



Date: Squirt Practice 31 & 32

Number of Players: 30 to 40

Practice Theme / Goals: Basic Skills and Team Needs

Equipment Required / Set-up: Dividers and 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, ringette rings, etc).

Stations: 5 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: Passing

Start with a few minutes of stationary partner passing to work on technique, sweep puck, forehand and backhand. Next progress to **Monkey in the middle** game: Players begin around the outside of the circle. The player in the middle attempts to intercept passes made between the outside players. If the player in the middle steals the puck he moves to the outside and a new player takes his place.

Station 2: Forward & Backward Crossover

Players work on skating crossover technique F/B. Add pucks if appropriate. Coaches should work individually with players that need it.

Station 3: 1v1 - Fake Only (Body Contact)

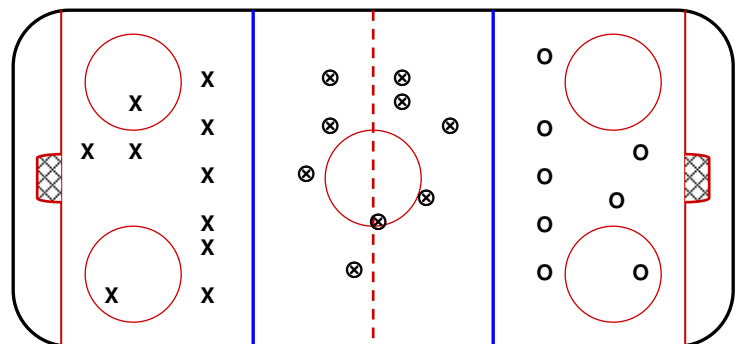
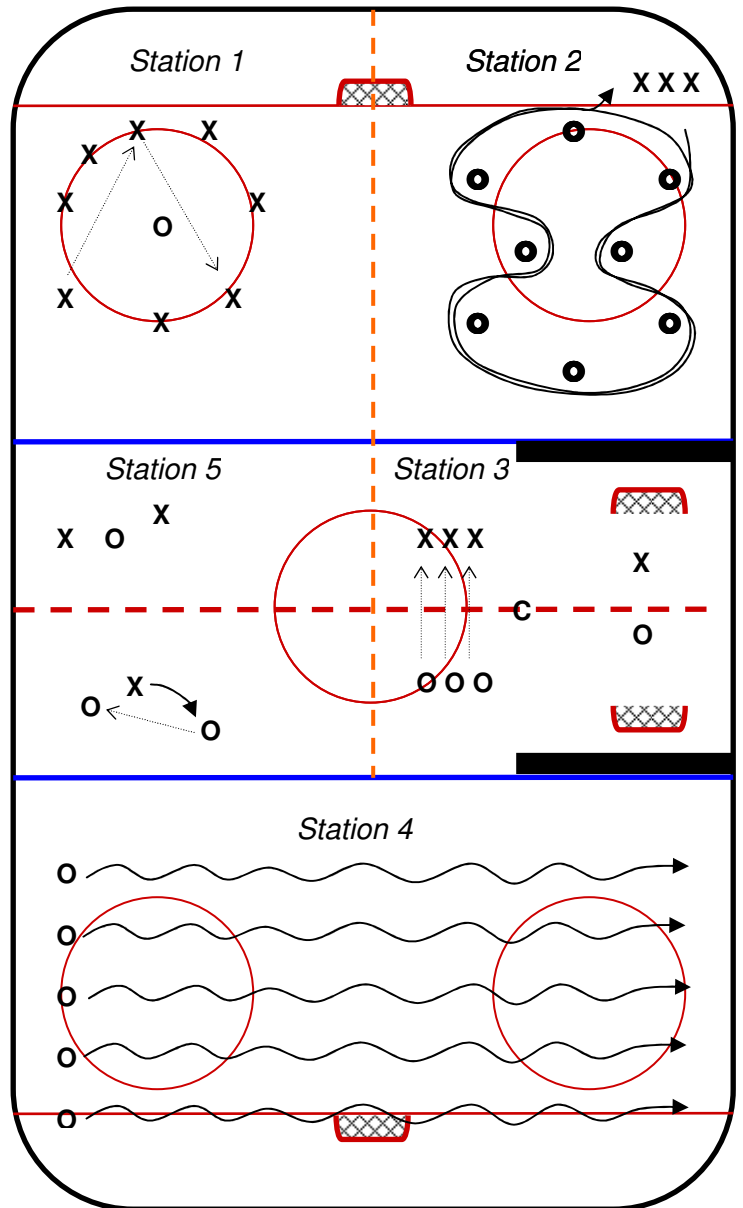
Players compete in a confined area 1v1 for 30 second shifts. Only fake on the goalie are allowed to score...no shooting. Have the additional players waiting to go work on stationary passing skills (forehand, backhand, bullet, catch forehand pull backhand and pass, etc.) Encourage body contact while using good stick on puck technique to gain possession.

Station 4: Skating with Pucks

Inside edges big Cs, narrow dribble, wide dribble, combination, around body, shuffle skate with quick hands, one hand breakaway skate, lunges with wide reach.

Station 5: 2v1 Keep Away

Divide players into groups of three. Two players attempt to play keep away from the other player in their group. If the puck is stolen a new player becomes the odd man out.



Coaches Choice: 20 minutes

Split up by teams into available zone and focus on team specific needs.