



## 6U-1 Practice 15



### **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: Follow the leader**

Begin with the coach as the leader. Players can then take turns being the leader. Encourage creativity. Spins, 1 foot, drop to knees, superman. Add pucks.

### **Station 2: Puck Control**

Players skate through course with puck and shoot on net.

### **Station 3: Race to the Puck**

Players skate as fast as possible around cone to puck. Emphasis is speed.

### **Station 4: Stopping**

Players stand around circle, take turns skate to faceoff dot, stopping, then skating backwards to their stop. Rotate around circle, then advance to 2 players.

### **Station 5: Game**

2v2 or 3v3 with blue puck.

### **Station 6: Relay**

Players skate with ringette ring around cones and pass off to teammate.

### **Game**

