



**Date:** Squirt Practice 73 & 74

**Number of Players:** 30 to 40

**Practice Theme / Goals:** Angling and defensive stick skills, drop passing

**Equipment Required / Set-up:** Cones, tires, dividers and extra stick

**Time:** 60 minutes

**Warm Up: 5 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 players 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.

**Continuous Drop Pass – 10 Minutes**

Players exchange drop passes down the ice and finish off with a shot on goal. Players need to always drop puck to the correct side (behind) and then leave the puck early to let their teammate skate into the puck.

**Stations: 4 Stations x 8 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: Tire Push Game**

Divide into two teams. Each team scores a point when they push a tire to touch the opposite boards. Keep 2 to 3 tires in play, and dropping a new one in the center ice after a point is scored. Players should focus on driving with their legs & using their inside edges to push tires.

**Station 2: Puck Control Agility**

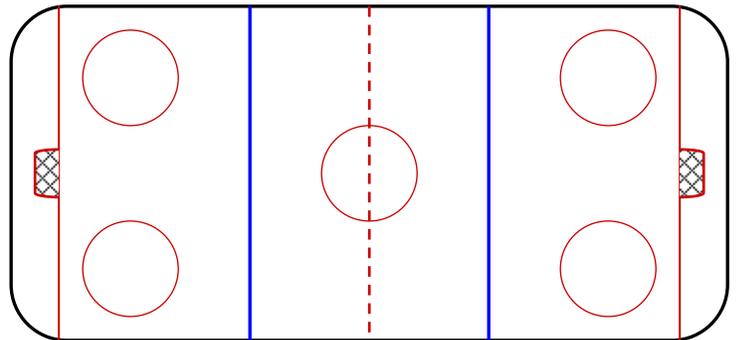
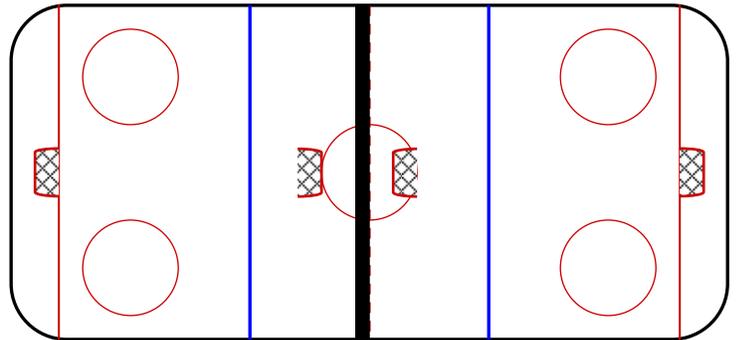
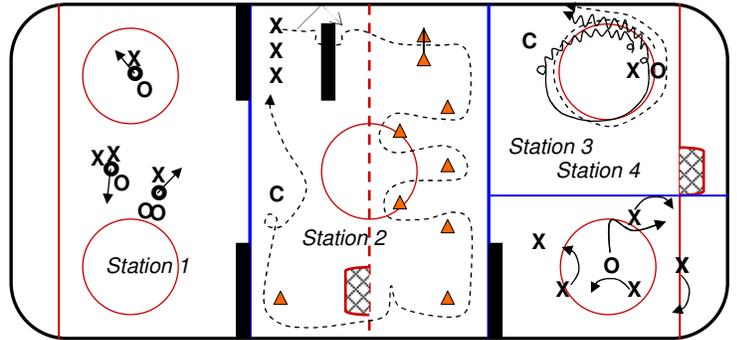
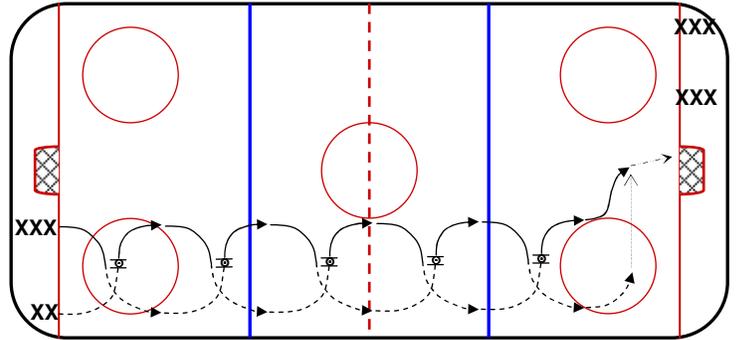
Begin with a board pass to self and jump the divider. Dive under the stick while controlling the puck. Skate through the cones and make a very wide fake at the net. Finish off with a spin move by the coach.

**Station 3: Stick Tag**

Players skate around the designated are with stick blades always on the ice. One players is the tagger. The tagger attempts to touch his stick blade to another players stick blade. Once touched that player becomes the new tagger. Free players must have two hand on their sticks and the tagger has can have one hand on the stick. Game teaches stick checking and body positioning skills.

**Station 4: Mirror Angle Drill (Part 2)**

Player O starts with a puck and skates around the circle. Player X mirrors player O with correct body and stick position facing the opponent from defensive side positioning. As the players begin to head up the boards, player X angles and rubs out the opponent maintaining proper body and stick position. (For the repeat of this practice, switch positions with station 3 so that players angle from the opposite side).



**Game: Backwards Only w/Puck – 13 minutes**

Play 4v4 cross-ice for 40 second shifts. The player with the puck can only skate backwards. This forces them to keep their head on a swivel as they must look to where they are skating. The game improves skating and puck control skills.