

- Edgeworks - 1) Open hips around stick. 2) Open hips change direction over stick - figure 8.
 3) 1 foot c-cuts around stick. 4) Partners - aligned sticks open hip chase. 5) Two foot Hop over two sticks
 6) One foot hop over two sticks. 7) Hop over stick backward then c-cut.

PRACTICE #3: Compete (1.15 Hrs)

Goal- Transfer angling and body contact to in game situations. Protect the puck, and take away space.

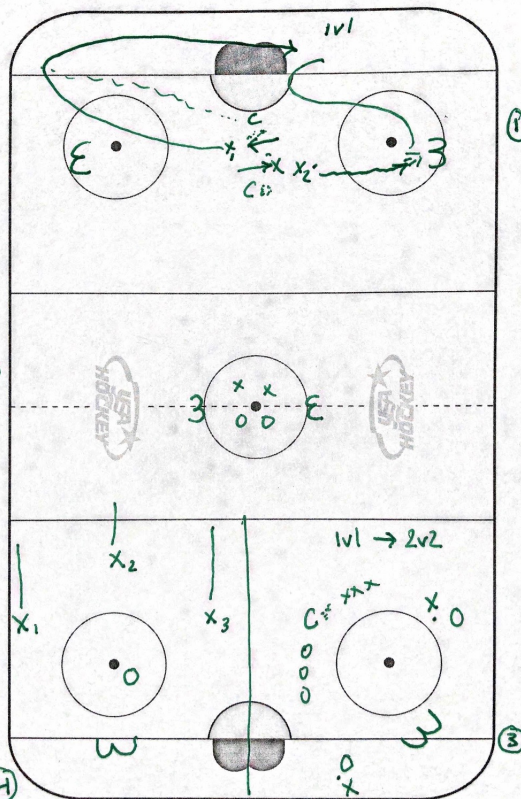


(15-20 Min) Edgework *Madie + Jess*

(36 Min) Stations: (4 x 8 min) *8 players per station

#1: 1v1 Meet and Greet

- Coach will dump a puck for X1, who then skates up the ice in attempt to get a shot on the opposite sides net.
 - X2 will skate in on her net to shoot. After the shot, she will recover up the ice at GREET X1 with a 1v1 battle.
 - Encourage X1 to really get speed and challenge X2. X2 should get their feet up the ice, close space on X1, and either angle or pressure the puck.
 - Alternate ends so players are getting it from both sides.
- Progression: X1 can pass to the next player from their line to create a 2v1.**



#2: 2v2 Ringette Dome Game

- Players will have their sticks flipped upside down, and battle to get the ringette to touch the back of the other teams net to gain a point.
 - Coaches Make sure the Pegs are in the nets to secure them.
- Players should use what they have learned at body contact to battle hard. Strength will be key. ☺**

#3: 1v1 --> 2v2

- Two pairs will start in the playing area. Coach will designate who is starting the 1v1.
- On the whistle, the first puck is dead, and it activates the other pair to create the 2v2.
- If the defensive team gets the puck, they skate it out of the playing area toward the coach.

#4: Starfish 2v1

- One player will be the defensive player (O) for 3 rounds of 2v1's.
- X1 will start with the puck, and have the ability to : shoot if O is cheating, pass to another line, or their own line to add one more player to create the 2v1.
- Quick passes and quick attacks to the net are important. Let the 2v1 player for 10 seconds, then coach will whistle, which starts X2's line for the attack.
- O should work on pressuring the puck and taking away space.

(12 Min) SAG

#1: 4v4 Layers (Full-ice)

- Each team will have a goalie at the opposite end of the ice
- Coaches will be support passers along the boards
- Teams must pass to a coach on change of possession before they shoot
- **Emphasize: Creating space for yourself offensively, and pressuring the puck defensively.**

