



Date: Squirt Practice 51 & 52

Number of Players: 30 to 40

Practice Theme / Goals: Skating, passing, body contact

Equipment Required / Set-up: Tires, cones

Time: 60 minutes

Warm Up: 5 minutes

Pump, Pump Tag – Players must skate with blades always in contact with the ice. Bend knees and really extend to scoot around the ice. Coach selects several players to be taggers. Once a player is tagged they must stand still until a teammate skate a circle around them to free them. Can switch game to taggers all skate forward and everyone else backwards. Once tagged the players join the taggers and skate forward.

Skating: Transition Skating – 8 minutes

Divide into 5 groups, one at each face-off circle.

- A) $\frac{1}{2}$ Forwards, $\frac{1}{2}$ Backwards – Player begins skating from the bottom of the circle crossing over to the top of the circle. At the top, the player pivots to backwards skating back around to the bottom where he transitions to skating forward again.
- B) $\frac{1}{4}$ Forward, $\frac{1}{4}$ Backwards. – Same concept as in A, but pivot from forwards to backwards and backwards to forwards at each $\frac{1}{4}$ way around the circle.

Stations: 4 Stations x 9 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: Angling 1v1 (Body Contact)

Player O skates over the face off dot. As soon as he touches the dot, player X carries puck down the wall and then attacks net. Player O angles off player X. O and X compete until the coach blows the whistle. Player X then skates through the face off circle and then become the next player O.

Station 2: ABC's – Short Sprints

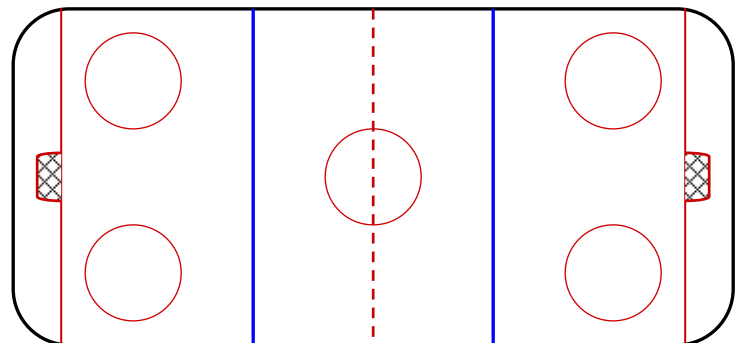
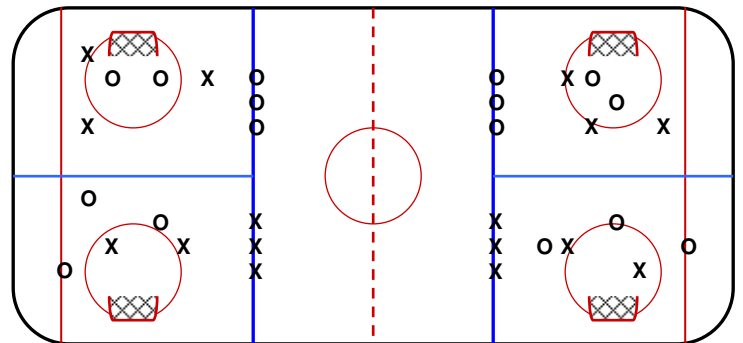
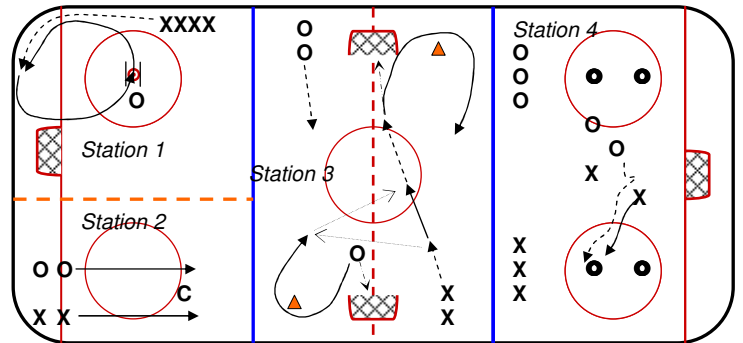
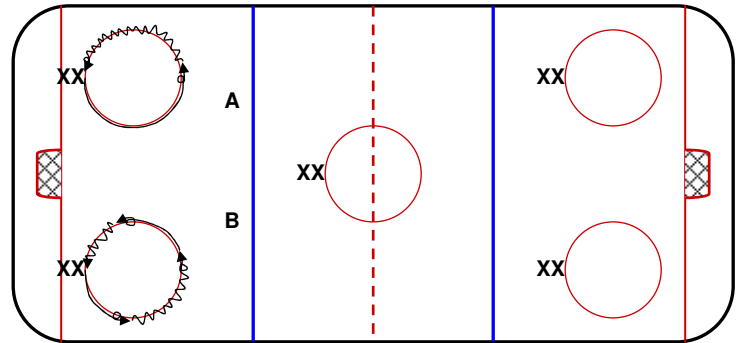
Have player sprint to the coach starting from various positions, on knees, etc. Use both visual and auditory cues to start the players sprints.

Station 3: Give and Go Shuttle

After player O shoots, he skates around the cone and heads back towards his original end. Player X begins with a puck and times his start with player O. X passes to O and then gets an immediate return pass. X now shoots on goal and rounds cone to start the next player O. Have players pivot around the cone so that they develop the habit of not turning away from the play.

Station 4: Guard the Gate (Body Contact)

Play 2v2 or 3v3 depending upon numbers. To score a player must carry the puck through the opponent's tires (gate). Works on body contact, body and stick position, angling and driving to the net.



Game: 3 on 2 Game – 15 minutes

2 defensive players and 3 offensive players are on each side of the center line. Play 3v2 with all players staying on their side of the line. When the defensive players gain possession of the puck they pass it over the line to their offensive teammates. Rotate player though both offensive and defensive positions.