



## 6U-1 Practice 3



### **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, L foot push, R foot push, drop to knees and get up, superman, log roll*

### **Station 2: Keep Away**

*Players pass the puck to each other around the circle to keep away from the coach. Emphasis is on looking at their target.*

### **Station 3: Balance**

*Players stand next to their stick. Step over one foot x10, 2 foot hop over x5, cross-over step.*

### **Station 4: Game**

*2v2 or 3v3 with soccer ball, no sticks. 30 sec shifts*

### **Station 5: Pucks**

*Skating with blue pucks. Players work on pushing the puck with 2 hands forehand and 1 hand backhand.*

### **Station 6: Stopping**

*Have players work on making snow with each foot along the boards. Play red light, green light with players using snowplow stop. Toes in, push out.*

### **Game**

