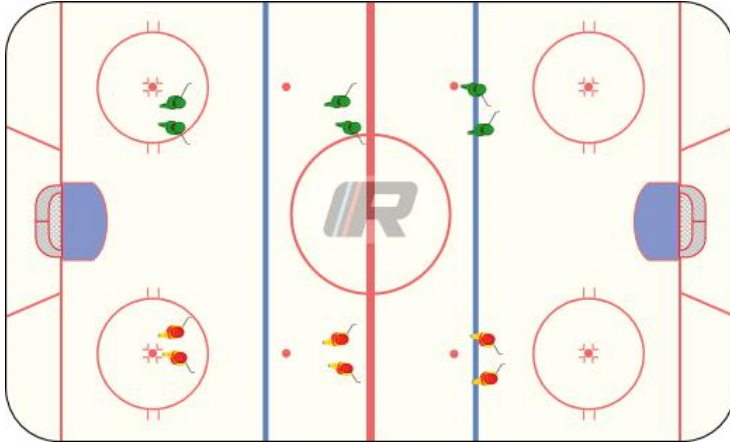


1) L5 - COMPETE - Grit package -

8 min.



OBJECTIVE

Improve stick strength and steals

ORGANIZATION

Partners around the ice with a single puck.

VARIATION

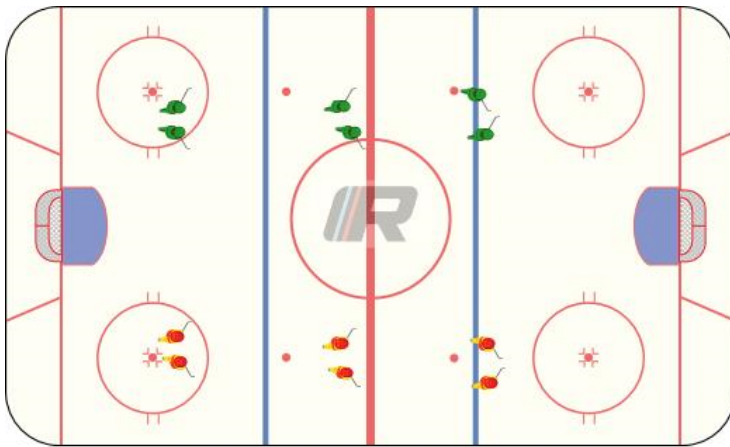
1. Pushing - Both partners push hard on each other and work to move each other backwards.
2. Pulling - Both partners work to pull the stick out of their partners hands

One stick between partners

Do not let partners fake and push and pull, then must work together to challenge the resistance

2) L5 - COMPETE - Grit package -

10 min.



OBJECTIVE

Improve stick strength and steals

ORGANIZATION

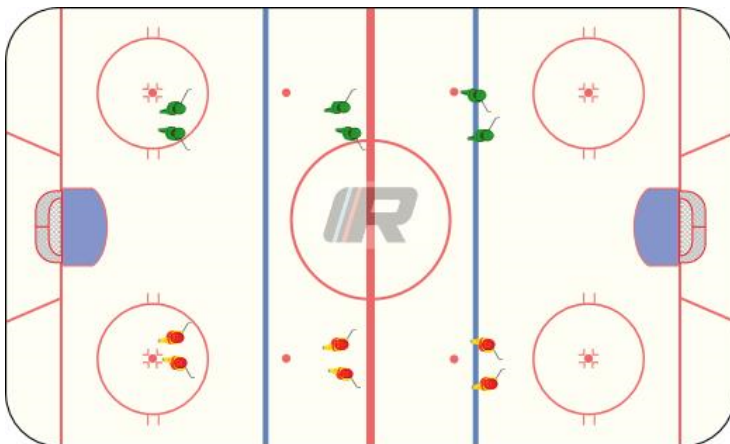
Partners around the ice with a single puck.

VARIATION

1. Stick lifts
2. Stick Pushes (Push down on stick)
3. Steal, ass in front, establish body position
3. Partner resist, weight on stick - get in, under and establish body position.

3) L5 - COMPETE - Grit package -

10 min.



OBJECTIVE

Improve stick strength and steals

ORGANIZATION

Partners around the ice with a single puck.

VARIATION

1. Body position - no handling - Partner pressure hips
2. Stick block outs - Partner reaches with stick to either side position
3. Body position w Block outs - Partner can reach or pressure hips
4. Puck movement - side to side no handles in the middle - Move and protect - Partner reach side to side
5. Bull in Ring - Partner pressure hard on hips, offensive player can now move in a small area and handle puck

4) L4 - BATTLE - 50/50 Battle w Pass

10 min.



OBJECTIVE

Improving puck protection skating techniques from below the goal line.

ORGANIZATION

Players start outside the ringette line on either side of the coaches pile of pucks. One player will set up in the slot as a shooter.

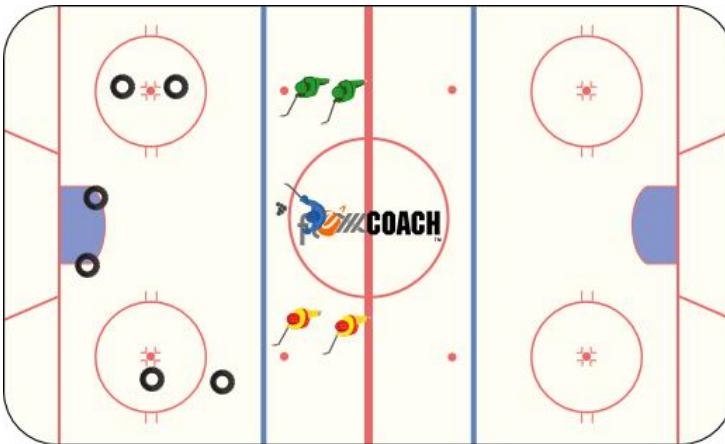
VARIATION

1. Coach will chip puck into the corner.
2. Players will take off to the corner to battle. Offensive player will work to get the puck to the player in the slot, without going behind the net. Defensive player will work to get the puck and pass it back to the coach.
3. Player in the slot shot be ready to receive the shot as soon as he receives the puck.
4. Offensive player should work to get to the net to find the rebound. Play until players hear the coaches whistle, which will cue the other side to start.

Can add in variations of positions that players start in to begin this drill.

5) L3 - SAG - Gates Skating Game

10 min.



OBJECTIVE

Small Area Game with players using tight turns through the gates to get 1 point

ORGANIZATION

Tires will be set up in zone and players will play 2v2 in zone and they get a point everytime they use a tight turn to get through the tires with the puck

VARIATION

2v2 or 3v3

Post-Practice Comments:

Battle review day - may be a tough session so give fair rest to players but also push them.
