

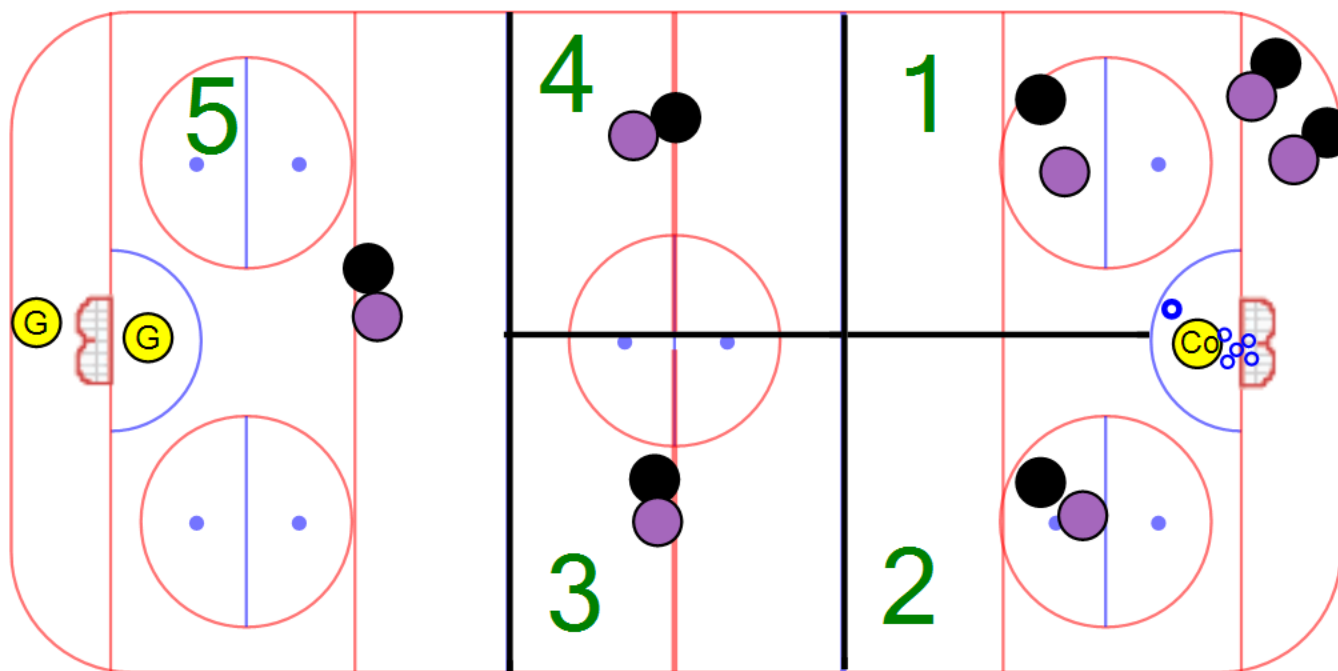
Category #1 :

Title : Anu's Squares

Category #2 :

Content elements : _____

Components: _____



Key points :

Description

The ice is divided into 5 zones (you could put up cones if you want). Each zone is a 1v1. The ring must go to each zone at least once, laterally first, before it arrives in the far end for a shooting opportunity.

The coach passes a ring into either zone 1 or 2, and whoever has the ring is considered the 'offensive' team. The other is defending. Assuming the first pass goes to zone 1, they need to make a support pass to their teammate in zone 2. Once both zone 1 and zone 2 have had the ring at least once, it can be passed up to a teammate in zone 3 or 4. It can then go back to zone 1/2 or laterally again, but must go to zones 3 and 4 before it can go up to zone 5. Once in zone 5, it's a 1v1 to the net.

Players rotate from zone 1-2-3-4-5 and back into the line by the net. You could use a goalie to distribute the ring in the starting end, but it might be less interesting and useful depending on how the drill is going.

The ring can change teams multiple times throughout this drill. You might start out by marking someone and then find that your teammate intercepted or checked someone and that you now need to get open to support them instead of defending. They all need to be paying attention and ready to adapt which is key for any transition. This drill is intended to focus on small area, 1v1 battles. The space they have is still quite large, but they need to fight to create their own space, or to take it away if they are defending. The use of support passes is also helpful, teaching them to be aware at all times.

This could be modified for half ice by having zones 1/2 end at the ringette line instead of the blue line, and directing zones 3/4 back to 1/2 for the shot on net.