



6U-1 Practice 14



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: Pass and Go

Players pass to player at next cone and follow the pass to take the next spot. Last player shoots on net. Emphasize skating fast to next position and showing a good target. Look at target and sweep pass.

Station 3: 1v1 Hit the Tire

Pass the puck off the tire to score. The coach can have two 1v1's or 2v2's going on at the same time.

Station 4: 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 5: Transitions

Players skate forwards to backwards to forwards around the cones. Begin by teaching the players to stop at the cone to shift to backwards skating.

Station 6: Shooting

Player takes 3 passes from a coach and shoots toward net. Focus is on receiving pass and transfer of weight. Fast passes to move the players through several times.

Game

