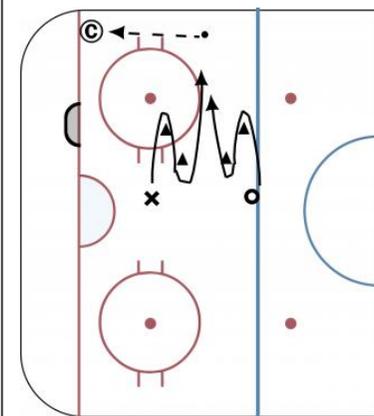


Defender 2.0 - 7 mins

4:15pm

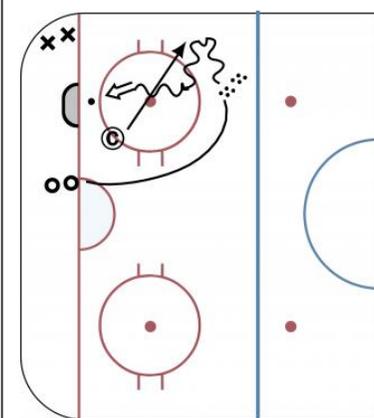


STATION #1
Russ

Players weave through cones and race for loose puck. The first player with possession passes to coach and gets open for a pass back and is the offensive player. The drill continues until either the goalie freezes it, the offensive player scores, or the defensive player skates the puck across the ringette line.

Cut In's 2.0 - 8 mins

4:22pm

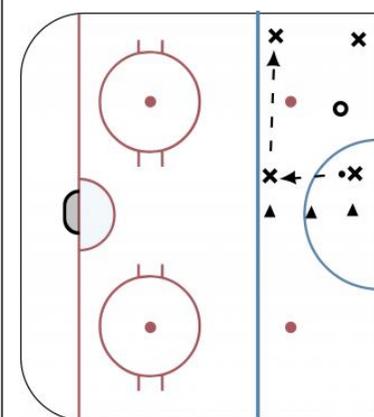


STATION #2
Brent & Franny

The O's are left handed and the X's are righties. Player begins by racing towards a loose puck and picking it up on their backhand. Once they turn with the puck they must identify where the coach is and either 1) cut in towards the middle of the ice if coach over commits or 2) drive wide around the coach if coach takes away the middle of the ice.

Puck Protect 2.0 - 7 mins

4:30pm

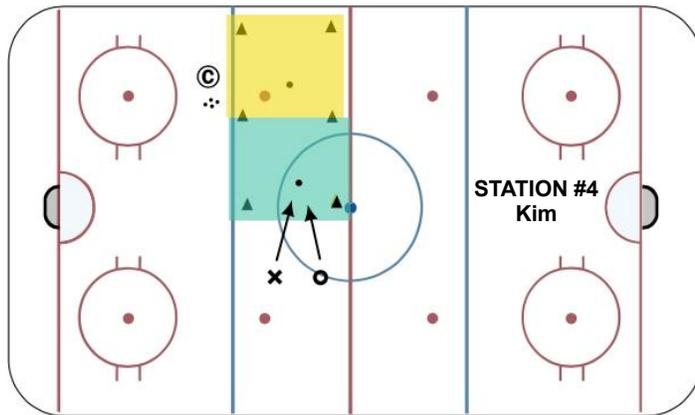


STATION #3
Brad

The X's play keep away passing from the O. This can be done with 2, 3, or more X's. For 2 X's, players can move freely around the game area to pass and keep the puck away from O.

Race For Pucks - 8 mins

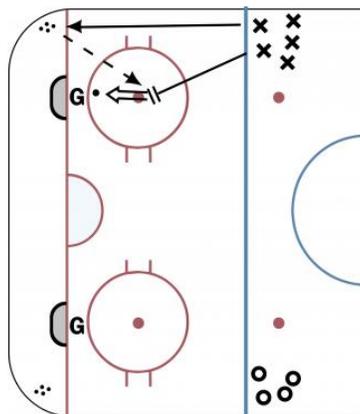
4:37pm



Set up 2 boxes with cones and place a puck in each box. On the whistle, players race for a puck in the green box and play keep away. After 5 seconds, coach says, "switch" and players leave the puck and race into the yellow box and play keep away again. Switch back and forth between the boxes for 20-30 seconds. If a puck leaves the game area, coach will spot a new one.

Goalie Gods - 7 mins

4:45pm

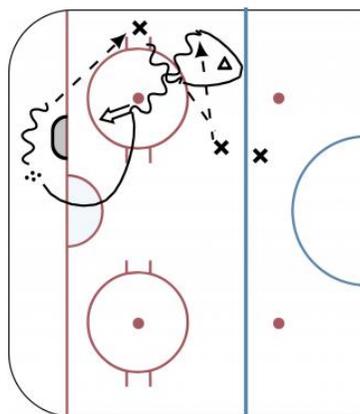


STATION #5
Tolan
* The drill you are running is modified from this. Will explain tomorrow

To begin, divide players into 2 teams, assign goalies, and place all remaining players on the bench. On the whistle, 2 players from each team race out of the box retrieve their puck, pass out front to their teammate and shoot on net. Players continue until they score. Once they score, both players race back into the box before 2 new players race onto the ice. This is a continuous game. First team to get x goals wins.

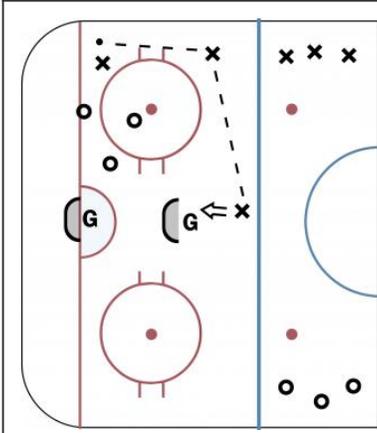
Slingshot 3.0 - 8 mins

4:52pm



STATION #6
Matt

Player begin by skating around net, getting a puck, and making a breakout pass to the next player in line. That player receives the puck and passes to the starting line, does a tight turn around a cone, then receives the pass back from the starting line. Take a shot on net then begin the next break out. Rotation is support, pass, shot, break out pass, back of the line



This is a 3v3 or 2v2 game. Players can only score on a specific net. Most of the game play will be generated down low and we want the players winning pucks and making passes out front to players supporting the puck.