



Date: Squirt Practice 71 & 72

Number of Players: 30 to 40

Practice Theme / Goals: Defensive Skills

Equipment Required / Set-up: Cones or tires

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, ringette rings, etc).

Skating: Cross-overs – 8 minutes

Players should attempt to skate without breaking stride and focus on generating speed through the course. Drill is done from two corners and also with pucks.

Passing: 2 on 0 w/ Breakout – 10 Minutes

Player X passes to the coach. Player O pivots below the hash mark for a return pass from the coach. Player X works on taking a support angle through the middle. Players O and X pass 2 on 0 down the ice and finish with a shot on goal. Keys for the drill are the low pivot by O, the support timing by X (even or below O when he receives the pass) and as many passes as possible down the ice.

Stations: 4 Stations x 8 minutes

On the whistle to change station, players run on their skate for 5 seconds before moving on to the next activity. Coaches distribute water at each station.

Station 1: Skating Skills

Players skate forward and backwards around the circles. Work with the kids on skating technique; bend knees, cross over, push under lead with stick. Pull kids aside for instruction.

Station 2: 1v1 BO and Defense

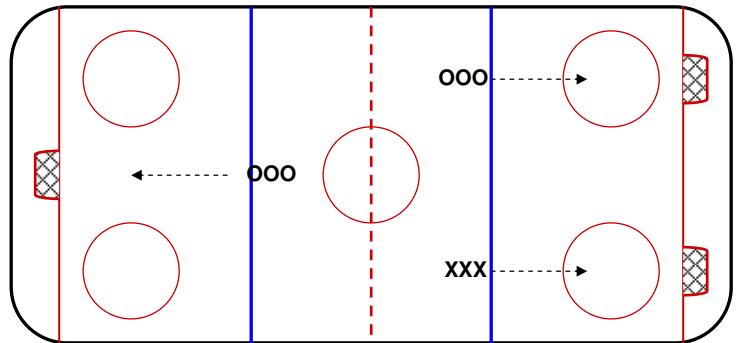
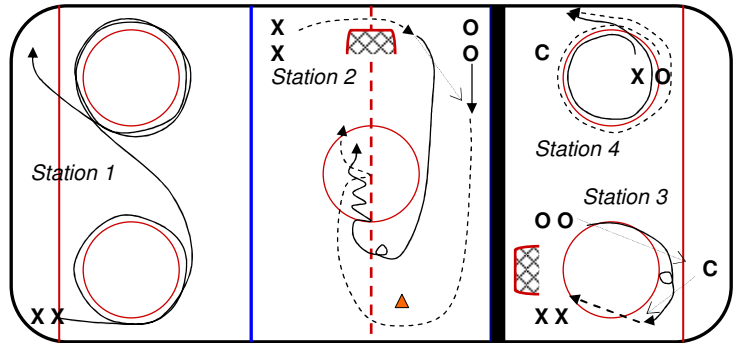
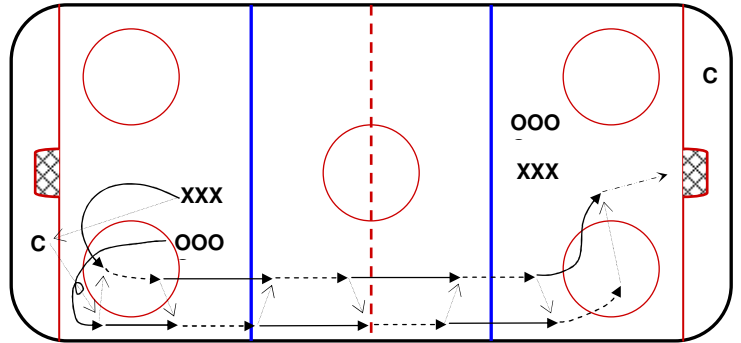
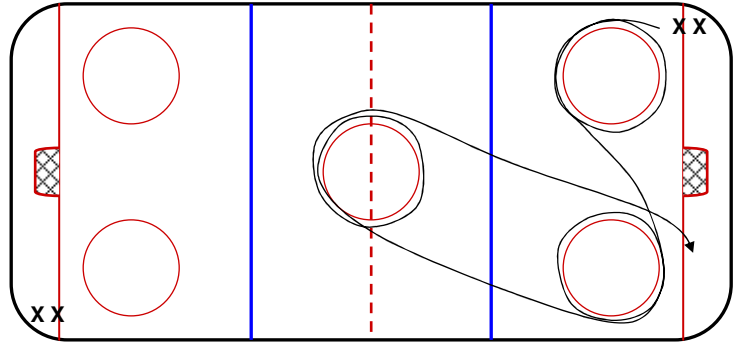
Player X passes to player O who must stay wide until the cone. After passing player X follows up the play, pivots to backwards and plays the 1v1 back. Focus on player X gapping up to play the 1v1.

Station 3: Breakout Skills

Player passes to the coach and then widens out low for a return pass. The player finishes with a shot on goal. Work on player facing the puck and pivoting with speed for return pass. Work both sides to keep reps high.

Station 4: Mirror Angle Drill

Player O starts with a puck and skates around the circle. Player X mirrors player O on the inside of the circle with correct body and stick position (shoulder to shoulder and with stick on the ice, blade to blade). 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: Shootout Race – 5 Minutes

Divide into 3 teams. The first player takes a breakaway shot on the goal. He plays until he scores. After scoring he must sprint back out over the blue line before his next teammate can go. First team to have everyone score is the winner.