



Date: Squirt Practice 7 & 8
Practice Theme / Goals: Skating Skills

Number of Players: 50 to 60

Equipment Required / Set-up: Cones or tires

- Notes:
- ⇒ Each Squirt team divide players in 2 colors
 - ⇒ 6 groups divided by skill level
 - ⇒ Look for 3:1 work/rest ratio. Tweak station if necessary
 - ⇒ Rotate Through stations clockwise
 - ⇒ A coach could take a goalie and do "iron cross" between stations 5 + 4

Stations: 6 Stations x 8 minutes

On the whistle to change station, players do 5 hops on each foot before moving on to the next act. Coaches distribute water at each station.

Station 1 + 2

3 on 3 cross ice game
A group of players will play in this game twice during stations practice.

Station 3 Forward & Backwards

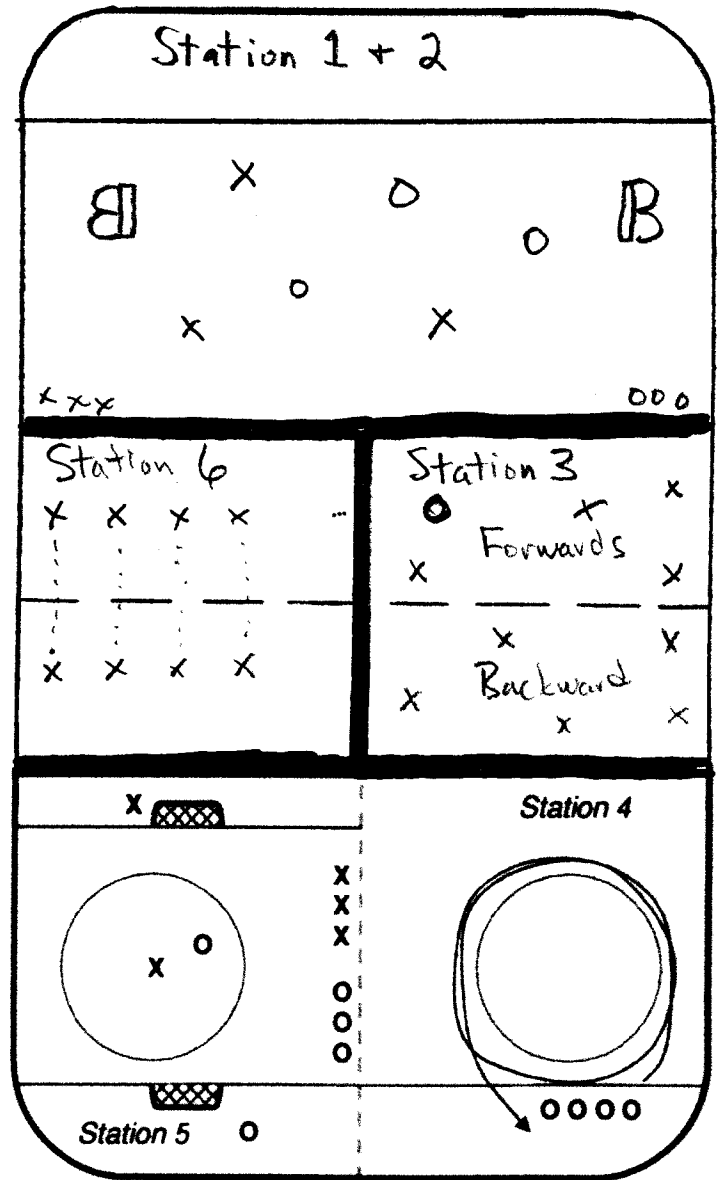
Players play tag within a confined area. WI has been tagged that player become the te the center red line to divide the ice, all play skate forwards on one side of the red line and pivot to skate backwards on the opposite side.

Station 4: Skating Technique Crossovers

Work on skating technique. Each player skates two laps around the circle with the next player in line starting as player one passes in front on first lap. Coaches should work individually with players on technique as needed. Keep stick to the middle.

Station 5: 1v1 with Low Outlet

Play 1v1 in a small area. Outlet players are below the goal lines and can't score only pass. Players in the middle must make a pass to their outlet man before they can score. Play 40 second shifts.



Station 6: Stationary Passing

Partner Up, forehand + backhand

Good hockey position.

Slide puck, don't slap it. Soft hands.

Finish with game. ^{Hit} Coaches glove to other team's side.

Straw