



Date: Squirt Practice 63 & 64

Practice Theme / Goals: Skating and passing skills, game play

Equipment Required / Set-up: Dividers

Number of Players: 30 to 40

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).

Puck Control Under Pressure – 10 Minutes

Player X passes to player O. Player X must then do a 360 degree spin and then chase down player O through the course.

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: 3 Stations x 10 minutes

On the whistle to change station, players do 5 jumps before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: 3v3 Low

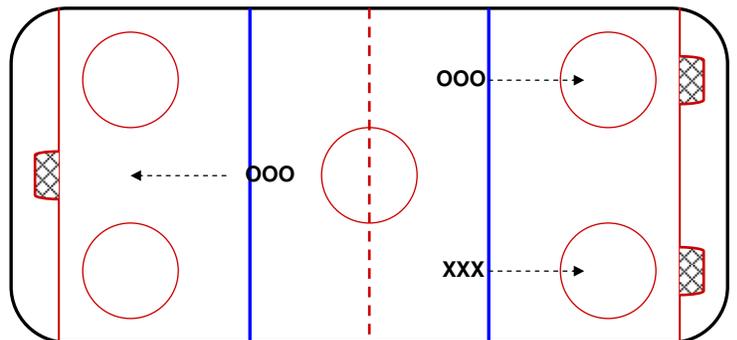
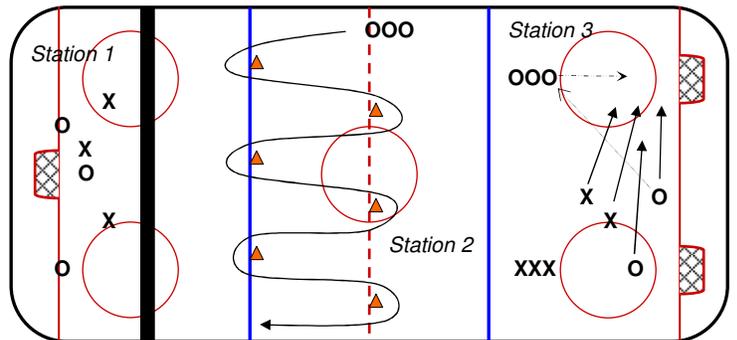
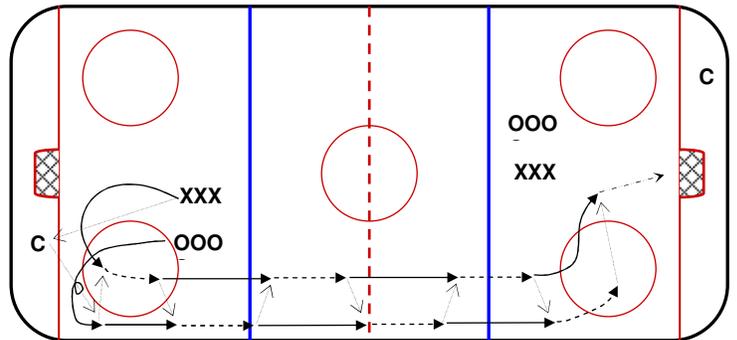
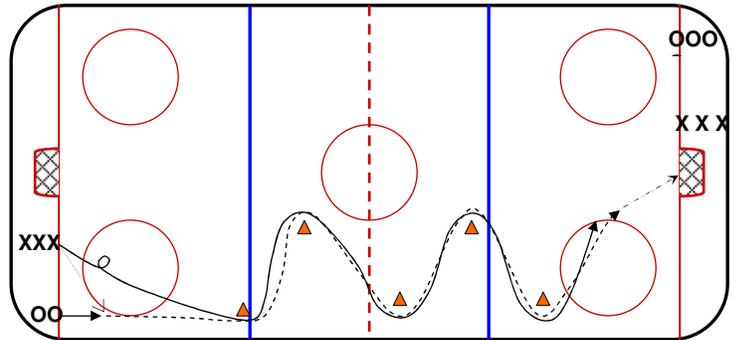
Play 3v3 game in the confined space. On a change in possession players must make a pass to a teammate before they can try to score. Encourage body contact.

Station 2: Skating & Edge Work

Skate through the course, using only the outside skate around each turn. Next, tight turn then follow up with stops at each cone and finish with forward and backwards pivots around each cone.

Station 3: 2v2 with Point Shot

Have each team line up at the top of the circles opposite each other. Play 2v2 with each team attempting to score on the net in front of their line. On change in possession, players must pass to the first person in their line (shooter) and then look to score on a tip or rebound. The shooter can pass or shoot on goal. Play for 40 second shifts.



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.