partner to receive a pass from either O4 or O5.
- O3 & O5 attack 2 on 0, O4 backchecks.
- Progress to 2 on 1 with backchecker.



KEY TEACHING POINTS

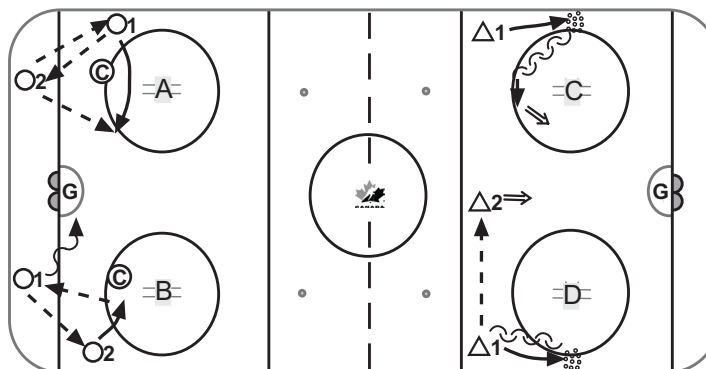
- Communication
- Timing on passes

KEY EXECUTION POINTS

- Continuous drill
- Full speed

10 MIN POWER PLAY SKILL STATIONS

- O2 give-&-go with O1, O2 passes to O1, attacks net
- O2 executes give-&-go with D1, D2 passes to D1 for low forward walk-out
- D1 drags puck to middle and shoots
- D1 retrieves puck, passes to D2, shoots on net



KEY TEACHING POINTS

- Change sides frequently
- Change goalies half way

KEY EXECUTION POINTS

- O's one-touch passing, jump to holes, quick shot
- D's: Low shots, quick transition to mid ice

10 MIN STAMPEDE ANGLING

5-on-4 Work all plays from side umbrella:

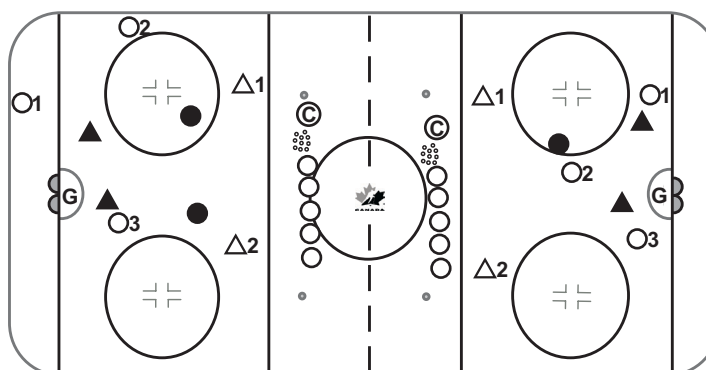
- Give-&-go
- Low walk-out
- Point shot

5-on-3 Box formation with O2 in the middle

- Pass puck along outside, choose option:
- Pass to O2 in slot & Pass to O3 side crease
- Attack net

KEY TEACHING POINTS

- Quick puck movement, one-touch passing
- Set picks and screens
- Attack the net



KEY EXECUTION POINTS

- Option: Have defenders turn sticks over to increase odds of success