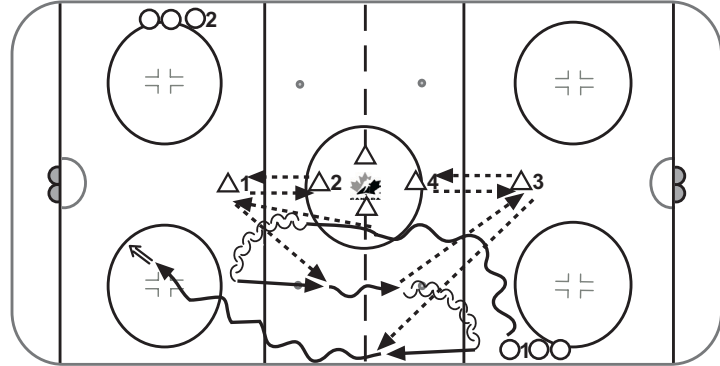


10 MIN PLUNGER 1 TOUCH AND UP - B

- Pivoting backward to forward, keeping eye contact with $\Delta 1$.
- $\Delta 1$ passes to $\Delta 2$ then back to $\Delta 1$.
- $\Delta 1$ passes to $\circ 1$ who uses an open pivot to receive the pass up the boards. $\circ 1$ then skates toward $\Delta 3$ makes a pass, opens up, receives return pass and then skates for opposite net for shot.
- $\circ 2$ performs the same pattern on the opposite side



- Eye on the passer
- Use open Mohawk pivoting technique to present a good target or a tight turn with head on a swivel.
- Encourage one-touch passing between defensemen while their feet are moving. Accelerate into the pass.

15 MIN SKILLS STATIONS**3 PASS QUICK MOVEMENT**

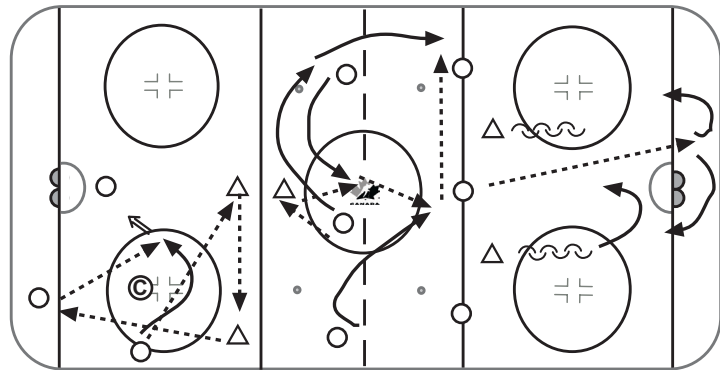
- Coach acts as defender. Start with puck on wall, can add cycle if desired. Repeat on other side after first shot.

NEUTRAL ZONE REGROUP SUPPORT

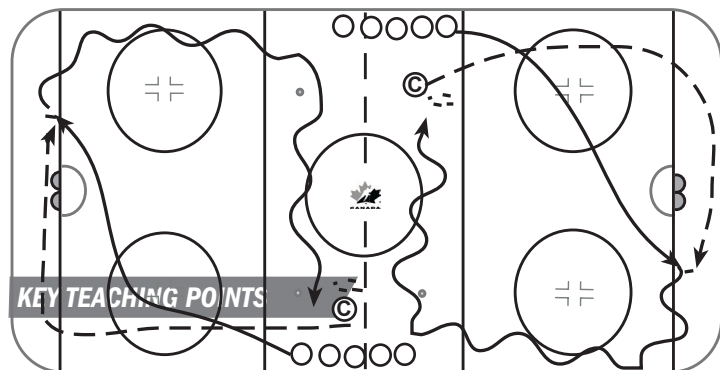
- 3 fwds, 1 D.
- Fwds weave through NZ with pass to D who then has to pass to one of the 3 fwds. Fwds must change lanes to support puck carrier

3 SEQUENCE BREAKOUT

- Quick Up - breakout - fwd tag blue line go dump in
- Over Pass - breakout - fwd tag blue line dump in
- Reverse - breakout - fwd tag blue line finish with 3 on 2

**10 MIN** ANGLING - READ AND REACT TO THE GAME

- Players will be able to read and react to the speed and route of the puck using the quickest most efficient route
- Coach rims the puck into the end zone, player reads the direction and speed of the puck to retrieve
- Player has head on a swivel to vacate zone and return to the back of the line



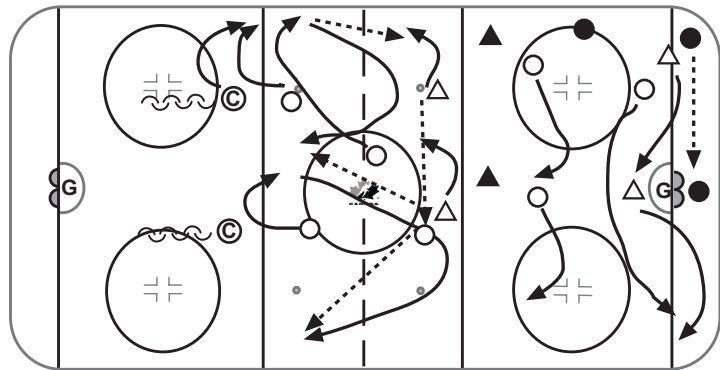
10 MIN FORECHECK/D ZONE COVERAGE

D ZONE COVERAGE

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

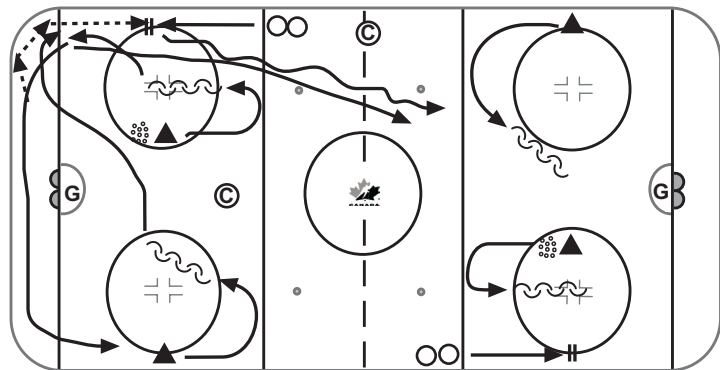
NZ FORCHECK / OFFENSIVE ZONE FORECHECK.

- 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 CORNER REVERSE D MAN RUSH

- Fwds on wall at blue line on opposite sides and ends. D on wall at hashmarks on opposite sides and ends.
- First D starts with puck, skates towards corner then wheels behind the net. D from far side skates in front of net, calls for the reverse, receives pass, then passes to fwd who skates down wall to get outlet pass.
- Fwd then skates towards far end with D trailing play.
- Both ends at the same time.



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.

