

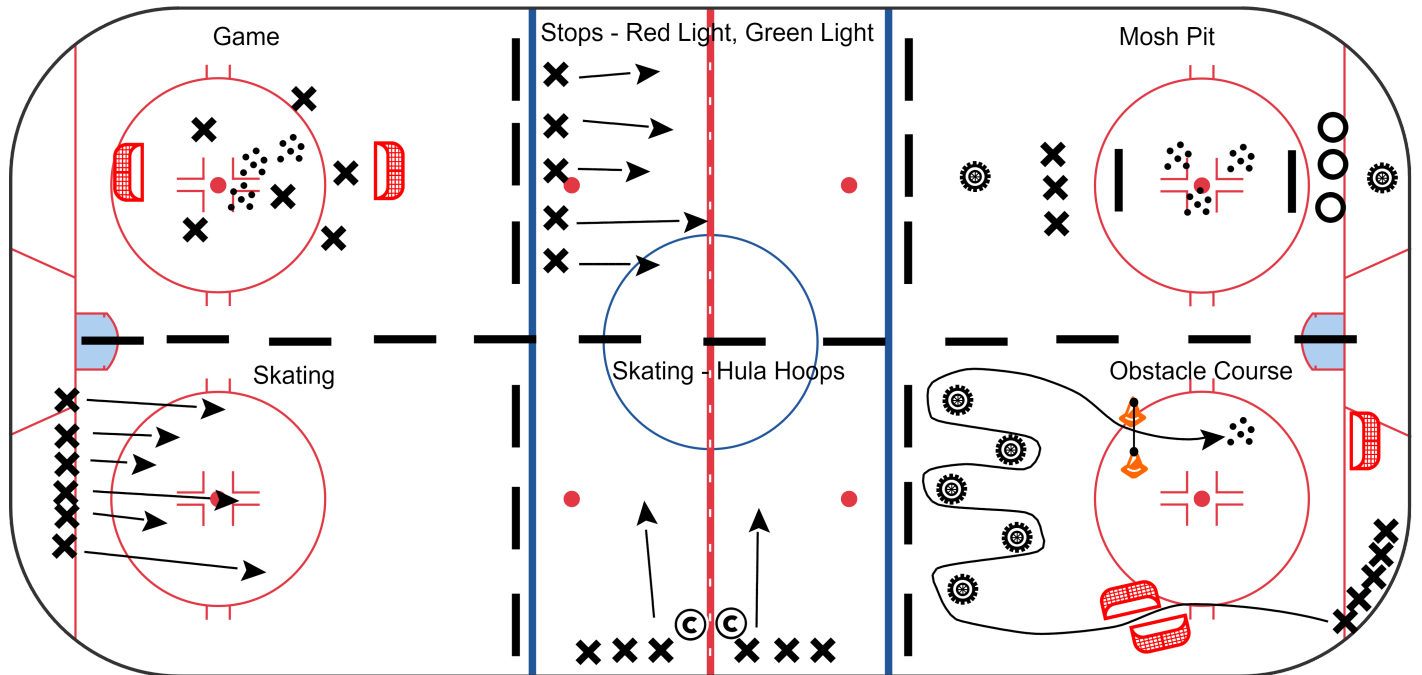


# Little Wildcats Day 2

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) - Play a game of Red Light, Green Light. Work on real stops.

**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.

**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.

**Skating** (6 min) - Work on fall down techniques (fall forward), proper balance with head up, jump over lines (draw with a marker), skate fast to superman.

**Finish with Freeze Tag** (8 min)

Team Chat