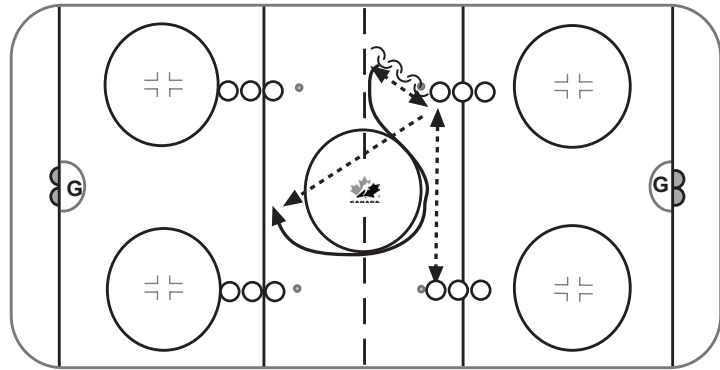


10 MIN

NZ WARMUP - B

- Line up at each of the 4 dots in the neutral zone
- On whistle, first person in line from opposite corners backpeddles, receives pass from next person in line, then 1 touches it back.
- Person in line then passes along blueline to first person in adjacent line, who then gives it back.
- Original person skates across ice, below the centre circle, and cuts into the middle of the ice to receive pass from the original line in which they started. Accelerate once pass is received and go for shot on net.



15 MIN

SKILLS STATIONS

- Organize into 3 groups, each groups starts at a station and rotates after 5 minutes

1. SHOOTING / SCORING - DOUBLE SHOT CORNER 2 PASS

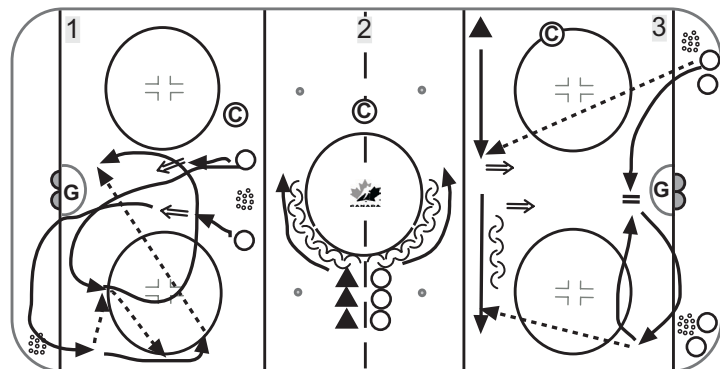
- Start with two lines near blueline. Each player goes in for shot. 1st player goes to corner to retrieve puck, and passes to 2nd player who comes in for support. 2nd player gives it back and heads to net for backdoor pass.

2. ALARM CLOCK

- Start with 2 players beside each other on circle, on signal they race forward to middle of circle, backwards to bottom, then forward to top of circle and backward back to bottom. Can also do with pucks

3. SCREENS AND TIPS

- Fwds in corner D on blue line, fwd passes to D who skates across blue line and shoots on net, fwd goes

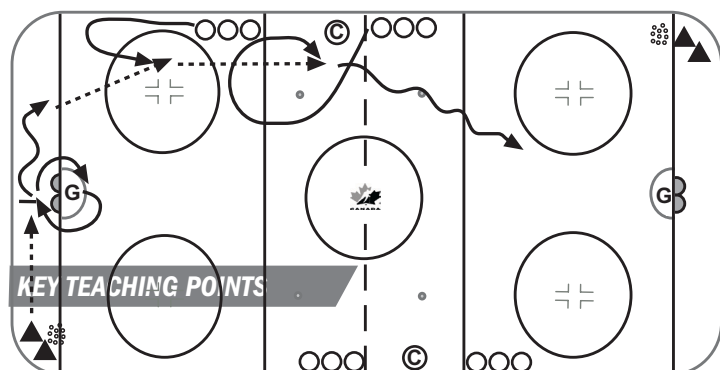


for tip, then skates to opposite corner picks up a puck and passes to same D who drags puck to middle for 2nd shot. Alt sides

10 MIN

TIMING - GOALIE SET PUCK

- D in corner spots puck behind net for goalie. Goalie sets puck for D who picks it up behind net and outlets to forward on wall.
- Second fwd from line at centre times skating route to receive pass in full stride and goes in for shot on net.
- 1st forward then goes to back of line at centre. Fwd that shoots stays at net for tip or rebound. Then goes to 1st line on opposite side.
- D follows play up ice, then transitions to play 1 on 1 coming back to original end



KEY TEACHING POINTS

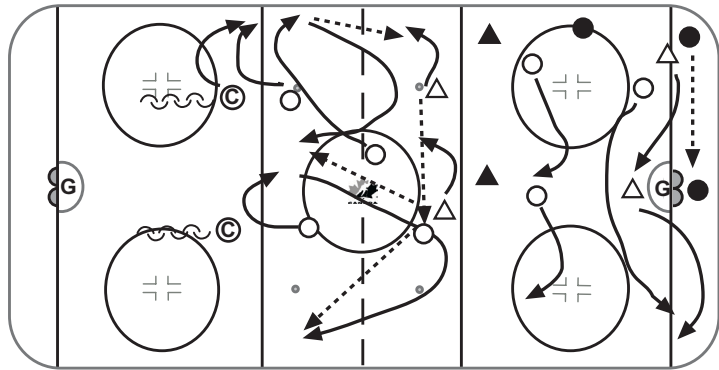
10 MIN FORECHECK/D ZONE COVERAGE

D ZONE COVERAGE

- Attacking team moves puck from corner, to behind net, to other corner, to point, Defenders rotate - wingers stay above ringette line.

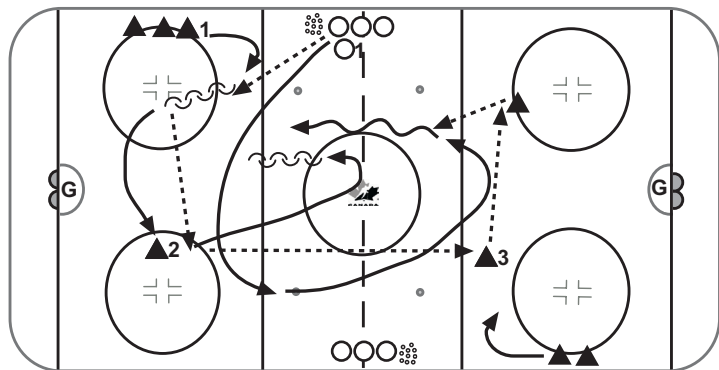
NZ FORCHECK / OFFENSIVE ZONE FORECHECK.

- 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.



10 MIN TRANSITION COUNTER ATTACK

- D1 receives puck from regrouping fwd, makes pass to D2 - D 2 passes to D3.
- D2 has to follow F1 and close gap to play the 1 on 1 coming back
- D3 passes to original fwd who skates around centre circle to receive pass and go in for 1 on 1 against D2



5 MIN SIDE TO SIDE SHOOTOUT

- Place nets at one end on the goal line. Have a shootout to 7 goals; first to score 7 wins.
- The next shooter cannot go until the previous shooter clears the zone across the blueline.

