



Date: Squirt Practice 67 & 68

Practice Theme / Goals: Positional Play and Skating

Equipment Required / Set-up: Cones or tires

Number of Players: 30 to 40

Time: 60 Minutes

Warm Up: 5 minutes

Have the players identify their favorite NHL player. For 5 minutes have the players pretend that they are that NHL player. They can do whatever they want that emulates their favorite player...be creative.

Skating: Forwards/Backwards – 8 minutes

Players skate forwards and backwards through the pattern. When skating the turns forwards, use cross-overs and keep feet moving. Can be done with pucks.

Skating Agility/Puck Control – 10 minutes

Players begin with pucks skating forwards to cone, pivot to backwards and skate to 2nd cone. Pivot to forwards and pass to the coach who immediately returns the puck for a shot on goal. Finish off by sprinting to the corner, collecting a puck and then pivoting to skate backwards to the next line.

Stations: 3 Stations x 12 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 & 2: Half Ice Scrimmage

Two of the three groups play half ice in a 5v5 scrimmage. Play for 90 second shifts and then switch players. Each of the three groups will get 24 minutes of scrimmage and 12 minutes of skating skills.

Positional Play in two basic areas:

DZ Coverage: When the puck is in the corner the closest defenseman pressures the puck and his partner covers the net front area. (Not left D in Left corner etc.)

Forecheck: Closest player to the puck pressures. The next closest player anticipates where the puck is going to go and the third player is high in the middle of the ice also anticipating where the puck will go. (Not left wing in the left corner, etc.) Key point is the closest player to the puck applies pressure.

Help players understand the basic principles and try not to tell them exactly where to stand.

Station 3: Skating Skills

Work skating skills on basic forward stride, backwards stride, stops, and pivots (forward to backwards and backwards to forwards). All pivots and stops should be practiced to both left and right sides.

