



Equipment Required / Set-up: Borders, cones, tires, hockey balls, rings Ice Time: 50 Minutes

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: Partner Tag – 5 Minutes

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.

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: Relay Race

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

Station 2: Chaos Puck-handling (balls)

Players stickhandle hockey balls avoiding contact with the other skaters. All players are involved. Check to see that each player is holding their stick properly. Hands about shoulder width apart and top hand at the end of the stick partially held in the palm with the V between thumb and forefinger on top of the stick like you would hold a hammer.

Station 3: Obstacle Course

Players skate through the obstacle course with emphasis on turns and edges. Players carry ringette rings.

Station 4: ABC's - Wave Skating

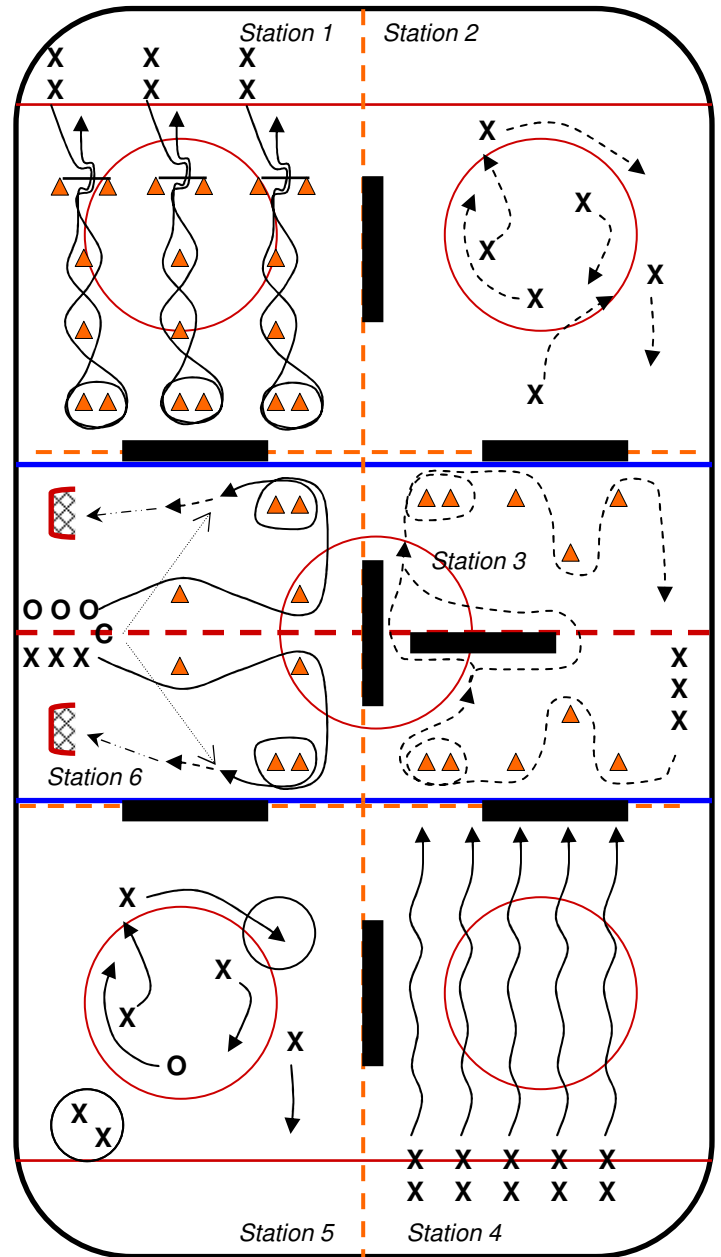
2 foot glide, 2 foot glide with butt to heels, run on skates, glide & 2 foot jump, drop to knees & get up, drop to single knee and up alternate knees. Drop to knees 360 degree spin and get up.

Station 5: Activity - Safety Tag

Play tag with the coaches as the taggers and the players using the marked-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.

Station 6: Receiving Passes & Shooting

Players skate through the course, receive pass from coach and take a shot on goal. Keep players moving.



Game 3v3 Cross-Ice – 10 Minutes

Play 3v3 (or 4v4) Cross-Ice in all 3 zones. Change groups every 45 to 60 seconds.