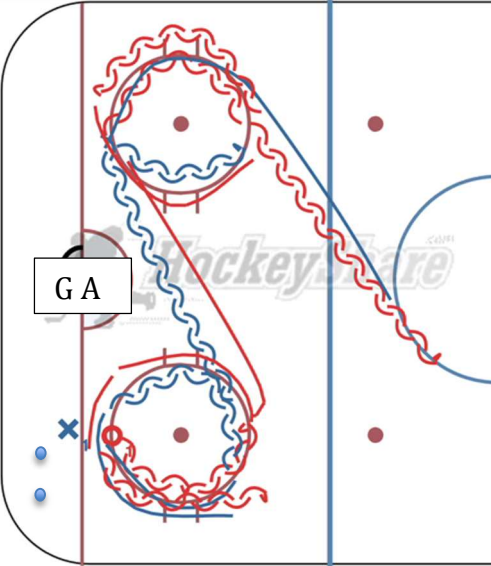

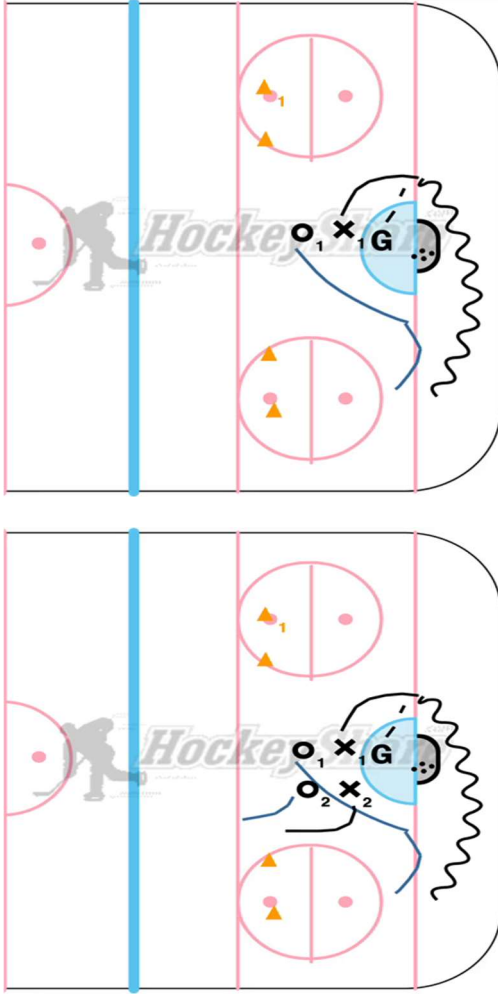
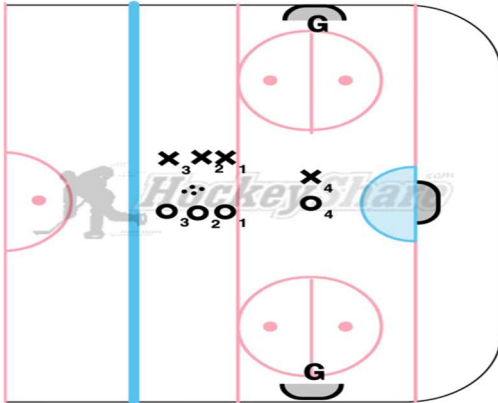


<p>Warm-Up 18 min Total</p>	<p>Dynamic Stretching warm up with Power Skating</p> <p>Drill Name: Goalie warm up 6 min Description/KEP: movement 5m shuttles (T push, shuffle, C cuts, slide with butterfly up/down both directions), crease movement drill (post, slide across and up at opposite post, C cut out, T push along crease to middle, butterfly, C cut back into crease, C cut out to crease, butterfly, T push along crease to original post, reset and go other direction)</p> <p>Shuttle Partner Passing Description/Key Execution Points (KEPs) (AL training 20 sec hard skate 20 sec rest X3)</p> <p>1. X1 is on boards with the ring. Partner (X2) is facing them in the middle of the ice.</p> <p>2. X starts skating forwards, O starts skating backwards. When X gets to the middle they pass to O in motion, stop and skate directly backwards. Try stopping in different direction each time.</p> <p>3. As soon as sees the loose ring the jump forward to pick it up and skate to the middle to pass to X who started skating backwards a soon as they passed. Continuous back and forth</p> <p>KTP –accurate passing: communication, give a target, follow through and jumping on loose ring.</p> <p>Skating: Both X1 and X2 are travelling in a straight line – up and back</p> <p>Skating backward: Skates under hips - Use backward v-stop - With skates under hips, push out for v-stop - open at hips</p> <p>Forward to Backward Full stop using a stop and a backward undercut - full stop with skates parallel - weight on outside edge (back foot) - shoulders square - backward crossover to accelerate backwards - back outside edge is powerful push</p> <p>Goalies: Challenge the shooter to take the space and angle away. Quick recovery and shuffle to the next shooter</p>	
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<p>Skating warm up (6 min)</p>	<p>Circle Dance – Quick recovery on “turnover” Description/KEP: X is defending goal A. O is defending Goal B. O drives at X (who is skating backwards GSIS) using change of speed, fakes – movement, until top of circle, pivots and skates backwards. X pivots forward and drive skates at O. O pivots and is now skating backward, GSIS. 1 ½ times around each circle. . Come back down the boards to rejoin line.</p> <p>2nd time through X starts with a ring and passes to O when they are transitioning from offence to defence</p> <p>KTP – Quick, smooth transitions Skating: Fwd to Back <ul style="list-style-type: none"> • Side stop • Backwards cross-over / backwards start • Backwards skating into our C-cuts Skating: Back to Fwd <ul style="list-style-type: none"> • Make a C-cut to open up hips • Bring heels together • Transfer weight and push off back foot <p>Offensively: Drive skate/Deception Defensively: Contain (GSIS positioning), Stay square, Keep 1 stick length distance.</p> </p>	
<p>Shooting Warm up (7 min)</p>	<p>½ Ice Modified Fazer – add screen, add D Description/KEP X passes to O, skates to the outside (quiet zone) and receives a return pass back. X attacks net through dot. After O passes, they skate and receive a pass from the next player in line for second shot on net from middle. All 4 corners, players switch sides Progression 1: After X shoots, they become a screen. Progression 2: After X shoots, they play Def on O.</p> <p>KTP Goalie warm up shots from different angles to promote goalie lateral movement. Stick to stick passes, communication, give a target</p> <p>Goalies: Challenge the shooter to take the space and angle away. Quick recovery and shuffle to the next shooter</p>	

RAB CUP practice 1 – Saturday April 27, 2024, 60 minutes, Tri-Leisure Centre Spruce Grove

<p>Main Part 1 on 1 2 on 2 33 min total 3min description 10 min per station</p>	<p>STATION 1: – 1 on 1, 2 on 2 in Offensive Zone 1 on 1 X (D) starts with ring and makes a pass to O (F), then drives around circle and heads to the net for a shot. D steps up to F to take away space and time channel out of slot. 1 on 1 to net and take a shot. After O shoots, they pick up a ring in the opposite corner and plays a low (under hash marks) 1 on 1 for the second shot using movement to create space.</p> <p>Alternate sides</p> <p>2 on 2 – Add a D and an O to the opposite side. Only play one ring to a max of 10 - 12 seconds.</p> <p>KTP 1 on 1 Defence - Contain/Challenge, Channel, Check. 1 on 1 Offence – Movement/Create Space</p> <p>2 on 2 Defence – Still marking up. 2 on 2 Offence: Overload (create 2 v 1's), Support, Surprise, Timing,</p> <p>Goalie: Part A: Take away angle, push out to take away space. Awareness and readiness for drive, outside shot, or pass. Strong push across if pass, rebound control, tracking.</p>	
	<p>STATION 2: 3 pylon Small Space Battle</p> <p>Description/KEP's Place 3 pylons around circle as shown. Place the net about a meter outside the circle so that the edge of the circle acts as a crease. Short pass inside the circle, players battle 1 v. 1 for ring. Winner of the ring is offence and must go around 2 of the 3 pylons before driving to the net for a shot. Start with 1 on 1 and then 2 on 2</p> <p>KTP's Offence: Use drive skate and deception to win the space. Drive the net, shoot to score</p> <p>Defence gain GSIS body position. Maintain contact with player, (hips) to contain them. Try to get them to turn towards your stick. Keep feet moving and bother the stick when you anticipate them shooting, but don't go "fishing" and lose body position. If you find yourself reaching, or pushing you are probably losing the battle (or about to get a penalty). Accelerate to win the "new" space and win the battle. Offence: Overload (create 2 v 1's), Support, Surprise, Timing,</p> <p>• Goalies: track the ring, do not over commit.</p>	

	<p>STATION 3: Mark up Forecheck 1 on 1, 2 on 2</p> <p>Description/KEP 1 on 1 Forecheck G starts with ring and distributes it behind the net to X to skate ring out (cut middle) between pylons. O comes across the top of the crease to channel D to the outside.</p> <p>X has 6 seconds to get the ring between the blue lines. If O gets the ring, they can shoot on net.</p> <p>2 on 2 Add a second X2 and O2. O is forechecking man on. No forward passes.</p> <p>KTP 1 on 1 - X uses Movement speed and deception to get past O and jump middle for additional Space.</p> <p>O –Take away Space and Time. needs to ensure X does not cut in at crease and then cover GSIS to channel at an angle to the boards and not let X cut middle. Stay square. Take away passing lane forcing the pass up the boards.</p> <p>Part B – X2 staggers timing to give distribution options for the goalie to create space will work to get in GSIS support position</p> <p>Goalie: accurate ring distribution, reposition for shot.</p>	
<p>Cool-down Game</p> <p>(6 min)</p>	<p>Increasing Number Ringette</p> <p>Description/KEP Nets at boards in offensive zone. Game is played across ice. Players (half from each team) are lined up at ringette line. Start with 1 on 1 add players from each team until 3 on 3. Keep it quick.</p> <p>KTP: Remind players to use the same offensive (MOSSSTT) and defensive (Contain/Challenge, Channel, Check) concepts.</p>	
<p>Cool-Down</p> <p>(3 min)</p>	<p>Description KEP: Stretches including: lunge with a twist, knees to chest, high knees, open the gate close the gate, stick behind back – side to side</p> <p>Key Teaching Points (KTP's) – hold stretches between blue lines, controlled movements to the full range of motion.</p>	
<p>Conclusion</p> <p>5 min</p> <p>Off-ice in dressing room</p>	<p>Review key points of practice – what went well, what to work on</p> <p>What is coming up next - timing</p> <p>Review and reflect with other coaches about future planning</p>	