

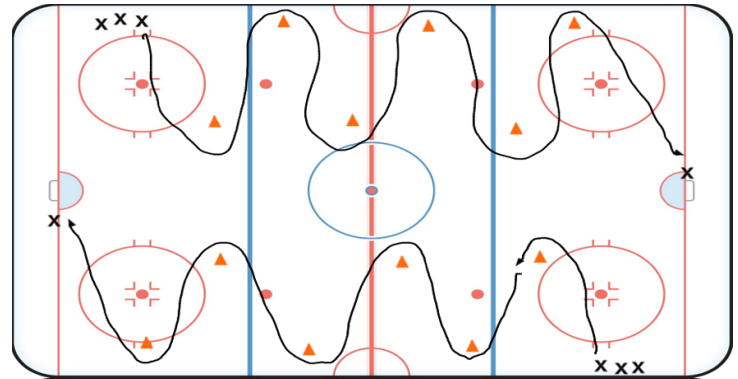
Squirt Tryout Skill Drills Practice Plan

Generated on Sep 3, 2024 by Hockey ClipPad.

Duration:

Power Turns Without Pucks

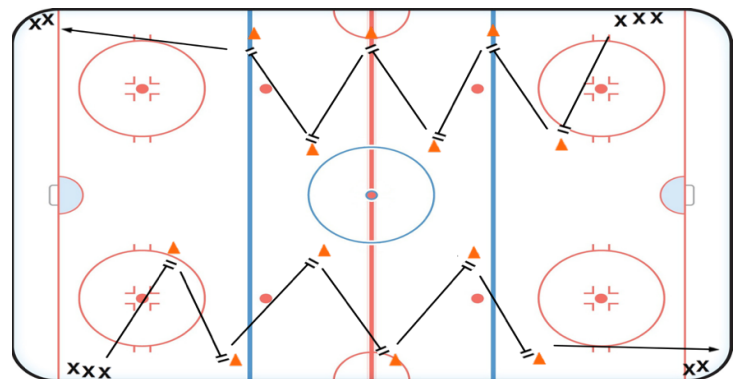
Player will skate without puck and perform power turns at each cone once you get to the last cone skate hard to the net.



Duration:

STOP AND STARTS

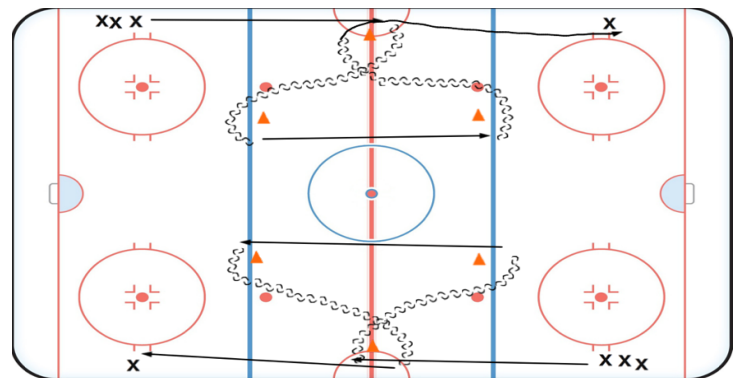
Skating to the cone making a complete stop at the cone before skating to the next cone. You must face up ice when stopping. This will be done without pucks.



Duration:

Transitions Without Puck

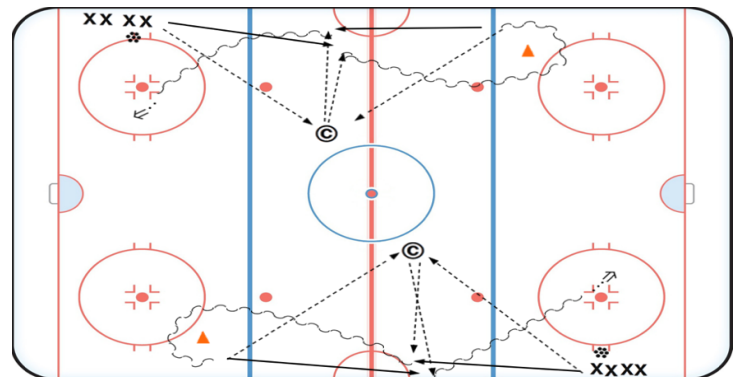
Players will skate up to the first cone transition to backwards, skate backwards to the next cone and transition back to forward, now skate to the high cone and transition back to backwards and skate backwards back to the first cone transition again to forward and skate to the other end.



Duration:

PASS, SKATE, RECEIVE X 2

Player will pass coach a puck, (based off of what hand they are it may be a backhand pass or forehand pass). After the pass is made the player will skate and get a pass back from coach then they will skate to the inside of the rink and skate around the cone and perform another pass to coach and then skate and get the pass back after you receive the pass back you skate in and shoot by the dot. Each time the player goes they will perform 1 forehand pass and 1 backhand pass.



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Duration:

SKATE, RECEIVE and SHOOT

Player will skate around the cone toward the net, receive a pass from coach and then shoot the puck on the net.

