

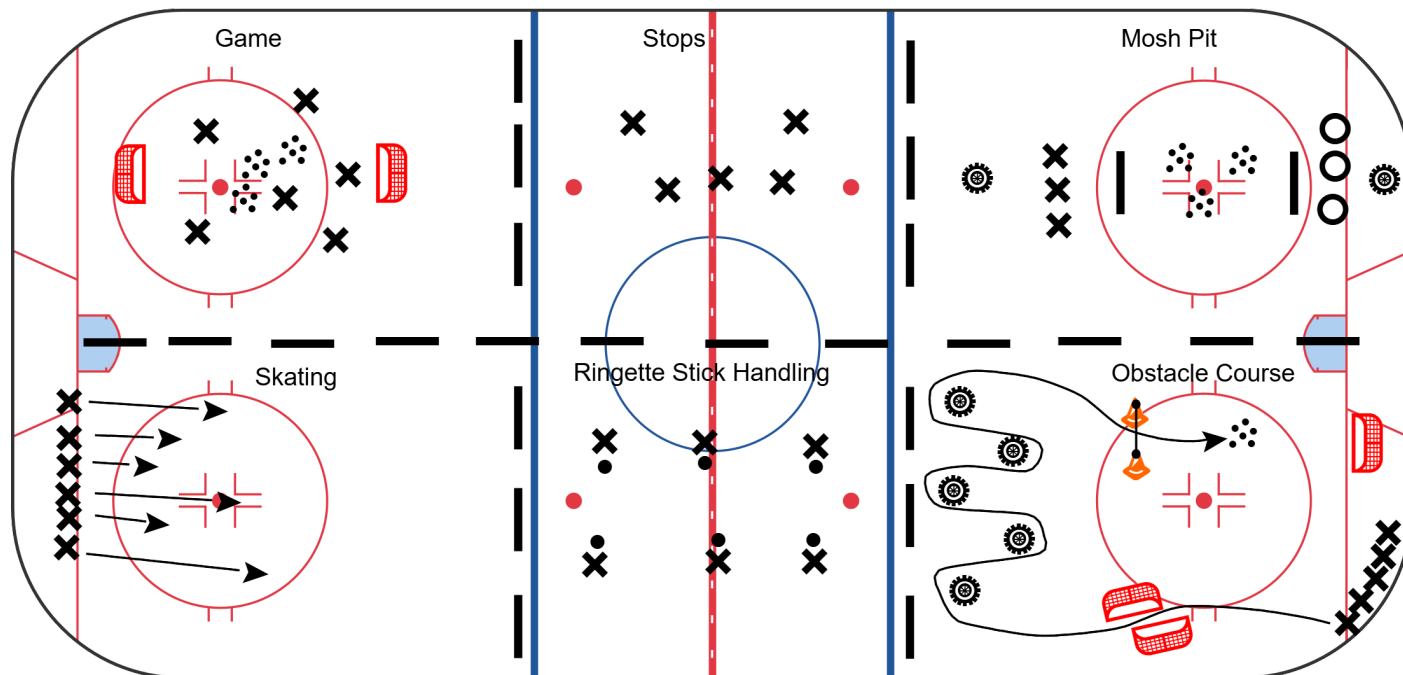


Little Wildcats Day 1

Duration: 60 mins

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Description

Start with Free time to skate and shoot (10 min). Some Coaches will bring out the equipment.

6 Stations - Skaters will follow the same coach to each drill.

Game (6 min) - Have pucks, rings, tennis balls, etc. out and have skaters put them in the mini nets.

Stops (6 min) - Draw stars on the ice and have the skaters work on pushing on their edges to remove the star.

Mosh Pit (6 min) - Split players in two teams, and fill the inside of the box with tennis balls/stuffed animals. On coaches signal players will skate through opening, grab one item, skate back out and place it in their tire. The team with the most items in the tire wins. *Variation:* if players are more advanced, close off the openings and have them jump over the barrier.

Obstacle Course (6 min) - Have skaters start at goal line, weave through the big nets, skate around the tires/cones, dive under the bar, grab a puck and shoot on net.

Ringette Stick Handling (6 min) - Players flip their sticks upside down and move around the area pushing a ringette. Try to have them work on stick handling with it.

Skating (6 min) - Work on fall down techniques (fall forward), proper balance with head up, pushes (alternating feet), swizzles.

Finish with Sharks and Minnows (8 min)

Team Chat