



**Date:** Squirt Practice 27 & 28

**Number of Players:** 30 to 40

**Practice Theme / Goals:** Basic Skills and BO Skills

**Equipment Required / Set-up:** Softballs, tires or cones

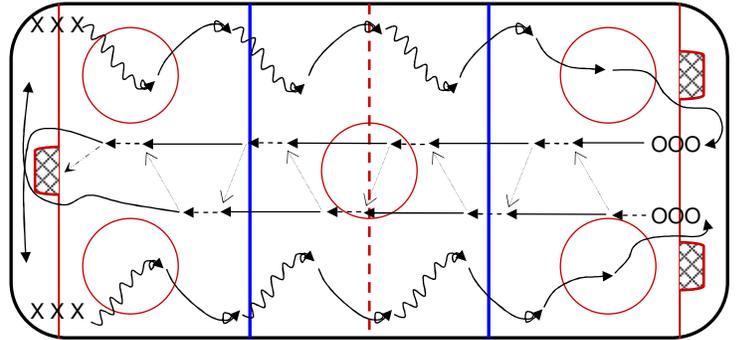
**Time:** 60 minutes

**Warm Up: 5 minutes**

Free Play – Let the kids play with a variety of objects (black pucks, blue pucks, tennis balls, soft balls, etc).

**Basic Skills Combination: 10 Minutes**

**Pivots:** The X's start by skating backwards from the boards to inside the face-off dots; players pivot to skating forwards back towards the boards; once they get close to the wall, pivot to skating backwards again towards a position inside the face-off dots. Repeat the sequence down the ice. Pass 2 on 0 back.

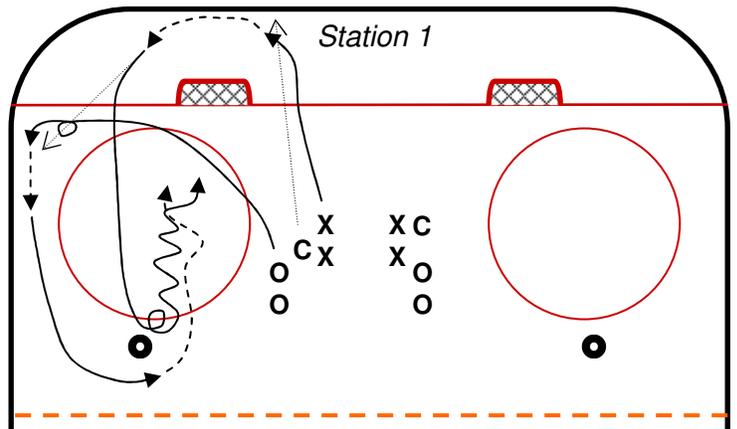


**Stations: 3 Stations x 10 minutes**

On the whistle to change station, players run on their skate for 5 seconds before moving on to the next activity. Coaches distribute water at each station.

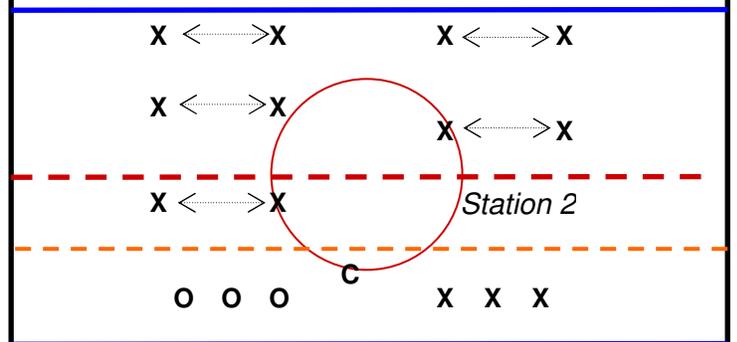
**Station:1 BO Skills and 1v1**

Coach spots a puck for X to retrieve, O moves to simulate a wing position and receives pass from X. O passes to next player in line or coach (optional based upon ability) an then moves around tire for return pass and then attacks the net. After BO pass, X gaps up to play 1v1 back. Switch positions and then switch sides.



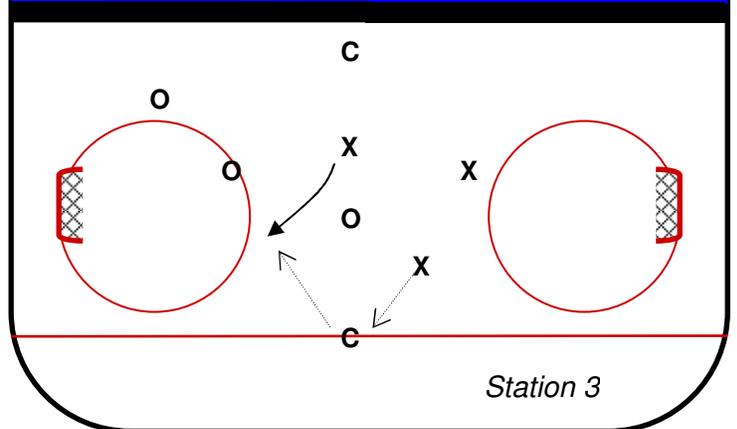
**Station 2: Passing**

Begin with stationary passing using softballs. Have players stand sideways from each other so that the passes are across the body to promote technique. The softballs force the sweeping and catching motion for technique. Pass on forehand and backhand. Switch to pucks and create a competition for accurate passing. The pair that connects the most passes wins.



**Station 3: 3v3 with Outlets**

Play 3v3 cross ice. On change of possession players must pass to a coach before they can attack the net. During the rest break, players work with another coach on stationary puck control technique. Wide and narrow dribble add in touch knee to ice, side steps, etc.



**Body Contact – 8 minutes**

**Tripod Push:** Pair up with one player positioning in a hockey ready position (deep knee bend and using the stick as a third leg for support). Under control the partner first pushes on the player's shoulders then the hips attempting to disrupt balance. Switch positions after 30 seconds. **Shoulder Bump:** Players lock arms and on the count of 3 they bump shoulders. Repeat on both R/L sides of the body and then while moving.

**Shooting – 7 minutes**

In pairs players split up with one partner near the boards. The player near the boards passes to his partner who catches the pass and immediately shoots up in air back against the boards. The passer attempts to knock the puck out of the air. He then collects the puck and repeats with pass back to shooter. Switch positions half way through.