



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. Coaches set up stations.

Stations: 6 Stations x 6 minutes

On the whistle, players pass stick thru legs in a figure 8 pattern 3 times before changing stations. Be sure to give players water after changing stations.

Stations 1: ABC's - Wave Skating

Pivot both directions, partner up for standing chariots, kneeling chariots-lead player hold stick blades down while back player holds the butt end of the sticks, Partner push v-stops -front player is backwards while back player skates forward push partner...player skating backwards works on v stops.

Station 2: Activity- Time to Clean Your Room

Set sticks aside, divide players into 2 teams. Create 2 goals using nets or stacked tires. Players pick up soccer balls, tennis balls, ringettes, pucks, softballs, stuffed animals, etc. and place them in designated goals within 60-90 seconds. The team with the most goals wins...repeats

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. 1st Players to make 6 complete passes tape to tape wins. Work on forehand & backhand passes.

Station 4: Relay Race

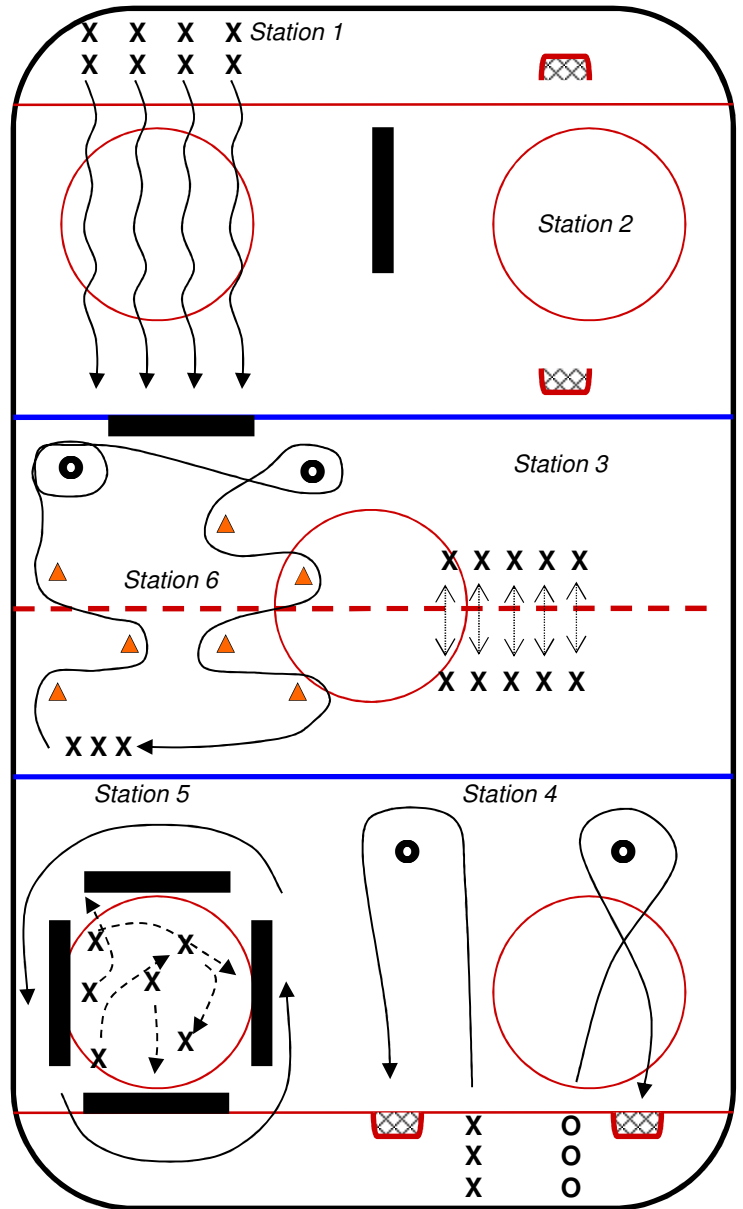
Players race around tires with puck and shoot on net. Must score before next player in line leaves. First follow pattern A the tires and then pattern B.

Station 5: Chaos Puck-handling

Players stickhandle blue pucks inside boarders avoiding contact with the other skaters. On coaches command players leave pucks & chase coach around outside of all 3 boarders- after 2 laps continue stickhandling inside boarders. Change direction on coaches command. All players are involved.

Station 6: Obstacle Course

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



Competitive Game: Cross Ice - 9 minutes

Play 3v3 or 4v4 Cross-Ice with blue puck in all three zones. Try to utilize the player numbers so players are active every other shift.

FUN Game: 9 Minutes

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All the pucks are in the center ice circle. Divide players into 2 teams. Each team starts on their goal line. On whistle each team try to get as many pucks as they can onto their own net. Players are allowed to steel puck from the other team and out of the opponents net. Team with the most pucks after 3 minutes wins- repeat