



Equipment Required: Borders, Nets, Cones, Tires & Toy Bag Ice Time: 60 minutes

Warm Up: 6 minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, softballs, nerf balls, tennis balls, etc.) Coaches set up stations.

Stations: 6 Stations x 6 minutes

On the whistle, players do 3 two foot jumps before changing stations. Be sure to give players water after changing stations.

Stations 1: ABC's - Wave Skating

2 foot glide, 2 foot glide with butt on heels, run on skates, glide & 2 foot jump, drop to knees & get up.

Station 2: Activity - Freeze Tag

Select one player to be the tagger. When a player gets tagged they must stand still (frozen) until a teammate touches them to become free again.

Station 3: Stationary Passing

Players partner up, stand 8-10' apart and pass back and forth. Work on proper technique, emphasize keeping the hands away from the body and sweeping the puck. Players should stand sideways so that they pass cross body.

Station 4: Relay Race

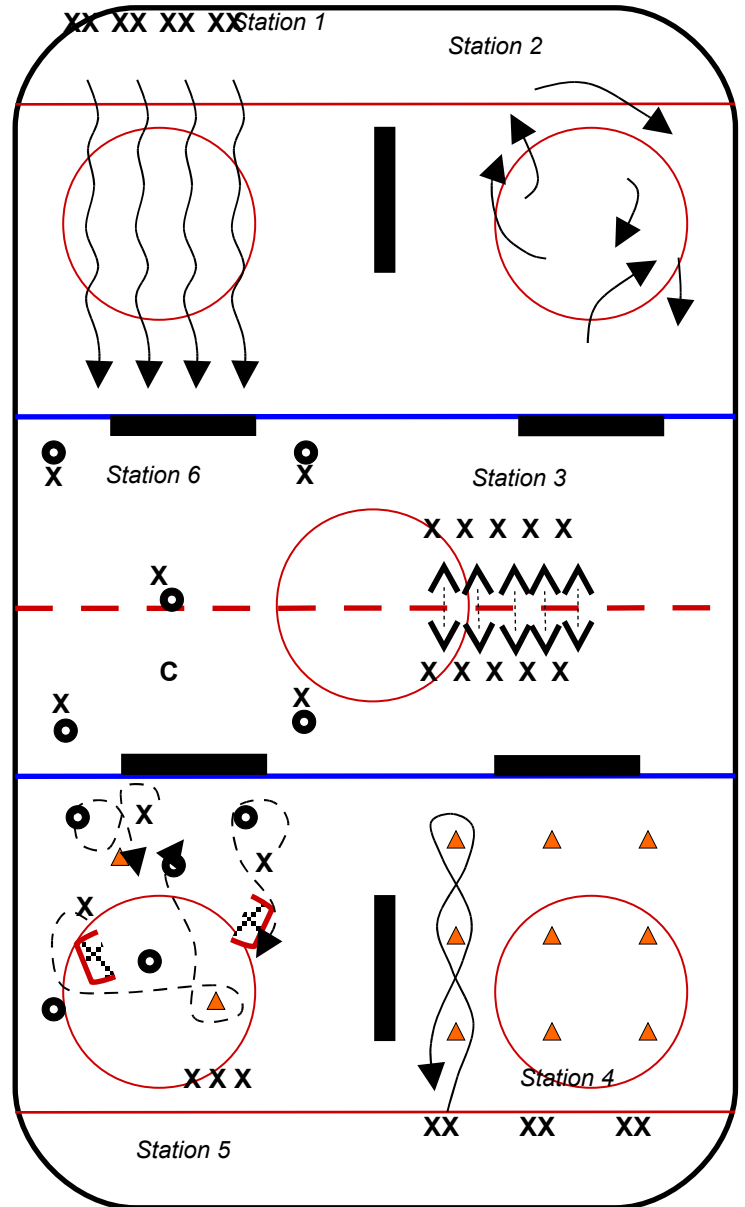
Preform as shown or create your own. You can draw the skating route using a magnum marker to direct the players.

Station 5: Chaos Puck-handling

Players stick handle skating around obstacles. All players are involved. Use ringette rings instead of pucks. Player turns stick upside down & puts butt end into ring. Check to see that each player is holding their stick properly. Hands about shoulder width apart and top hand at the end of the stick (not on blade) partially held in the palm with the V between thumb and forefinger on the stick like you would hold a hammer.

Station 6: Glove Tag

Coach puts one glove on the blade of his stick. Players skate in designated area avoiding being tagged by coach. Players start with their stick touching a tire, on coaches command go players have to skate to a different tire without being tagged- no more than 2 kids per a tire. Half way thru have the kid who gets caught be it.



Competitive Game: 9 Minutes

2v2 Hit the Tire

Have the players stay and play in each of the six zones. Play 2v2 for 40 second shifts. Use one tire in each zone as the goal. Teams score by hitting the tire with the puck.

FUN Game: 9 Minutes

British Bulldog

Players stand in line along boards. 1-3 players stand in the middle of the rink. Players along the boards try to skate to cross ice without being tagged by the bulldog. If tagged they remain in center to help. Play until you have a winner. Repeat.