



**Date:** September – Practice 1.6

**Number of Players:** 30 to 50

**Practice Theme / Goals:** ABC's and body positioning

**Equipment Required / Set-up:** Tires, ice marker, ringette rings

**Warm Up: 5 minutes**

Free Play – Let the kids play with a variety of objects (black pucks, blue pucks, tennis balls, soft balls, ringette rings, etc).

**Edge Control – 10 minutes**

Spilt into two groups for better communication. Have players place their sticks on the ice lengthwise in front of them as obstacle. Keys: Head and chest are up, good knee bend on glide leg.

- Inside edges around stick L/R
- Inside edges around stick L/R, hold edge - two laps
- Outside edges around stick L/R
- Outside edges around stick L/R, hold two laps
- Figure 8 inside edges around ends of stick
- Figure 8 outside edges around ends of stick
- Two foot side jumps over stick
- One foot side jumps over stick L/R

**Goalies: Movements Drills**

Movement Drill C.1 – See page 2

Movement Drill C.2 – See page 2

**Stations: 5 Stations x 9 minutes**

On the whistle to change station, players do 5 jumps before moving on to the next activity. Coaches distribute water at each station as the players arrive.

**Station 1: ABCs with Puck Control**

Perform all activities while stick handling. High knee run on skates forward. High knee run on skates backwards. High knee run on skates side to side. Superman dive, moving forwards. Superman dive, moving forwards with log role to left, repeat with log role to right. Drop to knees and spin. Spread group out and have them sit down, stand up, lie down, stand up, crossover to L/R etc, while handling the puck.

**Station 2: 1v1 with F & D**

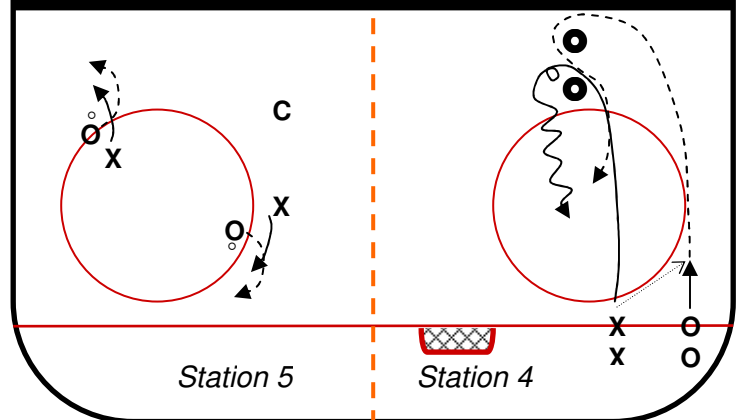
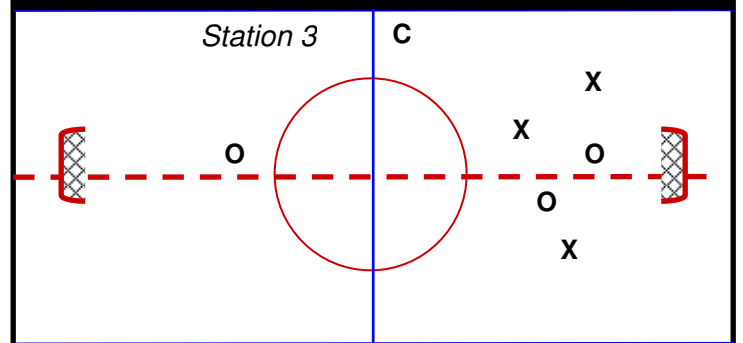
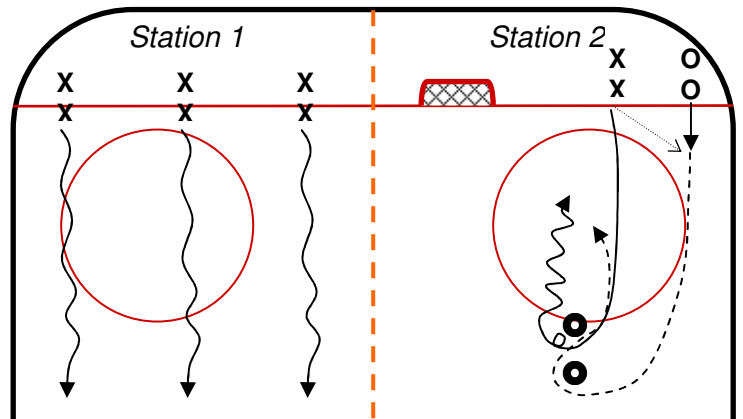
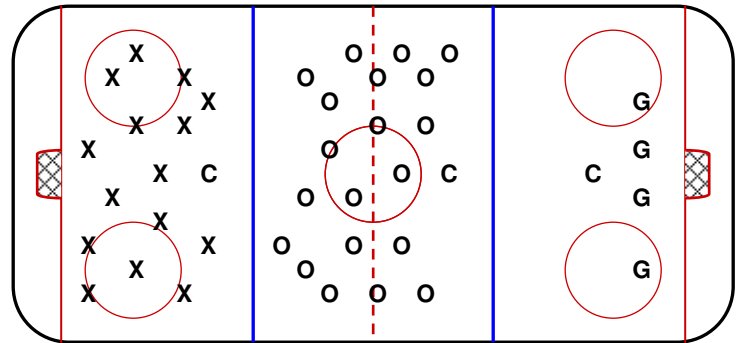
Inside line passes to outside line and both players loop out around the tires. Outside player attacks back 1v1. Have player switch line so they play both forward and defensive positions.

**Station 3: Always on PP Game**

Draw a center line to divide the zone and play 3v3 for 40 second shifts. One player from each team (predetermined) must always stay on the offensive side of the line, thus one team will always have a 3v2 advantage.

**Station 4: 1v1 with F & D**

Same drill as in station 2, but from the opposite direction.



**Station 5: 1v1 Puck Protection with Rings**

Play 1v1 keepaway using the ringette rings. Players use their bodies to shield the ring from the opponent. Play 30 seconds, then switch. Keep several 1v1's going at a time.