



Date: Squirt Practice 57 & 58

Number of Players: 30 to 40

Practice Theme / Goals: Breakout and Passing Skills

Equipment Required / Set-up: Ringettes, dividers and 4 nets

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).

Stations: 4 Stations x 9 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: Ringette Keepaway (Contact)

Every player goes at the same time. Use either 2 or 3 ringettes depending on the number of kids in the station. If 6 players, use 2 ringettes, if 8 players, use 3 ringettes. Players compete for ringettes and play keep away. If you have a ringette, protect it, if you don't have one, try to take one away from someone who does. Works on puck protection, competing, stick strength, and heads up awareness.

Station 2: Breakout to 1 v 1 (Angling)

Coach dumps a puck in and X goes back to retrieve it. Y posts up in a breakout position. X hits Y with a pass. Y skates up around the tire and attacks the net. X gaps up and plays Y in a 1v1. Teach good habits including looking over the shoulder when retrieving loose pucks and looking up ice before catching a pass. Works on team play, passing, receiving, competing, and habits. Make sure

Station 3: Breakout to 2v1

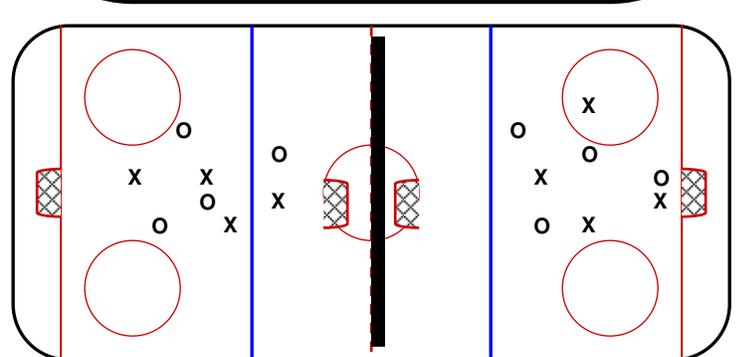
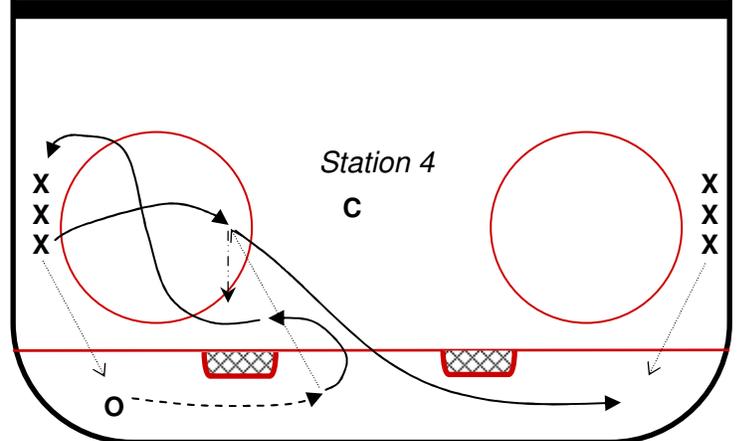
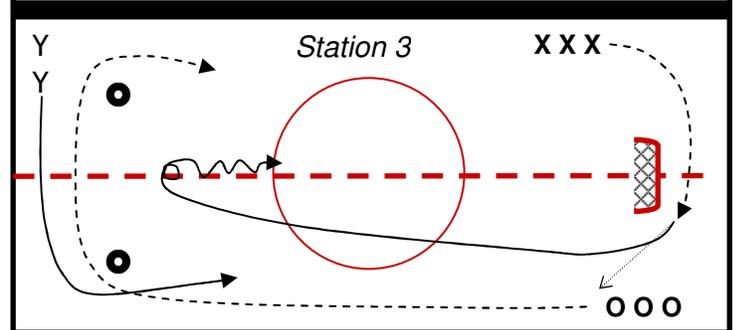
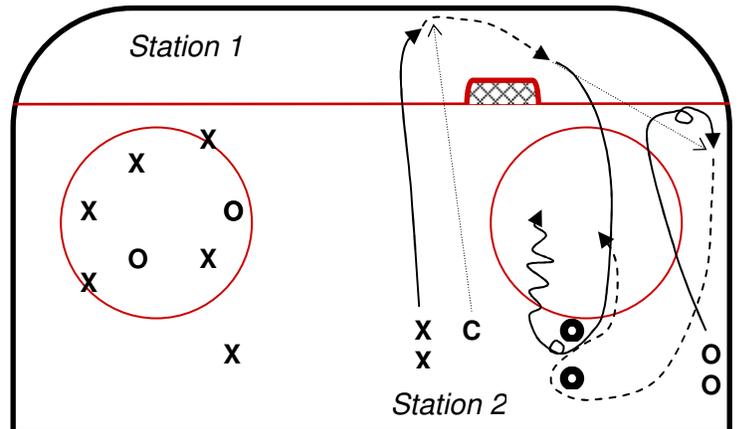
Player X carries puck around net and make a breakout pass to player O. Player O carries the puck around the tire passes to player Y. Y and O skate around the tires and attack X 2v1 who has gapped up. Works on team play, odd man rushes, passing, scoring, and defending.

Station 4: Situational Passing

X passes to O and then moves to open ice for a return pass. O carries the puck behind the net and hits X for shot, and then looks for the rebound. After shot X becomes the new O on opposite side of ice.

Body Contact – 8 minutes

Tripod Push: Pair up with one player positioning in a hockey ready position (deep knee bend and using the stick as a third leg for support). Under control the partner first pushes on the player's shoulders then the hips attempting to disrupt balance. Switch positions after 30 seconds. **Shoulder Bump:** Players lock arms and on the count of 3 they bump shoulders. Repeat on both R/L sides of the body and then while moving.



Game: 3v3 any net – 11 Minutes

Play 4v4 half ice for 40 sec. shifts. Players can score on either net. Works on goaltending, alertness, hockey sense, creativity, transition, passing, and scoring,