



## 6U-1 Practice 16



### 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: ABCs

Swizzles, inside edges, drop to one knee, backwards, 2 foot hops, drop to 2 knees (add 360), superman (add roll)

### Station 2: Skating Relay Race

Players skate around cones and backwards down the middle.

### Station 3: Stationary Passing

Players partner up and pass. Start with forehand and switch to backhand. Encourage sweeping the puck and transfer of weight.

### Station 4: Passing

Players skate with puck and pass to coach for give and go.

### Station 5: Game

2v2 or 3v3 with blue puck tight space.

### Station 6: Freeze tag

Coach is it first, encourage stopping and changes in direction to evade.

### Game

