



Date: Squirt Practice 61 & 62

Practice Theme / Goals: Puck control, agility skating, 2v1 play

Equipment Required / Set-up: Dividers and cones

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.

2 on 0 Passing with Agility – 8 Minutes

The player without the puck begins by skating backwards. Player with the puck skates forwards and passes to teammate. After receiving the pass, that player pivots to carry the puck skating forwards and his teammate switches to skating backwards. Continue this pattern down the ice and finish off with a shot on goal.

Stations: 4 Stations x 9 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: 2v1 LRA

The Defender starts the drill by gapping up and passing to the coach. The two offensive players switch lanes and receive a return pass from the coach. (face the puck). On return pass the two O's attack 2v1.

Station 2: ABC's Loose Puck Races

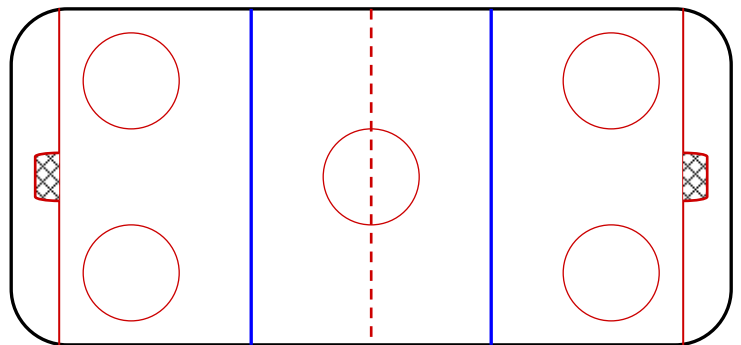
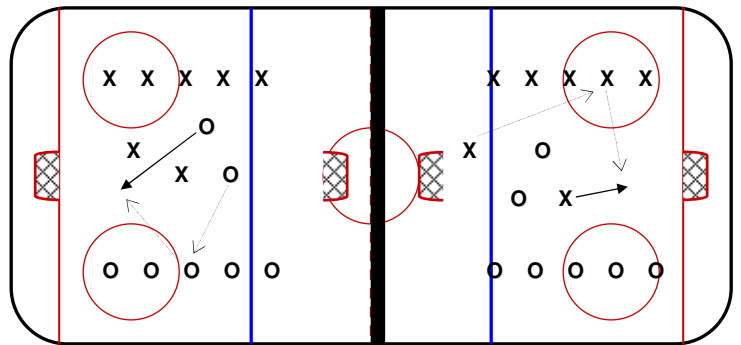
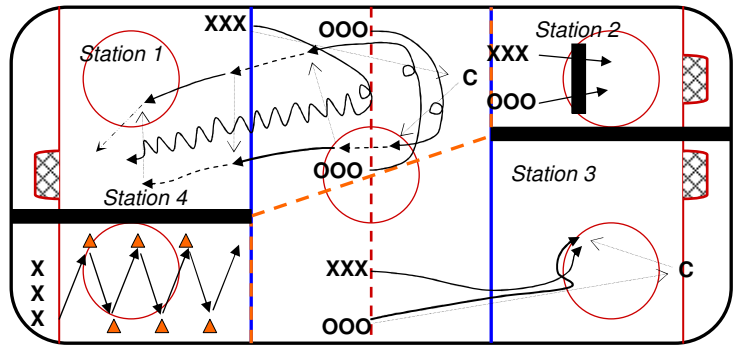
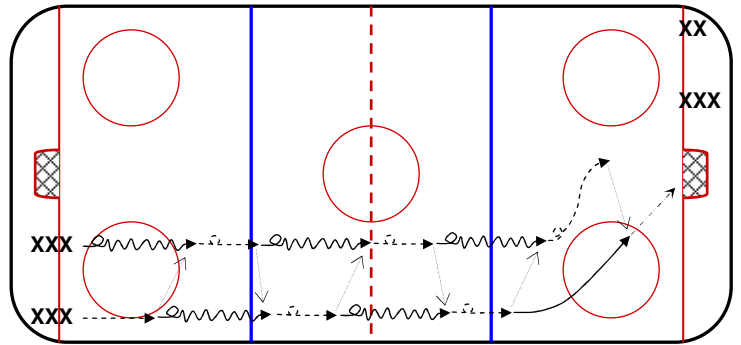
Have players perform different agility, balance and coordination maneuvers before competing for the loose puck. Examples: Drop to knee and get up before jumping over a divider. Start with a forward role. Do a 360 degree turn when jumping over the divider. Sprint to the touch the divider, back to touch blue line and then jump the divider for the puck. All races finish off with a shot on goal.

Station 3: 1v1 Back Checking 2

Player O passes to the coach and attacks the net. Player X marks O and attempts to deny him a return pass and scoring chance. Focus is on defensive coverage and offensive separation.

Station 4: Small Space Skating

Work on specific skating technique with the players. Stop and Start at each cone. Face the divider with forwards and backwards stops at each cone. Face the divider and pivot forwards to backwards, backwards to forwards at each cone. Tight turns around each cone, etc.



Game: 2v2 Transition & Coverage – 11 min

Play half ice 2v2 for 40 second shifts. On change of possession a player must pass to one of his stationary teammates before they can attack. Stationary players can only pass. When your team doesn't have the puck, look to cover an open opponent, not the stationary passer!