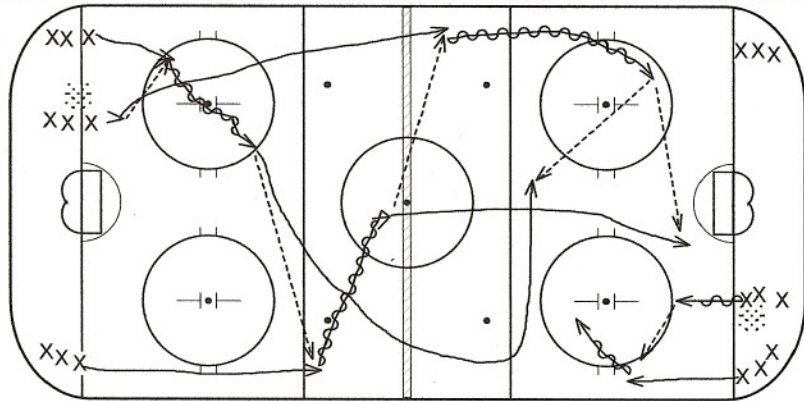


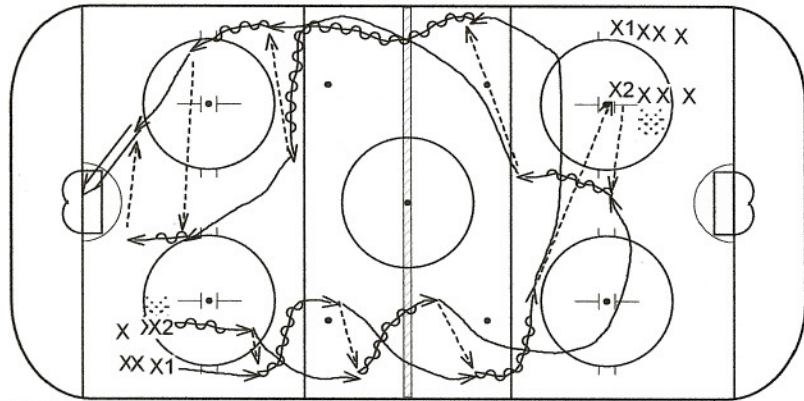
### RPI 1

Starting from the ringette line two players leave from each end, pick a puck from the center circle before skating around the cones as indicated. Coming back to their original end X1 stays on the same boards while X2 skates to the opposite side and skates between the cones before coming in for a shot. After taking his shot and looking for his rebound X1 stays to screen and deflect the shot from X2. X2 then stays to screen and deflect the shot from the next X1.



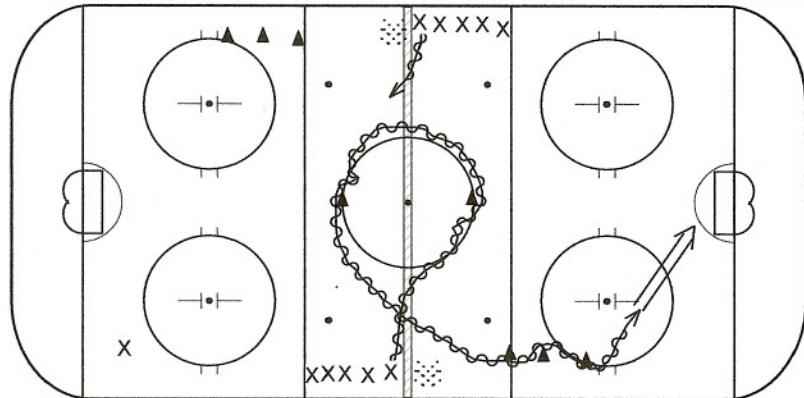
### 3 pass basic 3 vs 0 rush

Players attack 3v0 down the ice with attack triangle principles applied once inside the blue line. F1 enters wide with F2 driving to second post while F3 provides backside support to F1. Once F1 is deep in offensive zone then wave starts the other way.



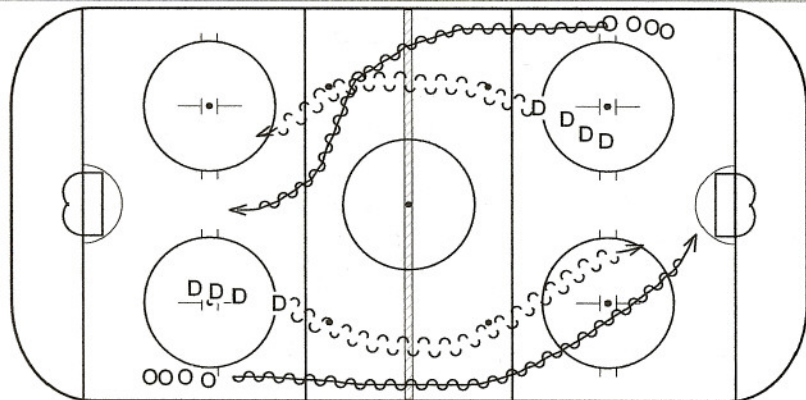
### Double Loop w Crossing

X1 and X2 criss-cross down the ice and then loop to the other side. Non puck carrier always cuts behind the puck carrier with the puck always carried to the middle and passed to the boards. Once inside the blue line a pass is made to a player in line with a return pass to the second man coming through. At the far blue the puck carrier cut hard inside the blue line and feeds it back to incoming teammate along the boards. Players then attack the net 2v0.



### 2 Red Format #2

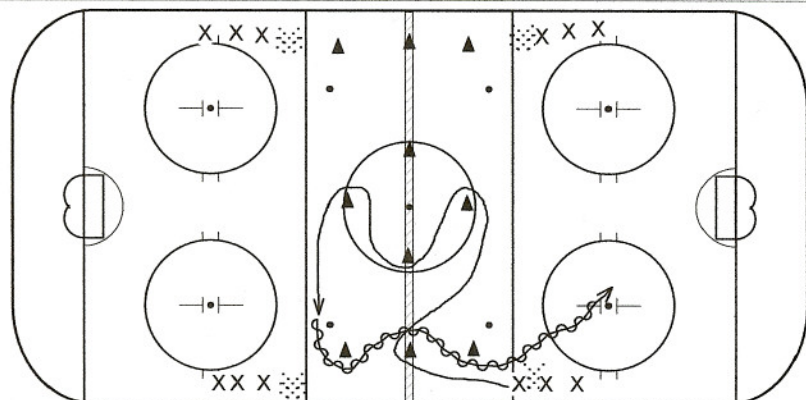
Players skate the circle (x-overs) and execute single inside out fakes at the cones; always rolling their wrist while dribbling the puck. Players then carve through boards side cones before shooting on net and looking for any rebounds. Players then stay to screen and deflect for incoming shooter.



### 1v1 Full Ice.

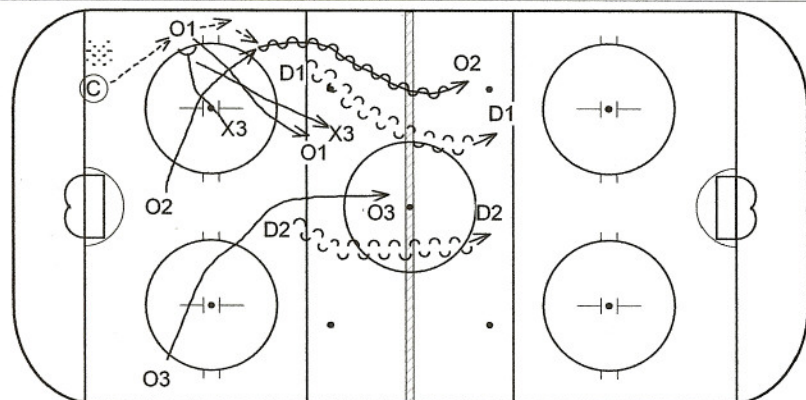
Players compete 1v1 to the net.

- 1) Fs are not allowed to cut to the middle. It's a straight race to the net.
- 2) Fs are allowed to cut to the middle after the red line if the Ds continue to back up too much.



### 4 Blue Format # 13

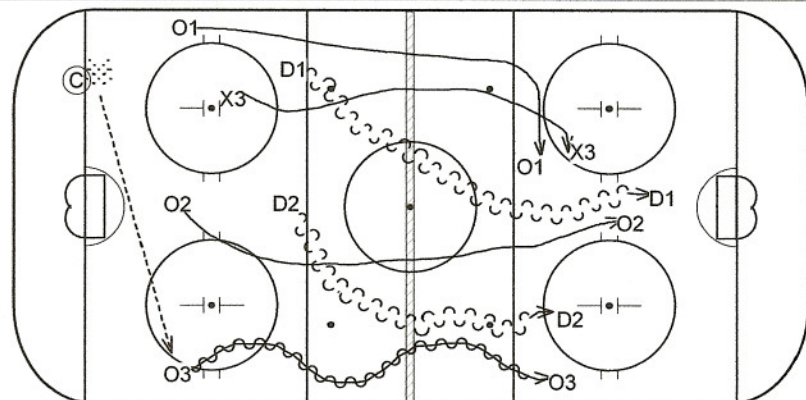
Players skate the cones as indicated. They turn at the second cone and then glide turn around around the 3 center ice cones on their side before coming back through the 3 boards side cones.



### B/C 1

Three offensive players are line up to break out. 2 Ds and one forward (X3 as the high man in offensive zone) are line up to defend. Coach simulates various scenarios with defending players reacting.

If coaches pass to board side player X3, as the high man in offensive zone moves in to take him. O1 sees X3 coming so he chips off the board to O2 who is cutting to support. Basic scenario is 2 Ds against 2 forwards with X3 staying on his check, O1, into the defensive zone. Everyone communicates and stays with their men.



### B/C 2

If C passes to either O2 or O3 then the 2 Ds play the same 2 on 2 situation with X3 picking up his check, O1, into the defensive zone. Identification and communication is key.