



Warm Up: 6 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, nerf balls, tennis balls, etc.) Coaches set up stations.

Stations: 6 Stations x 6 minutes

On the whistle, players drop stick and step over laterally 4 times before changing stations. Be sure to give players water after changing stations.

**Stations 1: ABC's - Wave Skating
ABC's with Pucks**

2 foot glide, 2 foot glide with butt to heels, run on heels fwd & bkwd, glide & 2 foot jump, drop to knees & get up, drop to single knee and up alternate knees.

Station 2: Activity – Superman Race

Players race around course. Players superman dive between cones, skate around tires, step over borders and stop at blue line. Have players try to cover all the orange on the cone by building a pile of snow.

Station 3: Stationary Passing

Players partner up, stand 8-10' apart and pass back and forth using forehand & backhand. 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 w/ Ringette

Line with 2 players starts with Ringette. On coaches command race to fair cone and deliver ring to teammate...first team to cross goal line wins. Variation: player must execute one 360 turn before they pass off the ring.

Station 5: Transition Skating

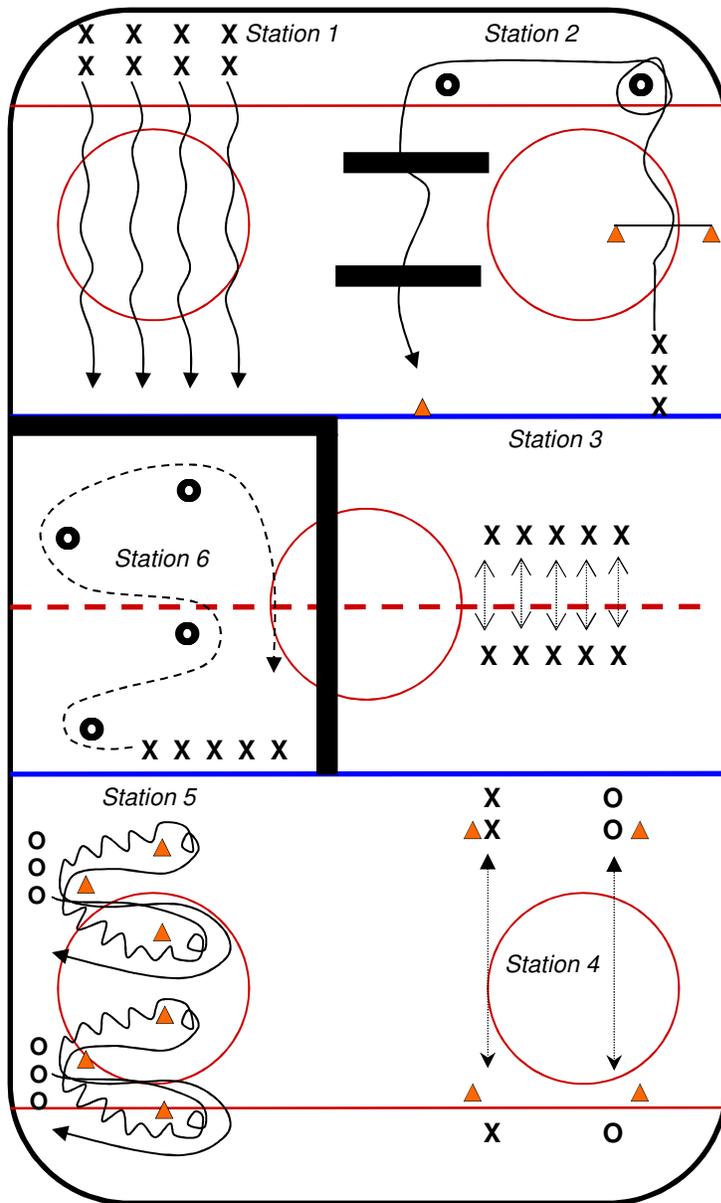
Players skate forwards to backwards to forwards around the cones. Begin by teaching the players s to stop at the cone to shift to backwards skating.

Station 6: Obstacle Course

Players push soccer ball around S shaped course using hands only. Players dribble ball with feet back to starting position.

FUN Game: Ball Tag: 9 Minutes

Players start on goal line and try to skate to far goal line without being tagged by coaches throwing nerf balls (or gloves) 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.



**Competitive Game: 9 Minutes
Cross Ice Hockey**

Play 3v3 Cross-Ice with blue puck in both end zones. Create a fun zone in the neutral zone. All balls, ringettes, tires, bumpers, extra nets, cones, etc. are thrown into this zone. Instead of having players rest while others are playing cross ice they are in the FUN ZONE skating/shooting around the chaos. Every 90 seconds players switch zones.