



Equipment Required / Set-up: Borders, cones, sticks

Ice Time: 50 Minutes

**Free Puck Time: 5 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, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

**Warm Up: Puck-handling – 5 Minutes**

Players skate around the rink handling a puck. On whistle they jump into nearest circle and stick-handle, exit on next whistle.

**Stations: 6 Stations x 5 minutes**

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

**Station 1: Follow the Leader**

Begin with the coach as the leader. Players can then take turns being the leader. Do what the leader does, encourage creativity.

**Station 2: Slalom Puckhandling**

Skate with puck through the course, give and go with coach before shooting on goal.

**Station 3: Relay Race**

As shown or create your own. Variation: 360 around each obstacle.

**Station 4: Chaos Puck-handling**

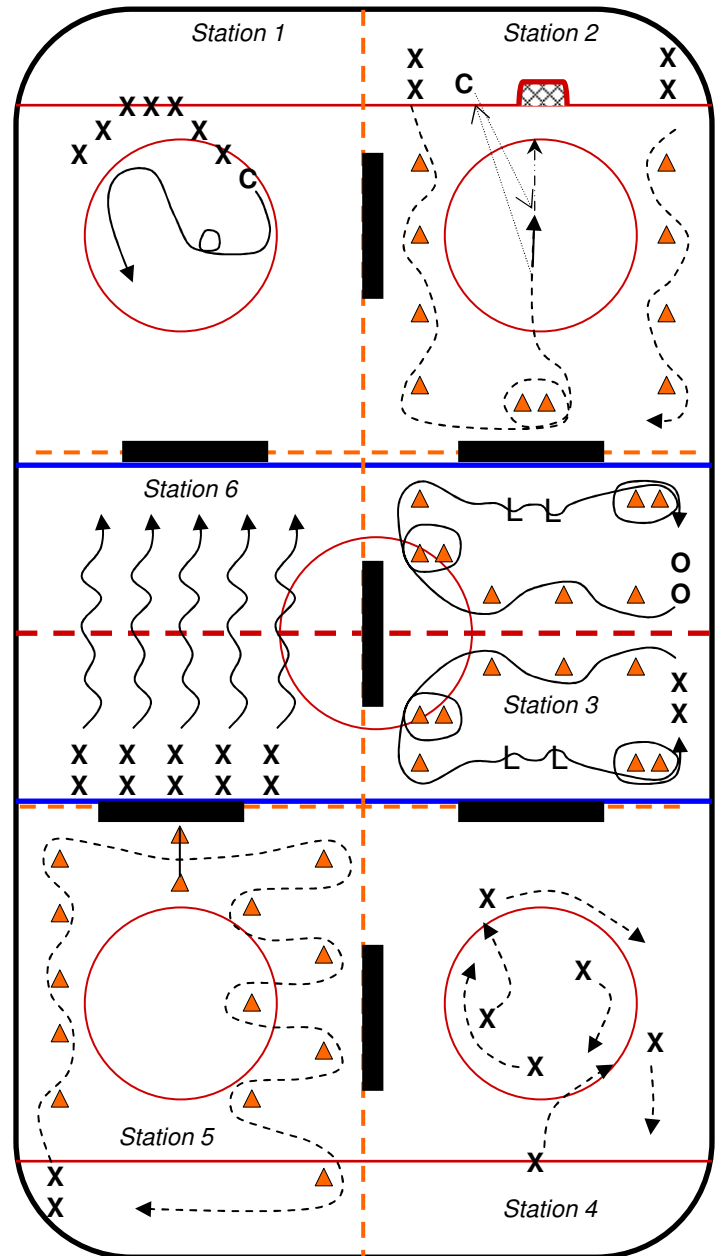
Players stickhandle blue pucks avoiding contact with the other skaters. All players are involved.

**Station 5: Obstacle Course**

Players skate through the obstacle course with emphasis on turns and edges. Players carry blue puck.

**Station 6: ABC's with Pucks**

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



**Game: Cross Ice Hockey – 10 Minutes**

Play 3v3 or 4v4 Cross-Ice with blue puck in all three zones. Try to utilize the player numbers so that the players participate every other shift.