

## Squirt and Younger On-Ice

3 lines to go over the proper techniques-blue/red/blue

set-up

1/4 FH and 1/4 BH

side body fh

side body backhand

set up

reaches

Full ice demo of all of these w/ extra pucks

1/2 ice skill development practice

30 min of skating/30 min of puck skills

4 groups of 3/4 guys

1-stride development station

2-4 person edge control

3-backwards mobility

4-Footspeed

4 groups of 3/4 guys

1-Flat Edge Slides-puck protect

2-Heel to Heel (10/2) w/ Flat Edge and X-overs off Wall

3-1v2 Hyper Pressure

4-Transitions and Pull-shot angle change

Conditioning Agility Skate

-Russian Pairs