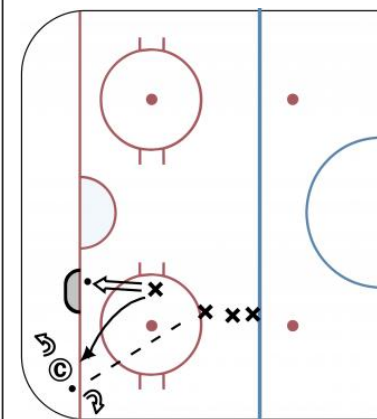


**Nose Picker - 8 mins**

7:30am

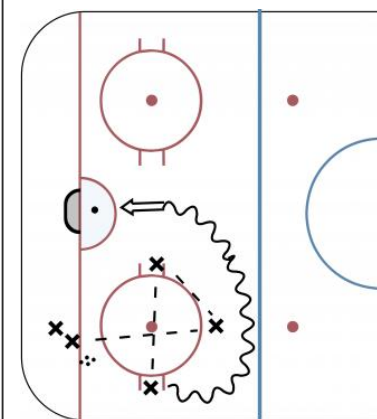


STATION #1  
Brent

Player will receive a pass, take a shot on net, steal a puck from coach, then pass to next player in line. This is a continuous activity. Focus on wrist shots, passing & receiving, stick lifts, and mirroring coach. Coach will be skating around in the corner simply protecting the puck. Players must remain on d-side then attack when the puck is exposed.

**Hull & Oates - 8 mins**

7:38am

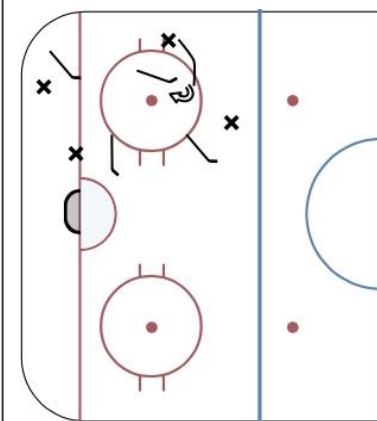


STATION #2  
Derek

Begin with players around the circle as indicated. Passing pattern is outlined with the board side player ending with a shot on net. This is a follow your pass activity. Coaches should participate to keep the it moving smoothly

**Homework - Skating - 8 mins**

7:46am

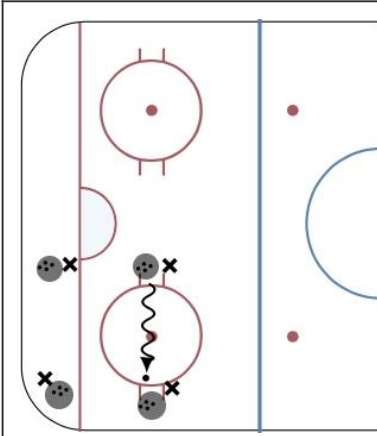


STATION #3  
Kim

To begin, players place sticks on ice. Players copy the coach executing a series of skating skills around, over their stick. Inside / outside edges, bubbles, glide turns, etc. Add multiple steps in a sequence to challenge players.

**Fuzzy Chicken - 8 mins**

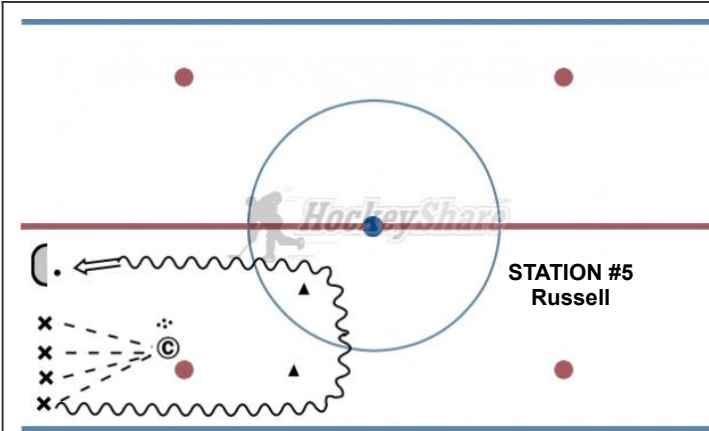
7:54am

**STATION #4**  
Brad

To set up, make a home base for each player (cone, hula hoop, marker, etc) and place 3-4 there to start with. On the whistle, players must "get rid" of their fuzzy pucks by stick handling them over to someone else's home base. Players can only skate with 1 puck at a time. Once a player gets rid of all their pucks, a winner is declared and start a new game. Use 2-4 pucks depending on skill level. Play with stops, tight turns, etc.

**Pepper - 8 mins**

8:02am

**STATION #5**  
Russell

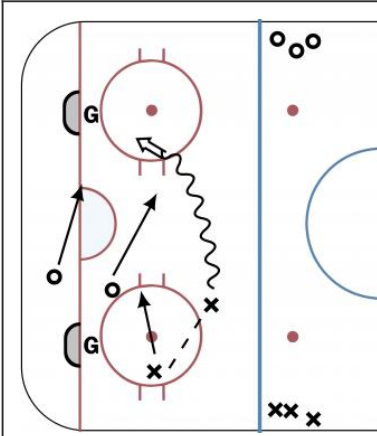
To begin, place net along boards, mark player passing positions on ice, place 2 cones, and pucks near coach. Coach begins by passing to the player nearest the net and that player passes back to the coach. Continue down the line until the last player get the puck. They then skate around the cones and take a shot on net. Players move over one position and begins passing immediately. For advanced groups, coach can move his stick to create a new passing target which will force players to pass with their head up and eyes on target.

**C-Cuts - 8 mins**

8:10am

**STATION #6**  
Franny

To begin, place pucks beyond ringette line and set up cones/stick elevated obstacle. Player 1 starts by doing outside edge c-cuts (skates on ice). Once around circle, player will get a puck and pass it under the obstacle, then skate around the obstacle, retrieve the puck and shoot on net. Player 2 begins once player 1 has completed the circle.



Game at both ends

Play 2v2 or 3v3 depending on number of players. Teams must score on the opposite net from their line. Encourage passing and finding open lanes. Encourage defending team to win the puck back.