

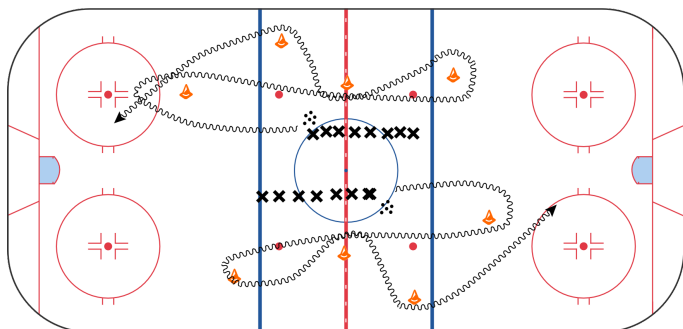


U11 Session 2

Duration: 48 mins

Warmup NZ Turns w/shot

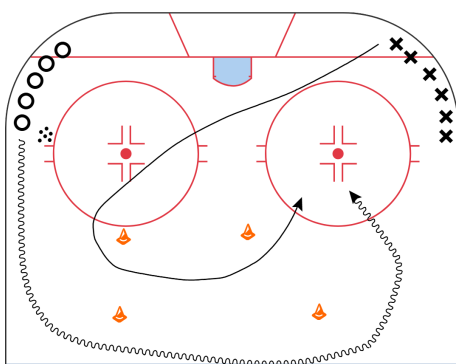
12 mins



On whistle first player will leave with a puck completing turns around each cone, finishing with a shot on goal. Player will enter the back of the opposite line. Switch sides halfway through drill.

Angle Battle

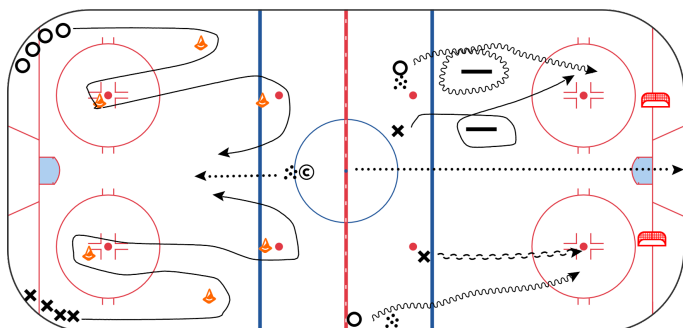
12 mins



O Starts with a puck. At Coach's whistle, skates around the high cones with the goal of driving to the net for a scoring chance. X Will take a lower route around the lower cones, and attempt to angle and prevent O from getting a scoring chance. Players will switch sides each time. Pucks will switch corners halfway through drill.

U11 Session 2 Stations

24 mins



1. Agility Race

Cones setup as shown, coach spots puck at top of circle (ringette line). Each racer has 1 foot on goal line. on go, players race around cones in pattern shown. First on puck is on offense, 2nd player hounds them on defense. switch lines each time.

2.1 v1 Battle

Players line up in 2 lines: Offensive players on OUTSIDE, Defensive players on INSIDE. On Whistle, Offensive player leaves with a puck and goes all the way around the divider (outside to inside) and heads to the net. Defensive does the exact same thing around their divider. Offensive player tries to score, Defensive player tries to defend against them. **PLAYERS SWITCH LINES AND ROLES AFTER EVERY TURN.** Switch puck line halfway through.

3. 1v1 Rush

O starts on the redline with a puck and skates down the boards trying to attack the net. X back skates and plays defence against O. Players switch sides each rep.