



Date: Squirt Practice 59 & 60

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 and Passing – 10 minutes

Players carry the puck through the designated pattern. Give and go passes are done with the coaches. It maybe possible to use players as the passers instead of using coaches. One end finishes by attacking the net out of the corner and the other end with the player delaying to the middle for a high slot pass from the coach. Coaches should work with the players timing.

Stations: 3 Stations x 10 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: Passing and Moving

Progress through 3 different passing drills with 4 players to a group.

- a) Take two strides with the puck and pass to the opposite line. Immediately after the pass, turn back to your line.
- b) Player passes to opposite line and then skates straight toward the receiver (no change in direction). The receiver skates at the passer and makes a fake, going by the passer and into the back of the opposite line (Head up!)
- c) Players start in a box. Pass, follow your pass around the box.

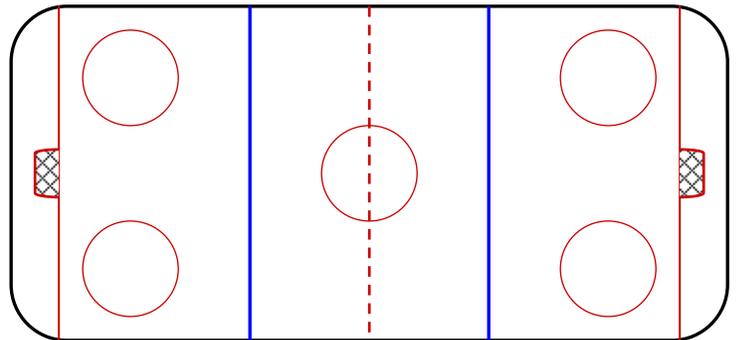
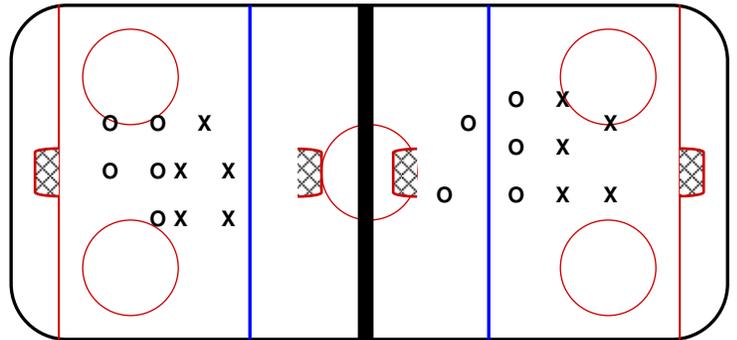
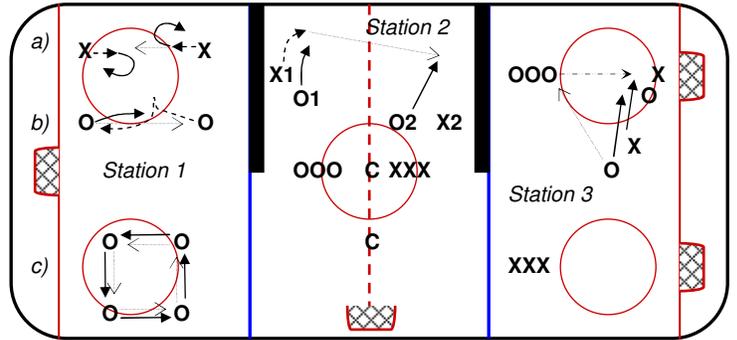
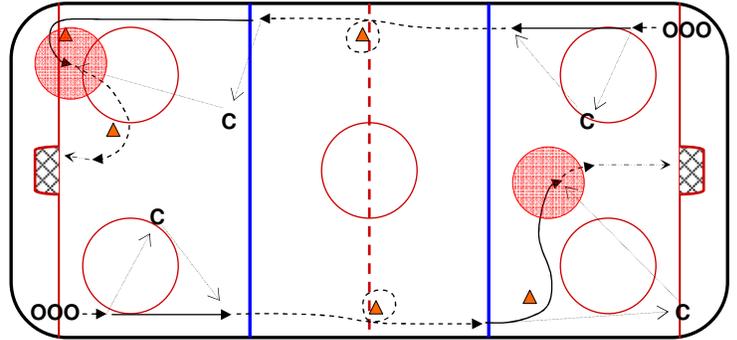
Station 2: 2v2 Possession

Play 2v2 keep away with designated coverage. When the X players have the puck, O1 must always cover X1 and O2 always covers X2 and vice versa when the O players have the puck. Offensive players must now work hard to get open and defensive players must watch their man while keeping an eye on the puck. Defensively don't turn your back to the puck if possible.

Goalies have individual instruction on the other side of the zone.

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: Half Ice Scrimmage – 15 minutes

Divide into teams and scrimmage 5v5 for 60 second shifts. Change on the whistle...leave puck and sprint to bench. The next players can go when as players get back to the bench.