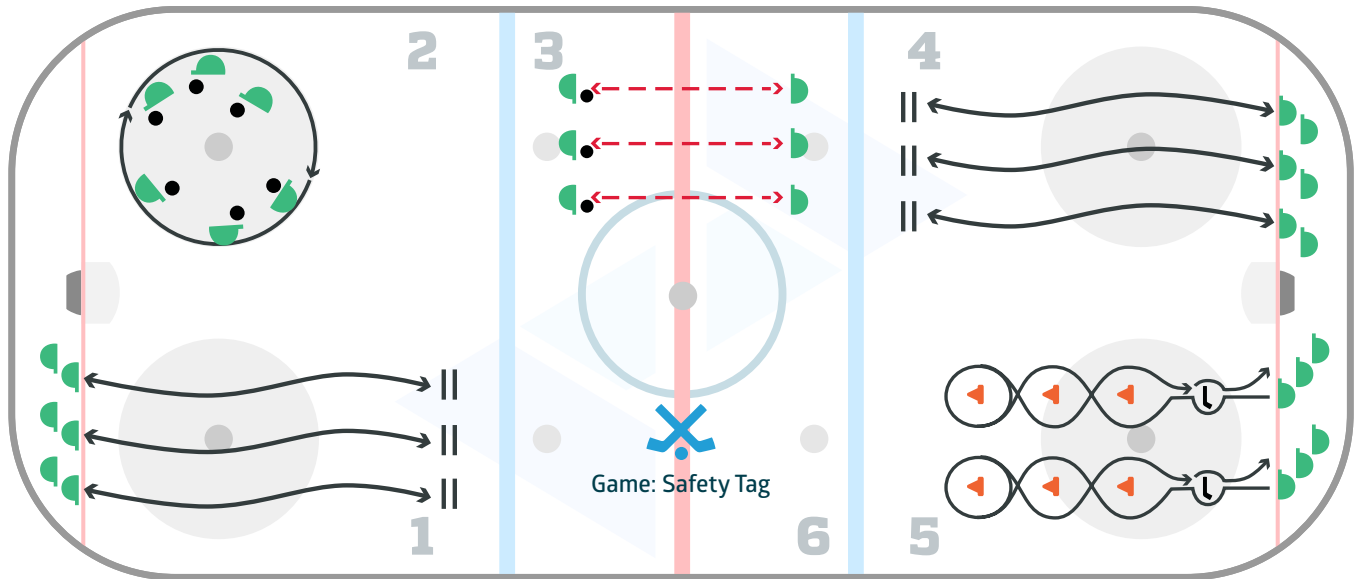


Initiation: Practices 7 & 8

Time: 60 minutes | Theme: Share the love (and the puck) by passing

Equipment: Pucks, 6 cones, & a ringette ring



Alternate Layouts

Half Ice



Small Rink



Legend

players coach

pilon stick stop

skate skate backward skate with puck

pass shoot

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating - Initiation 7

This segment's fundamental skating skill will be continued work on the three skate edges, basic stopping, and the horse and buggy (pulling a gliding teammate with a stick in each hand).

2. Puck Handling 3

Focus is on confined area puck handling and spatial awareness. Players begin puck handling randomly inside the face-off circle. On the whistle, players will leave their puck and complete a lap around the outside of the circle then return to puck handling.

3. Stationary Pairs Passing

Two players stand eight to ten feet apart, and complete forehand passes back and forth. Emphasis is on the fundamentals of receiving a pass and completing an accurate pass.

4. Wave Skating - Initiation 8

This segment's fundamental skating skill will be skating stance, alternating one-foot c-cuts, shuffling, and side stepping.

5. Relay Race 4

Players will race through a full of obstacles such as a stick to jump over, weave around cones and a 360-degree tight turn. The line that finishes first wins and claims all bragging rights! Emphasis is on two-foot jumps, balance, coordination and tight turns.

6. Safety Tag

The coaches are taggers, and the players must skate around and avoid getting tagged. There are two dots labeled safe zones where players may retreat to evade pressure. If a player is tagged, then they must align themselves along the boards, so they are not in the way of the ensuing game. Last player standing wins!

+ Cross-Ice Ringette

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones. Have the players turn their sticks upside down using the butt end to cradle the ring. Use cones or nets as a goal and players will score by hitting the ring off/into the cone/goal.