



6U-1 Practice 12



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: Puck Control

Players skate with puck around cones and shoot on net.

Station 2: Race

Players step over sticks and weave through cones and back.

Station 3: Transitions

Players skate forward, pivot transition, backward, step out. Start and end at face-off dots then go back.

Station 4: Catch & Shoot

Coaches rapidly pass pucks to the stationary players. Players catch the pass and immediately shoot on goal. Teach players to receive the puck and move their feet into shooting position without stickhandling.

Station 5: Follow the leader

Begin with the coach as the leader. Players can then take turns being the leader. Do what the leader does, encourage creativity. Spins, 1 foot glide, drop to 1 knee, 2 knees, stop and go

Station 6: ABC's with Pucks

2 foot glide, glide & 2 foot jump, drop to knees & get up, drop to single knee and up alternate knees

Game

