



Date: Squirt Practice 19 & 20

Practice Theme / Goals: Basic skating skills, shooting, body contact

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

Number of Players: 30 to 40

Time: 60 minutes

Warm Up: 5 minutes

Have the players identify their favorite NHL player. For 5 minutes have the players pretend that they are that NHL player. They can do whatever they want that emulates their favorite player...be creative.

Edge Control Around Sticks – 10 minutes

Spilt into two groups for better communication. Have players place their sticks on the ice lengthwise in front of them as obstacle. Keys: Head and chest are up, good knee bend on glide leg.

- Inside edges around stick L/R
- Inside edges around stick L/R, hold edge - two laps
- Outside edges around stick L/R
- Outside edges around stick L/R, hold two laps
- Figure 8 inside edges around ends of stick
- Figure 8 outside edges around ends of stick
- Two foot side jumps over stick
- One foot side jumps over stick L/R

Stations: 3 Stations x 9 minutes

On the whistle to change station, players do 2 forward roles before moving on to the next activity. Coaches distribute water at each station.

Station 1: Passing, Shooting, OZP:

Run from both sides. Player 1 passes to Player 2. Player 2 carries puck around the net for a pass to player 3. Player 3 catches pass and shoots. Rotate spot 1 to 2, 2 to 3, 3 back to the line.

Station 2: Stops, Starts, Transition Skating

Skating skills technique, stop and start at each cone (head and chest up). Progress to forward to backwards pivots. Add in agility at the red line (drop to knees and up) and then add in pucks.

Station 3: Body Contact Technique

The coach spots a puck down the boards to create a loose puck race along the boards. If player O gains the puck he can attack the net, if player X gains possession he must skate the puck out over the top of the circles. Encourage body contact. Both Players must bend their knees in contact situations. Players must play the puck but they both can lean into their opponent to establish body position on the puck.

Game: Breakout with Coach – 15 minutes

On change of possession each team must pass the puck back to their coach 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.

