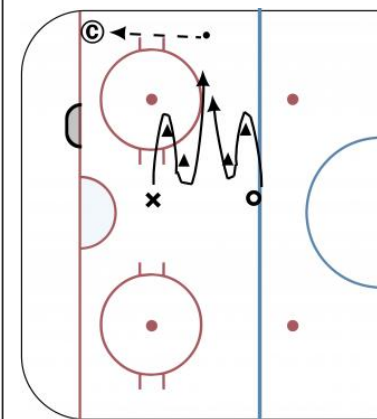


Defender 2.0 - 7 mins

4:15pm

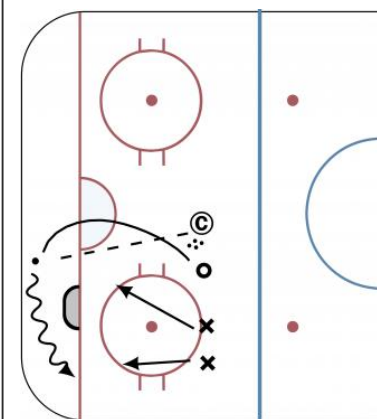


STATION #1
Russ

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.

The Great Escape - 8 mins

4:22pm

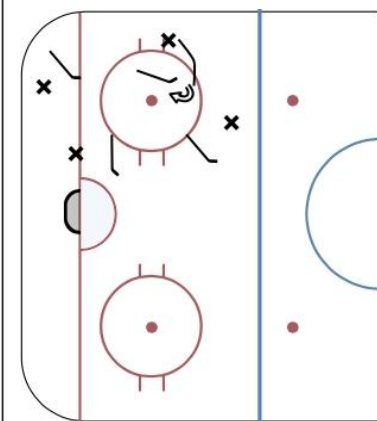


STATION #2
Tolan

Coach dumps a puck and the O races after it. The O must keep control of the puck and skate it past the top of the circle (use cones). The O is NOT allowed to just shoot the puck away. The 2 X's must work together to steal the puck and score. Play until a goal, O skates it out, or 20 seconds, whichever happens first.

Homework - Skating - 7 mins

4:30pm

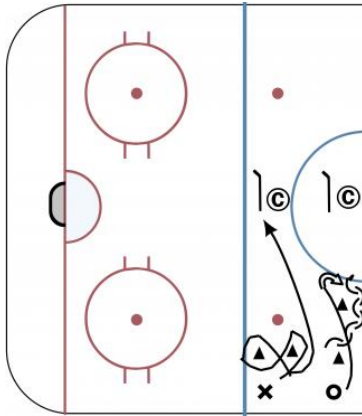


STATION #3
Franny / Brent

To begin, players place sticks on ice. Players copy the coach executing a series of skating skills around, over their stick. Inside / outside edges, bubbles, glide turns, etc. Add multiple steps in a sequence to challenge players.

Timber 2.0 - 8 mins

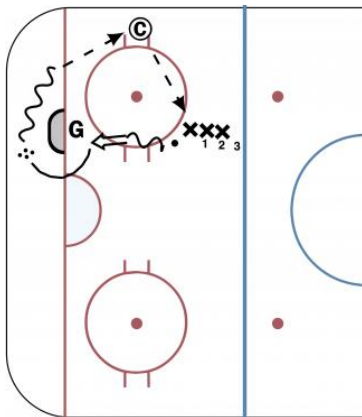
4:37pm

**STATION #4**
Brad

On the GO, players execute a forward figure 8 then race to catch the stick. Coach will release the stick as the players approach. Try to attain a 50/50 success rate for optimal effort. Drill can be modified to execute a F-B-F figure 8 as well.

Slingshot 1.0 - 7 mins

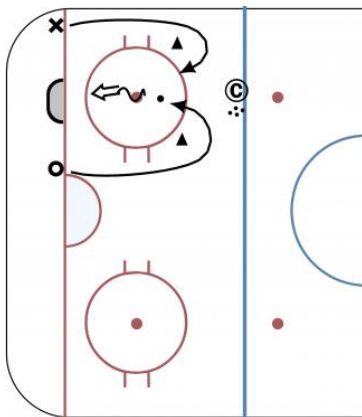
4:45pm

**STATION #5**
Matt

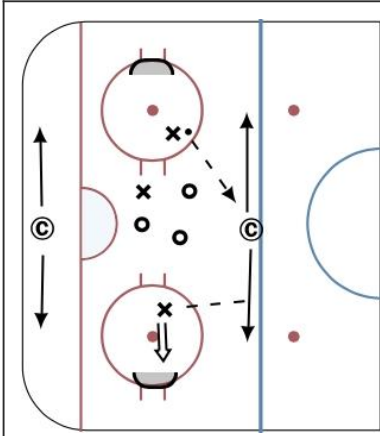
X begins with a shot on net. After the shot, X skates behind the net, gets a puck, and makes a pass to the coach (then returns to the back of the line). Coach then passes to next player in line who goes in for a shot, etc. This is a continuous activity.

Puck Races - 8 mins

4:52pm

**STATION #6**
Kim

On coach signal, players race around cones for a loose puck. First player to get to puck shoots on net while 2nd player "back checks" to defend.



Set up 3v3 cross ice game with goalies. Players play 3v3 and must pass to coach on change of possession. Coaches will be moving up and down the ice with the play. Players are working on winning pucks and looking to move it to a coach. Coaches should try to be moving while receiving passes to work on head manning the puck and passing to a moving target.