



Cat #1:

Drill 3

Title : Technical Session Drill

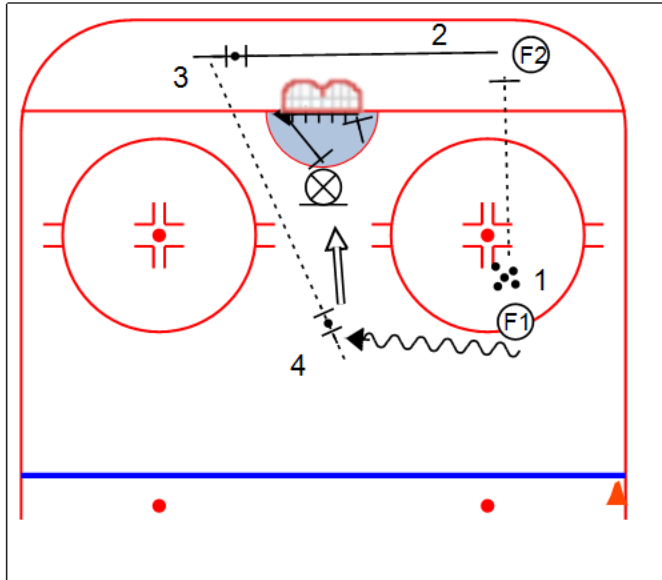
Cat #2:

Skate 2,3

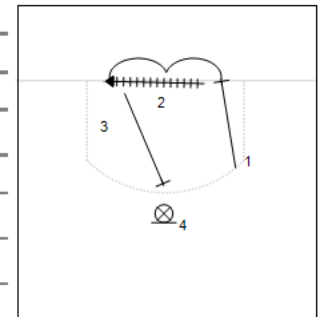
Level : U13/U15/U18

Description (notes)

Goalies will start on faceoff-dot square to F1, next goalies will follow pass to the post for a behind the net pass from F2 to F1 who will be in the middle of the ringette line. F1 will wait for goaltender to set and then release a shot to score.



- 1) T-Push To Close-Side Post
- 2) Post To Post Movement
- 3) T-Push To Top Of Crease
- 4) Save Selection From Shot
- 5) _____
- 6) _____
- 7) _____
- 8) _____



Awareness

Post To Post Connections

Setting Feet For Shot/ Save Selection

Depth/Angle In Net

5 times each sides.

10 minutes