



Date: Squirt Practice 77 & 78

Practice Theme / Goals: Skating and 1v1 skills, individual team needs

Equipment Required / Set-up: Cones

Number of Players: 30 to 40

Time: 60 minute

Warm Up: 5 minutes

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

Transition Skating – 7 minutes

Always face the opposite end of the ice. Skate forward to backwards around the two large circles and two neutral zone dots. Can be done with pucks.

LRA 1v1 & Passing – 18 Minutes

Split into 3 groups. One group plays the forward position, one group plays the defensive position and one group does the passing shuttle in the middle. Switch the groups every 6 minutes.

Defensively: pivot to the middle, match speeds and maintain inside body position. Try to be stick to stick by the defensive blueline.

Offensively: attack using speed and change of pace. Keep head up and read the defensive player.

Passing Shuttle: Take 2 or 3 strides and pass to the opposite line, continue to back of line. Pass and receive on forehand only, then pass on backhand only.

Individual Team Needs – 20 minutes

Split into the individual teams and work on specific team weaknesses.

Game: Half Ice Scrimmage – 10 minutes

Play half ice for 60 second shifts.

