



## Squirt - Cycle 1 Block 4

### Variable Application, Gameplay



Practice No: \_\_\_\_\_

Date : \_\_\_\_\_ Time : \_\_\_\_\_ Duration : **65 minutes**

Version no : \_\_\_\_\_ Prepared by : **RMU Hockey Department**

Objectives / Main tasks :

GOALIES	Left DEFENSE	Right DEFENSE	Left WING	Centers	Right WING

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

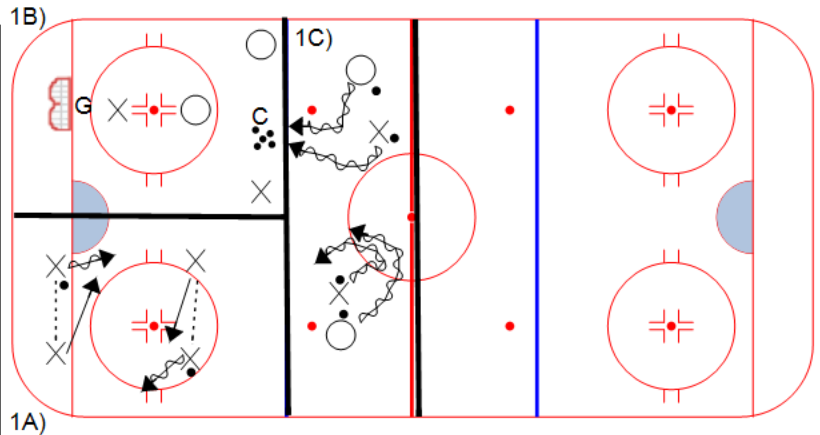
Title : Cycle 1 Block 4 (1) Category #1 :  Category #2 :

**Description**

**1A) Partner Passing into Keep Away**  
 Players play 1v1 keep-away in zone. On whistle to rest, players stationary pass to each other.

**1B) Offense, Defense, Out**  
 Play starts as a 1v1. When the D steals the puck, they must pass to their waiting teammate who becomes the new O player. The original O player becomes the new defender and the original defender exits.

**1C) Partner Puck Control Tag**  
 both players must control their own puck at all times while playing tag. Taggers must use a free hand to tag while still maintaining puck control.



Key points :

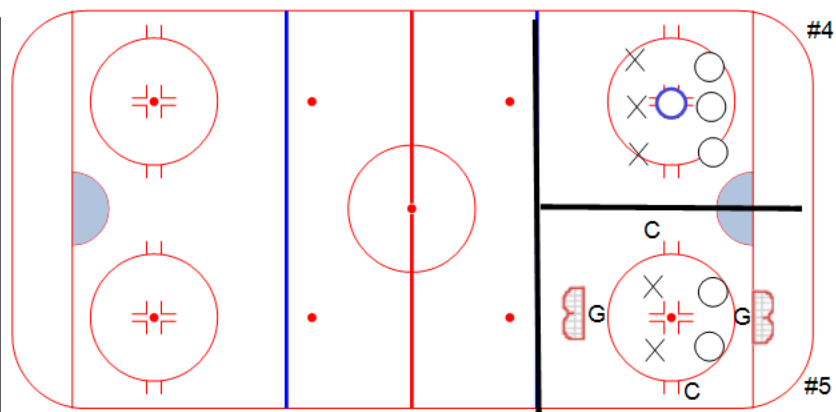
Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Cycle 1 Block 4 (2) Category #1 :  Category #2 :

**Description**

**Station 4 - Ringette Pass to Score**  
 Split into two teams. Teams must make 3 consecutive passes without losing possession in order to score. Possession, Support, and Space are the priorities.

**Station 5 - 2v2 Coach Flank**  
 Coaches are flankers (one on each side), players must pass to C before attacking to score. players can also use coach as an offensive outlet at any time. Can be played cross ice with a high and low C option as well.



Key points :