



Equipment Required / Set-up: Borders, cones, tires, extra sticks **Ice Time:** 50 Minutes
Soccer balls

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: Safety Tag – 5 Minutes

Using the whole ice surface, play tag with the coaches as the taggers and the players using the face-off circles as safety zones. On the whistle, players must move to a new circle without being tagged. If tagged, players must do three, 2 foot jumps before they can rejoin the action.

Stations: 6 Stations x 5 minutes

On the whistle, players stop, drop and roll, get up before changing stations. Be sure to give each player water after changing stations.

Station 1: Hockey Skill

Chaos Puck-handling with obstacles and BLUE pucks

Station 2: Obstacle Course

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

Station 3: 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 4: Activity - Ball Tag

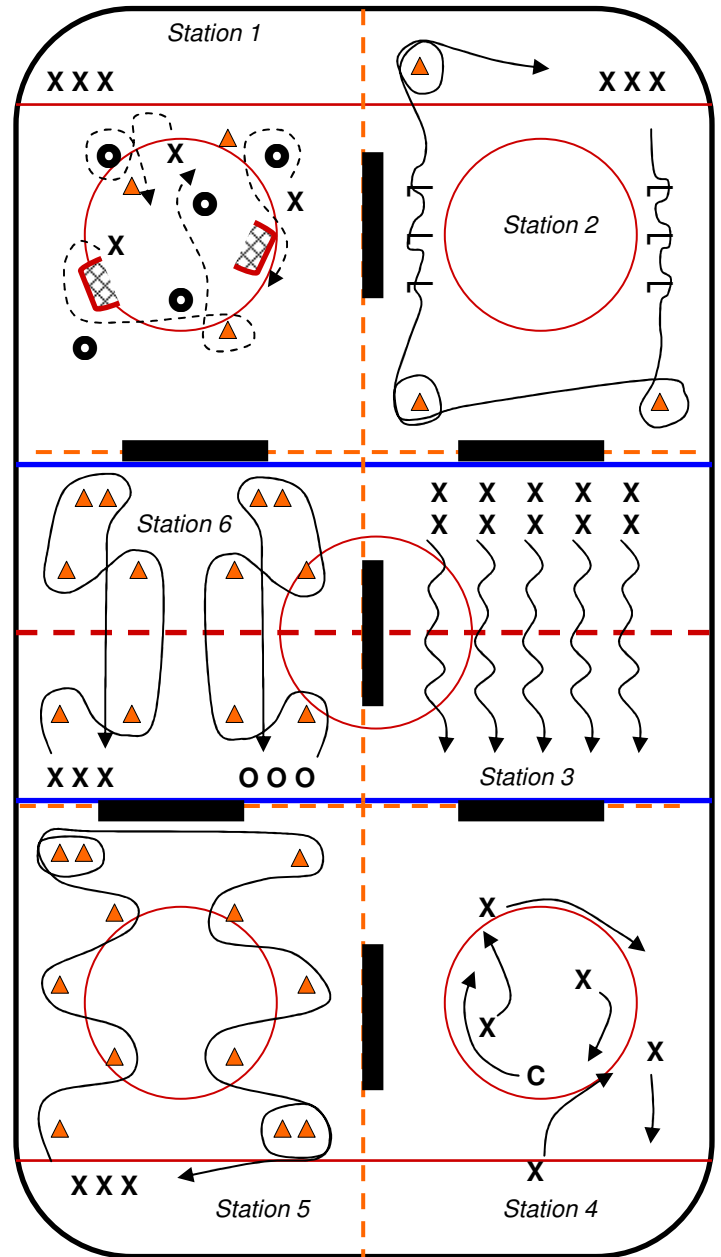
Coaches throw soccer balls at players who attempt to dodge out of the way. If hit, the player must drop to their knees and get back up 3 times before they can rejoin the action.

Station 5: Slalom Puck-handling

Players handle a BLUE puck through the designated course.

Station 6: Relay Race

As shown or create your own. Variation: 360 around each obstacle.



Game: Keep Away – 10 minutes

Play 1 or 2 games of 1v1 or 2v2 keep away with a hockey ball in all 6 stations. Keep as many players involved as possible.