



Equipment: Borders, Nets, Cones, Tires, Nerf Balls & 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 fall to knees & get up 3 times before changing stations. Be sure to give players water after changing stations.

Stations 1: ABC's - Wave Skating

2 foot glide, squat & reach high, touch toes & reach high, march with high knees, drop to single knee up alternate knees, fall to knees spin...

Station 2: Activity - Sharks & Minnows

Two players are designated as the sharks to start. The minnows must skate from goal line to blue line without being tagged. If they are tagged, they become sharks too.

Station 3: Skill- Chaos

Chaos Puck-handling with obstacles and BLUE pucks. Have players pass pucks off tires and continue stick handling around obstacles. Have players rotate through every 45 seconds. On changes allow them to shoot the puck into a net, then the next group starts. Coaches draw numbers on the ice and the players waiting in line use the side of their skate blade to scrape number off using their edges.

Station 4: Relay Race

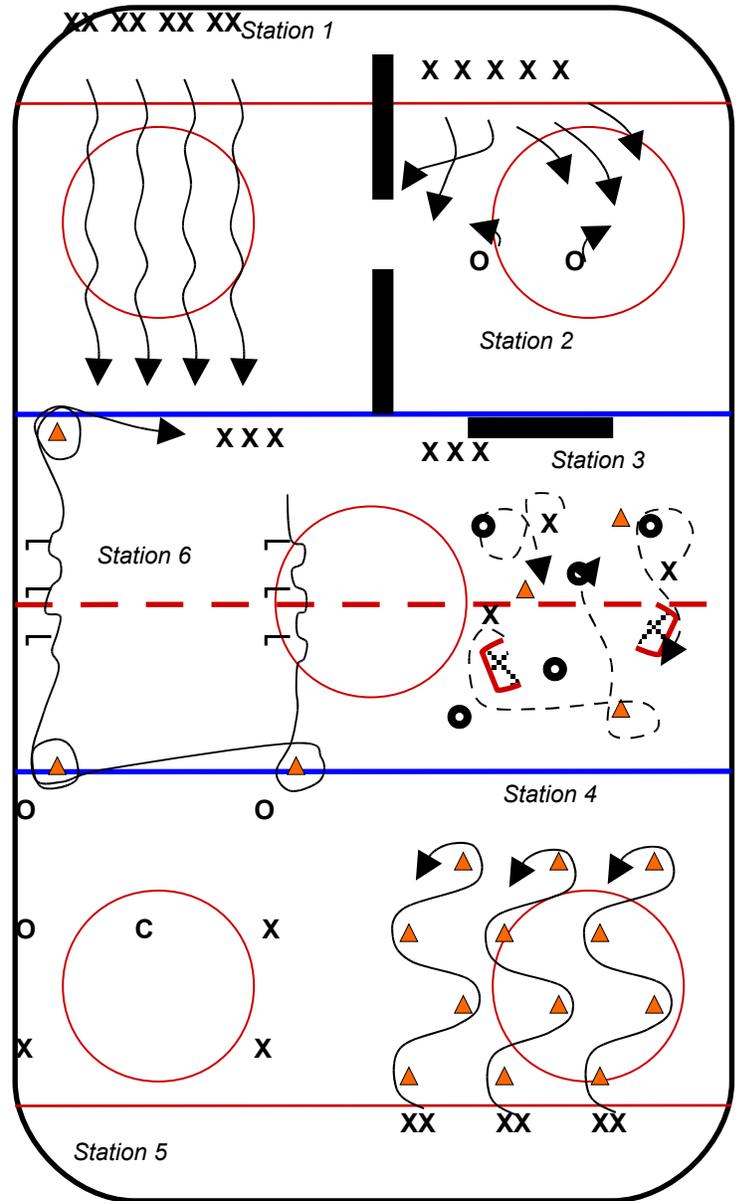
As shown or create your own. You may need to draw the route for players to follow by using a magnum marker.

Station 5: Stationary Puck-handling

Every player has a puck and faces coach. Players stand in basic hockey stance with knees bent, feet shoulder width apart. Coach demonstrates each stickhandle drill: narrow (skate to skate), wide, forehand diagonal...repeat. Make sure their top hand is holding the stick like a hammer & both wrists rotate during wide dribble. Use quick, light touches and bend knees to shift weight on wide dribbles.

Station 6: Obstacle Course

Players skate through the obstacle course jumping over the hockey sticks.



Competitive Game: 9 minutes

3v3 Cross-Ice Ringette

Play 3v3 (or 4v4) Cross-Ice in all 3 zones. Use 1-2 ringettes in each zone. Change every 45 to 60 seconds

FUN Game: Tag - 9 Minutes

Players start on goal line. Players try to skate through neutral zone without being tagged. Coaches are waiting in neutral zone with nerf balls. If coach tags a player the player must fall to their knees and get up 3 times before they can rejoin the game. Players try to skate to far goal line without being tagged.