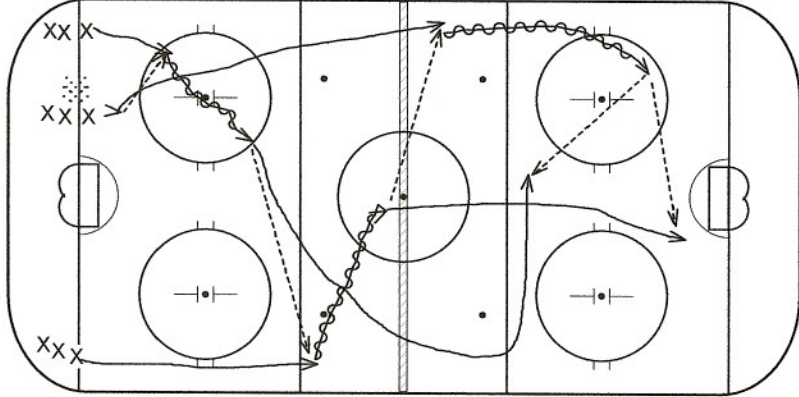


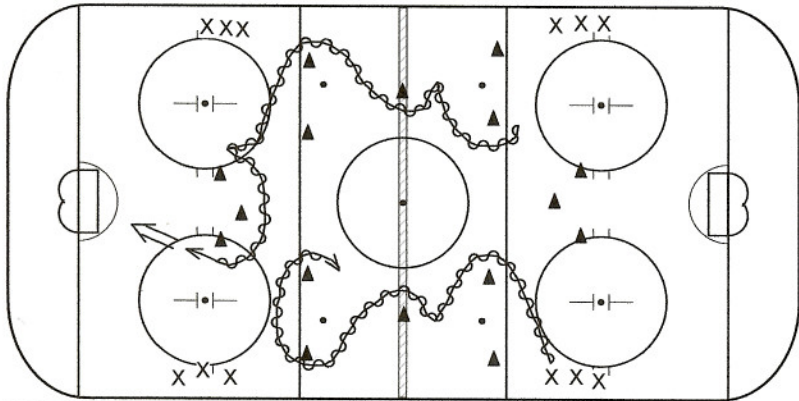
### RPI 3 Same Time

Three players leave at the same time with...

- X1: 2-steps along the boards and drives wide outside the dot.
- X2: 2-steps along the boards and cuts x-ice after the red line and drives wide outside the far dot.
- X3: 2-steps along the boards and then skates the circle before coming down the middle.

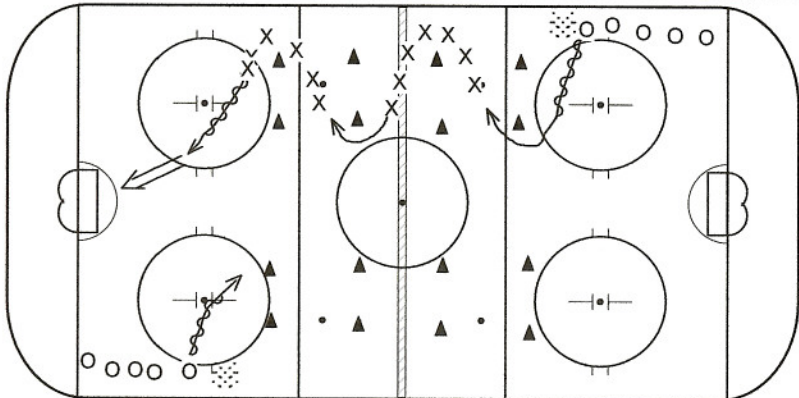


### 3 pass basic 3 vs 0 rush



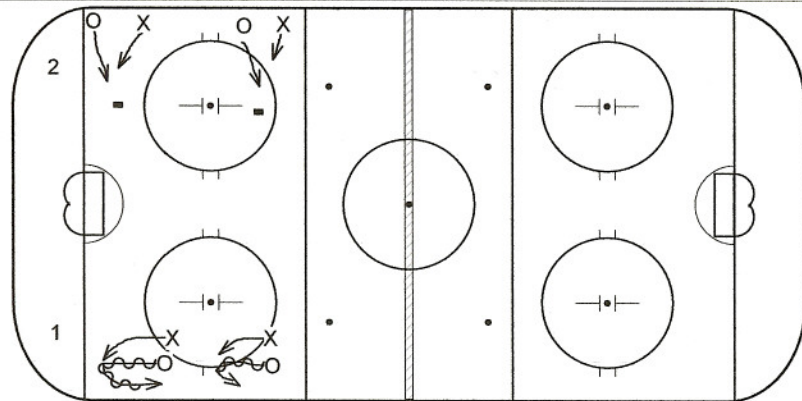
### 4B Fig 8

Players skate a figure 8 pattern with inside out fakes at the middle cone.  
At the slot area triangle players once again fake and go around the cones before finishing with a shot on net.



### Inside carves/Outside x-overs

Players skate through the cones executing 1 foot carves on the inside cones and x-overs around the outside cones. Players finish with a shot and then look for their rebounds before screening for the next shooter.



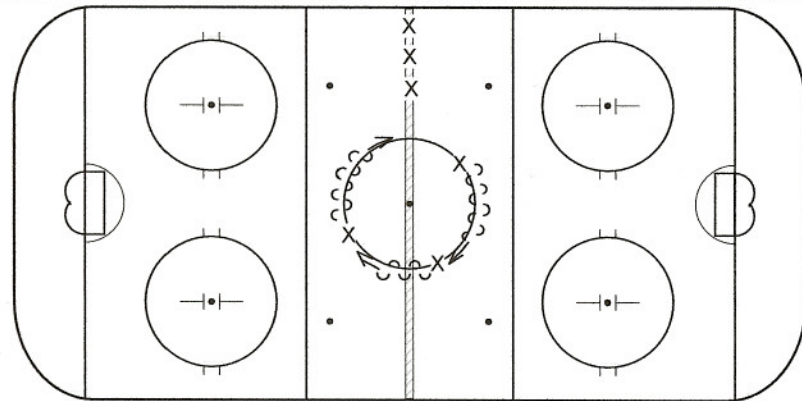
### RR 6 PP

#### Soft Shoulder:

Used along the boards when being cut off by a defender. As the puck carrier feels the defender on his outside shoulder starting to cut him off he turns quickly towards the boards and then kicks the puck up with his inside skate to his stick and escapes.

#### Cutting the lane:

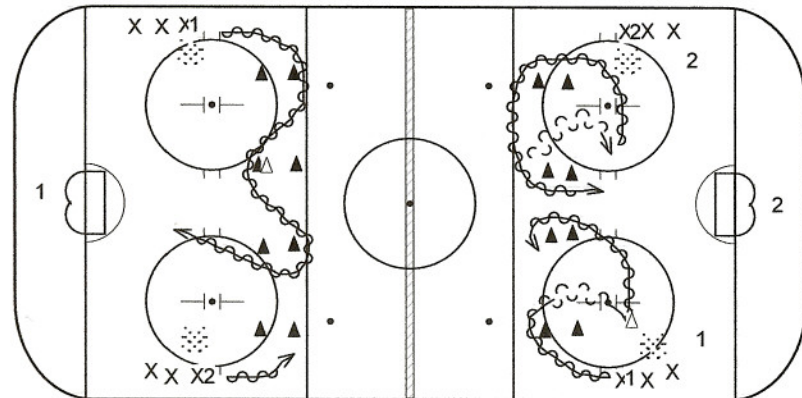
Used when racing for a loose puck. Players take their first 3 or 4 steps inwards towards the opponent's lane before trying to get the puck. By stepping in front of the opponent first, you greatly reduce his chances of beating you to the puck, especially if the opponent is faster than you.



### Bkwd Cir X-O

Players skate the circle executing various technical drills.

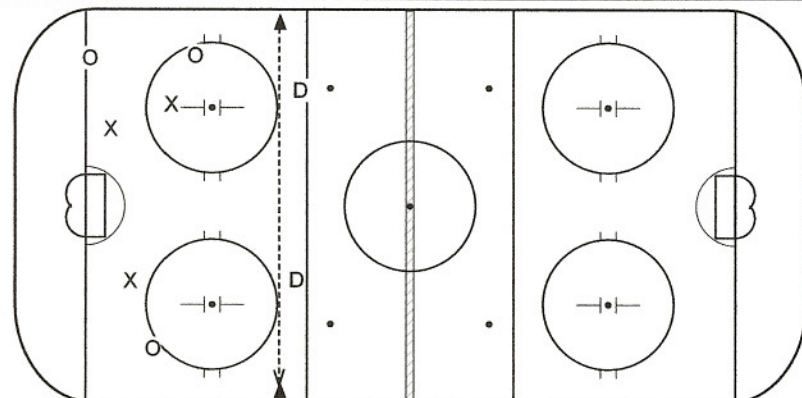
- 1) 1 foot c-cuts.
- 2) C-cuts with inside reach. Gradually increase reach.
- 3) C-cuts with inside reach and x-under pushes.



### RR 6 Cone Stat

1) Players x-over through the first 3 set of cones before going in to shoot on the goalie. X2 starts when X1 reaches the bottom cone of the second pair of cones indicated by a small triangle.

2) Players transition skate around the two set of cones on their side before going in to shoot. X2 starts when X1 is at the end of his first backwards skating, also indicated by small triangle.



### 3vs3 plus 2

#### 3vs3 plus 2:

Players play 3vs3 below the ringuette line. Offensive players are supported by 2 Ds who have only 3 options if they get the puck. Ds are not allowed below ringuette line.

- A) Shoot
- B) One D to D pass
- C) Pass back to an attacking forward