



**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 drop stick and step over fwd & bkwd 4 times before changing stations. Be sure to give players water after changing stations.

**Stations 1: ABC's - Wave Skating**

2 foot glide & pump arms like your running, push puck with hands, kick puck with skates, run on toes, run backwards on toes

**Station 2: Activity - Walking over obstacles**

Place player's sticks on the ice in a ladder pattern. Have them perform the following agility skating skills either over or around the sticks skate around cones and back to line. Do each skill 2 times

1. Walk forward over each stick
2. Walk laterally over each stick
3. Walk around the sticks in an S formation

**Station 3: Relay Race**

As shown or create your own. Variation: 360 around each obstacle, use boarders, tires or cones to jump over.

**Station 4: Two Foot Stopping**

Draw player's favorite # on the ice. Have players scrape off marker by turning right heel out and right toe in, pushing skate down and out towards angling the blade towards one o'clock. Repeat with left skate towards 11 o'clock.

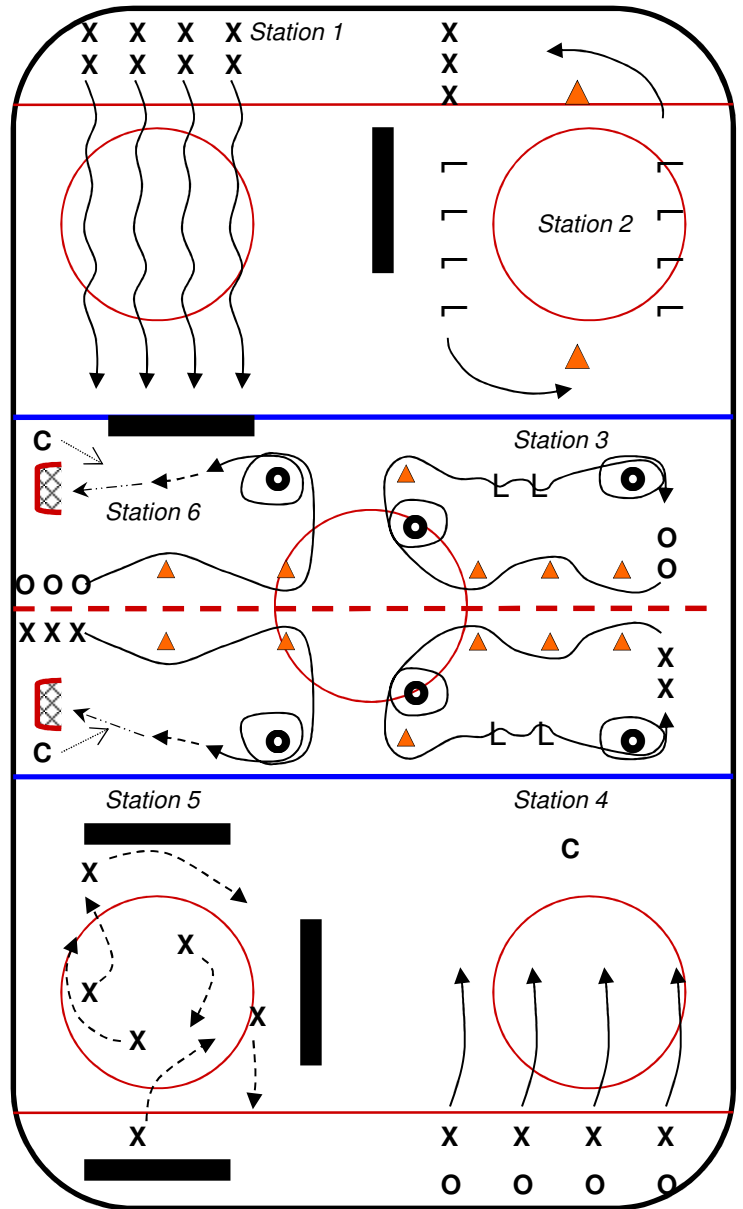
Players skate up ice and on coaches command stop facing boards. Repeat back to goal line working on stopping the other direction.

**Station 5: Chaos Puck-handling (rings)**

Players stickhandle using ringette rings avoiding contact with the other skaters. All players are involved. On coaches command players do a 360 spin keeping ring with them.

**Station 6: Receiving Passes & Shooting**

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



**Competitive Game: 9 Minutes  
3 v 3 Hand Ball**

Set up 3 cross ice games. Players try to score by pushing a soccer ball on the ice with their hands- players are not allowed to kick the ball.

**FUN Game: 9 Minutes  
Score**

All the pucks are in the center ice circle. Divide players into 2 teams. Each team starts on their goal line. On whistle each team try to get as many pucks as they can onto their own net. Players are allowed to steel puck from the other team and out of the opponents net. Team with the most pucks after 3 minutes wins- repeat