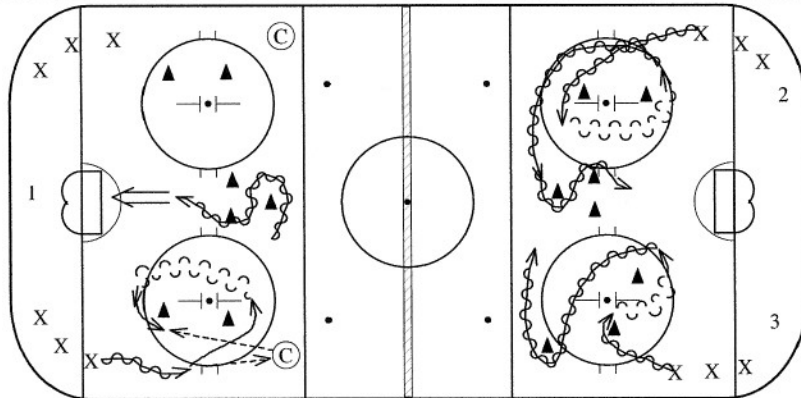


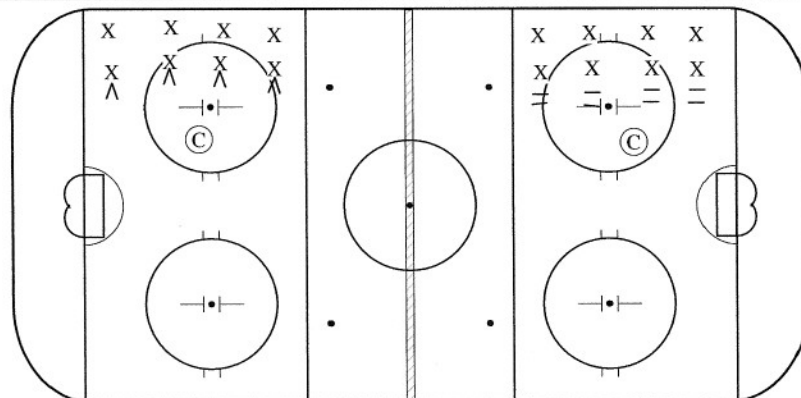
Skating Warm Up 2

- 1) Forward sprint
- 2) Backward sprint
- 3) Stops
- 4) 2 foot squats
- 5) 2 foot hops
- 6) 1 foot hops
- 7) Knee drops
- 8) Knee walks
- 9) Belly drops
- 10) Forward backward striding: tech skating



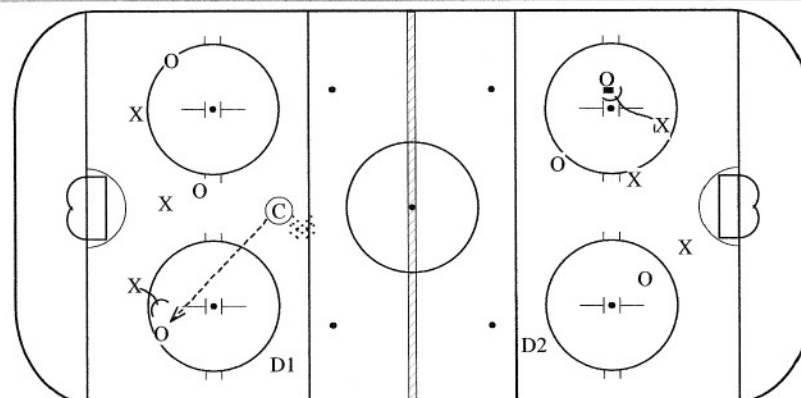
123 Transition

- 1) Players pass to C before executing basic trans skating around cones.
- 2) Players now carry puck while skating the cones.



Frwd V & Side Starts

- 1) V-Starts: Players stand heel to heel with their weight on their toe, inside 1/3 of the skates, and start with a "running" motion before going into striding mode.
- 2) Side Starts: Players now stand side-ways to their intended direction of travel with their weight again on the front 1/3 of their skates. Players start by using a x-over step before turning fully towards their intended direction.



Goal Side 3vs3 Low

- D1-Os move randomly below the ringette line trying to get open and receive a pass from C. Passes are quickly returned to C. Xs cover their respective men by following basic "goal side" rules.
- D2-Xs and Os play against each other. Attacking team tries to score while defending team tries to stop the attack and gain possession of the puck. Once puck possession has been gained it is brought outside the ringette line before defending team can in turn go on the offensive. All Goal Side and Contain/Pressure principles must be followed.