

### Station 1 – Pivot Box

Forward skating to backward skating to forward skating etc., with pivots in both directions.  
Throw hip and turn feet – weight on toes to pivot.  
Strong backward skating, watch for weight too far forward and/or leaning on stick.

Next player can start once the player ahead passes in front on the "X"

Advanced groups should use a backward cross-under as the first step after the pivot.

Really advanced groups may try with the puck.

### Station 2 – "Give-and-go Cross"

Players lined up on four points of a cross.  
1 skates across the pattern, passing to 2 and receiving a pass back.  
Next 2 skates across, give-and-go with 3  
3 crosses the pattern, give-and-go with 4  
And so on.

Players pass without stickhandling; pass and receive on backhand where natural.

Switch directions around the pattern after a few minutes (make forehanders switch to backhand and vice versa).

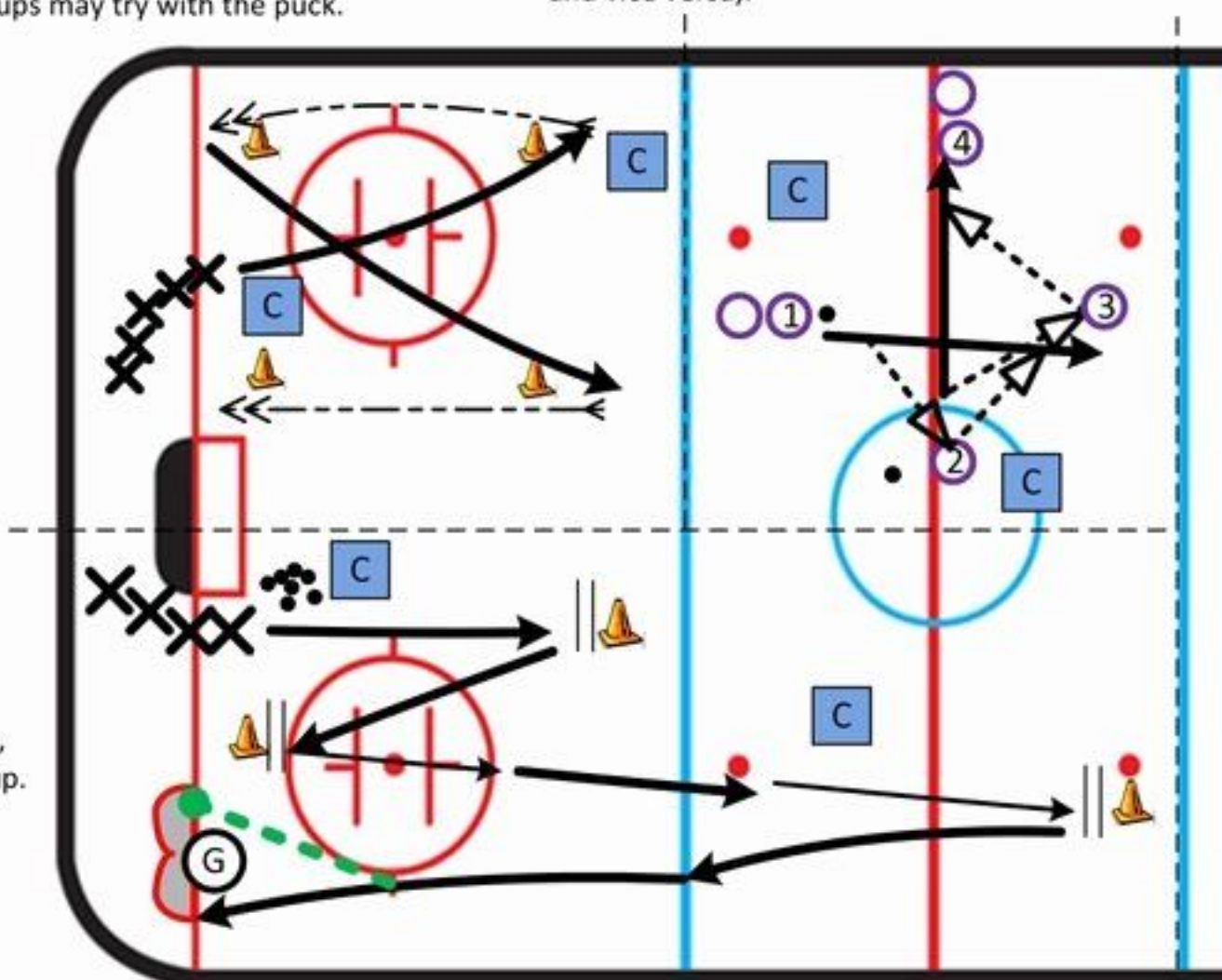
### Station 3 – Accelerate and stop with puck

Players skate with puck  
Accelerate quick steps, full stop; accelerate quick steps, full stop.  
Skate the length with a change of pace – top speed ringette line to blue line.  
Full stop and then hard back along the boards, to the net following a shot; return to the lineup.

Always stop facing the near boards.

Players keep puck under control.

Coaches focus on quick starts from stop!



### Station 4 – 2-on-0 attack down low

X carries puck down low and behind the net along the baseline.  
O skates cones, keeping feet moving, ready to receive pass for shot  
X passes the puck either before or after going behind the net, O shoots, X moves to the front for rebound

X and O return to lines on the opposite side, to repeat

X's and O's should switch roles part way through station time

Make sure passer and receiver stay in motion, feet moving!