



Date: Squirt Practice 81 & 82

Number of Players: 30 to 40

Practice Theme / Goals: Skating and puck control skills

Equipment Required / Set-up: Tires, cones, extra nets, dividers, soccer balls Time: 60 minutes

Warm Up: 8 minutes

Pump Pump Tag – Players must skate with blades always in contact with the ice. Bend knees and really extend to scoot around the ice. Coach selects several player to be taggers. Once a player is tagged they must stand still until a teammate skate a circle around them to free them. Can switch game to taggers all skate forward and everyone else backwards. Once tagged the players join the taggers and skate forward.

Stations: 5 Stations x 8 minutes

On the whistle to change station, players do 2 forward roles before moving on to the next activity. Coaches distribute water at each station.

Station 1: Transition Skating

Part 1: Players skate forward to the hash marks and stop. Then they do crossover steps to the face-off dot and stop. Next they skate backwards to the goal line and stop. Crossover steps to line up with hash marks, stop and then skate forwards. Stop on the hashes, crossover steps to the opposite circle and stop. Backwards to goal line, etc...

Emphasis is on exploding out of the stops, keeping the shoulders square when doing the crossover side steps and then not crossing over when skating backwards.

Station 2: Ringette Keep Away

1v1 keep away in a small space, encourage body contact. Players can be physical as long as the stick is down and they make body contact in an attempt to play the ring.

Station 3: Partner Passing

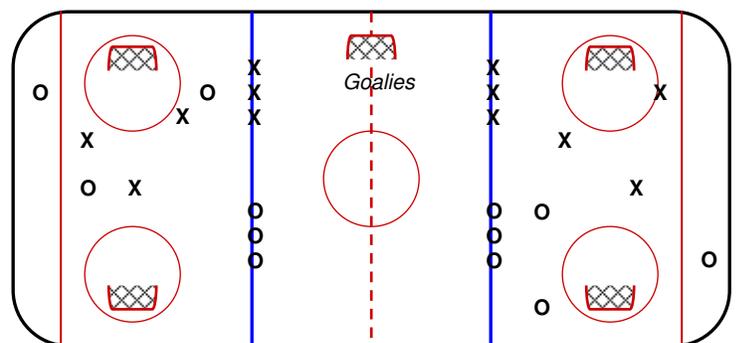
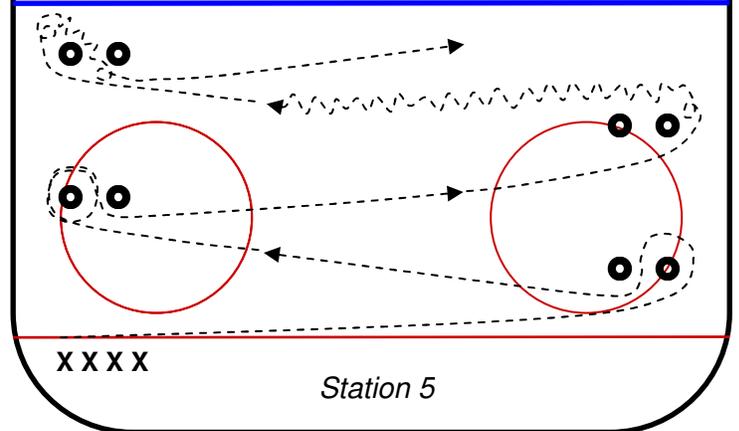
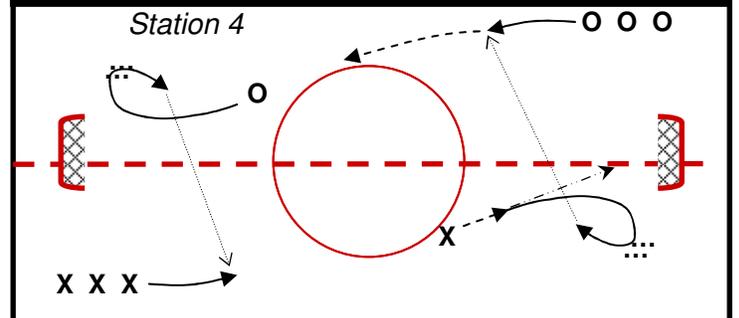
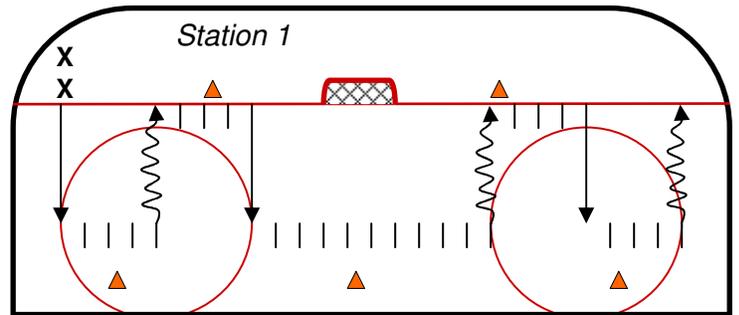
Players should begin facing parallel to their partner so that the passes are all done sweeping the puck across in front of the body. Forehand, backhand, bullet and saucers passes. Work on technique, pulling the puck back to pass. Next pass into partners skates and kick/angle puck up to stick...face both ways to practice both feet.

Station 4: Stretch Pass Short Version

Play O breaks as Player X retrieves puck. X passes to O who shoots on goal and then pick up a new puck to activate the next player. Try to keep both sides going, let the players monitor the ice and get them to judge when to break for a pass.

Station 5: Puck Control and Skating

Skate through the tires with control of the puck.
1. Tight turn around and back through the tires. Keep tire close so player must quickly pull puck to opposite hand when going between the tires. 2. Tight turn 360 and through the tires. 3. Forwards to backwards pivots. 4. Forward to backwards pivots and through the tires.



Game: Soccer with Puck – 12 minutes

Play soccer 4v4 cross ice while each player carries a hockey puck. Players must have possession of their own puck at all times. Goalies can have extra work the NZ.