



6U-1 Practice 8



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

Swizzles, 1 foot glide, inside edges, backwards, superman, drop to knees, drop to knees 360

Station 2: Puck Protection

Players turn their stick over and battle for the ringette ring. Emphasis is on protecting the ring from the other player using the body. Have two 1v1 groups going at a time.

Station 3: Puck Control

Players skate with puck around cones using both sides of blade to control the puck.

Station 4: Game

2v2 or 3v3 with blue puck and mini nets

Station 5: Keep Away

Players pass puck to each other around coach. Look for open target. Coach should use body to block normal encourage players to change direction

Station 6: Obstacle Course

Players come to a full stop at each cone, using alternating lead foot, circle around tires.

Game

