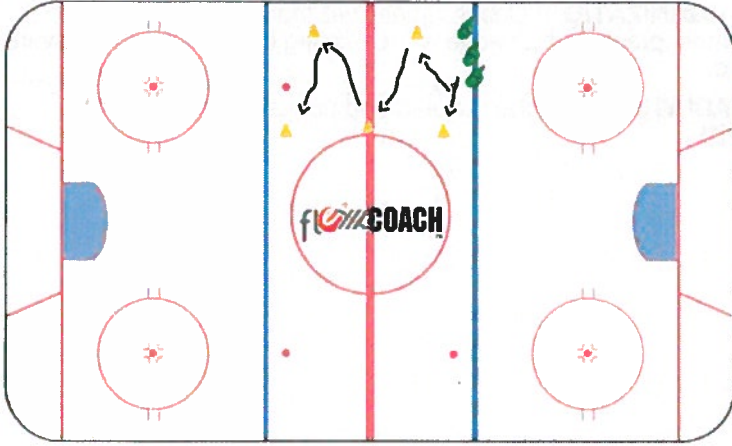


1) Stops and Starts - Upper Middle

8 min.



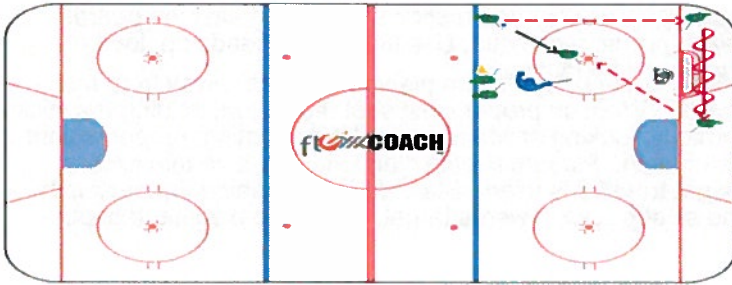
**OBJECTIVE:** Start and Stop at each cone. Inside edges once then hockey stop (inside, outside edges)

**ORGANIZATION:** Stops and Starts at each cone.

Other Skating Station Drills to do  
Start with "V" take 2 or 3 quick steps.  
Add a puck to the drill  
Have kids drop to their knees between cones.  
Slalom to outside of cones without stopping

2) Pass, Skate, Shoot - Upper Right

8 min.

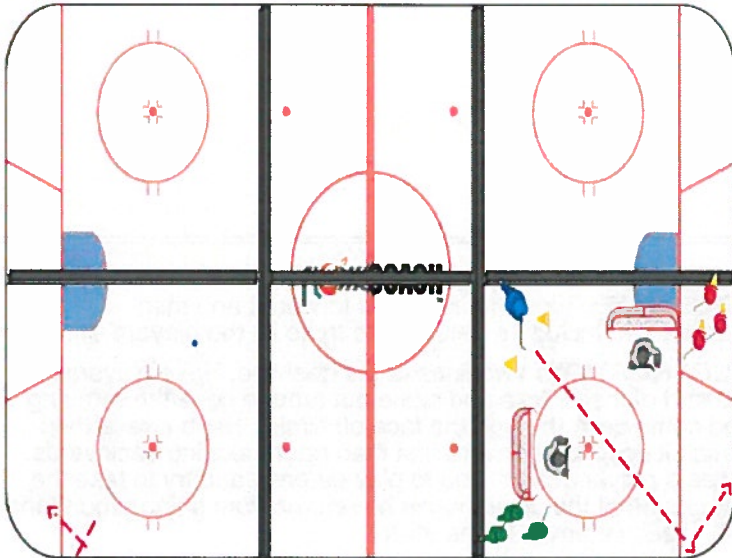


**OBJECTIVE:** Line near Blue Line with one player in the corner.

**ORGANIZATION:** Player on the blue line passes it to player to the left of the goal. Player in corner skates over to other side of the goal and passes it to player skating in from blue line. After shooting player goes to the corner to receive pass from next player at the blue line.

3) 2 on 2 Tight Area Game - Lower

8 min.



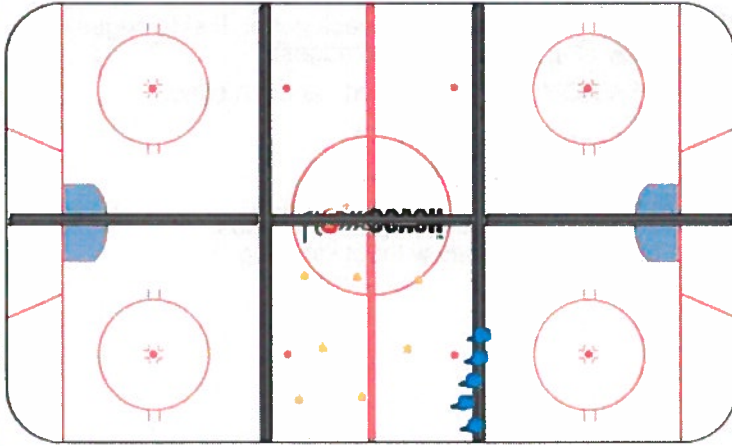
**OBJECTIVE:** Teach players to make plays under pressure

**ORGANIZATION:** Game played in the corner. 1 Net at top of circle, 1 net on inside of circle by the goal line. Both nets face in towards the corner, teams stand in line next to defending net. On whistle, 1st 2 players in each line jump into the playing area and compete. Next whistle, players replaced by next 2 players in line.

**VARIATION:** Coach can create odd man situations by changing # of players 2 on 1, 3 on 2 etc.

4) Manny's Skating Station

8 min.

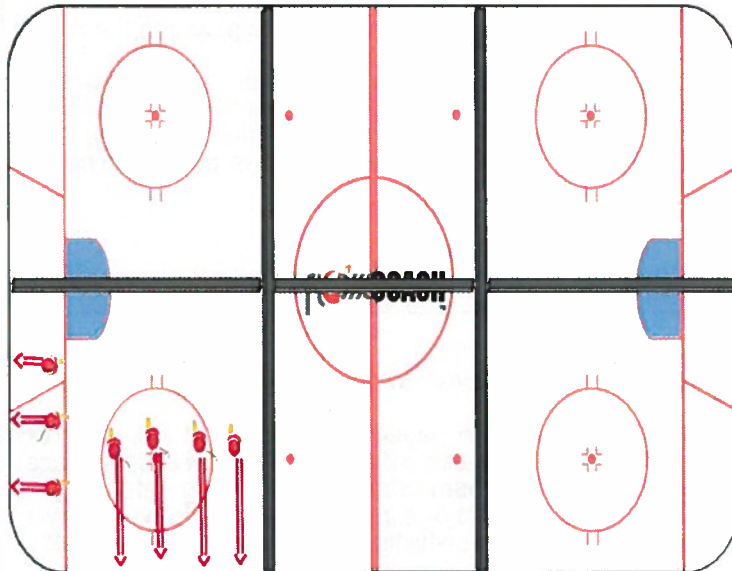


**ORGANIZATION:** Coach Manny will lead the kids through cones, practice their edge work, skating backwards, crossovers etc.

**VARIATION:** Coaches should add pucks after the first few drills.

5) Shooting - Lower Left

8 min.

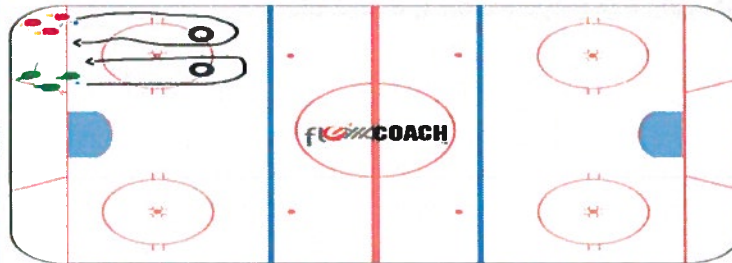


**OBJECTIVE:** Players practice shooting against the boards. Teach proper technique. Use tire, stress heads up, look at target when shooting.

**ORGANIZATION:** Line up players 7-10 feet away from the boards. Work on proper wrist shot technique, holding the stick correctly, looking at where you will be shooting, proper weight distribution. Players should stand sideways so that proper weight transfer is used. Start with puck behind the back foot and sweep puck towards target. Switch to backhand shot.

6) Ring of Fire - Upper Left

8 min.



**OBJECTIVE:** Race with ringettes forwards and then backwards. Include a defender to try to lift the players' stick.

**ORGANIZATION:** Two lines at the goal line. Have players use the end of their sticks and skate out around cone/tire with ring and come back through the face off circle. Have a race then switch it up, skate forward first then return skating backwards. Place a player at each line to play defense and try to take the ringette off of the player when he returns from going around the tire. Teach them to lift the stick

Post-Practice Comments:

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