



6U Practice: 17 & 18

Equipment: Borders, nets, cones, tires & toy bag

Theme/Goals: Fun/Skill development:

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 balance stick on butt end, 360 spin catch it before it falls. 2 times each way before changing stations. Be sure to give players water after changing stations.

Station 1: ABC's - Circle Skating

Left foot scooting around circle clockwise, right foot scooting counter clockwise, cross-over both directions. Keep stick to inside circle to help players lean and trust their edge.

Station 2: Activity – Ring Around the Rosie

Half the players skate clockwise around the tires while the other half skate counter clockwise around the nets. On coaches command players stop and skate the other direction. Players need to keep their heads up so they don't run into each other. Halfway through have players switch objects they are skating around.

Station 3: Stationary Passing

Players pass puck back and forth to each other as they skate up the ice. Players make one pass between each cone. Encourage tape to tape passes. Make sure they work on both forehand and backhand passes.

Station 4: Relay Race

Player dive under stick, sprint to tire stop and race back to line and high 5 (tag) teammate to go...working on stopping and transition.

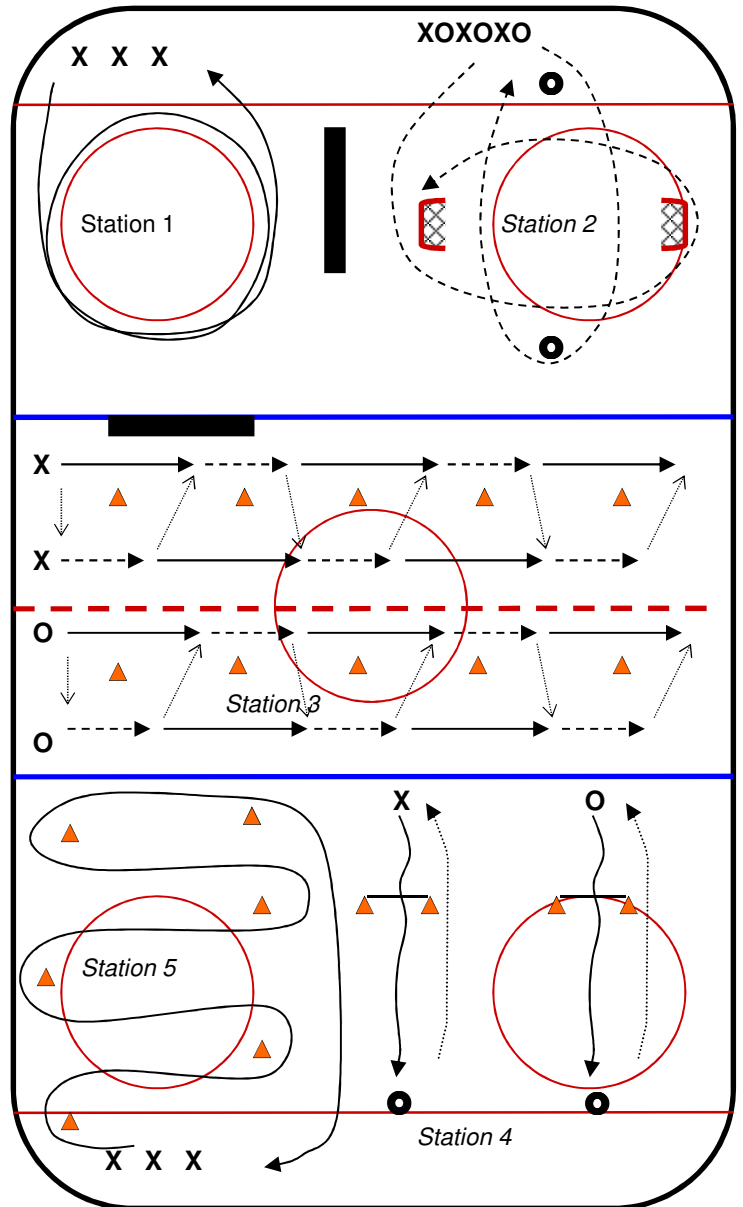
Station 5: S- Puck-handling

Players weave through cones in an S formation. Encourage players to stickhandle using forehand and backhand side of the blade.

Competitive Game: 9 minutes

Cross Ice Hockey

Play 3v3 or 4v4 Cross-Ice with blue puck in all three zones. Try to utilize the player numbers so players are active every other shift.



FUN Game: Skating: 9 minutes

Shark Attack

Sail the Seas: skate as fast as you can

Captain on Board: players stop facing coach and salute them

Man Overboard: players dive on their belly and get right back up

Hoist the Flag: players lie on back with 1 leg in the air

About Face: players turn towards boards and continue skating in other direction

Shark Attack: players must get to a face off dot before being tagged by a coach, only 2, 3, 4 or 5 players per a dot depending on the # of kids. Make sure you have less dots than kids- musical chair idea. Players must have their stick touching the face off dot.