



**Date:** Squirt Practice 53 & 54

**Number of Players:** 30 to 40

**Practice Theme / Goals:** Basic Skills and BO Skills

**Equipment Required / Set-up:** tires or cones, tennis balls

**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, etc).

**Basic Skills Combination: 10 Minutes**

The X's start by carrying a puck and skating backwards from the boards to inside the face-off dots; players pivot to skating forwards back towards the boards; then again pivot to skating backwards again towards a position inside the face-off dots. Repeat the sequence down the ice. Pass 2 on 0 back.

**Stations: 4 Stations x 8 minutes**

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

**Station: Ringette Keep Away**

Begin by pairing up the players and having them play 1v1 keep away with the rings. Progress to 1v1v1 keep away. Encourage body contact.

**Station 2: Chaos Stickhandling**

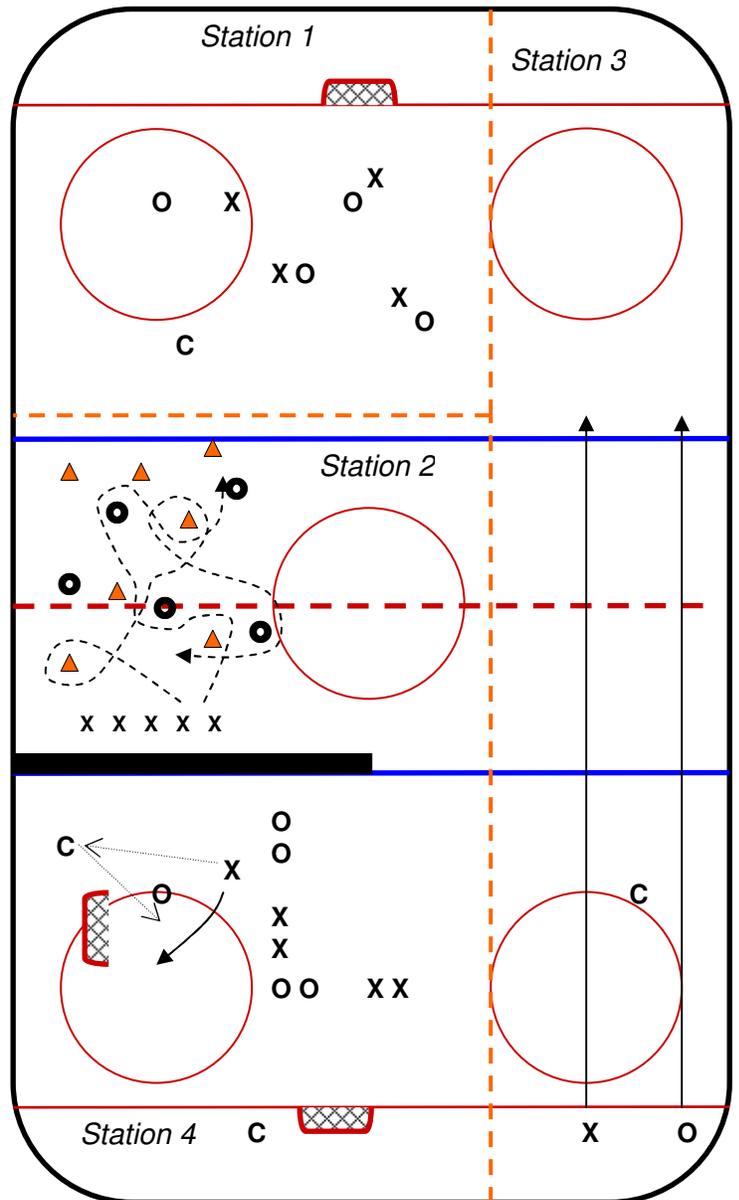
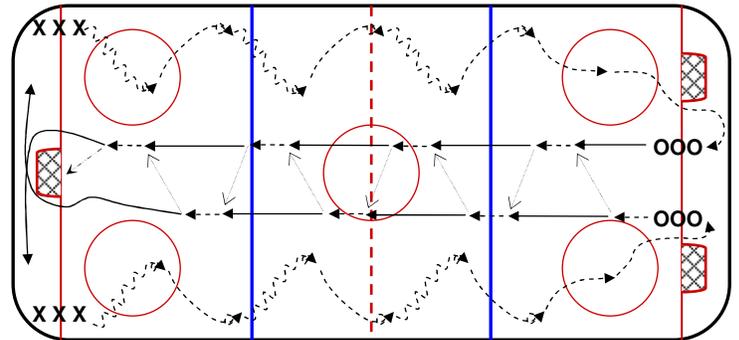
Players stickhandle skating around obstacles. Keep players involved. The coach can switch to players going in pairs in a follow the leader setup. Check to see that each player is holding their stick properly. Hands about shoulder width apart and top hand at the end of the stick partially held in the palm with the V between thumb and forefinger.

**Station 3: Acceleration**

Coach stands about 10-15 feet away from the players in the middle of two lines. The coach holds two tennis balls at shoulder height. The coach drops the balls and the players explode and attempt to catch the balls before they bounce a second time.

**Station 4: 1v1 Give and Go**

Players must pass to the coach before they can shoot on goal. Play 1v1 for 30 second shifts. Emphasis is on moving to open ice after making the pass to the coach. Create a passing lane. The coach should change positions on the ice to make player get their heads up and find the coach for the initial pass. Use a second net to increase reps.



**Game Ringette – 13 minutes**

Play 3v3 cross ice for 40 second shifts. Play out of two ends.