



**Date:** Squirt Practice 25 & 26

**Practice Theme / Goals:** Skating, puck control skills, passing & team play

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

**Number of Players:** 30 to 40

**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).

**Skating: Cross-overs – 7 minutes**

Skate forwards and backwards crossovers pivoting each time they cross center ice. No gliding on turns focus on keeping the feet moving and acceleration through turns.

**Skating Agility/Puck Control – 8 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 8 minutes**

On the whistle to change station, players jump doing a 360 degree turn in the air before moving on to the next activity. Jump one time each direction. Coaches distribute water at each station.

**Station 1: 2v2 Confined Space (Contact)**

Players compete for puck possession and try to score. Emphasis is on body position over the puck, protecting hands so that you can shoot. The coach tosses additional pucks into play when a goal is scored or the goalie freezes the puck. Extra players work on passing technique while resting. Encourage body contact.

**Station 2: Puck Control**

A. Players make a wide fake at each set of cones, pass to the coach and break for the net. Coach give a return pass to the player who catches the pass and immediately shoots.  
B. Players skate forward/backwards/forwards around each cone. (always face up ice), pass to coach for give and go...finish with a shot.

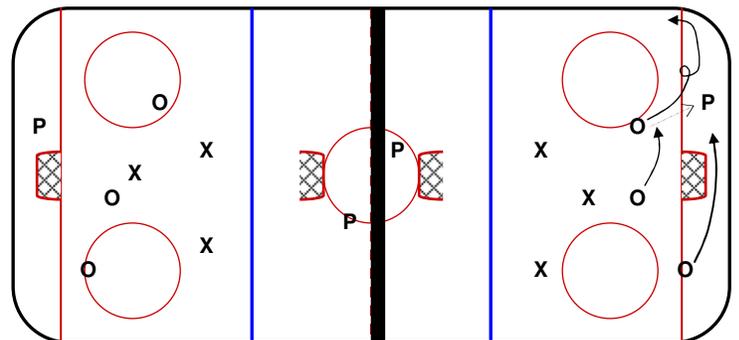
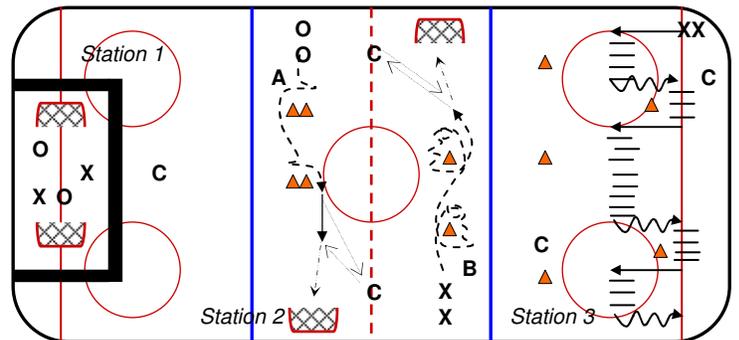
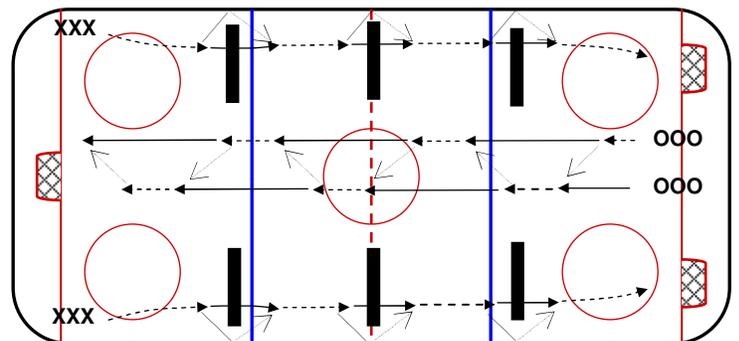
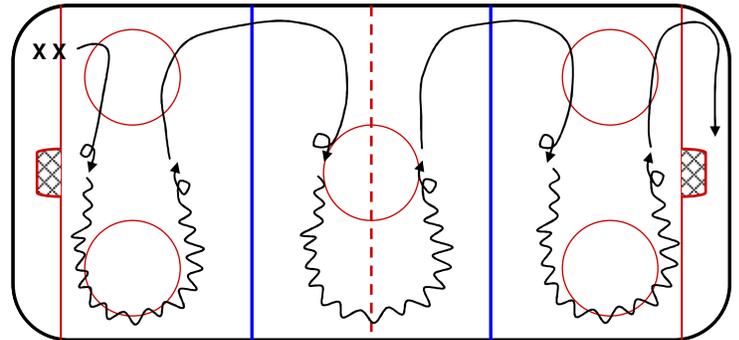
B. Players skate forward/backwards/forwards around each cone. (always face up ice), pass to coach for give and go...finish with a shot.

**Station 3: Transition Skating**

Part 1: Players skate forward to the hash marks and stop. Then they do crossover steps to the face-off dot and stop. Next they skate backwards to the goal line and stop. Crossover steps to line up with hash marks, stop and then skate forwards. Stop on the hashes, crossover steps to the opposite circle and stop. Backwards to goal line, etc...

Emphasis is on exploding out of the stops, keeping the shoulders square the crossover steps and not crossing over when skating backwards.

Part 2: Skate forwards from the goal line, pivot to backwards at the cone, etc. Skate forwards and backwards through the 5 cones.



**Game: Breakout with Passer – 15 minutes**

On change of possession each team must pass the puck back to their passer and one player must skate behind their net before the team can attack. Work on Breakout skills and tactics. Coaches must encourage all players to come back to support the puck. Also stress not turning their back to the puck.