



Date: Squirt Practice 45 & 46

Number of Players: 30 to 40

Practice Theme / Goals: Skating, puck control skills, passing

Equipment Required / Set-up: Cones or tires, 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).

Puck Control & Skating – 8 Minutes

Skate forwards and backwards with the puck through the course, make a fake on the coach and finish with a shot on goal. When the first player gets around the first cone, send the next skater...keep 4 to 5 players on the course at a time so that the work/rest ratio is 3/1 or 4/1.

Passing Weave – 8 Minutes

The player with the puck crosses in front of his teammate before making a return pass. Pass 2 on 0 down the ice and finish with a shot on goal.

Stations: 4 Stations x 8 minutes

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

Station 1: Races

Have players race to the blue line. Have them race skating Forwards and backwards starting from various positions (on knees, sitting, on stomach, facing the boards etc)

Station 2: 1v1 Angling (Body Contact)

Player X passes to player O who attacks the net. Player x must angle to play the 1v1 protecting the net. Play until the whistle. Encourage stick and body position with good body contact.

Station 3: Ringette Protection

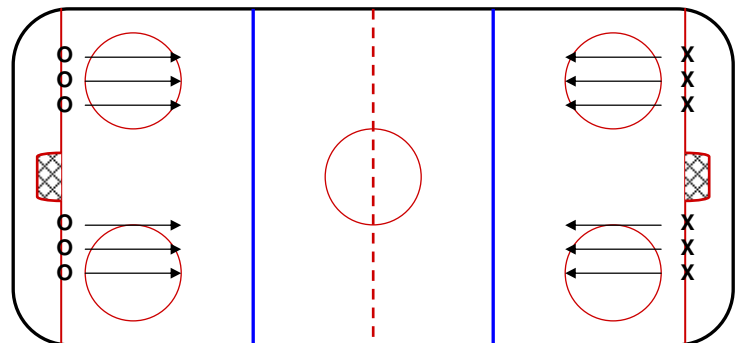
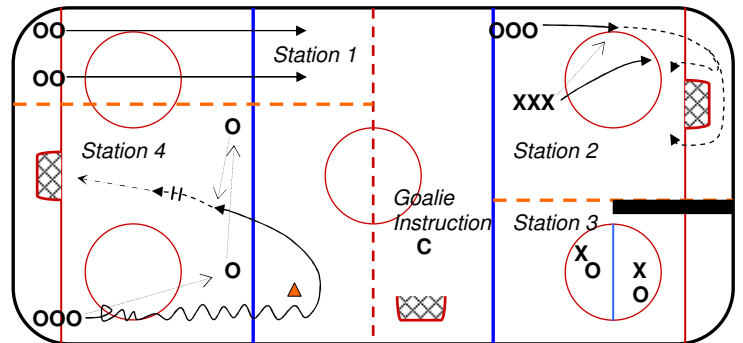
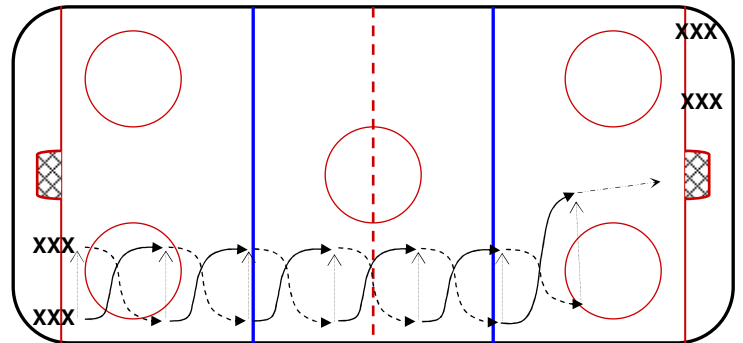
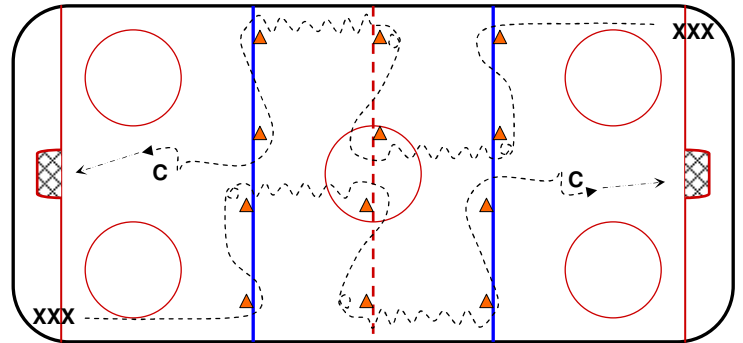
Draw a line through the middle of the face-off circles to split each circle in half. Play 1v1 keep away on each half of the circle for 30 second shifts. Encourage players to engage physically. Stick must be down and attempting to play the ring, but physical contact to gain possession of the ring is allowed...body contact.

Station 4: Passing and Agility

Player O passes to Player O1 and then skates backwards into NZ around the cone. O1 passes to O2 who then makes a return pass back to player O. Player O must receive the pass, drop to his knees and get back up before shooting on goal. After a few minutes change the passers.

Goalies: Movement Drills

Rotate goalies through the two stations that have shots and the separate goalie station.



Game: Scoro – 7 Minutes

Split into two teams. Put all the pucks into Neutral Zone. On the whistle each team attempts to score as any pucks as possible into the opponents net. Play until all pucks are scored.