



Date: Squirt Practice 39 & 40

Practice Theme / Goals: Passing skills, play under pressure

Equipment Required / Set-up: Tires and extra nets

Number of Players: 30 to 40

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.

Edge Control Around Sticks – 10 minutes

Spilt into two groups for better communication. Have players place their sticks on the ice lengthwise in front of them as obstacle. Keys: Head and chest are up, good knee bend on glide leg.

- Inside edges around stick L/R
- Inside edges around stick L/R, hold edge - two laps
- Outside edges around stick L/R
- Outside edges around stick L/R, hold two laps
- Figure 8 inside edges around ends of stick
- Figure 8 outside edges around ends of stick
- Two foot side jumps over stick
- One foot side jumps over stick L/R

Stations: 4 Stations x 8 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: Net Tag with Pucks

Player X attempts to evade player O using the nets or tires as a screen. This activity can be done with multiple players at the same time. Player X has puck, player O attempts to steal it.

Station 2: Stretch Pass Short Version

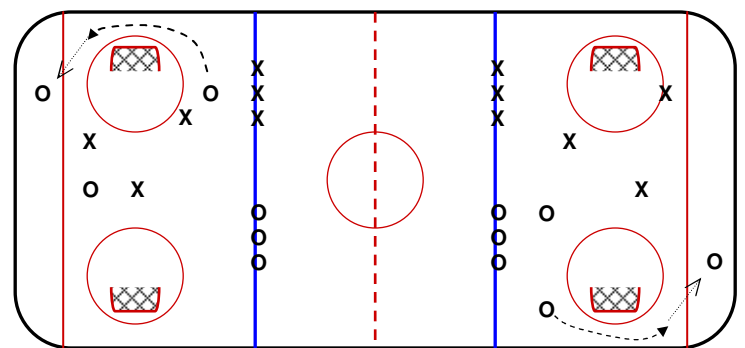
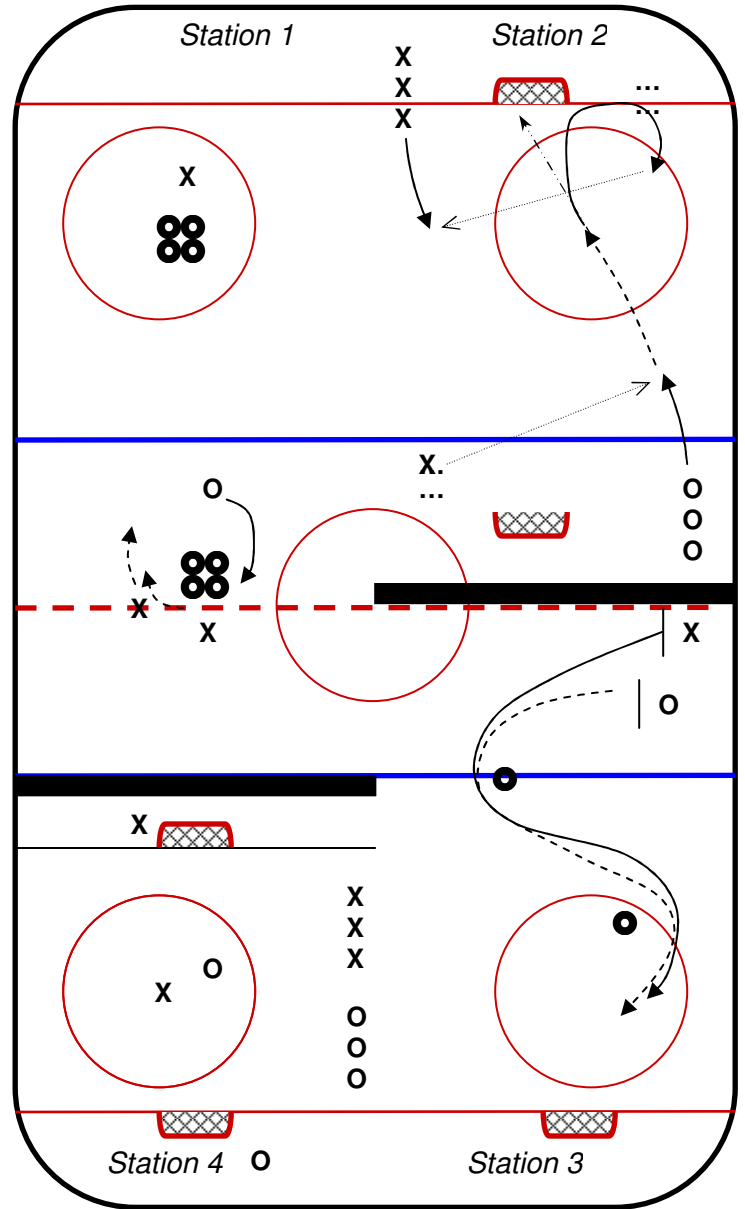
Play O breaks as Player X retrieves puck. X passes to O who shoots on goal and then pick up a new puck to activate the next player. Try to keep both sides going, let the players monitor the ice and get them to judge when to break for a pass.

Station 3: Attack Under Pressure (Contact)

Player O begins with a puck five feet in front of player X. On the coaches signal, Play X chases player O around the tires and attempt to stop player O before he can score. Vary the start distances so that player O is forced to skate at top speed.

Station 4: 1v1 with Low Outlet (Contact)

Play 1v1 in a small area. Outlet players are below the goal lines and can't score only pass. Players in the middle must make a pass to their outlet man before they can score. Play 40 second shifts. Encourage contact.



Game: 3v3 Breakout Game – 13 Minutes

Play 3v3 cross ice for 40 sec. shifts. Each change of possession a team must either carry the puck or pass the puck behind their own net before they can attack.