



## 6U-1 Practice 4



### 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: A, B, C's– Wave Skating

2 foot glide, R foot push, L foot push, 1 foot glide (each foot x2), swizzles (footballs, balloons) superman

### Station 2: Race

Players race around cones to puck, score on mini net.

### Station 3: Obstacle Tag

Player X attempts to evade player O using obstacles as a screen. Have multiple groups going at the same time. Encourage deception with starts and stops.

### Station 4: Game

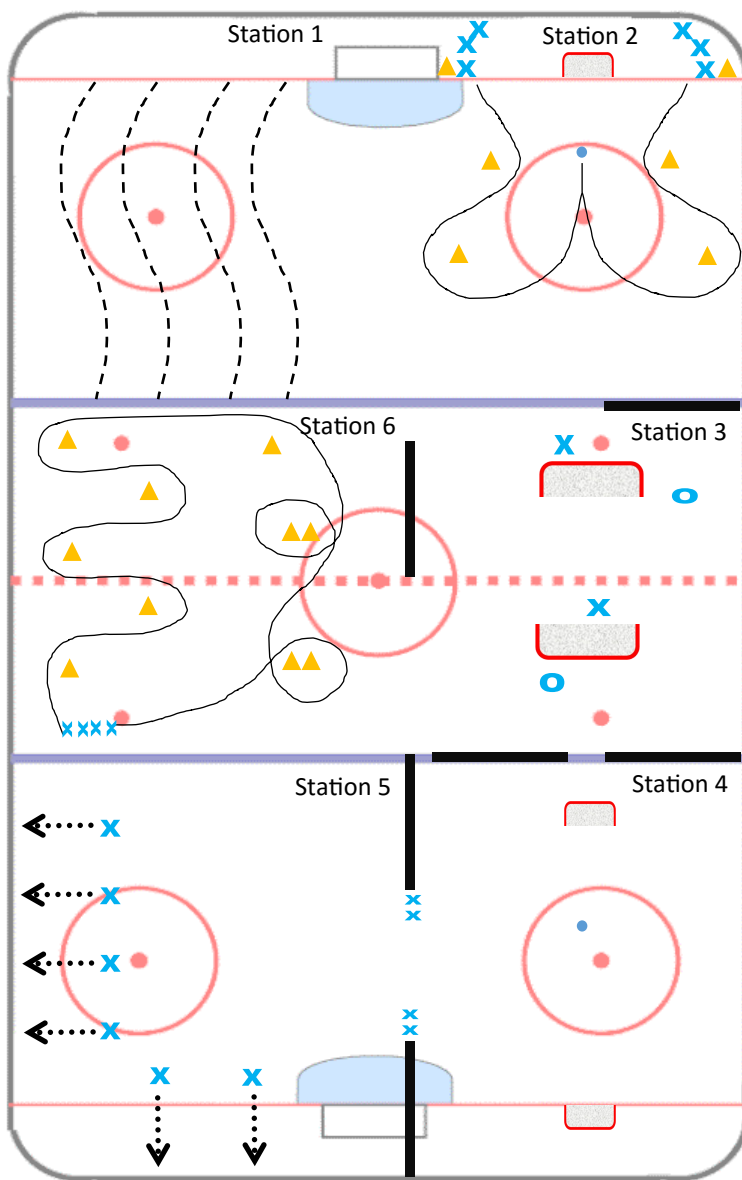
2v2 or 3v3 with blue puck and mini nets

### Station 5: Stationary Shooting

Have players shoot against the boards. Work on proper wrist shot technique, shooting off the proper foot, and weight distribution. Start with puck behind the back foot and sweep towards target.

### Station 6: Obstacle Course with Ringette

Players skate through the course with emphasis on turns and edges. Have players maintain good control of their stick by leading with the ringette around each cone.



### Game