



**Date:** Squirt Practice 37 & 38

**Practice Theme / Goals:** Skating, angling, body contact, individual team needs

**Equipment Required / Set-up:** Cones or tires

**Number of Players:** 30 to 40

**Time:** 60 minutes

**Warm Up: 5 minutes**

Have the players identify their favorite NHL player. For 5 minutes have the players pretend that they are that NHL player. They can do whatever they want that emulates their favorite player...be creative.

**Skating: Transition Skating – 8 minutes**

Players skate to the line, stop, transition to backwards around the cone and then step out skating forwards to the next line. After far blue line, get a pass from the coach and finish with a shot on goal. Progress to carrying a puck.

**Skating Agility/Puck Control – 10 minutes**

Boards pass to self and jump the dividers, players finish off with a shot on goal. 2 on 0 passing back down the middle.

**Stations: 3 Stations x 7 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: Shooting: Opening**

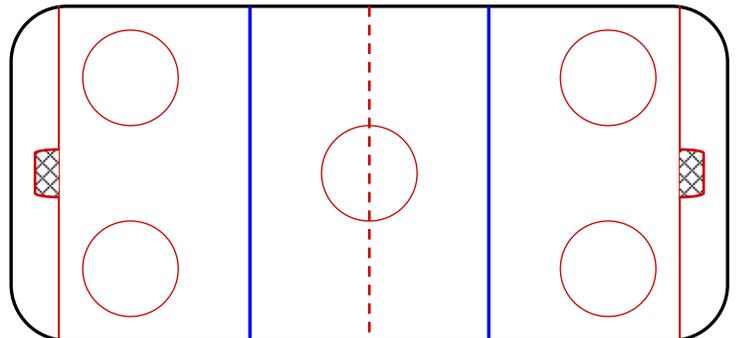
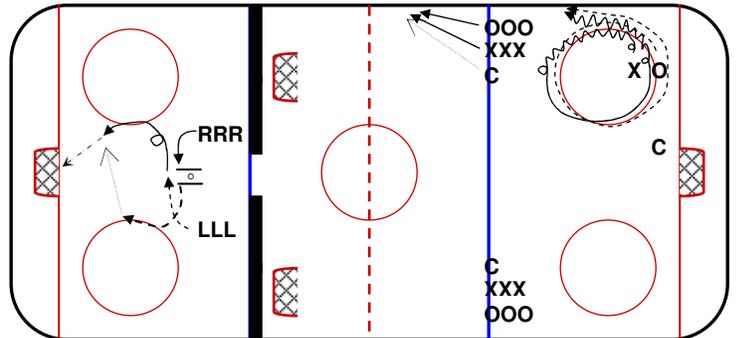
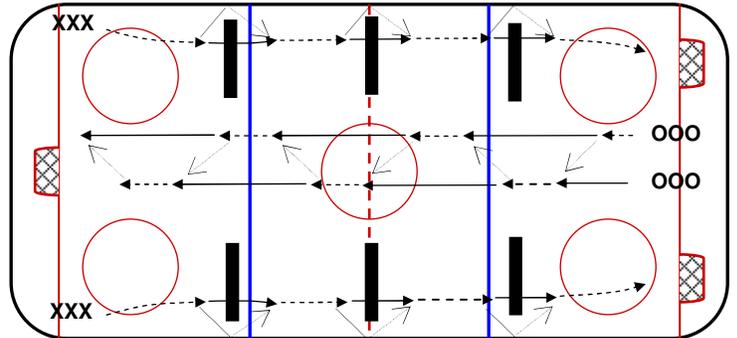
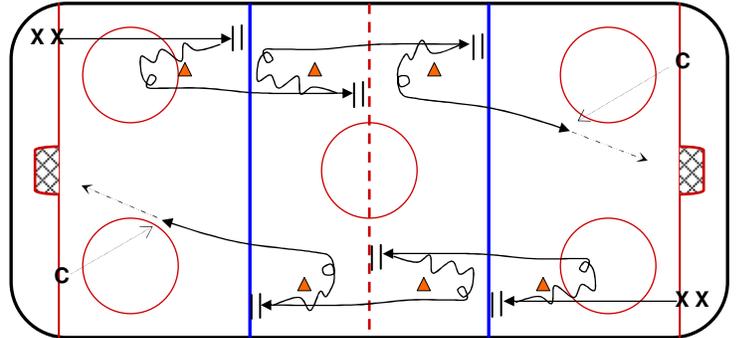
Players line up by left and right shots. Lefty's start with pucks. L1 crosses in front of R1 and makes a drop pass. L1 then moves to open up and face R1 for a return pass and immediate shot. Move pucks to begin with Righty's after half the allotted time.

**Station 2: 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 red line. 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.

**Station 3: Mirror Angle Drill (Part 2)**

Player O starts with a puck and skates around the circle. Player X mirrors player O with correct body and stick position facing the opponent from defensive side positioning. As the players begin to head up the boards, player X angles and rubs out the opponent maintaining proper body and stick position. Use both circles to increase reps. Have player work both sides.



**Individual Teams – 16 minutes**

Split into teams and work on individual team needs. (3 zones)