



Date: Squirt Practice 23 & 24

Practice Theme / Goals: Passing skills, timing, BO awareness

Equipment Required / Set-up: 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).

**Stations: 3 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: Skating Technique**

Two foot glide, swizzles, single leg swizzles, alternate leg swizzles, alternate leg swizzles with arms, single leg stride, alternate single leg stride.

**Station 2: Stretch Pass Short Version**

Play O breaks as Player X retrieves puck. X passes to O who shoots on goal and then pick up a new puck to activate the next player. Try to keep both sides going, let the players monitor the ice and get them to judge when to break for a pass.

**Station 3: 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 4: Mirror Angle Drill (Body Contact)**

Player O starts with a puck and skates around the circle. Player X mirrors player O on the inside of the circle with correct body and stick position (shoulder to shoulder and with stick on the ice, blade to blade). As the players begin to head up the boards, player X angles and rubs out the opponent maintaining proper body and stick position.

(For the repeat of this practice, switch positions with station 3 so that players angle from the opposite side).

**Full Ice Passing – 13 Minutes**

2 on 0, lead partner with passes. 2 on 0 spin, after pass players do a 360 degree spin. 2 on 0 forward and backward, one player skates forward and the other skates backwards. Finish each with a shot on goal.

**Game: Soccer with Puck – 15 minutes**

Play soccer 4v4 cross ice while each player carries a hockey puck. Players must have possession of their own puck at all times. This game helps players automate their puck handling skills as the soccer ball provides an outside object to focus on. Goalies can have extra work with the coach in the neutral zone.

