



Date: Squirt Practice 55 & 56

Number of Players: 30 to 40

Practice Theme / Goals: Defensive Skills

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

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: Y Pivot Drill – 9 minutes

Divide up into 5 groups, one at each face-off circle. Player starts at the bottom of a circle and skates backward to the dot. At the dot they pivot at 45 degree angle and skate forward to the edge of the circle. At the edge of the circle they stop and transition backwards to the dot again. At the dot, they pivot and skate to the bottom of the circle where they started. The player then repeats that on the other side of the circle. Teaching points: players always skate backward into the circle, forwards to the edge of the circle. Emphasize using their sticks to lead them in pivot direction. Discourage crossing over.

Stations: 4 Stations x 9 minutes

On the whistle to change station, players do 5 jumps before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: Skating Skills

Skate without sticks. Skating forward: Arm circles forward; Arm circles backward; Arm circles, one arm forward and one arm backward. Repeat sequence skating backwards. Forward stride, feet on ice, push to side, left foot, right foot, alternate feet. Use arm circle movements in coordination with stride (rhythm).

Station 2: Stops, Starts & Turns

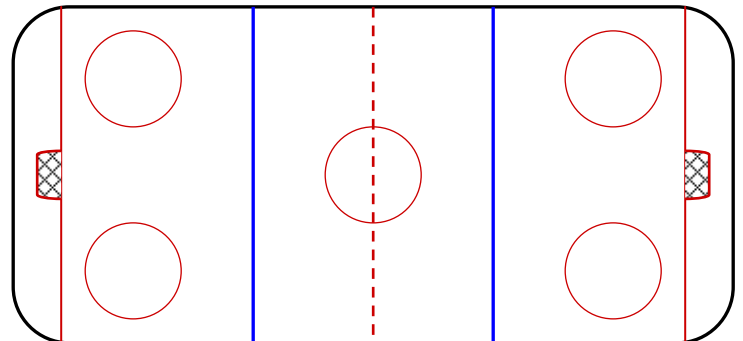
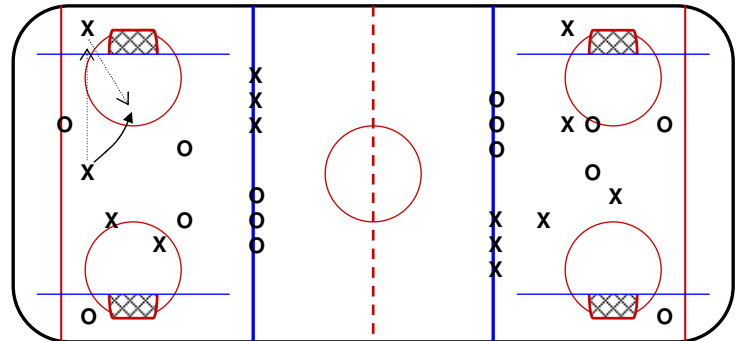
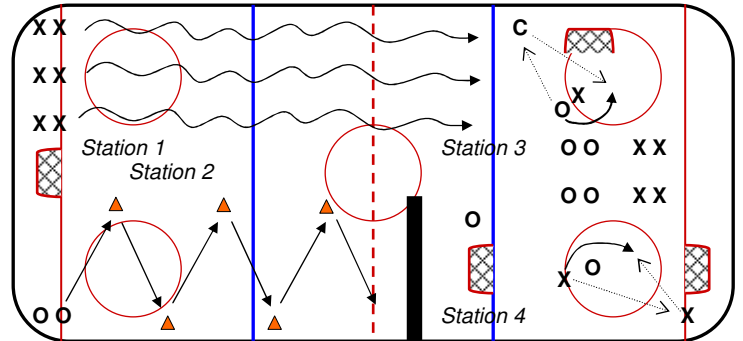
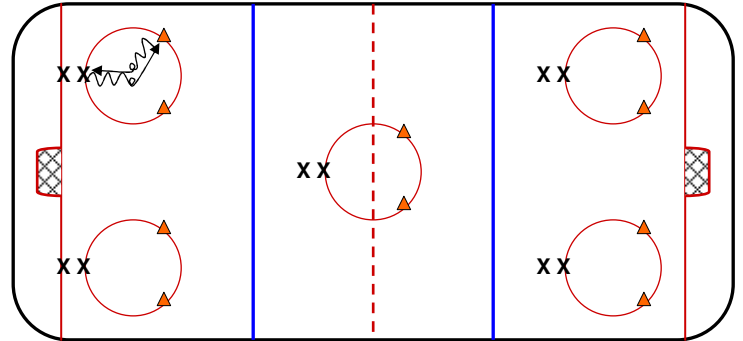
Have players stop and start at each cone. Have them spray the cone with snow attempting to turn it white! Work on correct technique. Half way through, have the players carry pucks. Progress to tight turns.

Station 3: 1v1 Pass to Coach

Players compete 1v1 but must pass to the coach before they can shoot on net. Stress moving to create a passing lane with the coach, give and go.

Station 4: 1v1 Gretzky Game

Players must pass to their low man before they can score. Stress creating a passing lane, give and go. Low man must always stay below the goal line.



Game: 3v3 Gretzky – 10 minutes

Same as the 1x1 version. Players must pass to their low man before they can score. Stress creating a passing lane, give and go. Low man must always stay below the goal line.