



6U-1 Practice 6



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

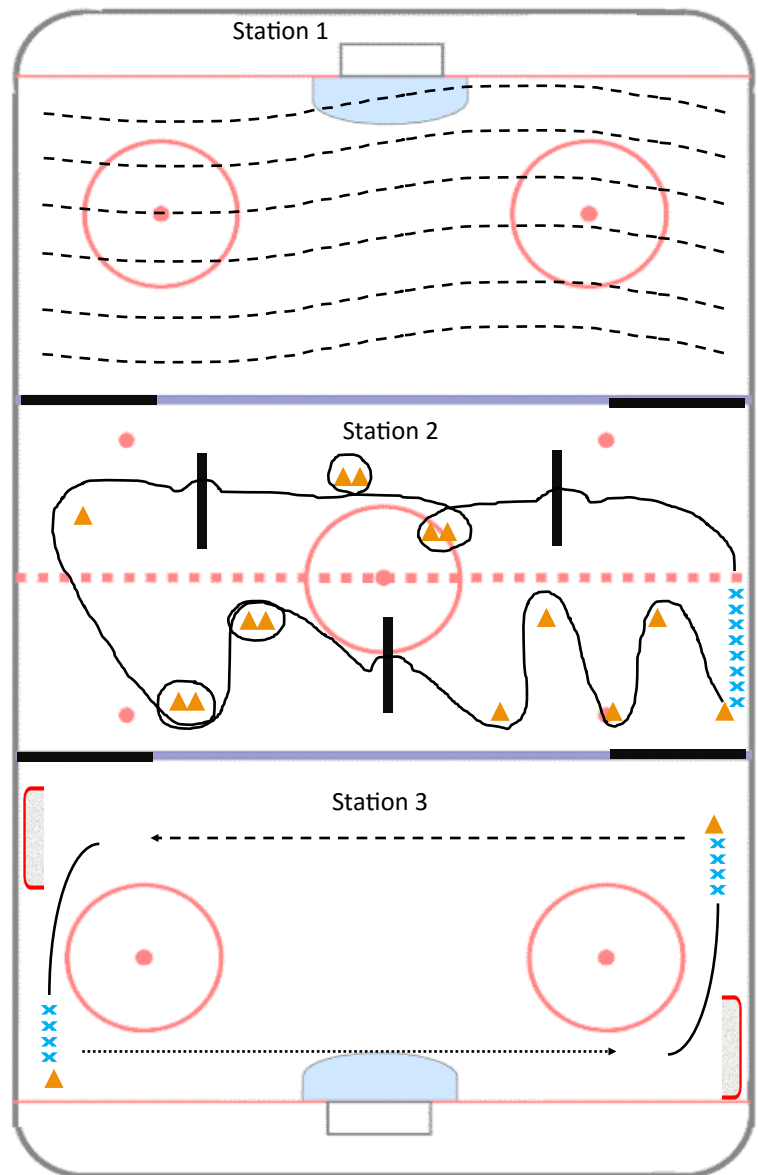
2 foot glide, R foot push, L foot push, 1 foot glide (each foot x2), swizzles (footballs, balloons) superman, run on skates, drop to 2 knees, superman+log roll, drop to 2 knees+360 *ADD PUCKS– one hand push backhand, push forehand

Station 2: Obstacle Course

Players skate through course making tight turns, 360 around double cones or tires and jumping over dividers *ADD CHASE ELEMENT– have first player start in hockey position and chaser start from laying down on back.

Station 3: Puck Control

Split group in half. Top drill is stickhandling between the feet then shooting, bottom is pushing the puck and trying to keep it on the stick. Players alternate lines. *ADD COACH DEFENDER or chaser



Game