



6U-1 Practice 2



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 Wave Skating

2 foot glide, one foot glide, swizzles, backwards, drop two knees, superman, log roll

Station 2: Relay Race

Players skate with blue pucks

Station 3: Stationary shooting

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

Station 4: Game

2v2 or 3v3 with blue puck

Station 5: Chariot Race

Players pair up for races. Switch partners then switch pairs.

Station 6: Obstacle Course

Players step over their sticks, 360 around double cone and superman under coach's stick. Have the next player go as soon as the first is past the first cone.

Game

