



6U-1 Practice 5



Free Puck Time: 10 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.

Split each team into 3 groups like usual.
Have top 1/3 from each team together, middle 1/3 together and beginners together. Station time is 10-12 minutes.

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, run on skates, drop to 2 knees, superman+log roll, drop to 2 knees+360 *ADD PUCKS– one hand push backhand, push forehand

Station 2: Stopping/Backwards

Split group in half (by team) have half start at backwards and half start with stopping. Players constantly move through both stations. *ADD PUCKS OR RINGETTE RINGS

Station 3: Hockey

4v4 or 5v5 with someone standing in as goalie, based on numbers. Try to have players out every other shift.

Game

