



**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: Follow the leader – 5 Minutes**

Break up into groups with a coach starting as the leader. Players can then take turns being the leader. Do what the leader does, encourage creativity.

**Stations: 6 Stations x 5 minutes**

On the whistle, players do 3 two foot jumps before changing stations. Be sure to give each player water after changing stations.

**Station 1: Slalom Puckhandling**

Players stickhandle through the course and finish off with a shot on goal.

**Station 2: Chaos Puck-handling (rings)**

Players stickhandle using ringette rings avoiding contact with the other skaters. All players are involved.

**Station 3: Obstacle Course**

Players dribble a softball through the course (no sticks) using their feet. Emphasis is on agility and coordination.

**Station 4: Relay Race - Speed**

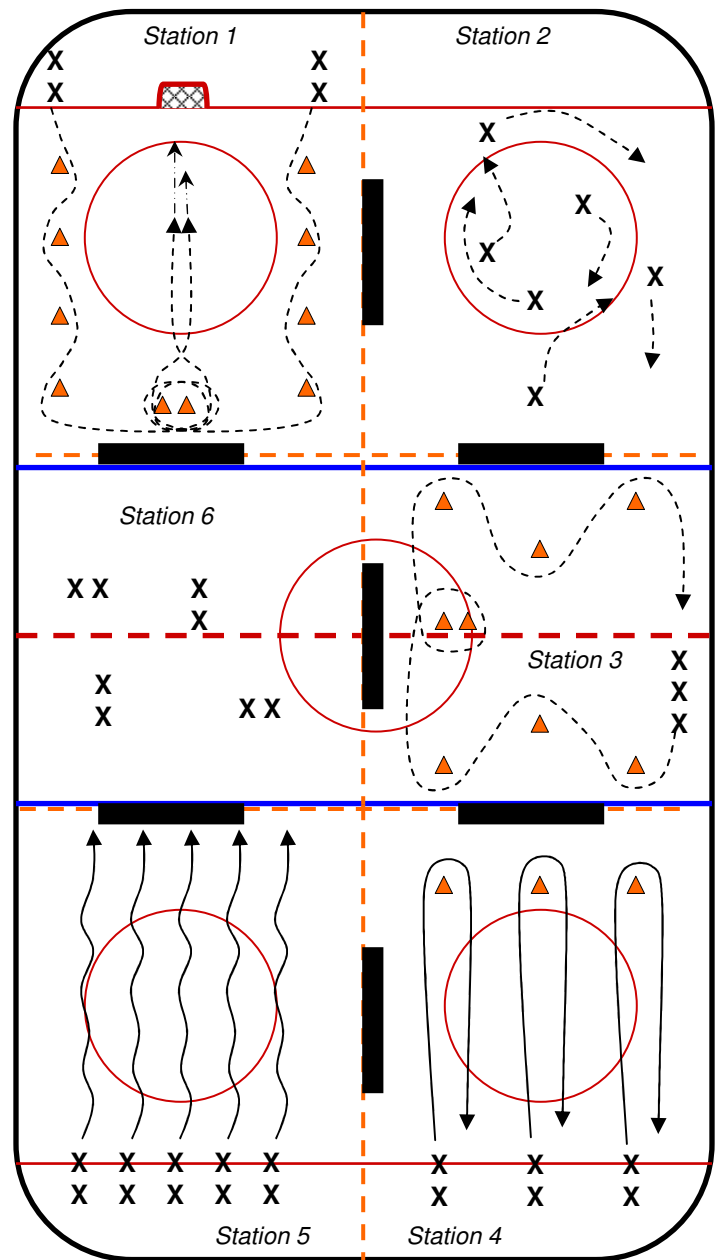
As shown in diagram or create your own. Emphasis is on speed.

**Station 5: ABC's - Wave Skating**

Skating forward without sticks, move the arms in large circles forward, arm circles backward, one arm forward and one arm backward. Superman dive, superman dive with log role to left, superman dive with log role to right.

**Station 6: Activity - Partner Tag**

Players pair up and lock arms with their partner. Coaches try to tag the players. If tagged both players must do 3 spins before they can rejoin the action.



**Game: 2v2 Hit the Tire – 10 Minutes**

Play 2v2 (or 1v1 depending upon numbers) in each of the six zones. Use one tire as the goal playing for 40 second shifts. Try to have players involved every other shift.