

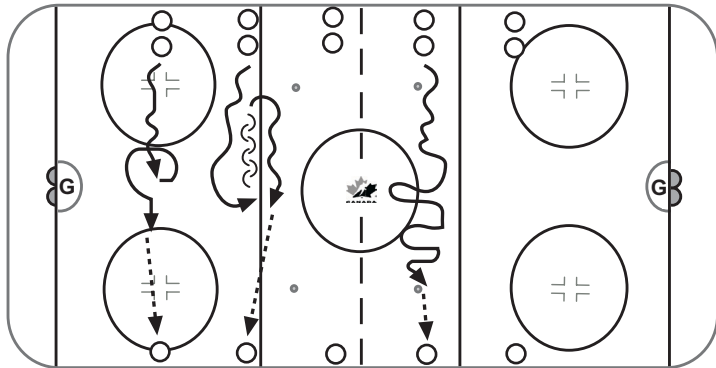
## 10 MIN

## CROSS ICE SKILLS WARMUP

Form lines along the boards down the ice. On whistle, players from one side perform skill across ice and end up in line on opposite side of ice. Repeat

1. Transition skating
2. Tight turns
3. Pivots
4. Puck Moves
5. Creativity

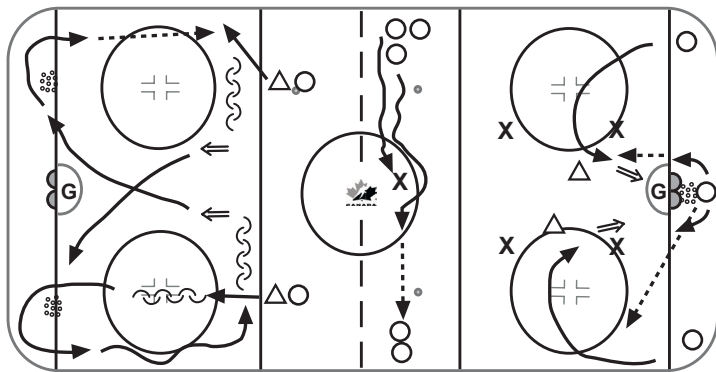
- Be creative, encourage deception



## 15 MIN

## SKILLS STATIONS

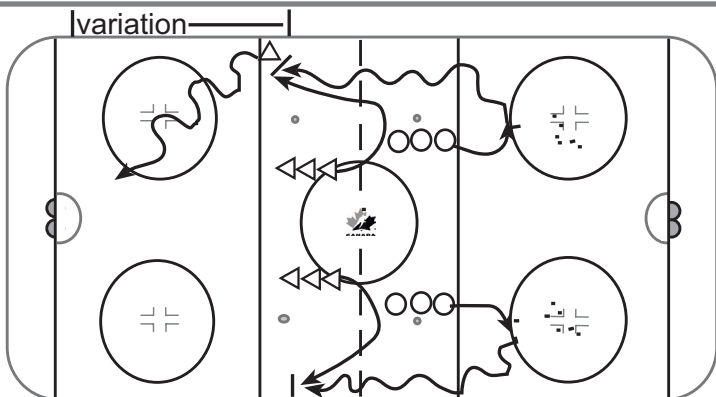
- Puck Retrievals
- Creativity drill – add chaser to keep speed up.
- 3 on 2 offensive attack. Start with player behind net with pucks, 2 defensive players out in front. First offensive player from corner attacks net getting open for quick shot. After first shot, second forward receives pass from behind net walks out of corner and shoots or passes



## 5 MIN

## NEUTRAL ZONE FORECHECK

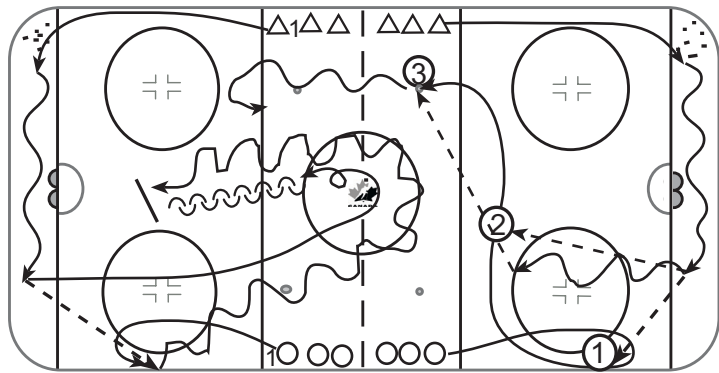
- To work on angling, steering, positioning and body checks.
- On the whistle the ○'s start and swing to get the puck
- As ○ picks up the puck Δ starts.
- Δ steers/angles ○ outside to the boards and makes the check.
- Rotate players through all four positions
- Use variations such as Δ with no stick, ○ can regroup or Δ regains puck and goes for shot



## KEY EXECUTION POINTS

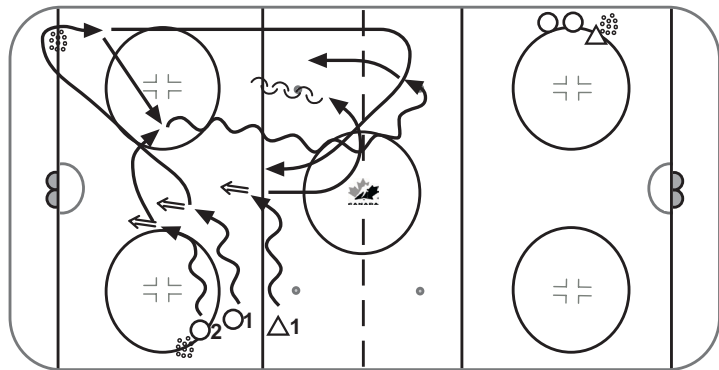
**10 MIN 1 ON 1 CHECKING**

- To develop angling/steering/positioning and gap control in the neutral zone. To work on body checking along the boards and in open ice.
- ○ starts with a puck, takes a shot low from the outside and button hooks to the corner
- △ starts when forward starts and goes to the corner for a puck
- △ carries around the net and passes to ○: ○ breaks for far blue line with △ pursuing and maintaining a tight gap.
- ○ horseshoes and comes back 1 on 1, △ angles and attempts to make body check at blueline



**MIN 3-0 ATTACK 2-1**

- ○1 drives and takes shot.
- ○2 follow up behind with shot.
- ○1 proceeds to go get puck from opposite corner, passes to ○2.
- ○1 and ○2 go to NZ and regroup. D1 slides across blueline and takes shot.
- D Reads and takes up gap and takes 2-1 back to same end.



**MIN FORECHECK/D ZONE COVERAGE**

**D Zone coverage**

- Attacking team moves puck from corner, to behind net, to other corner, to point, Defenders rotate - wingers stay above ringette line.
- NZ Forcheck / Offensive Zone Forecheck.
- Start with pass to coach, turns to outside, near side forward, takes body on wall, Centre comes in for support gets puck, and passes back to D. D to D pass, weak side winger curls for far boards receives pass, dumps in far corner, repeat forecheck in Offensive zone, pass back to D.

