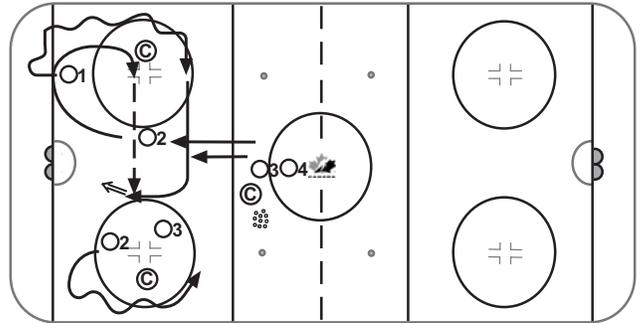


Quote: ***“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has”*** – Margaret Mead

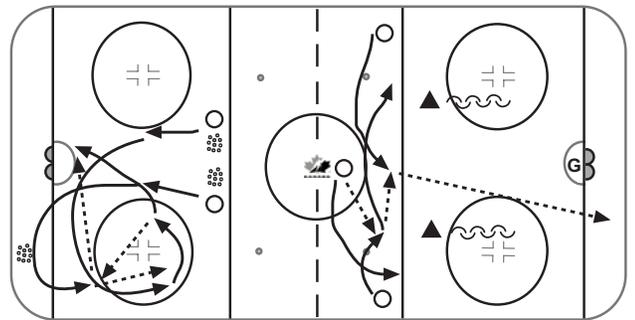
Skill Drill

Drill Name & Description	
10	2 vs 0 continuous cycle
<p>Coach spots a puck in the corner. O1 cycles to O2 O1 goes to the front of the net. O2 passes to O1 for a shot. Coach spots puck in opposite corner O2cycles to O3 O2goes to the front of the net. O3passes to O3for a shot. Continuous. Progression: coach pressure on walks. Key Points: walk lanes and cycle (hand positioning on cycle pass) Use of support and shooting skills, communication.</p>	



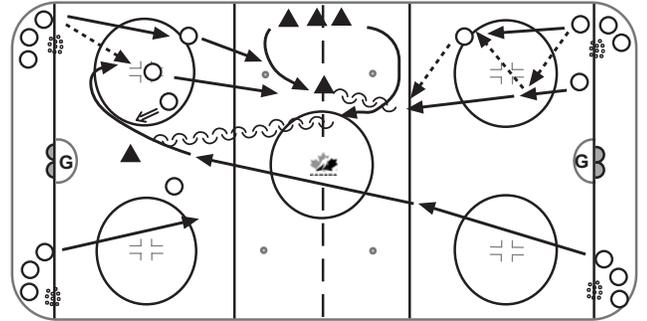
Team Drill

Time	Description	Key Points
15	Triple Shot Backdoor / Breakout X 4	
A)	<ol style="list-style-type: none"> Two lines near blue line, both begin with shot on net, person on left, skates to retrieve puck. Second shooter follows behind and gets in position to receive pass, once pass is received, drops back to passer and head to net for a play trying to go back door. 	
B)	<ol style="list-style-type: none"> Breakout 4 times end with 3 on 2 Quick up – Wheel – Over – Reverse. Coach dumps puck in, D retrieve and breakout with fwds, re-group with pass to coach who dumps puck in again 	



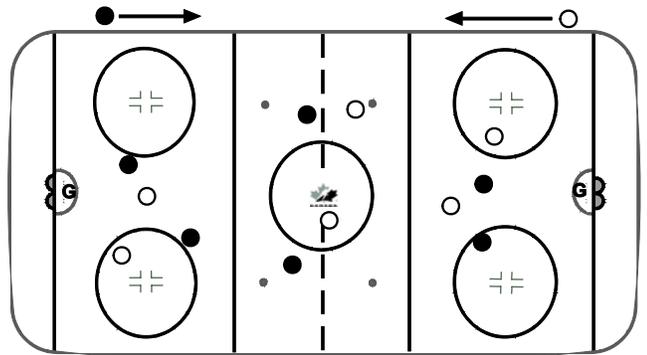
Favorite Drill

Time	Description	Key Points
10	Full Ice Backcheck	
	<p>1) Forwards in all 4 Corners, D at red line</p> <p>2) 2 or 3 forwards start passing to each other, D jumps out from centre line to play 3 on 1.</p> <p>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.</p>	



Fun Game

Time	Drill Name & Description	Key Points
5	Three zone scrimmage	
	<p>Divide each team into three groups – one for each zone. Each group must remain in their own zone. The puck is advanced from zone to zone by passing to a teammate in the adjacent zone. A turnover and the puck goes in the opposite direction. Rotate zones after each goal</p>	



Progression:

One pass per zone. Must make a pass before scoring a goal. Second puck.