



Free Puck Time: 5 Minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

Warm Up: 5 min- Sharks & Minnows

Two players are designated as the sharks to start. The minnows must skate from side boards to side boards without being tagged. If they are tagged, they become sharks too.

Stations: 6 Stations x 5 minutes

On the whistle, players do 3 two foot jumps before changing stations. Be sure to give each player water after changing stations.

Station 1: ABC's - Wave Skating

2 foot glide, 2 foot glide with butt to heels, run on skates, glide & 2 foot jump, drop to knees & get up.

Station 2: Activity - Freeze Tag

Select one player to be the tagger. When a player gets tagged they must stand still (frozen) until a teammate touches them to become free again.

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: Relay Race

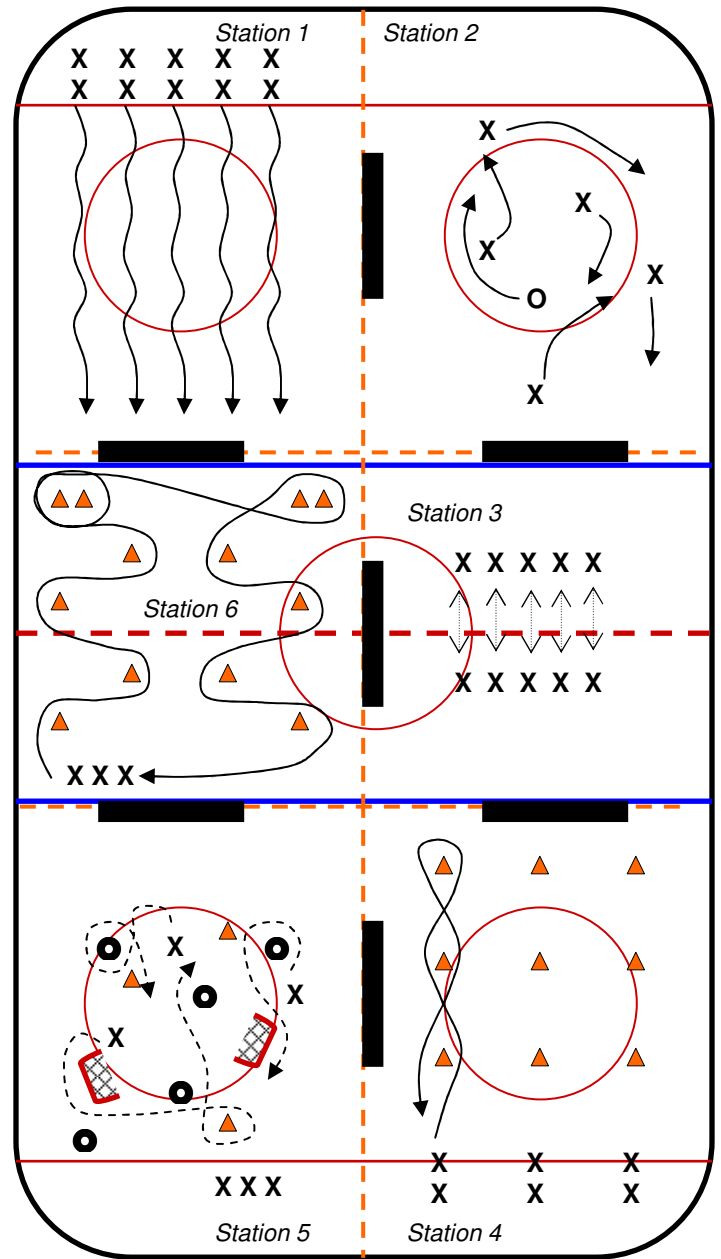
As shown or create your own. Variation: 360 around each obstacle.

Station 5: Chaos Puck-handling

Players stickhandle skating around obstacles. All players are involved. Check to see that each player is holding their stick properly. Hands about shoulder width apart and top hand at the end of the stick partially held in the palm with the V between thumb and forefinger on top of the stick like you would hold a hammer. Use ringette rings instead of pucks.

Station 6: Obstacle Course

Players skate through the course with emphasis on turns and edges. Have players maintain good control of their stick by leading with the stick blade around each cone.



Game: 2v2 Hit the Tire - 10 minutes

Have the players stay and play in each of the six zones. Play 2v2 for 30 to 40 second shifts. Use one tire in each zone as the goal. Teams score by hitting the tire with the puck.