



Date: Squirt Practice 29 & 30

Number of Players: 30 to 40

Practice Theme / Goals: Skating, ABC's, timing, body contact

Equipment Required / Set-up: Dividers, cones, soccer balls, ringettes 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: 8 minutes**

Split group in two and have them skate the pattern from both sides. Repeat back

**Stations: 4 Stations x 9 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.

**Station 1: Stretch Pass Timing**

After taking a shot on goal the player picks up a puck from inside the circle and makes a pass to the supporting player. Players from the O line support to the boards and players from the X line support towards the middle. The key is for the support players to time their movement and always face the puck. This means they might need to pivot to maintain facing the puck. Be in position when the passer needs you to be in position. Switch directions part way through.

**Station 2: Ringette Keep Away (Contact)**

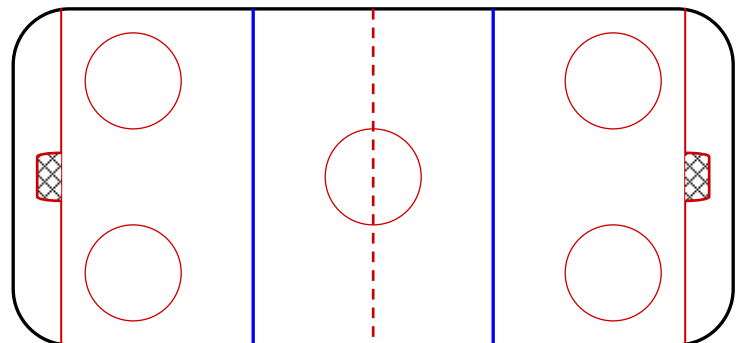
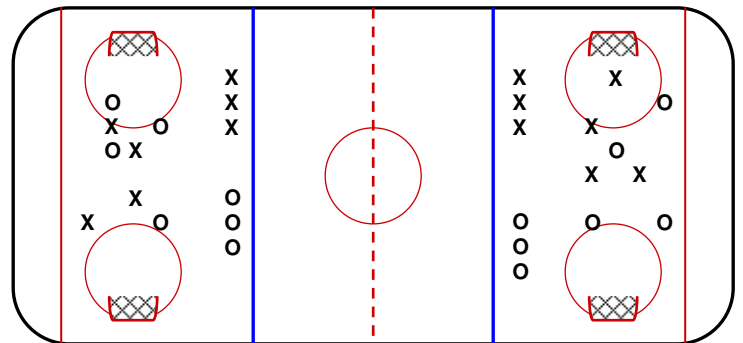
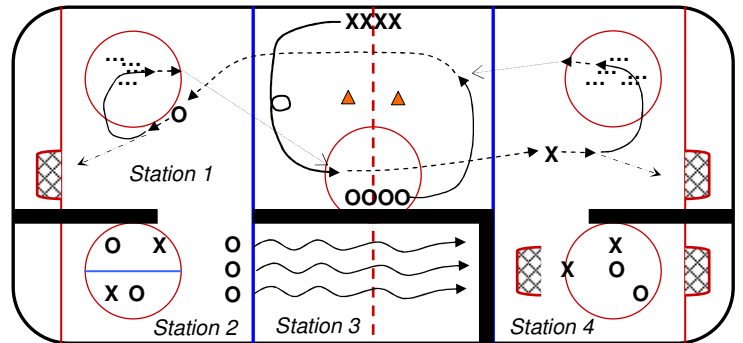
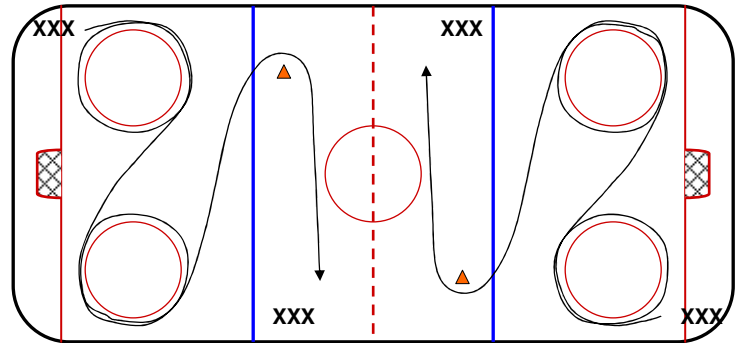
Draw a line through the face-off circle. Play 1v1 keep away in each half and encourage body contact. Players can be physical as long as the stick is down and they make body contact in an attempt to play the ring. Encourage body contact while attempting to gain puck.

**Station 3: Agility, Balance & Coordination**

Puck control with agility: Sit down, stand up, lie down, stand up, drop to knees, stand up, jump 360, land and stickhandle puck, high knee run with puck. Be creative in the agility maneuvers. Add in handling 2 pucks, 1 with stick and one with feet.

**Station 4: 2v2 Tight Space Game (Contact)**

Play 2v2 for 40 second shifts. Emphasis is on scoring. Add in different rules. Score on any net, backhand shots only, dekes only, etc. Encourage Body contact while attempting to gain puck possession.



**Game: Backwards Only – 13 minutes**

Play 4v4 cross-ice for 40 second shifts. The players can only skate backwards during the game. This forces them to keep their head on a swivel as they must look to where they are skating. The game improves skating and puck control skills.