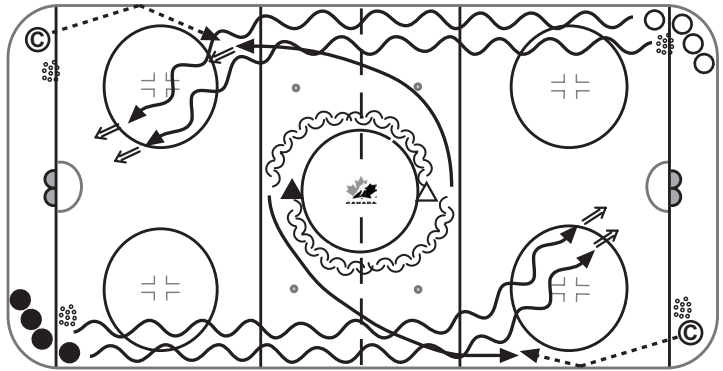


5 MIN

2 ON 0 WITH POINT SHOT

- Pucks in all 4 corners.
- Forwards in opposite corners.
- Coach in opposite corners.
- On whistle, 2 forwards with pucks skate down the boards, shoot and stay in front of the net.
- At the same time Δ at centre ice pivots forwards and backwards around circle then skates to blue line to receive puck from coach and finishes with a shot on net with forwards screening / deflecting.
- Players from both ends go at the same time on the whistle.



15 MIN

SKILLS STATIONS

1. SHOOTING / SCORING - DOWN LOW PLAY

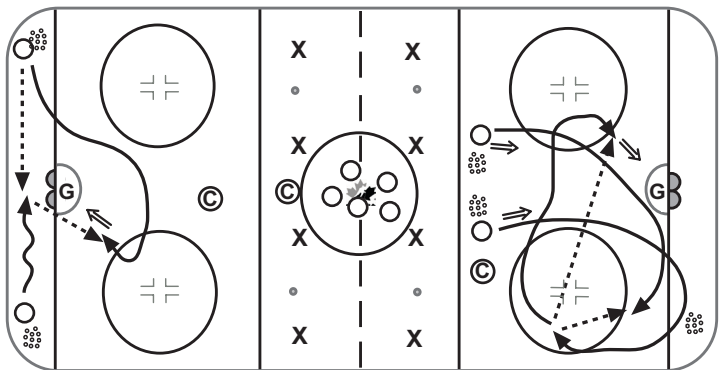
- Players in opposite corners with pucks. On whistle, both players skate towards the back of net, player with puck, makes pass, then moves to net front. Other player then has to make pass from behind net.

2. PUCK CONTROL

- Place pylons in a straight line as shown. Players get pucks and randomly make moves around each pylon. Encourage, quickness, agility and deception

3. SHOOTING / SCORING - 2 SHOT DROP TO BACK DOOR

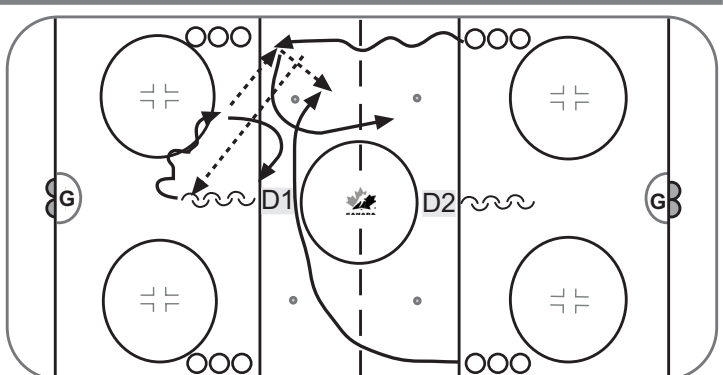
- 2 lines in middle of ice, just inside blueline. Each player goes in for shot on net, player closest to boards, skates to corner, picks up a puck, and drops it to the 2nd player who follows for support. 2nd player then passes to first player for a backdoor play



10 MIN

NZ UP - 2 ON 0

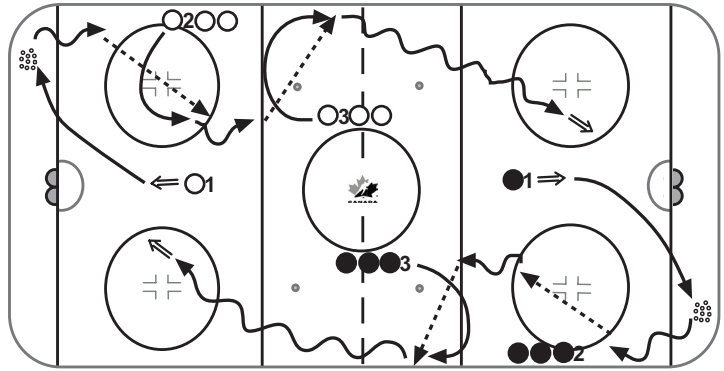
- Same as above except 2 fwds skate toward D.
- F1 moves puck to D1 and gets return pass.
- F2 provides middle support to D1 and low support, with speed, to F1.
- F1 can chip puck to F2 or give a direct pass.
- F's go down 2 vs 0 while 2 F's leave from the other blue lines.

**KEY EXECUTION POINTS**

- D move your feet
- F2 get over to provide middle support below F1

10 MIN LADDER/SWING DRILL

- 1 shooter at each blue line ready to go in and shoot on net.
- ○1 at hash mark at opposite ends.
- ○2 at bottom of center ice circle on both sides.
- Shooter goes in and shoots on net then goes to corner to pick up puck.
- ○1 times his skate and curls to mid ice for a pass from the shooter.
- ○2 is also timing his skate and is coming down to top of circle and curling towards the boards for a pass from ○1.
- Both ends at the same time.



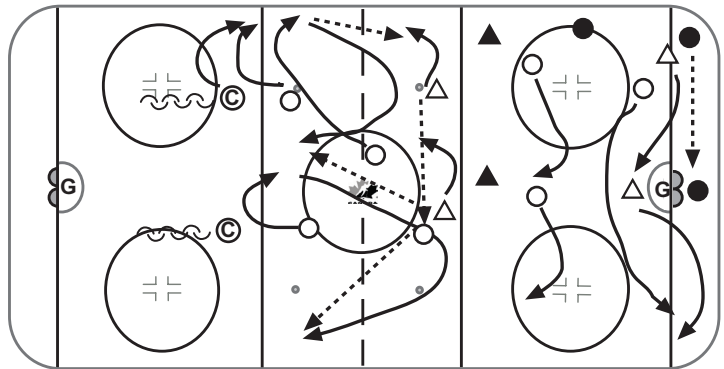
15 MIN FORECHECK/D ZONE COVERAGE

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.



5 MIN 2 ON 2 STEAL PUCK

- Place nets at one end on the goal line.
- 2 skaters from each line have to skate cross ice to score on the diagonal goal.
- If one team scores first, they can go and try to steal the puck from the other team and score twice.
- Play to 10

