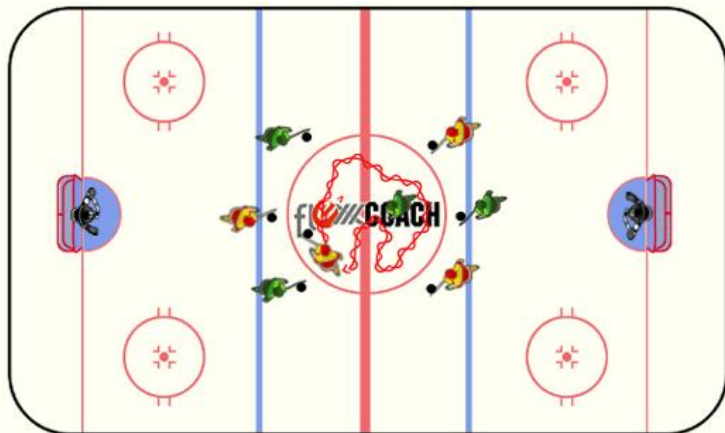


1) Bull In The Ring

10 min.



OBJECTIVE

Puck protection / Puckhandling

ORGANIZATION

Player 1 with a puck and player 2 without a stick placed inside a faceoff circle. on whistle, player 2 tries to push player 1 out of the faceoff circle. Player 1 uses body position to protect puck and roll off check to stay inside circle.

VARIATION

Player 2 can use stick

GOALIE

Working on fundamentals at each end

2) Body Checking - Down Low

10 min.



OBJECTIVE

Improve stick position & angling

ORGANIZATION

1. Have 1 player start at the red line, and another player start at the Blue Line facing the middle of the ice. 2. Coach will chip a puck down into the corner and the player on the Blue Line will skate backwards and pivot to grab the puck. The player on the red line will skate in to angle the player to the boards. 3. Make sure the player angles and gets the puck, than they will walk around the top cone and in for a shot on net.

VARIATION

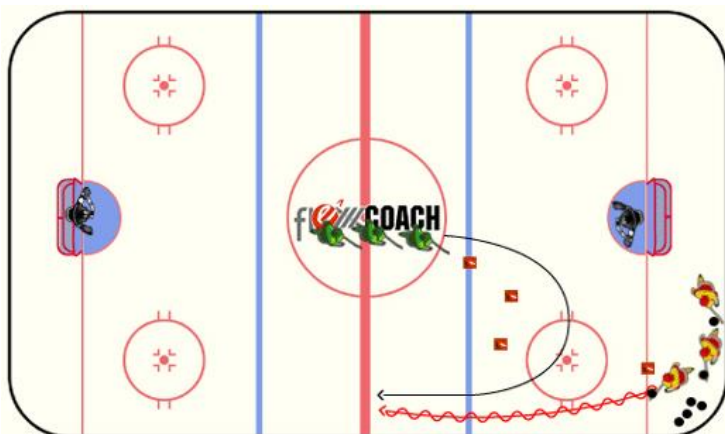
Switch Sides

GOALIE

If Available

3) Angle Checking Open Ice

10 min.



OBJECTIVE

Proper Open Ice Angling and Body Position

ORGANIZATION

Place a cone at the bottom of the circle with pucks and a group of players. The other group of players will be positioned at the center ice faceoff circle. Put three cones in an arc, from just outside the blueline to the top of the circle to teach open ice angle approach to the puck carrier. On the whistle the group of players at the bottom of the endzone circle with the pucks try and beat the checker to the redline up the boards. The checker being the players positioned in the neutral zone and the bottom of the center ice faceoff circle. The race is on, the checker tries to get an open ice angle and execute a stick lift or body contact along the boards. The player with the puck tries to beat the checker with speed or break to open ice.

GOALIE

Follow the whole sequence to include skating and rink awareness in terms of angles.

4) Angle Open Ice

10 min.



OBJECTIVE

Read and React, Angling take away Center Ice

ORGANIZATION

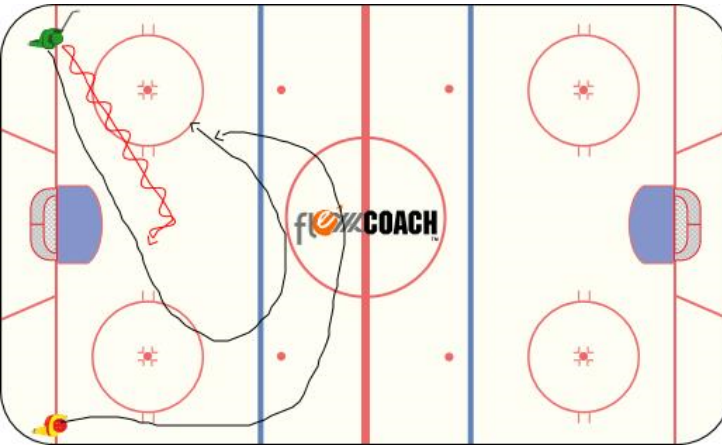
Coach is positioned at the redline along the side boards with pucks. Players are divided into two equal groups, with one group on each side of the coach. On the whistle the first two players in line next to the coach, start and skate down the boards to the blueline. The coach passes the puck to one of the players, the other player needs to read and re-act to the situation and angle the puck carrier to the middle and continues pursuit to force the player outside.

GOALIE

Follow the sequence across the zone, Game like situation, play the 1 on 1 situation, Fight through screen, Rebound control.

5) Maurice 1 V 1 Angling

10 min.



OBJECTIVE

Angling, good stick, finish through hands, keep gap tight

ORGANIZATION

Player with puck skates across ice and passes to opposite player. Puck carrier then skates through the center circle and tries to attack the net. Defender tries to angle off puck carrier and finish by separating puck from player.

Rule for Puck carrier- need both feet through center circle, then can go anywhere. Rule for Defender - Can not turn backwards at any point

6) Small Area - Western Michigan

10 min.



OBJECTIVE

Improved Puck protection and Awareness

ORGANIZATION

Players are outside the blue line with a gate set up around the ringette line.

VARIATION

1. Puck is chipped in and players are playing 1on1.
2. In order to gain points the player must carry the puck through the gate.
3. Gates can be put in different areas to challenge player to use different skills to protect.

Post-Practice Comments:

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