



Date: Squirt Practice 49 & 50

Number of Players: 30 to 40

Practice Theme / Goals: Angling, body contact and 1v1 play

Equipment Required / Set-up: Dividers, cones and 3 to 5 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, etc).

Skating: 9 minutes

Split group in two and have them skate the pattern from both sides. Repeat back. Correct individuals on proper technique for cross overs.

Stations: 4 Stations x 9 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 1: 1v1 Gap Up (Body Contact)

Player O begins by skating down the boards and passing to X. Player O skates around the face-off dot and receive a return pass from X. O then skates back into NZ and around the cone. Player X gaps up to play 1v1 back. As the 1v1 crosses the blue line the next players start.

Station 2: Shooting Game

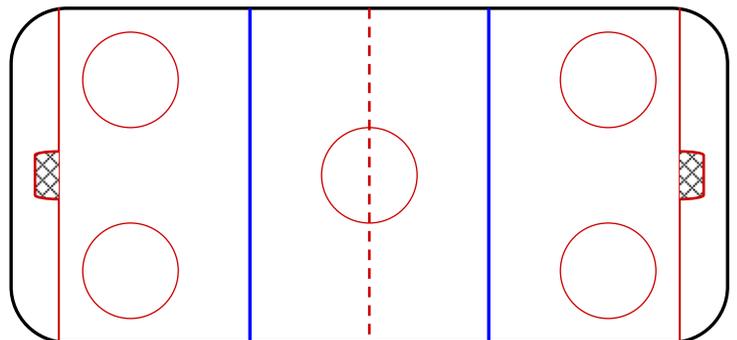
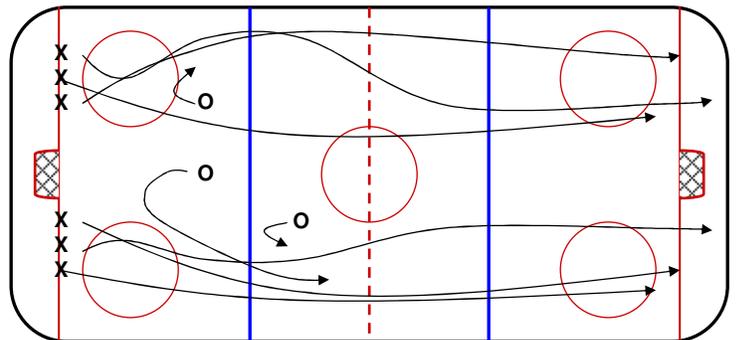
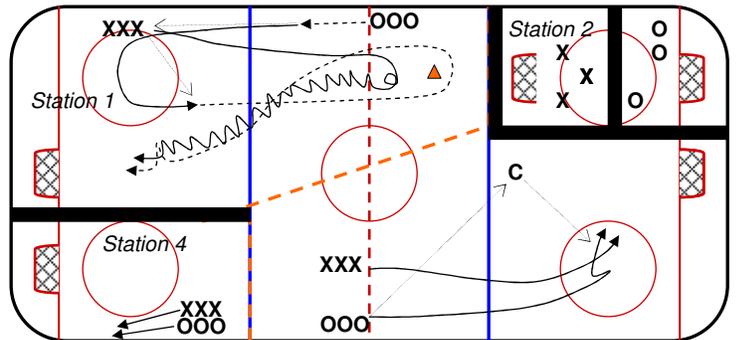
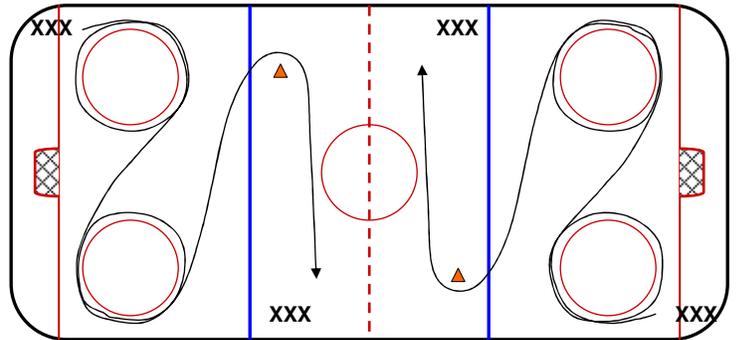
Split into two teams. Play for 60 seconds. The O shoot as many pucks over the divider and into the other teams zone as possible within the time limit. The team with the most pucks in the other team's zone wins. To increase the difficulty you can add nets.

Station 3: 1v1 Back Check (Body Contact)

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: Body Contact

The coach spots a puck down the boards to create a loose puck race along the boards. If player O gains the puck he can attack the net, if player X gains possession he must skate the puck out over the top of the circles. Encourage body contact. Both Players must bend their knees in contact situations. Players must ply the puck but they both can lean into their opponent to establish body position on the puck.



Game: Submarine Tag – 10 minutes

Select several players to be the taggers. All players are without sticks. On the whistle the X's attempt to skate to the opposite end without being tagged. If Tagged, they must stand stationary where they were tagged. To be set free, a player must dive between their legs. Have players, always face the slider and be safe.