



Date: Squirt Practice 79 & 80

Practice Theme / Goals: Angling, body contact, defensive awareness

Equipment Required / Set-up: Dividers, tires

Number of Players: 30 to 40

Time: 60 minutes

Warm Up: 5 minutes

Free Play – Let the kids play with a variety of objects (black pucks, blue pucks, tennis balls, soft balls, etc).

Edge Control Around Sticks – 10 minutes

Spilt into two groups for better communication. Have players place their sticks on the ice lengthwise in front of them as obstacle. Keys: Head and chest are up, good knee bend on glide leg.

- Inside edges around stick L/R
- Inside edges around stick L/R, hold edge - two laps
- Outside edges around stick L/R
- Outside edges around stick L/R, hold two laps
- Figure 8 inside edges around ends of stick
- Figure 8 outside edges around ends of stick
- Two foot side jumps over stick
- One foot side jumps over stick L/R

Goalies with coach for movement drills

Stations: 4 Stations x 9 minutes

On the whistle to change station, players do 5 jumps before moving on to the next activity. Coaches distribute water at each station as the players.

Station 1: Angling 1v1 (Body Contact)

Player O skates over the face off dot. As soon as he touches the dot, player X carries puck down the wall and then attacks net. Player O angles off player X. O and X compete until the coach blows the whistle. Player X then skates through the face off circle and then become the next player O.

Station 2: Figure Skating

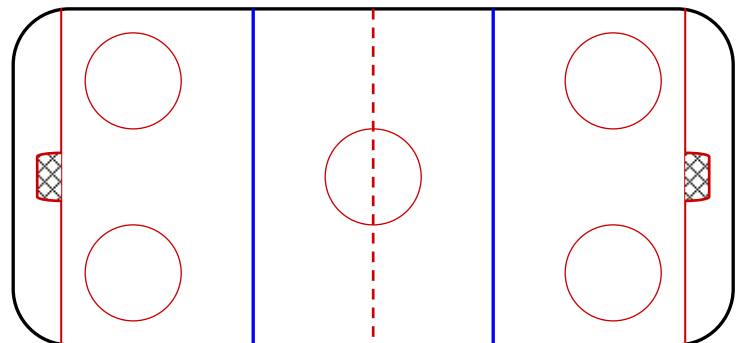
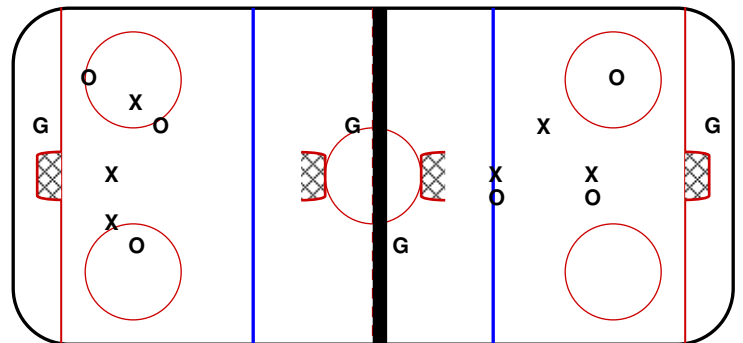
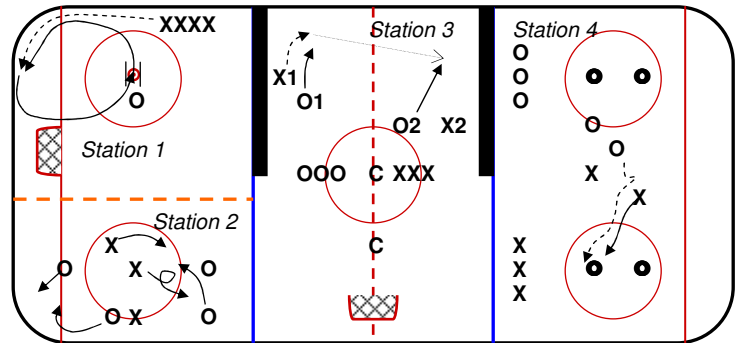
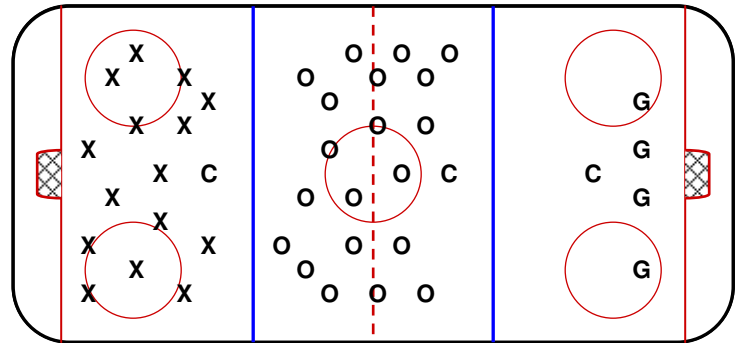
Challenge the players to be creative. The coach selects a player to demonstrate his most dynamic figure skating maneuver. The other players the copy the move. Whoever copies the maneuver the best gets to demonstrate their best move, etc.

Station 3: 2v2 Possession

Play 2v2 keep away with designated coverage. When the X players have the puck, O1 must always cover X1 and O2 always covers X2 and vice versa when the O players have the puck. Offensive players must now work hard to get open and defensive players must watch their man while keeping an eye on the puck. Defensively don't turn your back to the puck if possible. Goalies have individual instruction on the other side of the zone.

Station 4: Guard the Gate (Body Contact)

Play 2v2 or 3v3 depending upon numbers. To score a player must carry the puck through the opponent's tires (gate). Works on body contact, body and stick position, angling and driving to the net.



Game: Gretzky 3v3 – 9 minutes

Each team has a forth player below the offensive goal ine (Gretzky). Play 3v3. When a team gains puck possession they must pass to their Gretzky before they can attack the net. The Gretz can only pass and must stay below the line. Defensively players must look to pick up the open players as the Gretz cant score. Play for 60 second shifts.