

RAB Cup Practice 2

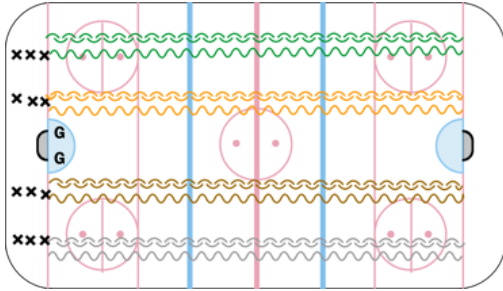
04/26/25, 3:05pm - 75 mins

Player loose skate

5 mins

Edgework (Stride) Warm-up

15 mins



Players in four equal lines. Edgework skating to far end of the ice. Once lines have reformed, return.

1. Long forward stride (2x) *Stress long delayed leg extension
2. C-cuts left leg (1x) *Stress hearing the C-cut in the ice
3. C-cuts right leg (1x) *Stress hearing the C-cut in the ice
4. Exaggerated cross-overs forward (2x) *Stress exaggerating the cross-over to almost falling over.
5. Normal backwards crossovers (2x) *Stress technique and not speed.
6. 3 step acceleration (2x) *Stress using the 3 fast steps to gain acceleration.
7. Slow to blue line/acceleration between blue lines/deceleration (2x).
*Stress speed adjustments.

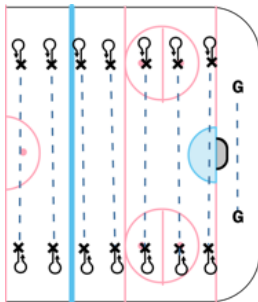
Goalies will skate stages 1-3, then proceed to stretch in crease(s) during stages 4-7.

Notes: *** Stages 1-5 are NOT a speed drill!!

Reinforce with athletes to focus on technique, working edges and testing boundaries.

Static Partner passing

5 mins



With a partner, passing back and forth. Long and short passes. Players transitioning and always in motion either forward or backwards.

***Stress that passes are NOT to the player, but rather to their stick tip.

Goalies will practice passing to one another below the goalie line.

Notes: Players always in motion.

Pass to stick, not player.

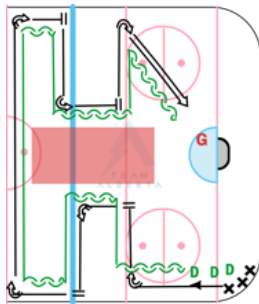


- X1 starts w ring at ringette line along the boards, line behind them along the boards down towards the goal line
- X1 skates up to blue line w ring, passes back along the boards to X2
- X1 continues up, around the dot outside the blue line, comes back in
- X2 lays a pass out inside the ringette line to X1 as they are coming in
- X1 picks up pass on forehand ready in a shooting position to get a shot off right away (on her stick, off her stick into a shot)
- X1 follows rebound, then sets up in a screen for X2

- X2 starts w ring on ringette line along the boards, skates backwards w ring along the ringette line
- X2 passes to X3 (next in line)
- X3 passes back to X2 (who is still skating backwards along ringette line)
- X2 picks up the pass, turns to the outside of the "triangle", takes outside shot across the top of the "triangle"
- make sure X2 turns to the outside and not inside towards the goalie, make sure X2 doesn't drive in to the net and takes outside shot across the top of the triangle, even if that means they take a shot on their backhand from out there
- X1 sets the screen and both X1 and X2 come in to play the rebound - if goalie is warm, goalie can play the rebound too (but should at least react to where the rebound is going)
- After X1 and X2 go, then O1 and O2 from the other side go

Notes: - teaching points - quick passes stick to stick, on your stick, off your stick

- outside shots, hit the net, try to shoot low for rebounds
- pass inside the ringette line to keep the ring inside the zone



X1 will start in the corner and drive up the boards to the free-play line. Will pivot and skate across free-play line, coming to a complete stop before crossing midline of ice (red zone). X1 will then drive directly up to the blue line, pivoting and skating along blue line back to the boards, coming to a complete stop again. X1 will drive up the boards to the center line, then will skate at 50% along the red line to far boards. Pivoting, player will drive hard to the blue line and stop. X1 will drive along blue line, pivoting prior to crossing the midline of the ice (red zone), driving to the free-play line and stopping. Accelerate along the free-play line back to the boards, pivoting, then driving to the net and taking a shot.

D1 will defend ring carrier. Will work to maintain inside/goalside to the Center line imagining the far net as the defenders net. As X1 skates across the center line, D1 will shift to defending the near goal.

Notes: D1 will maintain inside/goalside positioning and can try to stick check ring carrier.

X1 will skate hard, challenging D1, but will be mindful to protect the ring.

****This is not a choreographed skating routine. The ring carrier must skate hard and try to beat coverage of the defender (except the period skating across ice at the red line). Players will not stretch and learn if the drill is done at the "comfort zone" speed.**

Both players skating across center line at 50% and no checking. This is simply repositioning.

Iv1 NZ Break

10 mins



X and O line up at the boards in the neutral zone near the blue line facing the boards. Coach passes ring into the feet of players. Battle for the ring. Player that wins ring passes back to Coach and enters zone for a Give & Go. Player who did not win ring immediately transitions to defence. 1v1.

Defender must use quick feet and take an extra stride to gain goalside/inside positioning. Looking for positioning and channeling from the D over back checking.

After they complete rep, another pair of players are ready to go on the other boards.

Notes: Use body to block out opposing player.
Good crisp passes.



1 v 1. X and D leave together, D passes to X across the free-play line. X picks up the ring, touches the blue line, and drives the net. D steps up with play, then pivots to backwards skating with goalside/inside positioning to pickup X and stop X's lane to the net. X tries to get a shot. Alternate corners in the same end.

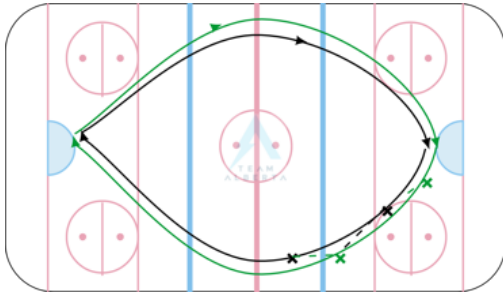
Drill must occur in median half of ice and not the entire offensive zone (stay out of Red Zone).

D focus on gap control and establishing goalside / inside positioning to channel threat away from net. D should step out of their comfort zone, keeping their feet moving, and meet the threat at or near the free play line. Do not get skated back into your goalie. Establish contact early.

Notes: X with the ring controls direction and speed and can use to their advantage.

Partner Skating Cool-Down

5 mins



Simple passing and skating cool-down to keep moving and partner passing. Smart crisp passes as players skate around the outside of ice but NOT behind the goal line (nets can be pulled out). Passes must be completed over the blue lines, so players must be aware of where they are relative to blue lines. Players will stretch out and relax as they skate, but being mindful of accurate crisp passes. On the whistle, players will change direction.

Goalies will also do this drill, "paddling" the ring.

Notes: Not a speed drill - use as a cool down.

Smart crisp passes = accurate lead pass to the player's stick so that they do not have to break stride. Pass must be at "game" speed. Make your team mates better!