

10 MIN

SPOKANE WARMUP

2 lines at each blueline in line with the dots

1.

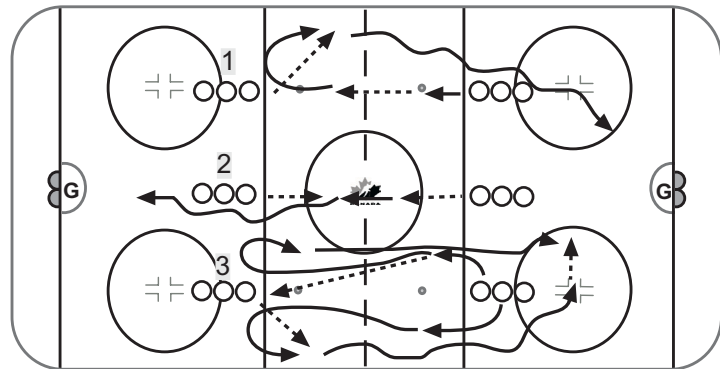
- ○1 goes down ice with puck one touches to D1.
- ○1 goes to back of opposite line and Δ1 then one touches to ○1.

2.

- ○1 starts backwards passes to ○2 going forwards to other blue line. ○1 peels off and then goes to the back of the line and Δ1 goes.

3.

- Same as #2 only both go forward and outside guy goes to back of line and Δ3 joins attack.



15 MIN

SKILLS STATIONS

1. CORNER CYCLE

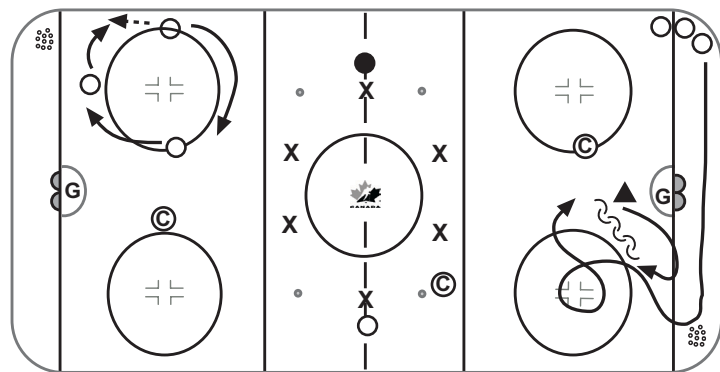
- 3 Players in corner work on cycling the puck back down the boards. On signal make pass to net front for shot.

2. PYLON AGILITY MIRROR

- Place 6 pylons as shown in the centre circle. One player is the leader the other has to follow the pattern skated by the leader who is trying to lose the other. Always face each other. Add puck, add a pass.

3. SHOOTING / SCORING - CORNER CONTAIN

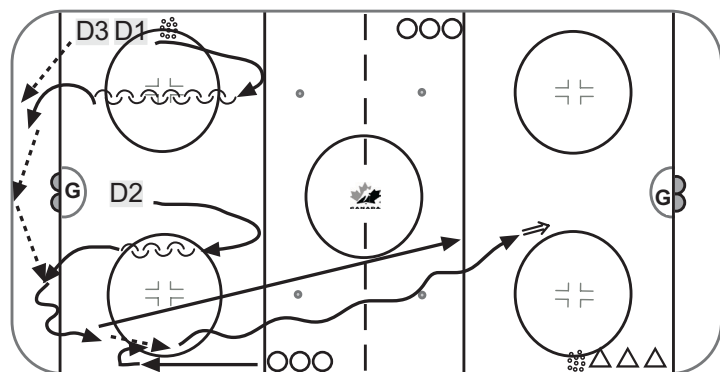
- D starts net front, Fwd in corner. Skate behind net to opposite corner pick up puck and try to attack net front. D tries to contain. Encourage battle



10 MIN

BREAKOUT - OVER PROGRESSION

- Same drill as above except now 2 D involved for the over.
- D2 joins rush, then goes to hash mark on the wall.
- D1 fills in for D2.
- Drill goes on Coach's command.

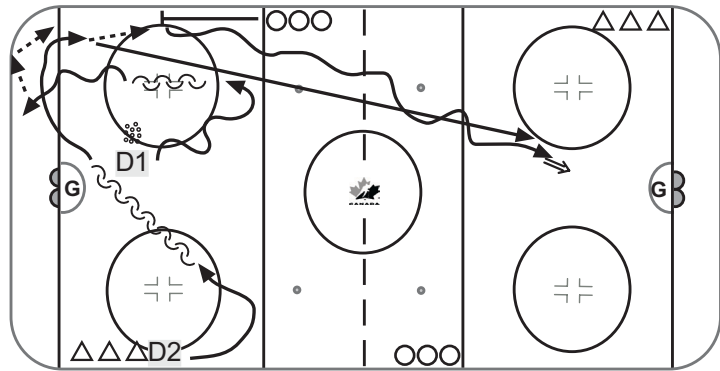


KEY EXECUTION POINTS

- Quick feet, check shoulder, D2 feet pointed up ice to identify outlet, communicate, move puck, move feet.

5 MIN BREAKOUT - REVERSE PROGRESSION

- D1 spots puck for himself.
- D1 reverses to D2 who moves puck to forward.
- D2 joins play and fills in on middle hash mark.
- D1 reverses puck then joins line on hash marks on the wall.

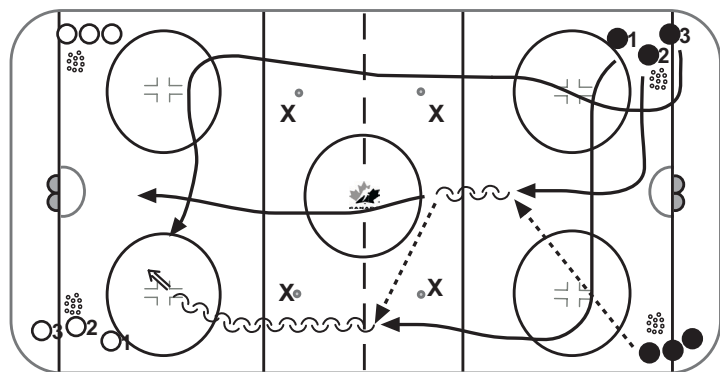


KEY EXECUTION POINTS

- Quick feet, protect net front, communicate

10 MIN 3-0 MID LANE DRIVE

- Forwards and Defense line up in the corners.
- 3 players leave from one side and receives pass from other side.
- Make pass to middle attacker, get puck wide.
- Second attacker drives mid-lane and third attacker stays high.
- Get shot on net.
- Opposite corner at other end leaves once attacking team crosses blueline.



KEY EXECUTION POINTS

- Read and react with mid-lane

10 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 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.

