



PRACTICE #4: Fwd/Def Split (1.5 hr)

Goal- To work with Forwards and Defense on specific skills (Breakout, cycling, creativity)

(8 min) SAG: Ringette 4v4 Warmup

- Both ends. Flipped sticks, goalies no sticks.
- 4v4 cross ice

(30 Min) Fwd/Def Split

Forwards: Cycling

- A- 2 player, single cycle and attack
- B- 2 player, single cycle w/ cutback and attack
- C- 3 player, double cycle
- D- Quick Regroup attack

Defense: Regroup and Breakouts

- A- Boards Shot into Regroup Escape
- B- Breakout- Quickup Option w/ shot from point
- C- Breakout- Wheel Option w/ shot from point

(30 Min) Team Split: Coaches choice

****Work with your team on whatever you would like ☺ Prep coaches will prepare this.***

(20 Min) SAG's

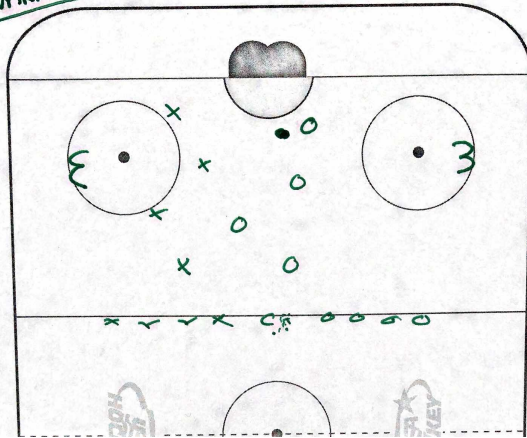
#1: Def → Off → Out

- O will start in the Dzone with the Puck and attack 2 X players.
- 2 new O players will enter the D-zone and be ready for the X players to attack when they get the puck from O
- This game is designed to encourage quick transitions, and Defensive players to attack/pressure the puck.

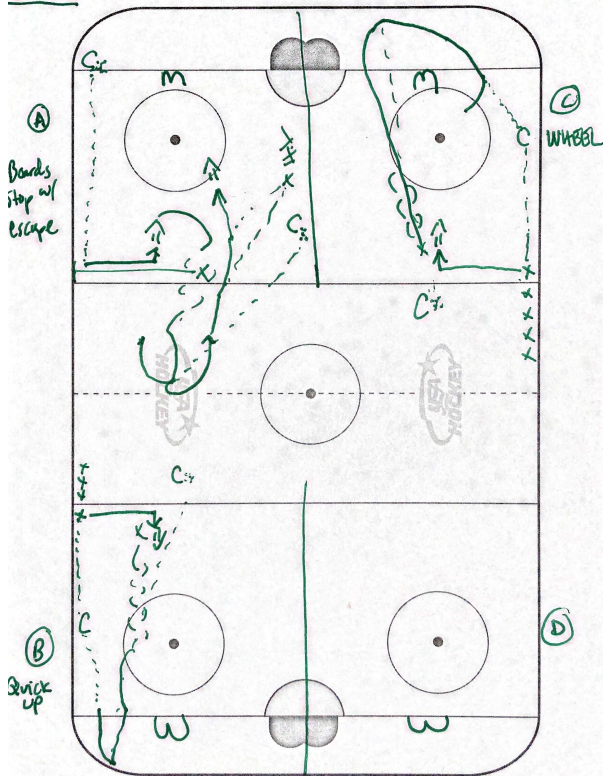
#2: Regroup Game 4v4

- One player must remain behind the Defensive goal line, this player can rotate.
- On change of possession, team must regroup with the player behind the net.

WARM-UP



Defense



Forwards

