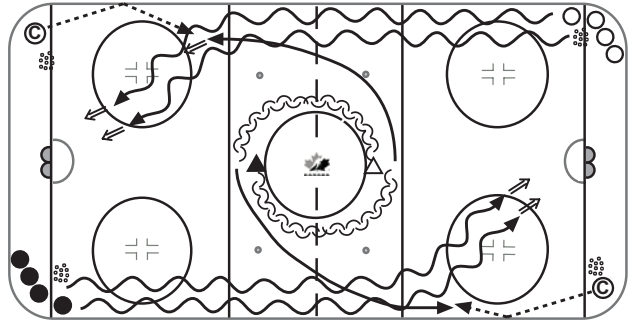
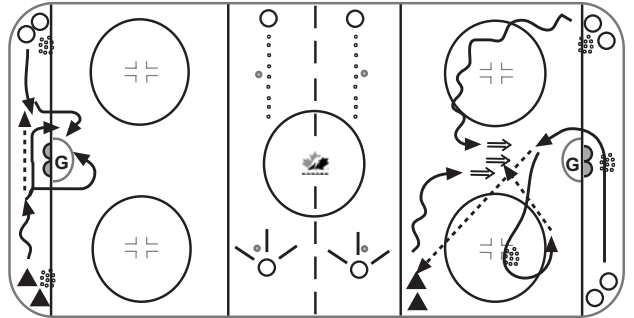


Practice 7

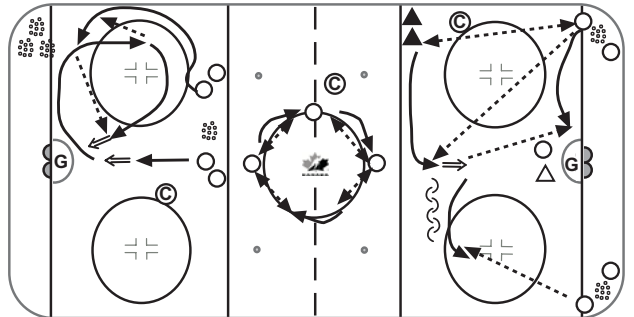
Drill Name & Description
2 on 0 with Point Shot
<ol style="list-style-type: none"> 1) Pucks in all 4 corners. 2) Forwards in opposite corners. 3) Coach in opposite corners. 4) On whistle, 2 forwards with pucks skate down the boards, shoot and stay in front of the net. 5) At the same time Δ at centre ice pivots forwards and backwards around circle then skates to blue line to receive puck from coach and finishes with a shot on net with forwards screening / deflecting. 6) Players from both ends go at the same time on the whistle.



Drill Name & Description
Skills Stations 1
<p>1) Shooting / Scoring – Walk Out 1 on 1 Players in each corner, pass is made behind to opposite side. Person who made the pass is then on Defense and has to try and stop the offensive player. Alternate sides</p> <p>2) Stationary Puck Handling – Puck Dots / Stationary Toe Drags Place pucks in a straight line, 12 – 16 inches apart and have players work on quick hands moving the puck in and out of the row of pucks. When done with puck dots, work on stationary toe drags forehand and backhand</p> <p>3) Shooting / Scoring - 3 Shot Quick Release Fwds in Corners, D at blue line. F1 skates behind net picks up puck, walks around net and passes to D1 for shot. F2 then leaves out of corner, walks around top of circle for shot on net. F1 then picks up second puck and passes to either F2 or D1 for third shot.</p>



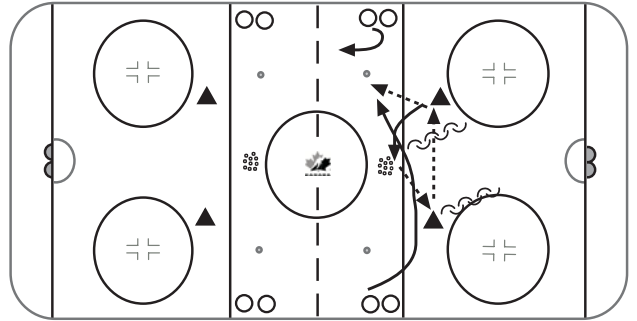
Drill Name & Description
Skills Stations 2
<p>1) Shooting / Scoring – Down the Wall Cycle 2 lines near blue line. Middle line shoots on net, then skates to corner to retrieve puck. Line closest to boards skates down wall, to pick up cycle pass from first forward, who then goes to the net for a return pass.</p> <p>2) 1 Touch Face the Passer 2 stationary passers on outside of circle. Skaters skate around the circle always facing the passers performing give and go. a) 1 Touch b) double pass c) add second skater</p> <p>3) Shooting / Scoring – Screens and Tips - Shot Pass Fwds in corners, D on wall at blue line. Fwd and D play give and go, D then skates to middle of ice, gets pass from F and performs shot pass wide of net so F can come out of corner to deflect. Perform the same from other side.</p>



Drill Name & Description
D Man Mobility Warm – Up 2
 Go both ends at same time, Sequence is Pass Left, Pass Right, D Skate

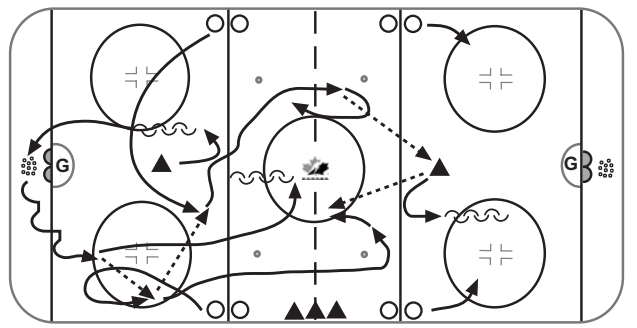
- 1) Players start on 4 corners of Blue lines
- 2) All the pucks are in the center circle.
- 3) D start inside blueline in centre of ice
- 4) D picks up puck, backpeddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, backpeddles to blue line and hits F from the right side with pass, touches up to blueline, picks up third puck and goes in for shot on net.

Progression from D Man Mobility 1 – Split the D side to side, so they alternate retrieving puck and make a D to D pass



Drill Name & Description
Continuous 2 on 1

- 1) D picks up puck behind net, passes to forward on the wall, other forward takes off far wall at the same time.
- 2) Fwds, support puck and skate up ice 2 on 0
- 3) Fwd with puck passes to far D, fwds then re-group – 1 stretch, 1 low, D can pass to either to go back on original D 2 on 1.



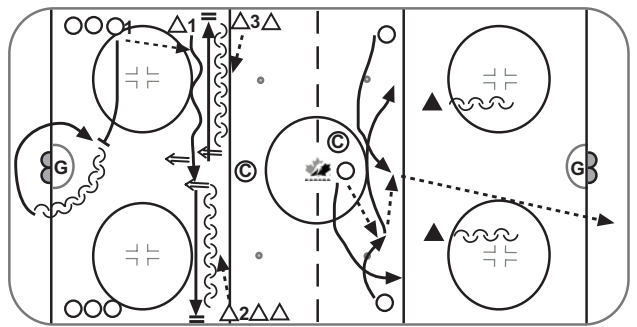
Drill Name & Description
Wheel House Spring and Shoot – 4 x Breakout

A) Wheelhouse Sprint and Shoot

- 1) O1 passes to Δ1.
- 2) Δ1 sprints to mid-ice and shoots with O1 screening or deflecting.
- 3) Δ1 touches the far boards, backwards to center, receives a pass from Δ2 and shoots.
- 4) Δ1 touches the boards again at the starting point, receives a pass from Δ3, moves to the middle and shoots.
- 5) Every time Δ1 touches the boards, O1 goes bwd to fwd around the net and gets ready for a deflection or screen.

B) 4 x Breakout

- 1) Breakout 4 times end with 3 on 2
- 2) Quick up – Wheel – Over – Reverse.
- 3) Coach dumps puck in, D retrieve and breakout with fwds, re-group with pass to coach who dumps puck in again





High Performance Haute Performance

Drill Name & Description

Full Ice Backcheck

- 1) Forwards in all 4 Corners, D at red line
- 2) 2 or 3 forwards start passing to each other, D jumps out from centre line to play 3 on 1.
- 3) Backchecker waits until the 2 or 3 fwds get to ringette, then back checks. Once backchecker gets to far end they then go to whichever corner is calling the loudest and goes back down 2 or 3 on 1.

