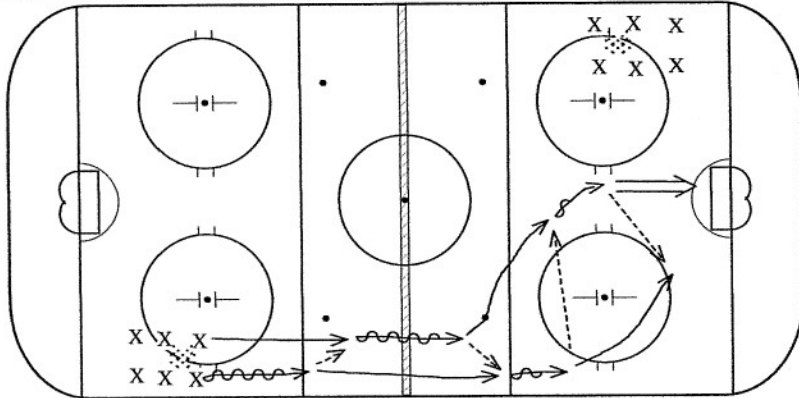


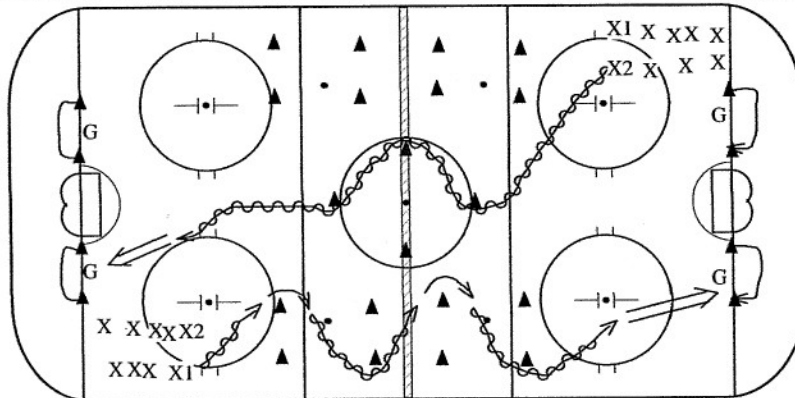
4 Corners In

- 1) Players skate in and shoot.
- 2) Players skate in and "give n go" with corner men
- 3) Players skate in, get a pass and try to shoot under pressure from corner men.
- 4) Players play 1v1 down the wall. Ds start backward.



Basic 2v0

Players give and go down the ice. First pass after the blue line should be before the ringette line. Skater then decides whether to shoot or pass back to partner.

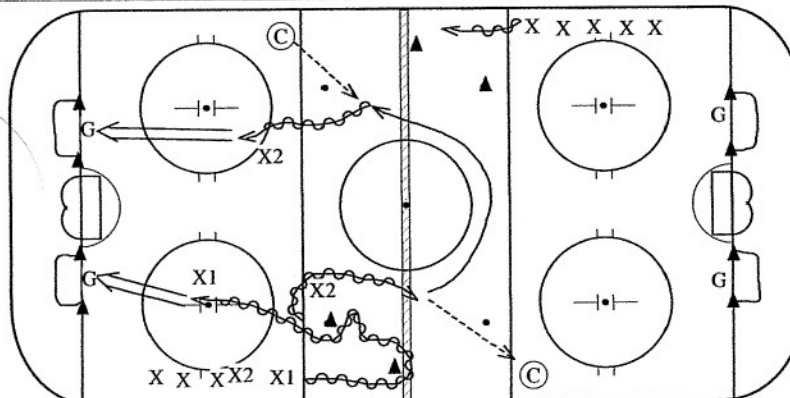


Carves/2-Step w Glides

X1 skates the board side cones by carving around the inside cones and 2 stepping around the outside cones.

X2 skates the center ice cones executing glide turns.

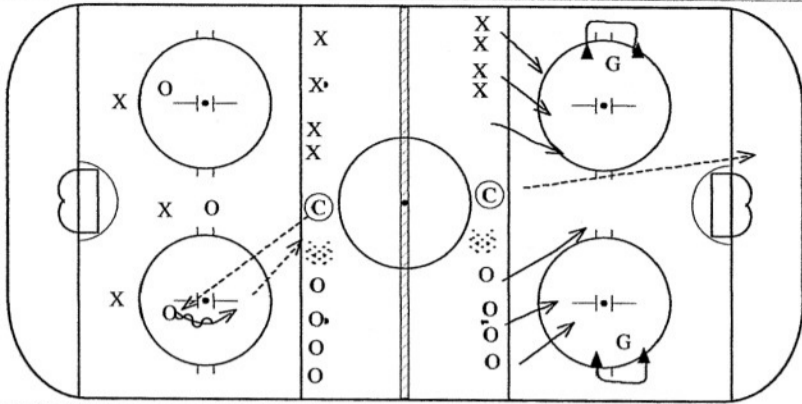
Both shoot on their respective nets.



LS 4 Net #2

X1 glide turns around 1st cone then dekes the next before skating in for a shot on net.

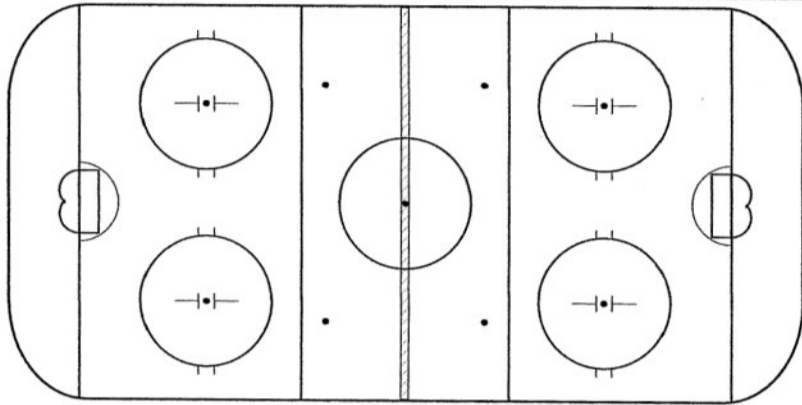
X2 also glide turns and dekes but then turns up ice and passes to the coach before skating the center circle and getting a pass back from opposite side coach and then shooting on net.



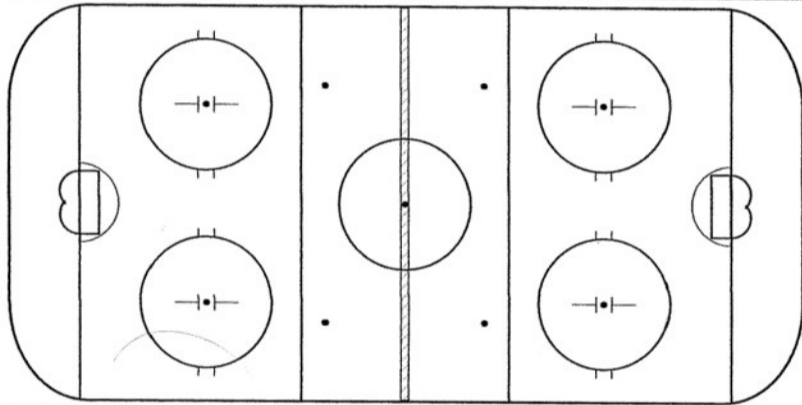
LS GSP/3v3

1) GSP: Xs defend against Os by keeping defensive side positioning. Os move around the zone and return any pass the C gives them. On the whistle Os attack net with Xs defending.

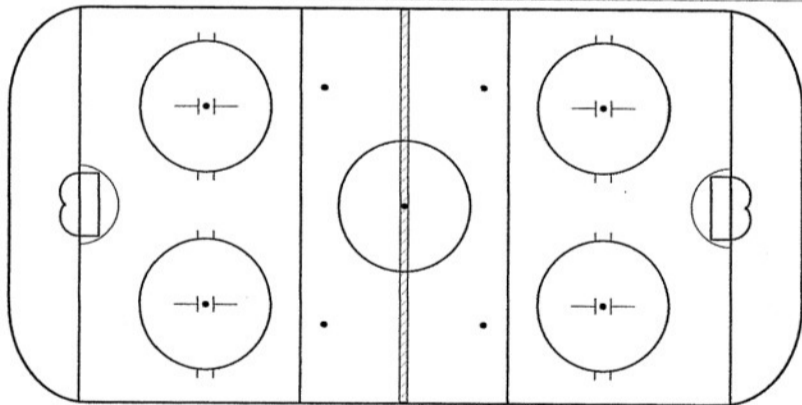
2) Players compete 3v3 with GSP principles in effect.



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