



**Date:** Squirt Practice 69 & 70

**Number of Players:** 30 to 40

**Practice Theme / Goals:** Basic skills, BO skills, body contact

**Equipment Required / Set-up:** Softballs, tires or cones

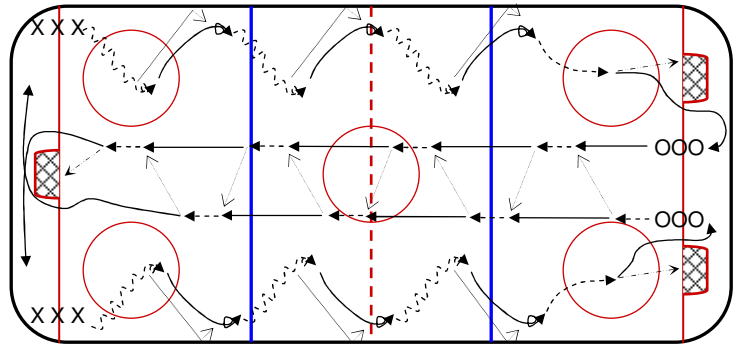
**Time:** 60 minutes

**Warm Up: 5 minutes**

Free Play – Let the kids play with a variety of objects (black pucks, blue pucks, tennis balls, soft balls, etc).

**Basic Skills Combination: 10 Minutes**

The X's start by skating backwards with a puck from the boards to inside the face-off dots; players pass the puck off the boards, pivot to skating forwards and retrieve their puck; once they gain the puck the X's pivot to skating backwards again towards a position inside the face-off dots. Repeat the sequence down the ice and finish with a shot on goal. Pass 2 on 0 back.

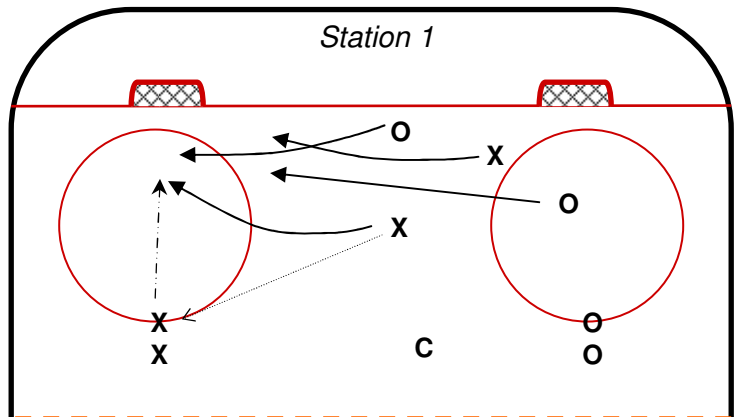


**Stations: 3 Stations x 10 minutes**

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.

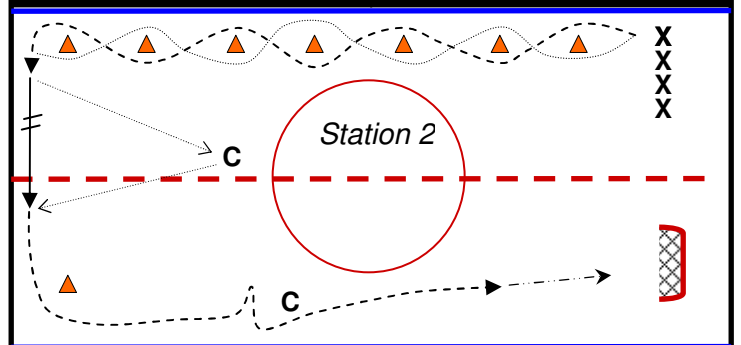
**Station 1: 2v2 with Point Shot**

Have each team line up at the top of the circles opposite each other. Play 2v2 with each team attempting to score on the net in front of their line. On change in possession, players must pass to the first person in their line (shooter) and then look to score on a tip or rebound. The shooter can pass or shoot on goal. Play for 40 second shifts.



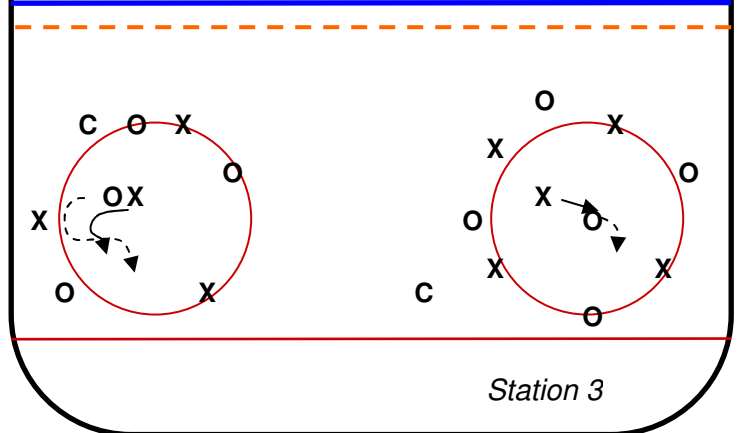
**Station 2: Puck Control**

Players stickhandle through the cones with the puck on one side of the cone and their body passing on the other side of each cone. Next give and go with a coach. After passing to the coach, drop to knees and get up. Make a fake at the second coach and finish off with a scoring chance.



**Station 3: Bull in the Ring (Body Contact)**

Split into 2 groups to increase reps. Player O attempts to evade player X who tries to push player O outside the circle. Have X hold a soccer ball as he pushes the opponent. Emphasis is on skating, protecting the puck and stability in body contact situations.



**Body Contact – 7 minutes**

**Tripod Push:** Pair up with one player positioning in a hockey ready position (deep knee bend and using the stick as a third leg for support). Under control the partner first pushes on the player's shoulders then the hips attempting to disrupt balance. Switch positions after 30 seconds. **Shoulder Bump:** Players lock arms and on the count of 3 they bump shoulders. Repeat on both R/L sides of the body and then while moving.

**Shooting – 8 minutes**

In pairs players split up with one partner near the boards. The player near the boards passes to his partner who catches the pass and immediately shoots up in air back against the boards. The passer attempts to knock the puck out of the air. He then collects the puck and repeats with pass back to shooter. Switch positions half way through.