



Date: Squirt Practice 65 & 66

Practice Theme / Goals: Puck Control and Passing Skills

Equipment Required / Set-up: Ice marker, cones, tires

Number of Players: 30 to 40

Time: 60 minutes

### Warm Up: 10 minutes

Players pair up with one puck per pair. On the whistle, play 1v1 keep away with their partner. Have players stay in a confined area attempting to stickhandle around or through their partner. Play for 40 seconds, rest for 40 seconds. On the whistle to rest, players stand 15' apart and pass to one another.

Forehand passes, backhand passes, and bullet passes (pass as hard as possible). Have players pass cross body and sweep the puck. Coaches correct technique.

### Goaltenders: Warm-up and Movement

Goalies pair up and mirror each others movements. Drop to knees and get up, fake glove saves, etc.

Coach can then give the goalies some warm-up shots.

### Stations: 3 Stations x 10 minutes

On the whistle to change station, players do 2 forward roles before moving on to the next activity. Coaches distribute water at each station.

#### Station 1: Pass Follow Your Pass

Split the group into two so that the repetitions stay high. Players pass to the next person and then take their spot in the rotation. Finish with the last person shooting.

#### Station 2: Puck Control

Have the players make wide fake at the cones, then pass to the coach and get a return pass for a shot on goal. Encourage the players to really exaggerate the fakes at each step.

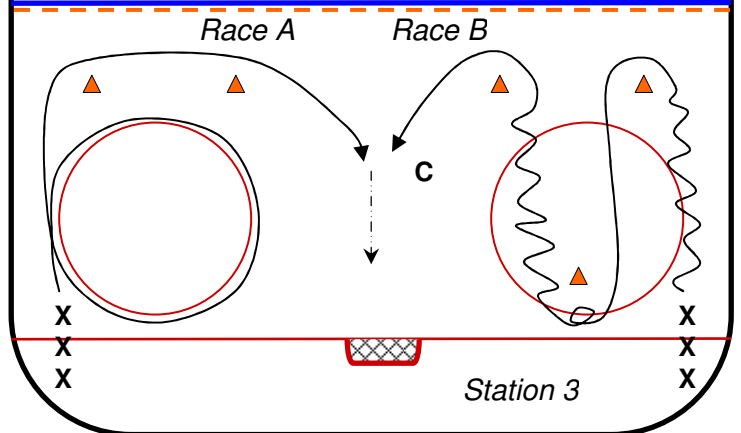
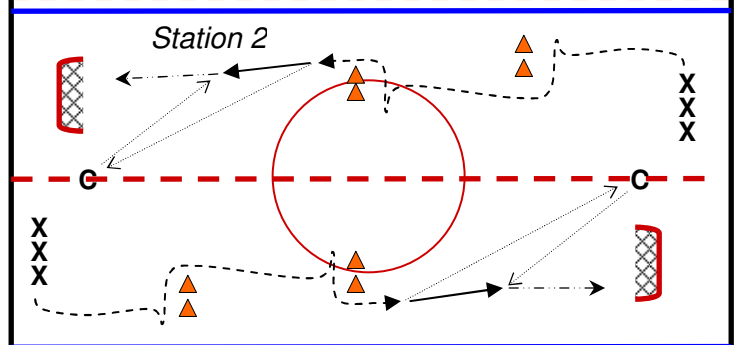
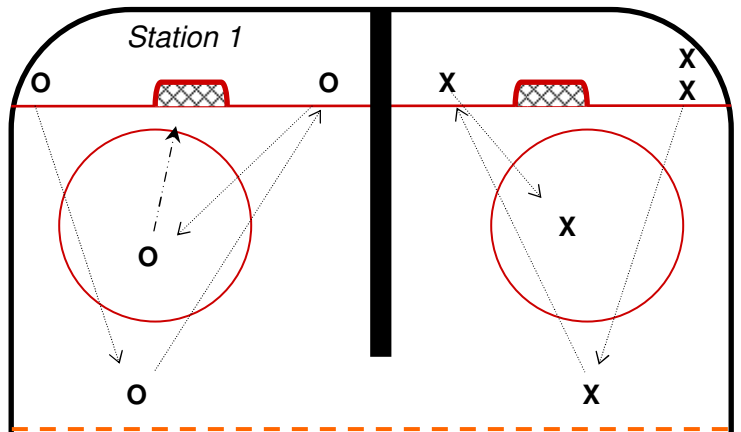
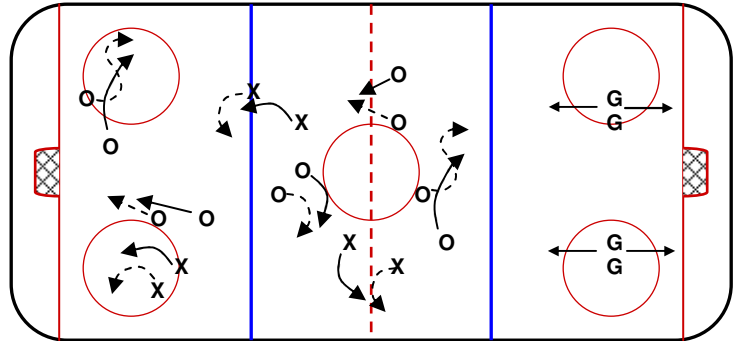
#### Station 3: Loose Puck Races

Race A: Players skate crossovers around the circle, around the two cones and compete for the puck to score.

Race B: Race for the puck in the slot skating around the cones. Start backwards, forwards, backwards, then forwards. Encourage contact and battling for the puck.

### Player Shooting – 10 minutes

Wrist shots – have players spread out with in the zone and shoot against the boards. Work on proper technique. Have the players pair up with one player near the board. One player shoots the puck and the other player tries to knock the puck out of the air with his stick. Two thirds of the way through, switch to having the players try a slap shot. Don't worry too much about technique, have them strike the puck as hard as possible. (upper body speed training).



### Game: Half Ice Scrimmage – 40 Minutes

Divide the groups into 4 teams, scrimmage half ice with for 20 minutes then rotate opponents. Play 5v5 or 4v4 whichever enables player to play every other shift.