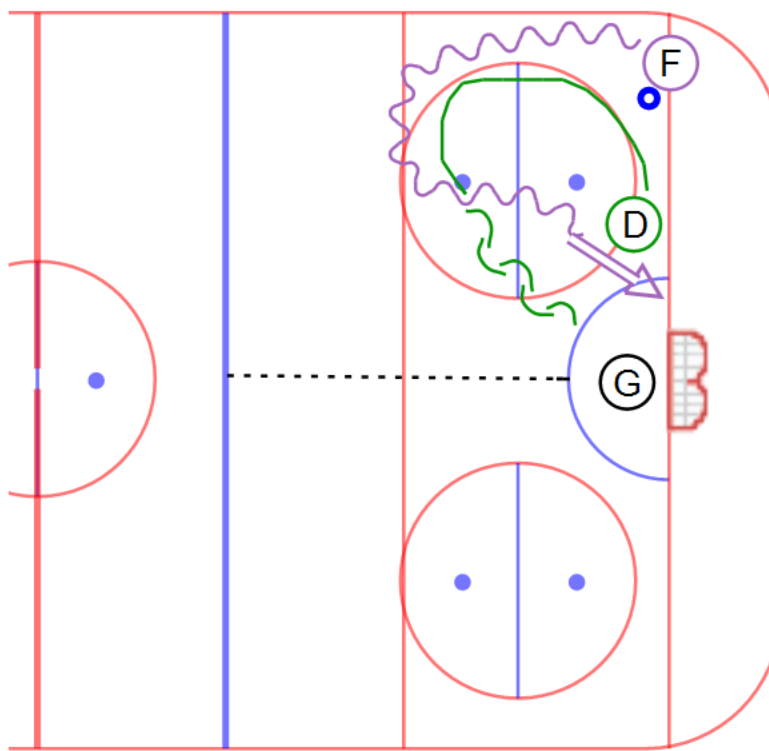


Category #1 : Title : 1 v 1 from cornerCategory #2 :

Content elements: _____

Components : _____



Key Points :

Description

D can start with the ring and pass to the F if you want. D should start approximately where they would be in the triangle and push out as the F comes around.

Typically assign the F a minimum pattern, like skates must touch the ringette line or further out. Stay on one half of the ice.

D should track the F out and pivot to backwards, using good channelling to force the F to the outside lane.

D victory includes: shot from outside lane or getting the ring. Remove D stick if necessary - STICK CHECKING is not required, especially while the F is still at full/mostly full speed.

F should keep their feet moving and fight to get to the net, using change of speed and change of direction to gain an advantage. F could also practice using the D as a screen, shooting around/through them.