



Equipment: Borders, nets, cones, tires & toy bag Ice Time: 60 minutes

**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 do 3 hops on each foot before changing stations. Be sure to give players water after changing stations.

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

Swivel, slalom, standing partner push (make sure front player is in basic hockey stance), bkwd C-cuts, ride the broom

**Station 2: Activity – Simon Says**

High knees, log roll, march, squat, lateral step-overs, touch your toes, fall down & get up, jumps, drop stick pick it up, hockey goal celebration, hands in the air, dance, high fives with teammates....

**Station 3: Shuttle Passing**

Players skate around cone with pucks, pass the puck to next player in line & skates to starting point. Next player in line receives puck & continues drill. Have players focus on tape to tape passes.

**Station 4: Relay Race**

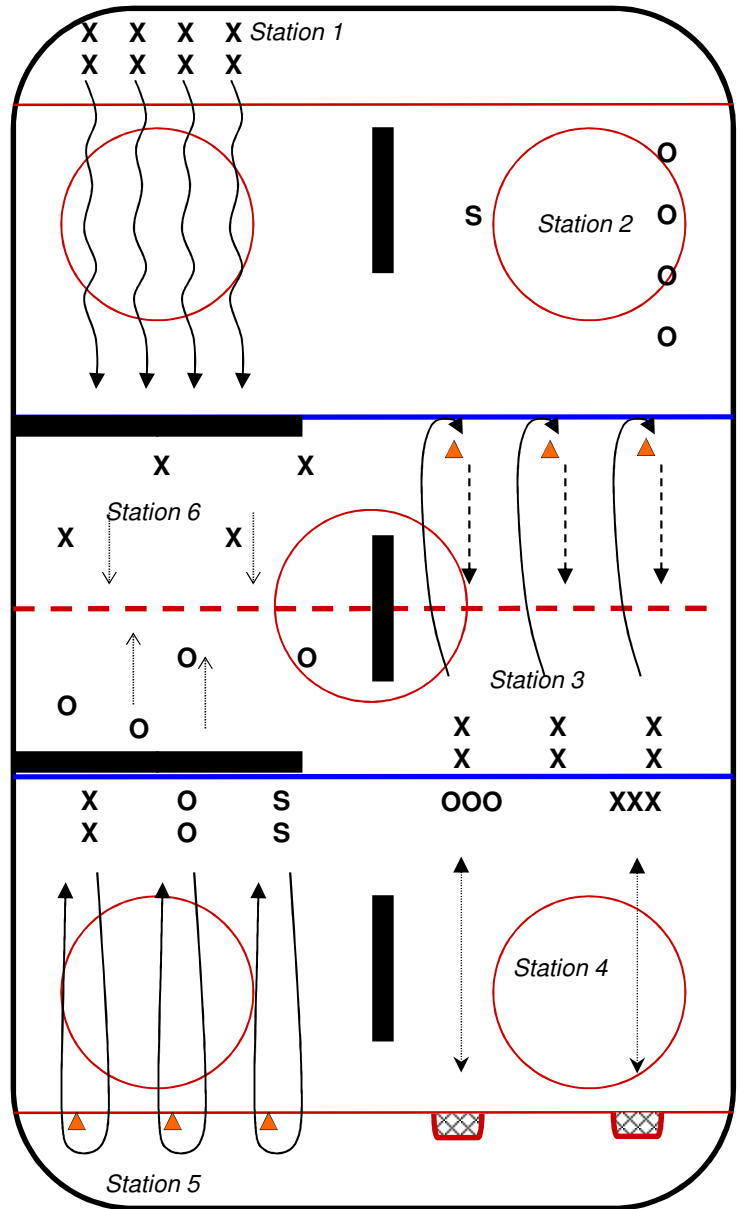
Player starts with puck, skate to goal and shoot. Players must execute on superman dive before they score. After they score they pull the puck out of the net and race back to hand off puck to next player...first team to finish wins...repeat.

**Station 5: Puck-handling Shuttle Race**

Players stickhandle puck around cone. When they get around cone they have to bring the puck back to their teammate carrying the puck using top hand only. Work on open ice one hand carry.

**Station 6: Scatter ball**

All Players have a tennis ball. Divide the players into 2 teams. Each team must stay on their designated half of the ice. For 30 seconds players shoot tennis balls to the other team's side of the ice. Team with the least number of balls on their side when time runs out wins. Repeat several times.



**Competitive Game: 9 Minutes**

Play 3v3 Cross-Ice with blue puck in both end zones. Create a fun zone in the neutral zone. All balls, tires, ringettes, nets, cones, etc. are thrown into this zone. Instead of having players rest they are in the fun zone skating/shooting. Every 90 sec. players switch zones.

**FUN Game: 9 Minutes**

**Musical Pucks**

Players skate around 1 end zone with a puck. On command "change" players leave their puck to find another puck. After a few rotations take 1 puck away. The player without a puck must fall to knees and get up 3 times before they can rejoin the game.