



Date: Squirt Practice 75 & 76

Number of Players: 30 to 40

Practice Theme / Goals: Angling, 2v1 play, puck control

Equipment Required / Set-up: Dividers and cones, soccer ball

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).

2 on 0 Passing with Agility – 10 Minutes

The player without the puck begins by skating backwards. Player with the puck skates forwards and passes to teammate. After receiving the pass, that player pivots to carry the puck skating forwards and his teammate switches to skating backwards. Continue this pattern down the ice and finish off with a shot on goal.

Stations: 4 Stations x 9 minutes

On the whistle to change station, players jump doing a 360 degree turn in the air before moving on to the next activity. Jump one time each direction. Coaches distribute water at each station.

Station 1: 2v1 with Back Checker

The defensive player begins with the puck and gaps up before passing to one of the offensive players. As soon as an offensive player gains the puck all the players are activated. The additional X player backchecks. Drill encourages communication between the backchecker and the D. Half way through the drill have the O's and X's switch.

Station 2: Bull in the Ring (Body Contact)

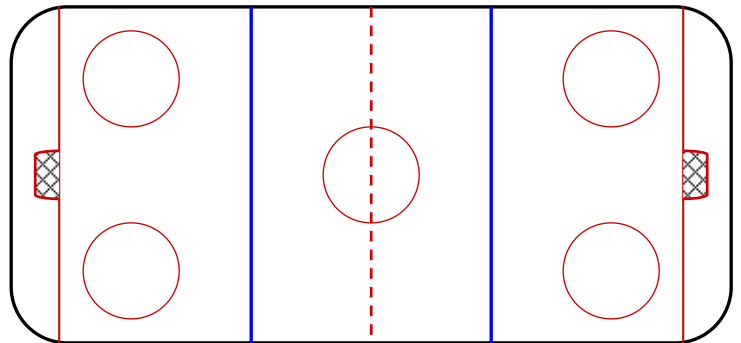
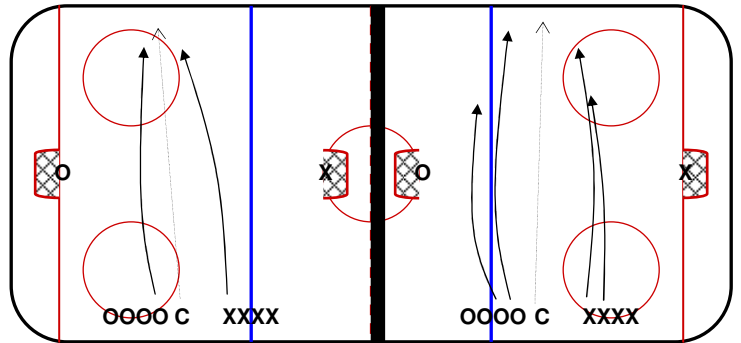
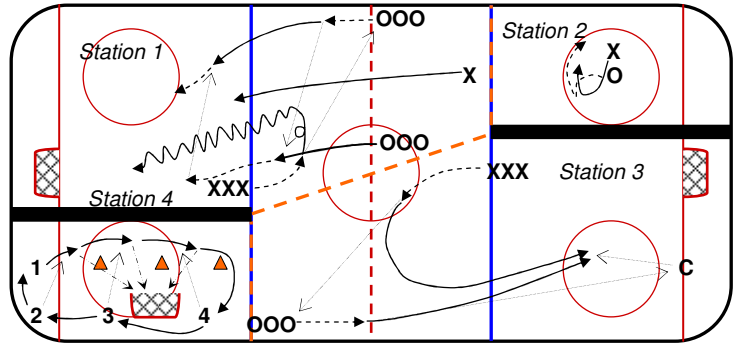
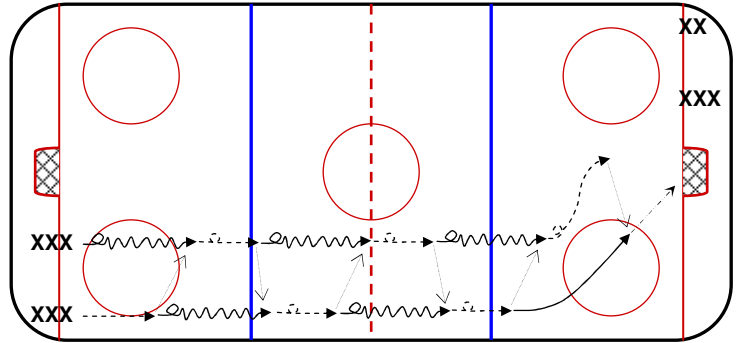
Depending upon numbers the circle can be cut in half to allow two pair to go at the same time. . Player O attempts to evade player X who tries to push player O outside the circle. Have X hold a soccer ball as he pushes the opponent. Emphasis is on skating, protecting the puck and stability in body contact situations.

Station 3: Angle & Back Check (Contact)

Player X begins moving into NZ and starts the drill with a pass to player O. As player O receives the puck he breaks. O passes to C and attempts to get open for a return pass. Player X angles to maintain inside body position on O. Drill works on angling and marking your opponent. Player O must work to create an offensive opportunity by separating himself from the checker.

Station 4: Quick Shot

Player 1 breaks and gets a pass from player 2 and shoots before the cone. Next, player 1 continues and gets pass from player 3 and shoots before the cone. Player 1 gets a third pass from player 4 and shoots before the last cone. Player 1 takes player 4's spot, who takes 3's spot, who takes 2's spot, etc.



Game: Survival – 9 Minutes

The coach spots a puck across the ice and yell out 1v1 or 2v2. The first players in line compete until someone scores. You can have up to 3 competitions going on each side at a time.