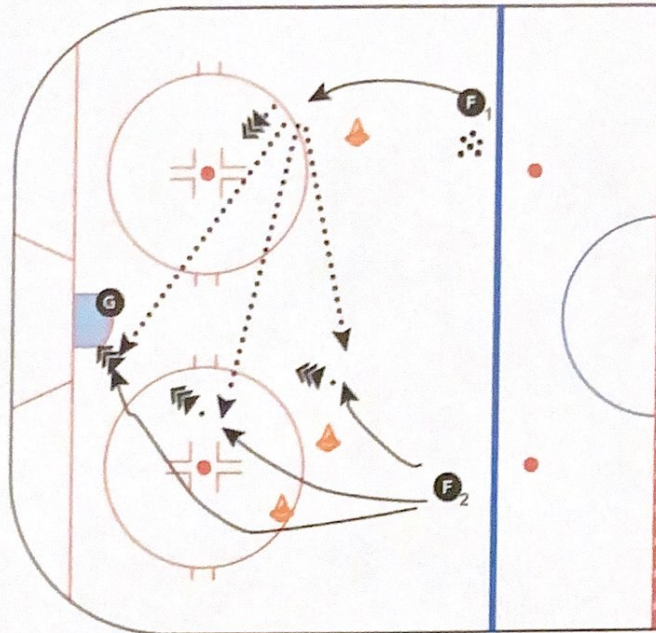


Evaluation: End Station 1--Simulated 2 on 1



Description

SETUP:

- 6 Pylons
- Bingo dabber circle at puck starting locations (1 foot inside blue line, in line with neutral zone dot)
- 2 Shooters
- Work both sides of the ice

DRILL:

- F1 begins with puck at blueline. F2 begins just below blueline. PLAYERS DO NOT START UNTIL GOALIE IS IN STANCE FACING F1.
- F1 skates in down wall outside of pylon. F2 skates to middle, between pylons, or outside far pylon.
- AT OR BEFORE RINGETTE LINE, F1 SHOOTS or PASSES to F2 for immediate shot.
- F1 and F2 play out rebound if within 3 strides or 1 second.

Key Points

Evaluation Scoring Points

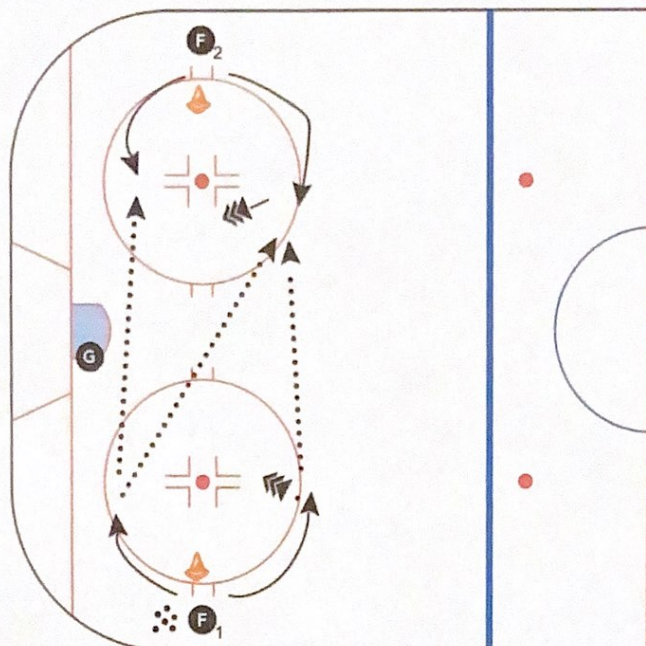
Movement: -a. Edge Control & Set -b. Movement in Stance -d. Paths of Direction

Positioning: -a. Square Body Position -b. Centre Net Coverage -c. Depth Adjustments

Save Process: -a. Save Execution -b. Rebound Control

Game Situations: -a. Game Situation Tactics -b. Read & React Skills -c. Save Selections Utilized

Evaluation: End Station 2--Cross Ice Options



Description

SETUP:

- 2 Pylons
- 2 Shooters
- 2 Bingo dabber circles for puck starting location (1 on each side, between hashmarks & wall)

DRILL:

- F1 & F2 begin on opposite wall hashmarks. PLAYERS DO NOT GO UNTIL GOALIE IS IN STANCE AND LOOKING AT F1's PUCK.
- F1 skates above or below circle with puck, shot or pass to F2 before moving past the top or bottom of the circle (dot line). F2 skates above or below circle for pass/rebound. F1 and F2 do not have to both take the same path around the pylon.
- Both F1 and F2 play out rebound if it is within 3 strides or 1 second.

Key Points

Evaluation Scoring Points

Movement: -a. Edge Control & Set -b. Movement in Stance -c. Butterfly Mobility -d. Paths of Direction

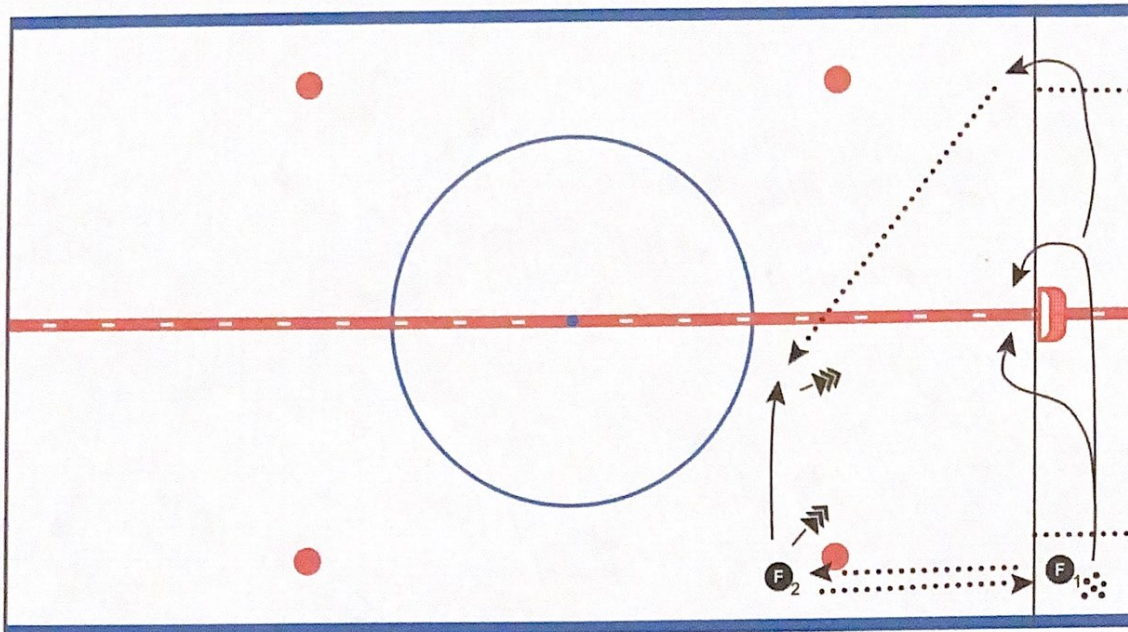
Positioning: -a. Square Body Position -b. Centre Net Coverage -c. Depth Adjustments -d. Post Integration

Save Process: -a. Save Execution -b. Rebound Control

Game Situations: -a. Game Situation Tactics -b. Read & React Skills -c. Save Selections Utilized

Intangibles: -a. Ice Awareness

Evaluation: Side Station 1--Below Goal Line Options



Description

SETUP:

- 2 Shooters
- Bingo dabber line for start position for pucks & F1 (below goal line, in line with faceoff dot)

DRILL:

- Drill begins when goalie is in stance on post, looking at F1's puck.
- F1 passes to F2. F2 catches pass and either shoots or passes back to F1.
- F1 catches pass and then skates to attack net to near- or farside post- or skates away from behind the net towards corner before a pass out to F2 in high slot.
- F1 & F2 play out rebound if present.

Key Points

Evaluation Scoring Points

Movement: -c. Butterfly Mobility -d. Paths of Direction

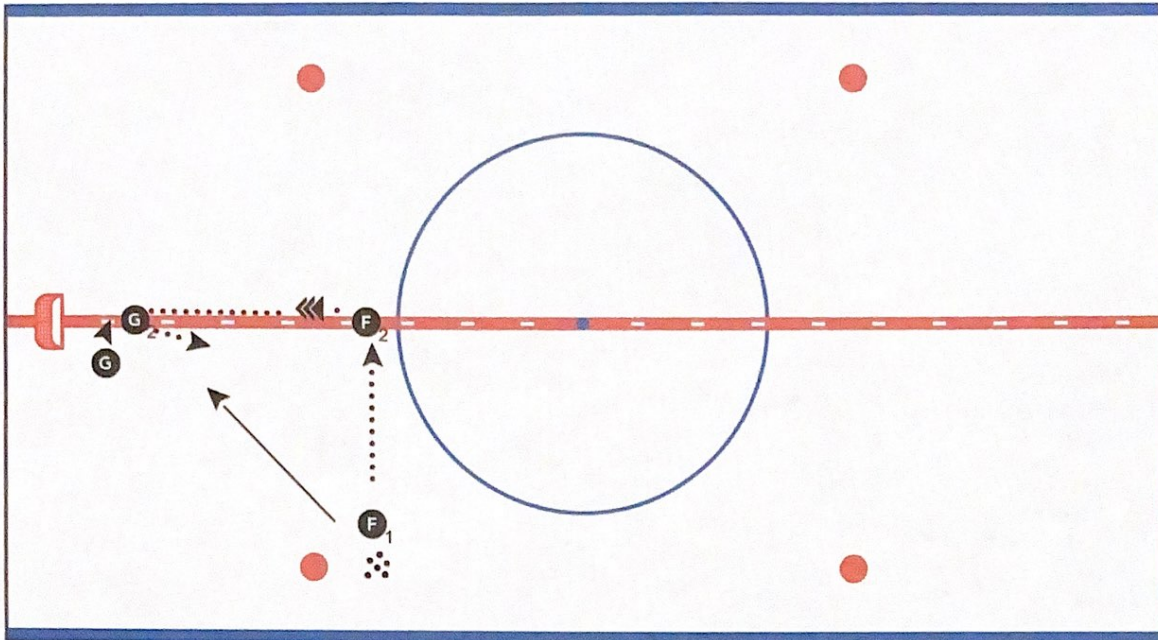
Positioning: -c. Depth Adjustments -d. Post Integration

Save Process: -a. Save Execution -b. Rebound Control

Game Situations: -a. Game Situation Tactics -b. Read & React Skills

Intangibles: -a. Ice Awareness

Evaluation: Side Station 2-- Simulated Scramble



Description

SETUP:

- 2 Shooters
- 2 Bingo dabber circles for starting puck location (in line with face off dots & side of the circle)
- Extra goalie

DRILL:

- F1 begins with puck out to side. F2 starts behind G2 on faceoff circle.
- When goalie is in stance & facing puck, F1 passes to F2.
- F2 can shoot through or bank puck off G2.
- F1 retrieves rebound & shoots/dangles to score.
- F1 and F2 continue playing out rebound if present (if within 1 second or 3 strides).

Key Points

Evaluation Scoring Points

Movement: -c. Butterfly Mobility -d. Paths of Direction

Positioning: -a. Square Body Position -b. Centre Net Coverage

Save Process: -b. Rebound Control -c. Post-save Recovery

Game Situations: -b. Read & React Skills -c. Save Selections Utilized

Intangibles: -a. Ice Awareness -c. Traffic Management