



6U-1 Practice 7



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

2 foot glide, R foot push, L foot push, 1 foot glide (each foot x2), swizzles (footballs, balloons) superman, backwards swizzles

Station 2: Ringette Relay

Players turn their stick over and race around cones leading with the ringette.

Station 3: Stationary Passing

Players partner up, stand 8-10' apart and pass back and forth. Work on proper technique, emphasize keeping the hands away from the body and sweeping the puck. Players should stand sideways so that they pass cross body.

Station 4: Game

2v2 or 3v3 with blue puck and nets

Station 5: Stationary Shooting

Player takes 3 passes from a coach and shoots at mini net. Focus is on receiving pass and transfer of weight. Fast passes to move the players through several times, they should switch lines after every turn.

Station 6: Obstacle Course

Players skate through the course, superman under coach's stick, step over players' sticks.

Game

