



Date: Squirt Practice 1 & 2

Number of Players: 30 to 40

Practice Theme / Goals: Skating ABC's, early season acclimation to ice

Equipment Required / Set-up: Ice marker, 3 soccer balls, dividers, tires, 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, ringette rings, etc).

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

Goalies: Movement Drills

Draw a line for each goalie on the ice.

Movement Drill A.1 – See page 2

Movement Drill A.2 – See page 2

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: ABC's

Skating forward: Arm circles forward; Arm circles backward; Arm circles, one arm forward and one arm backward. Repeat sequence skating backwards.

Skating forward: Step over stick in left hand; Step over stick in right hand. Repeat sequence skating backwards

Pass stick through legs in figure 8, moving forwards

Pass stick through legs in figure 8, moving backwards

Station 2: 1v1 Competition (Body Contact)

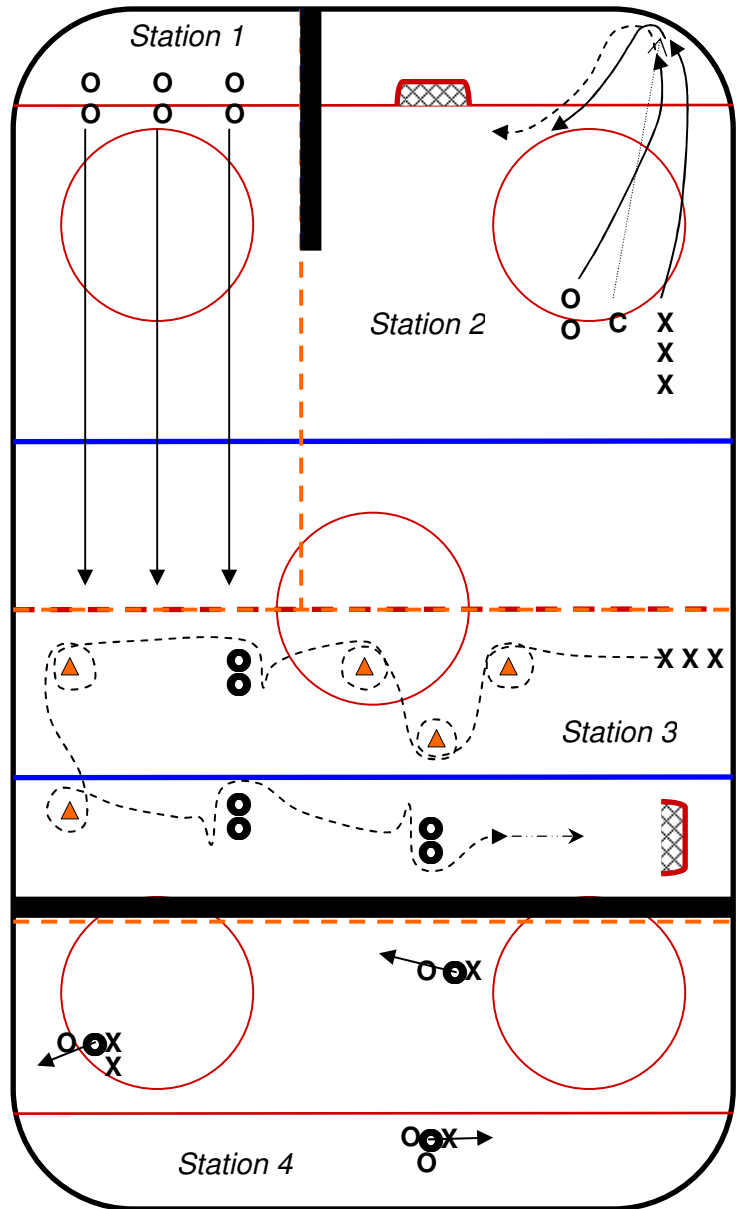
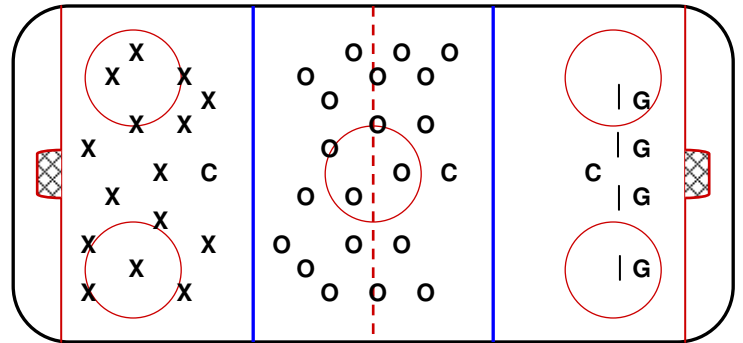
Inside line attempts to gain puck and attack the net while the outside line attempts to gain puck and carry it above the top of the circle. Use angling skills and encourage stick on puck with body contact.

Station 3: Puck Control with Fakes

Players skate through obstacle course using fakes at the tires. Emphasis should be placed on exaggerating the fakes and players corrected if they do not extend themselves.

Station 4: Tire Push Game

Each team scores a point when they push a tire to touch the opposite boards. Keep 2 to 3 tires in play, and dropping a new one in the center ice after a point is scored. Players should focus on driving with their legs and using their inside edges to push the tires.



Game: Soccer (ABC's) – 9 minutes

Use all three zones. Play soccer 5v5 or 4v4 cross ice in 40 second shifts in whatever number that allows players to participate every other shift. Kick ball with side of the foot only.



Date: Squirt Practice 3 & 4

Practice Theme / Goals: Basic skills, early season acclimation to ice

Equipment Required / Set-up: Ice marker, cones, tires

Number of Players: 30 to 40

Time: 60 minutes

Warm Up: 10 minutes

Players pair up with one puck per pair. On the whistle, play 1v1 keep away with their partner. Have players stay in a confined area attempting to stickhandle around or through their partner. Play for 40 seconds, rest for 40 seconds. On the whistle to rest, players stand 15' apart and pass to one another.

Forehand passes, backhand passes, and bullet passes (pass as hard as possible). Have players pass cross body and sweep the puck. Coaches correct technique.

Goaltenders: Warm-up and Movement

Goalies pair up and play catch with a medium sized ball while doing lateral steps, during rest time, stationary passing. See page 2

Movement Drill B.1 – See page 2

Movement Drill B.2 – See page 2

Stations: 4 Stations x 9 minutes

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

Station 1: Net Tag

Player X attempts to evade player O using the nets or tires as a screen. This activity can be done with multiple players at the same time. Puck can also be given to the evading players to work on puck control while reading the opponents position.

Station 2: Puck Control – Deception

Players carry a puck through the designated course. Use a very wide dribble and fake at each set of tires and finish off with a shot on net. First fake wide to forehand, then fake wide to backhand. Coaches must hold the players accountable to exaggerate the fakes.

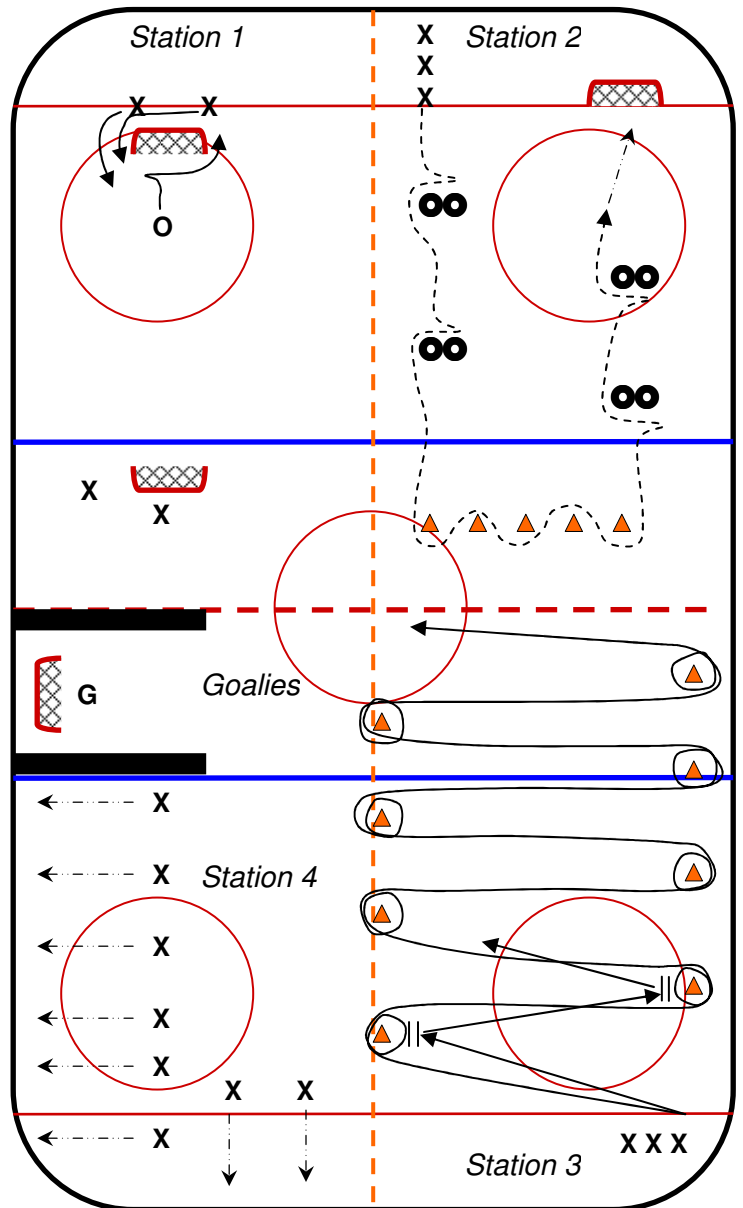
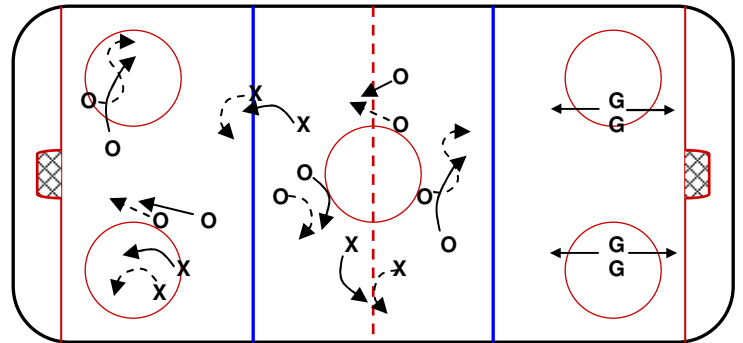
Station 3: Stops, Starts & Turns

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 4: Player Shooting

Wrist shots – have players spread out with in the zone and shoot against the boards. To work on proper technique, have the players begin by facing away from the board and taking backward stride. If the player is a left shot, step out to forward with the right foot and follow through with a shot against the boards. This technique forces the proper weight transfer.

Two thirds of the way through, switch to having the players try a slap shot. Don't worry too much about technique, have them strike the puck as hard as possible. (upper body speed training). Goalies at Goalie Station.



Game: Ringette

Play cross-ice ringette in all three zones. Use 40 second shifts and try to utilize the player numbers 3v3, 4v4, 5v5 so that the players participate every other shift.



Date: Squirt Practice 5 & 6

Practice Theme / Goals: Basic skills, early season acclimation to ice

Equipment Required / Set-up: Ice marker, tires, cones

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).

Edge Control – 10 minutes

Have the player divide into six line. Players must use controlled movements and strive for quality technique speed is not a factor – quality is the goal Use extra coaches to instruct individually when needed.

- Have Inside edges forward (2X)
- Outside edges forward without cross overs (2X)
- Inside edges backwards (2X)
- Outside edges backwards with cross over (2X)
- Single leg inside/outside edge forward L/R
- Single leg inside/outside edge backwards L/R
- Two foot power jumps (2X)
- One foot hop L/R

Goalies: Movement Drills

Draw a line for each goalie on the ice.
 Movement Drill A.1 – See page 2
 Movement Drill A.2 – See page 2

Stations: 4 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 as players arrive.

Station 1: Puck Control

X1 carries a puck around the net and passes to X2. X1 takes X2's position. X2 receives the pass and banks puck back to himself at the tire. X2 then attacks the coach (attack triangle), jumps the tires and pivots to backwards at the far cone. Half way through the drill, switch sides. Goalie Instruction: Goalies rotate with their groups. Station Drill 1 – See page 2

Station 2: ABC's

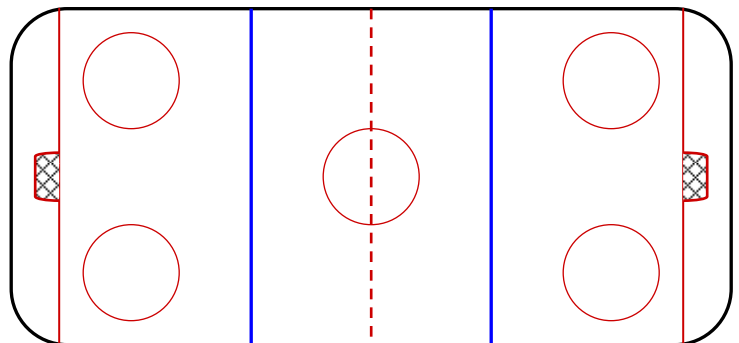
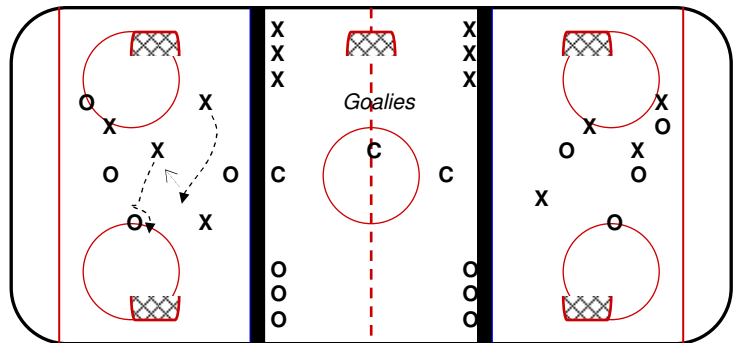
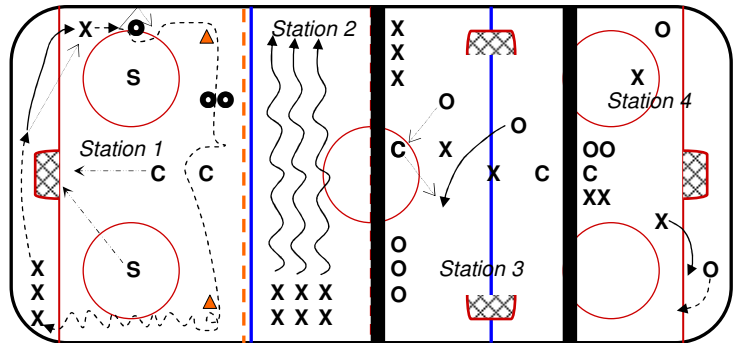
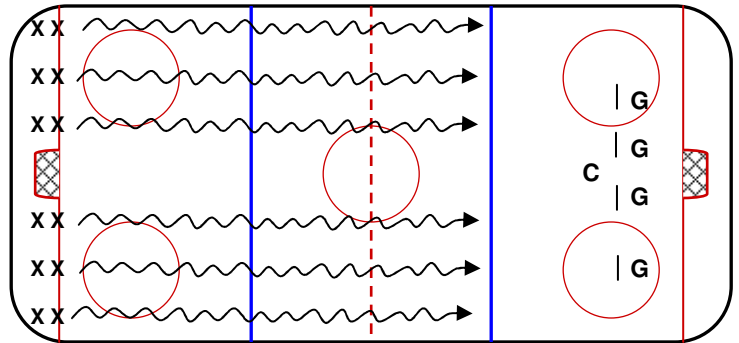
Drop to knees and up, moving forwards, head and chest up. Drop to knees and up, moving backwards. Drop to single knee and up, alternate knees, moving forwards. Drop to single knee and up, alternate knees, moving backwards. High knee run on skates forward. High knee run on skates backwards. High knee run on skates side to side. Repeat all with pucks.

Station 3: 2v2 with Outlets

Play 2v2 cross ice. On a change of possession, players must pass to a coach before they can attack the net.

Station 4: 1v1 Out of Corner (Angling)

Player O starts in the corner with a puck (from knees, on stomach, etc.). On whistle, O jumps up and attacks the net with X defending. Play until O scores, goalie covers puck or X steals puck and passes back to coach. Angle with stick on puck, encourage contact.



Game: Soccer with Puck – 9 minutes

Play soccer 4v4 cross ice while each player carries a hockey puck. Players must have possession of their own puck at all times. This game helps players automate their puck handling skills as the soccer ball provides an outside object to focus on.

Goalies can have extra work with the coach in the neutral zone.



Date: Squirt Practice 7 & 8
Practice Theme / Goals: Skating Skills

Number of Players: 30 to 40

Equipment Required / Set-up: Cones or tires

Time: 60 minutes

Warm Up: 12 minutes

ABC – Controlled Movements

Skating forward: Arm circles forward; Arm circles backward; Arm circles, one arm forward and one arm backward. Repeat sequence skating backwards.
 Skating forward: Step over stick in left hand; Step over stick in right hand. Repeat sequence skating backwards. Pass stick through legs in figure 8, moving forwards. Repeat moving backwards. Power jumps, 2 feet, moving forward, (head and chest up). Power jumps, 2 feet, moving backwards. Power jump 180, 2 foot jump, land backwards then jump 180 land forwards, all turns to left. Repeat with all jumps to right.

Stations: 6 Stations x 8 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: Net Tag with Pucks

Player X attempts to evade player O using the nets or tires as a screen. This activity can be done with multiple players at the same time. Player X has puck, player O attempts to steal it.

Station 2: Skating Stops & Starts

Players stop and start at the cones and the goal line. Coaches work individually when possible with players that need technique assistance. Add pucks.

Station 3: Forward & Backwards Tag

Players play tag within a confined area. When a player has been tagged that player become the tagger. Using the center red line to divide the ice, all player must skate forwards on one side of the red line and pivot to skate backwards on the opposite side.

Station 4: Skating Technique Crossovers

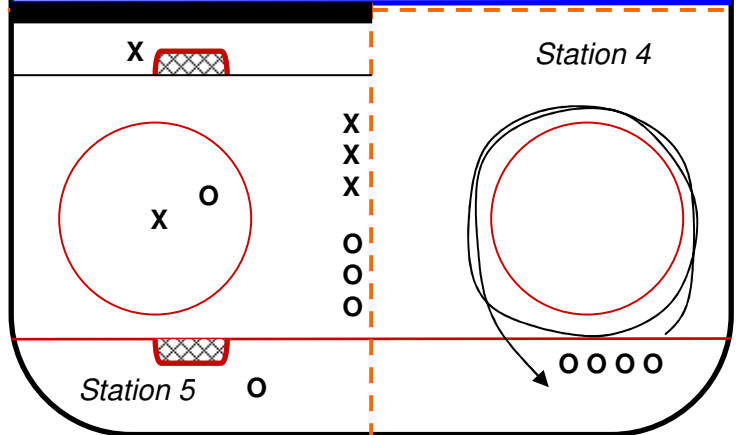
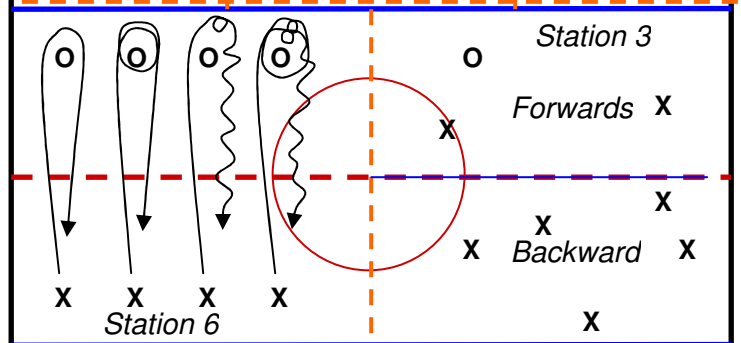
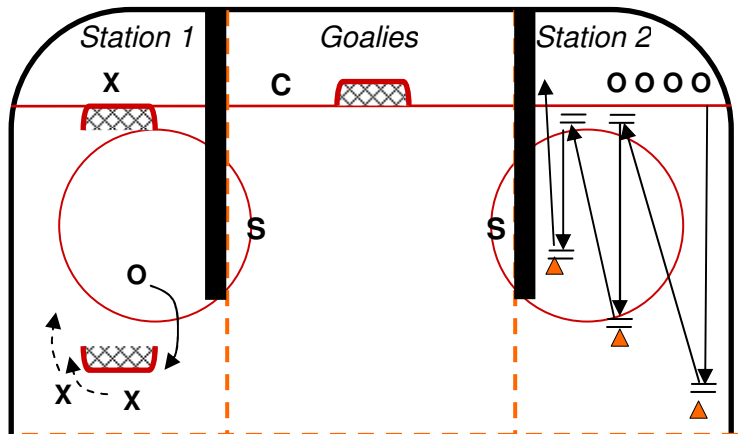
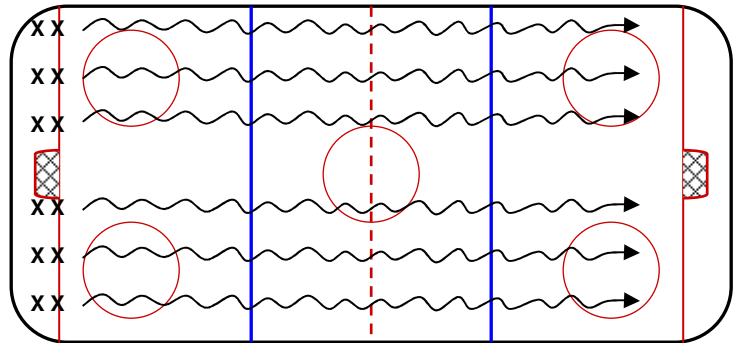
Work on skating technique. Each player skates two laps around the circle with the next player in line starting as player one passes in front on first lap. Coaches should work individually with players on technique as needed. Keep stick to the middle.

Station 5: 1v1 with Low Outlet

Play 1v1 in a small area. Outlet players are below the goal lines and can't score only pass. Players in the middle must make a pass to their outlet man before they can score. Play 40 second shifts.

Station 6: Skating Tight Turns & Pivots

Players use their partner as an obstacle to skate around. Coaches work with players on technique and turns to both R/L. Add pucks and repeat sequence. Finish with a puck control race through the opposite line and back to where the player started.





Date: Squirt Practice 9 & 10

Number of Players: 30 to 40

Practice Theme / Goals: Basic skating skills, puck control with deception

Equipment Required / Set-up: Cones, tires, dividers, ringette rings, sticks

Time: 60 minutes

Warm Up: 8 minutes

Players pair up with one puck per pair. On the whistle, play 1v1 keep away with their partner. Have players stay in a confined area attempting to stickhandle around or through their partner. Play for 40 seconds, rest for 40 seconds. On the whistle to rest, players stand 15' apart and pass to one another.

Forehand passes, backhand passes, and bullet passes (pass as hard as possible). Have players pass cross body and sweep the puck. Coaches correct technique.

Goaltenders: Warm-up and Movement

Goalies pair up and play catch with a medium sized ball while doing lateral steps, during rest time, stationary passing. See page 2

Movement Drill B.1 – See page 2

Movement Drill B.2 – See page 2

Stations: 3 Stations x 10 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.

Station 1: Puck Control – Deception

Use rings and pucks – controlled Exaggerated movements.

- A. Using rings make wide exaggerated moves to forehand and backhand. Emphasis on knee bend and loading legs.
- B. Exaggerated moves using pucks
- C. Exaggerated moves sliding under stick
- D. 1v1 shuttle, attack triangle, against passive players

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: 1v1 Competition (Body Contact)

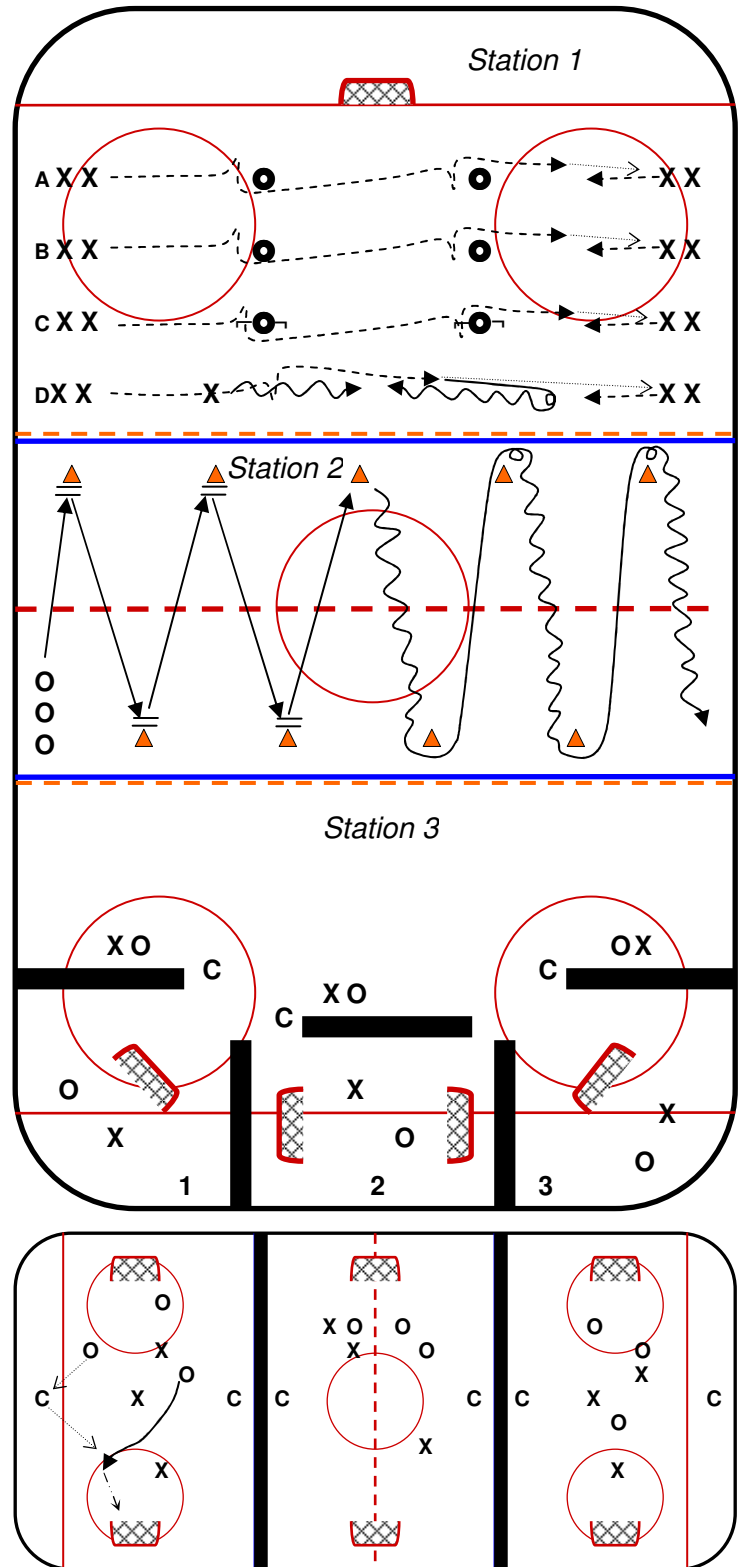
Players compete 1v1 for 30 second shifts. Coaches add in additional pucks if a goal is scored or goalie covers it. Rotate after each shift to next area, 1 to 2, 2 to 3, 3 to 1. Encourage stick on puck, body contact.

Forward & Backwards Tag – 8 minutes

Using the whole ice surface play tag with the middle zone as the forward skating zone and each end zone for skating backwards. Each time a player is tagged they join the tagging group. All players pivot at blueline.

Game: 3v3 with Outlets – 12 minutes

Play 3v3 cross-ice for 40 second shifts. Players must make a pass to one of the coaches (outlets) on transition before they can score.





Date: Squirt Practice 11 & 12

Number of Players: 30 to 40

Practice Theme / Goals: ABC's and body positioning

Equipment Required / Set-up: Tires, ice marker, ringette rings

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).

Edge Control – 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

Goalies: Movements Drills

Movement Drill C.1 – See page 2

Movement Drill C.2 – See page 2

Stations: 5 Stations x 9 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: ABCs with Puck Control

Perform all activities while stick handling. High knee run on skates forward. High knee run on skates backwards. High knee run on skates side to side. Superman dive, moving forwards. Superman dive, moving forwards with log role to left, repeat with log role to right. Drop to knees and spin. Spread group out and have them sit down, stand up, lie down, stand up, crossover to L/R etc, while handling the puck.

Station 2: 1v1 with F & D (Body Contact)

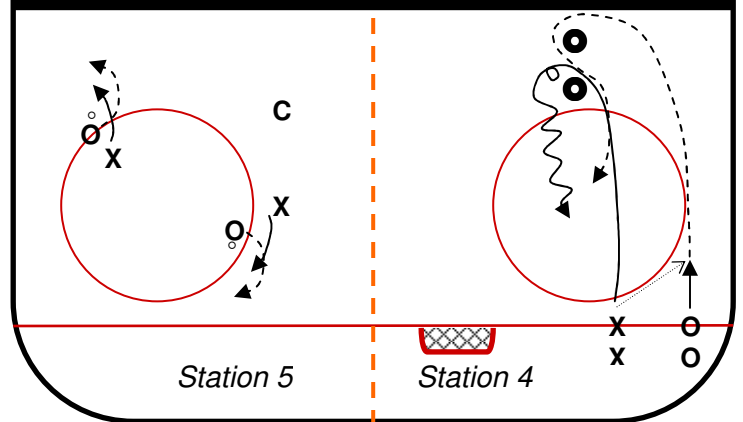
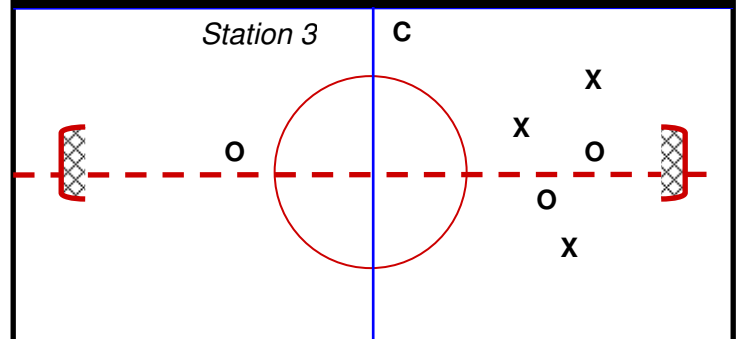
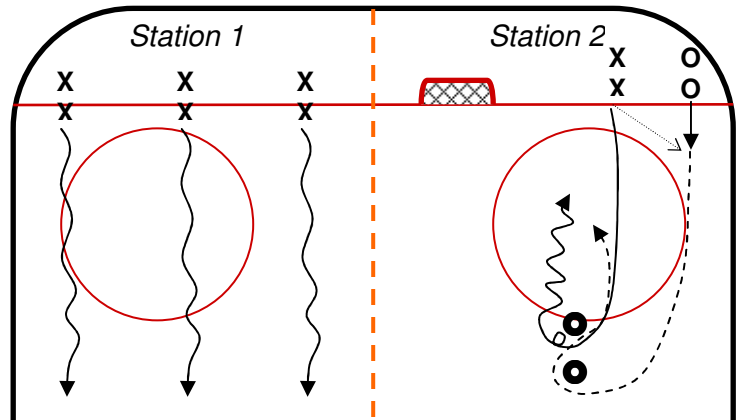
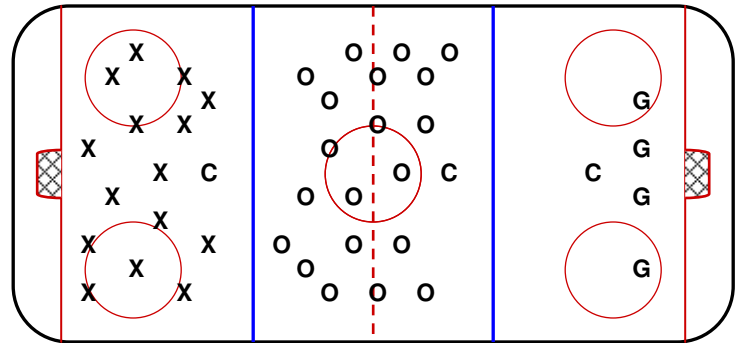
Inside line passes to outside line and both players loop out around the tires. Outside player attacks back 1v1. Have player switch line so they play both forward and defensive positions. Encourage good stick and body position with contact. Stick on puck, deny space to opponent.

Station 3: Always on PP Game

Draw a center line to divide the zone and play 3v3 for 40 second shifts. One player from each team (predetermined) must always stay on the offensive side of the line, thus one team will always have a 3v2 advantage.

Station 4: 1v1 with F & D (Body Contact)

Same drill as in station 2, but from the opposite direction.



Station 5: 1v1 Puck Protection with Rings

Play 1v1 keep away using the ringette rings. Players use their bodies to shield the ring from the opponent, body contact. Play 30 seconds, then switch. Keep several 1v1's going at a time.



Date: Squirt Practice 13 & 14

Practice Theme / Goals: ABC's, puck control and ice awareness

Equipment Required / Set-up: Tires, dividers and ringette rings

Number of Players: 30 to 50

Time: 60 minutes

Warm Up: 10 minutes

Players pair up with one puck per pair. On the whistle, play 1v1 keep away with their partner. Have players stay in a confined area attempting to stickhandle around or through their partner. Play for 40 seconds, rest for 40 seconds. On the whistle to rest, players stand 15' apart and pass to one another.

Forehand passes, backhand passes, and bullet passes (pass as hard as possible). Have players pass cross body and sweep the puck. Coaches correct technique.

Goaltenders: Warm-up and Movement

Goalies pair up and play catch with a medium sized ball while doing lateral steps, during rest time, stationary passing. See page 2

Movement Drill B.2 – See page 2

Movement Drill C.2 – See page 2

Stations: 4 Stations x 8 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: Net Tag with Pucks

Player X attempts to evade player O using the nets or tires as a screen. This activity can be done with multiple players at the same time. Player X has puck, player O attempts to steal it.

Station 2: ABC's Obstacle Course

Set up a loose puck race that has the players turn, stop & start, and jump obstacles. Who ever gets to the puck first has a chance to score on the goalie.

Station 3: Starts

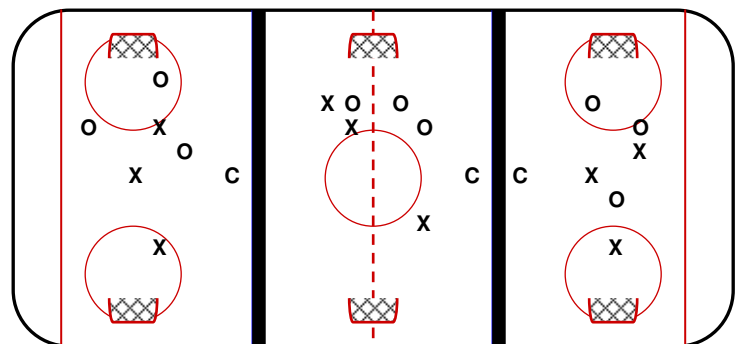
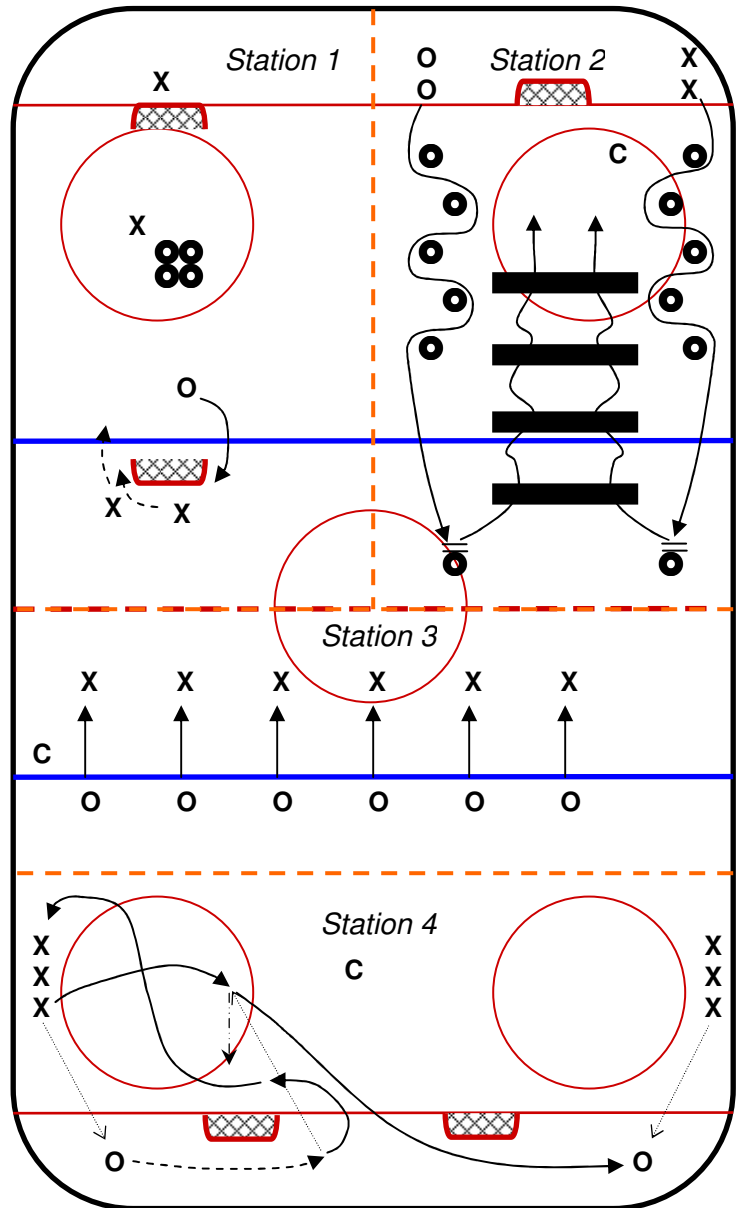
Players pair up. One partner turns his stick over and stands it vertically on the butt end. On signal from coach his partner races to grab the stick before it falls over. Vary the distance between partners to increase difficulty. Have players start from various position. Forward start, side cross over start, from knees, etc.

Station 4: Situational Passing

X passes to O and then moves to open ice for a return pass. O carries the puck behind the net and hits X for shot, and then looks for the rebound. After shot X becomes the new O on opposite side of ice.

Station: Shooting – 8 minutes

In pair players split up around the rink 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.



Game: Ringette – 10 minutes

Play 3v3 or 4v4 cross-ice ringette for 40 second shifts. Adjust the numbers accordingly so that players can play every other shift.



Date: Squirt Practice 15 & 16

Number of Players: 30 to 40

Practice Theme / Goals: ABC's and skating skills

Equipment Required / Set-up: Dividers, tires or cones

Time: 60 minutes

Warm Up: 6 minutes

Skating skills, run out of both corners three times through.

Stations: 5 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: Monkey in the Middle

Players begin around the outside of the circle. The player in the middle attempts to intercept passes made between the outside players. If the player in the middle steals the puck he moves to the outside and a new player takes his place.

Station 2: Forward & Backward Crossover

Players work on skating crossover technique F/B. Add pucks if appropriate. Coaches should work individually with players that need it.

Station 3: 1v1 - Fake Only

Players compete in a confined area 1v1 for 30 second shifts. Only fake on the goalie are allowed to score...no shooting. Have the additional players waiting to go work on stationary passing skills (forehand, backhand, bullet, catch forehand pull backhand and pass, etc.)

Station 4: Body Contact Confidence

Tripod Push: Have players pair up with one player positioning himself into hockey ready position with deep knee bend and using the stick as a third leg for support. Under control the partner first pushes on the player's shoulders and then the hips attempting to disrupt balance. Switch positions after 30 seconds.

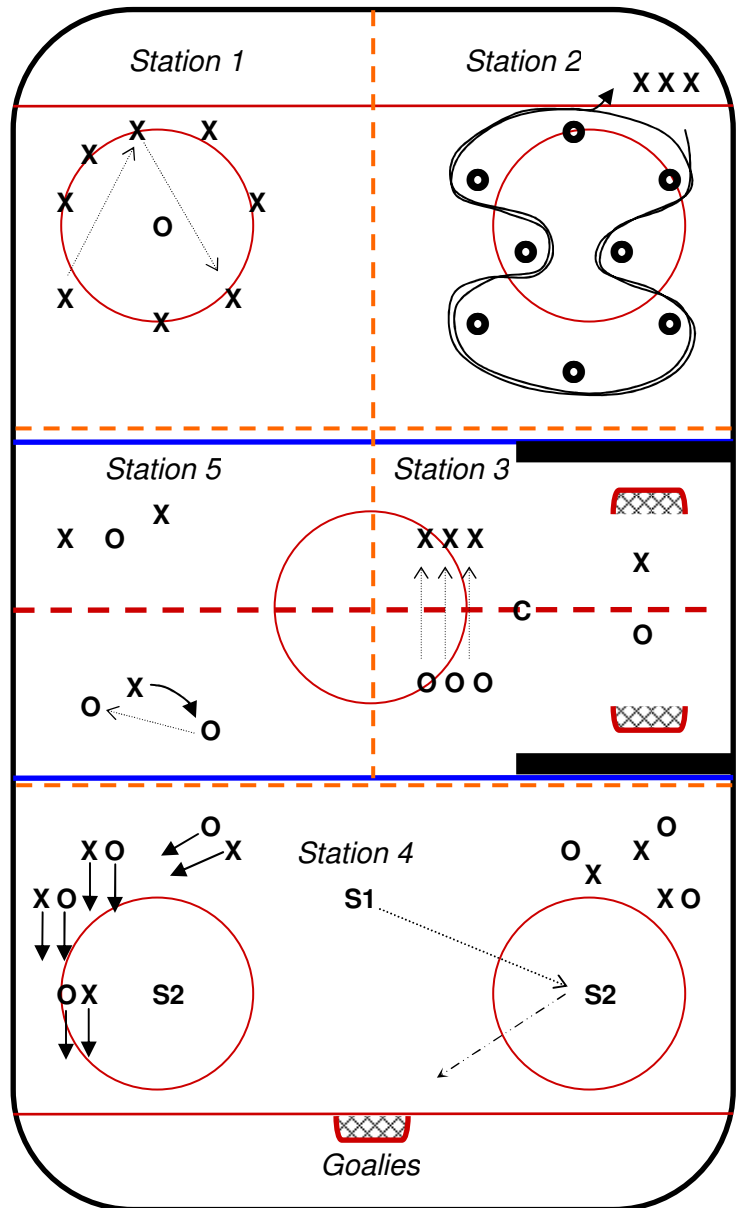
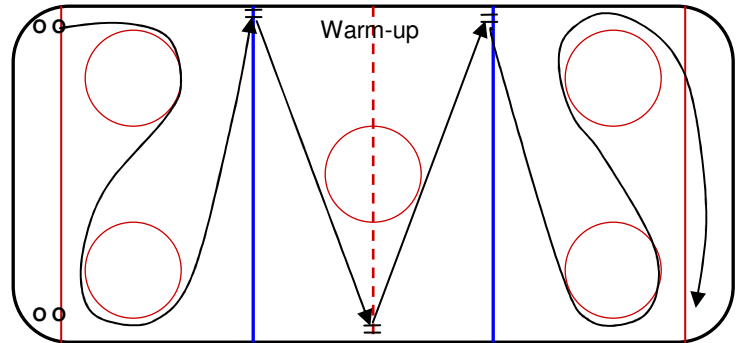
Shoulder Bump: Without sticks players lock arms and on the count of 3 they bump shoulders. Repeat on both R/L sides of the body and then while moving.

Goaltender Station Drill #3

Fundamental Save Drill - Extended Butterfly Save

Station 5: 2v1 Keep Away

Divide players into groups of three. Two players attempt to play keep away from the other player in their group. If the puck is stolen a new player becomes the odd man out.



Game: Always on PP Game

Draw a center line to divide the zone and play 3v3 for 40 second shifts. One player from each team (predetermined) must always stay on the offensive side of the line, thus one team will always have a 3v2 advantage.



Date: Squirt Practice 17 & 18

Number of Players: 30 to 40

Practice Theme / Goals: Passing Skills

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

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: Cross-overs – 8 minutes

Players should attempt to skate without breaking stride and focus on generating speed through the course. Drill can be done from two corners and also with pucks.

Stations: 4 Stations x 8 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 as the players arrive.

Station 1: Tight Turns with Pucks

Skate through the course and finish with a shot on goal. Keep hands away from body.

Station 2: Stationary Passing

Work on forehand and backhand technique. Sweep puck and pass cross body to focus on shifting weight. Technique must be corrected if not done properly.

Station 3: 2 on 0 Passing

2 on 0, lead partner with passes. 2 on 0 spin, after pass players do a 360 degree spin. 2 on 0 forward and backward, one player skates forward and the other skates backwards.

Station 4: Situational Passing

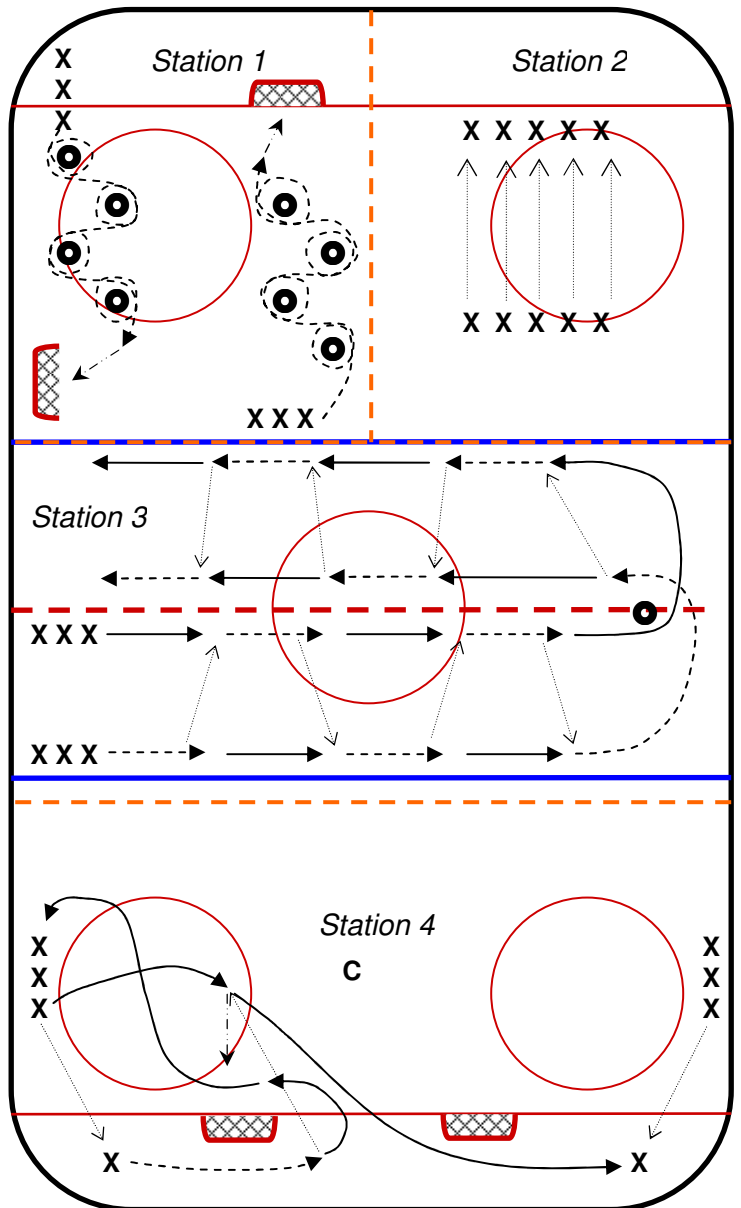
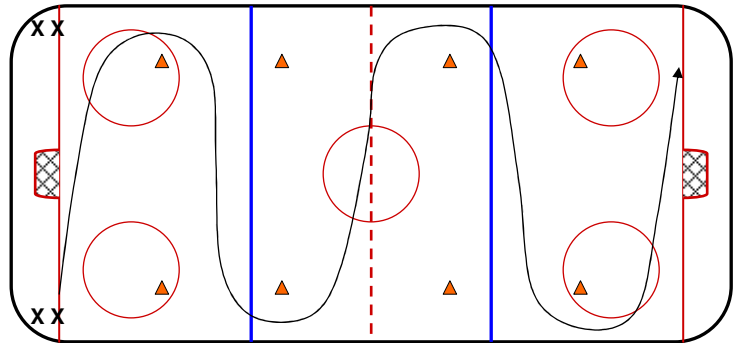
X passes to O and then moves to open ice for a return pass. O carries the puck behind the net and hits X for shot, and then looks for the rebound. After shot X becomes the new O on opposite side of ice.

Shooting: Partner Knock Down - 5 minutes

Stay in the same stations and have the players pair up. One player is near the boards and the other about 20 feet away. The shooter attempts to hit a spot on the boards near his partner. The partner attempts to stop the puck with his stick before the puck hits the boards. The puck is quickly returned to the shooter for another shot. After a few minutes switch positions. Coaches assist with shooting technique.

Game: Backwards Only – 10 minutes

Play 4v4 cross-ice for 40 second shifts. The players can only skate backwards during the game. This forces them to keep their head on a swivel as they must look to where they are skating. The game improves skating and puck control skills.





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

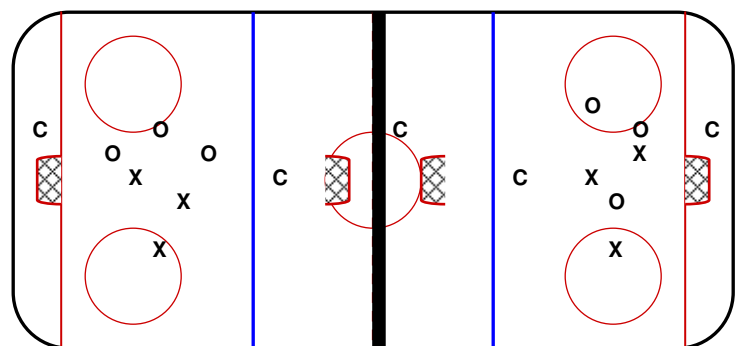
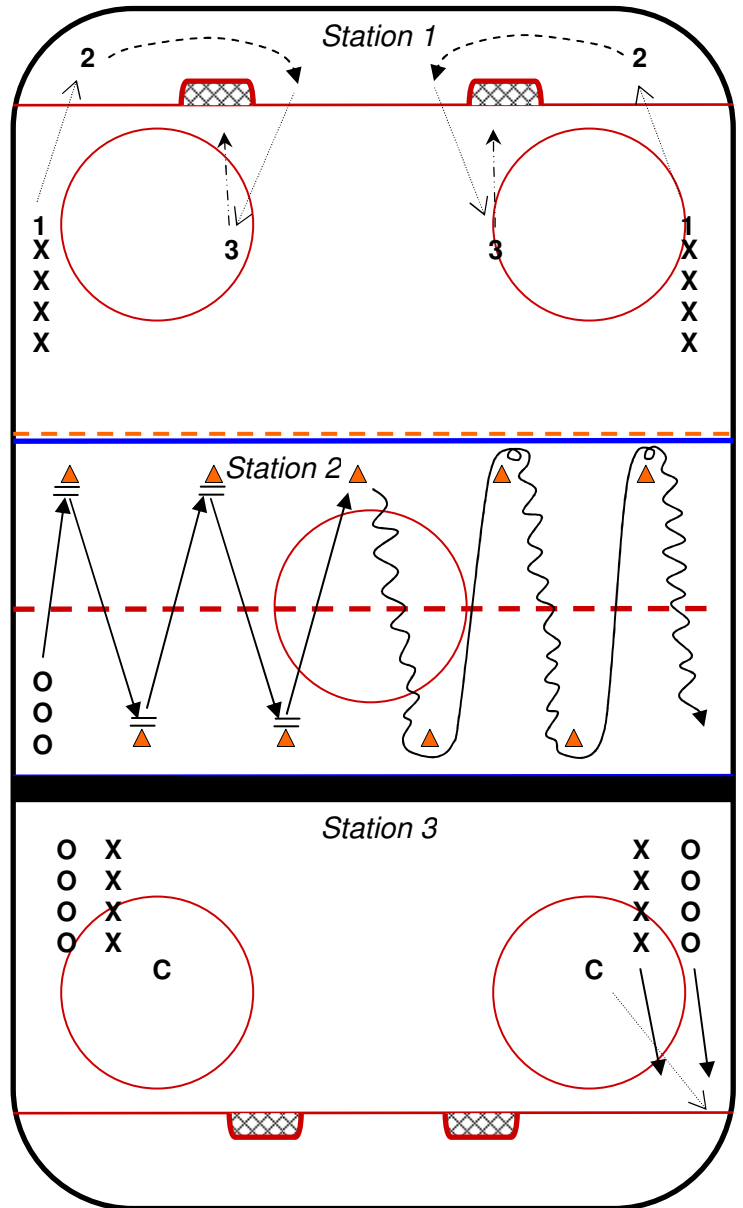
Skating skills technique, stop and start at each cone (head and chest up). Progress to forward to backwards pivots. Add in agility at the red line (drop to knees and up) and then add in pucks.

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.





Date: Squirt Practice 21 & 22

Practice Theme / Goals: Forward & backwards skating, individual team needs

Equipment Required / Set-up: Cones or tires

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).

Skating: Cross-overs – 8 minutes

Skate forwards and backwards crossovers pivoting each time they cross center ice. No gliding on turns focus on keeping the feet moving and acceleration through turns.

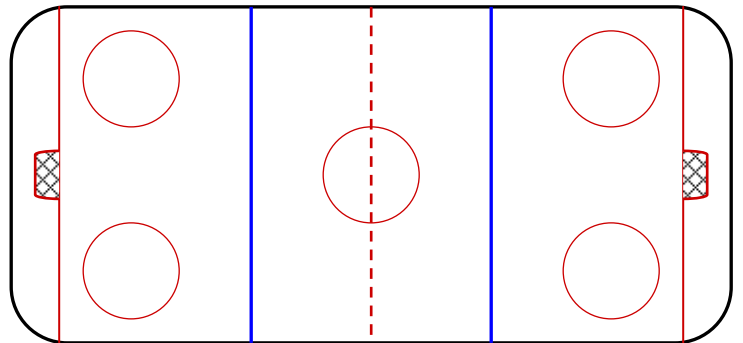
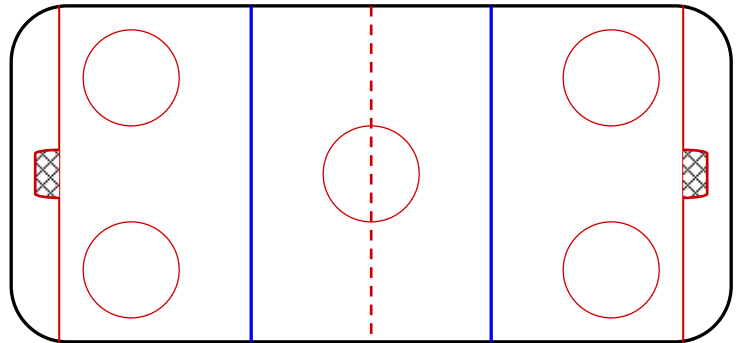
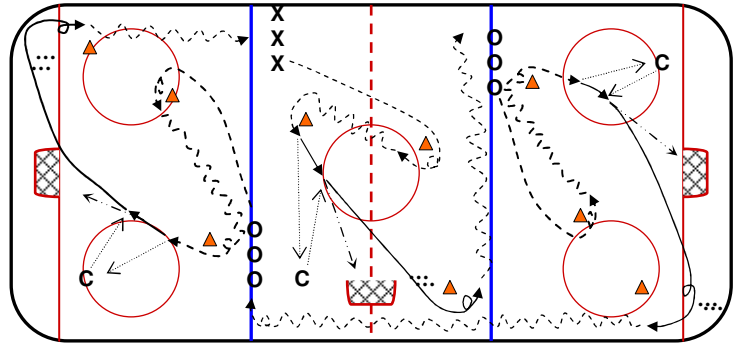
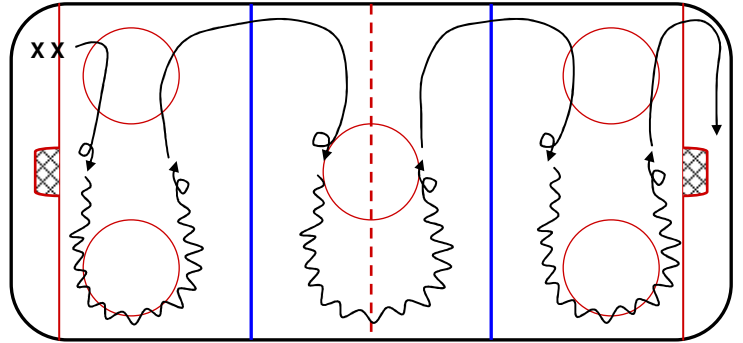
Skating Agility/Puck Control – 10 minutes

Players begin with pucks skating forwards to cone, pivot to backwards and skate to 2nd cone. Pivot to forwards and pass to the coach who immediately returns the puck for a shot on goal. Finish off by sprinting to the corner, collecting a puck and then pivoting to skate backwards to the next line.

Stick Sprints – 7 minutes

Players pair up and turn their sticks over standing their stick on the knob. On a signal from the coach, each player lets go of their stick and sprints to grab their partners stick before it falls over. If both players are successful, begin a new sprint from farther apart. Start pairs off about 5 feet apart to get the hang of releasing their stick.

Individual Teams – 30 minutes





Date: Squirt Practice 23 & 24

Practice Theme / Goals: Passing skills, timing, BO awareness

Equipment Required / Set-up: Dividers

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: 3 Stations x 9 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: Skating Technique

Two foot glide, swizzles, single leg swizzles, alternate leg swizzles, alternate leg swizzles with arms, single leg stride, alternate single leg stride.

Station 2: Stretch Pass Short Version

Play O breaks as Player X retrieves puck. X passes to O who shoots on goal and then pick up a new puck to activate the next player. Try to keep both sides going, let the players monitor the ice and get them to judge when to break for a pass.

Station 3: Passing

Start with a few minutes of stationary partner passing to work on technique, sweep puck, forehand and backhand. Next progress to **Monkey in the middle** game: Players begin around the outside of the circle. The player in the middle attempts to intercept passes made between the outside players. If the player in the middle steals the puck he moves to the outside and a new player takes his place.

Station 4: Mirror Angle Drill (Body Contact)

Player O starts with a puck and skates around the circle. Player X mirrors player O on the inside of the circle with correct body and stick position (shoulder to shoulder and with stick on the ice, blade to blade). As the players begin to head up the boards, player X angles and rubs out the opponent maintaining proper body and stick position.

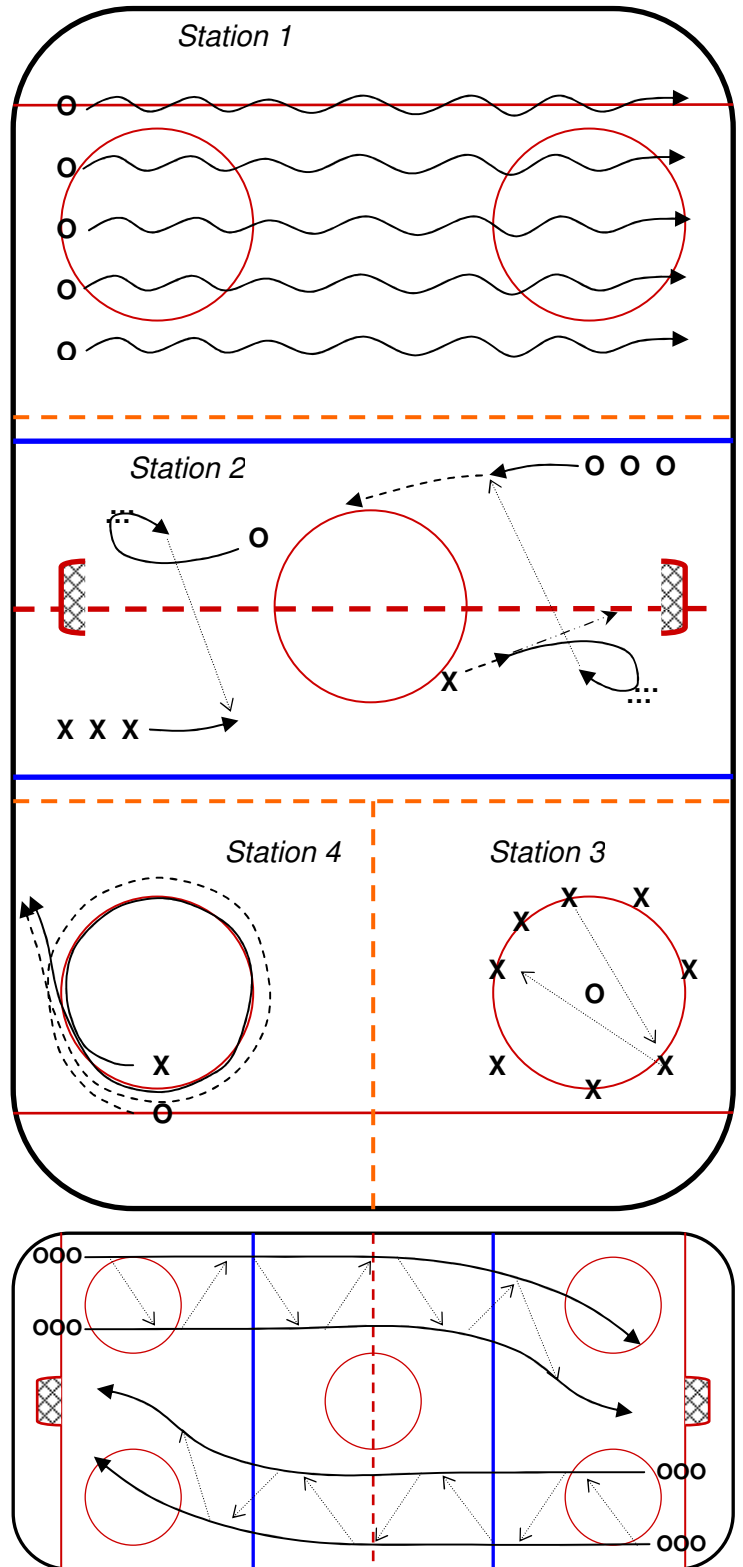
(For the repeat of this practice, switch positions with station 3 so that players angle from the opposite side).

Full Ice Passing – 13 Minutes

2 on 0, lead partner with passes. 2 on 0 spin, after pass players do a 360 degree spin. 2 on 0 forward and backward, one player skates forward and the other skates backwards. Finish each with a shot on goal.

Game: Soccer with Puck – 15 minutes

Play soccer 4v4 cross ice while each player carries a hockey puck. Players must have possession of their own puck at all times. This game helps players automate their puck handling skills as the soccer ball provides an outside object to focus on. Goalies can have extra work with the coach in the neutral zone.





Date: Squirt Practice 25 & 26

Practice Theme / Goals: Skating, puck control skills, passing & team play

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

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).

Skating: Cross-overs – 7 minutes

Skate forwards and backwards crossovers pivoting each time they cross center ice. No gliding on turns focus on keeping the feet moving and acceleration through turns.

Skating Agility/Puck Control – 8 minutes

Boards pass to self and jump the dividers, players finish off with a shot on goal. 2 on 0 passing back down the middle.

Stations: 3 Stations x 8 minutes

On the whistle to change station, players jump doing a 360 degree turn in the air before moving on to the next activity. Jump one time each direction. Coaches distribute water at each station.

Station 1: 2v2 Confined Space (Contact)

Players compete for puck possession and try to score. Emphasis is on body position over the puck, protecting hands so that you can shoot. The coach tosses additional pucks into play when a goal is scored or the goalie freezes the puck. Extra players work on passing technique while resting. Encourage body contact.

Station 2: Puck Control

A. Players make a wide fake at each set of cones, pass to the coach and break for the net. Coach give a return pass to the player who catches the pass and immediately shoots.
B. Players skate forward/backwards/forwards around each cone. (always face up ice), pass to coach for give and go...finish with a shot.

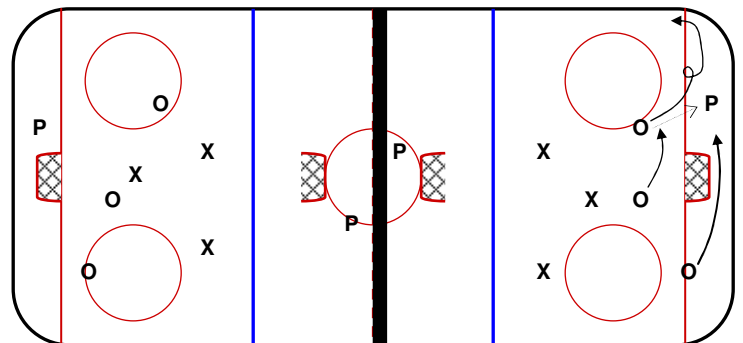
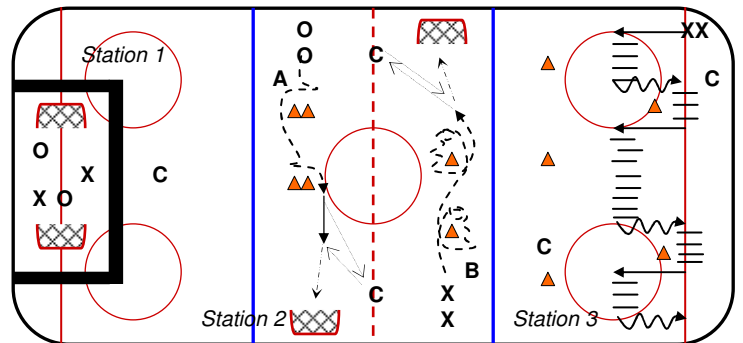
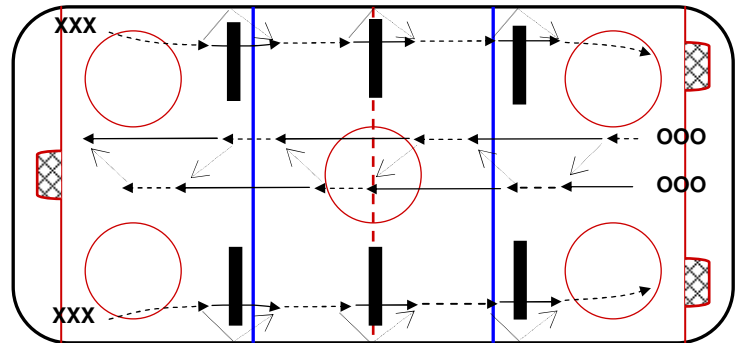
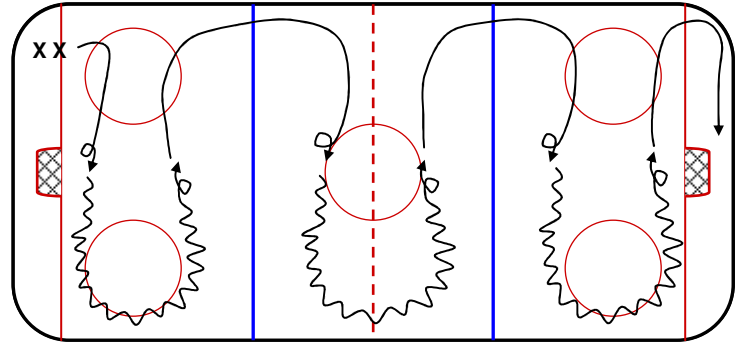
B. Players skate forward/backwards/forwards around each cone. (always face up ice), pass to coach for give and go...finish with a shot.

Station 3: Transition Skating

Part 1: Players skate forward to the hash marks and stop. Then they do crossover steps to the face-off dot and stop. Next they skate backwards to the goal line and stop. Crossover steps to line up with hash marks, stop and then skate forwards. Stop on the hashes, crossover steps to the opposite circle and stop. Backwards to goal line, etc...

Emphasis is on exploding out of the stops, keeping the shoulders square the crossover steps and not crossing over when skating backwards.

Part 2: Skate forwards from the goal line, pivot to backwards at the cone, etc. Skate forwards and backwards through the 5 cones.



Game: Breakout with Passer – 15 minutes

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



Date: Squirt Practice 27 & 28

Number of Players: 30 to 40

Practice Theme / Goals: Basic Skills and BO Skills

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

Pivots: The X's start by skating backwards from the boards to inside the face-off dots; players pivot to skating forwards back towards the boards; once they get close to the wall, pivot to skating backwards again towards a position inside the face-off dots. Repeat the sequence down the ice. Pass 2 on 0 back.

Stations: 3 Stations x 10 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 BO Skills and 1v1

Coach spots a puck for X to retrieve, O moves to simulate a wing position and receives pass from X. O passes to next player in line or coach (optional based upon ability) an then moves around tire for return pass and then attacks the net. After BO pass, X gaps up to play 1v1 back. Switch positions and then switch sides.

Station 2: Passing

Begin with stationary passing using softballs. Have players stand sideways from each other so that the passes are across the body to promote technique. The softballs force the sweeping and catching motion for technique. Pass on forehand and backhand. Switch to pucks and create a competition for accurate passing. The pair that connects the most passes wins.

Station 3: 3v3 with Outlets

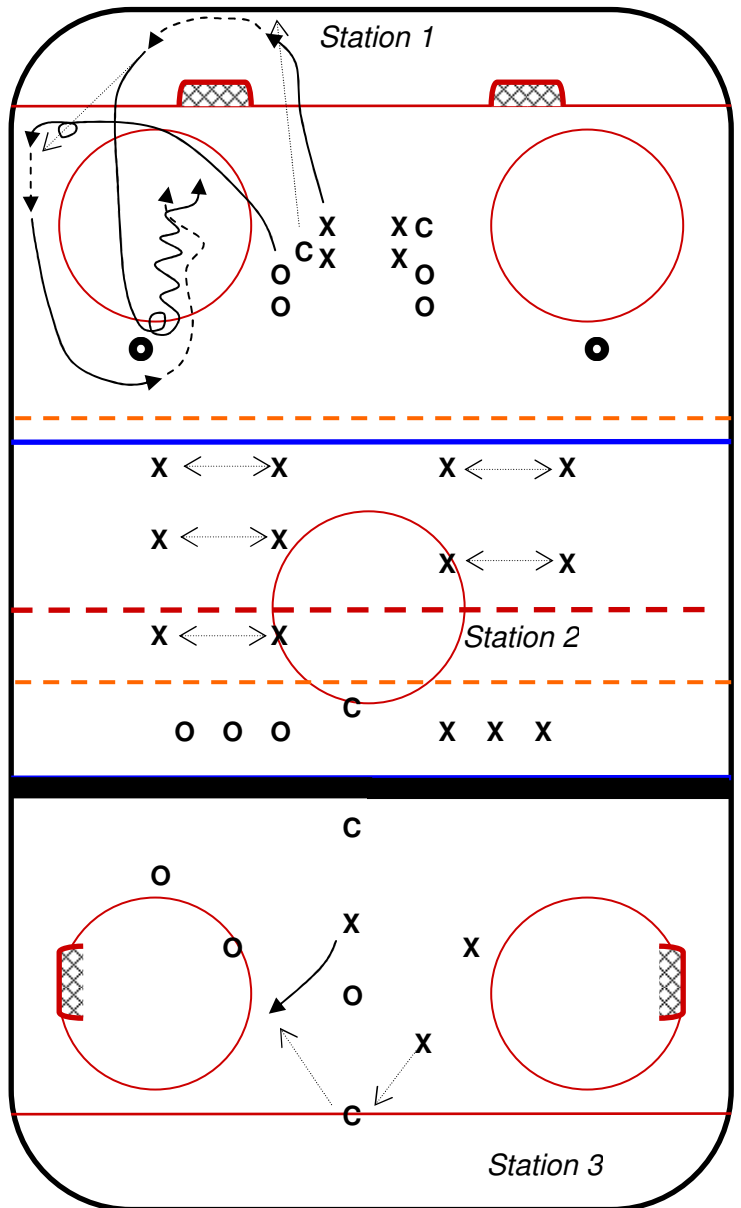
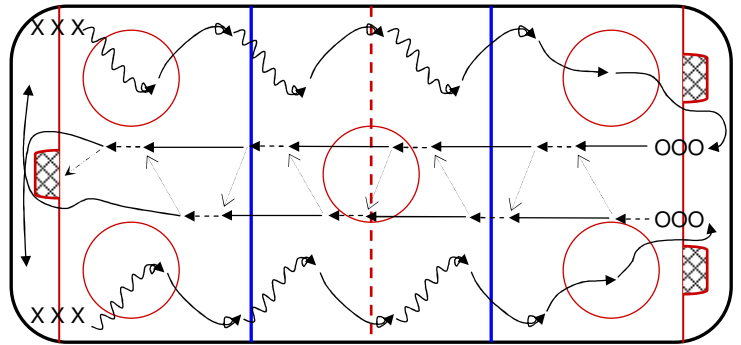
Play 3v3 cross ice. On change of possession players must pass to a coach before they can attack the net. During the rest break, players work with another coach on stationary puck control technique. Wide and narrow dribble add in touch knee to ice, side steps, etc.

Body Contact – 8 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 – 7 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.





Date: Squirt Practice 29 & 30

Number of Players: 30 to 40

Practice Theme / Goals: Skating, ABC's, timing, body contact

Equipment Required / Set-up: Dividers, cones, soccer balls, ringettes **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.

Skating: 8 minutes

Split group in two and have them skate the pattern from both sides. Repeat back

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.

Station 1: Stretch Pass Timing

After taking a shot on goal the player picks up a puck from inside the circle and makes a pass to the supporting player. Players from the O line support to the boards and players from the X line support towards the middle. The key is for the support players to time their movement and always face the puck. This means they might need to pivot to maintain facing the puck. Be in position when the passer needs you to be in position. Switch directions part way through.

Station 2: Ringette Keep Away (Contact)

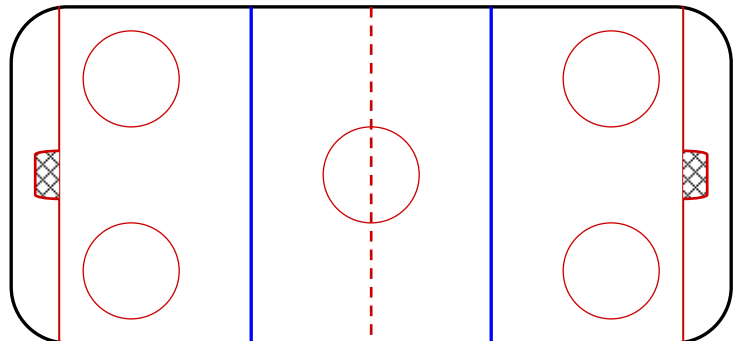
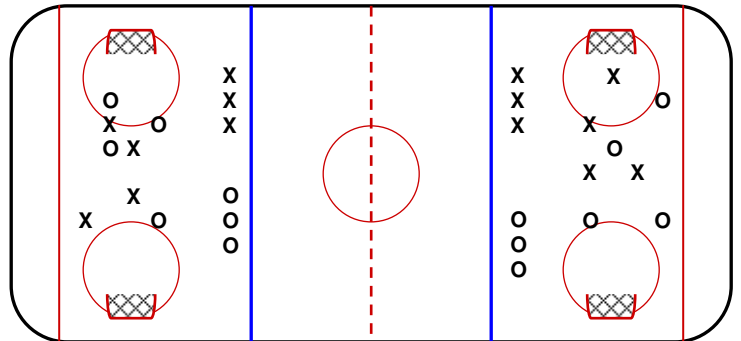
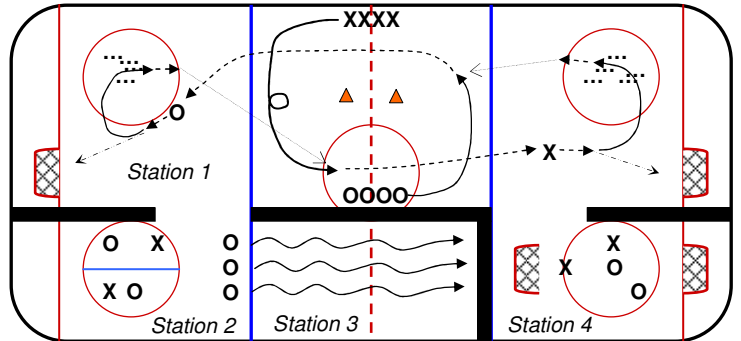
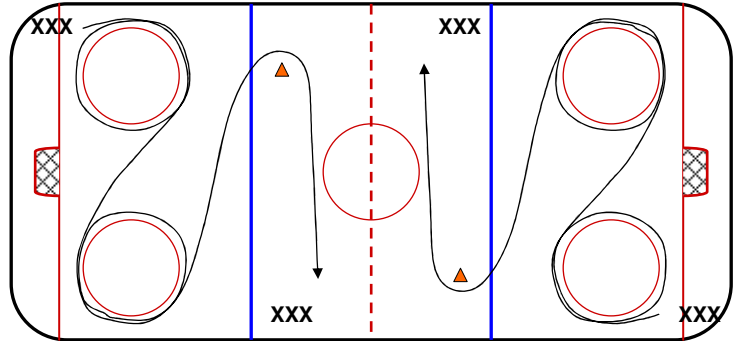
Draw a line through the face-off circle. Play 1v1 keep away in each half and encourage body contact. Players can be physical as long as the stick is down and they make body contact in an attempt to play the ring. Encourage body contact while attempting to gain puck.

Station 3: Agility, Balance & Coordination

Puck control with agility: Sit down, stand up, lie down, stand up, drop to knees, stand up, jump 360, land and stickhandle puck, high knee run with puck. Be creative in the agility maneuvers. Add in handling 2 pucks, 1 with stick and one with feet.

Station 4: 2v2 Tight Space Game (Contact)

Play 2v2 for 40 second shifts. Emphasis is on scoring. Add in different rules. Score on any net, backhand shots only, dekes only, etc. Encourage Body contact while attempting to gain puck possession.



Game: Backwards Only – 13 minutes

Play 4v4 cross-ice for 40 second shifts. The players can only skate backwards during the game. This forces them to keep their head on a swivel as they must look to where they are skating. The game improves skating and puck control skills.



Date: Squirt Practice 31 & 32

Number of Players: 30 to 40

Practice Theme / Goals: Basic Skills and Team Needs

Equipment Required / Set-up: Dividers and Tires

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: 5 Stations x 7 minutes

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

Station 1: Passing

Start with a few minutes of stationary partner passing to work on technique, sweep puck, forehand and backhand. Next progress to **Monkey in the middle** game: Players begin around the outside of the circle. The player in the middle attempts to intercept passes made between the outside players. If the player in the middle steals the puck he moves to the outside and a new player takes his place.

Station 2: Forward & Backward Crossover

Players work on skating crossover technique F/B. Add pucks if appropriate. Coaches should work individually with players that need it.

Station 3: 1v1 - Fake Only (Body Contact)

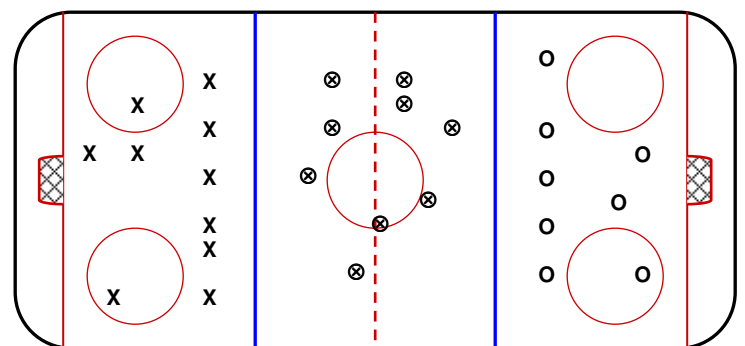
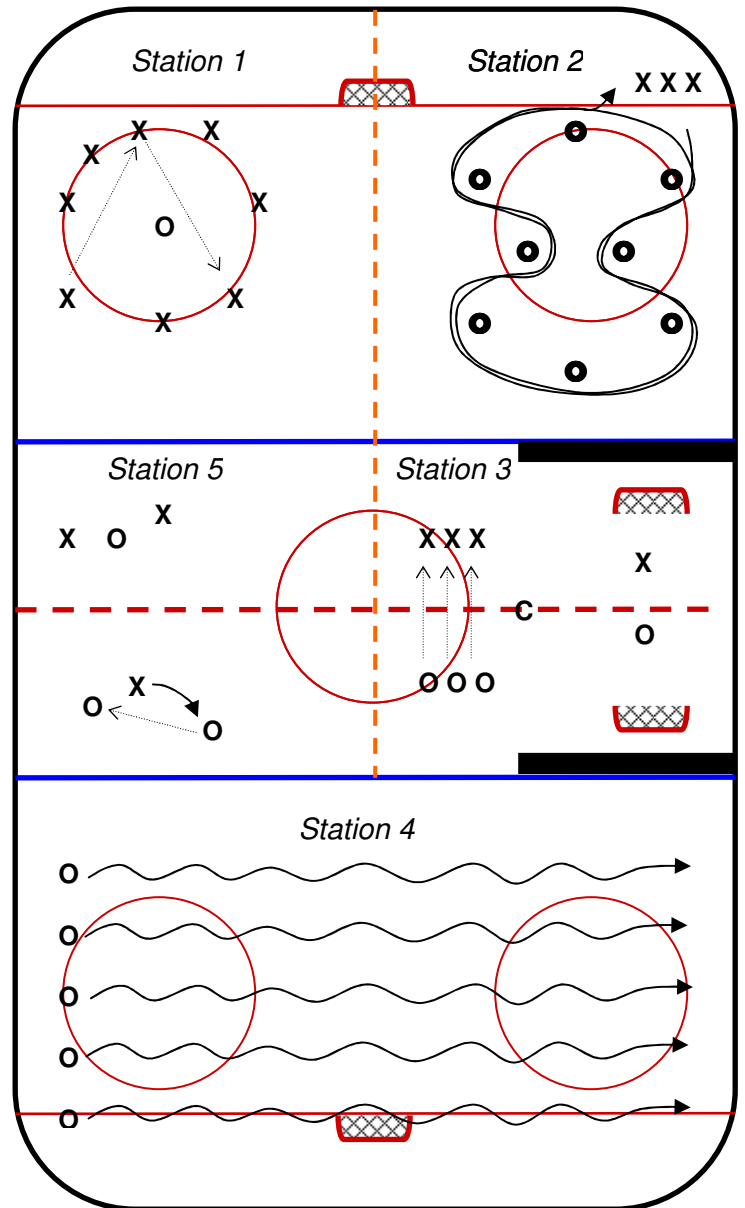
Players compete in a confined area 1v1 for 30 second shifts. Only fake on the goalie are allowed to score...no shooting. Have the additional players waiting to go work on stationary passing skills (forehand, backhand, bullet, catch forehand pull backhand and pass, etc.) Encourage body contact while using good stick on puck technique to gain possession.

Station 4: Skating with Pucks

Inside edges big Cs, narrow dribble, wide dribble, combination, around body, shuffle skate with quick hands, one hand breakaway skate, lunges with wide reach.

Station 5: 2v1 Keep Away

Divide players into groups of three. Two players attempt to play keep away from the other player in their group. If the puck is stolen a new player becomes the odd man out.



Coaches Choice: 20 minutes

Split up by teams into available zone and focus on team specific needs.



Date: Squirt Practice 33 & 34

Number of Players: 30 to 40

Practice Theme / Goals: Defensive Skills

Equipment Required / Set-up: Cones or tires

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: Cross-overs – 8 minutes

Players should attempt to skate without breaking stride and focus on generating speed through the course. Drill is done from two corners and also with pucks.

Passing: 2 on 0 – 8 minutes

Pass the length of the ice 2 on 0. Finish off with a shot on goal. Lead partner with pass. Pass on backhand if on backhand.

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: Skating Skills

Players skate forward and backwards around the cones. Work with the kids on skating technique; bend knees, forward to backwards pivots. Pull kids aside for instruction.

Station 2: 1v1 BO and Defense (Angling)

Player X passes to player O who must stay wide until the cone. After passing player X follows up the play, pivots to backwards and plays the 1v1 back. Focus on player X gapping up to play the 1v1. Encourage body contact with good stick on puck play.

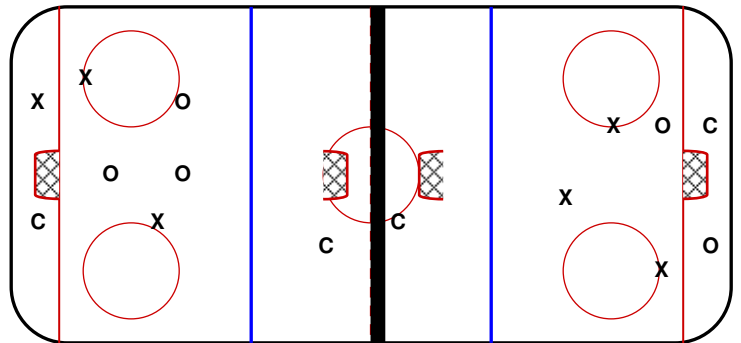
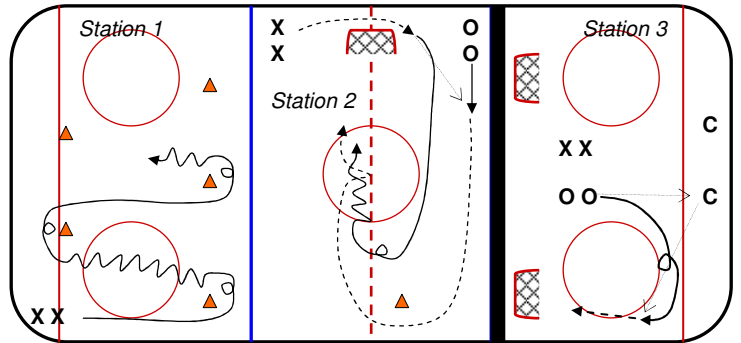
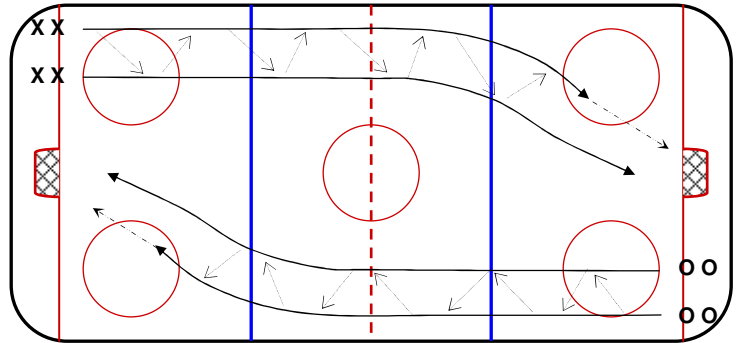
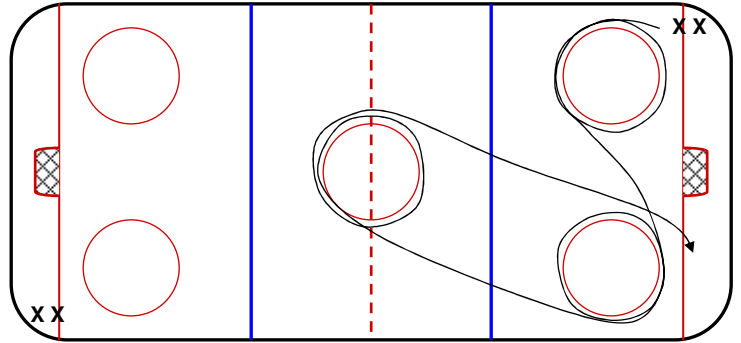
Station 3: Breakout Skills

Player passes to the coach and then widens out low for a return pass. The player finishes with a shot on goal. Work on player facing the puck and pivoting for return pass. Work both sides to keep repetitions high.

Game: Breakout with Coach – 12 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.

As the players learn the mechanics of the game talk to them about not pressuring the coach, as the coach cannot score, find an open opponent.





Date: Squirt Practice 35 & 36

Practice Theme / Goals: Puck control, 1v1 play

Number of Players: 30 to 40

Equipment Required / Set-up: Dividers, cones or tires

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).

Puck Control & Skating – 8 Minutes

Skate forwards and backwards with the puck through the course, make a fake on the coach and finish with a shot on goal. When the first player gets around the first cone, send the next skater...keep 4 to 5 players on the course at a time so that the work/rest ratio is 3/1 or 4/1.

Stations: 4 Stations x 9 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: 1v1 LRA (Body Contact)

Player X gaps up, passes to player O, pivots to backwards and plays the 1v1 line rush against. Player O must wait to receive the puck before he can begin skating. Have player switch lines so that they experience both situations (offensive and defensive).

Note: When the practice is repeated, switch the sides with the drills location so that players gain reps at pivoting and attacking from the left and right sides.

Station 2: ABC's Loose Puck Races

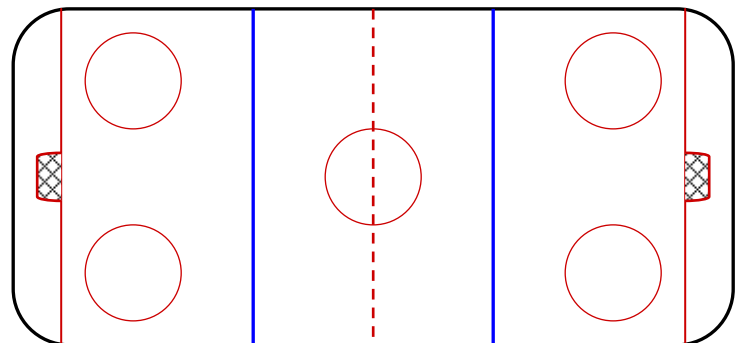
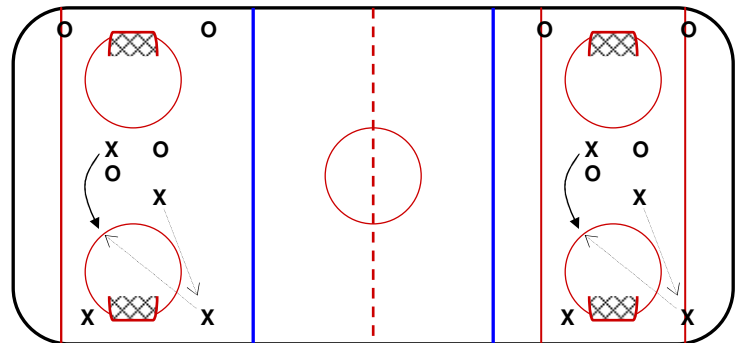
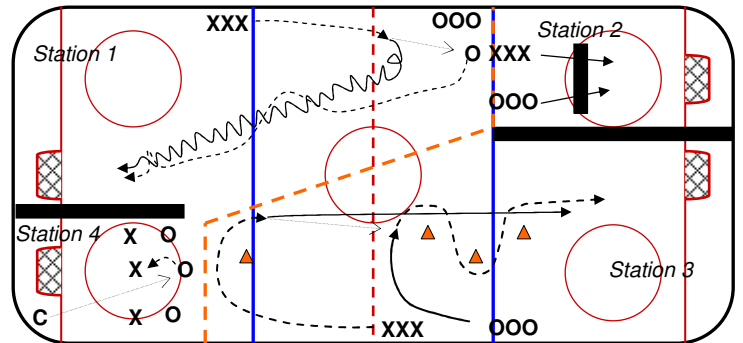
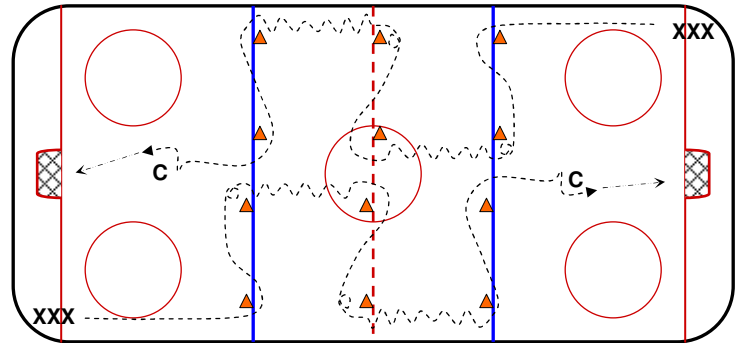
Have players perform different agility, balance and coordination maneuvers before competing for the loose puck. Examples: Drop to knee and get up before jumping over a divider. Start with a forward role. Do a 360 degree turn when jumping over the divider. Sprint to the touch the divider, back to touch blue line and then jump the divider for the puck. All races finish with a shot on goal.

Station 3: Back Checking (Body Contact)

Player X carries puck around the cone and passes before the blue line to player O. Player O times his movement so that he can collect the pass with some speed. Player O then skates through the cones before attacking the net with player X chasing him down. This drill forces player O to attack under pressure and with speed.

Station 4: Small Space 1v1 (Body Contact)

Players pair up with one player on Offense and the other player on defense. Coach will start the drill by passing to one of the offensive players. As soon as player O receives the puck he attack the net with player X defending. Play until whistle and then the coach makes the next pass. Have players switch positions. To increase the difficulty on the defender, have him start on his knees during the second practice.



Game: 4 on 2 – 11 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.



Date: Squirt Practice 37 & 38

Practice Theme / Goals: Skating, angling, body contact, individual team needs

Equipment Required / Set-up: Cones or tires

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.

Skating: Transition Skating – 8 minutes

Players skate to the line, stop, transition to backwards around the cone and then step out skating forwards to the next line. After far blue line, get a pass from the coach and finish with a shot on goal. Progress to carrying a puck.

Skating Agility/Puck Control – 10 minutes

Boards pass to self and jump the dividers, players finish off with a shot on goal. 2 on 0 passing back down the middle.

Stations: 3 Stations x 7 minutes

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

Station 1: Shooting: Opening

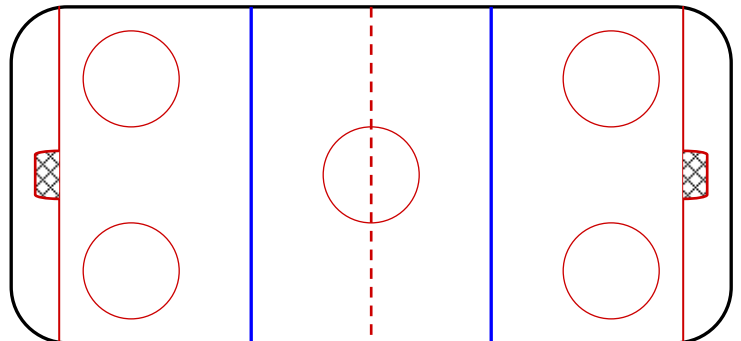
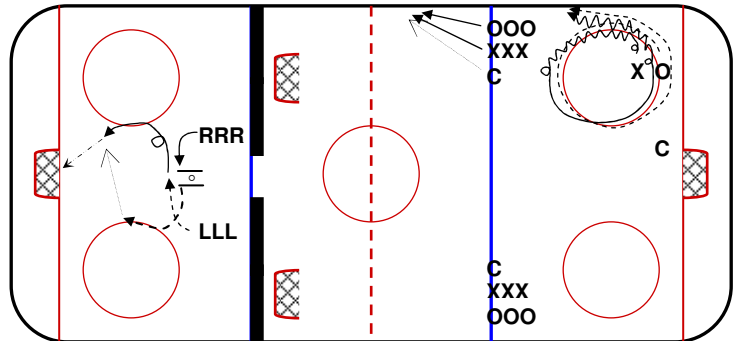
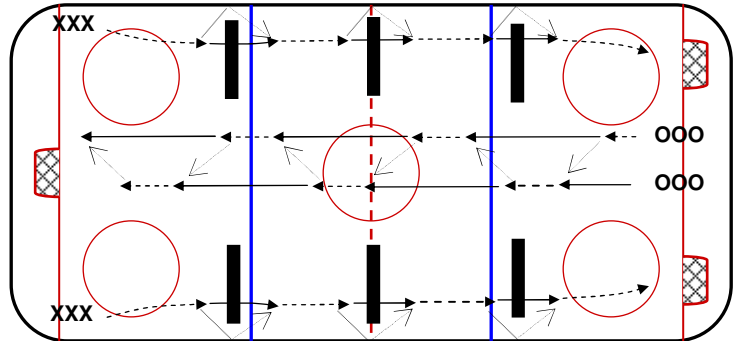
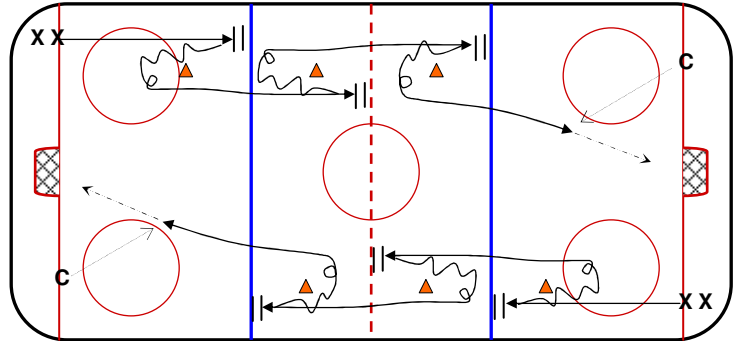
Players line up by left and right shots. Lefty's start with pucks. L1 crosses in front of R1 and makes a drop pass. L1 then moves to open up and face R1 for a return pass and immediate shot. Move pucks to begin with Righty's after half the allotted time.

Station 2: Body Contact

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 red line. Encourage body contact. Both Players must bend their knees in contact situations. Players must ply the puck but they both can lean into their opponent to establish body position on the puck.

Station 3: Mirror Angle Drill (Part 2)

Player O starts with a puck and skates around the circle. Player X mirrors player O with correct body and stick position facing the opponent from defensive side positioning. As the players begin to head up the boards, player X angles and rubs out the opponent maintaining proper body and stick position. Use both circles to increase reps. Have player work both sides.



Individual Teams – 16 minutes

Split into teams and work on individual team needs. (3 zones)



Date: Squirt Practice 39 & 40

Practice Theme / Goals: Passing skills, play under pressure

Equipment Required / Set-up: Tires and extra nets

Number of Players: 30 to 40

Time: 60 minutes

Warm Up: 5 minutes

Pump Pump Tag – Players must skate with blades always in contact with the ice. Bend knees and really extend to scoot around the ice. Coach selects several players to be taggers. Once a player is tagged they must stand still until a teammate skate a circle around them to free them. Can switch game to taggers all skate forward and everyone else backwards. Once tagged the players join the taggers and skate forward.

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: 4 Stations x 8 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: Net Tag with Pucks

Player X attempts to evade player O using the nets or tires as a screen. This activity can be done with multiple players at the same time. Player X has puck, player O attempts to steal it.

Station 2: Stretch Pass Short Version

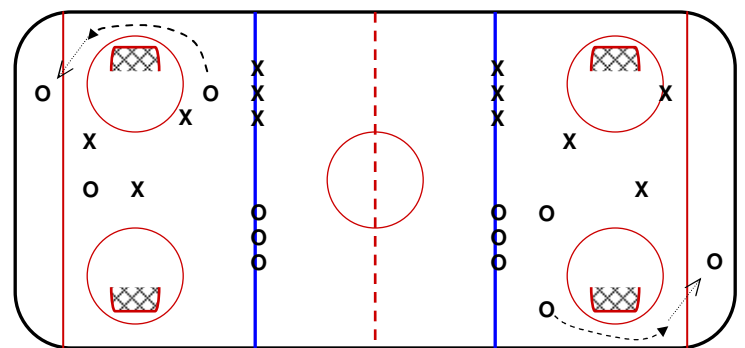
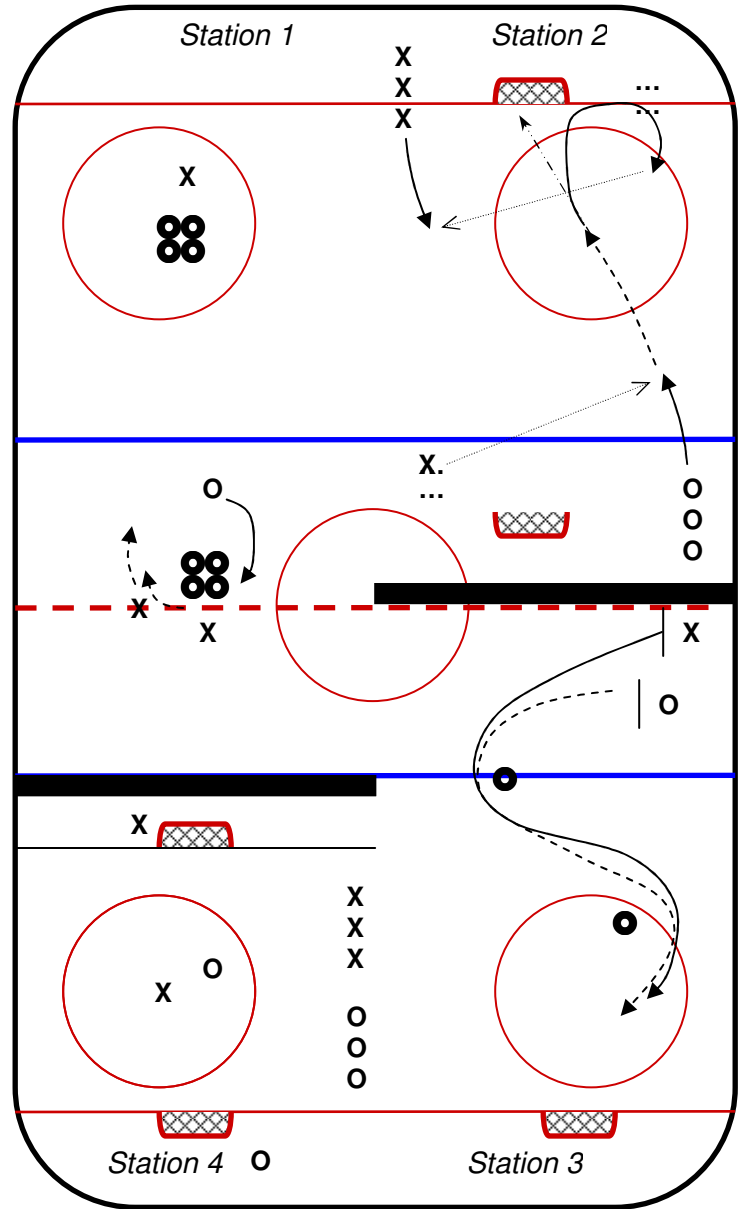
Play O breaks as Player X retrieves puck. X passes to O who shoots on goal and then pick up a new puck to activate the next player. Try to keep both sides going, let the players monitor the ice and get them to judge when to break for a pass.

Station 3: Attack Under Pressure (Contact)

Player O begins with a puck five feet in front of player X. On the coaches signal, Play X chases player O around the tires and attempt to stop player O before he can score. Vary the start distances so that player O is forced to skate at top speed.

Station 4: 1v1 with Low Outlet (Contact)

Play 1v1 in a small area. Outlet players are below the goal lines and can't score only pass. Players in the middle must make a pass to their outlet man before they can score. Play 40 second shifts. Encourage contact.



Game: 3v3 Breakout Game – 13 Minutes

Play 3v3 cross ice for 40 sec. shifts. Each change of possession a team must either carry the puck or pass the puck behind their own net before they can attack.



Date: Squirt Practice 41 & 42

Practice Theme / Goals: Puck Control and Passing

Number of Players: 30 to 40

Equipment Required / Set-up: Ringette rings

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

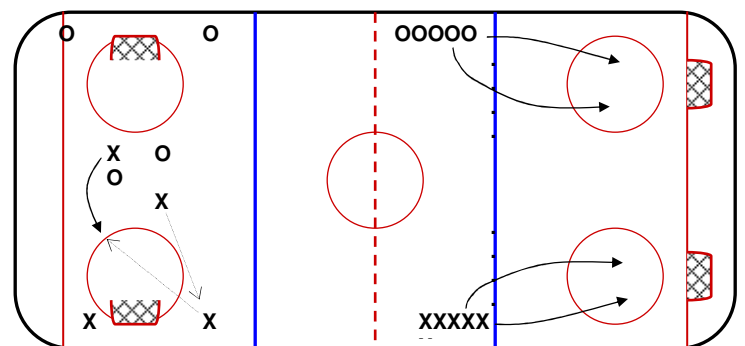
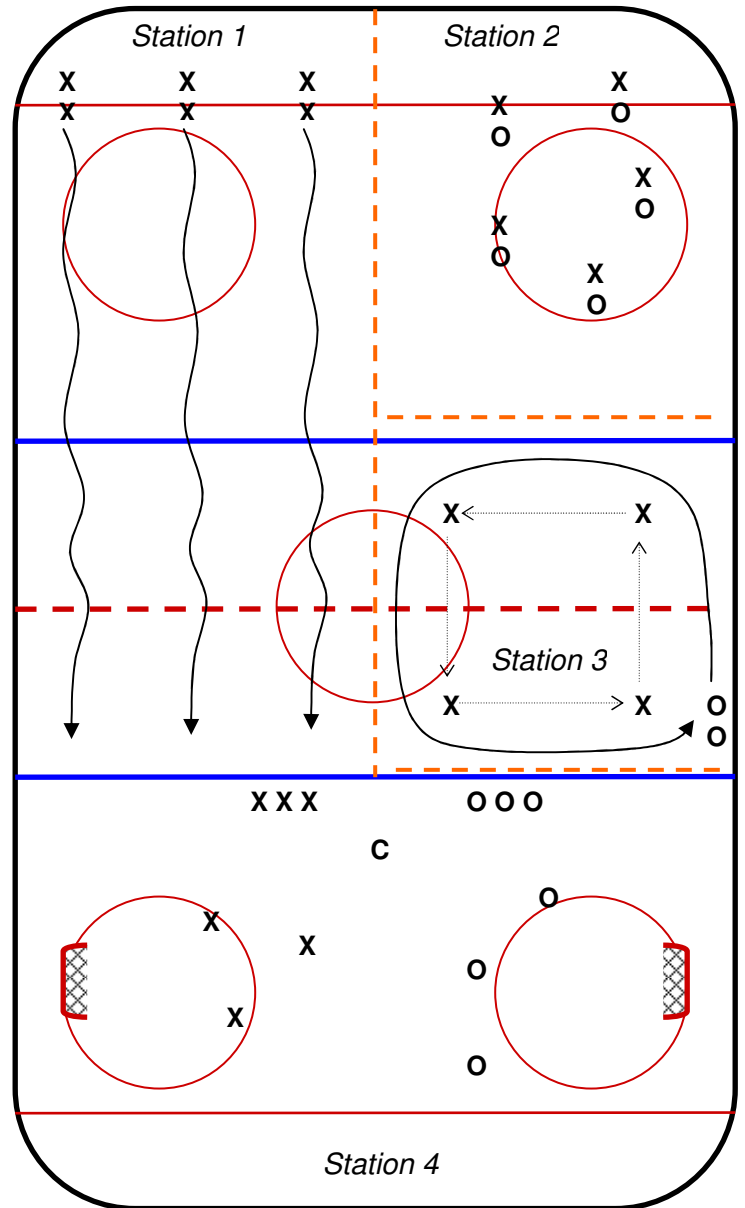
Play cross-ice. On a change of possession players must pass to a coach before they can attack the opponents net

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.





Date: Squirt Practice 43 & 44

Number of Players: 30 to 40

Practice Theme / Goals: Defensive Skills

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

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.

Skating: Y Pivot Drill – 7 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.

Passing: Forward/Backwards – 8 minutes

Pass the length of the ice with one player skating forwards and one player skating backwards. Finish off with a shot on goal.

Stations: 3 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

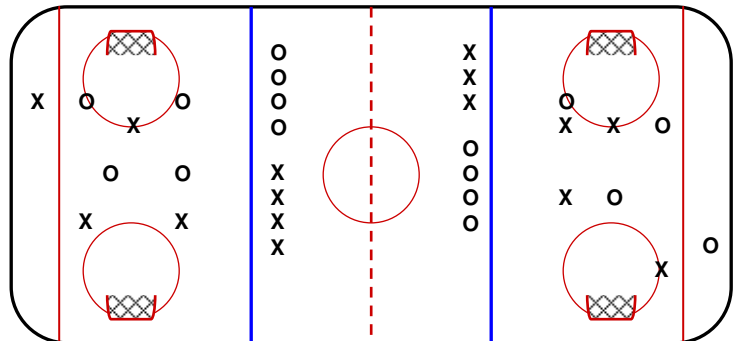
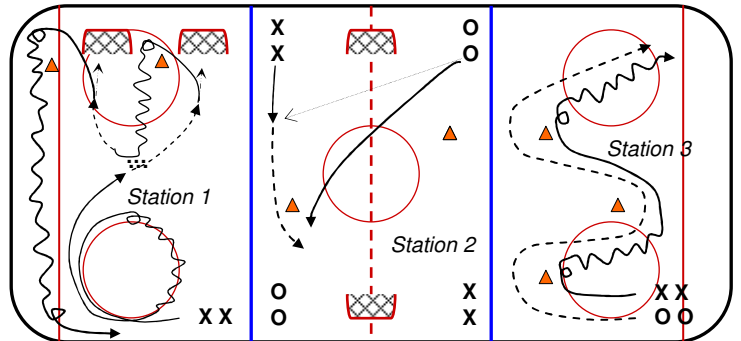
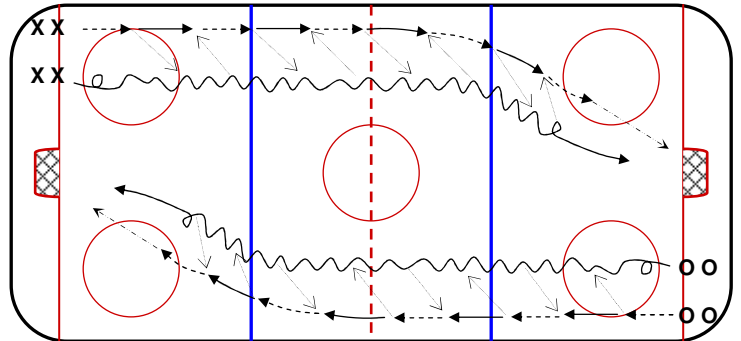
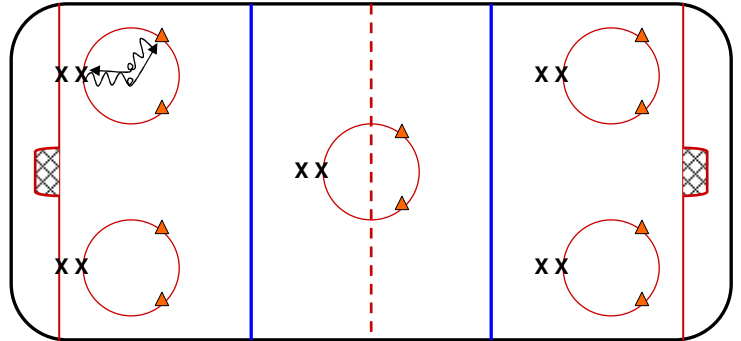
Players skate forward and backwards through the course, picking up pucks and shooting on each net. If short goalies place a divider in front of the goal. Focus on agility and pivoting forwards to backwards.

Station 2: Back Pressure Shooting

Player O passes to player X who must stay wide until the cone. After passing player O chases down X. Focus for player X is on driving the net and backchecking for player O. Encourage body contact.

Station 3: Defensive Skating

Player O carries a puck around the cones while player X attempts to mirror the movements of player O. Focus on staying with the puck carrier, transition skating and maintaining defensive side body position.



Game: Backwards Only – 12 minutes

Play 4v4 cross-ice for 40 second shifts. The players can only skate backwards during the game. This forces them to keep their head on a swivel as they must look to where they are skating. The game improves skating and puck control skills.



Date: Squirt Practice 45 & 46

Number of Players: 30 to 40

Practice Theme / Goals: Skating, puck control skills, passing

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

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).

Puck Control & Skating – 8 Minutes

Skate forwards and backwards with the puck through the course, make a fake on the coach and finish with a shot on goal. When the first player gets around the first cone, send the next skater...keep 4 to 5 players on the course at a time so that the work/rest ratio is 3/1 or 4/1.

Passing Weave – 8 Minutes

The player with the puck crosses in front of his teammate before making a return pass. Pass 2 on 0 down the ice and finish with a shot on goal.

Stations: 4 Stations x 8 minutes

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

Station 1: Races

Have players race to the blue line. Have them race skating Forwards and backwards starting from various positions (on knees, sitting, on stomach, facing the boards etc)

Station 2: 1v1 Angling (Body Contact)

Player X passes to player O who attacks the net. Player x must angle to play the 1v1 protecting the net. Play until the whistle. Encourage stick and body position with good body contact.

Station 3: Ringette Protection

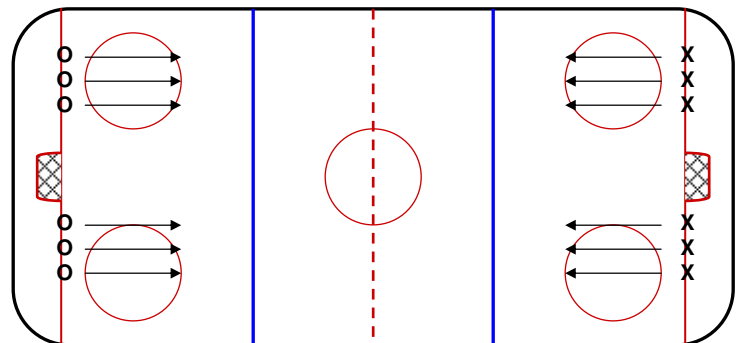
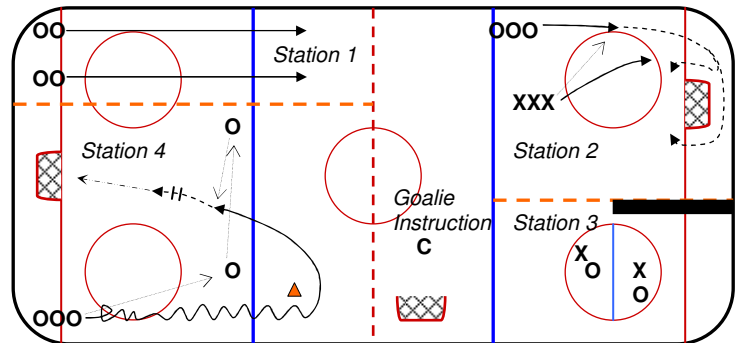
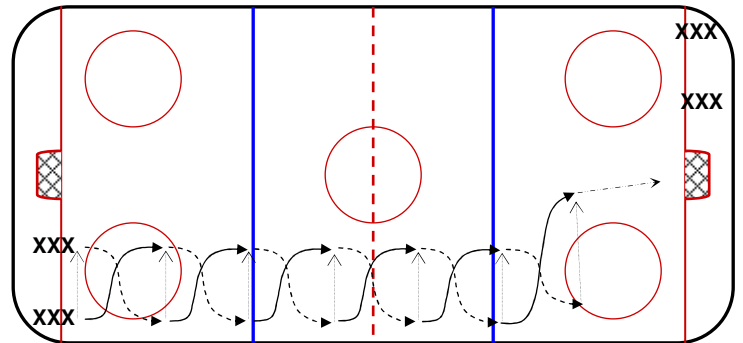
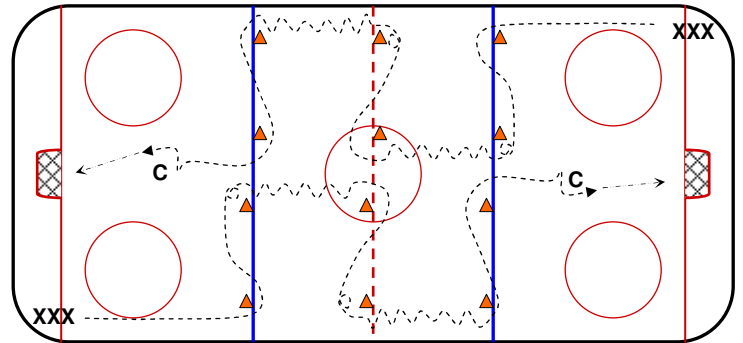
Draw a line through the middle of the face-off circles to split each circle in half. Play 1v1 keep away on each half of the circle for 30 second shifts. Encourage players to engage physically. Stick must be down and attempting to play the ring, but physical contact to gain possession of the ring is allowed...body contact.

Station 4: Passing and Agility

Player O passes to Player O1 and then skates backwards into NZ around the cone. O1 passes to O2 who then makes a return pass back to player O. Player O must receive the pass, drop to his knees and get back up before shooting on goal. After a few minutes change the passers.

Goalies: Movement Drills

Rotate goalies through the two stations that have shots and the separate goalie station.



Game: Scoro – 7 Minutes

Split into two teams. Put all the pucks into Neutral Zone. On the whistle each team attempts to score as any pucks as possible into the opponents net. Play until all pucks are scored.



Date: Squirt Practice 47 & 48

Number of Players: 30 to 40

Practice Theme / Goals: Skating skills and game play

Equipment Required / Set-up: Dividers

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: 3 Stations x 15 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 arrive.

Station 1: Half Ice Scrimmage

Two of the three groups play half ice in a 5v5 scrimmage. Play for 90 second shifts and then switch players.

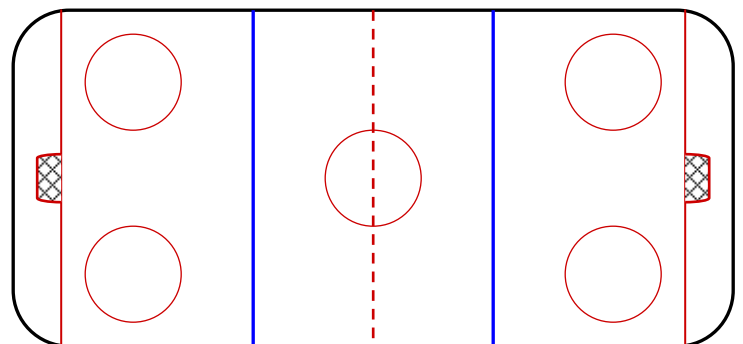
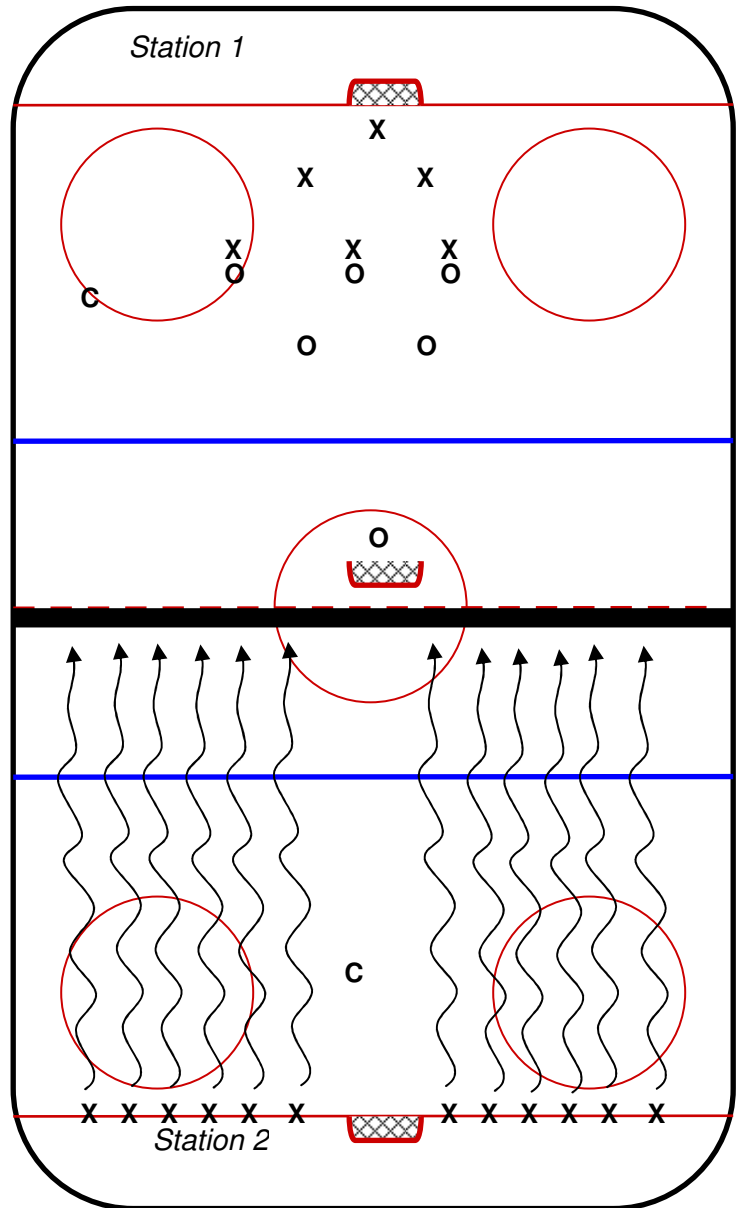
Each of the three groups will get 30 minutes of scrimmage and 15 minutes of skating skills.

Station 2: ABC's and Skating Skills

Single leg strides, both forward and backwards. Keep movements controlled with good knee bend and leg extension. After basic skating progress to ABC's... Drop to knees and up, moving forwards, head and chest up. Drop to knees and up, moving backwards. Drop to single knee and up, alternate knees, moving forwards. Drop to single knee and up, alternate knees, moving backwards. High knee run on skates forward. High knee run on skates backwards. High knee run on skates side to side. Arm circles forward, arm circles backwards etc...can add in pucks if time permits

Body Contact – 8 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.





Date: Squirt Practice 49 & 50

Number of Players: 30 to 40

Practice Theme / Goals: Angling, body contact and 1v1 play

Equipment Required / Set-up: Dividers, cones and 3 to 5 nets

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).

Skating: 9 minutes

Split group in two and have them skate the pattern from both sides. Repeat back. Correct individuals on proper technique for cross overs.

Stations: 4 Stations x 9 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: 1v1 Gap Up (Body Contact)

Player O begins by skating down the boards and passing to X. Player O skates around the face-off dot and receive a return pass from X. O then skates back into NZ and around the cone. Player X gaps up to play 1v1 back. As the 1v1 crosses the blue line the next players start.

Station 2: Shooting Game

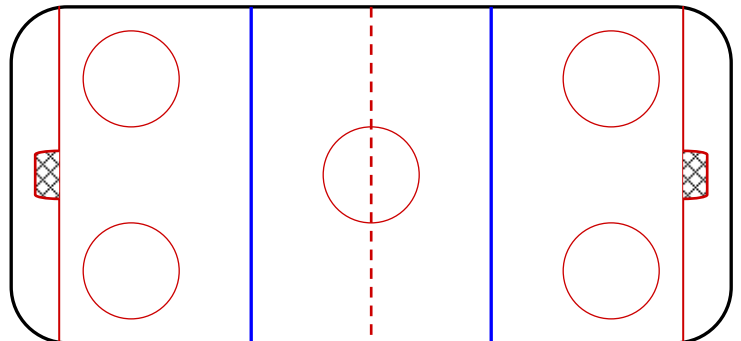
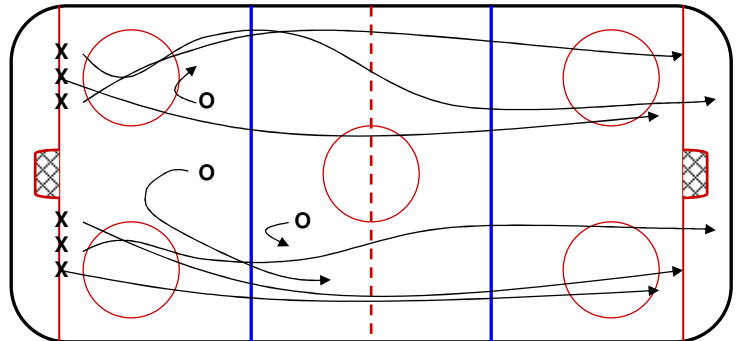
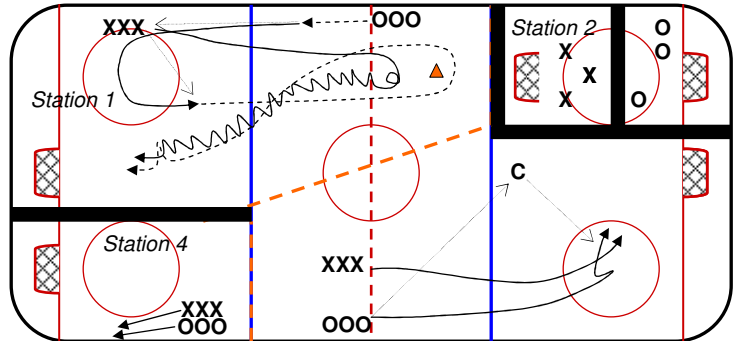
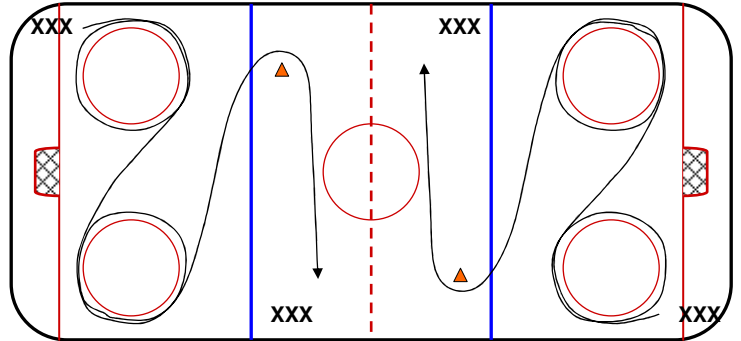
Split into two teams. Play for 60 seconds. The O shoot as many pucks over the divider and into the other teams zone as possible within the time limit. The team with the most pucks in the other team's zone wins. To increase the difficulty you can add nets.

Station 3: 1v1 Back Check (Body Contact)

Player O passes to the coach and attacks the net. Player X marks O and attempts to deny him a return pass and scoring chance. Focus is on defensive coverage and offensive separation.

Station 4: Body Contact

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 ply the puck but they both can lean into their opponent to establish body position on the puck.



Game: Submarine Tag – 10 minutes

Select several players to be the taggers. All players are without sticks. On the whistle the X's attempt to skate to the opposite end without being tagged. If Tagged, they must stand stationary where they were tagged. To be set free, a player must dive between their legs. Have players, always face the slider and be safe.



Date: Squirt Practice 51 & 52

Number of Players: 30 to 40

Practice Theme / Goals: Skating, passing, body contact

Equipment Required / Set-up: Tires, cones

Time: 60 minutes

Warm Up: 5 minutes

Pump, Pump Tag – Players must skate with blades always in contact with the ice. Bend knees and really extend to scoot around the ice. Coach selects several players to be taggers. Once a player is tagged they must stand still until a teammate skate a circle around them to free them. Can switch game to taggers all skate forward and everyone else backwards. Once tagged the players join the taggers and skate forward.

Skating: Transition Skating – 8 minutes

Divide into 5 groups, one at each face-off circle.

- A) 1/2 Forwards, 1/2 Backwards – Player begins skating from the bottom of the circle crossing over to the top of the circle. At the top, the player pivots to backwards skating back around to the bottom where he transitions to skating forward again.
- B) 1/4 Forward, 1/4 Backwards. – Same concept as in A, but pivot from forwards to backwards and backwards to forwards at each 1/4 way around the circle.

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: Angling 1v1 (Body Contact)

Player O skates over the face off dot. As soon as he touches the dot, player X carries puck down the wall and then attacks net. Player O angles off player X. O and X compete until the coach blows the whistle. Player X then skates through the face off circle and then become the next player O.

Station 2: ABC's – Short Sprints

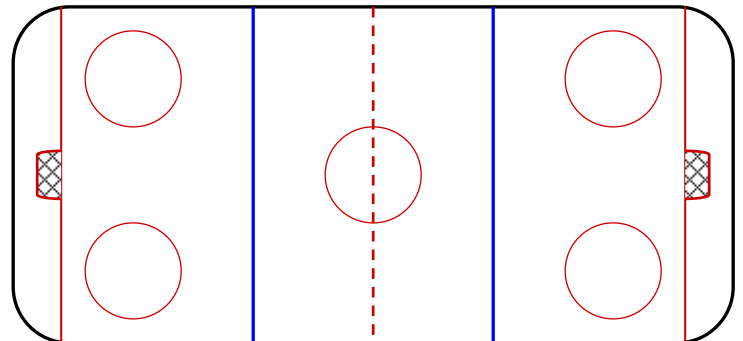
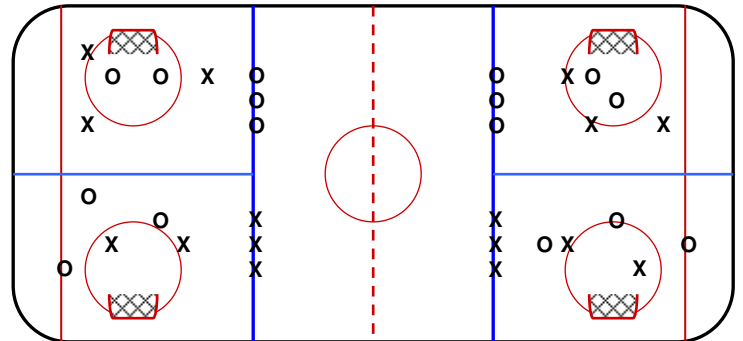
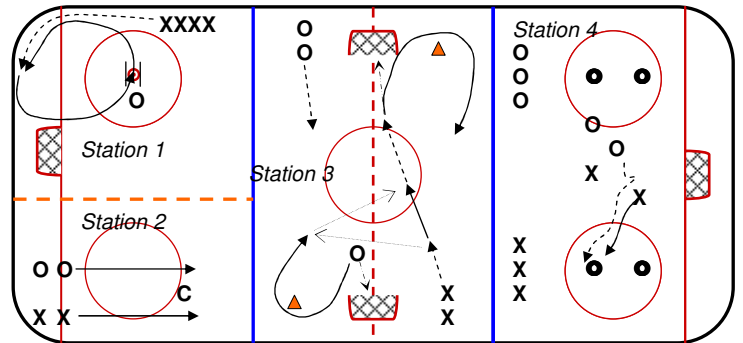
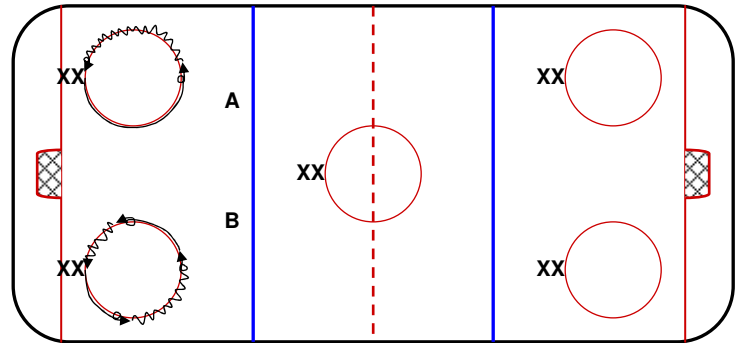
Have player sprint to the coach starting from various positions, on knees, etc. Use both visual and auditory cues to start the players sprints.

Station 3: Give and Go Shuttle

After player O shoots, he skates around the cone and heads back towards his original end. Player X begins with a puck and times his start with player O. X passes to O and then gets an immediate return pass. X now shoots on goal and rounds cone to start the next player O. Have players pivot around the cone so that they develop the habit of not turning away from the play.

Station 4: Guard the Gate (Body Contact)

Play 2v2 or 3v3 depending upon numbers. To score a player must carry the puck through the opponent's tires (gate). Works on body contact, body and stick position, angling and driving to the net.



Game: 3 on 2 Game – 15 minutes

2 defensive players and 3 offensive players are on each side of the center line. Play 3v2 with all players staying on their side of the line. When the defensive players gain possession of the puck they pass it over the line to their offensive teammates. Rotate player though both offensive and defensive positions.



Date: Squirt Practice 53 & 54

Number of Players: 30 to 40

Practice Theme / Goals: Basic Skills and BO Skills

Equipment Required / Set-up: tires or cones, tennis balls

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 carrying a puck and skating backwards from the boards to inside the face-off dots; players pivot to skating forwards back towards the boards; then again pivot to skating backwards again towards a position inside the face-off dots. Repeat the sequence down the ice. Pass 2 on 0 back.

Stations: 4 Stations x 8 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: Ringette Keep Away

Begin by pairing up the players and having them play 1v1 keep away with the rings. Progress to 1v1v1 keep away. Encourage body contact.

Station 2: Chaos Stickhandling

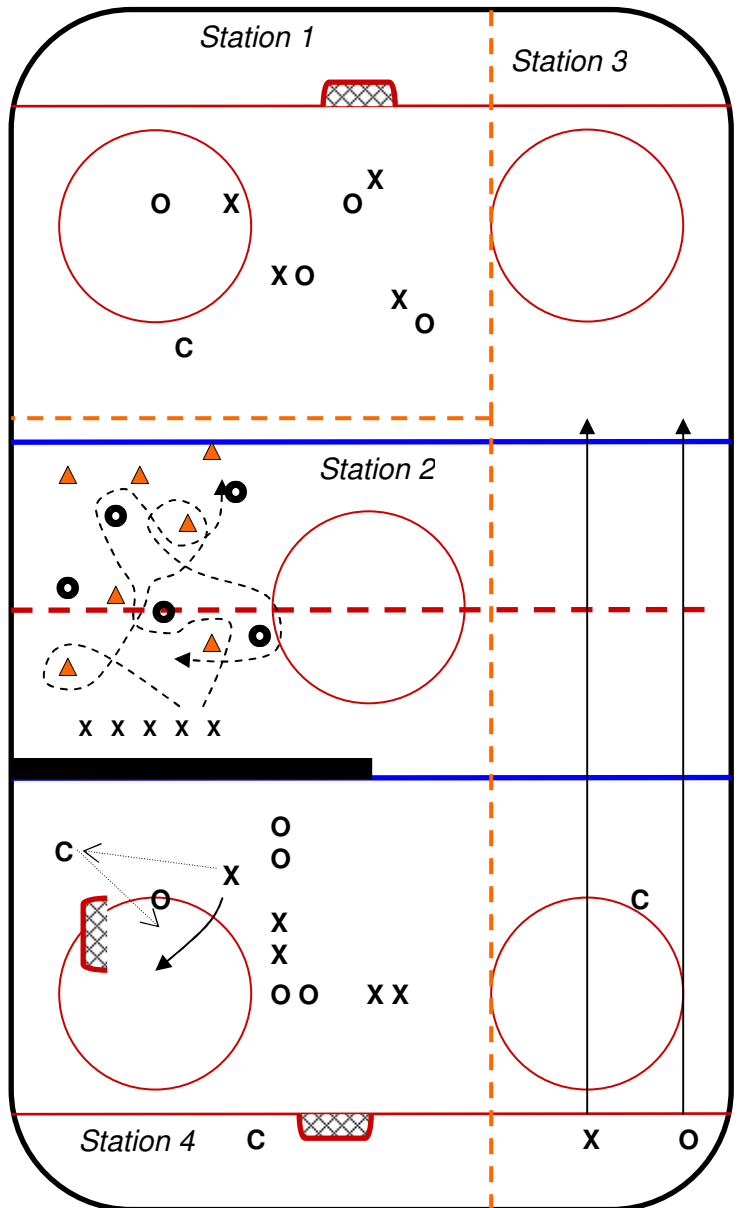
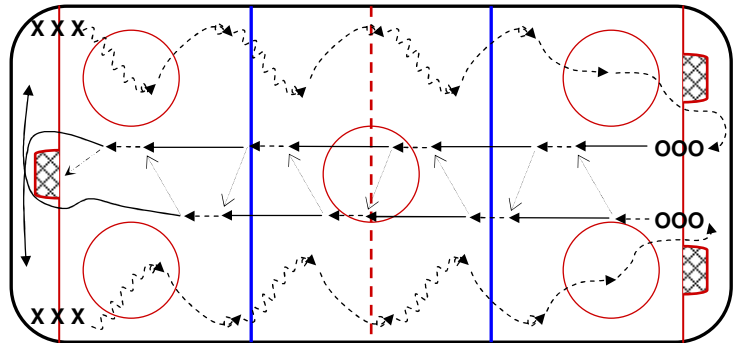
Players stickhandle skating around obstacles. Keep players involved. The coach can switch to players going in pairs in a follow the leader setup. Check to see that each player is holding their stick properly. Hands about shoulder width apart and top hand at the end of the stick partially held in the palm with the V between thumb and forefinger.

Station 3: Acceleration

Coach stands about 10-15 feet away from the players in the middle of two lines. The coach holds two tennis balls at shoulder height. The coach drops the balls and the players explode and attempt to catch the balls before they bounce a second time.

Station 4: 1v1 Give and Go

Players must pass to the coach before they can shoot on goal. Play 1v1 for 30 second shifts. Emphasis is on moving to open ice after making the pass to the coach. Create a passing lane. The coach should change positions on the ice to make player get their heads up and find the coach for the initial pass. Use a second net to increase reps.



Game Ringette – 13 minutes

Play 3v3 cross ice for 40 second shifts. Play out of two ends.



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

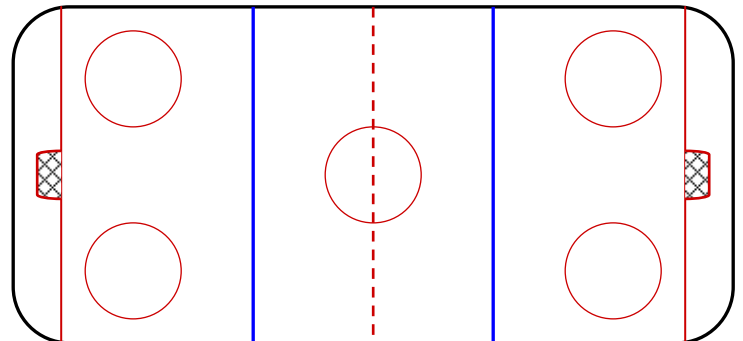
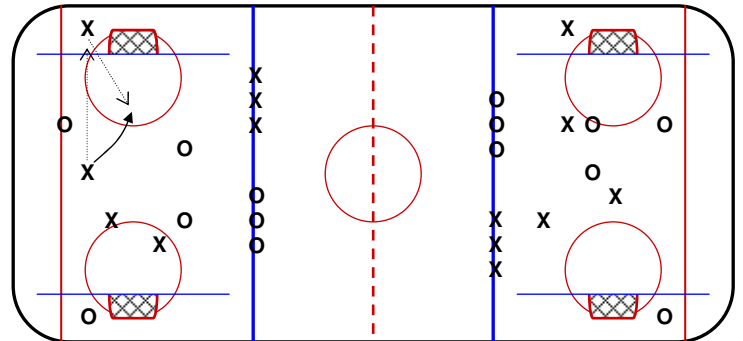
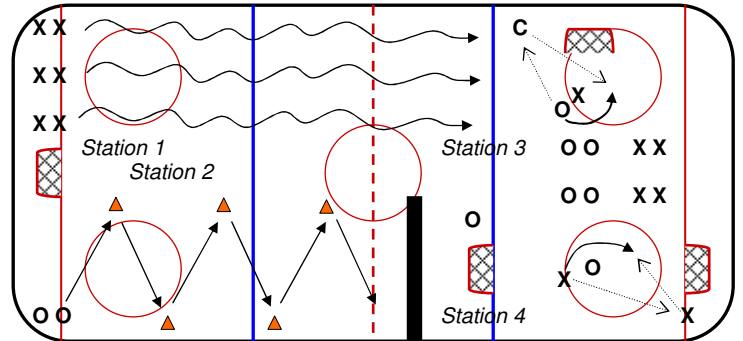
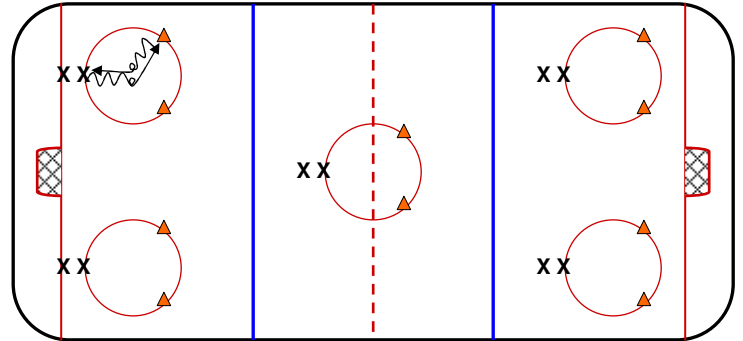
Have players stop and start at each cone. Have them spray the cone with snow attempting to turn it white! Work on correct technique. Half way through, have the players carry pucks. Progress to tight turns.

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.



Date: Squirt Practice 57 & 58

Number of Players: 30 to 40

Practice Theme / Goals: Breakout and Passing Skills

Equipment Required / Set-up: Ringettes, dividers and 4 nets

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 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: Ringette Keepaway (Contact)

Every player goes at the same time. Use either 2 or 3 ringettes depending on the number of kids in the station. If 6 players, use 2 ringettes, if 8 players, use 3 ringettes. Players compete for ringettes and play keep away. If you have a ringette, protect it, if you don't have one, try to take one away from someone who does. Works on puck protection, competing, stick strength, and heads up awareness.

Station 2: Breakout to 1 v 1 (Angling)

Coach dumps a puck in and X goes back to retrieve it. Y posts up in a breakout position. X hits Y with a pass. Y skates up around the tire and attacks the net. X gaps up and plays Y in a 1v1. Teach good habits including looking over the shoulder when retrieving loose pucks and looking up ice before catching a pass. Works on team play, passing, receiving, competing, and habits. Make sure

Station 3: Breakout to 2v1

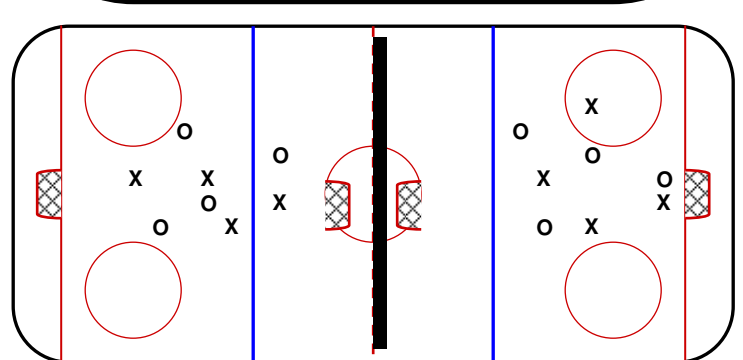
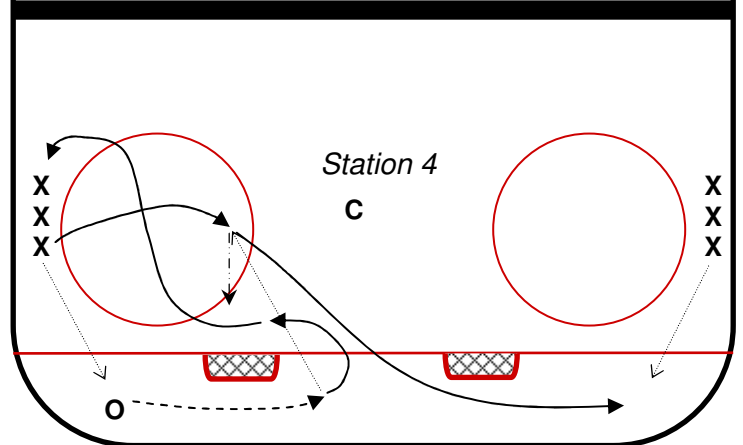
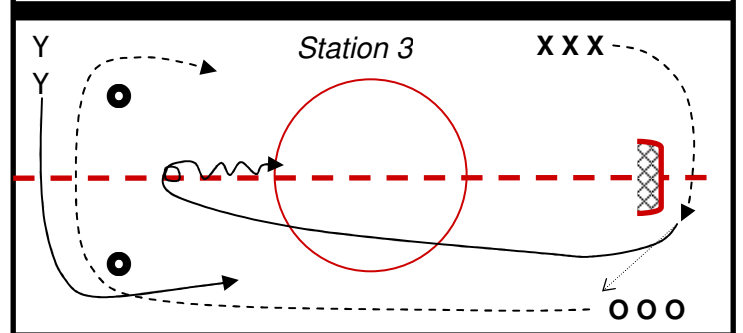
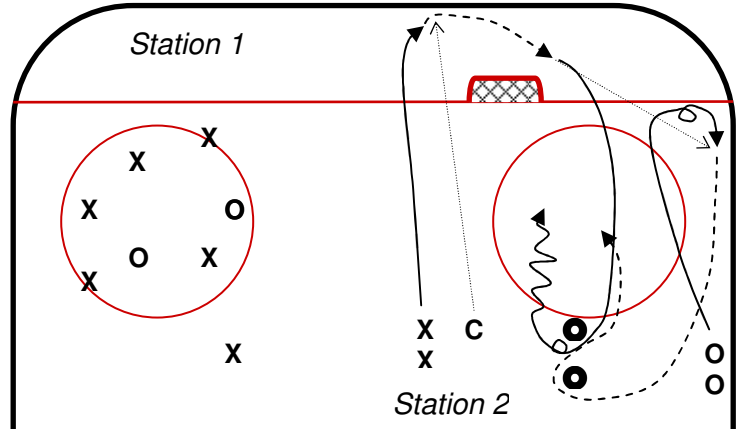
Player X carries puck around net and make a breakout pass to player O. Player O carries the puck around the tire passes to player Y. Y and O skate around the tires and attack X 2v1 who has gapped up. Works on team play, odd man rushes, passing, scoring, and defending.

Station 4: Situational Passing

X passes to O and then moves to open ice for a return pass. O carries the puck behind the net and hits X for shot, and then looks for the rebound. After shot X becomes the new O on opposite side of ice.

Body Contact – 8 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.



Game: 3v3 any net – 11 Minutes

Play 4v4 half ice for 40 sec. shifts. Players can score on either net. Works on goaltending, alertness, hockey sense, creativity, transition, passing, and scoring,



Date: Squirt Practice 59 & 60

Practice Theme / Goals: Skating and passing skills, game play

Equipment Required / Set-up: Dividers

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).

Puck Control and Passing – 10 minutes

Players carry the puck through the designated pattern. Give and go passes are done with the coaches. It may be possible to use players as the passers instead of using coaches. One end finishes by attacking the net out of the corner and the other end with the player delaying to the middle for a high slot pass from the coach. Coaches should work with the players timing.

Stations: 3 Stations x 10 minutes

On the whistle to change station, players jump doing a 360 degree turn in the air before moving on to the next activity. Jump one time each direction. Coaches distribute water at each station.

Station 1: Passing and Moving

Progress through 3 different passing drills with 4 players to a group.

- a) Take two strides with the puck and pass to the opposite line. Immediately after the pass, turn back to your line.
- b) Player passes to opposite line and then skates straight toward the receiver (no change in direction). The receiver skates at the passer and makes a fake, going by the passer and into the back of the opposite line (Head up!)
- c) Players start in a box. Pass, follow your pass around the box.

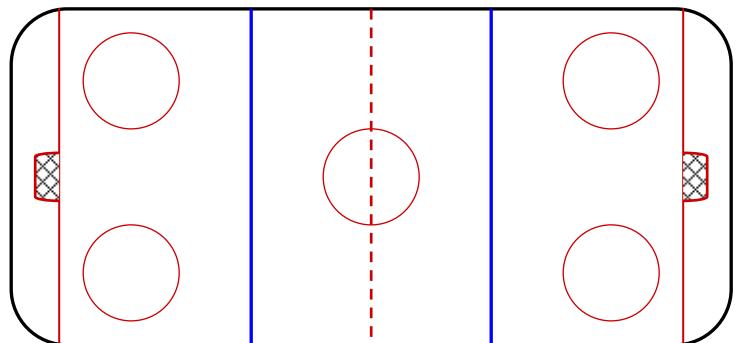
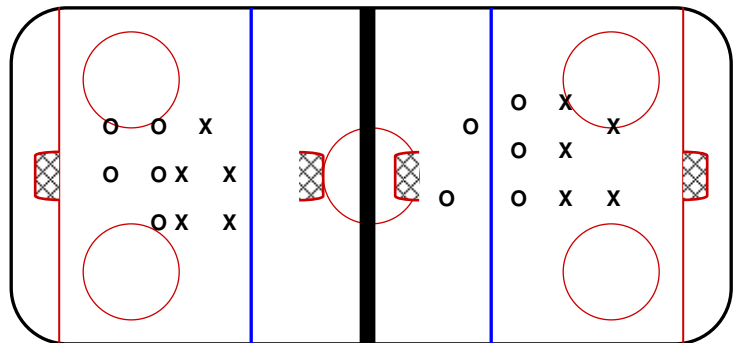
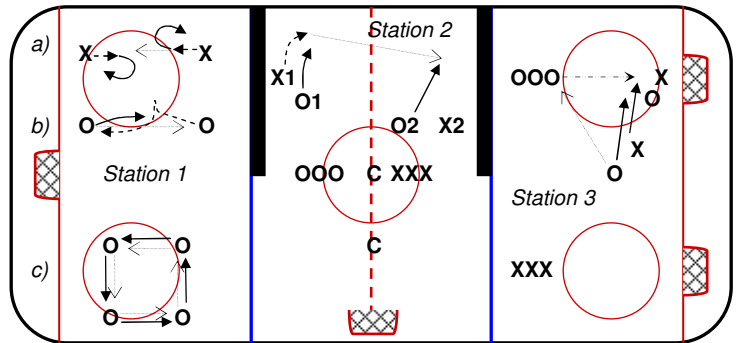
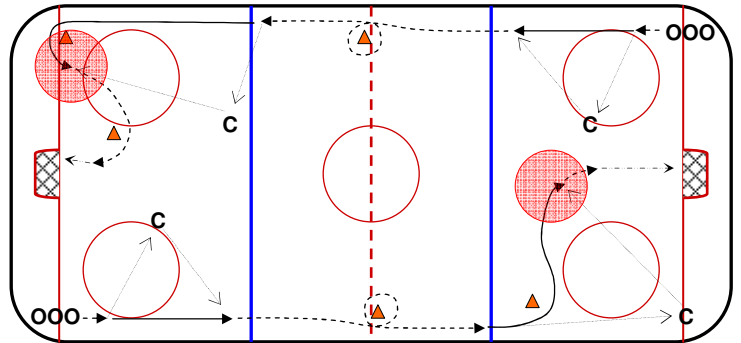
Station 2: 2v2 Possession

Play 2v2 keep away with designated coverage. When the X players have the puck, O1 must always cover X1 and O2 always covers X2 and vice versa when the O players have the puck. Offensive players must now work hard to get open and defensive players must watch their man while keeping an eye on the puck. Defensively don't turn your back to the puck if possible.

Goalies have individual instruction on the other side of the zone.

Station 3: 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.



Game: Half Ice Scrimmage – 15 minutes

Divide into teams and scrimmage 5v5 for 60 second shifts. Change on the whistle...leave puck and sprint to bench. The next players can go when as players get back to the bench.



Date: Squirt Practice 61 & 62

Practice Theme / Goals: Puck control, agility skating, 2v1 play

Equipment Required / Set-up: Dividers and cones

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.

2 on 0 Passing with Agility – 8 Minutes

The player without the puck begins by skating backwards. Player with the puck skates forwards and passes to teammate. After receiving the pass, that player pivots to carry the puck skating forwards and his teammate switches to skating backwards. Continue this pattern down the ice and finish off with a shot on goal.

Stations: 4 Stations x 9 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: 2v1 LRA

The Defender starts the drill by gapping up and passing to the coach. The two offensive players switch lanes and receive a return pass from the coach. (face the puck). On return pass the two O's attack 2v1.

Station 2: ABC's Loose Puck Races

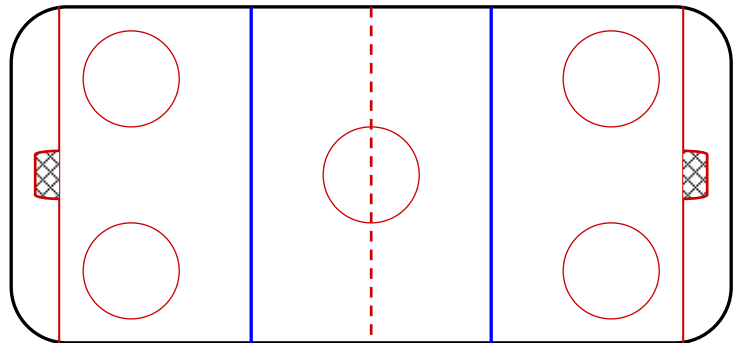
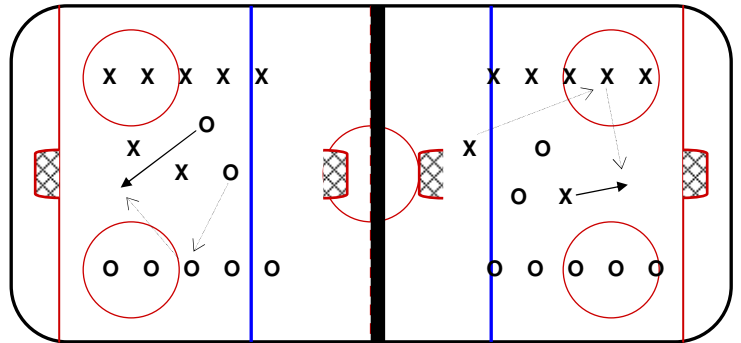
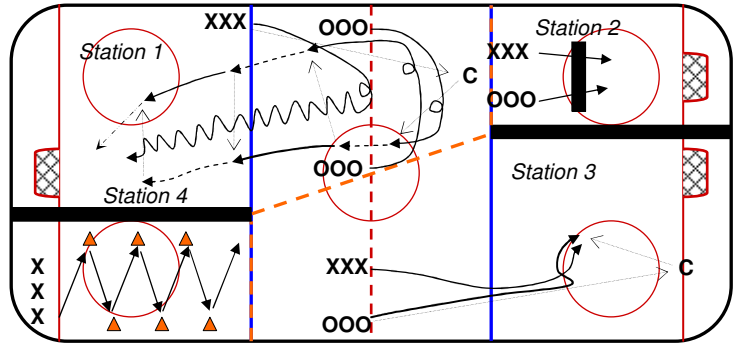
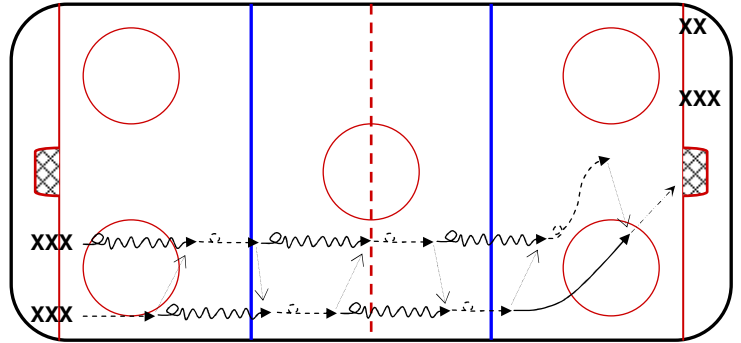
Have players perform different agility, balance and coordination maneuvers before competing for the loose puck. Examples: Drop to knee and get up before jumping over a divider. Start with a forward role. Do a 360 degree turn when jumping over the divider. Sprint to the touch the divider, back to touch blue line and then jump the divider for the puck. All races finish off with a shot on goal.

Station 3: 1v1 Back Checking 2

Player O passes to the coach and attacks the net. Player X marks O and attempts to deny him a return pass and scoring chance. Focus is on defensive coverage and offensive separation.

Station 4: Small Space Skating

Work on specific skating technique with the players. Stop and Start at each cone. Face the divider with forwards and backwards stops at each cone. Face the divider and pivot forwards to backwards, backwards to forwards at each cone. Tight turns around each cone, etc.



Game: 2v2 Transition & Coverage – 11 min

Play half ice 2v2 for 40 second shifts. On change of possession a player must pass to one of his stationary teammates before they can attack. Stationary players can only pass. When your team doesn't have the puck, look to cover an open opponent, not the stationary passer!



Date: Squirt Practice 63 & 64

Practice Theme / Goals: Skating and passing skills, game play

Equipment Required / Set-up: Dividers

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).

Puck Control Under Pressure – 10 Minutes

Player X passes to player O. Player X must then do a 360 degree spin and then chase down player O through the course.

Passing: 2 on 0 w/ Breakout – 10 Minutes

Player X passes to the coach. Player O pivots below the hash mark for a return pass from the coach. Player X works on taking a support angle through the middle. Players O and X pass 2 on 0 down the ice and finish with a shot on goal. Keys for the drill are the low pivot by O, the support timing by X (even or below O when he receives the pass) and as many passes as possible down the ice.

Stations: 3 Stations x 10 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: 3v3 Low

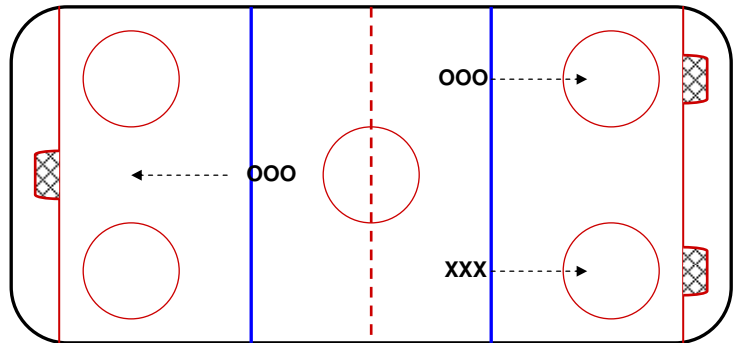
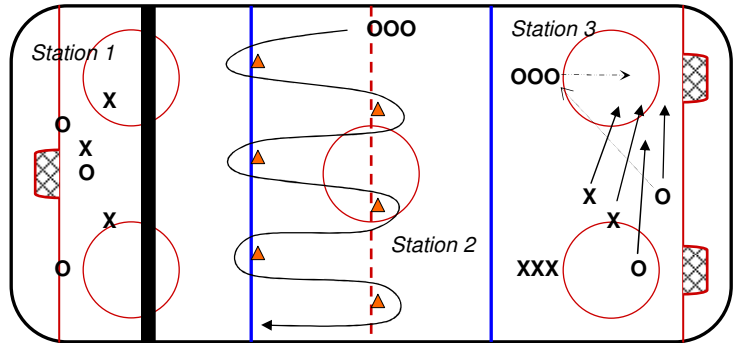
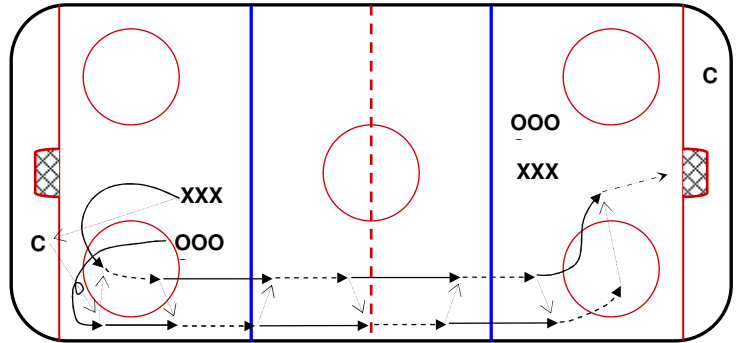
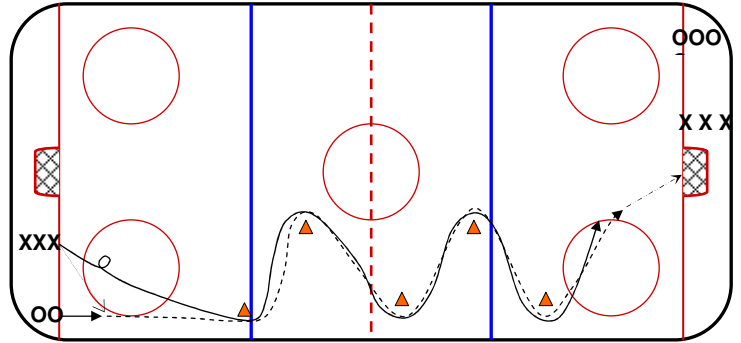
Play 3v3 game in the confined space. On a change in possession players must make a pass to a teammate before they can try to score. Encourage body contact.

Station 2: Skating & Edge Work

Skate through the course, using only the outside skate around each turn. Next, tight turn then follow up with stops at each cone and finish with forward and backwards pivots around each cone.

Station 3: 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.



Game: Shootout Race – 5 Minutes

Divide into 3 teams. The first player takes a breakaway shot on the goal. He plays until he scores. After scoring he must sprint back out over the blue line before his next teammate can go. First team to have everyone score is the winner.



Date: Squirt Practice 65 & 66

Practice Theme / Goals: Puck Control and Passing Skills

Equipment Required / Set-up: Ice marker, cones, tires

Number of Players: 30 to 40

Time: 60 minutes

Warm Up: 10 minutes

Players pair up with one puck per pair. On the whistle, play 1v1 keep away with their partner. Have players stay in a confined area attempting to stickhandle around or through their partner. Play for 40 seconds, rest for 40 seconds. On the whistle to rest, players stand 15' apart and pass to one another.

Forehand passes, backhand passes, and bullet passes (pass as hard as possible). Have players pass cross body and sweep the puck. Coaches correct technique.

Goaltenders: Warm-up and Movement

Goalies pair up and mirror each others movements. Drop to knees and get up, fake glove saves, etc.

Coach can then give the goalies some warm-up shots.

Stations: 3 Stations x 10 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: Pass Follow Your Pass

Split the group into two so that the repetitions stay high. Players pass to the next person and then take their spot in the rotation. Finish with the last person shooting.

Station 2: Puck Control

Have the players make wide fake at the cones, then pass to the coach and get a return pass for a shot on goal. Encourage the players to really exaggerate the fakes at each step.

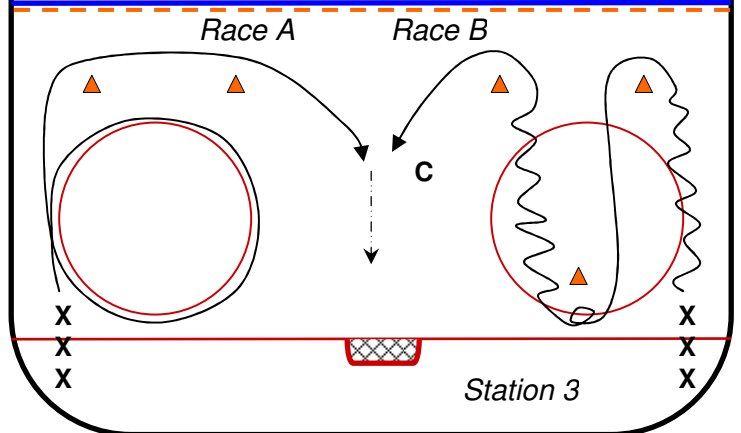
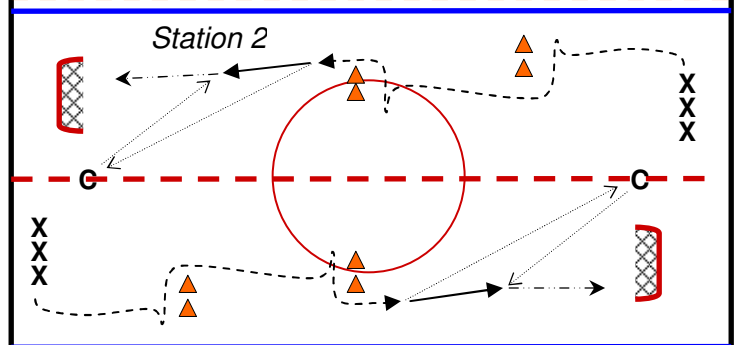
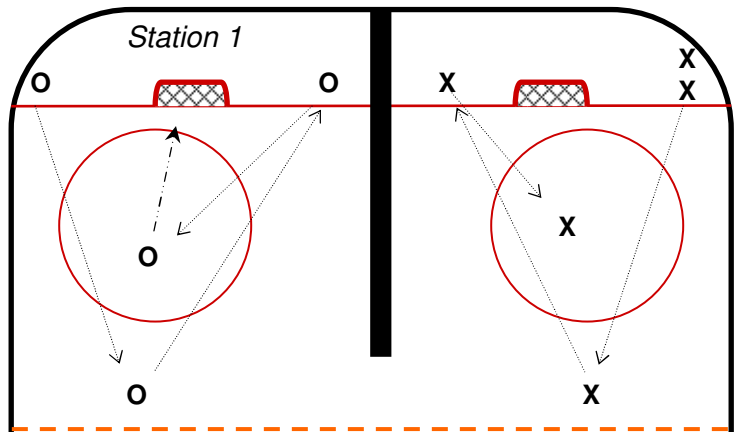
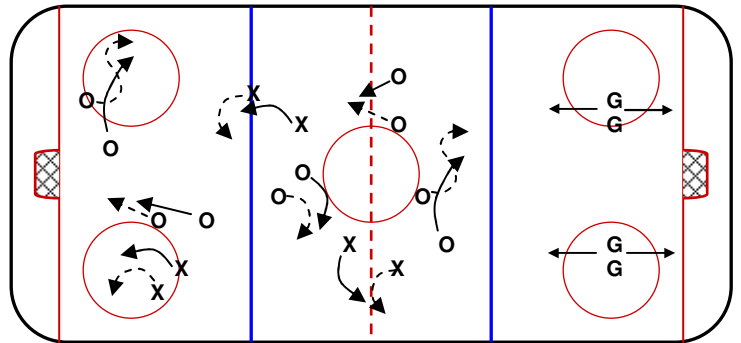
Station 3: Loose Puck Races

Race A: Players skate crossovers around the circle, around the two cones and compete for the puck to score.

Race B: Race for the puck in the slot skating around the cones. Start backwards, forwards, backwards, then forwards. **Encourage contact and battling for the puck.**

Player Shooting – 10 minutes

Wrist shots – have players spread out with in the zone and shoot against the boards. Work on proper technique. Have the players pair up with one player near the board. One player shoots the puck and the other player tries to knock the puck out of the air with his stick. Two thirds of the way through, switch to having the players try a slap shot. Don't worry too much about technique, have them strike the puck as hard as possible. (upper body speed training).



Game: Half Ice Scrimmage – 40 Minutes

Divide the groups into 4 teams, scrimmage half ice with for 20 minutes then rotate opponents. Play 5v5 or 4v4 whichever enables player to play every other shift.



Date: Squirt Practice 67 & 68

Practice Theme / Goals: Positional Play and Skating

Equipment Required / Set-up: Cones or tires

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.

Skating: Forwards/Backwards – 8 minutes

Players skate forwards and backwards through the pattern. When skating the turns forwards, use cross-overs and keep feet moving. Can be done with pucks.

Skating Agility/Puck Control – 10 minutes

Players begin with pucks skating forwards to cone, pivot to backwards and skate to 2nd cone. Pivot to forwards and pass to the coach who immediately returns the puck for a shot on goal. Finish off by sprinting to the corner, collecting a puck and then pivoting to skate backwards to the next line.

Stations: 3 Stations x 12 minutes

On the whistle to change station, players jump doing a 360 degree turn in the air before moving on to the next activity. Jump one time each direction. Coaches distribute water at each station.

Station 1 & 2: Half Ice Scrimmage

Two of the three groups play half ice in a 5v5 scrimmage. Play for 90 second shifts and then switch players. Each of the three groups will get 24 minutes of scrimmage and 12 minutes of skating skills.

Positional Play in two basic areas:

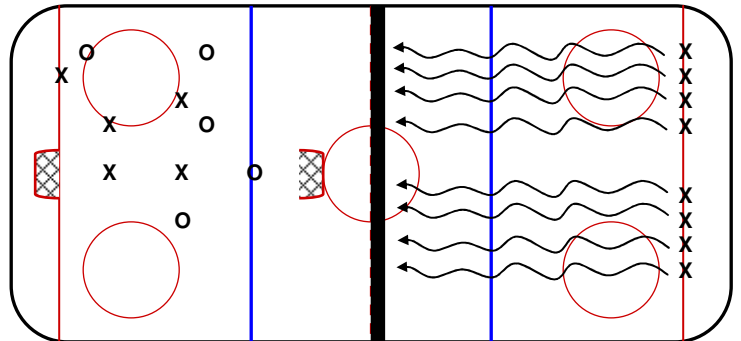
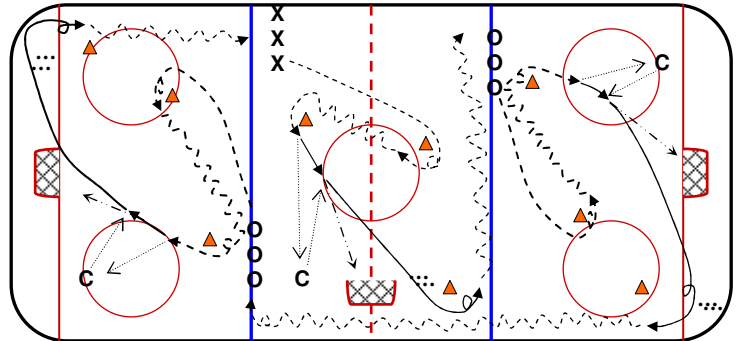
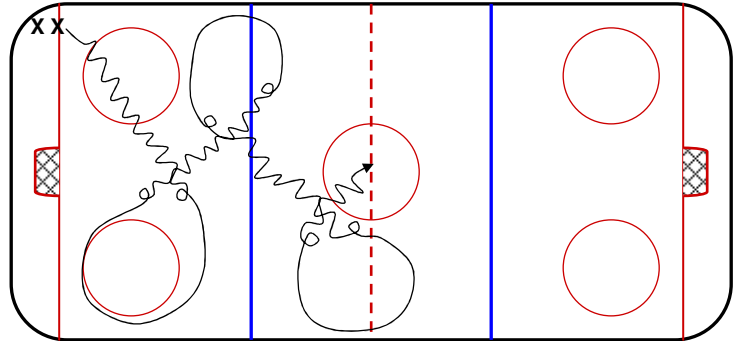
DZ Coverage: When the puck is in the corner the closest defenseman pressures the puck and his partner covers the net front area. (Not left D in Left corner etc.)

Forecheck: Closest player to the puck pressures. The next closest player anticipates where the puck is going to go and the third player is high in the middle of the ice also anticipating where the puck will go. (Not left wing in the left corner, etc.) Key point is the closest player to the puck applies pressure.

Help players understand the basic principles and try not to tell them exactly where to stand.

Station 3: Skating Skills

Work skating skills on basic forward stride, backwards stride, stops, and pivots (forward to backwards and backwards to forwards). All pivots and stops should be practiced to both left and right sides.





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

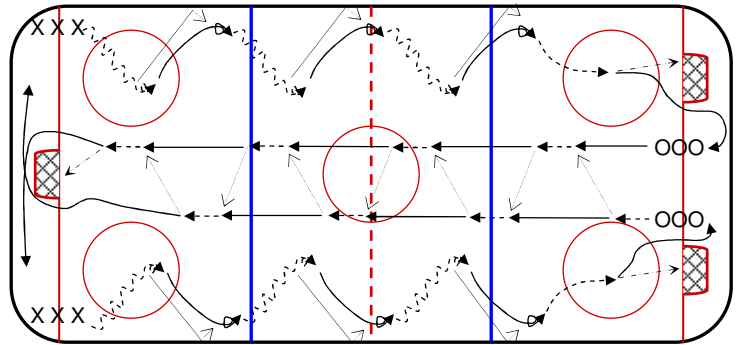
Time: 60 minutes

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.

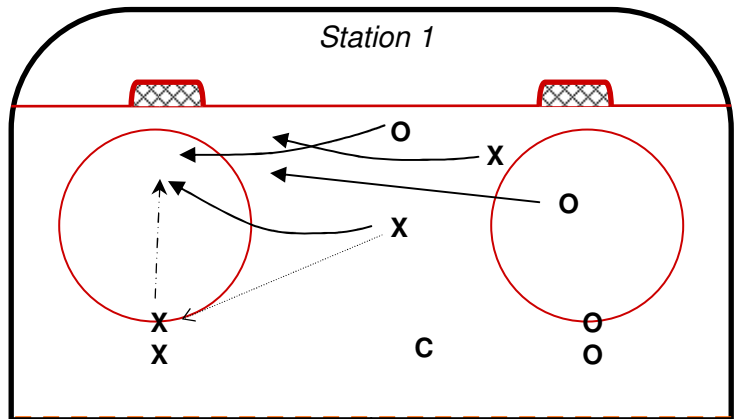


Stations: 3 Stations x 10 minutes

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.

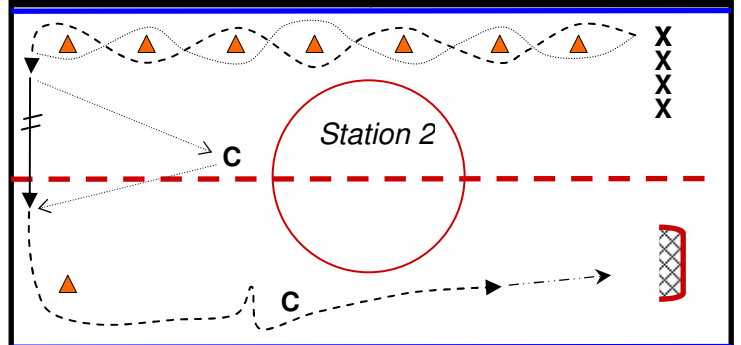
Station 1: 2v2 with Point Shot

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.



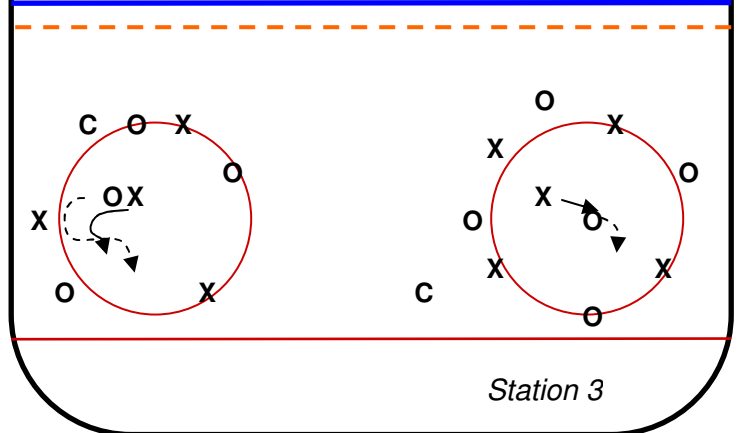
Station 2: Puck Control

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.



Date: Squirt Practice 71 & 72

Number of Players: 30 to 40

Practice Theme / Goals: Defensive Skills

Equipment Required / Set-up: Cones or tires

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: Cross-overs – 8 minutes

Players should attempt to skate without breaking stride and focus on generating speed through the course. Drill is done from two corners and also with pucks.

Passing: 2 on 0 w/ Breakout – 10 Minutes

Player X passes to the coach. Player O pivots below the hash mark for a return pass from the coach. Player X works on taking a support angle through the middle. Players O and X pass 2 on 0 down the ice and finish with a shot on goal. Keys for the drill are the low pivot by O, the support timing by X (even or below O when he receives the pass) and as many passes as possible down the ice.

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 Skills

Players skate forward and backwards around the circles. Work with the kids on skating technique; bend knees, cross over, push under lead with stick. Pull kids aside for instruction.

Station 2: 1v1 BO and Defense

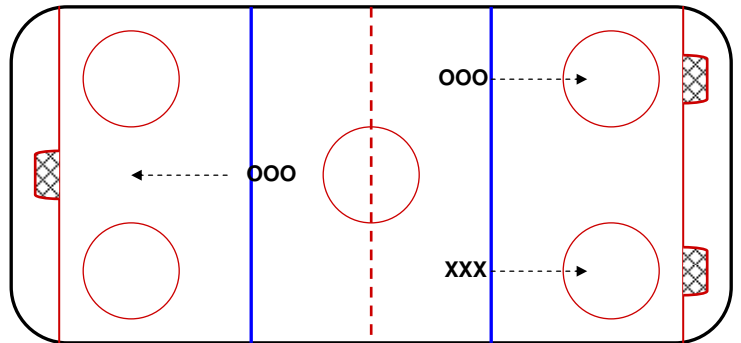
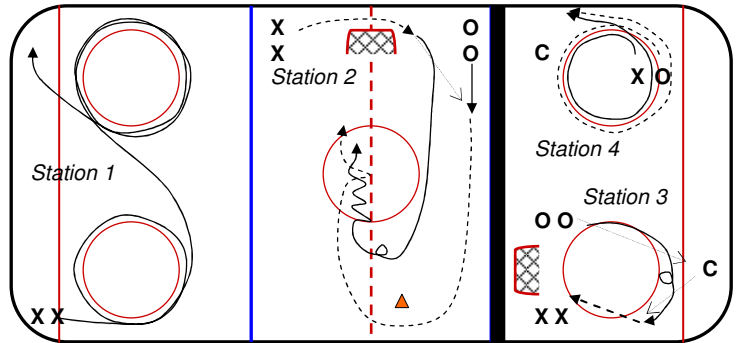
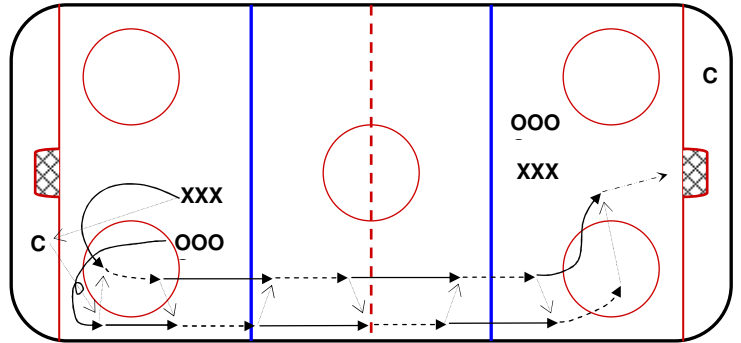
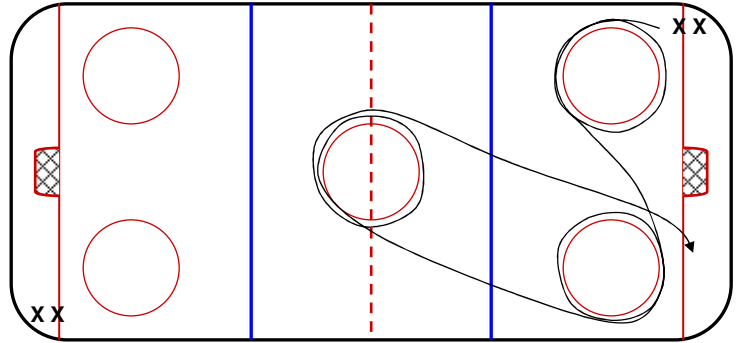
Player X passes to player O who must stay wide until the cone. After passing player X follows up the play, pivots to backwards and plays the 1v1 back. Focus on player X gapping up to play the 1v1.

Station 3: Breakout Skills

Player passes to the coach and then widens out low for a return pass. The player finishes with a shot on goal. Work on player facing the puck and pivoting with speed for return pass. Work both sides to keep reps high.

Station 4: Mirror Angle Drill

Player O starts with a puck and skates around the circle. Player X mirrors player O on the inside of the circle with correct body and stick position (shoulder to shoulder and with stick on the ice, blade to blade). As the players begin to head up the boards, player X angles and rubs out the opponent maintaining proper body and stick position. (For the repeat of this practice, switch positions with station 3 so that players angle from the opposite side).



Game: Shootout Race – 5 Minutes

Divide into 3 teams. The first player takes a breakaway shot on the goal. He plays until he scores. After scoring he must sprint back out over the blue line before his next teammate can go. First team to have everyone score is the winner.



Date: Squirt Practice 73 & 74

Number of Players: 30 to 40

Practice Theme / Goals: Angling and defensive stick skills, drop passing

Equipment Required / Set-up: Cones, tires, dividers and extra stick

Time: 60 minutes

Warm Up: 5 minutes

Pump Pump Tag – Players must skate with blades always in contact with the ice. Bend knees and really extend to scoot around the ice. Coach selects several players to be taggers. Once a player is tagged they must stand still until a teammate skate a circle around them to free them. Can switch game to taggers all skate forward and everyone else backwards. Once tagged the players join the taggers and skate forward.

Continuous Drop Pass – 10 Minutes

Players exchange drop passes down the ice and finish off with a shot on goal. Players need to always drop puck to the correct side (behind) and then leave the puck early to let their teammate skate into the puck.

Stations: 4 Stations x 8 minutes

On the whistle to change station, players jump doing a 360 degree turn in the air before moving on to the next activity. Jump one time each direction. Coaches distribute water at each station.

Station 1: Tire Push Game

Divide into two teams. Each team scores a point when they push a tire to touch the opposite boards. Keep 2 to 3 tires in play, and dropping a new one in the center ice after a point is scored. Players should focus on driving with their legs & using their inside edges to push tires.

Station 2: Puck Control Agility

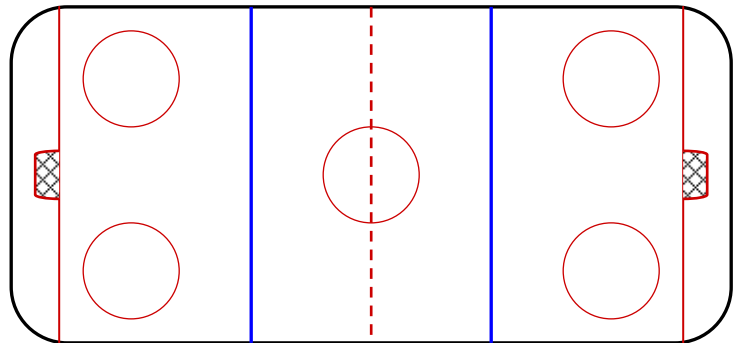
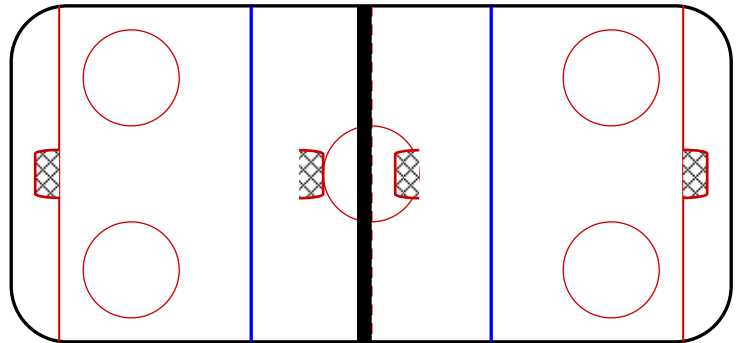
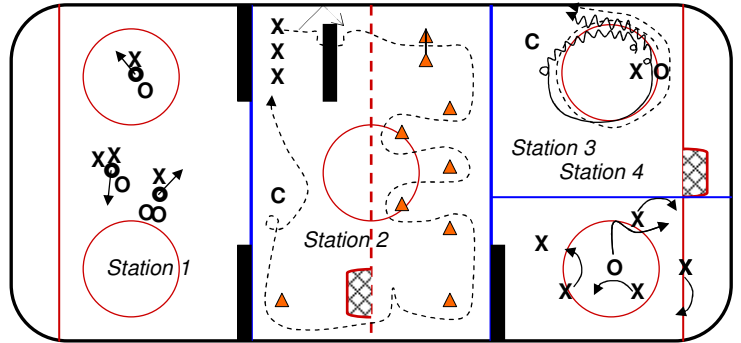
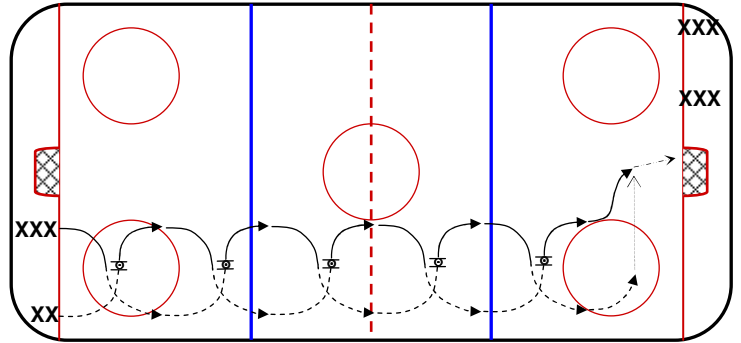
Begin with a board pass to self and jump the divider. Dive under the stick while controlling the puck. Skate through the cones and make a very wide fake at the net. Finish off with a spin move by the coach.

Station 3: Stick Tag

Players skate around the designated are with stick blades always on the ice. One players is the tagger. The tagger attempts to touch his stick blade to another players stick blade. Once touched that player becomes the new tagger. Free players must have two hand on their sticks and the tagger has can have one hand on the stick. Game teaches stick checking and body positioning skills.

Station 4: Mirror Angle Drill (Part 2)

Player O starts with a puck and skates around the circle. Player X mirrors player O with correct body and stick position facing the opponent from defensive side positioning. As the players begin to head up the boards, player X angles and rubs out the opponent maintaining proper body and stick position. (For the repeat of this practice, switch positions with station 3 so that players angle from the opposite side).



Game: Backwards Only w/Puck – 13 minutes

Play 4v4 cross-ice for 40 second shifts. The player with the puck can only skate backwards. This forces them to keep their head on a swivel as they must look to where they are skating. The game improves skating and puck control skills.



Date: Squirt Practice 75 & 76

Number of Players: 30 to 40

Practice Theme / Goals: Angling, 2v1 play, puck control

Equipment Required / Set-up: Dividers and cones, soccer ball

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).

2 on 0 Passing with Agility – 10 Minutes

The player without the puck begins by skating backwards. Player with the puck skates forwards and passes to teammate. After receiving the pass, that player pivots to carry the puck skating forwards and his teammate switches to skating backwards. Continue this pattern down the ice and finish off with a shot on goal.

Stations: 4 Stations x 9 minutes

On the whistle to change station, players jump doing a 360 degree turn in the air before moving on to the next activity. Jump one time each direction. Coaches distribute water at each station.

Station 1: 2v1 with Back Checker

The defensive player begins with the puck and gaps up before passing to one of the offensive players. As soon as an offensive player gains the puck all the players are activated. The additional X player backchecks. Drill encourages communication between the backchecker and the D. Half way through the drill have the O's and X's switch.

Station 2: Bull in the Ring (Body Contact)

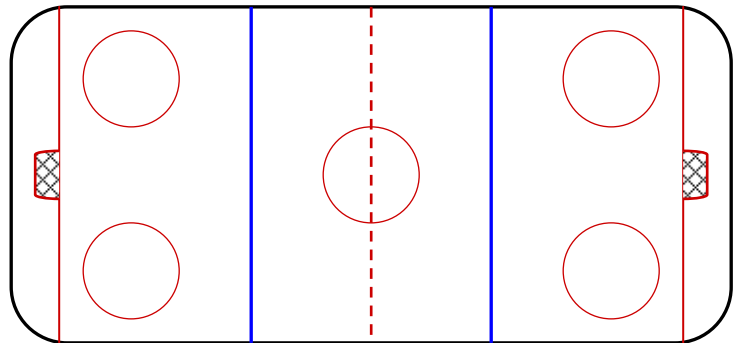
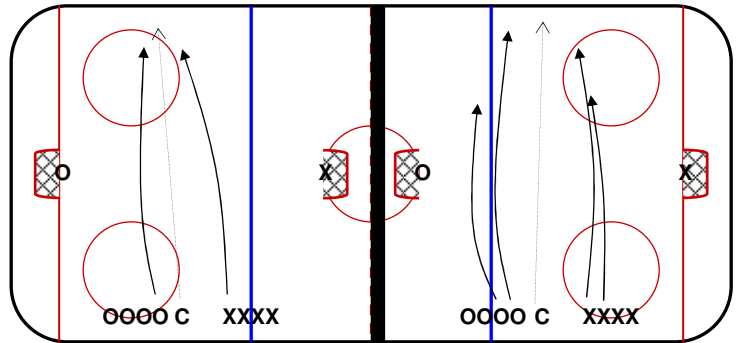
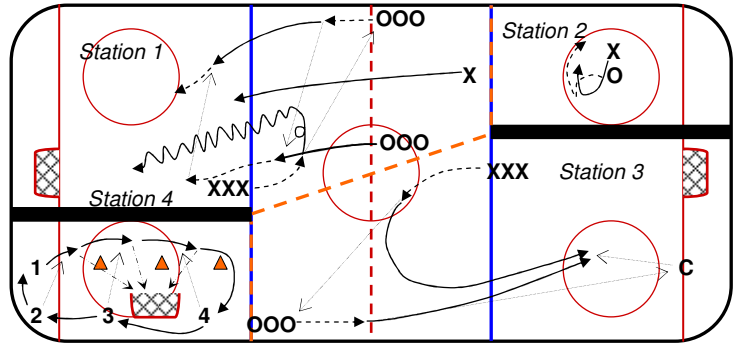
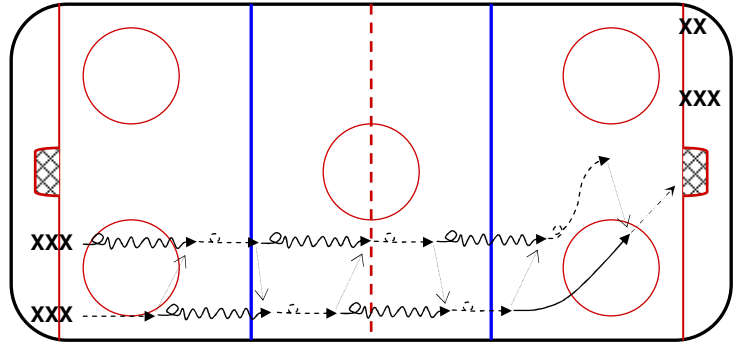
Depending upon numbers the circle can be cut in half to allow two pair to go at the same time. . Player O attempts to evade player X who tries to push player O outside the circle. Have X hold a soccer ball as he pushes the opponent. Emphasis is on skating, protecting the puck and stability in body contact situations.

Station 3: Angle & Back Check (Contact)

Player X begins moving into NZ and starts the drill with a pass to player O. As player O receives the puck he breaks. O passes to C and attempts to get open for a return pass. Player X angles to maintain inside body position on O. Drill works on angling and marking your opponent. Player O must work to create an offensive opportunity by separating himself from the checker.

Station 4: Quick Shot

Player 1 breaks and gets a pass from player 2 and shoots before the cone. Next, player 1 continues and gets pass from player 3 and shoots before the cone. Player 1 gets a third pass from player 4 and shoots before the last cone. Player 1 takes player 4's spot, who takes 3's spot, who takes 2's spot, etc.



Game: Survival – 9 Minutes

The coach spots a puck across the ice and yell out 1v1 or 2v2. The first players in line compete until someone scores. You can have up to 3 competitions going on each side at a time.



Date: Squirt Practice 77 & 78

Practice Theme / Goals: Skating and 1v1 skills, individual team needs

Equipment Required / Set-up: Cones

Number of Players: 30 to 40

Time: 60 minute

Warm Up: 5 minutes

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

Transition Skating – 7 minutes

Always face the opposite end of the ice. Skate forward to backwards around the two large circles and two neutral zone dots. Can be done with pucks.

LRA 1v1 & Passing – 18 Minutes

Split into 3 groups. One group plays the forward position, one group plays the defensive position and one group does the passing shuttle in the middle. Switch the groups every 6 minutes.

Defensively: pivot to the middle, match speeds and maintain inside body position. Try to be stick to stick by the defensive blueline.

Offensively: attack using speed and change of pace. Keep head up and read the defensive player.

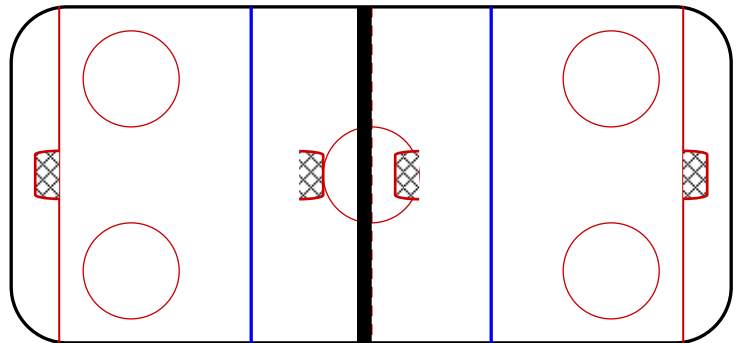
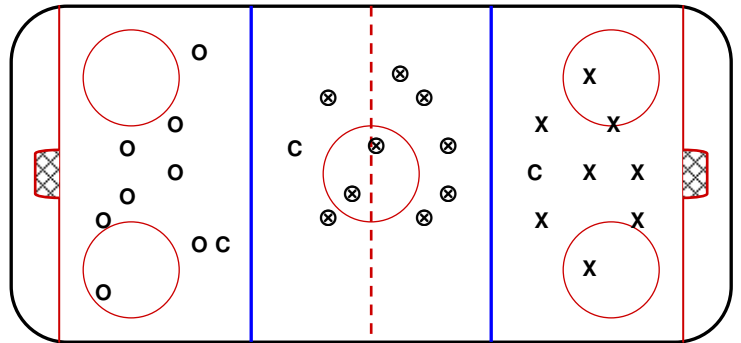
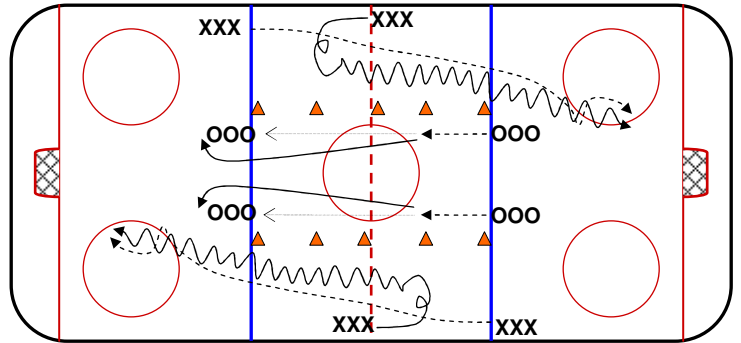
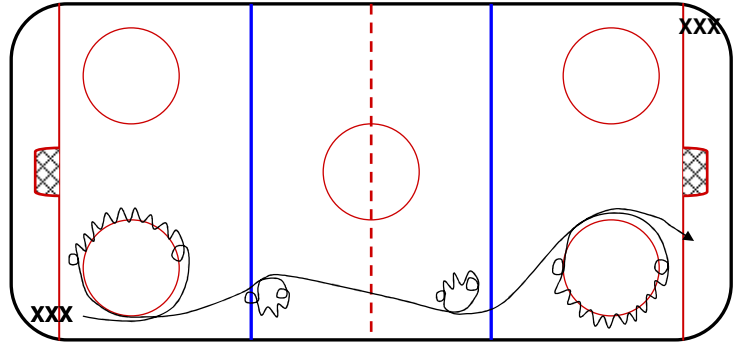
Passing Shuttle: Take 2 or 3 strides and pass to the opposite line, continue to back of line. Pass and receive on forehand only, then pass on backhand only.

Individual Team Needs – 20 minutes

Split into the individual teams and work on specific team weaknesses.

Game: Half Ice Scrimmage – 10 minutes

Play half ice for 60 second shifts.





Date: Squirt Practice 79 & 80

Practice Theme / Goals: Angling, body contact, defensive awareness

Equipment Required / Set-up: Dividers, tires

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, etc).

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

Goalies with coach for movement drills

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.

Station 1: Angling 1v1 (Body Contact)

Player O skates over the face off dot. As soon as he touches the dot, player X carries puck down the wall and then attacks net. Player O angles off player X. O and X compete until the coach blows the whistle. Player X then skates through the face off circle and then become the next player O.

Station 2: Figure Skating

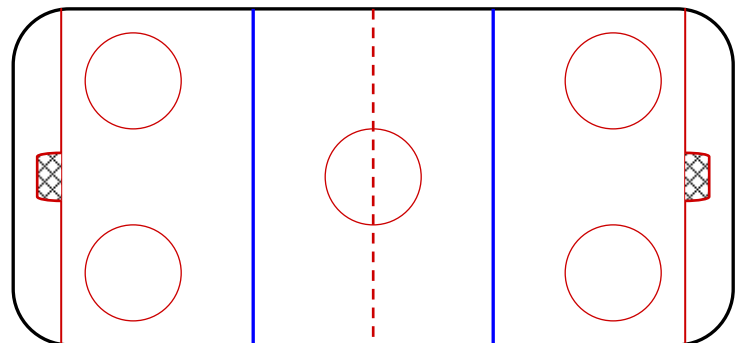
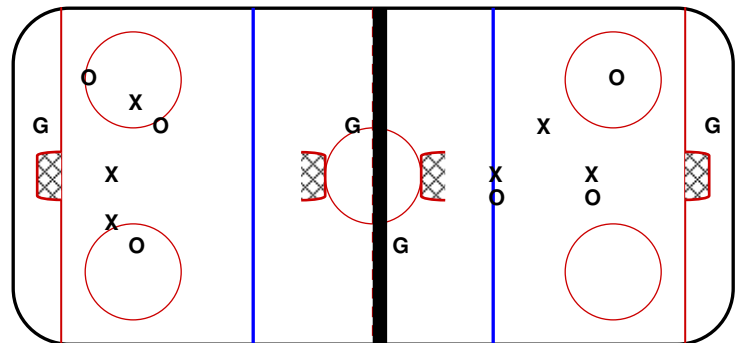
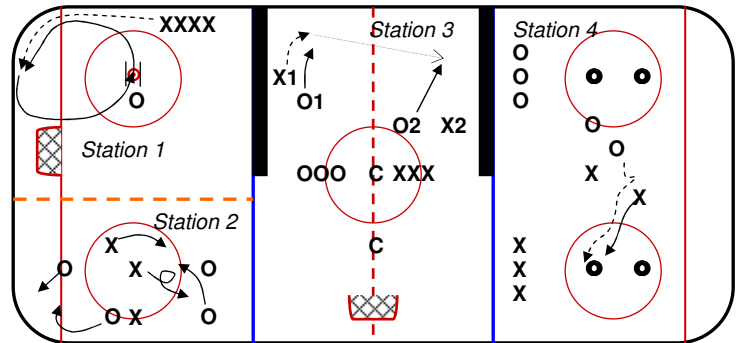
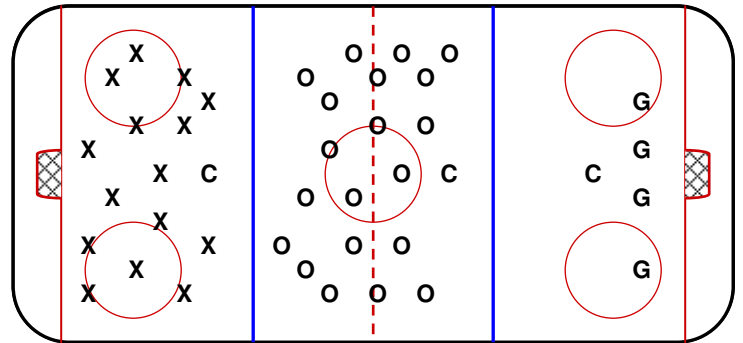
Challenge the players to be creative. The coach selects a player to demonstrate his most dynamic figure skating maneuver. The other players the copy the move. Whoever copies the maneuver the best gets to demonstrate their best move, etc.

Station 3: 2v2 Possession

Play 2v2 keep away with designated coverage. When the X players have the puck, O1 must always cover X1 and O2 always covers X2 and vice versa when the O players have the puck. Offensive players must now work hard to get open and defensive players must watch their man while keeping an eye on the puck. Defensively don't turn your back to the puck if possible. Goalies have individual instruction on the other side of the zone.

Station 4: Guard the Gate (Body Contact)

Play 2v2 or 3v3 depending upon numbers. To score a player must carry the puck through the opponent's tires (gate). Works on body contact, body and stick position, angling and driving to the net.



Game: Gretzky 3v3 – 9 minutes

Each team has a forth player below the offensive goal ine (Gretzky). Play 3v3. When a team gains puck possession they must pass to their Gretzky before they can attack the net. The Gretz can only pass and must stay below the line. Defensively players must look to pick up the open players as the Gretz cant score. Play for 60 second shifts.



Date: Squirt Practice 81 & 82

Number of Players: 30 to 40

Practice Theme / Goals: Skating and puck control skills

Equipment Required / Set-up: Tires, cones, extra nets, dividers, soccer balls **Time:** 60 minutes

Warm Up: 8 minutes

Pump Pump Tag – Players must skate with blades always in contact with the ice. Bend knees and really extend to scoot around the ice. Coach selects several player to be taggers. Once a player is tagged they must stand still until a teammate skate a circle around them to free them. Can switch game to taggers all skate forward and everyone else backwards. Once tagged the players join the taggers and skate forward.

Stations: 5 Stations x 8 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: Transition Skating

*Part 1: Players skate forward to the hash marks and stop. Then they do crossover steps to the face-off dot and stop. Next they skate backwards to the goal line and stop. Crossover steps to line up with hash marks, stop and then skate forwards. Stop on the hashes, crossover steps to the opposite circle and stop. Backwards to goal line, etc...
Emphasis is on exploding out of the stops, keeping the shoulders square when doing the crossover side steps and then not crossing over when skating backwards.*

Station 2: Ringette Keep Away

1v1 keep away in a small space, encourage body contact. Players can be physical as long as the stick is down and they make body contact in an attempt to play the ring.

Station 3: Partner Passing

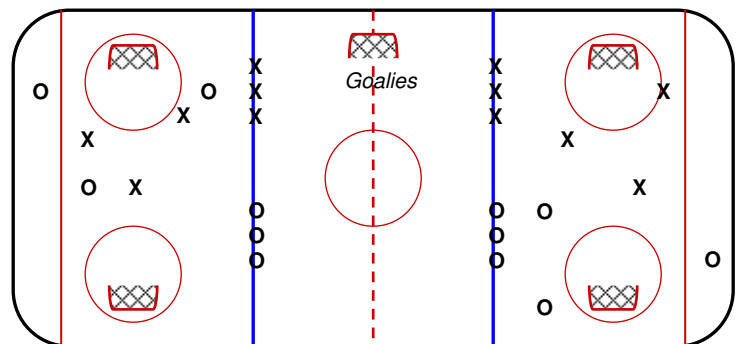
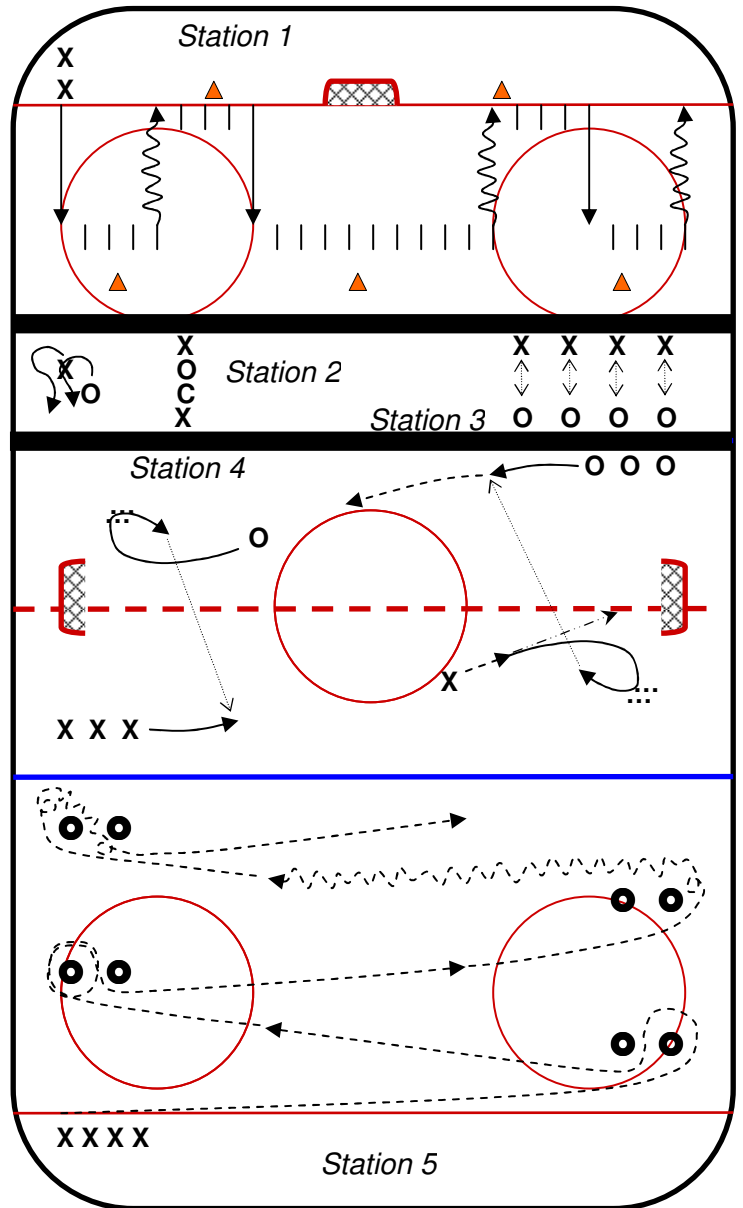
Players should begin facing parallel to their partner so that the passes are all done sweeping the puck across in front of the body. Forehand, backhand, bullet and saucers passes. Work on technique, pulling the puck back to pass. Next pass into partners skates and kick/angle puck up to stick...face both ways to practice both feet.

Station 4: Stretch Pass Short Version

Play O breaks as Player X retrieves puck. X passes to O who shoots on goal and then pick up a new puck to activate the next player. Try to keep both sides going, let the players monitor the ice and get them to judge when to break for a pass.

Station 5: Puck Control and Skating

*Skate through the tires with control of the puck.
1. Tight turn around and back through the tires. Keep tire close so player must quickly pull puck to opposite hand when going between the tires. 2. Tight turn 360 and through the tires. 3. Forwards to backwards pivots. 4. Forward to backwards pivots and through the tires.*



Game: Soccer with Puck – 12 minutes

Play soccer 4v4 cross ice while each player carries a hockey puck. Players must have possession of their own puck at all times. Goalies can have extra work the NZ.