

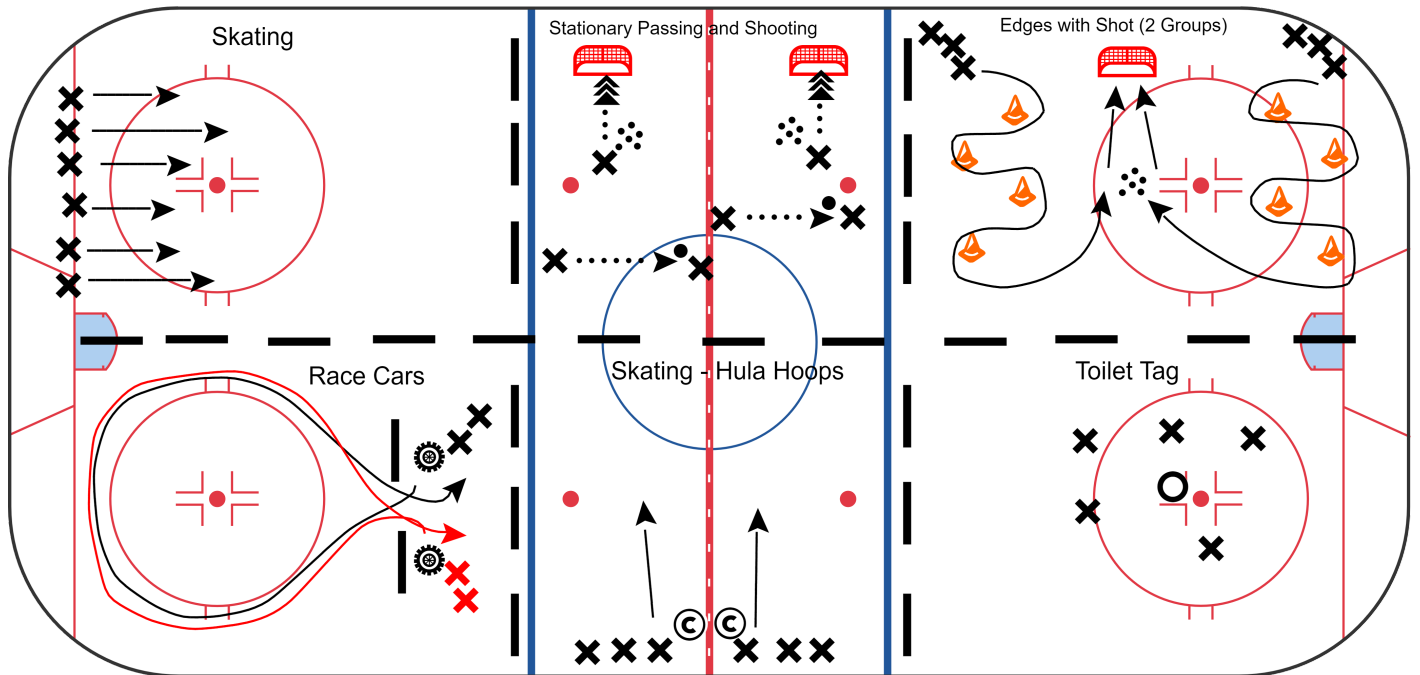


Little Wildcats Day 3

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.

Skating (6 min) - Have skaters continuously moving, go from one end to the other as a group. Try to do each skill twice.

-Glide on one leg (left and right)

-T-Push

-March

-Jump over lines (drawn with marker)

-Skate fast then barrel roll

Stationary Passing and Shooting (6 min) - Half the group can pass while the other half can shoot. Focus on technique.

Edges with 2 Shots (6 min) - Split into 2 groups. Edge work around cones then shoot on net. Each player takes a puck to shoot.

Toilet Tag (6 min) - Have skaters skate around, one person is it. If they are tagged, they have to put their arm out to be "flushed" to be untagged.

Skating - Hula Hoops (6 min) - Roll a hula hoop out and have the skaters rush after it and grab it before it falls. *less advanced skaters:* have them pick up the hula hoop and bring it back to you or crawl through it. *more advanced skaters:* have them try to dive through the hoop while it's moving.

Race Cars (6 min) - On coach's "go", they will pull the bumper away and 2 skaters will race out pushing a 5-gallon bucket around the circle as fast as they can.

Finish with 3 Cross Ice Games (8 min)

Team Chat