



6U-1 Practice 9



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

Swizzles, 1 foot glide, inside edges, backwards, superman, drop to knees, drop to knees 360

Station 2: Puck Protection

Player X attempts to keep puck away from player O. Emphasis is on using their body and the boards. Have two 1v1 groups going at a time.

Station 3: Obstacle Tag

Player X attempts to evade player O using obstacles as a screen. Have multiple groups going at the same time. Encourage deception with starts and stops.

Station 4: Game

2v2 or 3v3 with ringette ring and mini nets.

Station 5: Relay Race

Players skate through course holding a baton (stick), hand to teammate. Emphasis is on speed. Switch directions. Encourage team effort and cheering.

Station 6: Freeze Tag

Select one player to be the tagger (or a coach). When tagged, player takes a knee and puts up a hand for teammates to tag and unfreeze.

Game

