



## 6U-1 Practice 1



### **Free Puck Time: 5 minutes**

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

### **Station 1: A, B, C's– Wave Skating**

2 foot glide, run on skates, glide and 2 foot jump, drop to knees and get up, superman

### **Station 2: Ringette Relay**

Players turn their stick over and race around cones leading with their stick

### **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: Game**

2v2 or 3v3 with blue puck

### **Station 5: Stickhandling**

Stationary with puck. Focus is on proper hockey position and holding stick correctly. Wrist roll to cup the puck for 20 seconds, rest. Move on to skating in circle with puck and heads up.

### **Station 6: Obstacle Course**

Players skate through the course with emphasis on turns and edges. Have players maintain good control of their stick by leading with the stick blade around each cone.

### **Game**

