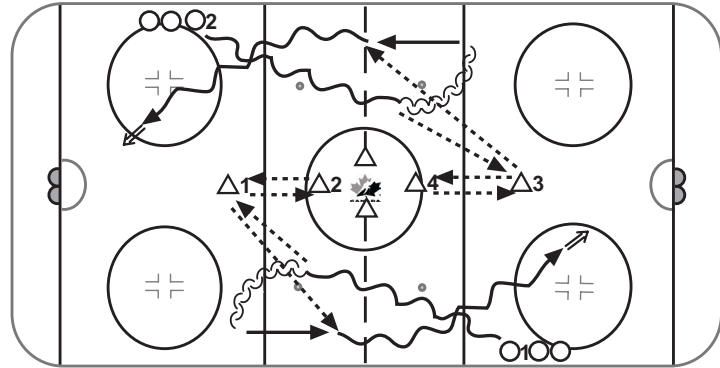


10 MIN PLUNGER 1 TOUCH AND UP - A

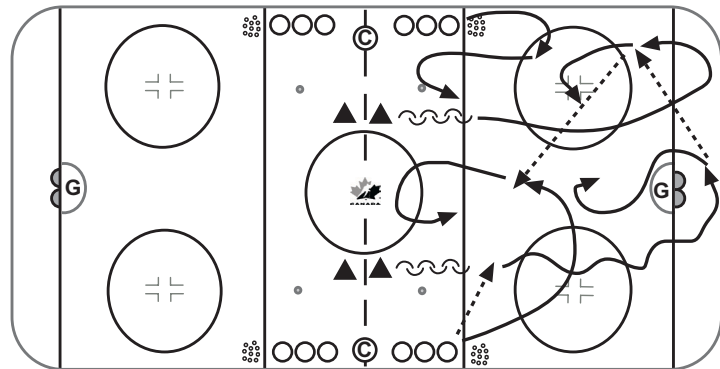
- ○1 passes to Δ1 and skates toward the far blueline pivoting backward to forward, keeping eye contact with Δ1.
- Δ1 passes to Δ2 then back to Δ1.
- Δ1 passes to ○1 who uses an open pivot to receive the pass up the boards.
- ○2 goes at the same time passing to Δ3.



- Pass with feet moving
- Call for the puck
- Stop at the net after shot

10 MIN HALF ICE - 2 ON 2 LONG

- Fwds on wall at blueline, D in middle of ice at centre red line.
- D backpeddles towards own zone, Fwd passes puck to D who goes behind own net makes breakout pass to 1 of 2 forwards who then regroup to attack 2 on 1.
- Add 2nd D and 3rd fwd to make 3 on 2.
- Both ends at same time



- Communication and good support on breakout.
- Crisp outlet pass/timing on regroup
- Low support

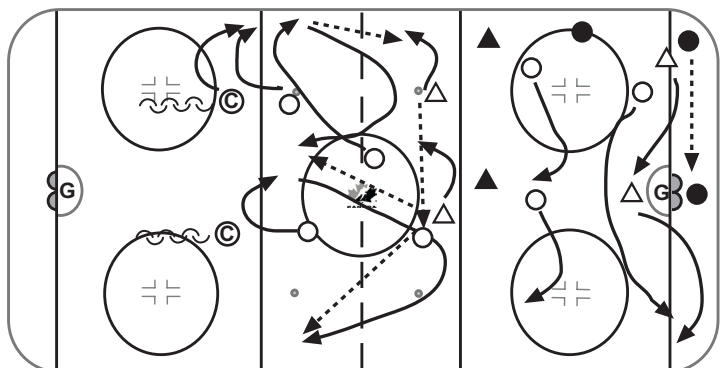
10 MIN FORECHECK/D ZONE COVERAGE

D ZONE COVERAGE

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

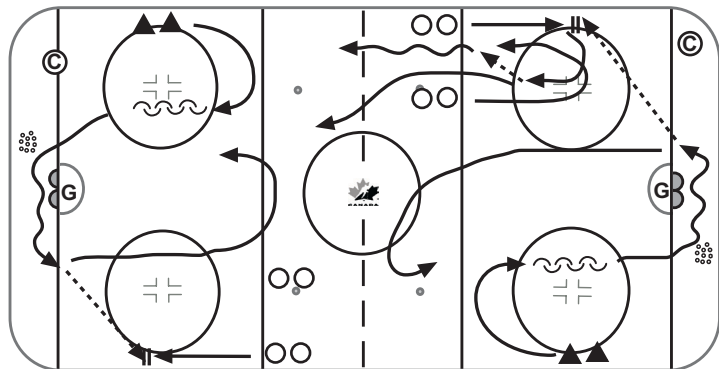
NZ FORCHECK / OFFENSIVE ZONE FORECHECK.

- 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.

**KEY TEACHING POINTS**

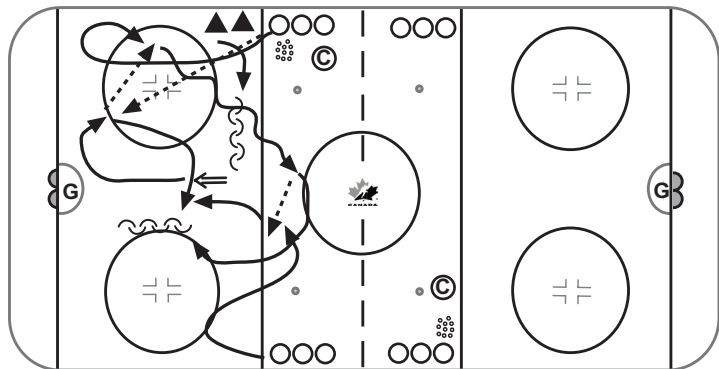
10 MIN 2 ON 1 LONG

- D on hash marks in end zone, at opposite ends and opposite sides of ice. Fwd in two lines just outside blue line.
- On whistle, D gap up to blue line, turn and skates below goal line to retrieve puck.
- Fwds then skate towards goal line to support D on outlet pass, swing to change lanes, receive pass and attack far end.
- After making outlet, pass, D must gap up to play 2 on 1 coming back. Both ends go at same time.



10 MIN HALF ICE REGROUP - 2 ON 1

- D on the wall just inside the blue line. Fwds on wall just outside blue line on both sides of the ice.
- D starts by skating to middle of the ice and takes shot on net. After shot, D skates toward bottom of circle and get pass from 1st fwd in line, D return pass to fwd who skates down wall to anchor for breakout pass.
- Fwd then skates outside zone, passes to fwd from opposite side of ice, both fwds regroup and attack D 2 on 1



10 MIN JEUX DANS DES ESPACES RESTREINTS

1. CIRCLE RELAY

- Place 2 pylons on the ice as shown.

2. MINI 1 ON 1

- 2 players face off with one puck and try to score by touching the puck to the pylon opposite them. Have to skate the puck to the pylon, can't shoot it at the pylon.
- Have 3 or 4 games going at once

