



Date: Squirt Practice 17 & 18

Number of Players: 30 to 40

Practice Theme / Goals: Passing Skills

Equipment Required / Set-up: Ice Marker, Cones or Tires

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**

Players should attempt to skate without breaking stride and focus on generating speed through the course. Drill can be done from two corners and also with pucks.

**Stations: 4 Stations x 8 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 as the players arrive.

**Station 1: Tight Turns with Pucks**

Skate through the course and finish with a shot on goal. Keep hands away from body.

**Station 2: Stationary Passing**

Work on forehand and backhand technique. Sweep puck and pass cross body to focus on shifting weight. Technique must be corrected if not done properly.

**Station 3: 2 on 0 Passing**

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.

**Station 4: Situational Passing**

X passes to O and then moves to open ice for a return pass. O carries the puck behind the net and hits X for shot, and then looks for the rebound. After shot X becomes the new O on opposite side of ice.

**Shooting: Partner Knock Down - 5 minutes**

Stay in the same stations and have the players pair up. One player is near the boards and the other about 20 feet away. The shooter attempts to hit a spot on the boards near his partner. The partner attempts to stop the puck with his stick before the puck hits the boards. The puck is quickly returned to the shooter for another shot. After a few minutes switch positions. Coaches assist with shooting technique.

**Game: Backwards Only – 10 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.

