



Equipment Required / Set-up: Borders, cones, tires, hockey balls, soccer balls

Ice Time: 50 Minutes

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: Ball Tag – 5 Minutes

Coaches throw soccer balls at players who attempt to dodge out of the way. If hit, the player must drop to their knees and get back up 3 times before they can rejoin the action.

Stations: 6 Stations x 5 minutes

On the whistle, players do 3 jumping jacks before changing stations. Be sure to give each player water after changing stations

Station 1: Obstacle Course

Players skate through the course with an emphasis on getting up and falling down.

Station 2: A,B,C'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, drop to single knee and up alternate knees.

Station 3: Activity - Sharks & Minnows

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

Station 4: Stationary Shooting

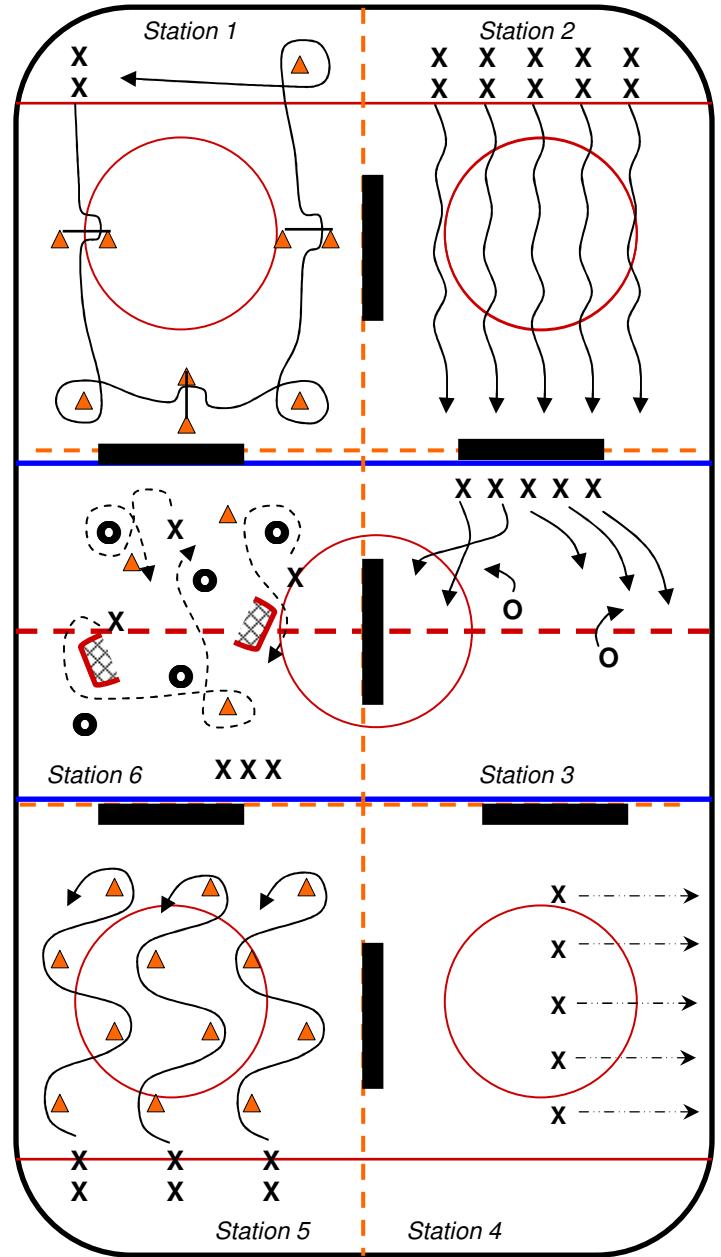
Player work on wrist shot technique shooting against the boards. Players should stand sideways to boards so that proper weight transfer is used. Start with puck behind back foot and sweep puck towards target.

Station 5: Relay Race

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

Station 6: 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 to of the stick like you would hold a hammer. Use hockey balls instead of pucks.



Game 3v3 Cross-Ice – 10 Minutes

Play 3v3 (or 4v4) Cross-Ice in all 3 zones. Change groups every 45 to 60 seconds.