



6U-1 Practice 11



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: Stickhandling

Stationary drill with 20 seconds of stickhandling, 20 seconds of rest, repeat. Between feet, forhand
Make sure players are holding their stick correctly.

Station 2: Puck Control

Players skate with puck around cones and shoot on net.

Station 3: A, B, C's

Players stand next to own stick. Step over, hop over 2 feet, hop over one foot, one foot turns around ends each way

Station 4: Game

2v2 or 3v3 with blue puck

Station 5: Catch & Shoot

Players skate around cones, turning 360s over the "top" of each cone, receive pass from coach and shoot.

Station 6: Stopping

Players should work on making snow with each foot then play red light, green light to work on stopping

Game

