



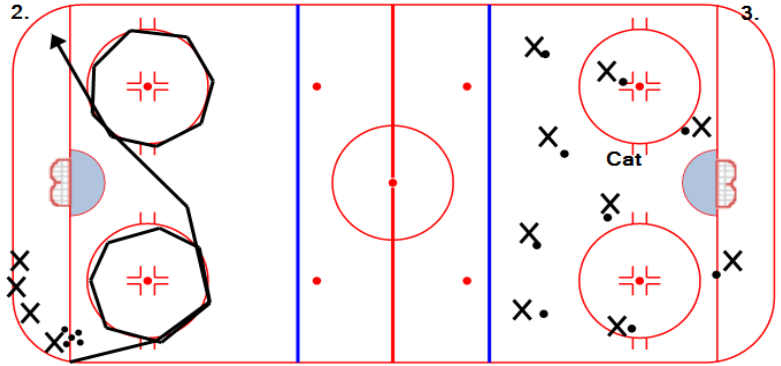
Title : Warm up 15 mins

Content elements:

Components :

Description

1. Free play. Let players play with ball; shoot, pass, stick handle etc
2. Run around circles. Send three players at the time with ball. Watch for things to correct; hands on stick, head up, etc
3. Cat & mouse. Everyone player has ball they are mouse. Coach is cat and tries to take ball away, if ball is taken away then mouse become cat. Last player with ball wins. Keep them in the blueline in



Title : Breakout

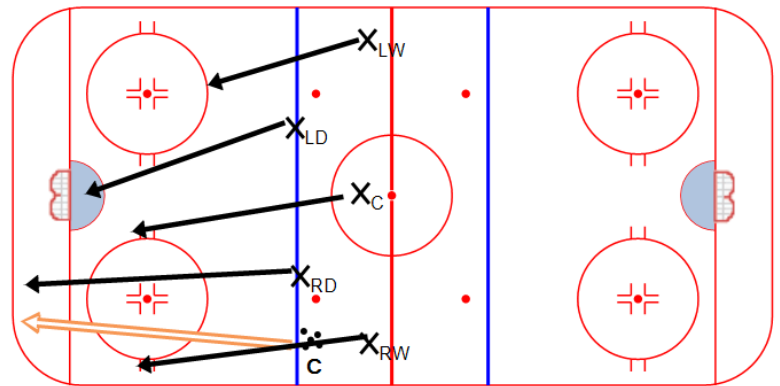
Content elements: 20 mins

Components :

Description

Players line up like in diagram, the remaining player go to the bench coach shoots ball in. Defense retrieves ball and passes to winger, winger then either chips it up boards or passes to centre. Leave defensive end and stop in neutral zone. Next line comes off of bench

After a few successful attempts you can have the players regroup in neutral zone and go in on a 3 on 2



Title : Basic Strategy 20 mins

Category #1 :

Strategy

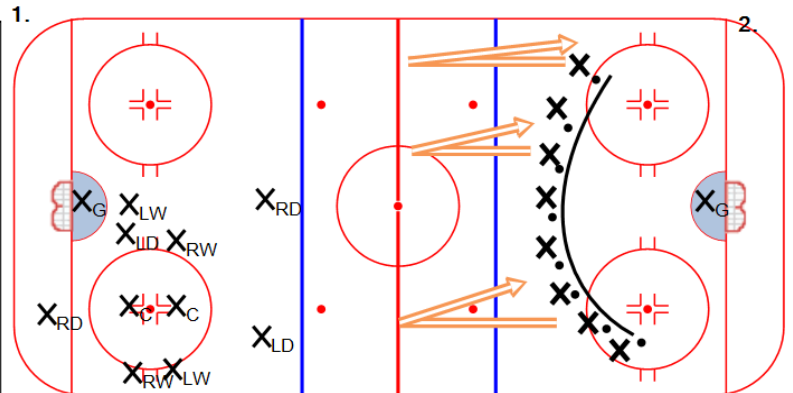
Category #2 :

Game play1

Description

1. Go over faceoff set up. Where to line up; forwards and defence. Make sure to switch players around. Once they get used to where to line up drop the ball and have a mini game. Offence get balls to net, defence get ball out using boards.

2. Practice a warmup. Line up in horseshoe with ball and shot at goalie, after shot run to red line and back. Do it twice then show St. Louis drill



Title : Game play2 20 mins

Category #1 :

Strategy

Category #2 :

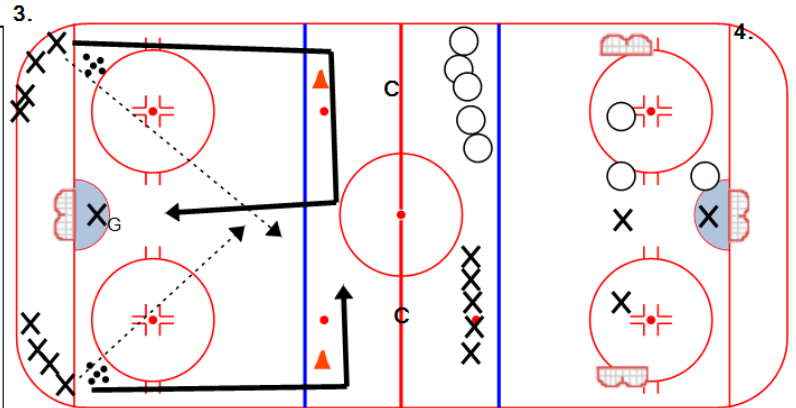
Game play2

Description

3. Do St. Louis drill as part of warmup. Players in each corner with balls, player 1 runs around cone without ball, as soon as player passes cone player on other side passes ball. Player 1 goes in and shoots on goalie. Once ball passed that player runs without ball around cone and continues on

4. Mini game, cross court. Can use cones instead of goalie, you must hit cone to score. 3 on 3 those who are not playing line up and blue line, get used to calling people off/changing on the fly

5. If you have time go over offsides



Title : Warm up2

Content elements: 15 |Minutes

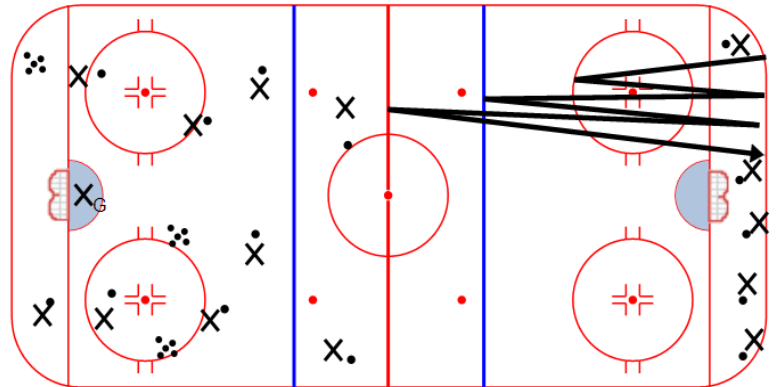
Components :

Description

1. Free play. Let players play with the balls; shoot, pass, stick handle. Only rule everyone must be moving

2. Running with ball.

- Two laps in one direction, two laps in other
- Lines, start at boards run to ringette line and back, blueline and back, centre and back x2



Title : Skills

Content elements: 20 mins, switch after 10 mins

Components :

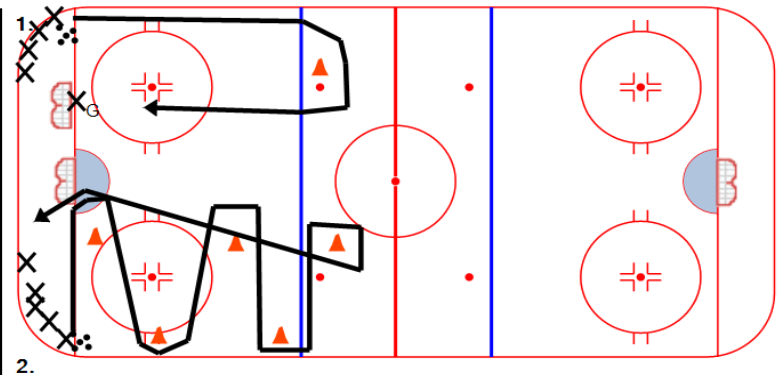
Description

Split up into 2 groups

1. Line up in corner with ball, run around cone go in and shoot

2. Line up corner with ball, set up cones. Run through cones with ball

- watch hand position on stick, correct as they go



Title : Strategy2

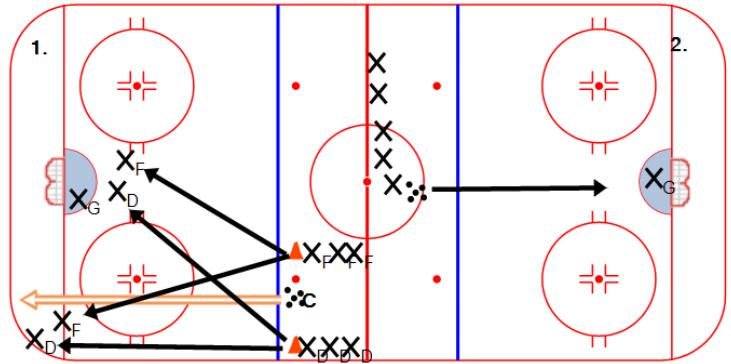
Content elements: 20 minutes

Components :

Description

1. 2 on 2. Set up one line of defence, and one line of forwards. Coach shoots ball in corner, one forward and one defence battle for ball in corner. One forward and one defence goes to front of net. Forwards try and score, defence tries to get ball back to coach by shooting up the boards.

2. Shoot out. Have soem fun let the kids line up at centre with balls. Go in and shoot or deke on net.



Title : Warm up3

Content elements: 15 minutes

Components :

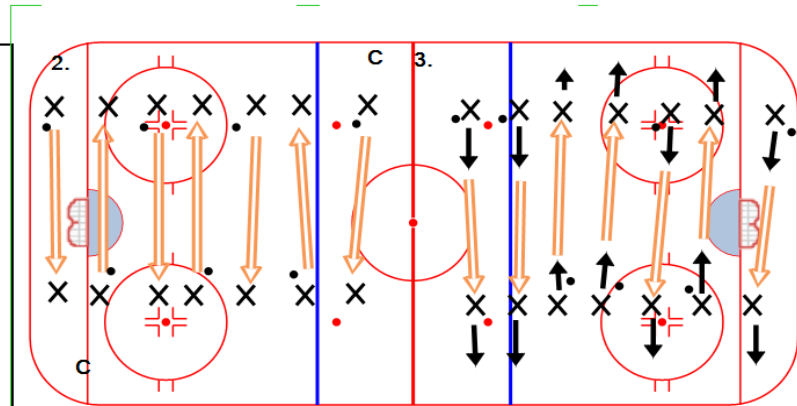
Description

1. Free play. Let players play with balls; shoot, pass, stick handles, only rule is the must be moving.

2. Players find a partner and line up across from each other with one ball. Practice passing back and forth

3. Progress passing drill with movement. One walks forward, other walks backwards. once ball is passed, switch.

Watch for position of hands on stick, cradle ball when receiving pass, give a target



Title : Skills3

Content elements: 20 Mins, switch after 10 mins

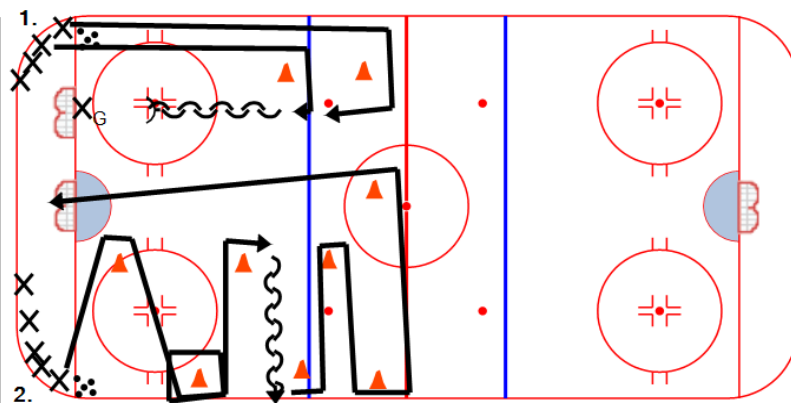
Components :

Description

Split into two groups

1. 1 on 1. Line up in corner, two guys go on whistle, first player has ball and runs around furthest cone. Second player without ball runs around nearest cone. First player tries to shoot and score, second is defence

2. Line up in corner, set up cones and run obstacle course with balls. Be creative, can do 360's around cones, transitions, etc



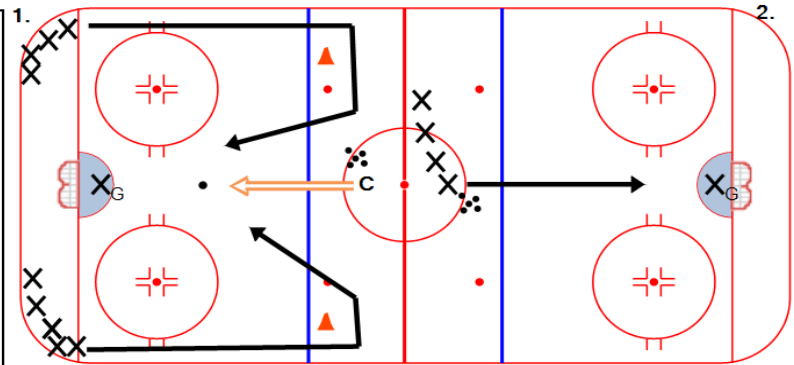
Title : Battle Drill/Shoot out

Content elements: 20 minutes

Components :

Description

- 1. Two lines line up at each corner. Coach is at centre with balls. On whistle player from each corner runs around cone and coach puts ball in teh middle. Battle to shoot and score. Tip: try and apir up like skilled players
- 2. Shoot out, line up at centre deke or shoot



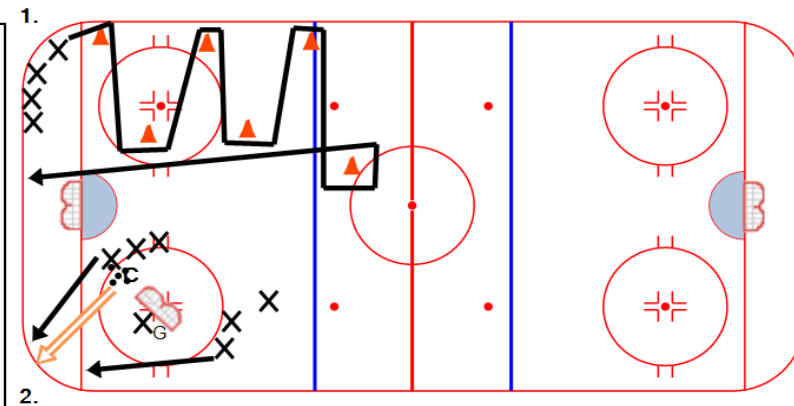
Title : Puck battles3

Content elements: 20 minutes, switch after 10

Components :

Description

- Split into two groups
- 1. Obstacle course. Kids line up in corner, run through cones with ball practice different ball contro and feet skills
- 2. Battle drill. Turn net towards corner, have two lines on each side of net. Coach shoot ball into corner a player from each line will go into corner and will battle to shoot and score



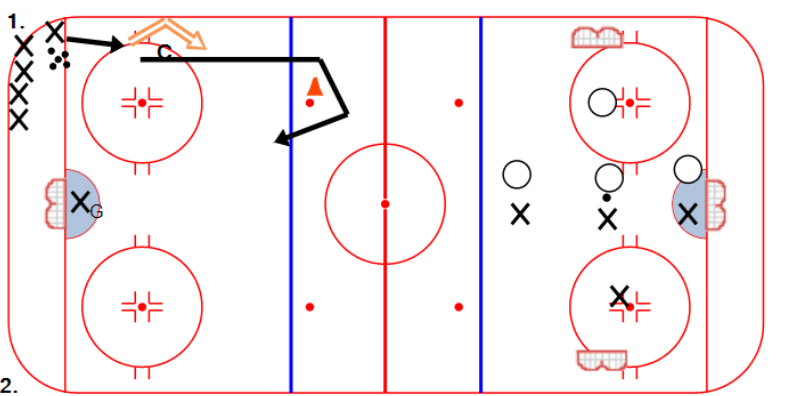
Title : Startegy

Content elements: 20 minutes

Components :

Description

- 1. Chip in chase. Have kids line up in corner, must chip ball past coach get ball and run back through cones.
- 2. Mini game, cross court 4 on 4



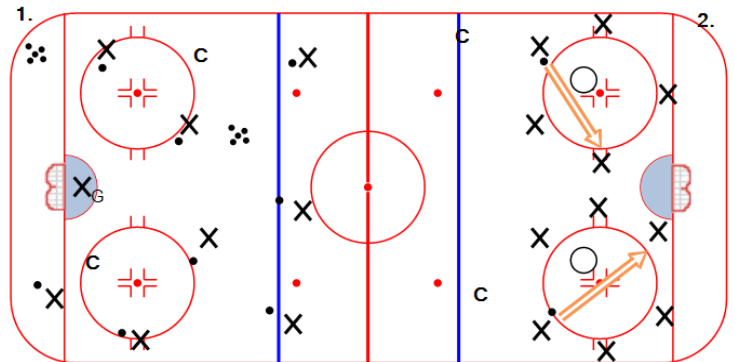
Title : Keep Away

Content elements: 15 minutes

Components : _____

Description

1. Free play. Let players play with ball; shoot, stick handles, pass, etc. Only rule is everyone is moving
2. Keep away. Two groups of players line up around each faceoff circle. One player in the middle tries to intercept the pass. Whoever loses the middle then goes in the middle



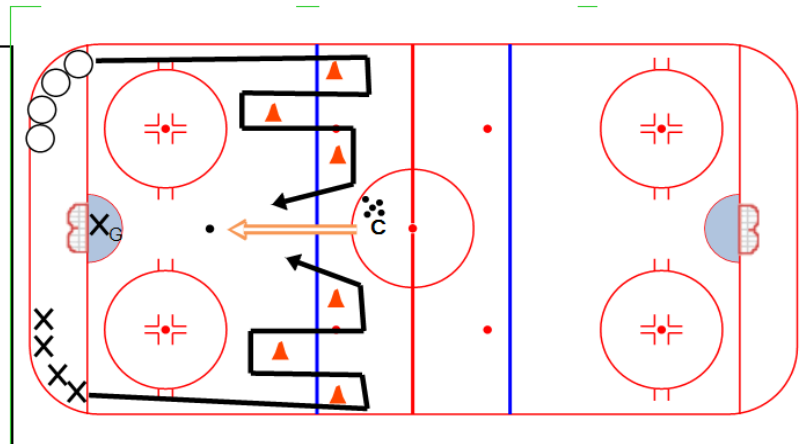
Title : Ball battles

Content elements: 15 mins

Components : _____

Description

1. Two lines in each corner. Coach lines up at centre with balls. On whistle a player from each corner goes and runs through cones. Coach puts the ball in the middle and players battle for it to shoot and score. Tip: line up like skilled/speed players



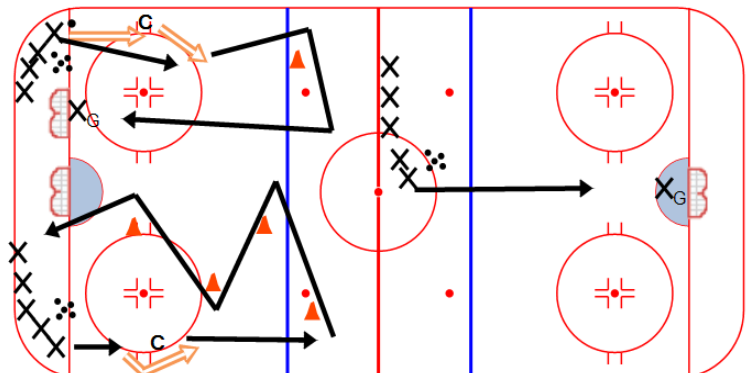
Title : Skills4

Content elements: 25 mins, switch after 10 mins

Components : _____

Description

1. Passing and shooting. Players line up in corner with balls, coach stands by boards around hash marks. Players passes to coach and runs, coach passes back, player then runs around cone and goes shoot on goalie
2. Chip and chase. Players line up in corner with balls, coach lines up around hash marks. Players run with ball, bounce ball off boards and gets it, then runs through cones
3. Shootout out. 5 mins



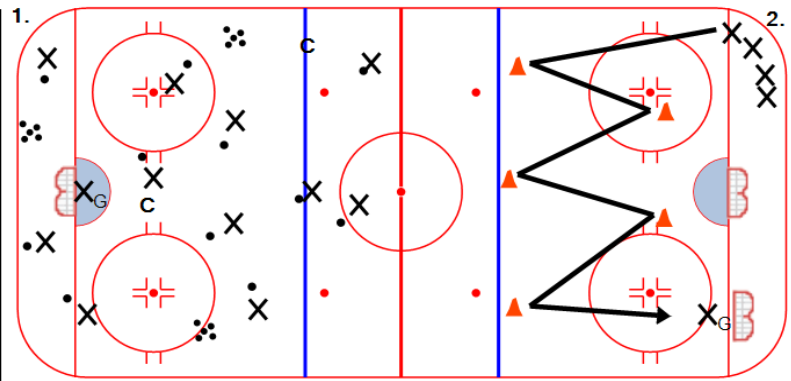
Title : Running and Shooting

Content elements: 15 minutes

Components : _____

Description

1. Free play. Let players play with ball. Pass, shoot, stick handle, etc. Only rule is the must be moving
2. Stops and starts. Players start in corner with ball and run to each cone stop and the explode off the start. go to each cone then have shot on net



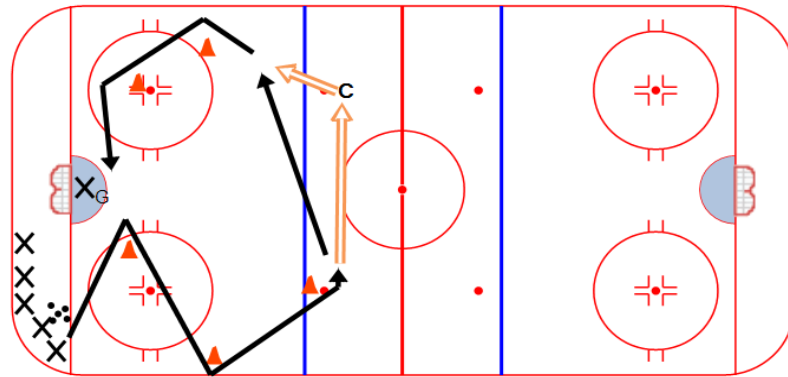
Title : Running, passing, shooting

Content elements: 20 minutes

Components : _____

Description

Players line up in corner with balls. Coach lines up on far faceoff dot. Players run with ball, stick handling through cones, passes to coach who the passes back. Player then drives around cones and goes hard to net



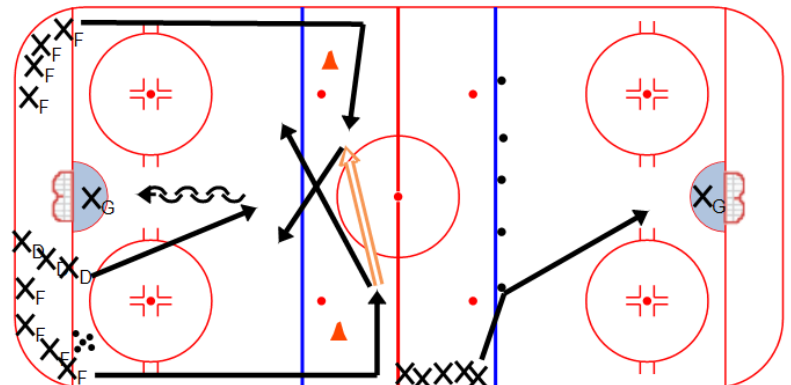
Title : 2 on 1

Content elements: 20 minutes

Components : _____

Description

1. Two lines of forward line up in corners one side starts with balls, defence lines up to side of net. On whistle a forward from each line goes and one defence goes. Forwards run around cones, defence runs to blueline and backs up and goes 2 on 1.
2. Shootout. Line 5 balls up at blueline, players on bench. First player goes get ball and tries to score on goalie, if he scores next player gets ball at blueline, if goalie stops it, player passes back to next player in line. Goes until all balls are gone



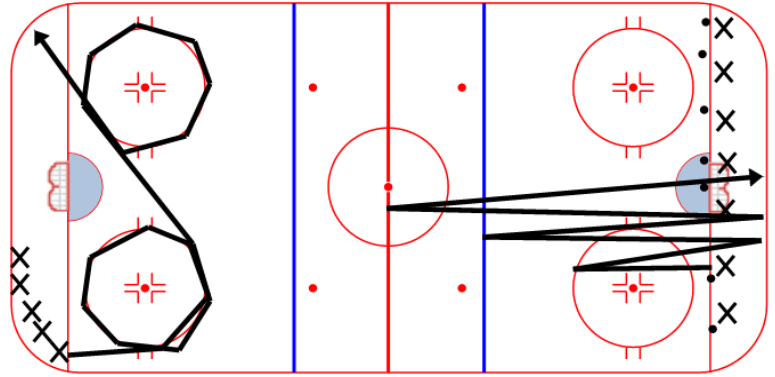
Title : Free Play and Running

Content elements: 15 minutes

Components :

Description

1. Free play. Let players play with ball; shoot, pass, stickhandle, etc. Only rule is they are moving.
2. Run circles with ball x2
3. Run lines with ball x2



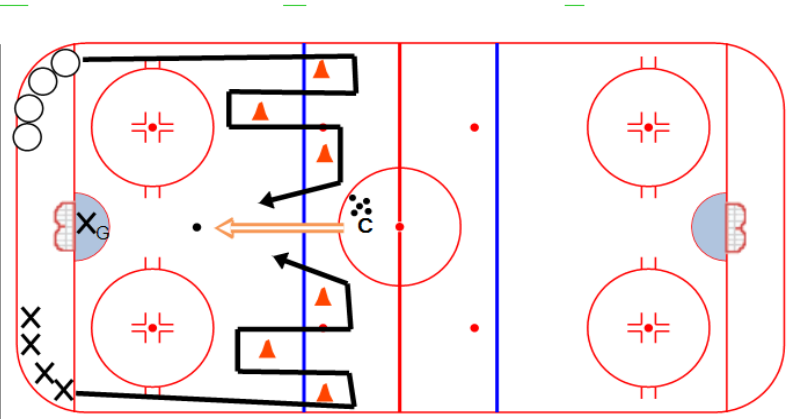
Title : Ball battles

Content elements: 15 mins

Components :

Description

1. Two lines in each corner. Coach lines up at centre with balls. On whistle a player from each corner goes and runs through cones. Coach puts the ball in the middle and players battle for it to shoot and score. Tip: line up like skilled/speed players



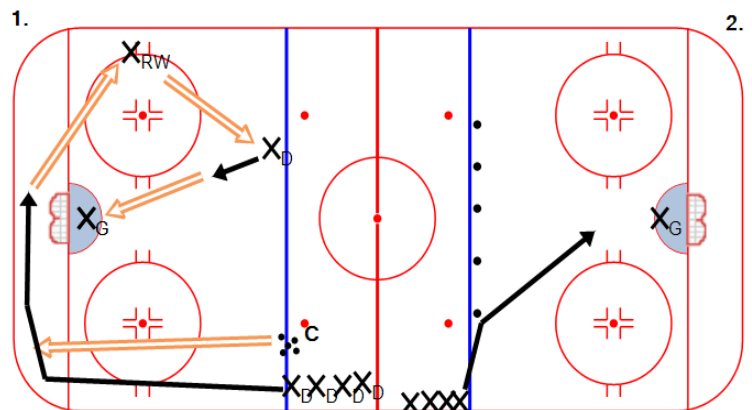
Title : Wheelhouse

Content elements: 30 mins

Components :

Description

1. Players line up at blueline, one player lined up at far hash marks, one defence at blueline. Coach shoots ball in and player runs into corner to get it, coach yells wheelhouse, player take ball behind net and passes to winger lined up at hash marks. Player at hash marks then passes to player at blueline, who walks it in and shoots. Players then rotate.
2. Shootout. Line 5 balls up at blueline, players on bench. First player goes get ball and tries to score on goalie, if he scores next player gets ball at blueline, if goalie stops it, player passes back to next player in line. Goes until all balls are gone



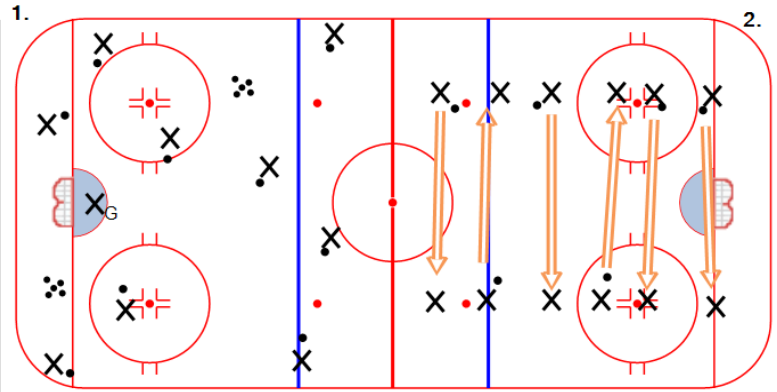
Title : Pass and Battle

Content elements: 15 mins

Components : _____

Description

1. Free play. Let players play with ball; shoot, pass, stickhandle, etc. Only rule is they are moving.
2. Pass and battle. Players find a partner and line up across from each other and pass ball back and forth. On whistle who ever doesn't have ball tries to get the ball and players battle back and forth. On whistler players go pack to passing



Title : Split up

Content elements: 20 mins

Components : _____

Description

- Split up into two groups, switch after 10 mins
1. Players line up in corner with balls, stick handle through cones then go shoot on net
 2. Ball battles. Two lines at blueline, coach shoots ball into corner. A player from each line goes into corner and battle for ball possession until coach blues whistle

