



Date: Squirt Practice 35 & 36

Number of Players: 30 to 40

Practice Theme / Goals: Puck control, 1v1 play

Equipment Required / Set-up: Dividers, cones or tires

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).

**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.

**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 LRA (Body Contact)**

Player X gaps up, passes to player O, pivots to backwards and plays the 1v1 line rush against. Player O must wait to receive the puck before he can begin skating. Have player switch lines so that they experience both situations (offensive and defensive).

**Note:** When the practice is repeated, switch the sides with the drills location so that players gain reps at pivoting and attacking from the left and right sides.

**Station 2: ABC's Loose Puck Races**

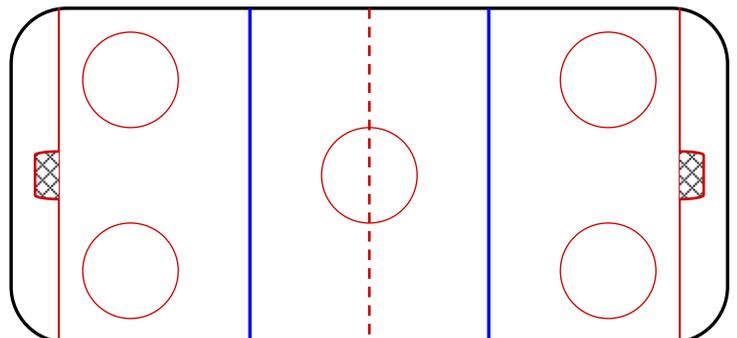
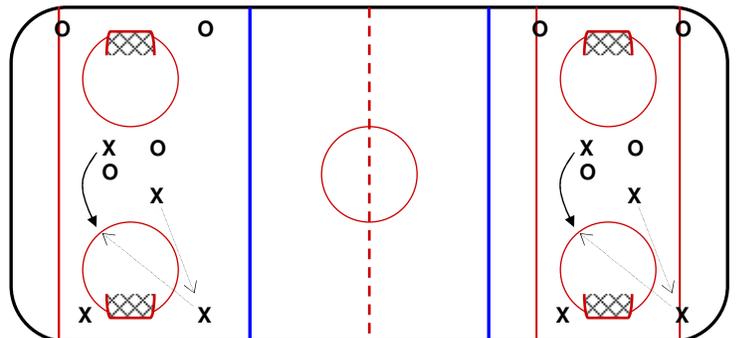
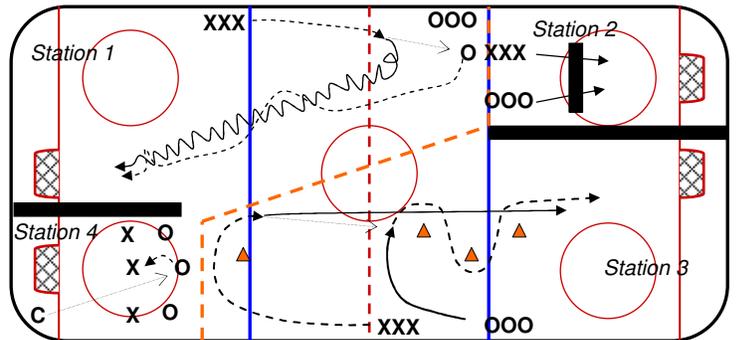
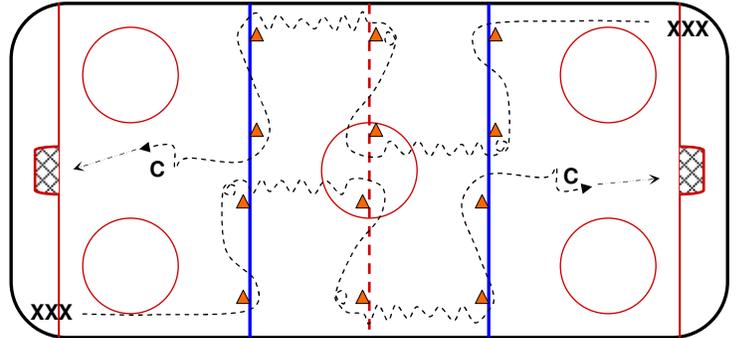
Have players perform different agility, balance and coordination maneuvers before competing for the loose puck. Examples: Drop to knee and get up before jumping over a divider. Start with a forward role. Do a 360 degree turn when jumping over the divider. Sprint to the touch the divider, back to touch blue line and then jump the divider for the puck. All races finish with a shot on goal.

**Station 3: Back Checking (Body Contact)**

Player X carries puck around the cone and passes before the blue line to player O. Player O times his movement so that he can collect the pass with some speed. Player O then skates through the cones before attacking the net with player X chasing him down. This drill forces player O to attack under pressure and with speed.

**Station 4: Small Space 1v1 (Body Contact)**

Players pair up with one player on Offense and the other player on defense. Coach will start the drill by passing to one of the offensive players. As soon as player O receives the puck he attack the net with player X defending. Play until whistle and then the coach makes the next pass. Have players switch positions. To increase the difficulty on the defender, have him start on his knees during the second practice.



**Game: 4 on 2 – 11 minutes**

Play 2v2 cross ice with two additional stationary teammates below the opponents goal line. Players must pass to a teammate below the goal line before they can score.