

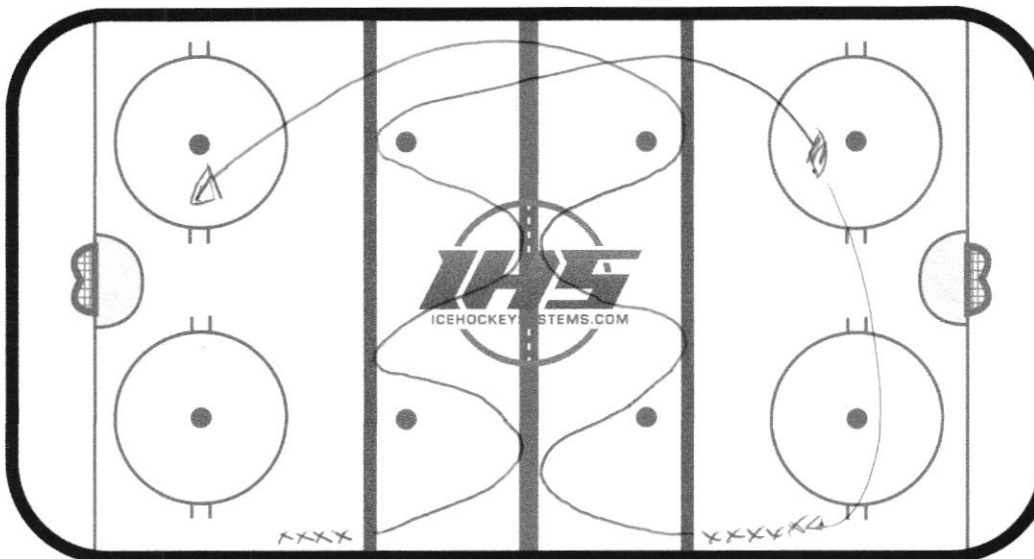
Drill: Agility Skating - Drill 1

Date: _____

Notes:

Various skating options
w/ puck

- Tight turns
- Stops / 1 foot stops
- Fwd/Bwd transition
- Mohawks (heel-to-heel)
- Other



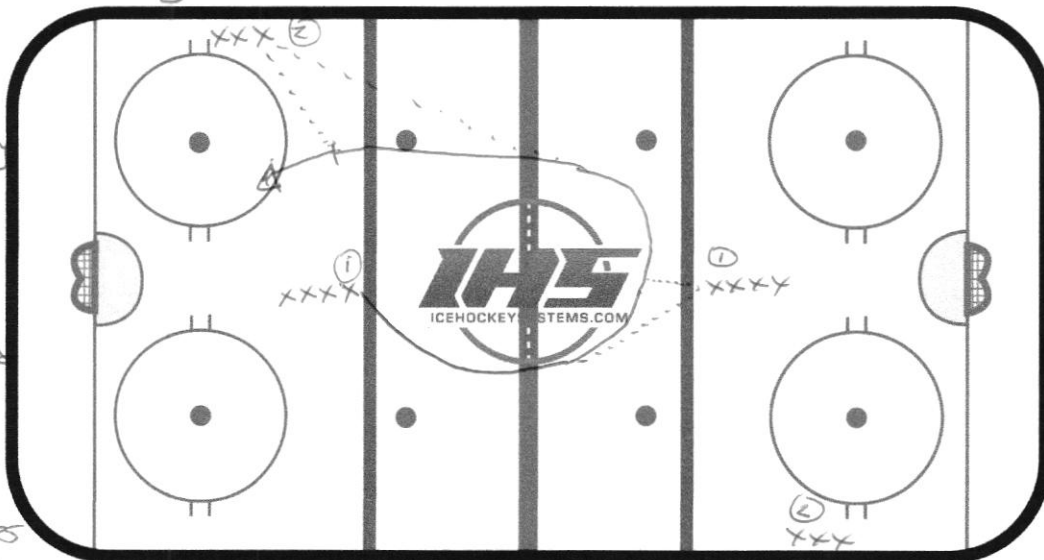
Drill: Double Give + Go Passing - Drill 2

Notes:

Working on passing + timing

Line ① player goes around Centre circle, passing to other ① line. Once received turns back to original end for give + go with line ②

After player ① shoots, goes to line ②. After player ② passes, moves to Line ①



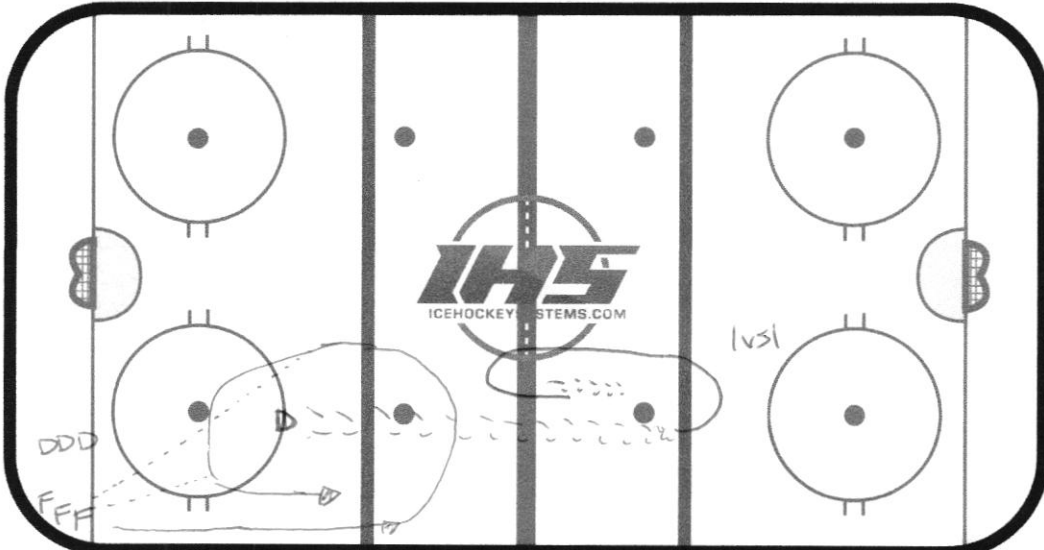
Drill: Circle Back 1v1 - Drill 3

Notes:

F - skate up boards, at Blue circle back for give + go with next forward inline. Once received, head up ice for 1v1.

D - starting @ ringette line, leaves backward to the far blue, transitions forward and plays a 1v1 against F.

* Players to switch between F + D each turn.



Drill: Retrieval + Timing Drill - Drill 4

Date: _____

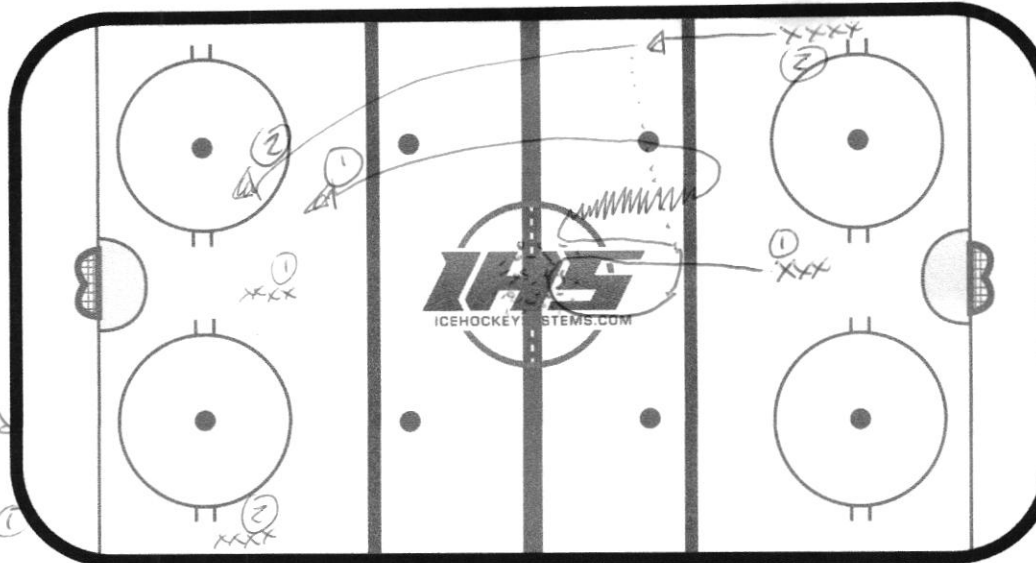
Notes:

Player ① retrieves puck from Centre (tight turn), passing to player ② up the boards.

Player ① retrieves second puck (open transition), backwards to blue and forward up the ice for shot.

Player ② leaves when player ① touches the first puck.

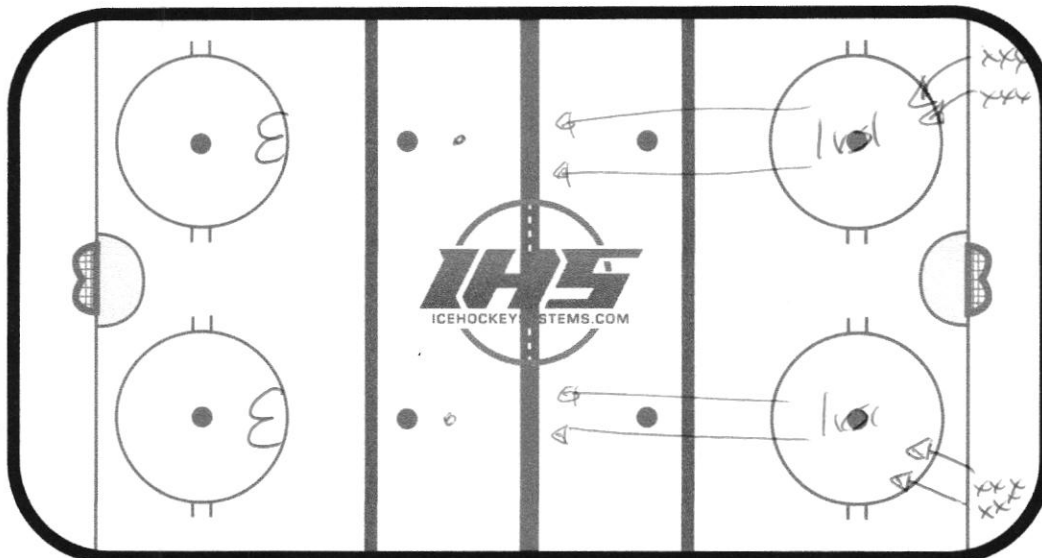
Focus on passing + timing + shooting



Drill: 1st Battle into Race - Drill 5

Notes:

Players ~~leave~~ ^{leave} corners for 1st keep-a-way. On whistle, they race up the ice for a breakaway on new puck.



Drill:

Notes:

