

# 2025 Squirt Practice #5

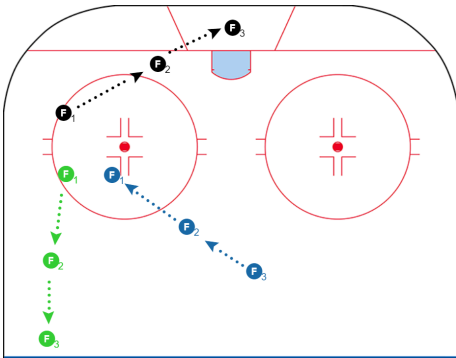
Date: Oct 23 2025

Time: 2:42 am

Duration: 60 mins

## 3-Player Passing, 2v1

10 mins



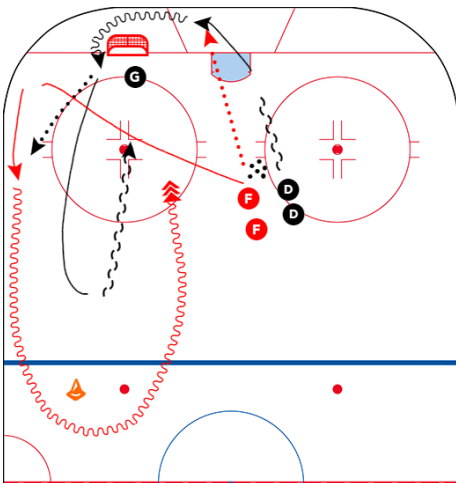
Players get into groups of 3. Start with about 20 seconds of passing in a line with the player in the middle using both hands. On whistle, play 2v1 keep away for about 20 seconds. On the next whistle, return to passing and switch which player is in the middle.

## 5 Stations

0 mins

## Breakout 1 v 1

8 mins



**F** dumps puck in behind net. **D** goes to retrieve puck and does a shoulder check. **D** carries puck around net, turns up ice and makes a breakout pass to **F**. **F** goes around the cone before coming back in on a 1v1. **D** follows forward and gaps up to play 1v1.

Variations:

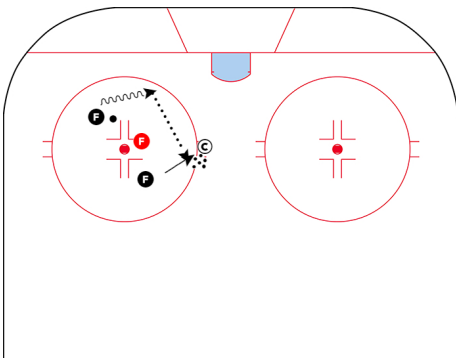
- Have D start skating backward and transition to retrieve puck
- Have a coach apply pressure, forcing D to make a decision on if/when to pass

### Key Points

- Shoulder check every time
- D must turn up ice
- F always face puck & transition low to catch puck with feet moving
- D gap up

## Circle 2v1

8 mins



Play 2 vs. 1 keep away inside the circle. Should have 6 players for the station to run at a high tempo.

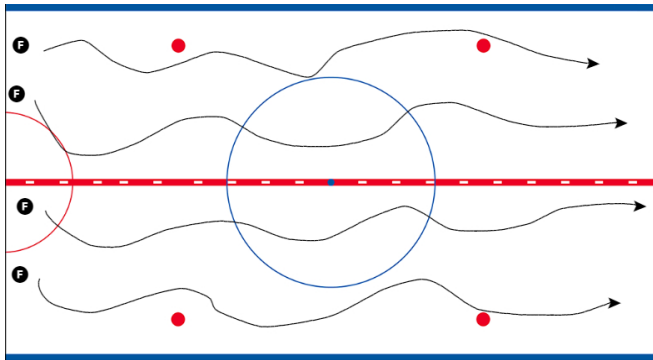
### Key Points

Defensive players work on good stick position, angling and communication.

Players with the puck must protect the puck, move and communicate to create passing lanes.

## Technical Skating

8 mins



Players perform technical skating drills going cross-ice. Skills:

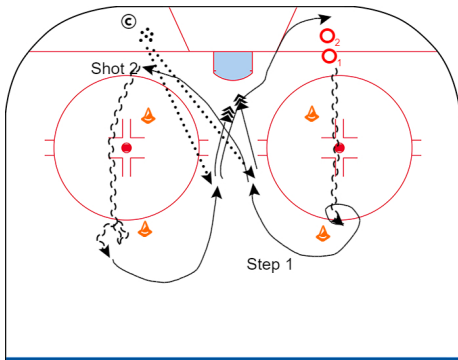
- Inside edges
- Outside edges
- E Cuts (In to out, Out to In)
- One leg C-Cuts (Forward & Backward)
- Russian Power Strides
- 45 Angle Slides

### Key Points

- Good knee bend
- Chest, head up
- Full extension
- Full recovery

## Box Shooting

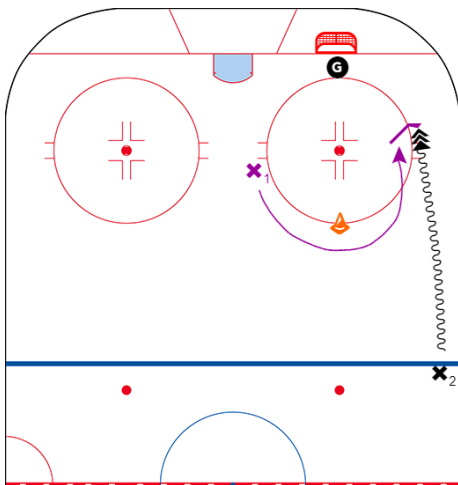
8 mins



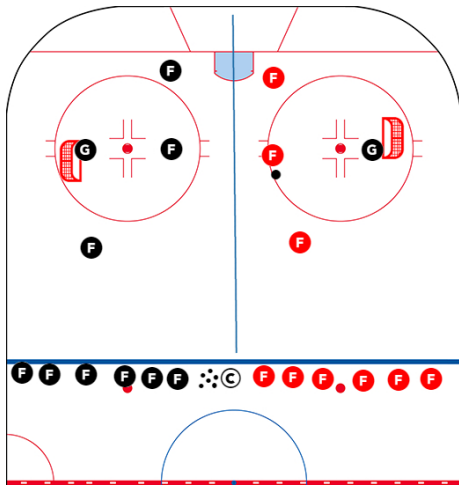
- O1 Player takes off backwards, gets pass

## Karlsson's Angle 1 vs 1

8 mins



- The drill starts when X2 skates down the wall with the puck trying to score on the net
- X1 reacts to X2 and angles the player down the wall away from the net
- X2 is NOT allowed to cut back on the other side of the



Basic 3v3 cross-ice game. Teams must stay on-sides before attempting to score on opposite end.

**Key Points**

- All players should play offense & defense
- Transition quickly from offense to defense and vice versa