



Date: Squirt Practice 21 & 22

Practice Theme / Goals: Forward & backwards skating, individual team needs

Equipment Required / Set-up: Cones or tires

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 – 8 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 – 10 minutes**

Players begin with pucks skating forwards to cone, pivot to backwards and skate to 2<sup>nd</sup> cone. Pivot to forwards and pass to the coach who immediately returns the puck for a shot on goal. Finish off by sprinting to the corner, collecting a puck and then pivoting to skate backwards to the next line.

**Stick Sprints – 7 minutes**

Players pair up and turn their sticks over standing their stick on the knob. On a signal from the coach, each player lets go of their stick and sprints to grab their partners stick before it falls over. If both players are successful, begin a new sprint from farther apart. Start pairs off about 5 feet apart to get the hang of releasing their stick.

**Individual Teams – 30 minutes**

