



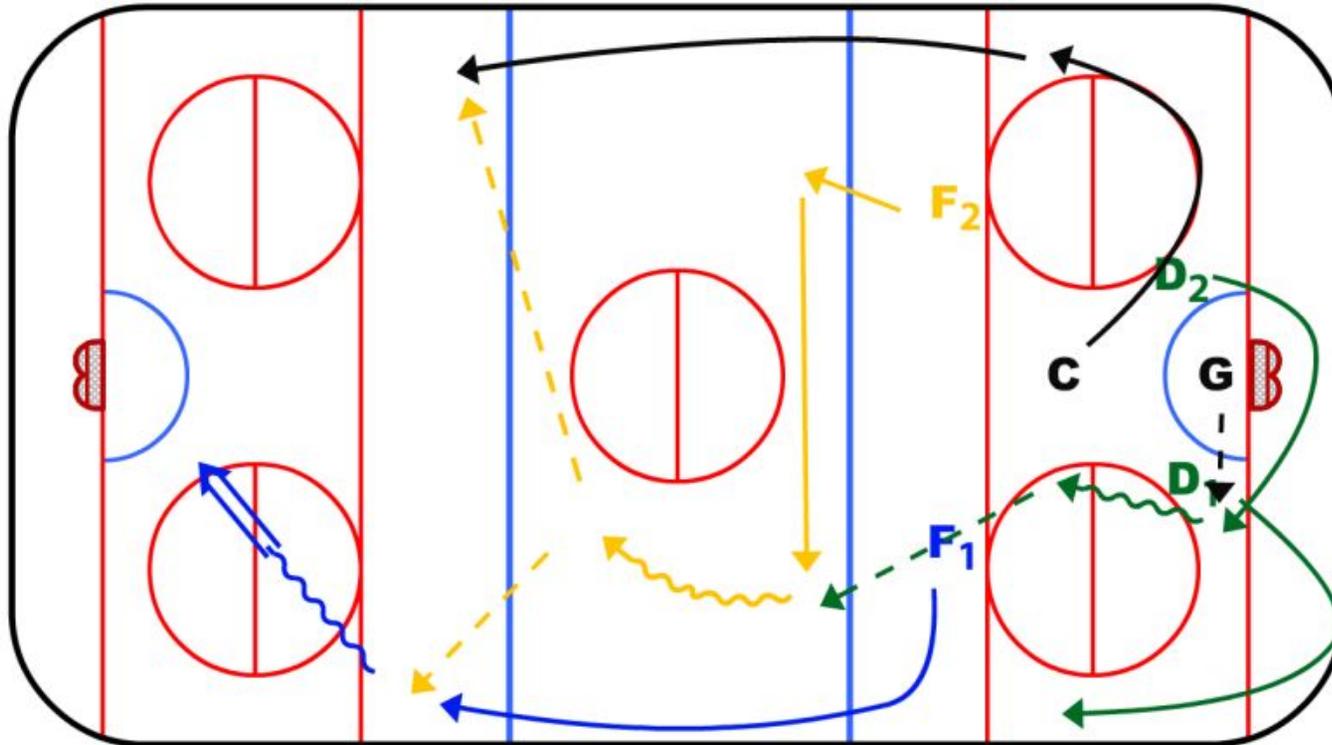
MDRA Game Plays

U14A and U16A Tryouts

Metcalfe and District Ringette Association

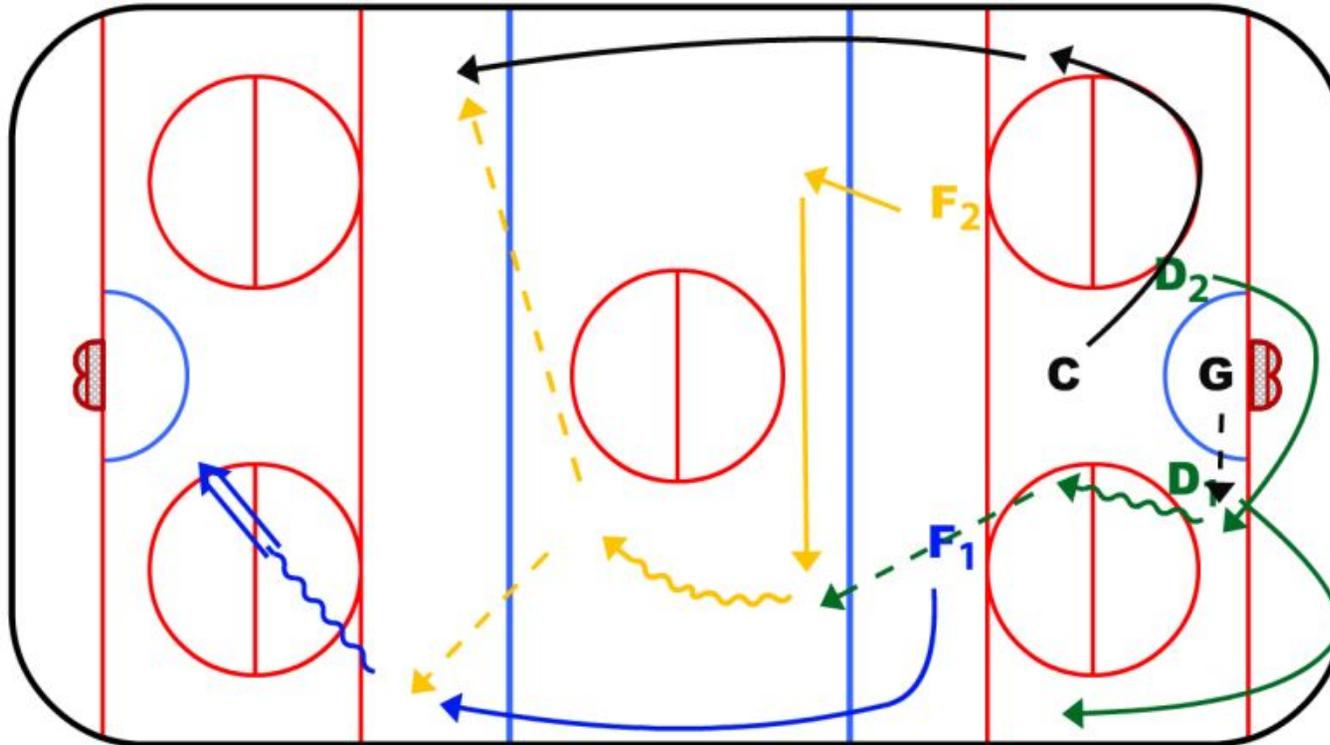
April 2025

Power Left Play



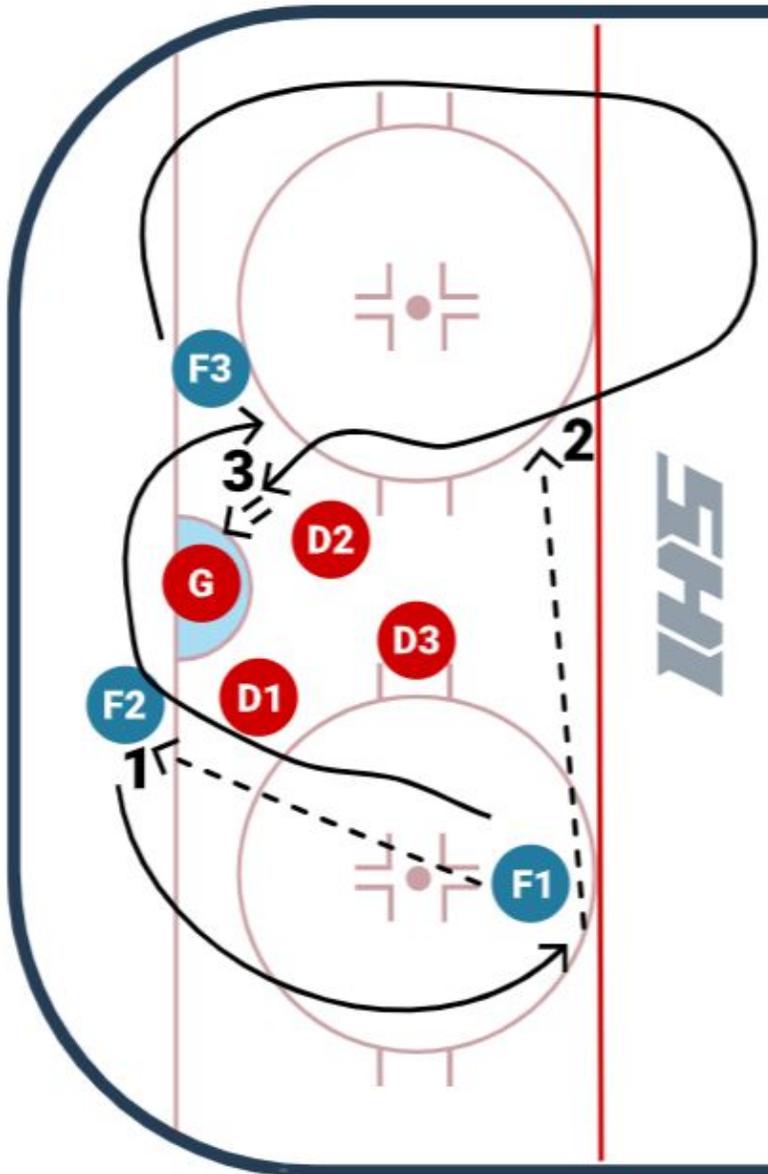
- D1 "flares"
- D2 skates behind the net and gets a pass close to the net from the goalie.
- C skates into the opposite corner and skates up the far side of the ice as another option.
- F1 has cut up the strong side and cleared the area for F2.
- F2 makes a cut over the blue line to receive the ring from D2.
- F2 skates towards the middle lane and passes to F1 in the offensive zone.
- F2 could also pass to the center on the far side.
- If F1 has a good chance, they can drive the net or pass to the center for a scoring opportunity.

Power Left Defensive Breakout Play



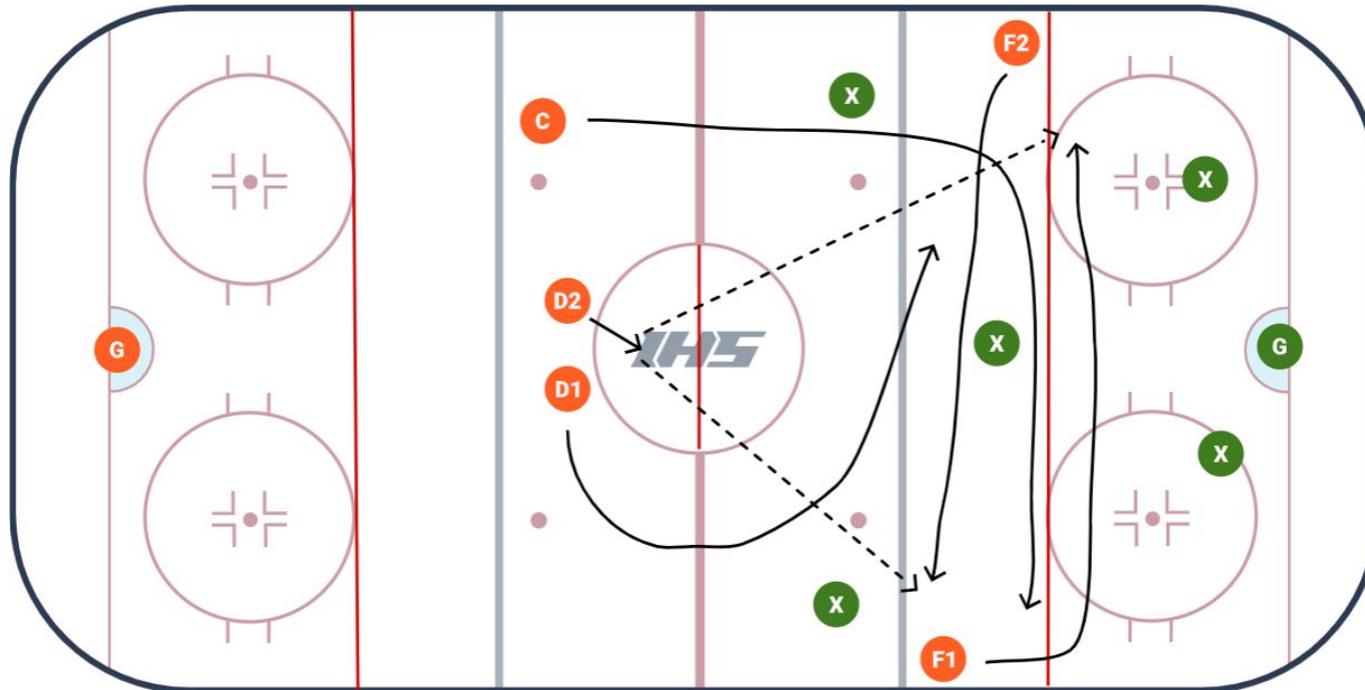
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- F2 could also pass to the center on the far side.
- If F1 has a good chance, they can drive the net or pass to the center for a scoring opportunity.

Offensive Free Pass Play



- F1 passes to F2 (then skates around the net and setups beside the net for a rebound)
- F2 skates up toward free play line
- F3 cuts outside the zone and back in on the same side. They will have to time it so they arrive at the free play line around the same time as F2.
- F2 fakes towards the middle, and makes a gentle pass across the ringette line.
- F3 picks up the pass and drives straight to the net.

Centre Ice Free Pass Play



- Centre starts skating straight down towards the free play line, then cuts right along the line
- F1 skates down over the free play line, and then towards the opposite side of the ice
- F2 skates straight towards the other side of the ice
- D2 steps into the centre ice circle, and looks for an open player to pass to
- D2 can either pass to F1 or F2, Centre gets ready to collect the pass if F2 misses, or cuts in to the zone to setup
- D1 skates around the centre circle and in towards the free play line to assist F1