



6U-1 Practice 10



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: Stickhandling

Players stickhandle inside faceoff circle attempting to avoid running into other players. Encourage movement around the circle and skating to open space.

Station 2: Chariot Races

Have second player on knees.

Station 3: A, B, C's— Wave Skating

2 foot glide, L foot only, R foot only, both feet fast, Swizzles backwards, 1 foot glide, drop to one knee

Station 4: Game

Soccer with no sticks and big nets.

Station 5: Race to the puck

Players skate out around cone and take puck to net. Make sure players are starting outside starting cones with one foot on the goal line. Players should switch sides after each race.

Station 6: Receiving Passes & Shooting

Players skate through the course, receive pass from coach and take a shot on goal. Keep players moving.

Game

