



6U-1 Practice 13



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: ABC's— Circle Skating

Left foot scooting around circle clockwise, right foot scooting counter clockwise, cross-over both directions. Keep stick to inside circle to help players lean and trust their edge.

Station 2: Ring Around the Rosie

Half the players skate clockwise around the tires while the other half skate counter clockwise around the nets. On coaches command players stop and skate the other direction. Players need to keep their heads up so they don't run into each other. Halfway through have players switch objects they are skating around.

Station 3: Passing

Players pass puck back and forth the each other as they skate up the ice. Players make one pass between each cone. Encourage tape to tape passes. Make sure they work on both forehand and backhand passes.

Station 4: 1v1 Keep Away

Player battle for the puck playing keep away. Have multiple groups going. On signal from coach to rest, players stationary pass with partner.

Station 5: Puck Control

Players weave through cones in an S formation. Encourage players to stickhandle using forehand and backhand side of the blade.

Game

