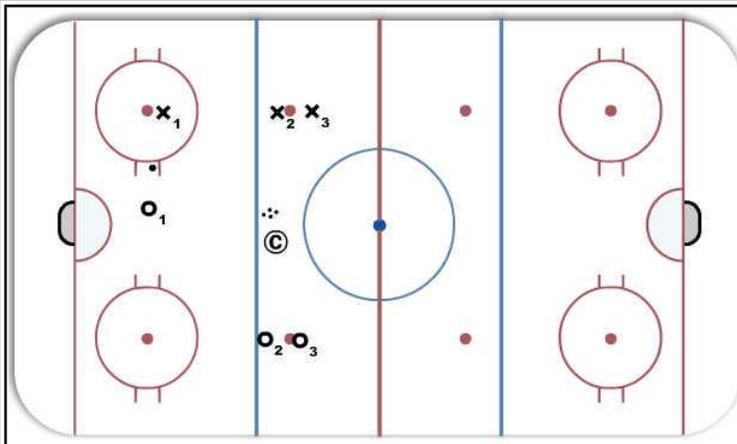


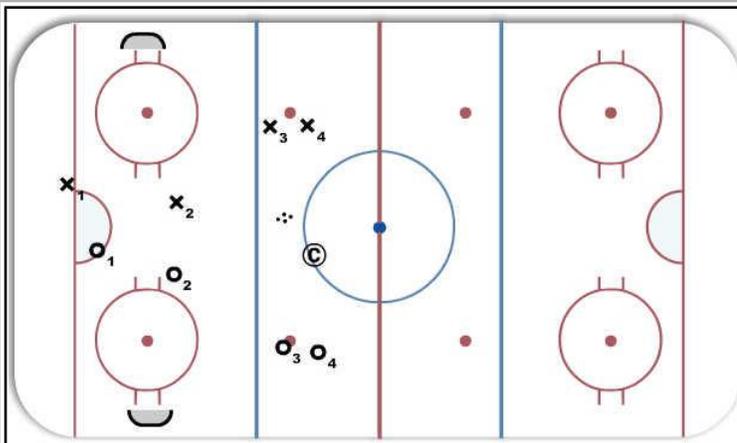
1 vs 1, 2 vs 1, 2 vs 2, 3 vs 2 - 10 mins



Game begins one on one and coach will give the puck to one player. Both players are trying to score.

On whistle player with puck gives it back to coach, and coach will pass to either line making the game 2 vs 1. Next whistle 2 vs 3, then 3 vs 2 and lastly 3 vs 3. Players need to stay focused and read and react to each situation.

2 on 2 No Passing - 10 mins



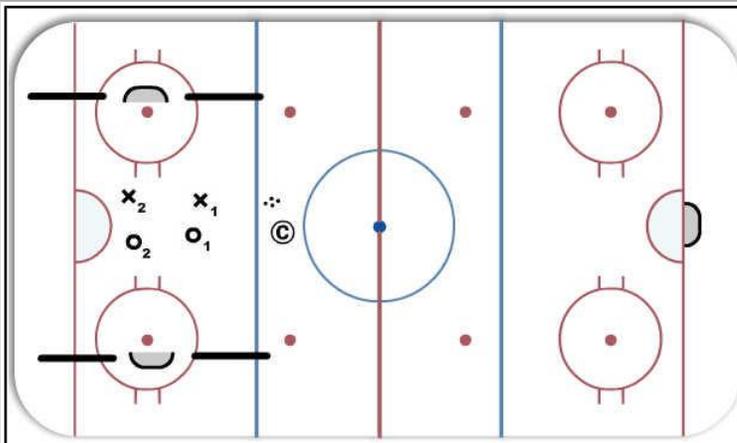
Players play cross ice 2 on 2.

Players are not allowed to pass the puck and they need to work on puck protection and puck support.

Player on offence without puck must support in a position where they can pick up loose pucks.

Reiterate how hard it is to play the game when players don't pass the puck.

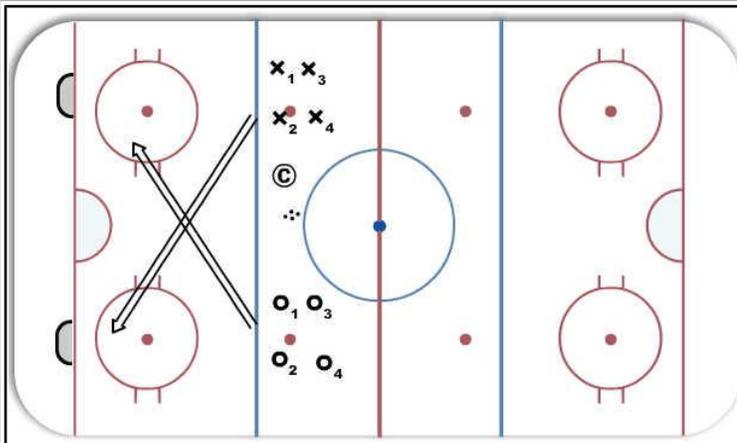
2 on 2 Small Area Games - 10 mins



Players will play 2 on 2 inside the modified area outlined above. We will run through a variety of sequences during the 2 on 2 games.

1. Straight up 2 on 2
2. Players are not allowed to pass. The purpose is to teach the players importance of puck support.
3. Players must make two passes tape to tape before they can take a shot on net.

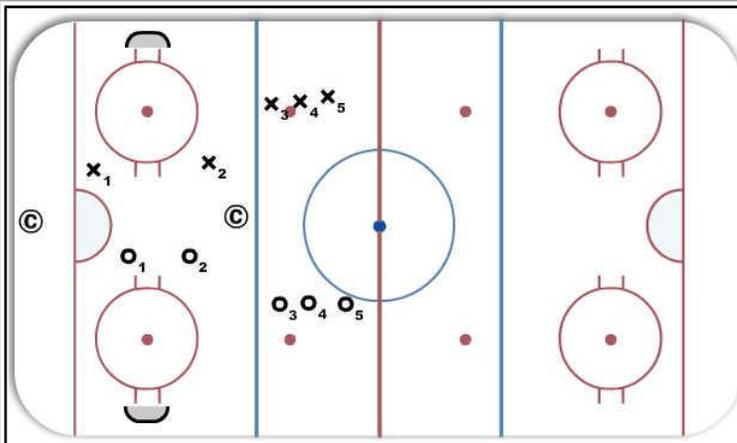
2 on 2 Steal Puck - 10 mins



Players go in and play 2 on 0 on the goalies. Players can decide to have one player go 1 on 0 and have the other player play d 2 on 1 against the other pair etc. Once they score they can go and get the puck from the other players and try to score a second goal.

The losing team does 10 push ups.

2 on 2 with 2 Supports- Cross Ice - 10 mins

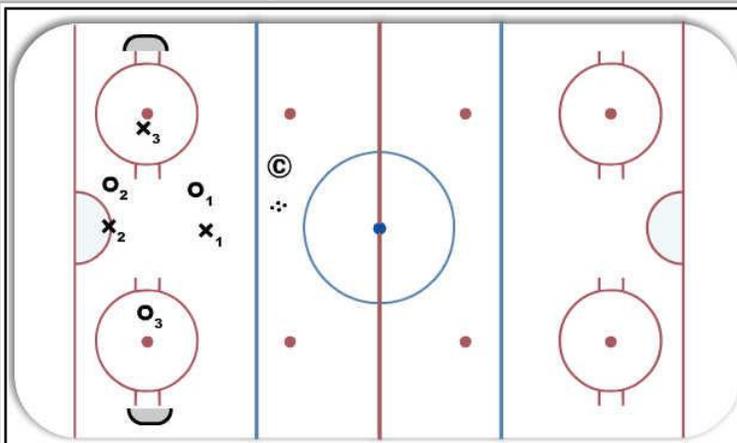


Players play cross ice 2 on 2 and before they can shoot on net, they need to make a give and go pass with one of the two coaches on the perimeter.

Once players get the hang of the game you can add a team mate on each perimeter two replace the two coaches.

Players need to learn the importance of going to open ice and calling for their passes.

3 on 2 Confined Space - 10 mins



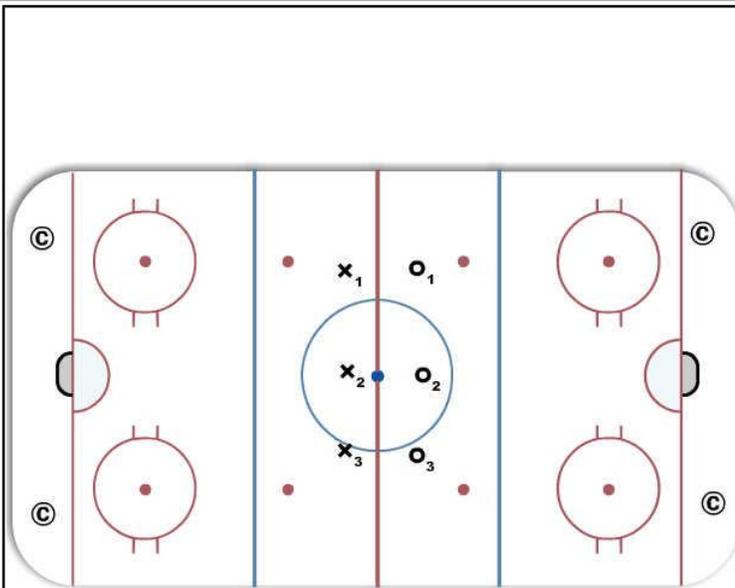
Each team will put one player in the offensive circle. This player cannot leave the circle.

When players are on offence it will technically turn into a 3 on 2.

On the whistle players will change.

Emphasis should be passing to F3- the high guy.

3 on 3 - Coach Behind Net - 10 mins



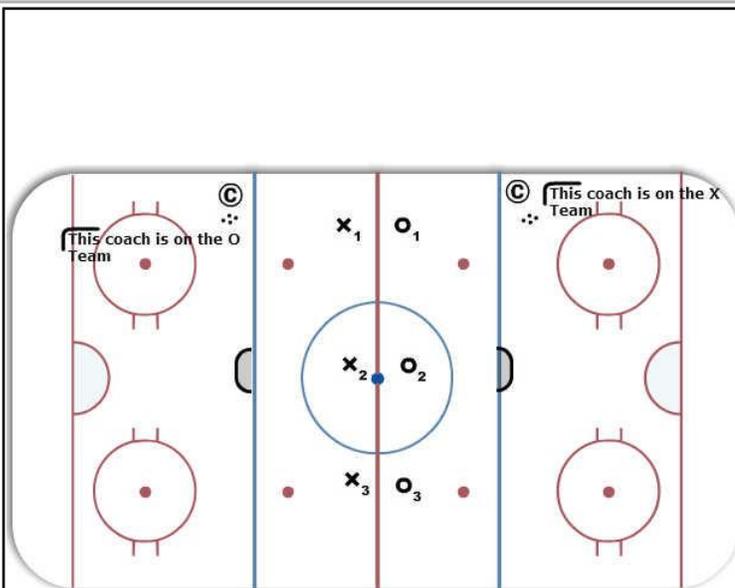
Players will play full ice 3 on 3. Coaches will be behind each net.

The other coaches will be in the bench working the gates.

Players will play full ice, but before they can shot, or each change of possession, they need to make a pass to the coach behind the net before they can take a shot. If the defending team gets the puck they take off skating towards the other goal, and they make a pass with the coaches behind the net before they take a shot.

The new set of players cannot come on the ice until the last player is off the ice during the line changes. This makes the players skate hard on the whistle for the line changes.

3 on 3 Blue Line Transition Game - 10 mins



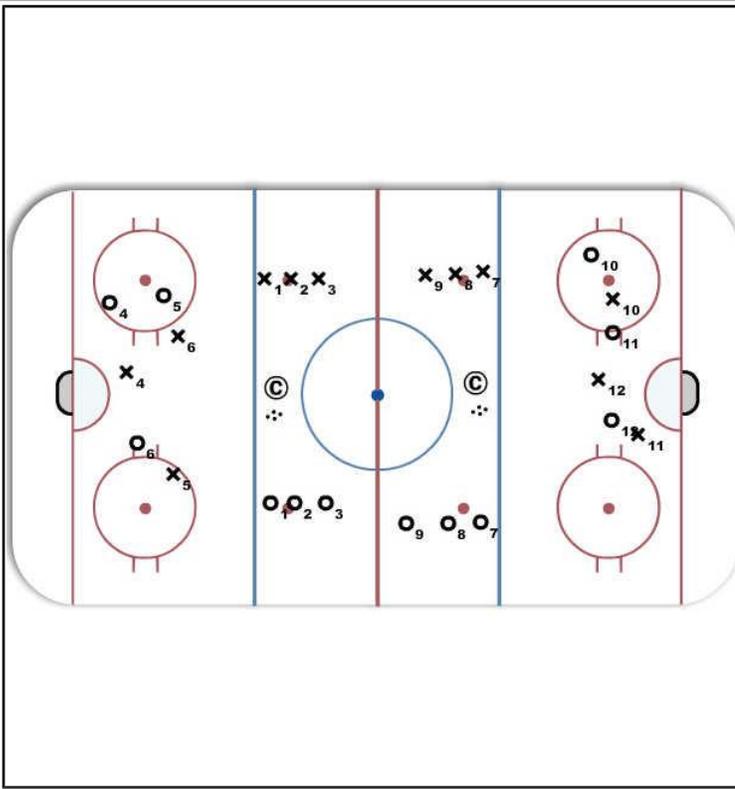
The coaches will have all the pucks next to the blue line. Players will play 3 vs 3.

They are trying to score on opposite nets.

If the team on Defense shots the puck behind there blue line (blue line with their goalie), they become the team on offence and head towards the other net and the coach looks to pass one of the players a puck so that they can take a shot on net. If the puck goes in the net, the goalie covers the puck, or it misses the net, the team on Defense, takes off and heads towards the opposite net and the coach looks to make one of the three players a pass.

The play should go back and forth. Players need to get open, go hard to the net, and communicate with one another.

3 v 3 Transition - 10 mins



Players play 3 vs 3 inside the blue line. If the puck goes in the net or outside the blue line the coach will spot a new puck.

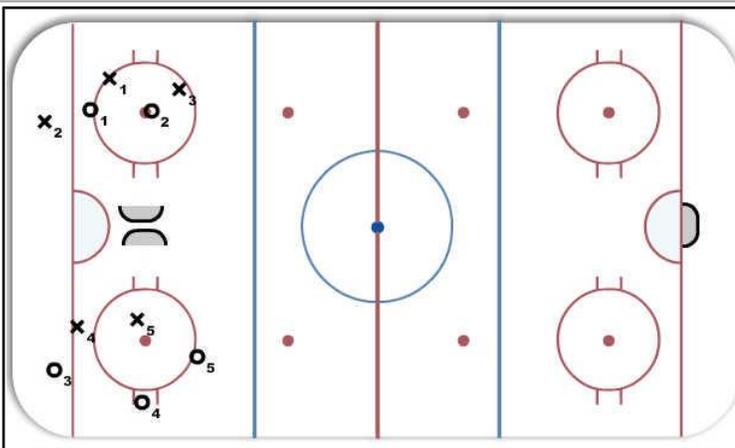
Each time a team gets possession of the puck they need to pass to the coach on the blue line. After passing to the coach they need to move around and get open. The defending players need to pick up a man and play man on man coverage.

Once the coach passes the puck back to the team on offence they can try to score.

If the other team gets possession they need to pass the puck to the coach prior to being able to shoot on net.

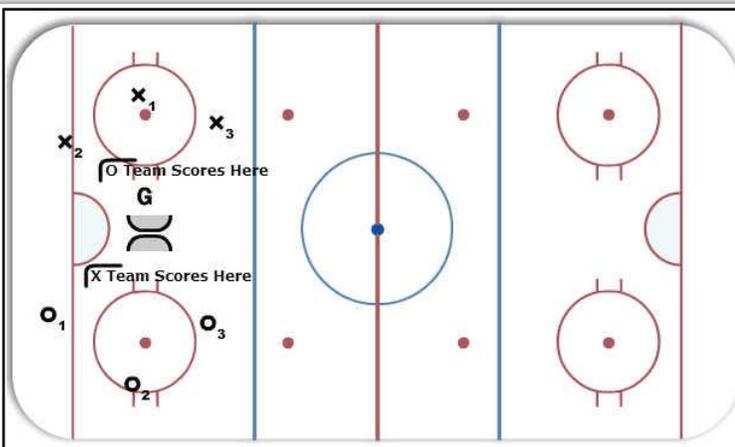
Every change of possession requires a pass to the coach.

Back to Back Nets- 3 vs 2 - 10 mins



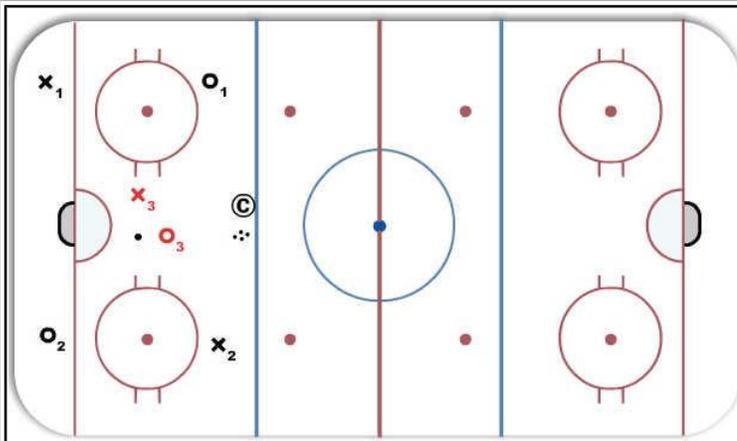
Players will be play 3 vs 2. The two players playing defense will have to pass the puck to their team mates who are playing offence on the other side. Players cannot cross the centre line.

Backdoor 3 on 3 - 10 mins



On the whistle three players from each team enter the zone and try to score on the nets opposite of their lines. The goalie needs to learn to watch and react as he or she defends both nets. Players need to spread out and try to move the puck as much as possible.

Box 1 on 1 With Outlet Passes - 10 mins

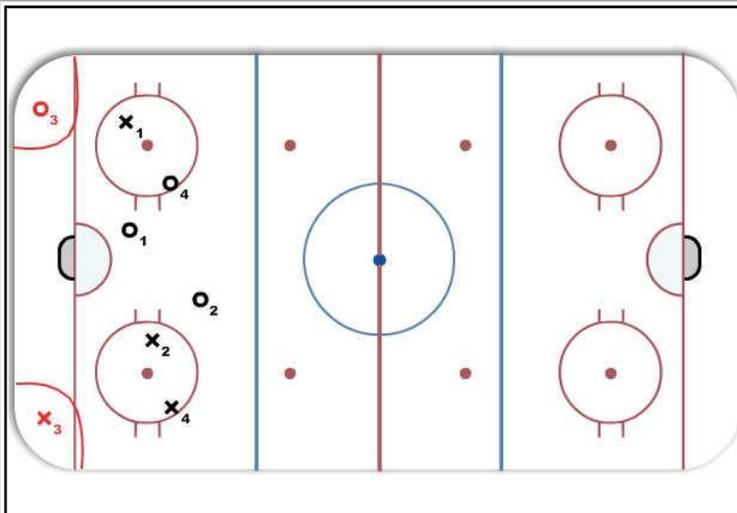


Players will be split up into two teams. Two players will play one on one. Before they can shoot on net, they need to make one outlet pass to one of their teams mates.

The players who are in support for the outlet passes cannot skate around, and they are allowed to shoot on net.

If numbers permit you can have the players play 2 on 2.

Bubble Boy/Girl - 10 mins



The players will play 3 on 3 inside the blue line.

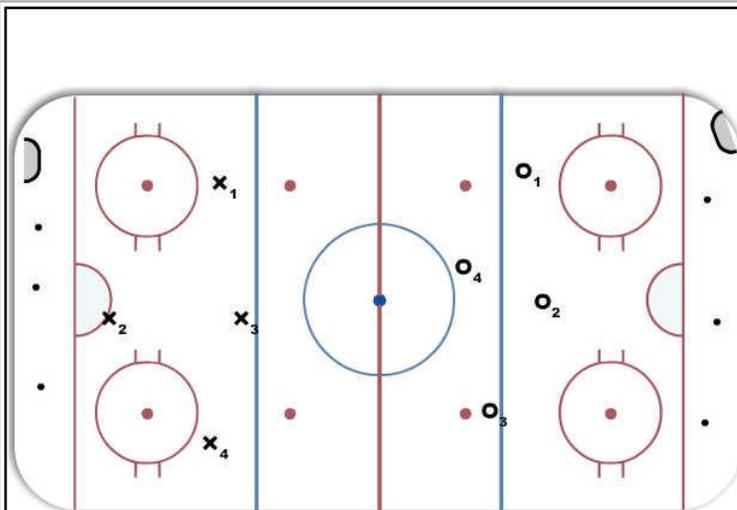
Each team will have one player in a bubble. The no one is allowed into the bubble area.

The players play 3 on 3 and before they can take a shot on net, they need to pass to the player in the bubble and receive a pass back.

If there is a change of possession, they need to make a pass to the bubble player before taking a shot on net.

Key Points: Puck Possession Quick Thinking Net Drives Going to Open Ice

Capture the Flag - 10 mins

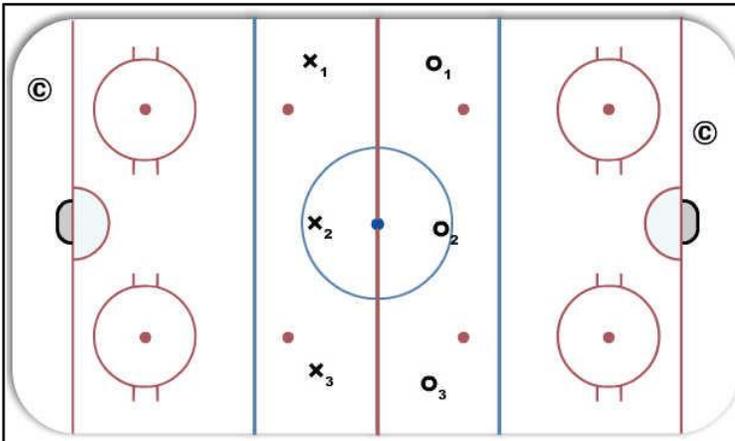


Players will be split up into two teams and will put their sticks in one of the benches. Each player will have a pinnie hanging out of their pants.

On the whistle the players will skate and try to get into the other teams safe zone (goal line down) and pick up a ball and skate back across half without having someone pull out their pinnie. If a player loses or has their pinnie pulled down, they have to tag back up at centre.

Players need to ensure that they keep there heads up.

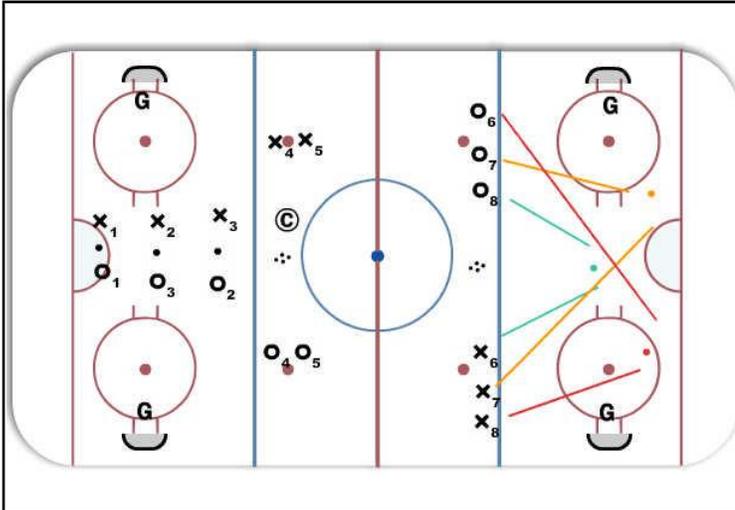
Coaches Behind Net- Transition - 10 mins



Coaches stand behind the nets. Players play 3 on 3 full ice. Before the players can shot on net, they need to pass the puck to the coach behind the net.

Each time there is a change of possession, the attacking team needs to pass the puck to the coach.

Cross Ice 3 on 3 - 10 mins



Above is shows two alternate ways to play cross ice 3 on 3. The first one shows the players starting off by doing N-H-L then playing against one another cross ice.

The other side shows players starting on their stomache and entering the zone when the coach spots a puck. The players don't go until the coach spots a puck.

Ensure either way that the players do not shoot on the goalie unless the goalie is ready.

Designated Shooters 2 on 2 - 10 mins

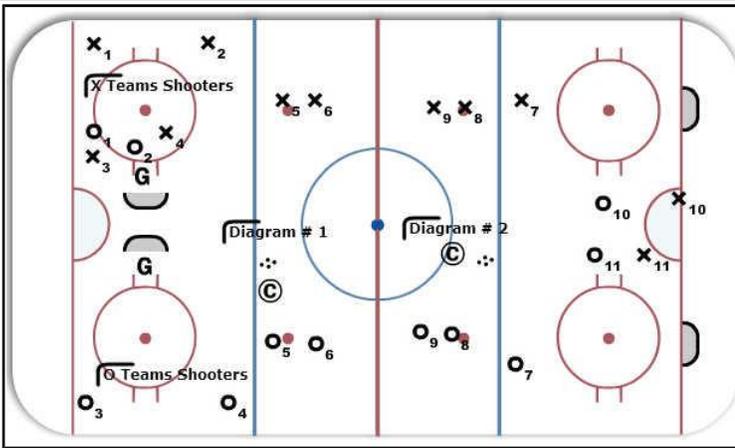
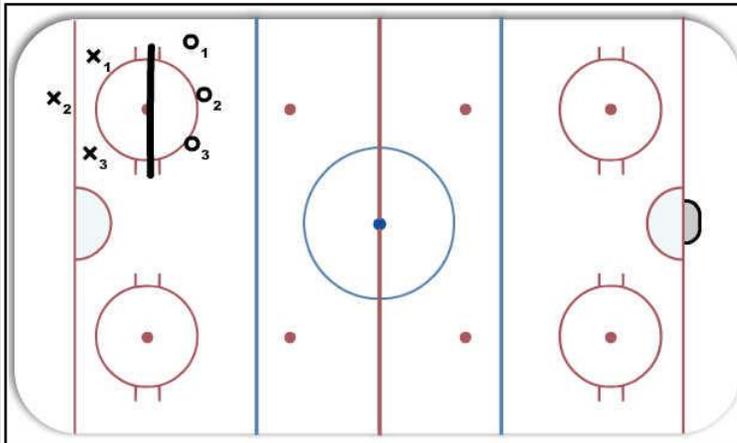


Diagram # 1- Back to Back Nets- Goalies need to keep their heads down to ensure they don't take a puck to the back of the head. Players play two on two and must pass to the shooter before a shot can be taken on net. You can allow the shooters to pass or shoot or make them only allowed to shoot so that the other 4 players can work on their net from battle skills.

Diagram # 2 shows another way that the zone can be setup.

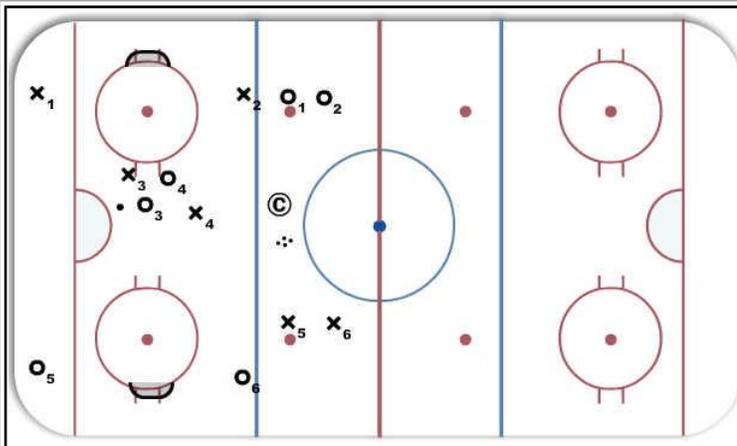
Dodge Ball - 10 mins



Players will put their sticks to the side. The coach will split the players up into two teams. On the whistle, the players will each start with a ball. The players will play dodge ball. If a player gets hit with a ball, they will take a knee. Once a winner has been determined the players will all get up and play again.

ENSURE THAT ALL PLAYERS KEEP THEIR GLOVES ON.

Flank 2 on 2 Cross Ice - 10 mins

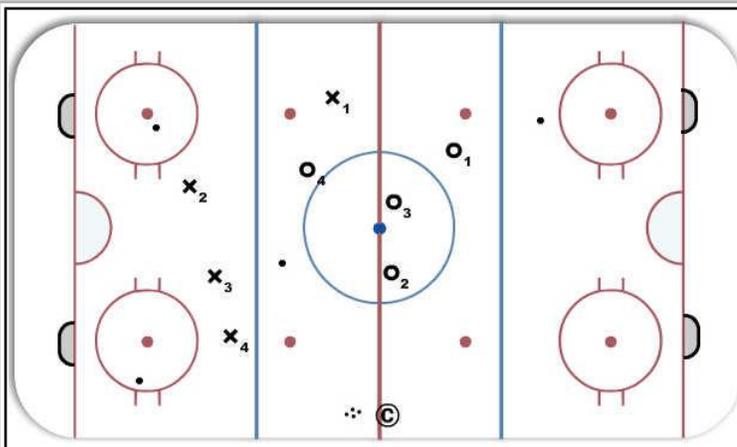


Players will start the game as outlined above. This game works on give and go mechanics as well as good first passes.

Players will play 2 on 2 and will make outlet passes to their flanks playing on the outsides of the offensive side. Players must make a give and go before they can shoot on net.

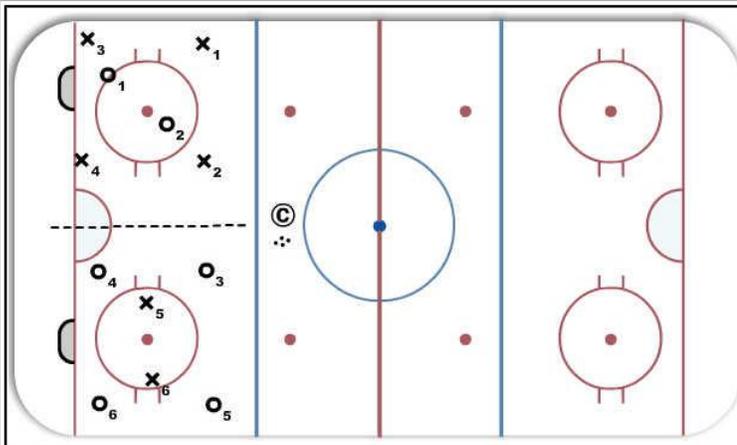
Flanks can move around a little bit but cannot join up in the play etc.

Four Net- Four on Four - 10 mins



The coach at centre will spot anywhere from 1-4 pucks. Players will change on the whistle, and the new players can't come on ice until the last player is on the bench. Players are trying to score on one of the two nets at the opposite end.

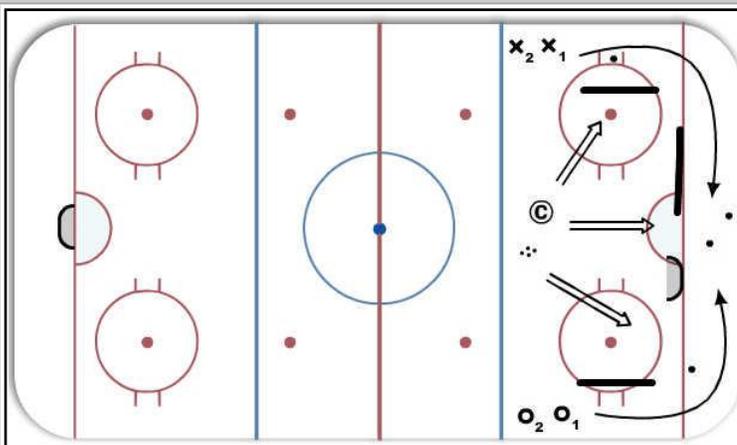
Four on Two - 10 mins



Players will play 4 on 2 inside the blue line. Players cannot cross half ice. The teams with 4 players are trying to score and the two d men are defending their net. If the D get the puck they pass it across to their team mates playing on the other half.

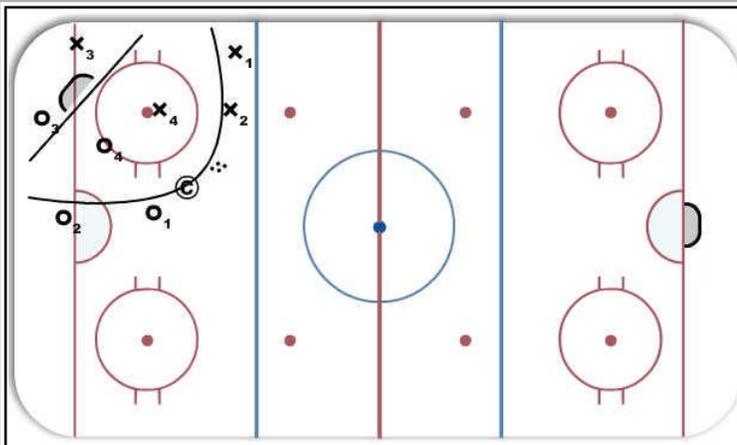
Key Points: Quick Hard Passes Quick Shots Heads Up Go to the net for Rebounds

Gladiators - 10 mins



On the whistle the first player in each line will skate along the boards and hide under obstacles as the coaches shot balls at the players. The players will try to get to the other side without getting hit. Once they get to the other side they will line up in the other line.

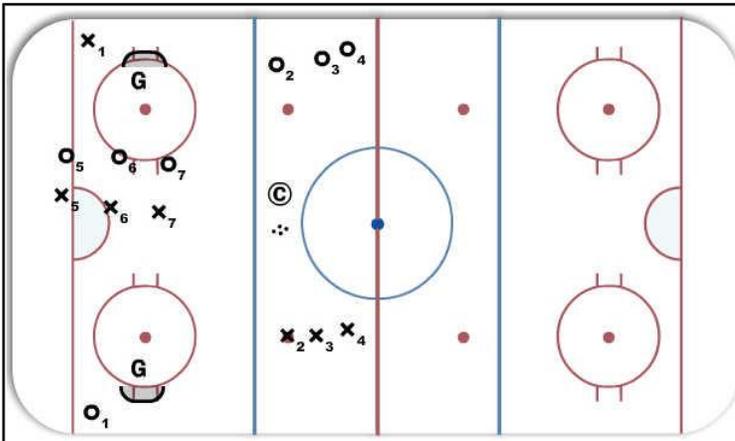
Goal Line 2 on 2 - 10 mins



Players will play 2 on 2 down low. Place the net approx 6 feet away from the boards and draw a goal line on the ice. Players must tag up down low before they can attack the net.

Players need to work on puck protection and getting open for passes etc. Player until the whistle and coach will spot on new puck when goals are scored.

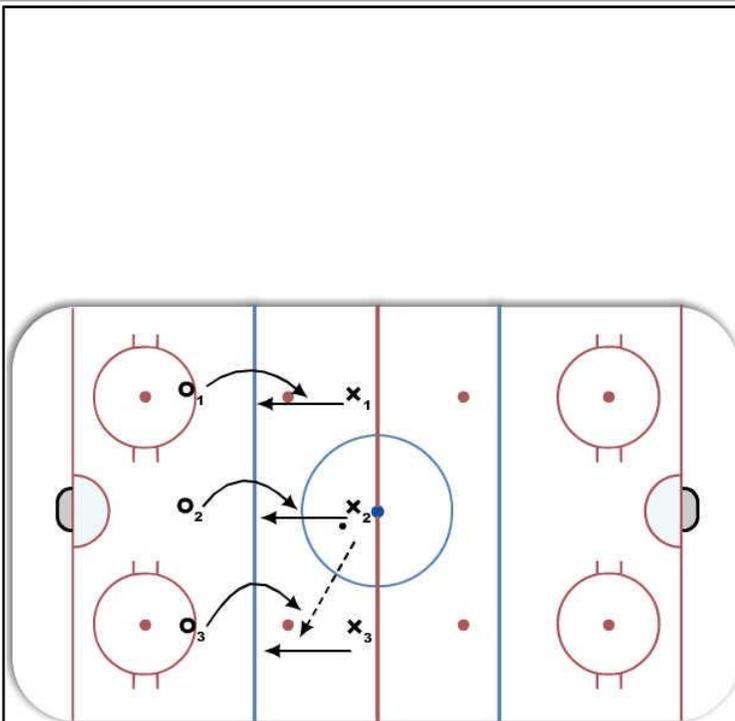
Gretzky 3 on 3 - 10 mins



Each team has a Gretzky down low behind offensive net. Players must do a give and go with Gretzky before they can shoot on net. The players on Defence do not need to worry about the Gretzky because he/she needs to stay down low and they cannot shoot on net.

Players need to find the open ice and use their communication skills.

Heatly 3 on 3 - 10 mins



The O Players (defense) will start on the ringette line.

The x Players (offense) will start at the red line.

On the whistle, the X try to gain the zone. The centre X will pass to one of the players on the wing. They cannot go off side.

The O players on Defense, cannot pivot backwards and must force the players inside - out, keeping them to the wall.

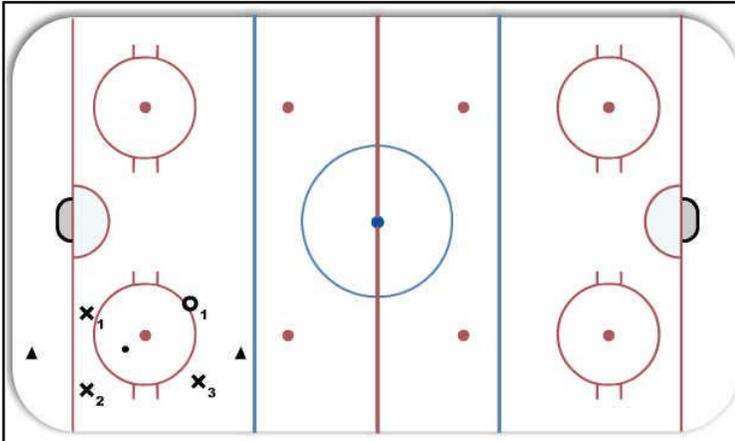
The players continue to play until the puck goes in the net, or the O players on defense carry the puck outside the blue line.

If the team on offense scores, the team on defense continues to play defense.

If the defense carry the puck out of the blue line, then the team who was on offense becomes the defensive team.

The players need to go hard on the puck, and must work together.

One On One With Ring- Feet Always on Ice - 10 mins



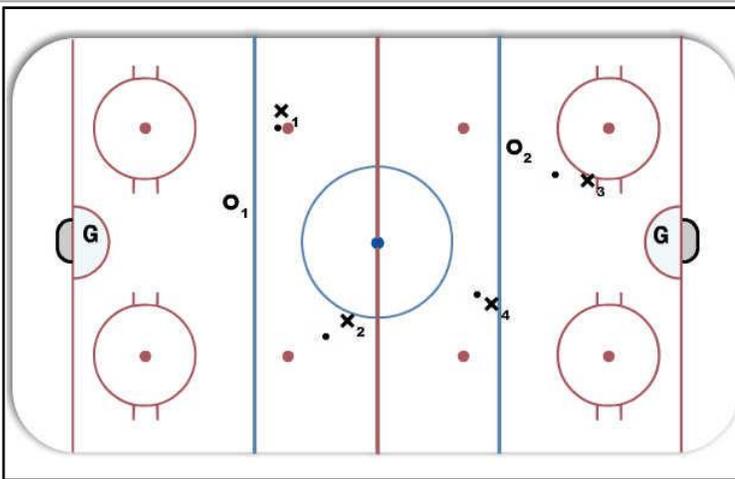
Coaches will teach players how to do stick lifts as well as how to skate keeping their feet on ice.

Players will play in a small area and have to touch the ring to the pylon (or shoot on net if there are enough nets) without taking their feet off the ice.

Players must pass twice before they can score.

Key Points: Stick Lifts and Heel Drives

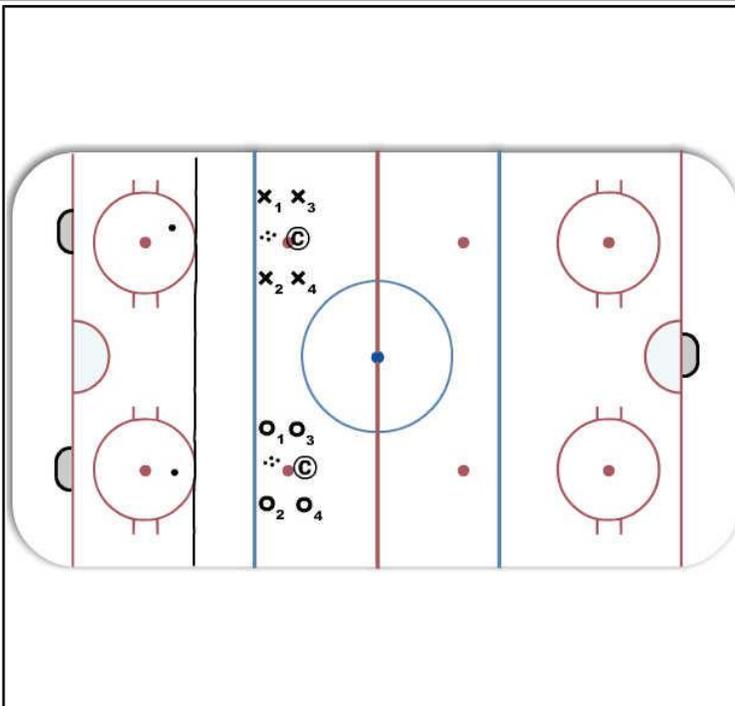
Puck Pirates - 10 mins



Players spread out all over the ice. The X players start with the puck and O players are the pirates. The O players need to try and steal the puck away from the X players and try to score on net. If the O player scores on net, then the X player who lost their puck becomes a pirate. If the X player gets the puck back on the rebound then they continue to skate all over the ice.

Remind players that we only want one shot on net at a time.

Quick Feet Puck Races - 10 mins



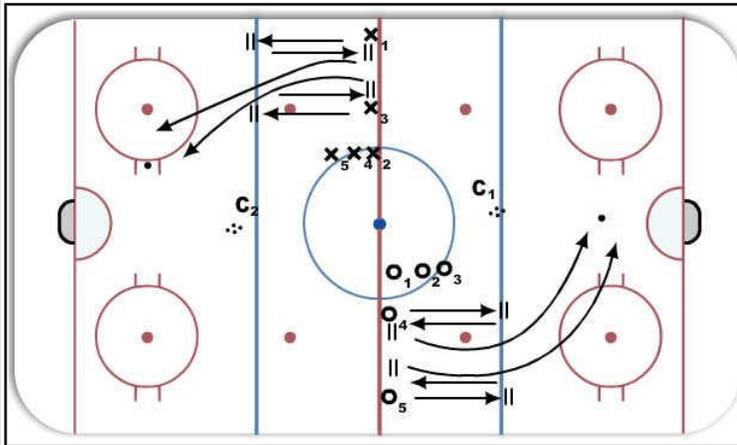
On the whistle, each coach will spot one puck just below the ringette line.

First Sequence- Players will always stop facing one another. They will make a two foot stop at the ringette line, then skate back hard to the blue line, make another two foot stop, then race for the puck.

Second Sequence- Same as above but backwards.

Third Sequence- Players will face each other making quick hard crossovers. Players need to ensure that keep their hips and toes facing one another. They will go hard to the ringette line, stop, then go hard back to the blue line, stop, then race for the puck.

Stops and Starts- 1 on 1 - 10 mins

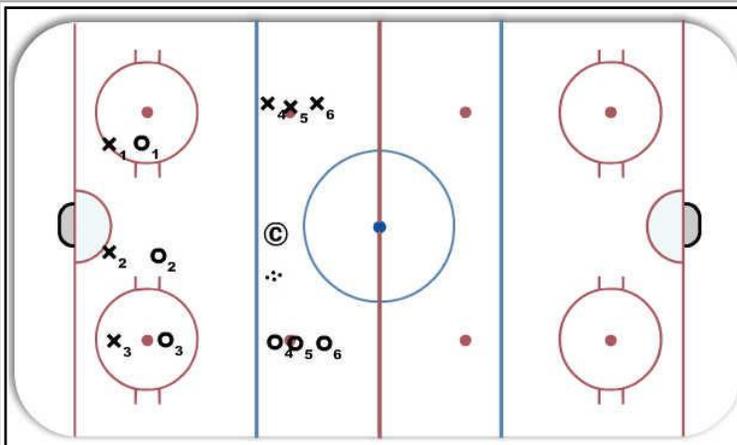


Two players line up on red line. On whistle two players take off, and stop on the blue line facing one another, then change direction and skate towards the red line, and stop facing one another. After this stop the two players take off and race for puck.

Player with quickest stops and starts will win the race every time. Players battle until the whistle goes.

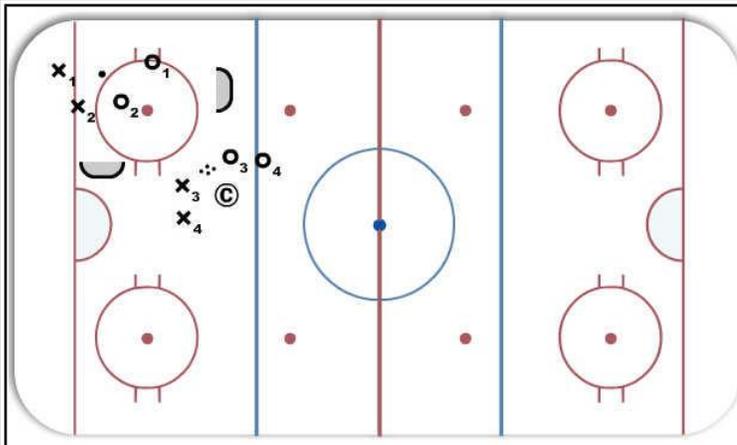
Key Points: Quick Stops and Starts

Three Pass Small Area Game - 10 mins



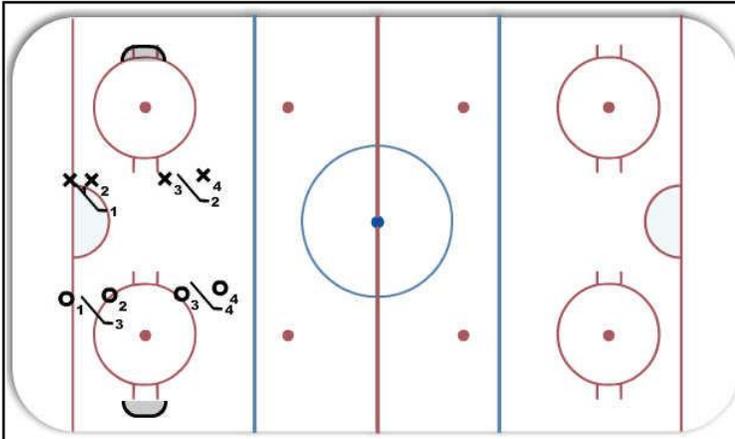
Players will play 3 vs 3 inside the blue line. Players need to make two consecutive passes before they can take a shot on net. If there is a change of possession, the team on offense has to then make two consecutive passes before they can take a shot on net. If there are rebounds the team who was on offence can put the rebound in the net!!

Tight Box 2 on 2 - 10 mins



Players play 2 on 2 or 3 on 3 in a tight box. Players can score on either net. Players will need to work on their battle and compete skills and if a puck goes outside or in the net the coach will spot a new puck.

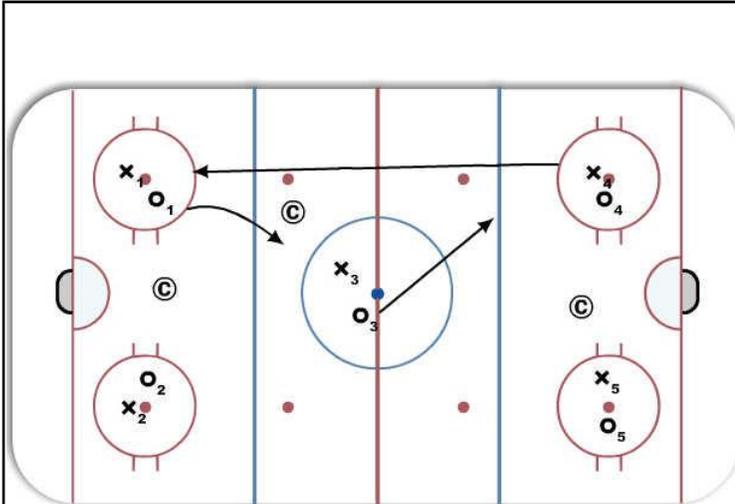
Two Players One Stick - 10 mins



Players will partner up and share one stick between the two of them. Players must ensure that they keep two hands on the stick at all times. Players will need to work together for the benefit of the team.

Players must have four hands on the stick at all times. This drill helps to ensure that players bend their knees at all times.

Circle Safe Tag - 10 mins



All the players will start out in one of the 5 circles.

On the whistle the players will skate from one circle to the next. Coaches will use their stick and tap the players on the shin pads.

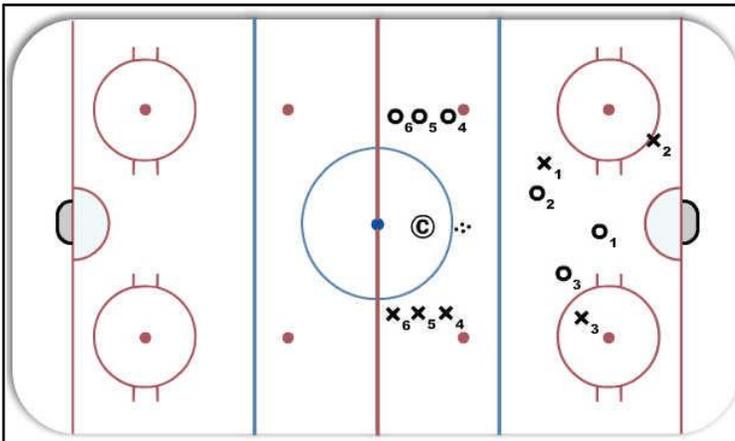
If a player gets tapped they will need to do 5 down and ups.

Players will always stay in the circle until the whistle.

Coaches and players should always keep their head up at all times.

Key Points: Heads Up

Heads Up Warm Up - 10 mins



Players will go blue line in and play 2 on 2, 1 on 1, 3 on 2, 4 on 3 etc. Players will play keep away and coaches will emphasize that everyone moves around. Heads up hockey and puck control are key in this drill.