



Warm Up: Free Play – 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.

Stations: 6 Stations x 6 minutes

On the whistle to change stations the players do one 360 jump to the right and one to the left before moving on to the next activity. Coaches distribute water at each station as players arrive.

Station 1: 1v1 Pit Game X2

Players compete 1v1 in a tight space scoring on opposite goal. Coach continually spots puck into play when a goal is scored. Variation: score on either net.

Station 2: Edges Around Sticks

Players drop stick length wise in front of them. Inside edge around stick, outside edge around stick, 2 laps inside edge around stick, 2 laps outside edge, inside edge figure 8, outside edge figure 8, 2 foot side jumps over stick, 1 foot side hop over stick. Perform all exercises on both right and left feet.

Station 3: 1v1 Keep Away & Passing

Players play 1v1 keep away in zone. On whistle to rest, players stationary pass to each other. Pass cross body and sweep puck. Forehand, backhand, bullet pass (hard as possible).

Station 4: Give Away Game

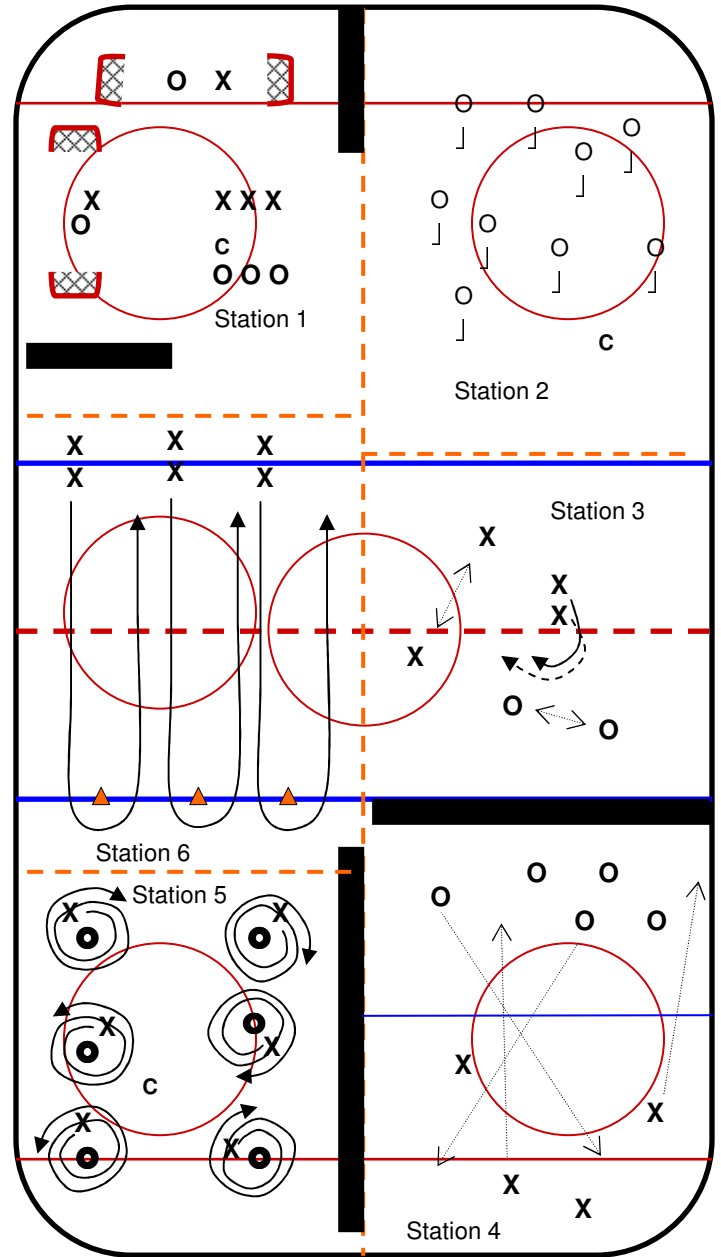
Players split into 2 teams with one team on each side of the line. Players must stay on their own side. The players attempt to shoot as many pucks as possible into the other team's zone. On the whistle to end the game the team with the fewest pucks in their zone wins. Dividers can also be used as the line in the middle so the players must lift the puck.

Station 5: Forward Cross Overs

Players skate around tires working on cross-over skating technique. Keep stick to inside and turn head and shoulders into the turn. Work both to the left and the right. Coaches should work individually with players that need technical instruction.

Station 6: Skating & ABC's

Skating Technique and ABC's – Step over stick, stick through legs, drop to knees, drop to knees 360, log role to left/right, run on skates forward, butt to heels glide, inside edge swizzles, swizzle out jump feet together, single leg stride left/right.



Game: Full Ice Glove Tag (9 Min)

Players must skate the length of the ice without getting hit by a glove thrown by the coaches. If the player can catch a glove before it hits the ground, they have a free pass to opposite end. Tagged players wait along the boards.

Coaching Tip:

**Yell at me I will resent you
Pamper me I will not respect you
Encourage me I will never forget you**