



Date: Squirt Practice 47 & 48

Practice Theme / Goals: Skating skills and game play

Number of Players: 30 to 40

Equipment Required / Set-up: Dividers

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: 3 Stations x 15 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 arrive.

Station 1: Half Ice Scrimmage

Two of the three groups play half ice in a 5v5 scrimmage. Play for 90 second shifts and then switch players.

Each of the three groups will get 30 minutes of scrimmage and 15 minutes of skating skills.

Station 2: ABC's and Skating Skills

Single leg strides, both forward and backwards. Keep movements controlled with good knee bend and leg extension. After basic skating progress to ABC's... Drop to knees and up, moving forwards, head and chest up. Drop to knees and up, moving backwards. Drop to single knee and up, alternate knees, moving forwards. Drop to single knee and up, alternate knees, moving backwards. High knee run on skates forward. High knee run on skates backwards. High knee run on skates side to side. Arm circles forward, arm circles backwards etc...can add in pucks if time permits

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.

