



**Date:** Squirt Practice 41 & 42

**Practice Theme / Goals:** Puck Control and Passing

**Equipment Required / Set-up:** Ringette rings

**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: 4 Stations x 8 minutes**

On the whistle to change station, players run on their skate for 5 seconds before moving on to the next activity. Coaches distribute water at each station.

**Station 1: Skating with Puck**

Gretzky push, one handed carry on forehand, one handed carry on backhand, 1v1 with chaser, underhandling.

**Station 2: Puck Protection (Body Contact)**

1v1 in a confined area. Use the ringette rings to demonstrate the concept of keeping your body between the puck and the opponent. Begin stationary and progress to moving in a confined area. Progress to stationary with a puck with the partner only allowed to steal the puck from around the outside (can't steal the puck by reaching between the legs). Use arms and legs to protect shield the puck without stickhandling, just moving around the puck. Next add in allowing the player to handle the puck but still remain stationary. Encourage contact while attempting to play the ring.

**Station 3: Passing**

In pairs, pass the puck with proper technique. Forehand, backhand and bullet passes. Pass to feet and collect puck with skates, from the front and from the side. Finish with a passing race. Pass the puck around the box before the player can skate around the box.

**Station 4: 3v3 Outlet to Coach**

Play cross-ice. On a change of possession players must pass to a coach before they can attack the opponents net

**4 on 2 Game – 12 minutes**

Play 2v2 cross ice with two additional stationary teammates below the opponents goal line. Players must pass to a teammate below the goal line before they can score.

**Passing Relay – 8 minutes**

Split into two teams. Line ten pucks up on the blueline on each side of the ice. Players race 2 on 0 against the goalie until they score. Each player must make at least one pass before shooting. Once a goal is scored both players must race back over the blueline before the next two teammates can begin. First team to score all ten pucks wins.

