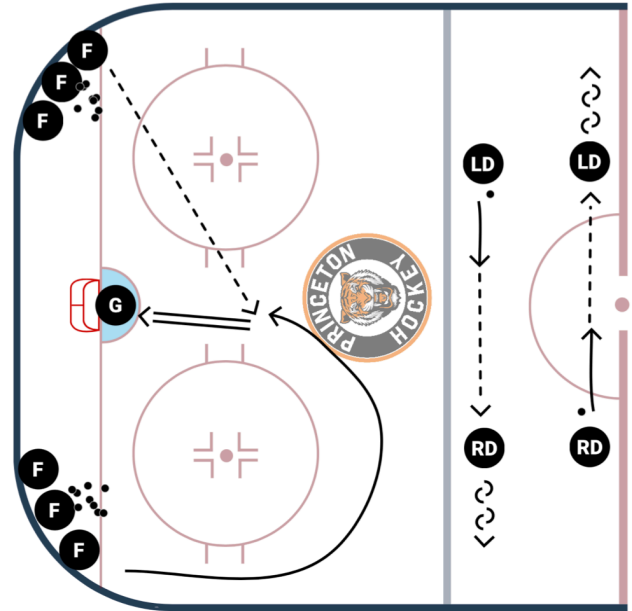


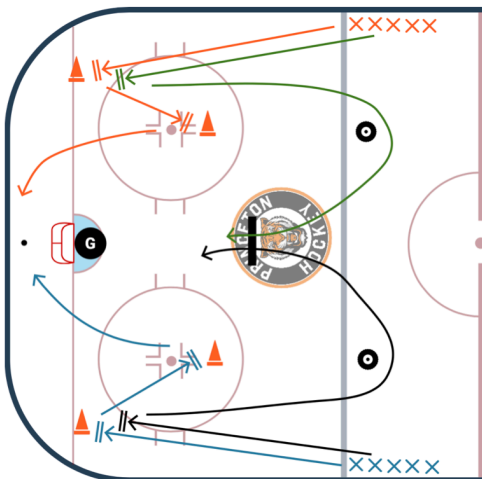
(1) - Modified Russian Circles (8 min)

Forward Crossovers around circles, transition to backwards at the tires. 2x without pucks, 2 x with pucks. Repeat sequence but go backwards crossovers around circles and transition to forward at the tires.



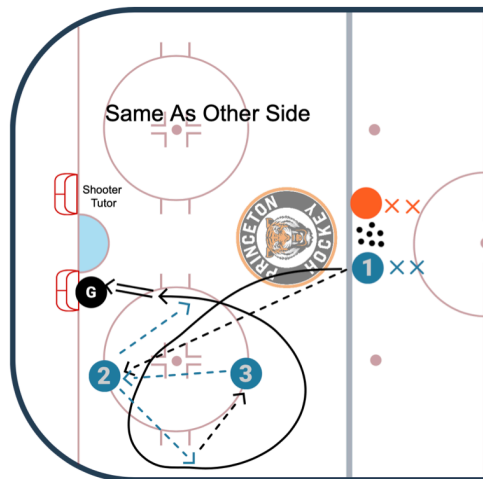
(2) - Game Warm Up (5 min)

Forwards do egg beaters as usual but taking a route between tops of circles and blue line. D will separate to do partner passing skating forward and backward 3-4 steps or so.



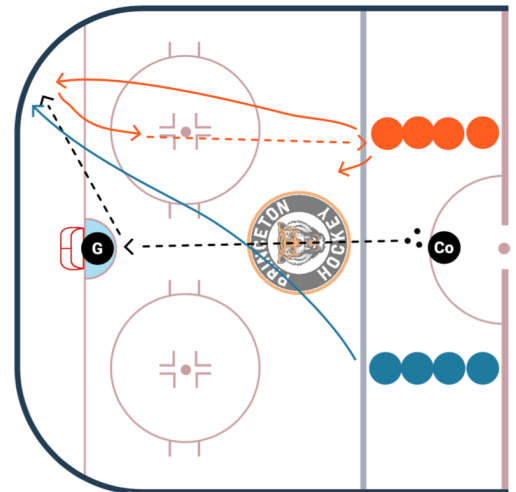
(3) - Skating Agility Race to Puck 2v2 (12 min)

First player in each line stops at both cones and races to the puck. Second player in each line stops at far cone, turns around tire and jumps over bumper to get a pass from their player in front of the net. Note: Players battling behind the net must make one pass before attempting to score themselves.



(4) - Olympic Breakout Drill (15 min)

1 passes to 2, skates down deep below the hash marks to get a breakout pass back from 2, makes touch pass to 3 (3 makes a pass down to 2) and 1 continues on to front of the net for a pass from 2 to shoot on net. (Rotate 1-2-3 and back in line)



(5) - Build Your Team (15 min)

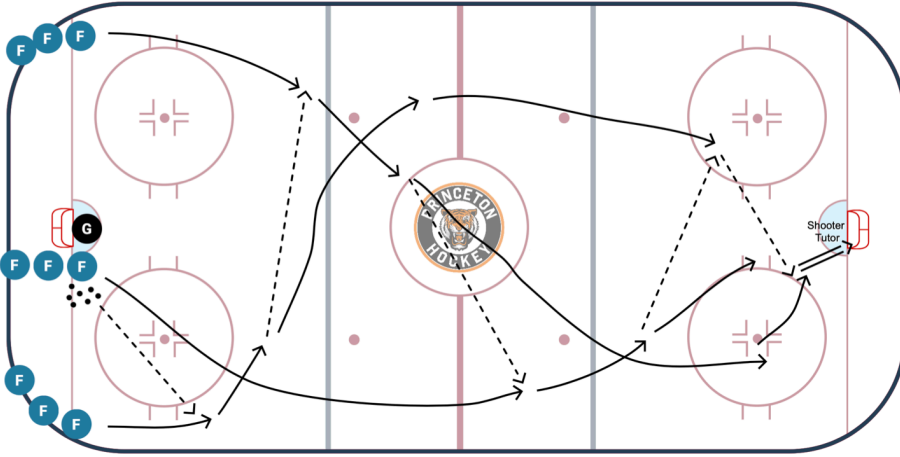
Coach dumps puck in, starts out as a 1v1. Players try to pass to their next player in line to activate them. Once a team gets 3 players activated they can score. 1st team to score wins.

SQUIRT B1 PRACTICE #2

Focus: "Breakout, NZ Regroup, Zone Entry

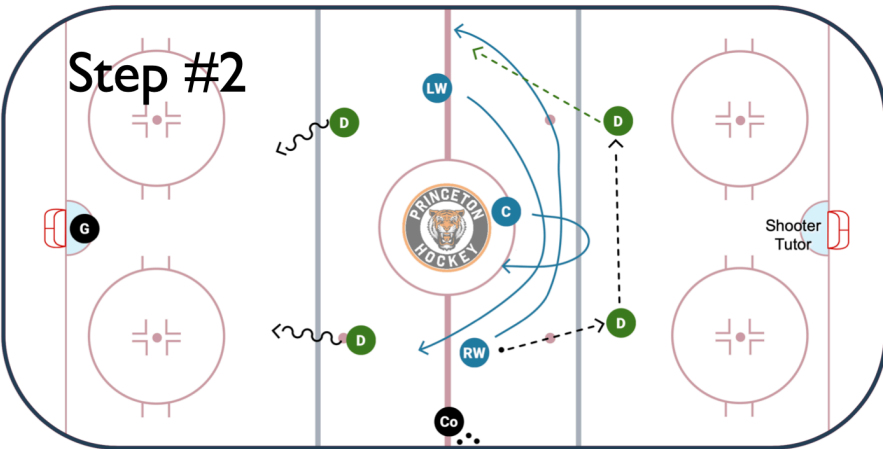


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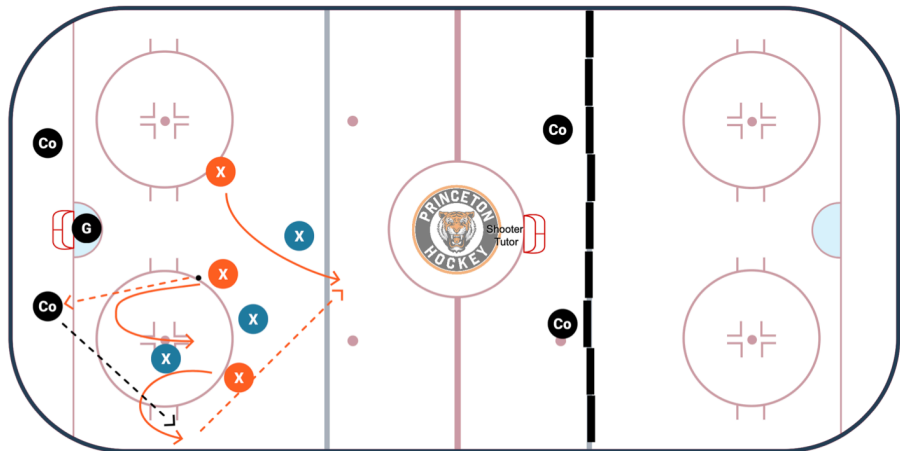
(1) - Russian Weave (12 min)

Players follow their pass down the ice entering zone using various tactics, drop passes etc.



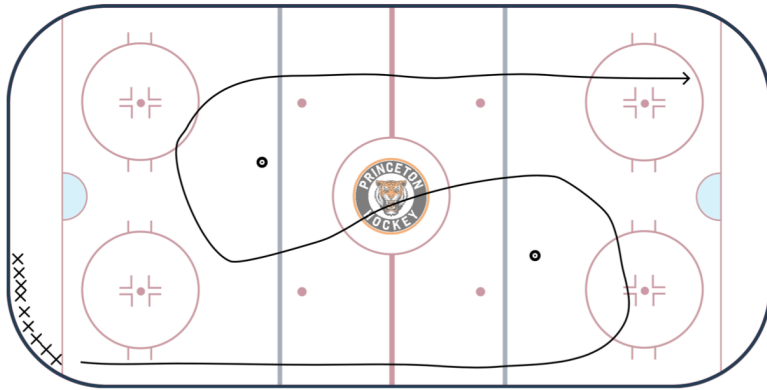
(2) - Breakout, Regroup, 5 on 2 Zone Entry (25 min)

Do breakout drill like normal, but after the breakout, F's will pass to the opposing D, then swing down and open up for a neutral zone breakout pass from the D, then enter zone 5 on 2 in an attempt to score.



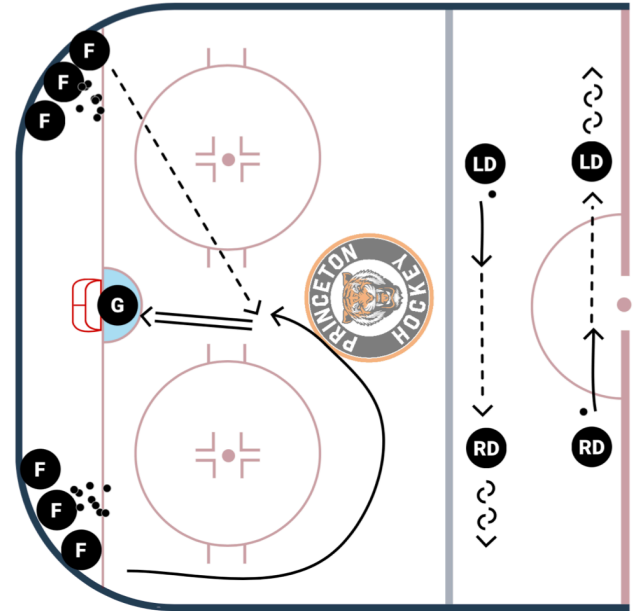
(3) - Breakout Game with Coaches 3/4 Ice (20 min)

On change of possession each team must pass the puck back to one of their coaches and perform one of the breakout options we've worked on this year. Also stress not turning their back to the puck. If players are floating too high puck possession will be rewarded to other team. (Orange vs. Blue)



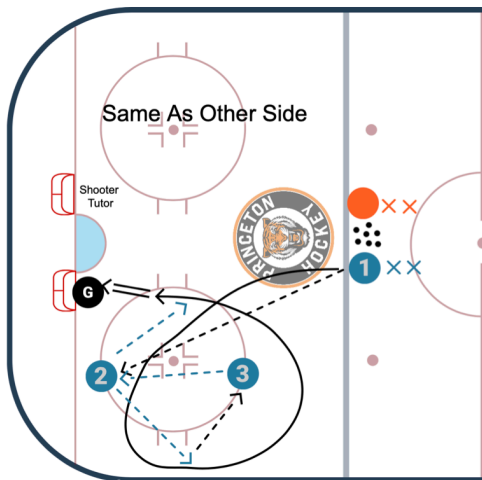
(1) - Nascar (8 min)

4 players at a time, forward crossovers around tires, full speed, no power turns, keep crossing over. Players will need to start wide to do this right. Next version will be forward backwards transitions. Can add pucks if time permits. (With Squirt B2's).



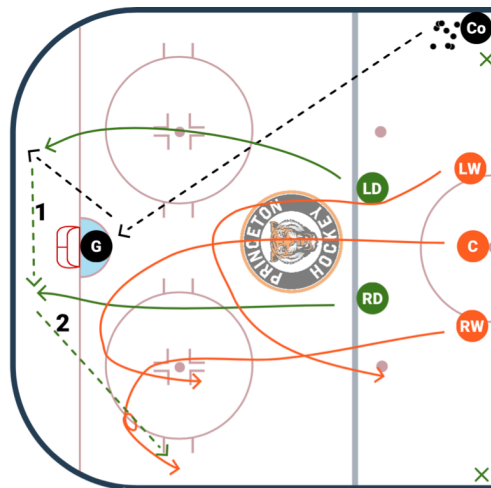
(2) - Game Warm Up (5 min)

Forwards do egg beaters as usual but taking a route between tops of circles and blue line. D will separate to do partner passing skating forward and backward 3-4 steps or so.



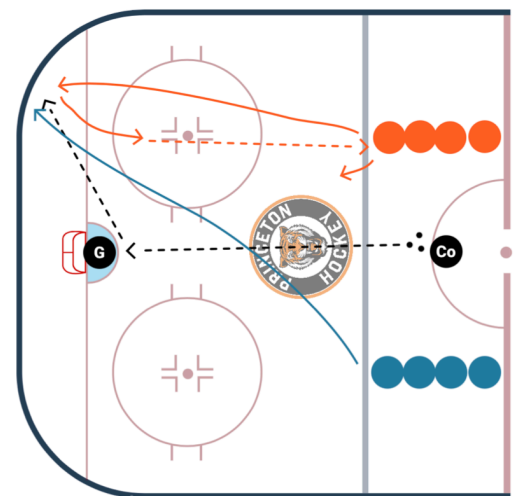
(3) - Olympic Breakout Drill (15 min)

1 passes to 2, skates down deep below the hash marks to get a breakout pass back from 2, makes touch pass to 3 (3 makes a pass down to 2) and 1 continues on to front of the net for a pass from 2 to shoot on net. (Rotate 1-2-3 and back in line)



(4) - 5v0 Breakout to 3v2 (20 min)

Coach dumps puck in, D to D pass, 5-0 breakout to 3v2 zone entry. Upon entering the Zone forward line must make at least 1 pass before scoring.



(5) - Build Your Team (10 min)

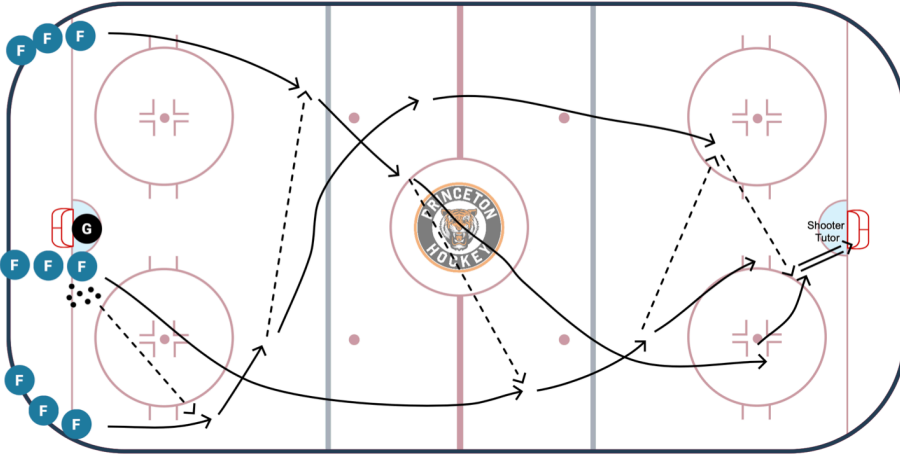
Coach dumps puck in, starts out as a 1v1. Players try to pass to their next player in line to activate them. Once a team gets 3 players activated they can score. 1st team to score wins.

SQUIRT B1 PRACTICE #4

Focus: "Breakout, NZ Regroup, Zone Entry

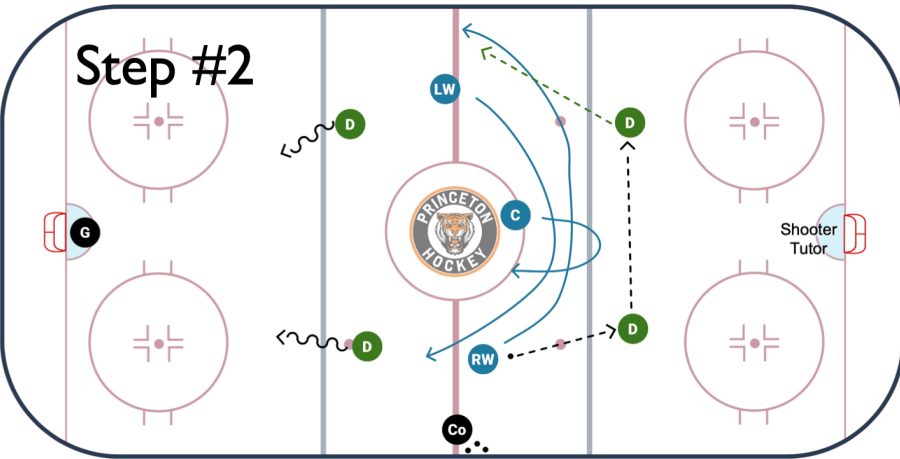


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(1) - Russian Weave (10 min)

Players follow their pass down the ice entering zone using various tactics, drop passes etc.

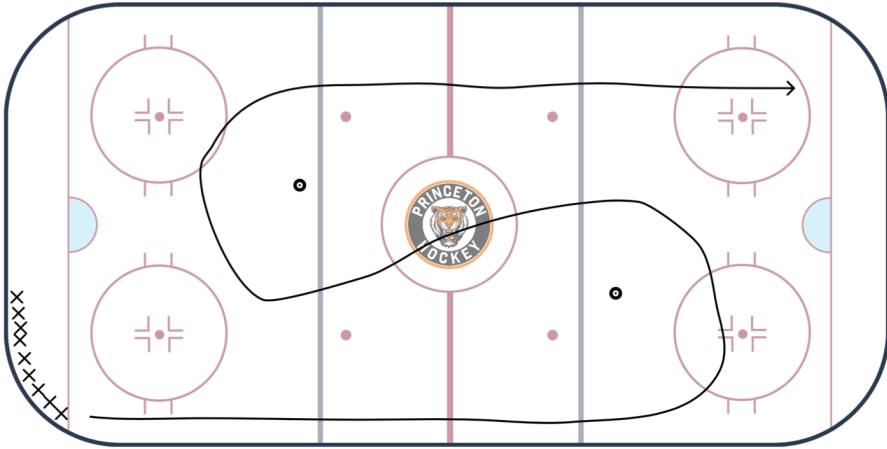


(2) - Breakout, Regroup, 5 on 2 Zone Entry (15 min)

Do breakout drill like normal, but after the breakout, F's will pass to the opposing D, then swing down and open up for a neutral zone breakout pass from the D, then enter zone 5 on 2 in an attempt to score.

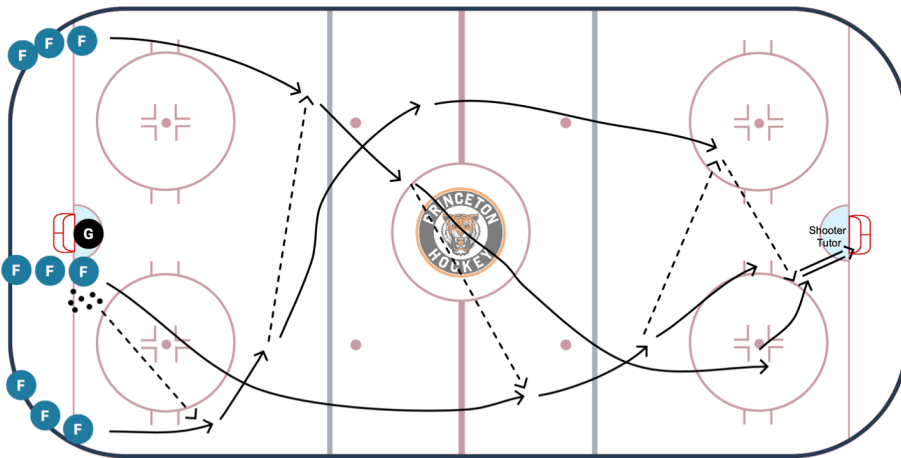
SQUIRT B1 PRACTICE #5

Focus: "Breakout, Forecheck, Passing"



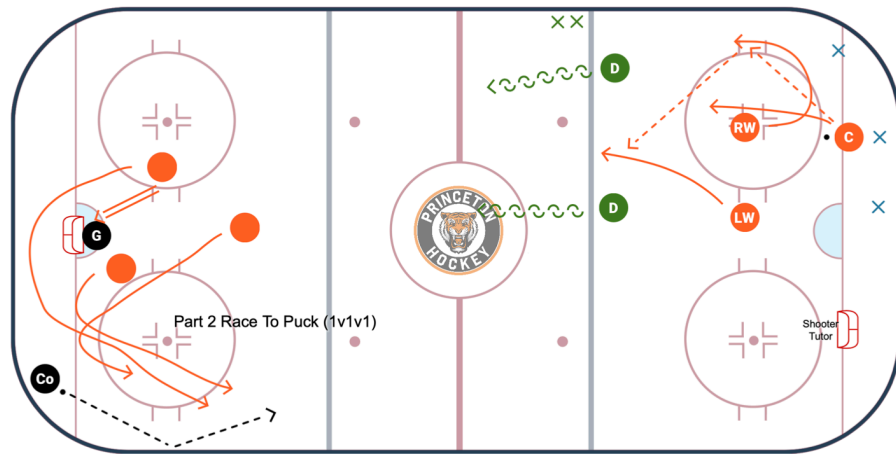
(1) - Nascar (10 min)

4 players at a time, forward crossovers around tires, full speed, no power turns, keep crossing over. Players will need to start wide to do this right. Next version will be forward backwards transitions. Can add pucks if time permits.



(2) - Russian Weave (8 min)

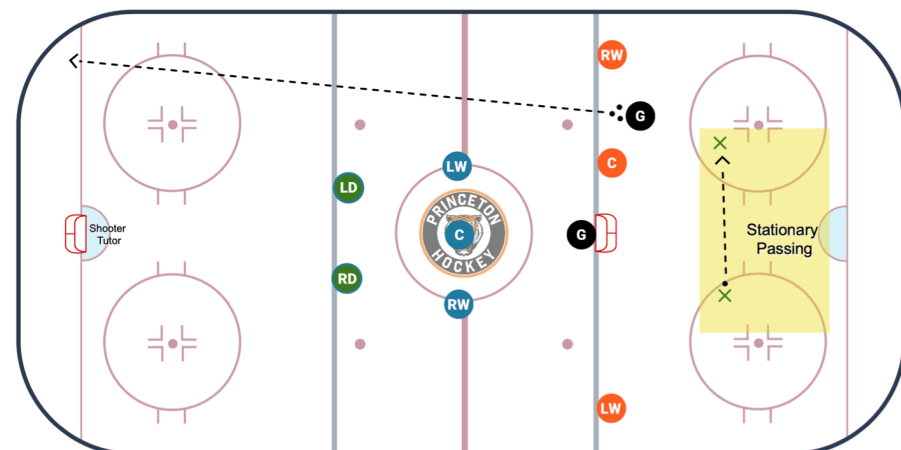
Players follow their pass down the ice entering zone using various tactics, drop passes etc.



(3) - 3 on 2 (15 min)

Center will make breakout pass like he would if he just won a corner battle. Strong side W starts on dot and swings down and opens up near hash marks for the breakout pass, and they perform a standard breakout before going 3 on 2. Defense need to back out on time, but not to early. Must keep a tight gap.

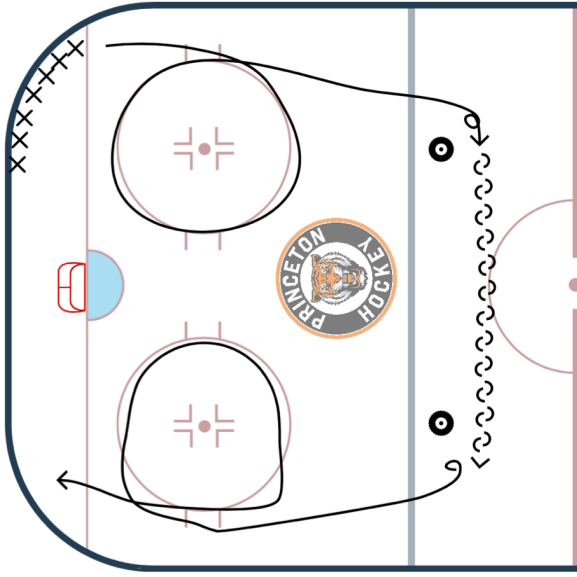
Part 2 Race To Puck - At the end of the play, coach spots puck off boards and forwards race to puck 1v1v1 to score on net. Must touch up on goal line. This works on puck control under pressure and backchecking.



(4) - 3v5 BO/Forecheck Game (20 min)

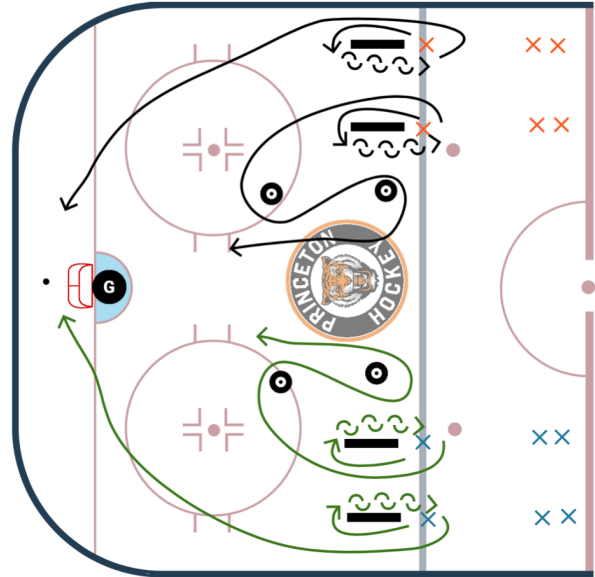
Blue vs. Orange. Blue breaks out using the 3 passing options (center pass, weak side wing, clearing pass off boards) and orange runs a Tiger, Fox, Hawk forecheck.

D will rotate in and out after every 2 plays. When they are waiting to go in they will do stationary passing.



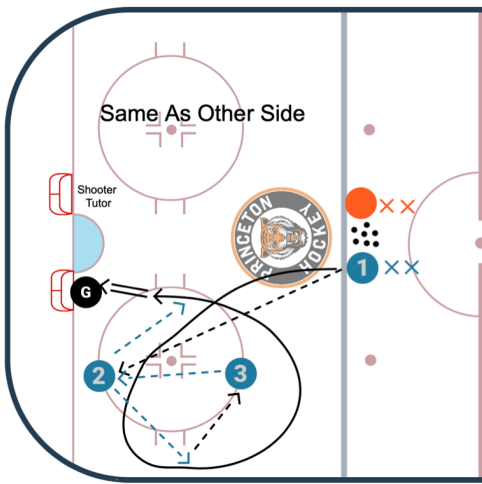
(1) - Modified Russian Circles (8 min)

Forward Crossovers around circles, transition to backwards at the tires. 2x without pucks, 2 x with pucks. Repeat sequence but go backwards crossovers around circles and transition to forward at the tires.



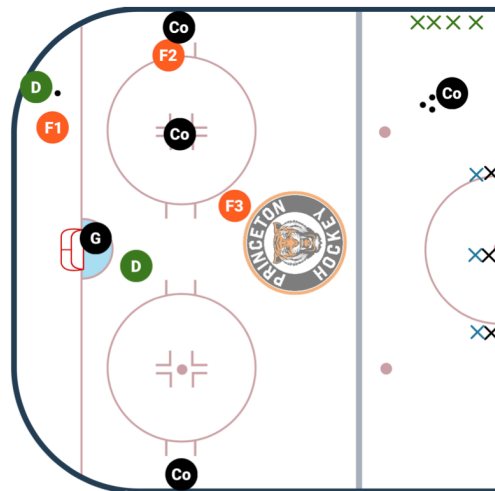
(2) - Agility Race To Puck 2v2 (15 min)

Players do FWD to BKWD transitions around bumpers, outside players race to battle for the puck, inside players weave through tires to get pass in front of the net from their teammate. Note: Players battling behind the net must make one pass before attempting to score themselves.



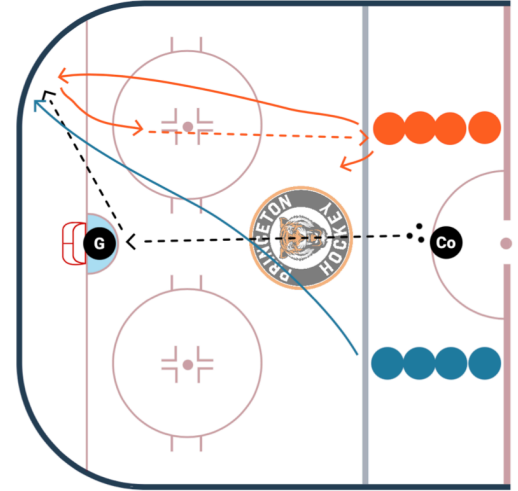
(3) - Olympic Breakout Drill (10 min)

1 passes to 2, skates down deep below the hash marks to get a breakout pass back from 2, makes touch pass to 3 (3 makes a pass down to 2) and 1 continues on to front of the net for a pass from 2 to shoot on net. (Rotate 1-2-3 and back in line)



(4) - Forecheck Game 3v2 (18 min)

Coach dumps puck in. Forward line executes a 1-2-2 Forecheck. D try to pass it to a coach acting as a breakout wing or to a coach acting as a center if breakout wing is covered.



(5) - Build Your Team (8 min)

Coach dumps puck in, starts out as a 1v1. Players try to pass to their next player in line to activate them. Once a team gets 3 players activated they can score. 1st team to score wins.

SQUIRT B1 PRACTICE #7

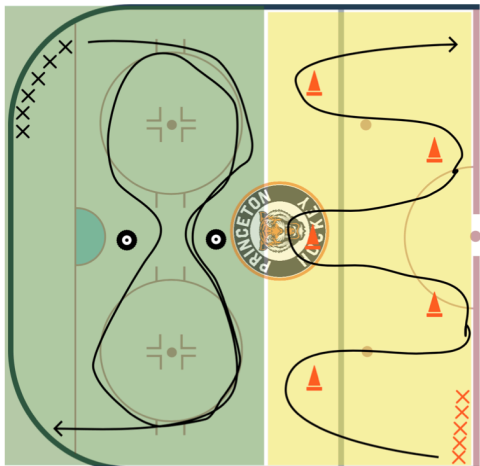
Focus: "Skating Agility, Shooting, Forecheck"



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(Extra) - 3v3 Pass To Coach (12 min)

If we can get on ice early we'll play this game.

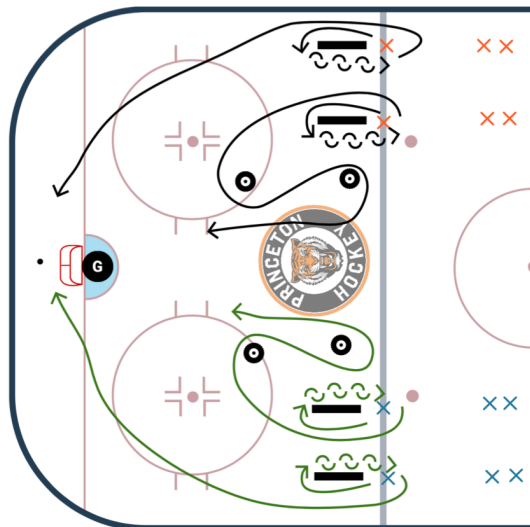


(1A) - Peanut (5 min)

Continuous Crossovers (3 at a time). 2 times without pucks, 2 times with pucks.

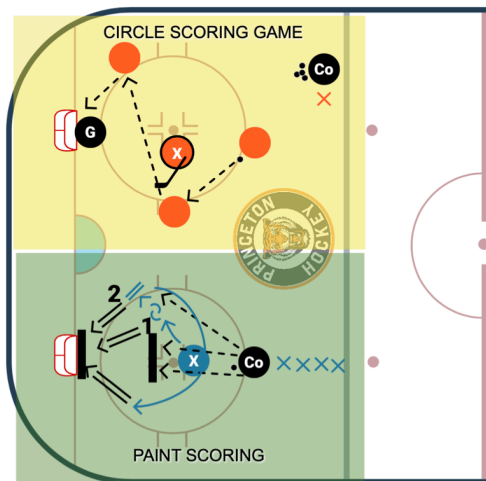
(1B) - 5 Cone (5 min)

Outside Edges, 2 times without pucks, 2 times with pucks.



(2) - Agility Race To Puck 2v2 (15 min)

Players do FWD to BKWD transitions around bumpers, outside players race to battle for the puck, inside players weave through tires to get pass in front of the net from their teammate. Note: Players battling behind the net must make one pass before attempting to score themselves.



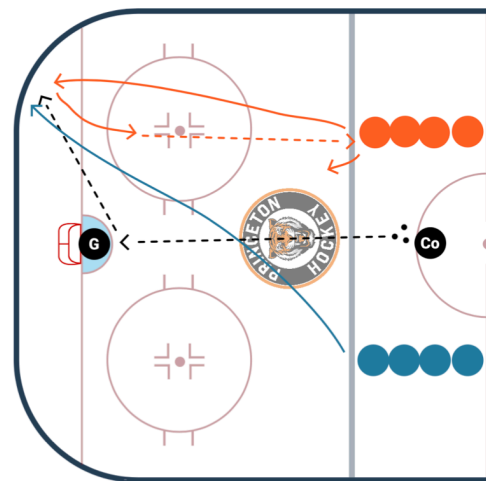
(3A) - Circle Scoring Game (10 min)

3 players on outside of circle can move anywhere on the outside and must make 3 passes before they can attempt to score. The defender (X) has an active stick on the ice attempting to take away passing lanes. Encourage quick passes and quick shots!

(3B) - Paint Scoring (10 min)

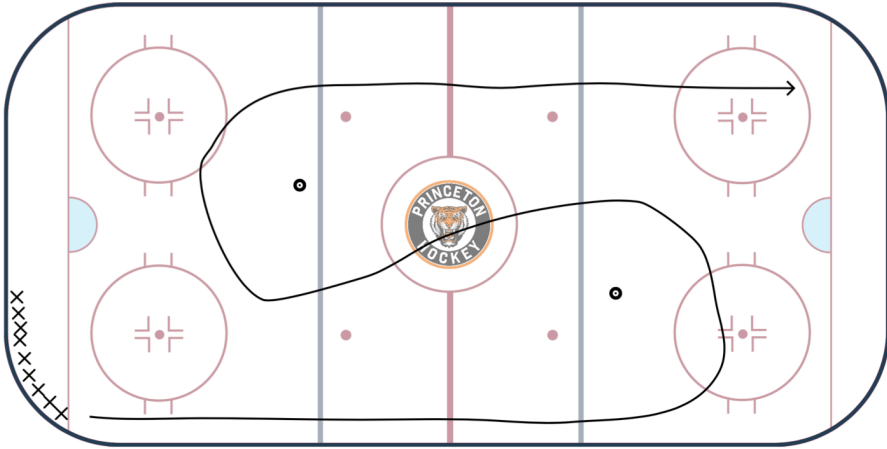
Stack 2 barriers in front of net, use either a barrier or another net face down for the obstacle in front of the net. Player stands stick length away from obstacle to begin, coach spots puck off it, player takes it to his:

- 1) Backhand side and Shoots
- 2) Opens up to shoot on forehand (pass from coach)
- 3) Picks up Puck to shoot on forehand (spot from coach)



(4) - Build Your Team (10 min)

Coach dumps puck in, starts out as a 1v1. Players try to pass to their next player in line to activate them. Once a team gets 3 players activated they can score. 1st team to score wins.

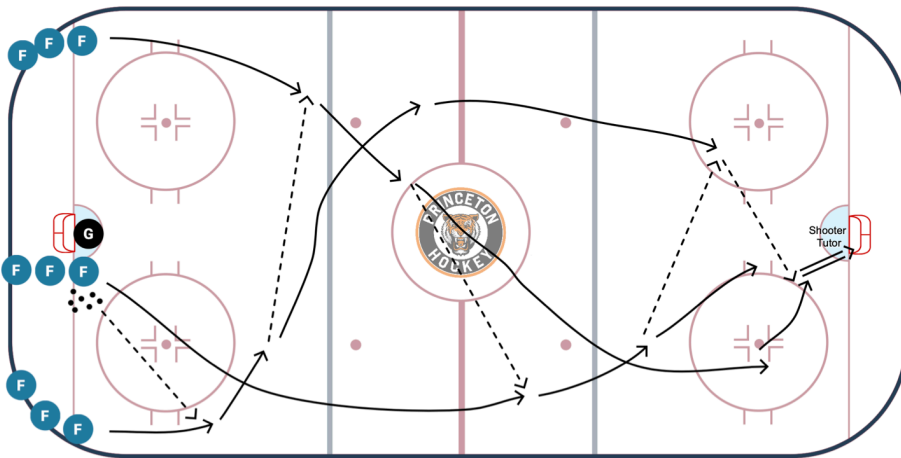


(Extra) - Build Your Team (12 min)

If we can get on ice early we'll play this game.

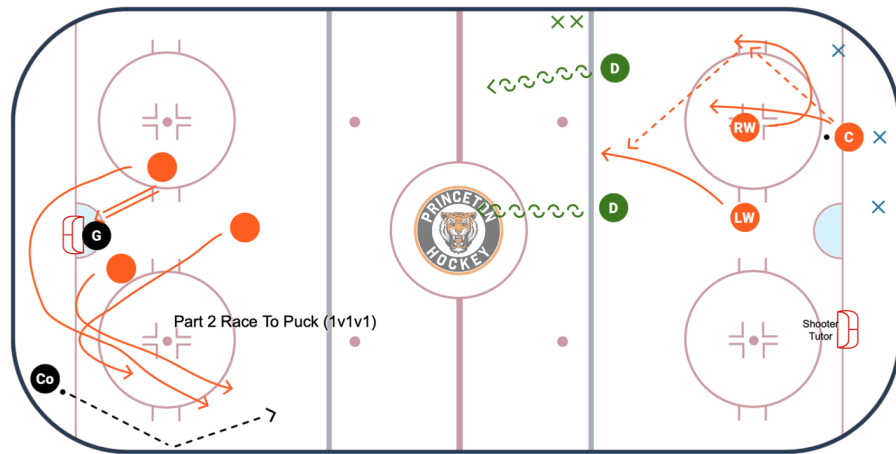
(1) - Nascar (10 min)

4 players at a time, forward crossovers around tires, full speed, no power turns, keep crossing over. Players will need to start wide to do this right. Next version will be forward backwards transitions. Can add pucks if time permits.



(2) - Russian Weave (8 min)

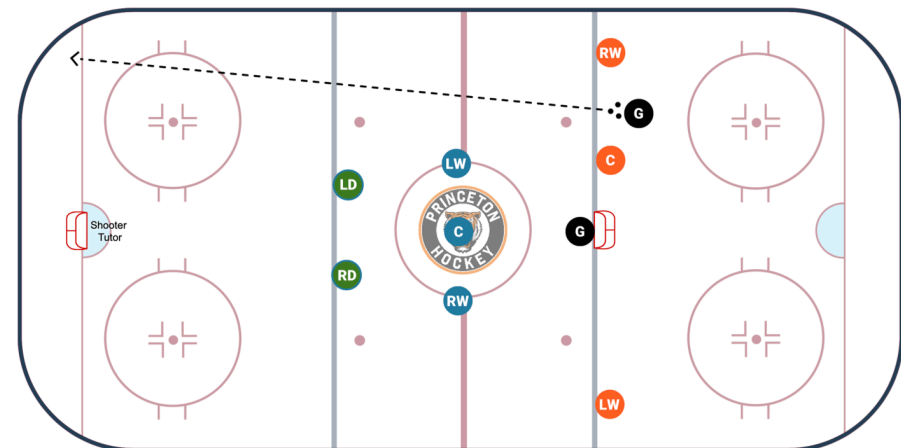
Players follow their pass down the ice entering zone using various tactics, drop passes etc.



(3) - 3 on 2 (15 min)

Center will make breakout pass like he would if he just won a corner battle. Strong side W starts on dot and swings down and opens up near hash marks for the breakout pass, and they perform a standard breakout before going 3 on 2. Defense need to back out on time, but not to early. Must keep a tight gap.

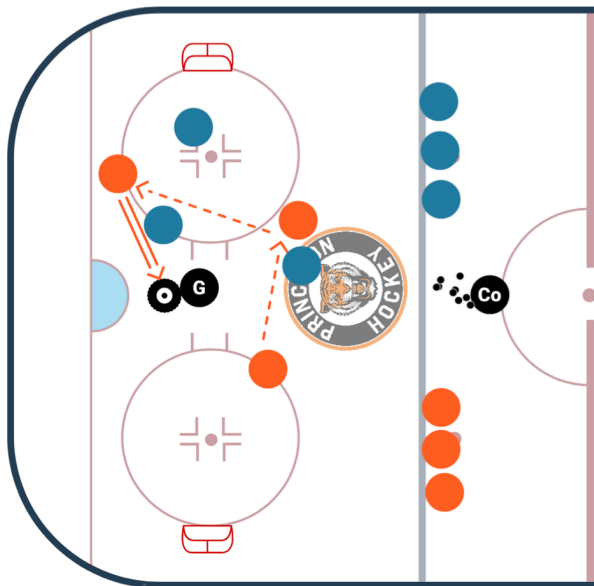
Part 2 Race To Puck - At the end of the play, coach spots puck off boards and forwards race to puck 1v1v1 to score on net. Must touch up on goal line. This works on puck control under pressure and backchecking.



(4) - 3v5 BO/Forecheck Game (20 min)

Blue vs. Orange. Blue breaks out using the 3 passing options (center pass, weak side wing, clearing pass off boards) and orange runs a Tiger, Fox, Hawk forecheck.

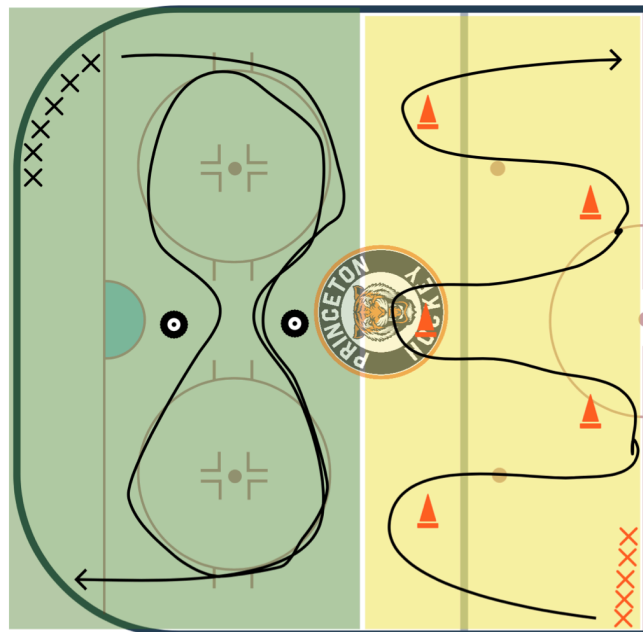
D will rotate in and out after every 2 plays. When they are waiting to go in they will do stationary passing.



(1) - GAME: Hit The Tire With 1 Goalie (12 min)

The setup encourages creative play from the offense to support each other and move the puck quickly, along with challenging the goaltender to work on their edges and read the play.

The team with the puck is trying to score by passing the puck off of the tire, and the team without the puck is trying to get possession. If the defense gets puck possession then they are trying to score. Nets are used as obstacles and are not in play.

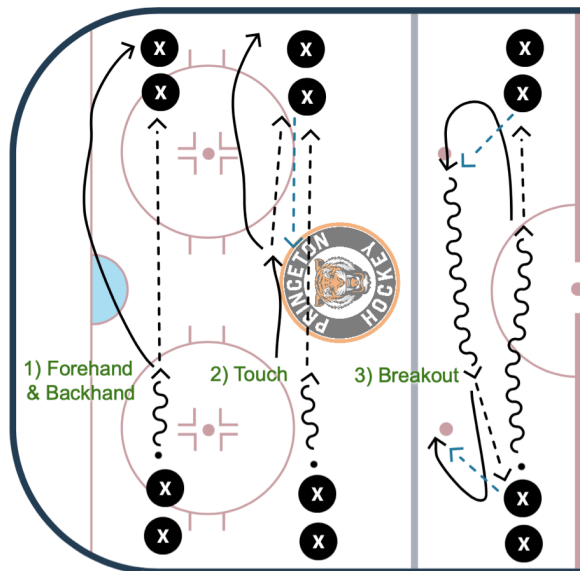


(2A) - Peanut (6 min)

Continuous Crossovers (3 at a time). 2 times without pucks, 2 times with pucks.

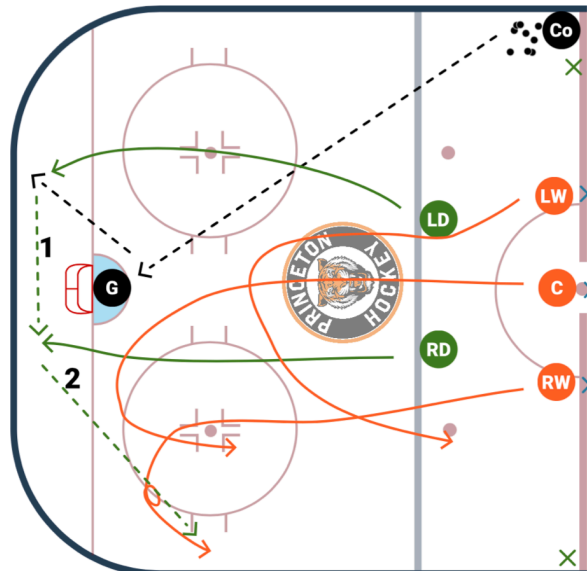
(2B) - 5 Cone (6 min)

Outside Edges, 2 times without pucks, 2 times with pucks.



(3) - Line Passing (15 min)

Line up in 3 or 4 lines to perform a sequence of forehand & backhand passes, touch passes, and breakout passes. This will be a common warm-up practice drill for us and also be used as a game warm up drill for the defense. Aiming for hard, quick, and accurate passes.

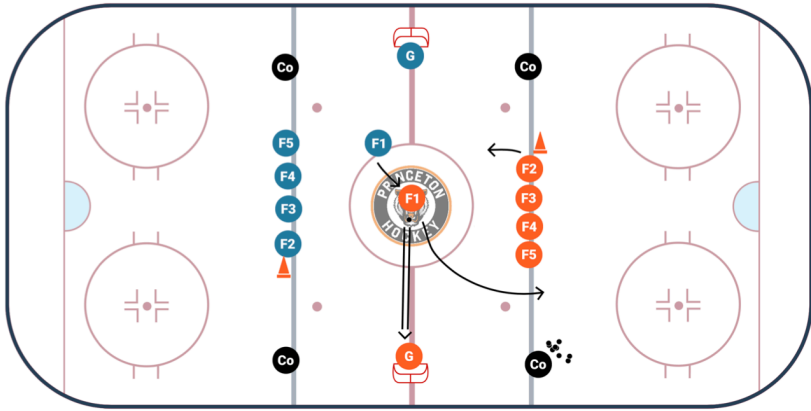


(4) - 5v0 Breakout to 3v2 (15 min)

Coach dumps puck in, D to D pass, 5-0 breakout to 3v2 zone entry. Upon entering the Zone forward line must make at least 1 pass before scoring.

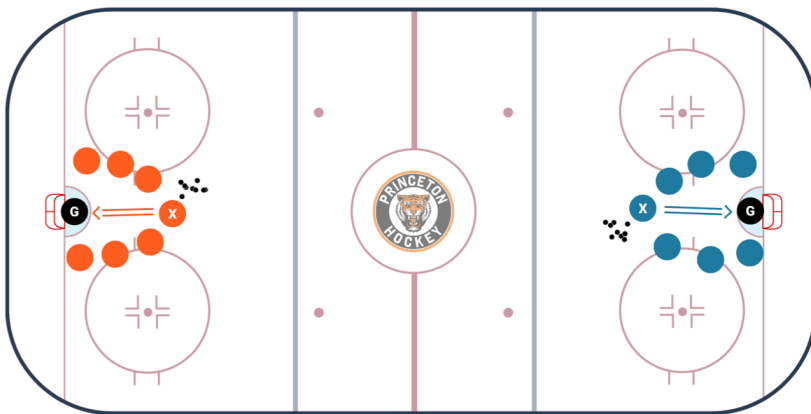
SQUIRT B1 PRACTICE #10

Focus: "Fun Competitive Games, Goalie Focus"



1) - Line Change Game (15 min)

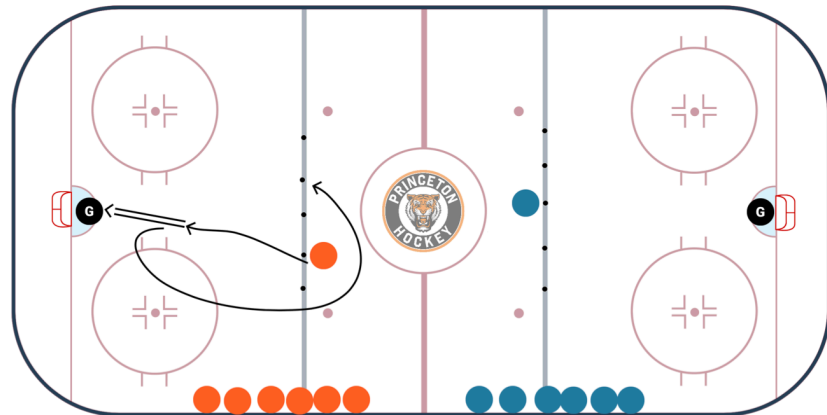
Coach spots puck, 1st player from each team races to the puck and battles 1v1. When a player gets a shot on net or a goal, that person must do a line change by getting across the blue line so the next player on their team can go in. 1st team to change all 7 players wins!!! (Must stay in until you get a shot on net)



(2) - Rebound Game (10 min)

7 Players surround goalie. Player on point gets a pile of pucks. Point player shoots all 10 pucks while the remaining players try to tip or rebound the shot. Goalie tries to cover puck or deflect to sides. First team to 10 wins.

If players score, they get 1 point. If goalie deflects or cover puck, he gets 1 pt.



(3) - 5 Puck (10 min)

One player from each team grabs one of their 5 pucks. If players score, they keep picking up a puck until they don't score. Players who don't score must retrieve puck and place back on blue line before next player on their team can go. 1st team to score all 5 pucks wins.



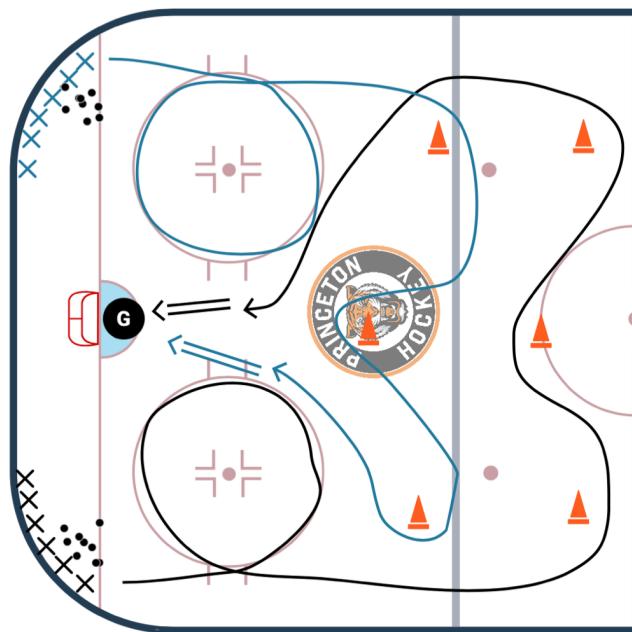
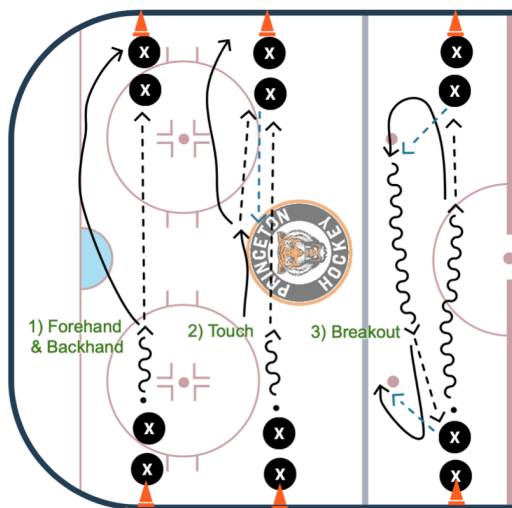
(4) - 5v5 Tournament with Coaches (20 min)

White line, blue line, orange line, black line



(Extra) - Build Your Team (12 min)

If we get on ice early we'll play their favorite game!

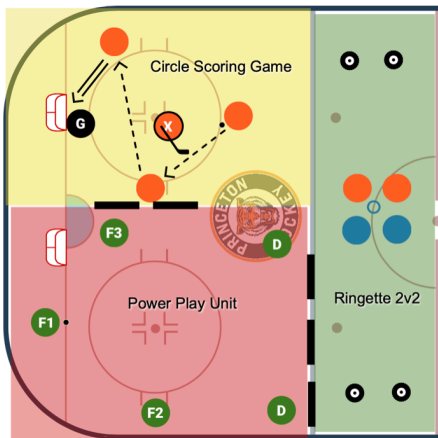


(1) - Line Passing (10 min)

Line up in 3 or 4 lines to perform a sequence of forehand & backhand passes, touch passes, and breakout passes. This will be a common warm-up practice drill for us and also be used as a game warm up drill for the defense. Aiming for hard, quick, and accurate passes.

(2) - Minnesota w/circles (12 min)

Players skate through routes with puck as fast as they can and shoot on net. This is one of many variations of this drill that we will use to teach many different skating and puck control skills.



(3A) - Circle Scoring Game (10 min)

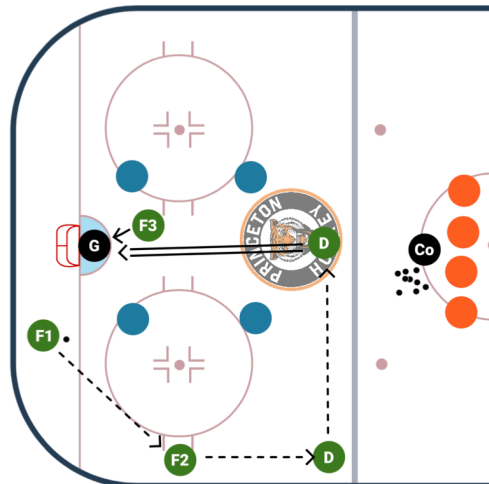
See prior plans for drill description.

(3B) - Ringette 2v2 (10 min)

Turn sticks over to nubs. Must skate with ring in-between opponents tires. Opponents need to use their body to block opponents from entering their tire net. Stay in bounds!

(3C) - Power Play Unit (Overload) (20 min)

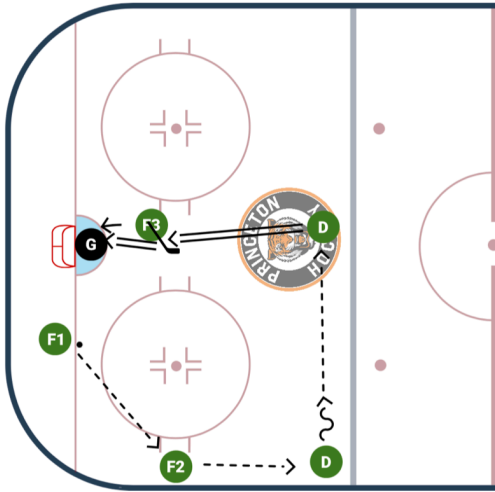
Will work on several offensive plays from this power play formation. This group will not rotate to other stations but will stay here for the two rotations. (See Attachment for specific passing plays)



(4) - Power Play / Box Penalty Kill 5v4 (15 min)

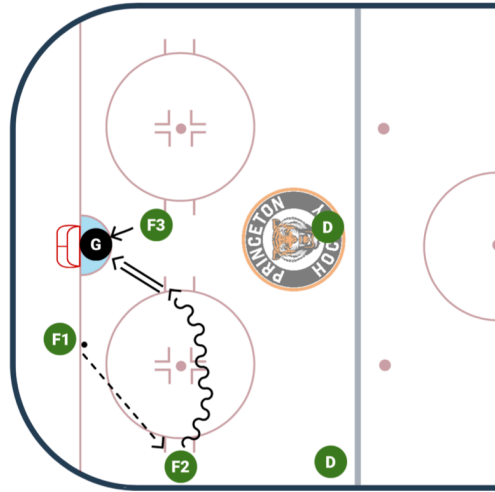
Power play unit will work on power play tactics, while other lines rotate in to work on the "box" penalty kill. Encourage the box players to be disciplined and encourage power play unit to use the tactics they've learned.

OVERLOAD POWER PLAY



(Option 1) - Perimeter (4 min)

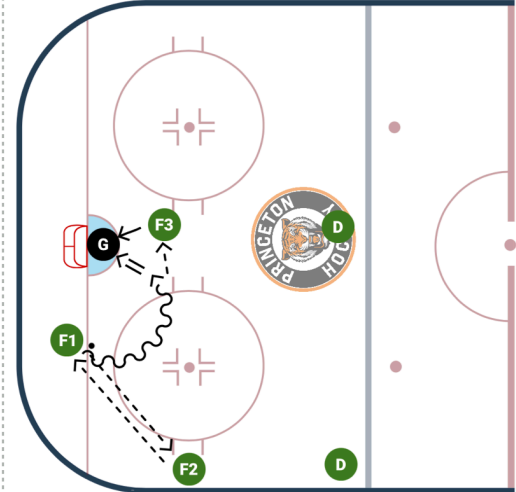
F1 passes to F2, D to D and shot on net. F3 screens at crashes net for rebound.



(Option 2) - F2 Walk (4 min)

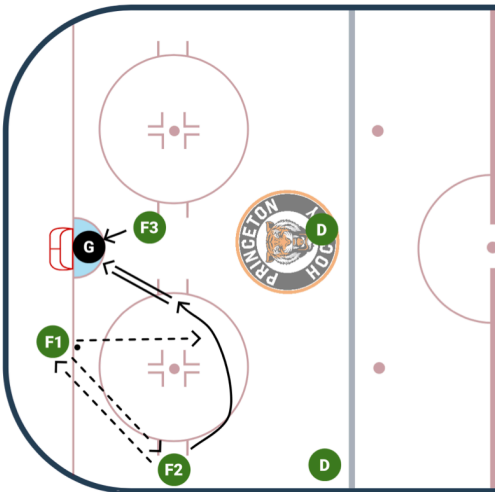
F1 passes to F2, F2 walk in to slot to shoot. F3 Crashes net for rebound.

**End each new passing option will end with the "perimeter play" so our D stay actively involved in this learning station and get more reps.*



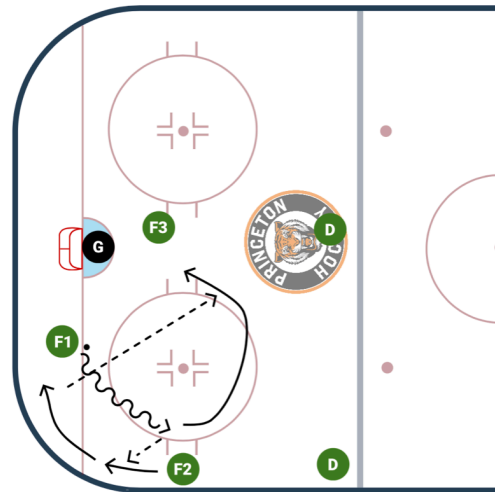
(Option 3) - F1 Walk (4 min)

F1 passes to F2, F2 passes back to F1, F1 walks out to slot to shoot. F3 crashes net for rebound.



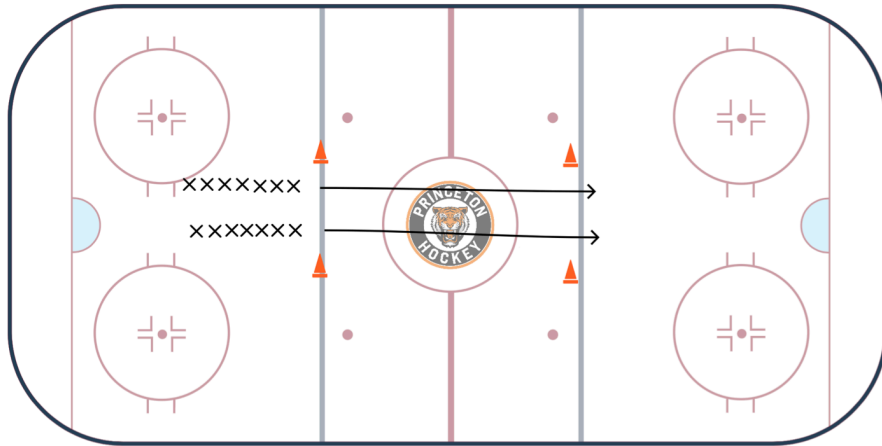
(Option 4) - Pass to F2 (4 min)

F1 passes to F2, F2 passes back to F1, F2 walks out to slot to get the pass from F1 and shoots. F3 crashes net for rebound.



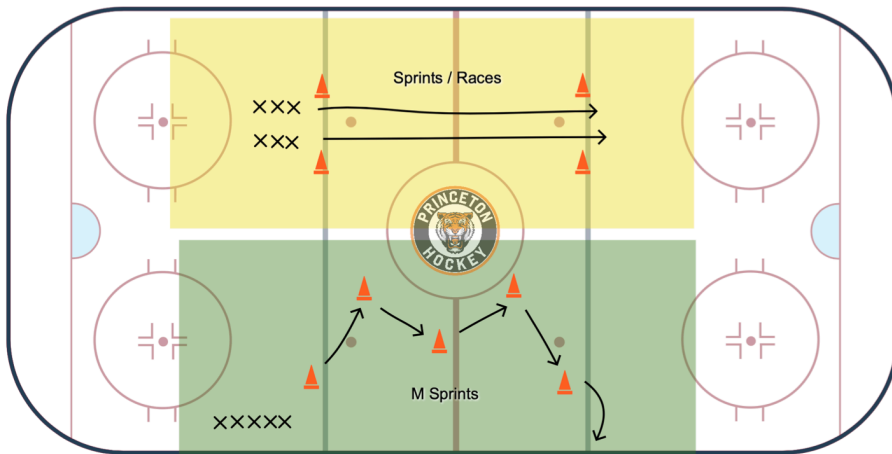
(Option 5) - Drop Pass (4 min)

F1 carries puck out to half wall, makes a drop pass to F2, F1 continues to slot to get a pass from F2 and shoots. F3 crashes net for rebound.



1) - Pre Game Warm Up (10 min)

1. Forward and Backward Jog
2. Butt Kickers
3. Shuffle
4. Carioca
5. Lunges
6. Soldiers
7. Sprints
8. Push Ups

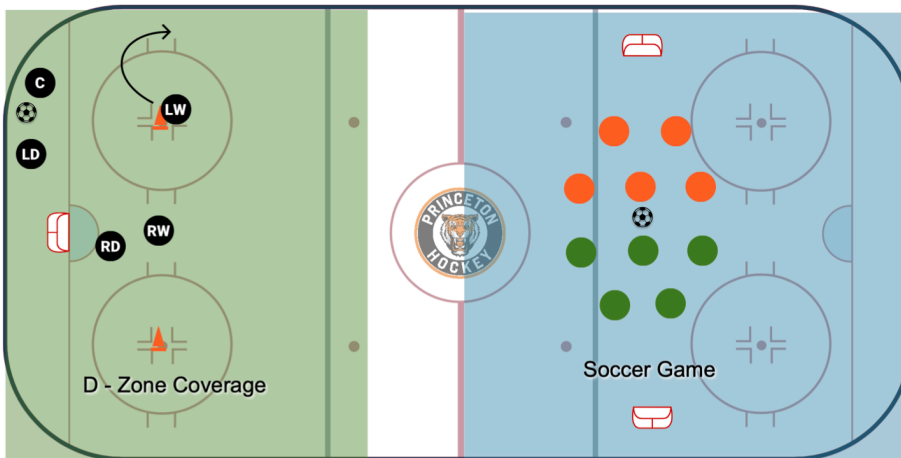


2A) Sprints / Races (6 min)

Do a mini race tournament til you get a winner.

2B) M Sprints (6 min)

Forward pivot at each cone, forwards and backwards transitions at cones.

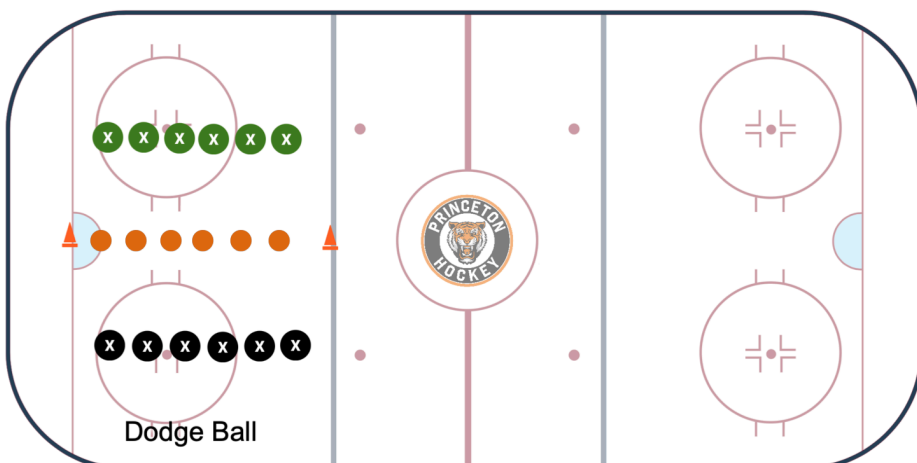


3A) D - Zone Walk Through (8 min)

Coach will move soccer ball to different locations and players will adjust to their appropriate positions.

3B) Soccer Game 5v5 (24 min)

When players are not walking through D-Zone they will play soccer. One team will wear Green Pullovers.

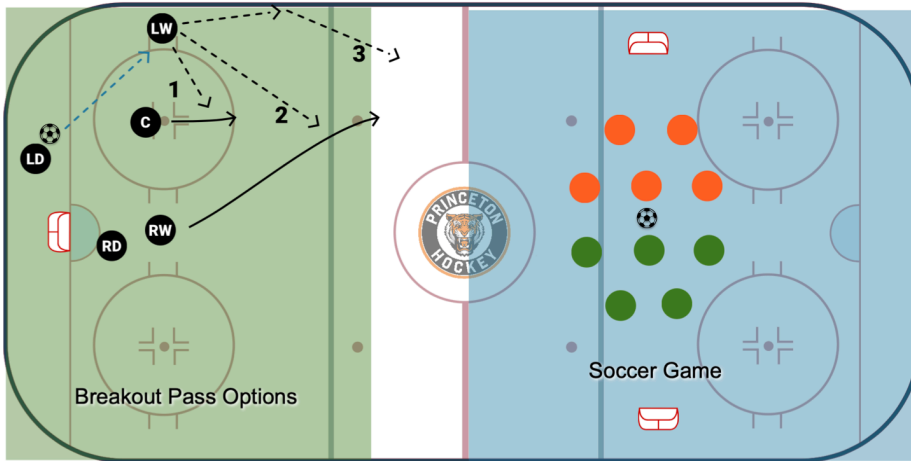


4) Dodge Ball (12 min)

Fun team-building game.

SQUIRT B1 DRYLAND #2

Focus: "Breakout, Athleticism, Team Building"

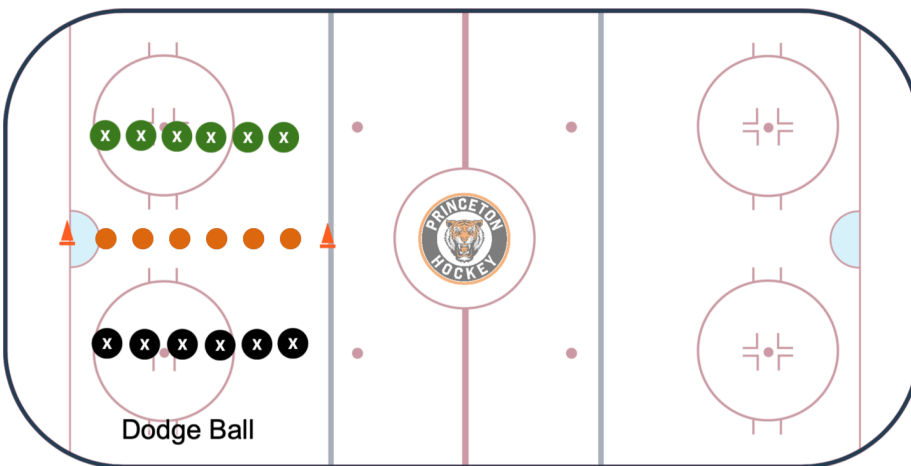


1A) Breakouts (10 min each group)

Will walk through breakout pass options 1-3 using a soccer ball with one line at a time. Other lines will play soccer until it is their turn for instruction.

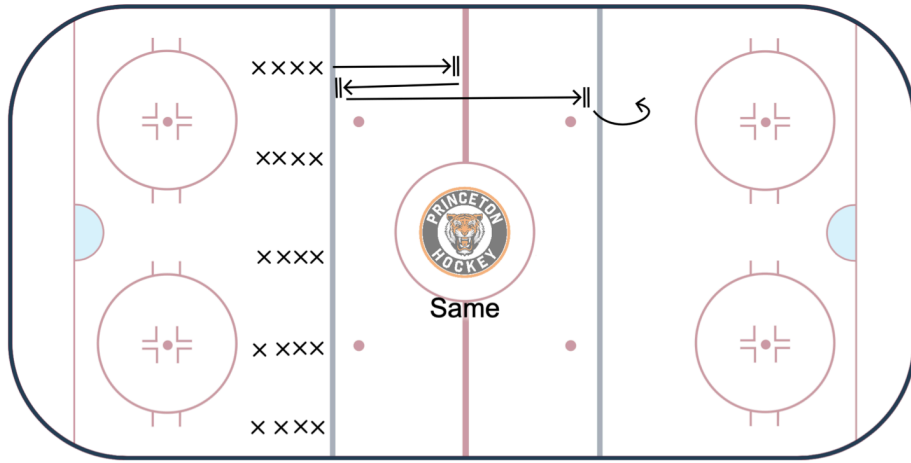
1B) Soccer Game 5v5 (20 min)

When players are not walking through Breakouts, they will play cross-field soccer. One team will wear Green Pullovers. Each line will get 20 minutes of soccer and 10 minutes of breakout instruction.



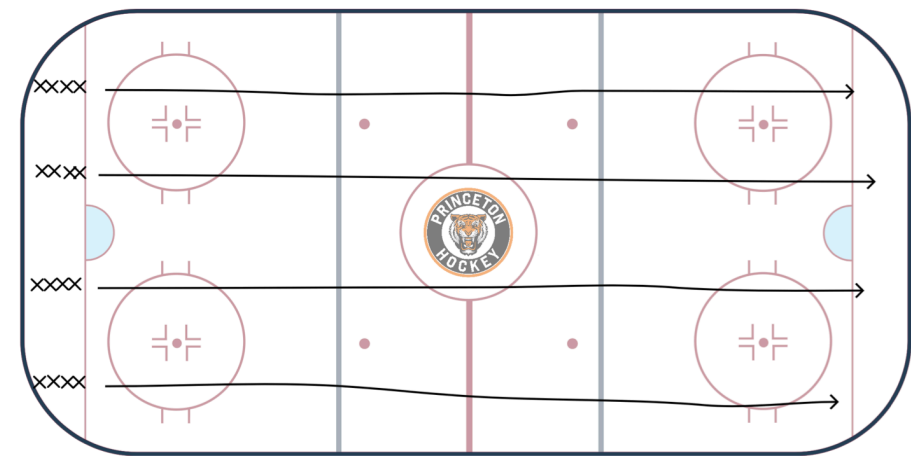
2) Dodge Ball (10 min)

Fun team-building game.



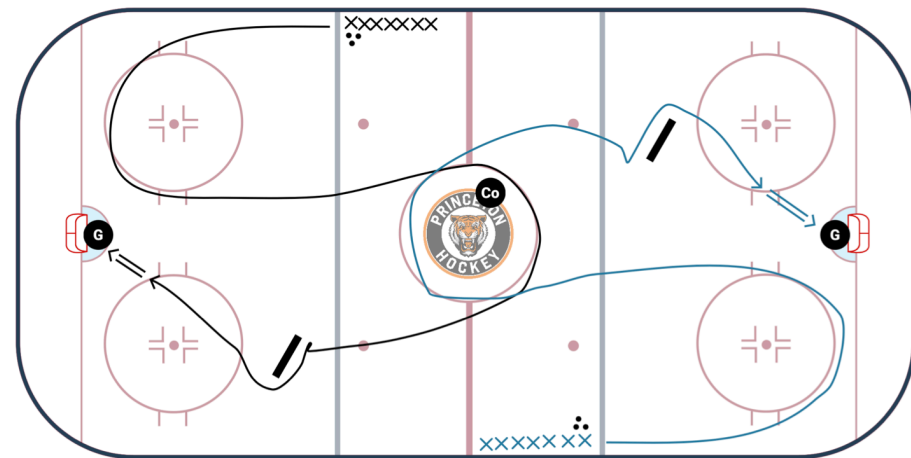
1) 1 Foot Stopping (18 min)

When players stop on inside edge they do a T-Start, when stopping on outside edge they do a crossover start.



2) Skating Strides (18 min)

Players work on various forwards and backwards skating strides, swizzles, one leg extensions etc.



3) High Speed Edges (18 min)

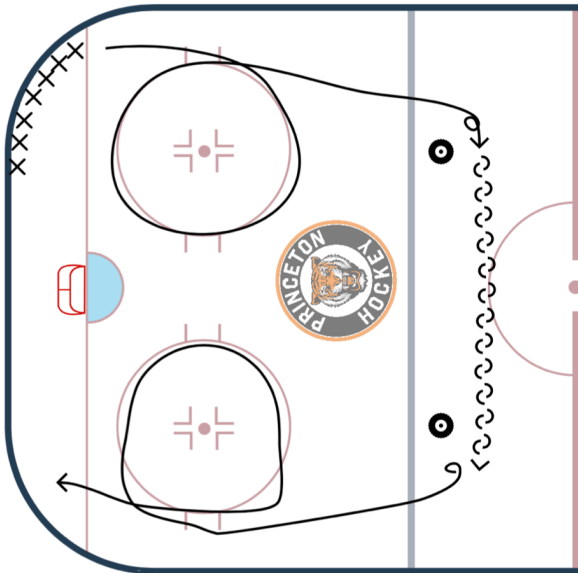
Part 1 - Players do inside edges/outside edges around the bottoms of circles, fake, and go wide and shoot.

Part 2 - Same thing, but doing crossovers.



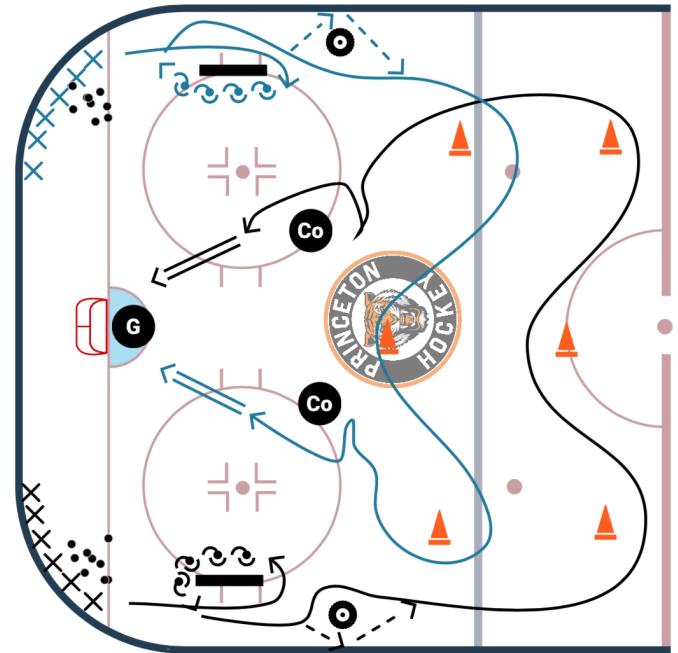
(1) - Game Warm Up (3 min)

2 laps, F's do egg beater, D's do shuttle passing



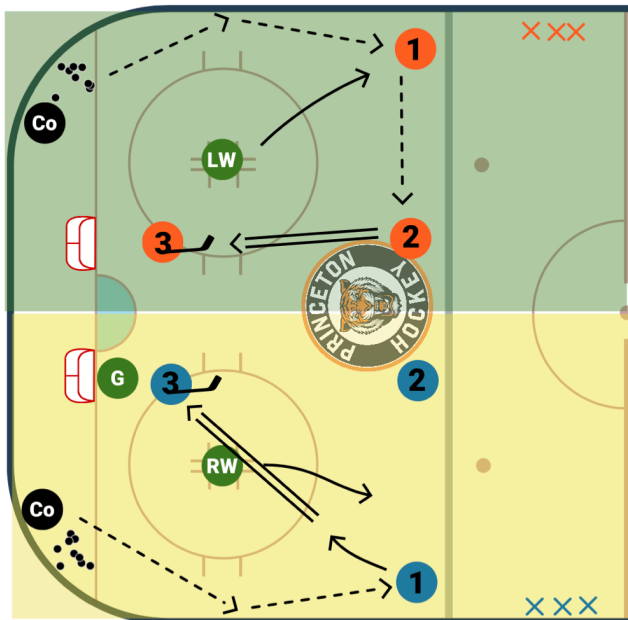
(2) - Modified Russian Circles (10 min)

Forward Crossovers around circles, transition to backwards at the dots. 2x without pucks, 2 x with pucks. 2x backwards crossovers around circles w/out pucks.



(3) - Minnesota w/transitions, board pass, fake and go wide (15 min)

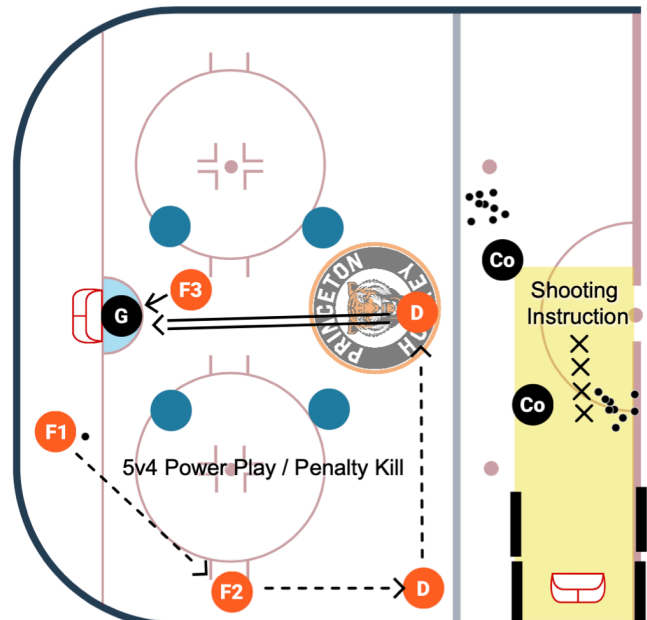
Players do a FWD/BKWD transition, bank pass off boards to self, weave through cones, fake and go wide. Emphasize WIDE REACHES.



(4) - 3v1 Tip Drill (15 min)

This drill mimics a game situation where the D steps up and shoots from the point, or goes D to D based on if there is a shooting lane to net. Player out front screens/tips shot. D-Zone Wing start on dot and go to points to block shots.

(Players will rotate from position 1-2-3 to W playing D-Zone Coverage and then back in line.)



(5) - Power Play / Box Penalty Kill 5v4 (15 min)

Power play unit will work on power play tactics, while other lines rotate in to work on the "box" penalty kill. Encourage the box players to be disciplined and encourage power play unit to use the tactics they've learned.

(Shooting Instruction for those not in-game. Will rotate PK players every 4 min or so)

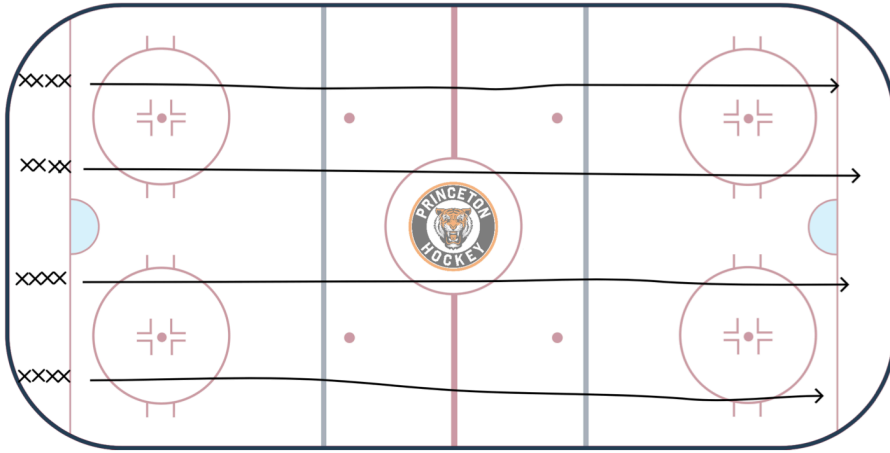
11-3-2025

SQUIRT B1 PRACTICE #14

Focus: "Osmondson Skills Clinic"

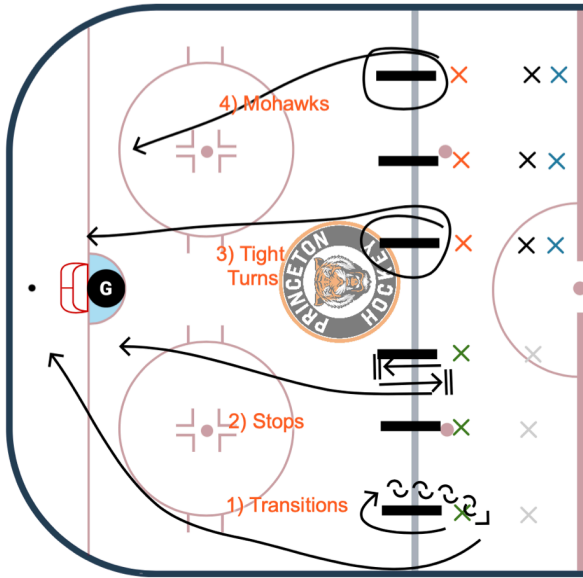


Team First
Integrity
Grit
Engaged
Respectful



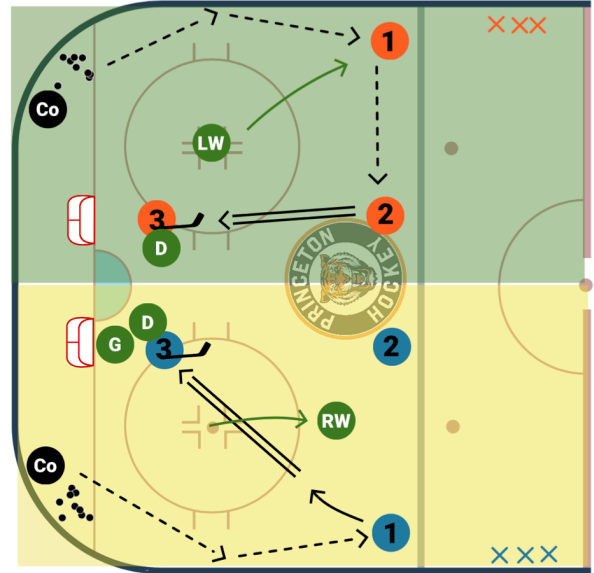
1) Line Skating (60 min)

Players worked on a number of skating stride and balancing movements for the full hour.



(1) - Obstacle Race To Puck 3v3 (15 min)

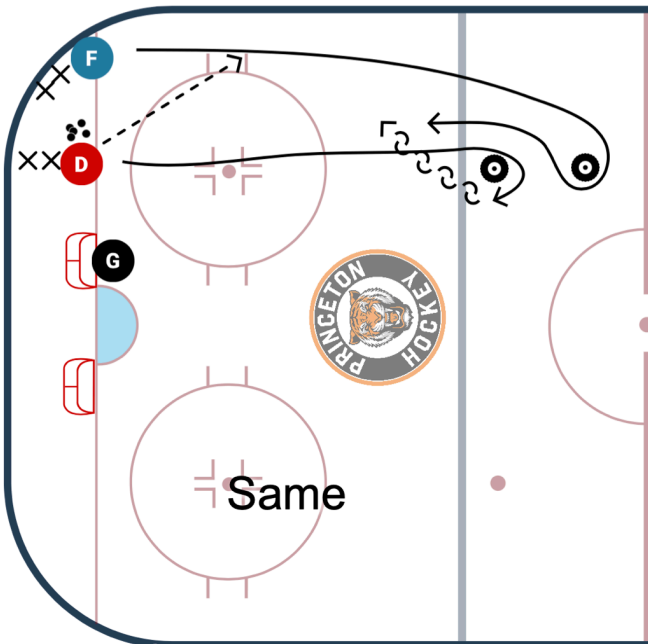
Players battle 3v3 after performing a specific skating skill around or next to barriers. 1) Transitions 2) Stops & Starts 3) Tight Turns 4) Mohawks. Both teams are trying to score on same net but must make one pass before scoring.



(2) - 3v2 Tip Drill (12 min)

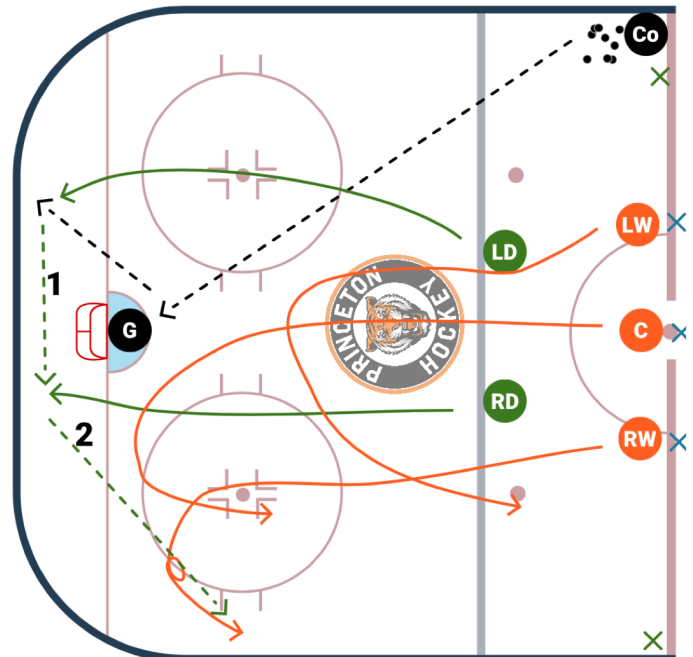
This drill mimics a game situation where the D steps up and shoots from the point, or goes D to D based on available shooting lane. Player out front screens/tips shot. D-Zone Wing starts on dot and goes to point to block shots. D-Zone D covers offensive player in front of net.

(Players will rotate from position 1-2-3 to D to W playing D-Zone Coverage and then back in line.)



(3) - Breakout Pass to 1v1 (10 min)

D makes breakout pass to F and goes 1v1 trying to angle F to the outside. Goal of this drill is for the D to prevent F from getting a shot inside the house. Stick on puck, body to body!



(4) - Breakout to 3v2 with Rules (20 min)

Keep score! D vs F vs Goalie.

F - 1 point for goals, 2 points for back door pass goals

D - 1 point for clearing zone, 2 points for allowing no shots in the house.

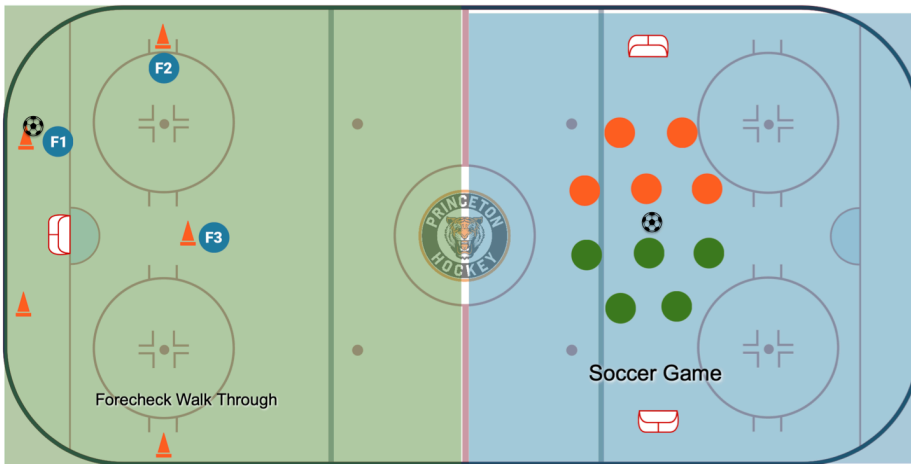
G - 2 points for freezing puck.

SQUIRT B1 DRYLAND #3

Focus: "Forecheck, Athleticism, Team Building"



Team First
Integrity
Grit
Engaged
Respectful

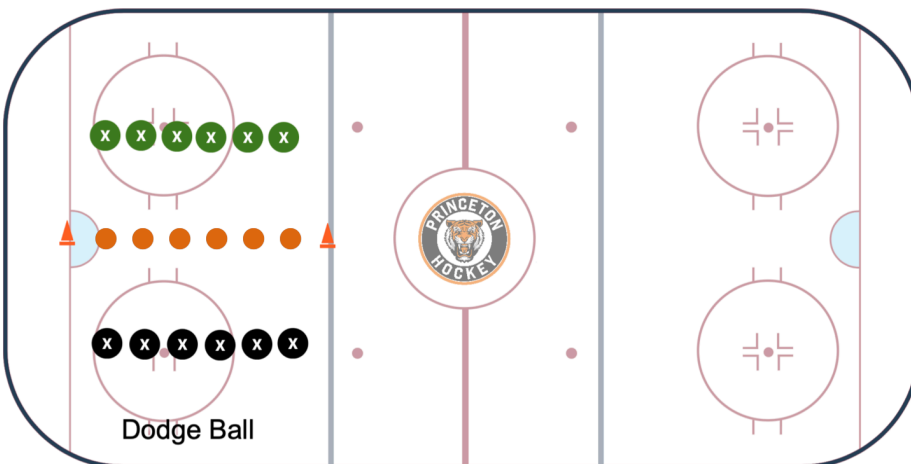


1A) Forecheck (10 min each group)

Will walk through forecheck using a soccer ball with one line at a time. Other lines will play soccer until it is their turn for instruction.

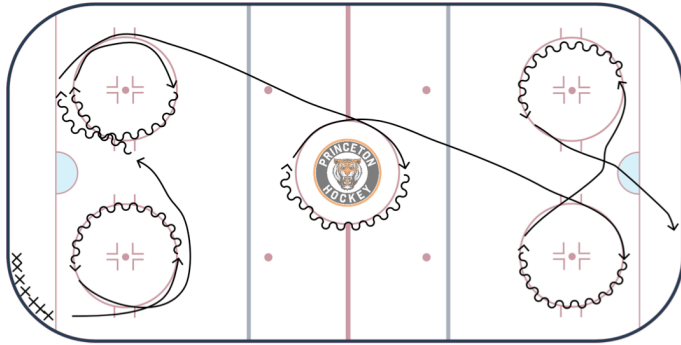
1B) Soccer Game 5v5 (30 min)

When players are not walking through Breakouts, they will play cross-field soccer. One team will wear Green Pullovers. Each line will get 20 minutes of soccer and 10 minutes of breakout instruction.



2) Dodge Ball (15 min)

Fun team-building game.

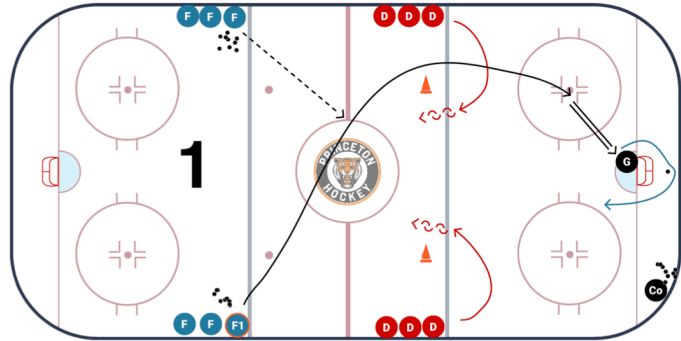


(1) - Russian Circles / Misc. Skating (25 min)

Players face one direction the whole time doing forward/backward transitions 2x without pucks, forward 2x with pucks, no stick hand on paint 2x.

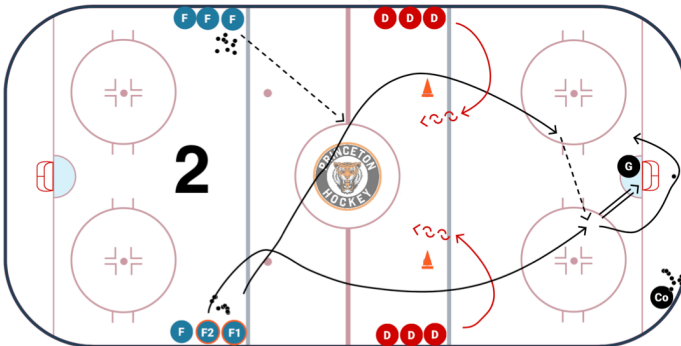
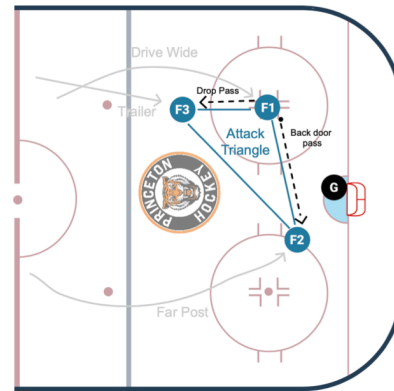
Puck control race - Race from goal line to blue line pushing puck with one hand 3x.

Herbie / Stopping - Goal line to blue line, goal line to red line, goal line to far blue line, goal line to goal line.

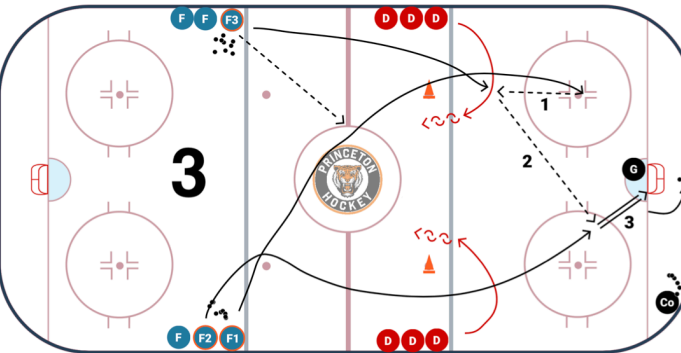


(2) - Triangle Attack Progression / 1v2, 2v2, 3v2 (28 min)

This progressive series teaches players to enter into the offensive zone using an triangle attack formation: F1 drives wide into the zone, F2 drives to the far post, F3 is the trailer.



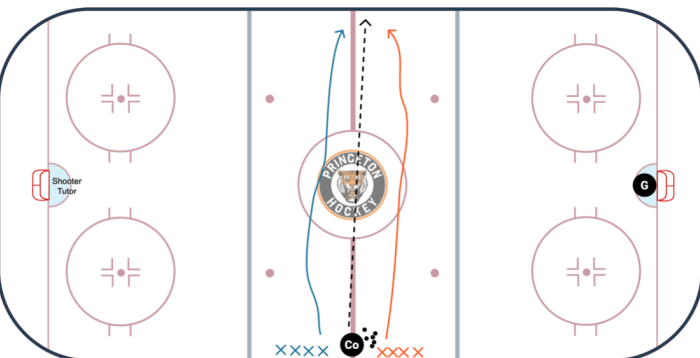
PHASE 1: Pucks at each F line. F1 leaves to get pass from other F line. Drives wide shoots it off of goalies pads, picks up a puck and goes 1v2 against D going the other way. Now other line goes to get pass.



PHASE 2: Same as phase 1 but second player in line F2 leaves after F1 to drive wide to far post for a pass from F1 back door. Shooter picks up puck placed by coach to go 2v2 the other way.

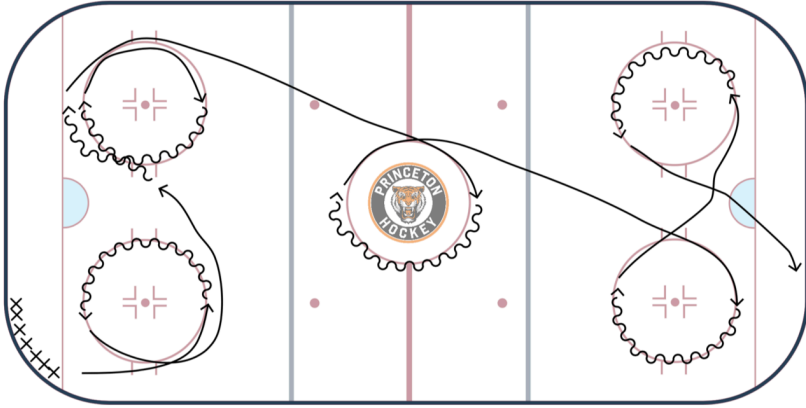
PHASE 3: Same as phase 2 but this time the passer in the other line leaves to be the F3 trailer. F1 makes a drop pass to F3, F3 then passes to F2 for a back door shot. All players crash net. Shooter picks up puck for a 3v2 back the other way.

*Forwards should alternate lines each time.



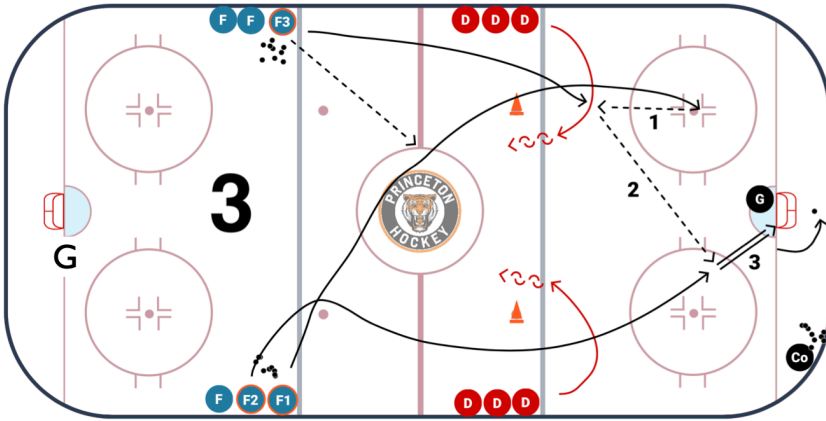
(3) - Survival (Coaches Choice) (10 min)

The coach spots a puck across the ice and yells out 1v1 or 2v2. Ex: "Give me 2 blacks vs. 2 Oranges!" The first players in line compete until someone scores. You can have up to 4 competitions going at a time.



(1) - Russian Circles (15 min)

2x without puck transitions facing same direction, 2x with puck forwards, 2 times hand touching paint (no stick), 2 times backwards no pucks.

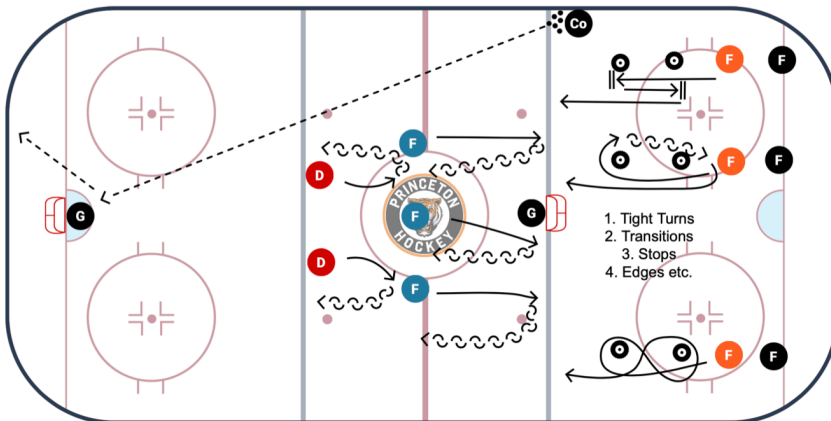


(2) - Triangle Attack Progression / 2v2, 3v2 (25 min)

See practice #16 for Phase 2 graphics.

PHASE 2: Same as phase 1 but second player in line **F2** leaves after F1 to drive wide to far post for a pass from F1 back door. Shooter picks up puck placed by coach to go 2v2 the other way. (Do pass off pad and direct passes).

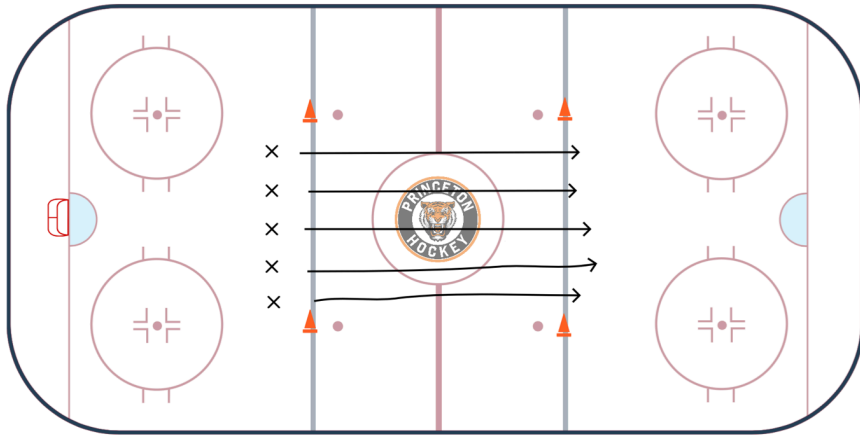
PHASE 3: Same as phase 2 but this time the passer in the other line leaves to be the **F3** trailer. F1 makes a drop pass to F3, F3 then passes to F2 for a back door shot. All players crash net. Shooter picks up puck for a 3v2 back the other way.



(3) - 3v5 Forecheck/BO Game (25 min)

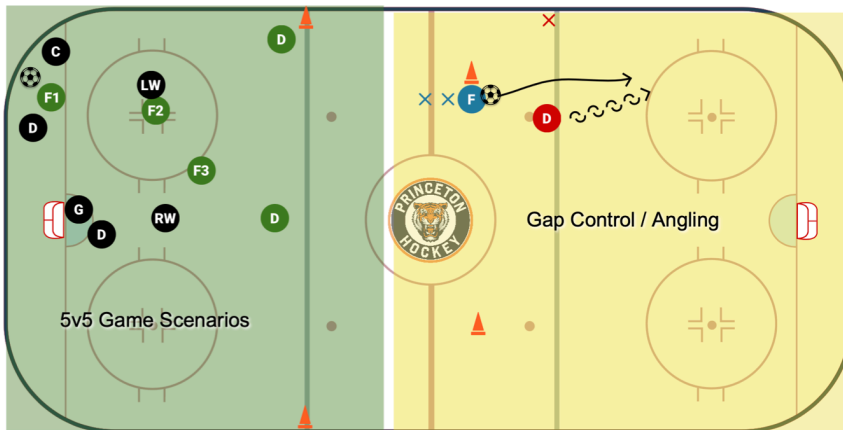
Coach dumps puck in, 3 forecheckers on blue line execute a 1-2-2 forecheck while other 5 players try to execute a proper breakout. Defense gets a point for good breakout passes and goals, Forecheckers get 3 points for scoring, Goalies get 2 points for covering puck. No drifting F's on breakout!!!!

Added Skating Skills: Forecheckers will do a series of skating skills before entering the game (See graphic). Breakout team will skate up to line and do transitions or stops and starts to begin game.



1) Lap / Sprints (10 min)

Players will warm up doing a lap around inside of rink and then sprints. 5 lines.



2A) 5v5 Game Scenarios (30 min)

Will start out game with ball in different locations (Corner, Point, Side Boards, etc). On the whistle players must freeze in place to see if they are in the correct position. If players are out of position coach will correct.

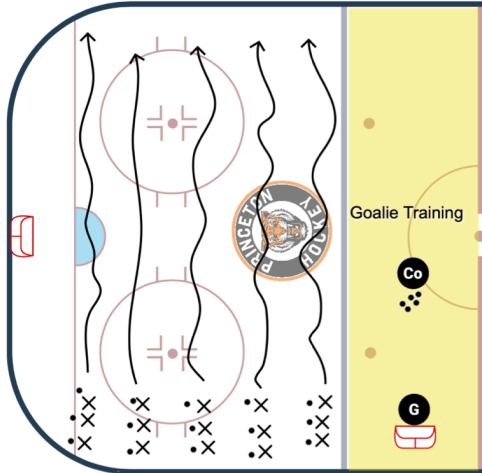
O Zone Players - 1 point for goals, 2 points for back door pass goals. -2 points for being out of position.

D Zone Players - 1 point for carrying ball out of zone, 2 points for using our breakout to get out of zone. -2 points for being out of position.

G - 2 points for freezing puck.

2B) Gap Control / Angling (10 min each group)

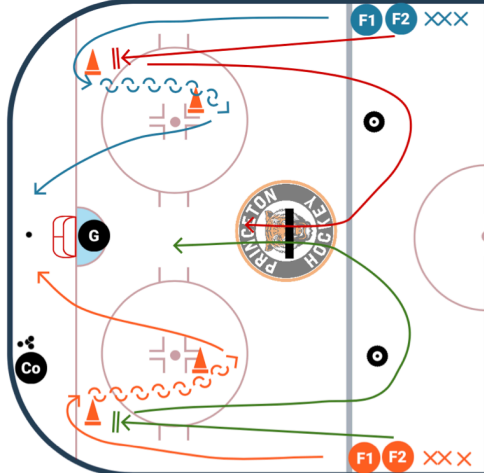
F's will start with soccer ball, D must keep a gap of about a stick and a half length away looking at ball carriers chest, protecting the middle and angling F off to the boards while running backwards.



(1) - Edge Work/Puck Control (10 min)

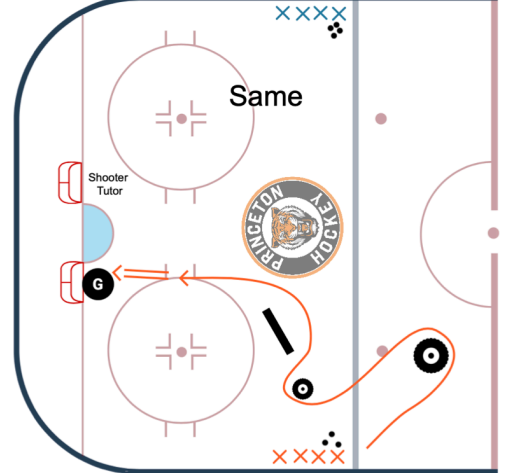
All with puck:

- Inside edges Big C's
- Outside edges
- One Knee, Two Knees in middle
- Narrow Dribble, Wide Dribble
- Combination Wide and Narrow



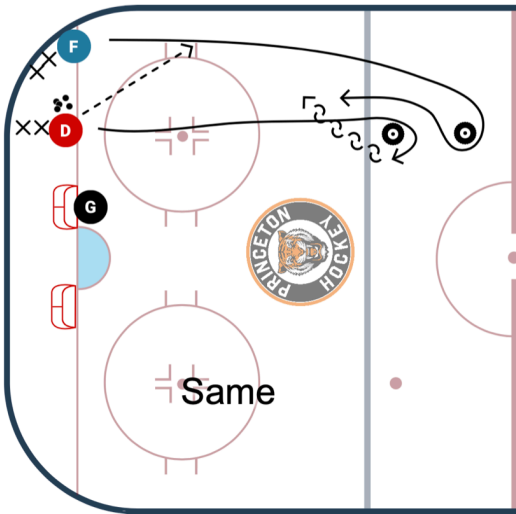
(2) - Skating Agility Race to Puck 2v2 (10 min)

First player in each line transitions BKWDS to FWDS at cones. Second player in each line stops at far cone, turns around tire and jumps over bumper to get a pass from their player in front of the net. *Note: Players battling behind the net must make one pass before attempting to score themselves.*



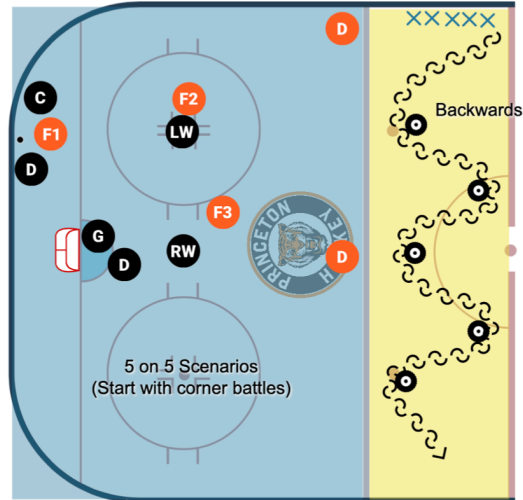
(3) - Osmondson Tight Turn To Crossovers (10 min)

Tight turns to crossovers around tires with puck and score. Initiate with tight turn then start crossing over.



(4) - Breakout Pass to 1v1 (10 min)

D makes breakout pass to F and goes 1v1 trying to angle F to the outside. Goal of this drill is for the D to prevent F from getting a shot inside the house. Stick on puck, body to body, and keep gap tight!!!!



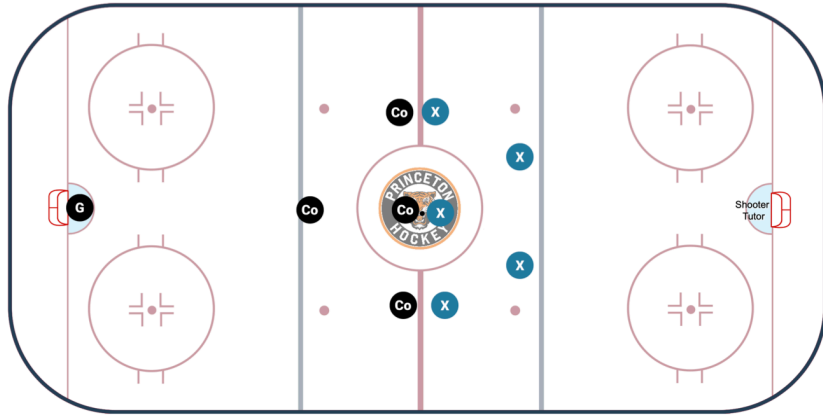
(5) - 5v5 Game Scenarios: Corner Battles (18 min)

Coach starts out scenario making sure players are in their correct spots. Today we'll start out with corner battles, the options are endless going forward. Players rotating out of game will skate backwards through tires once each before waiting in to rotate back in. Winner stays.

O Zone Players - 1 point for goals, 2 points for back door pass goals. -2 points for being out of position.

D Zone Players - 1 point for skating it out of zone, 2 points for using our breakout to get out of zone. -2 points for being out of position.

G - 2 points for freezing puck.

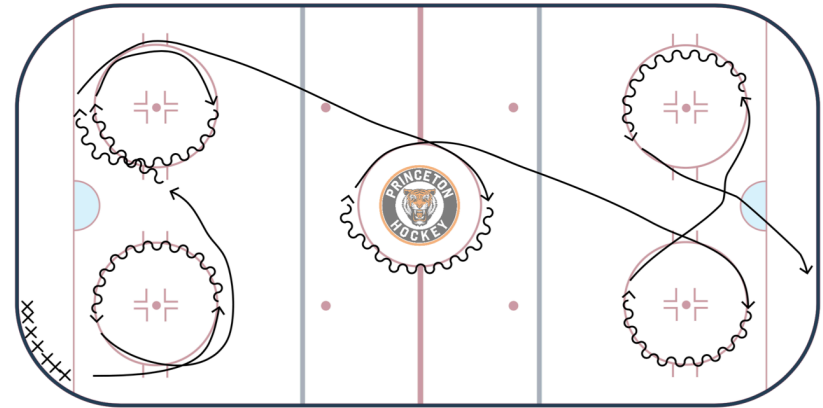


(1) 5v5 Tournament (30 min)

Players got to pick their favorite game to play since they achieved their team goal of "10 Hard Relentless Shifts" in their last district game. 1.5 minute shifts with face-off center ice to start.

Keep score: Orange vs. Black vs. Gray vs. White/Goalie.

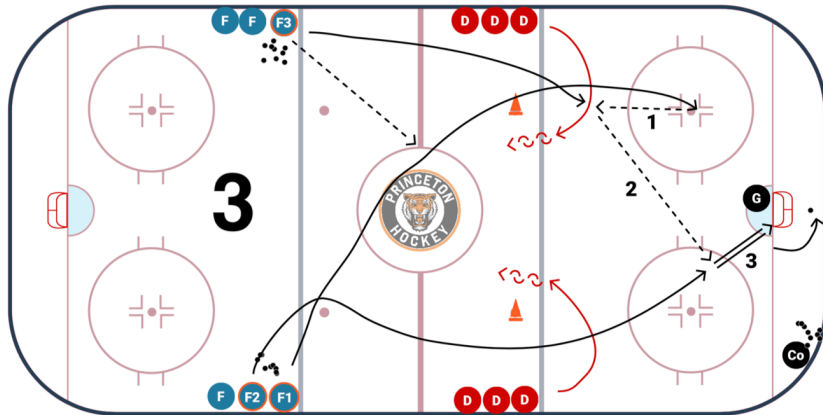
Purpose: Morale boost, creativity, and fun!!



(2) - Russian Circles (20 min)

2x without puck transitions facing same direction, 2x with puck forwards, 2 times hand touching paint (no stick), 2 times backwards no pucks.

Coaches pick top three winners (fastest and smoothest) for each rendition to motivate players to do their best!



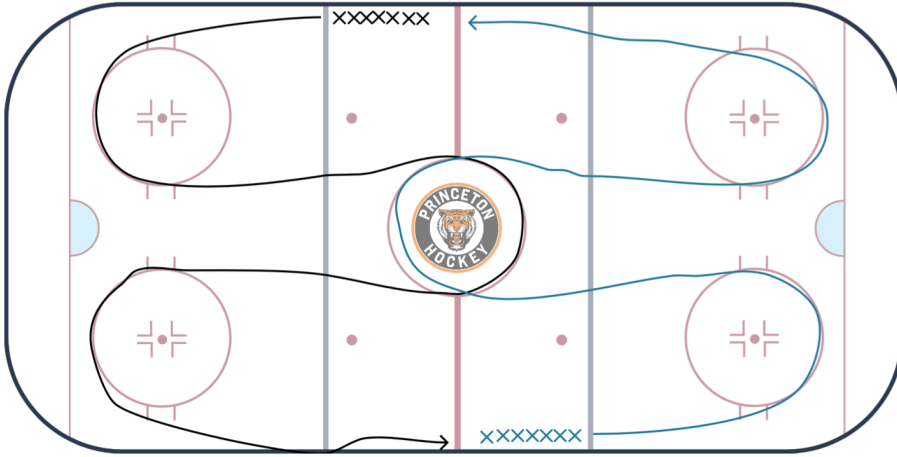
(3) - Triangle Attack Progression to 2v2, 3v2 (20 min)

See practice #16 for Phase 2 graphics.

PHASE 2: Same as phase 1 but second player in line **F2** leaves after F1 to drive wide to far post for a pass from F1 back door. Shooter picks up puck placed by coach to go 2v2 the other way. (Do pass off pad and direct passes).

PHASE 3: Same as phase 2 but this time the passer in the other line leaves to be the **F3** trailer. F1 makes a drop pass to F3, F3 then passes to F2 for a back door shot. All players crash net. Shooter picks up puck for a 3v2 back the other way.

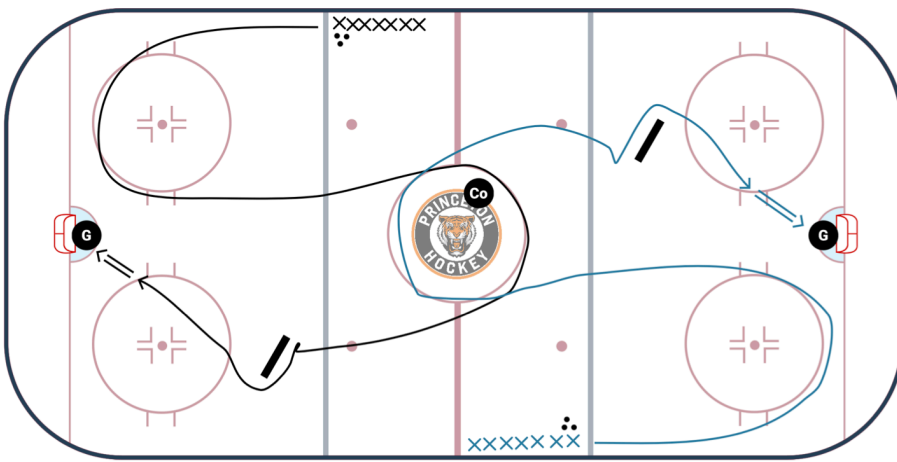
Coaching Points: Make sure forwards open up to quickly catch and shoot (or one timer) back door. Do not catch pass on back hand. Make sure defense keeps proper gap control.



(1) High Speed Edges (25 min)

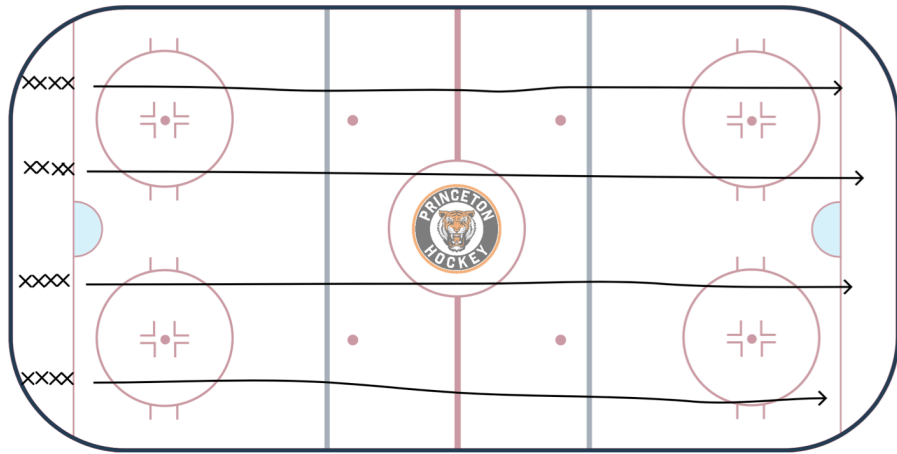
Inside edges, outside edges, crossovers, crossovers without puck. Make sure players have a good knee bend and stay low.

Note: Coaches inside circles to reinforce proper form.



(2) High Speed Edges w/Pucks (25 min)

Crossovers with puck, eyes up ice, fake and go wide. Coaches can pressure players in middle circles for puck protection and to force them wide.



(3) - Stick Handling (8 min)

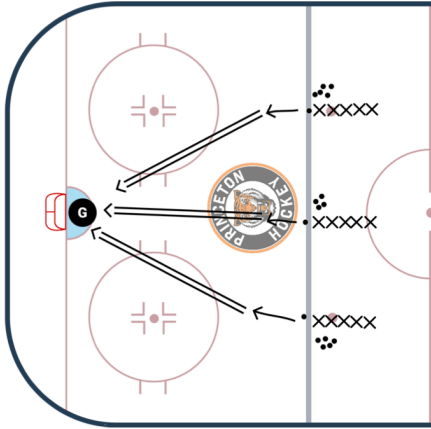
Two foot shuffles without puck, shuffles with puck. Wide reaches, then using only feet to control puck down the ice.

SQUIRT B1 PRACTICE #21

Focus: "Breakout, Zone Entry, O-Zone Face-offs"



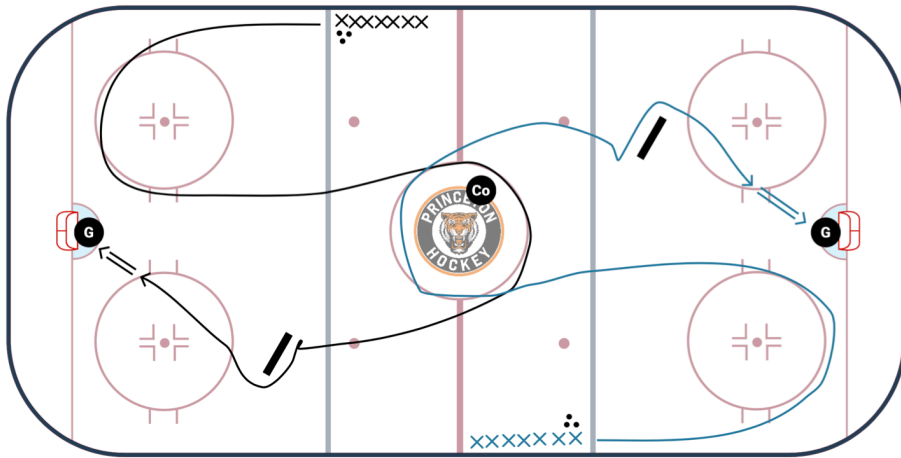
Team First
Integrity
Grit
Engaged
Respectful



(1) New Game Warm Up (10 min)

- One hard lap (15 sec)
- 3 Line Shooting at Blue Line (2 min)
- Skate In Circles Shooting Pucks into Empty Net (45 sec)

*We will run through this 2-3 times so players know what to do come game day.

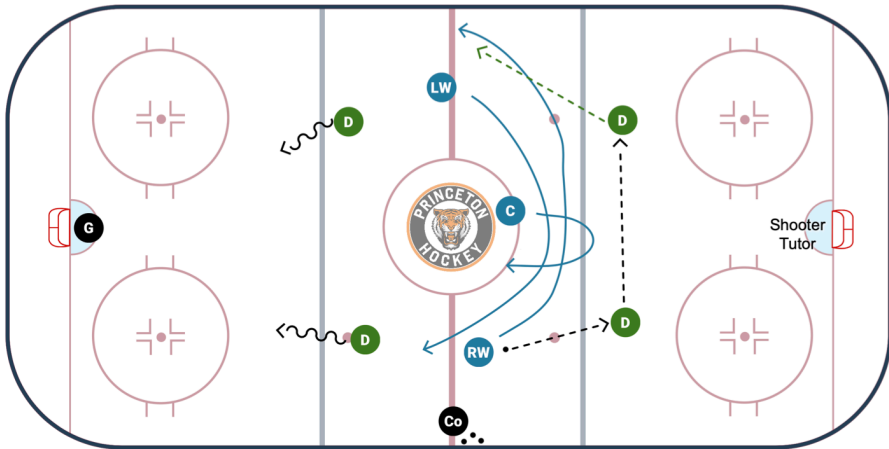


2) High Speed Edges (15 min)

Part 1 - Players do inside edges and outside around the bottoms of circles without puck. (See diagram on Practice #21).

Part 2 - Same thing, but doing crossovers with puck, fake, go wide, get back to the middle and shoot!

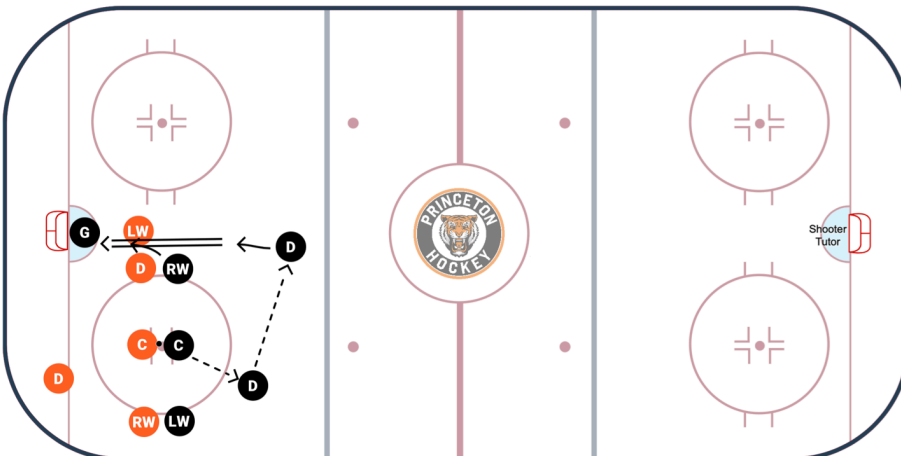
GOALIE TRAINING: Goalie will train off to the side with a net in the corner. We can put a tire in place of the net for players to practice hard and low shots.



(3) - Breakout, Regroup, 5 on 2 Zone Entry (15 min)

Do breakout drill like normal, but after the breakout, F's will pass to the opposing D, then swing down and open up for a neutral zone breakout pass from the D, then enter zone 5 on 2 in an attempt to score.

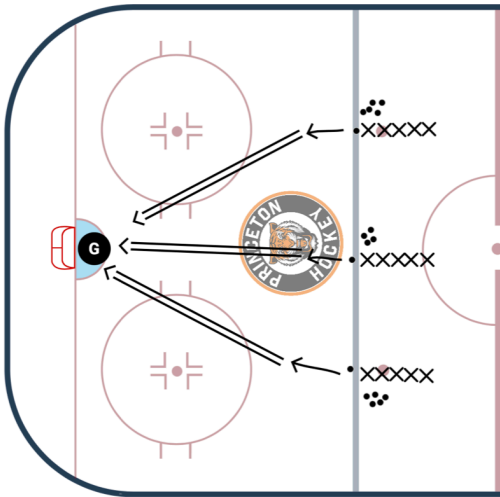
Focus: Players will attempt to use the Triangle Attack they've learned as they enter the Zone 5 on 2.



(4) - 5v5 Full Ice (O-Zone Face-offs) (20 min)

We'll start out each 1.5 minute shift with an offensive zone face-off so players can get used to the D to D pass, shot, and tip on net. After that, let them play live.

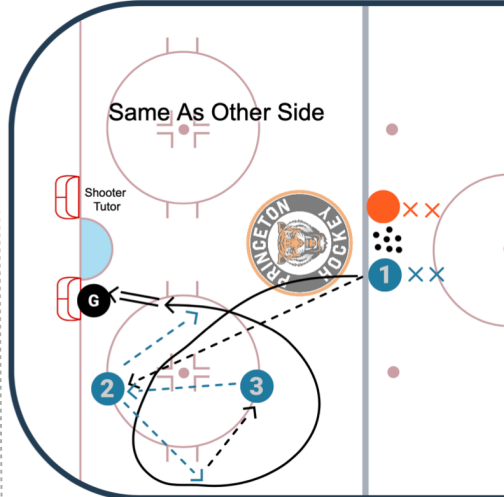
GOALIE TRAINING: While puck is in the other zone a coach can quickly take 1-2 pucks and take some shots on the goalie, glove shots, stick shots, whatever, to keep him engaged.



(1) - Game Warm Up (5 min)

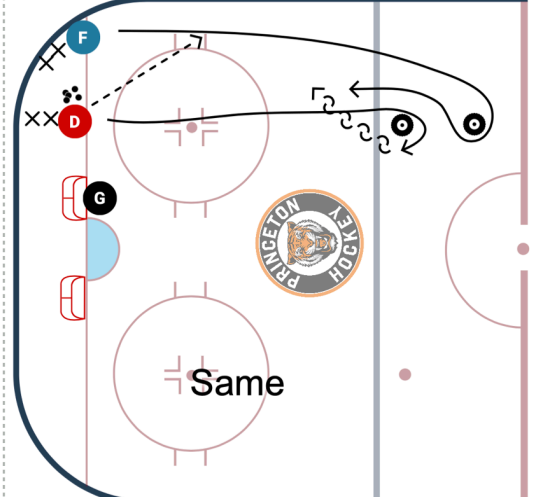
Extended game warm-up to work on 3 line shooting.

*Grit builders or other skating in-between each drill today.



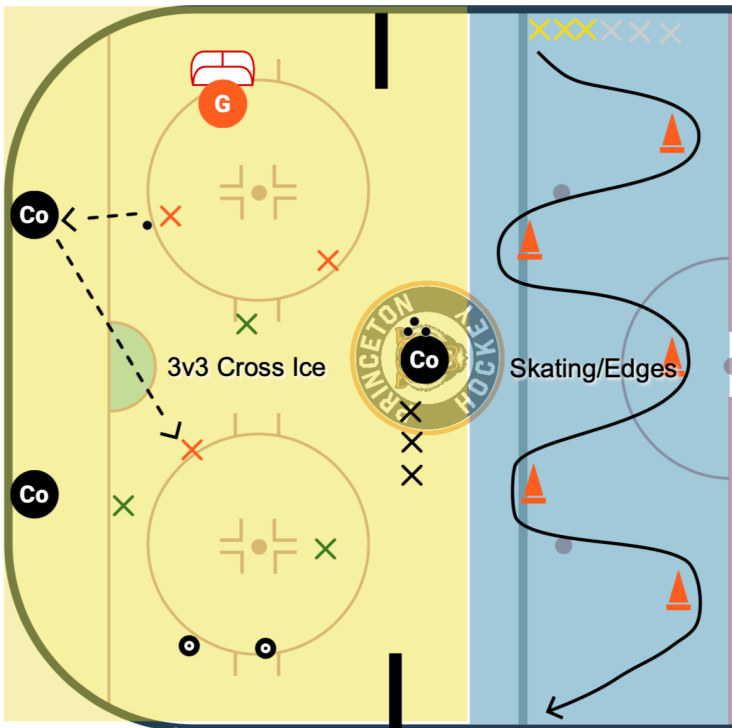
(2) - Olympic Breakout Drill (12 min)

1 passes to 2, skates down deep below the hash marks to get a breakout pass back from 2, makes touch pass to 3 (3 makes a pass down to 2) and 1 continues on to front of the net for a pass from 2 to shoot on net. (Rotate 1-2-3 and back in line)



(3) - Breakout Pass to 1v1 (12 min)

D makes breakout pass to F and goes 1v1 trying to angle F to the outside. Goal of this drill is for the D to prevent F from getting a shot inside the house. Stick on puck, body to body, and keep gap tight!!!!



(4A) - 3v3 Down Low (16 min)

Players must make a pass to any coach before going on offense. 45 second shifts. On the side without a goalie players must skate in-between tires with possession of the puck to score. 8 Minute Rotation for 3v3:

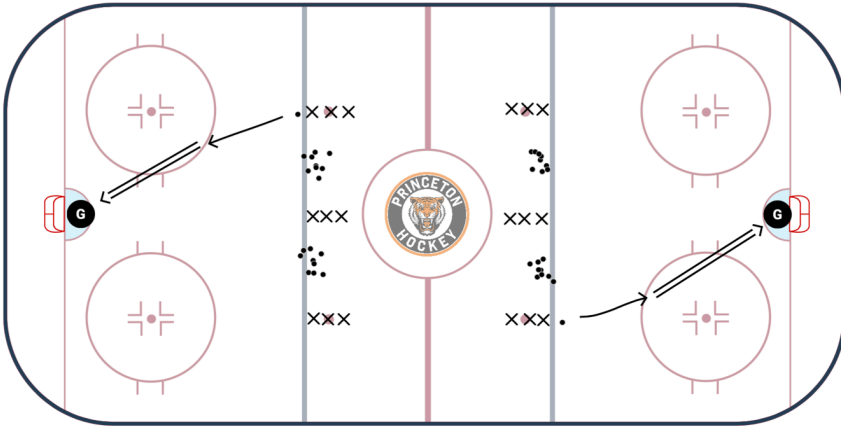
- (Group 1) Orange, Green, Black
- (Group 2) Grey, White, Black
- (Group 3) Orange, Green, White, Grey

(4B) - 5 Cone Skating/Edges (8 min)

Inside edges 2x, Outside edges 2x, Backwards 2x, remainder of time coaches choice. Rotation as follows:

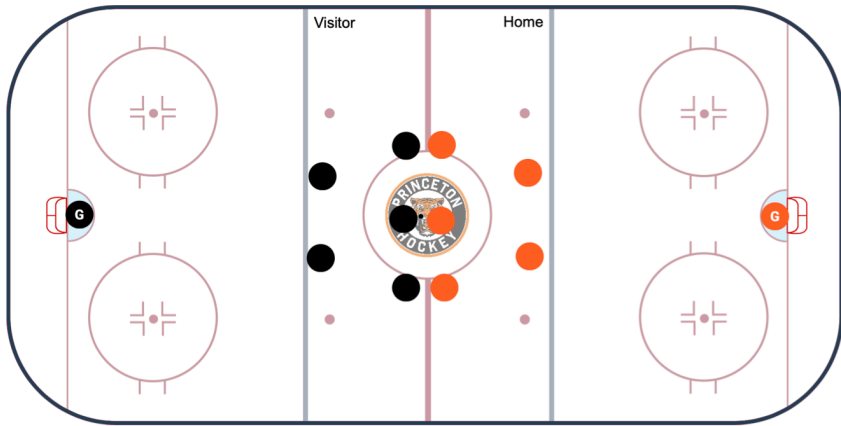
- (Group 1) Grey, White
- (Group 2) Orange, Green
- (Group 3) Black

**Green line (Easton, Sam, Reed)



1) 3 Line Shooting / Game Warm Up (5 min)

Will run this drill out of both ends to get the players double the shooting reps. Looking for hard and low shots.



(2) - 5v5 Tournament with Coaches (54 min)

1:30 shifts, no face-offs. (Three 18 minute games)

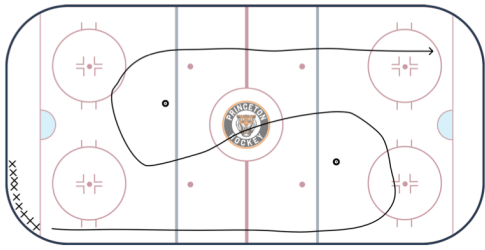
Extra points/goals for:

Breakouts, Triangle Attacks, or some other spectacular play!

*Will play custom hockey music during game to add to the fun!

	VISITOR	HOME
GAME 1	Grey	Black
	Coaches	Orange
GAME 2	Orange	Grey
	Coaches	Black
GAME 3	Black	Orange
	Coaches	Grey

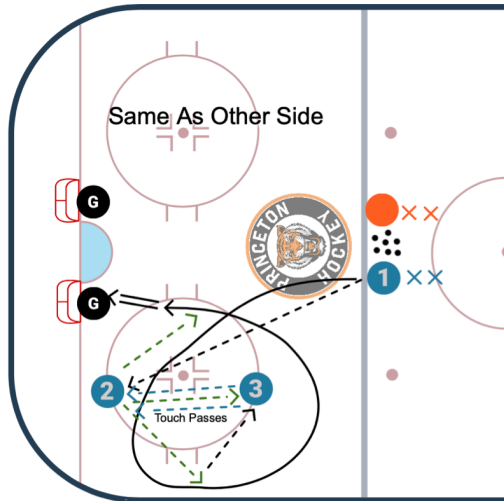
Orange - Leo, Ruby, Lane, Caleb, Easton
Black - Holly, Jax, Ethan, Sam, Colton
Grey - Peyton, Maggie, Finley, Reed, Kingsley
Coaches - David, James, Ben, Adam, Chris



(1) - Nascar Skating (10 min)

Forward crossovers without and with puck. 2x each.

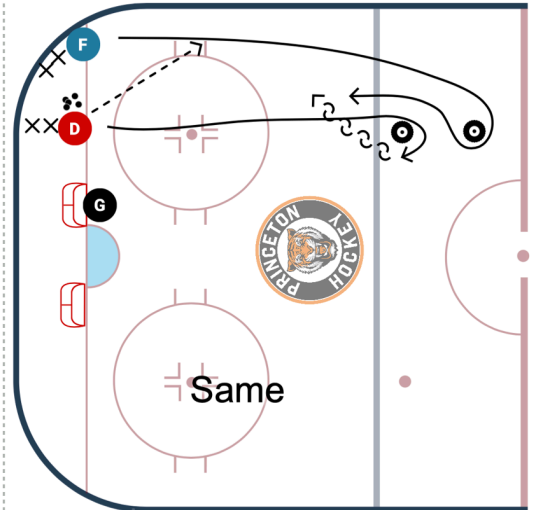
*Grit builders, Relay Races, or other skating in-between each drill today for some conditioning.



(2) - Olympic Breakout Drill (12 min)

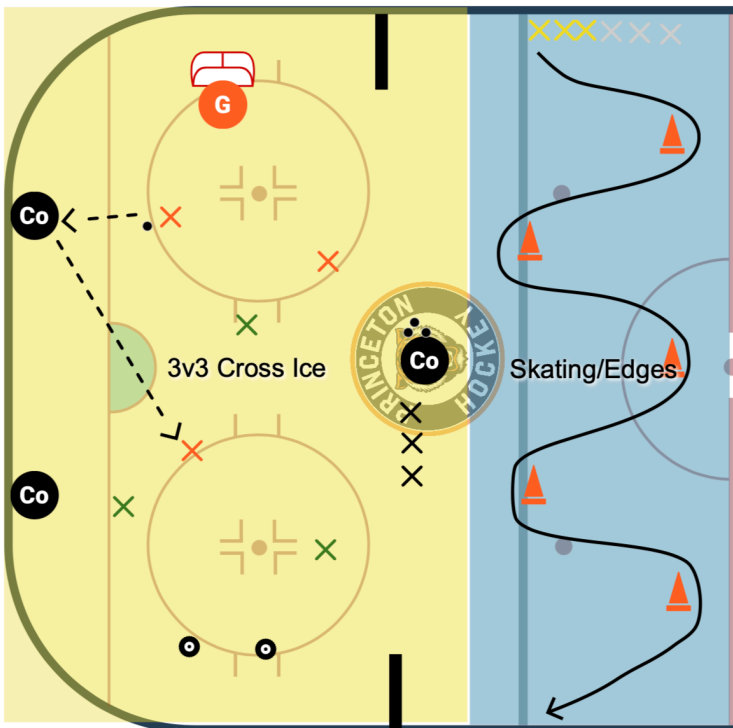
1 passes to 2, skates down deep below the hash marks to get a breakout pass back from 2, makes touch pass to 3 (3 makes a pass down to 2) and 1 continues on to front of the net for a pass from 2 to shoot on net. (Rotate 1-2-3 and back in line)

*Note: We've "Two extra" touch passes to this between players 2 and 3.



(3) - Breakout Pass to 1v1 (12 min)

D makes breakout pass to F and goes 1v1 trying to angle F to the outside. Goal of this drill is for the D to prevent F from getting a shot inside the house. Stick on puck, body to body, and keep gap tight!!!!



(4A) - 3v3 Down Low (16 min)

Players must make a pass to any coach before going on offense. 45 second shifts. On the side without a goalie players must skate in-between tires with possession of the puck to score. 8 Minute Rotation for 3v3:

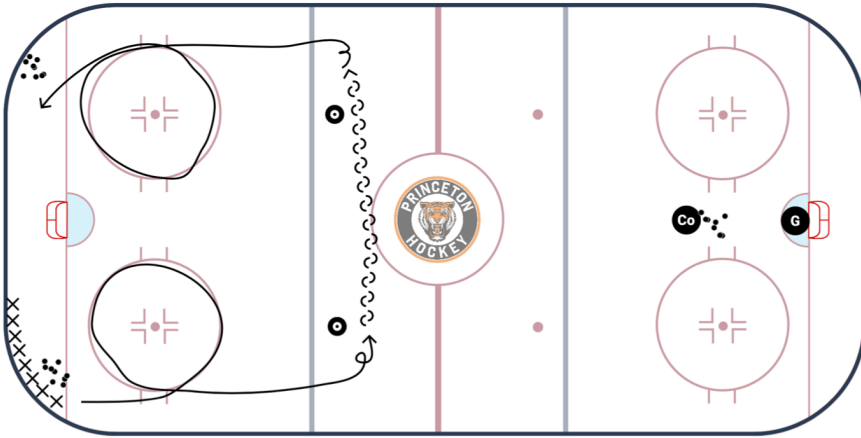
- (Group 1) Orange, Grey, Black
- (Group 2) Orange, Green, White
- (Group 3) Black, Green, White, Grey

(4B) - 5 Cone Skating/Edges (8 min)

Inside edges 2x, Outside edges 2x, Backwards 2x, remainder of time coaches choice. Rotation as follows:

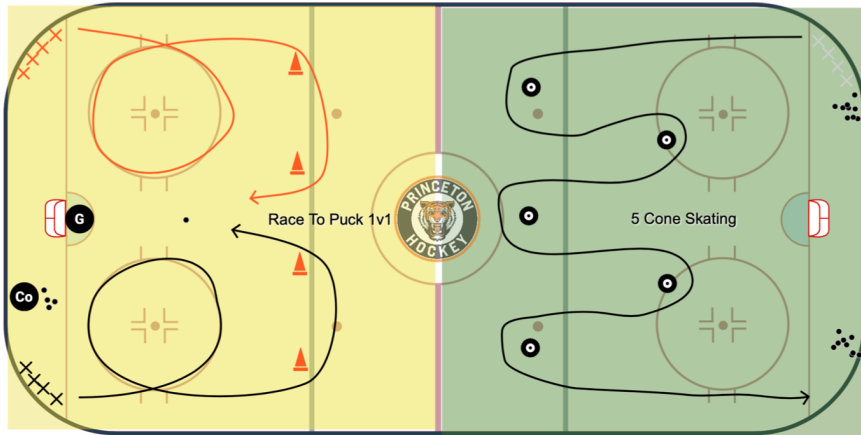
- (Group 1) Green, White
- (Group 2) Black, Green
- (Group 3) Orange

**Green line (Easton, Sam, Reed)



(1) Modified Russian Circles (15 min)

Forward crossovers 2x without puck, 2x with puck, backwards crossovers 2x. Transitions facing one way with a puck 2x.

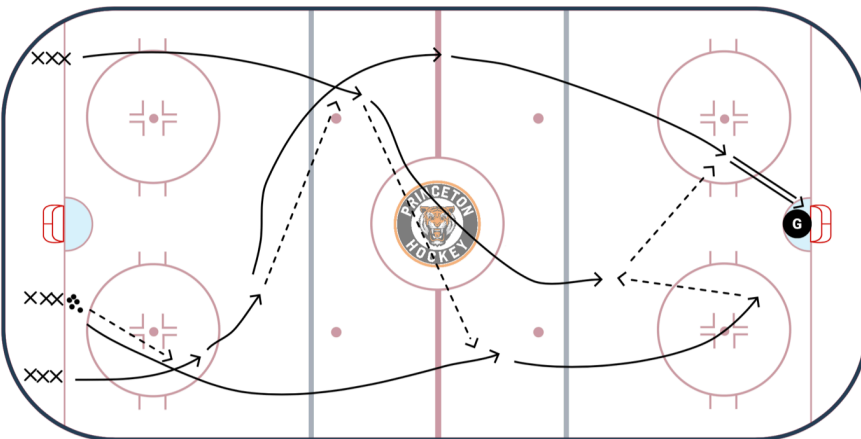


2A) Race To Puck 1v1 (15 min)

- Players race to loose puck doing forward crossovers around circles and skate around cones.
- Add a 3rd cone down low to do 7 minutes of backwards to forwards transitions before battling for puck.

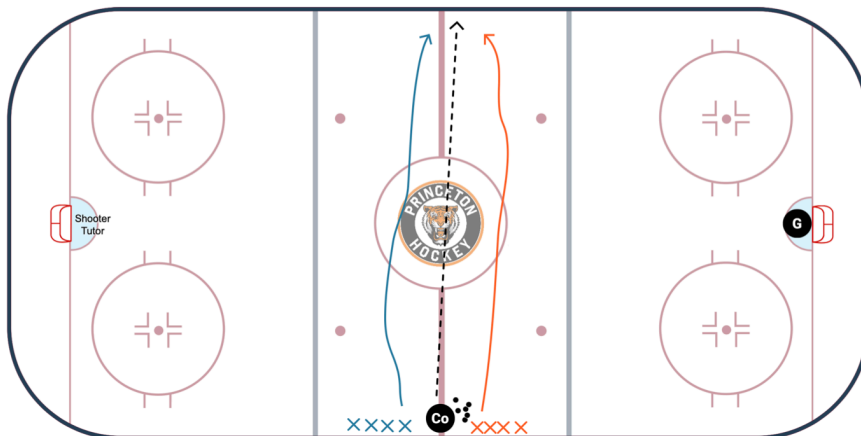
2B) 5 Cone Skating (10 min)

Inside edges, outside edges.



(3) - Russian Weave to Triangle Attack (15 min)

Players follow their pass down the ice and enter the zone using the triangle attack.

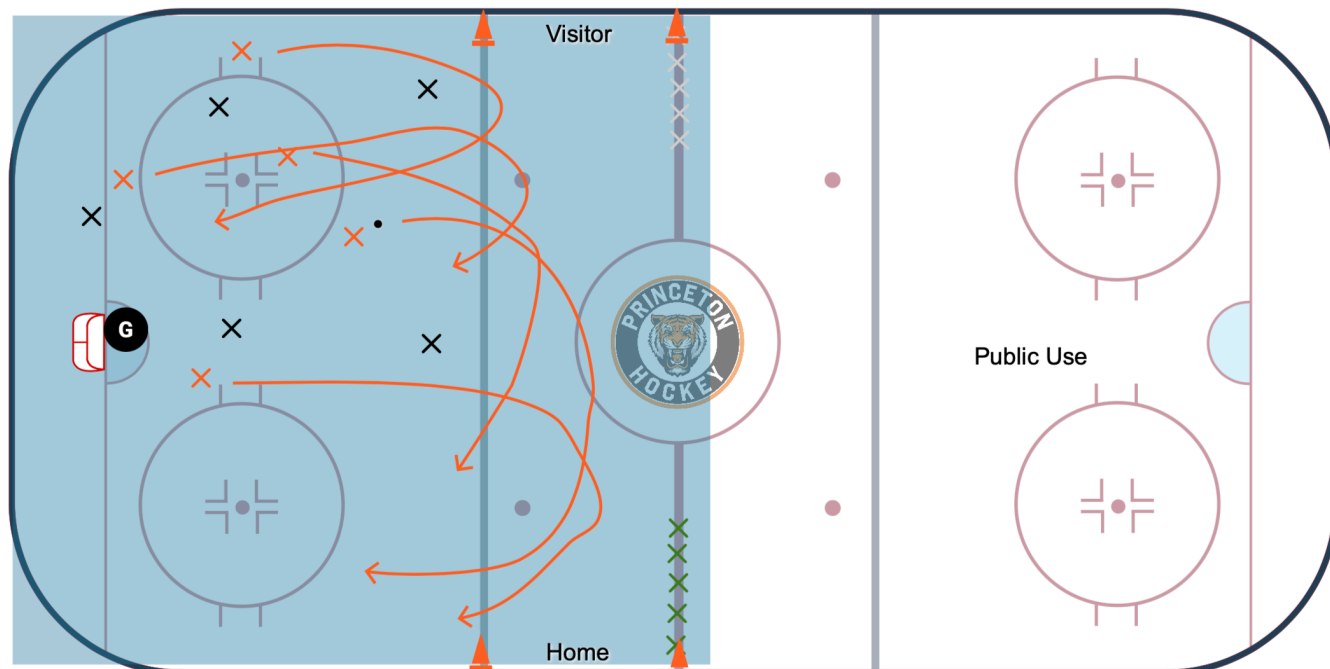


(4) - Survival (Coaches Choice) (5 min)

The coach spots a puck across the ice and yells out 1v1 or 2v2. Ex: "Give me 2 blacks vs. 2 Oranges!" The first players in line compete until someone scores. You can have up to 4 competitions going at a time.

SQUIRT B1 PRACTICE #26

Focus: "Fun Practice / 5v5 Tag Up"



	VISITOR	HOME
GAME 1	Grey	Black
	Coaches	Orange
GAME 2	Orange	Grey
	Coaches	Black
GAME 3	Black	Orange
	Coaches	Grey

5v5 Tag Up / Pond Hockey (1/2 Ice) (60 min)

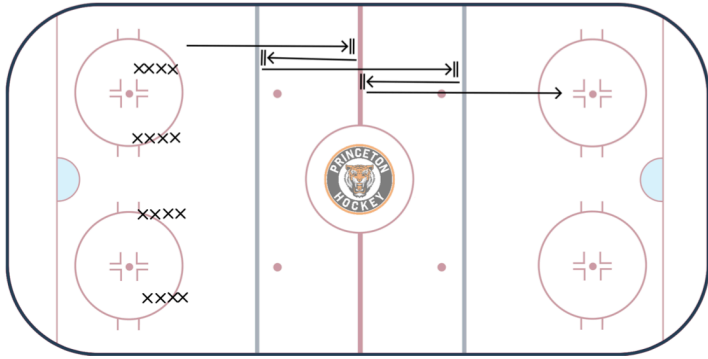
- 1:30 Shifts (Whistle)
- All line mates must tag up at blue before attempting to score (First set of cones).
- No offsides (just tag up at blue)
- No assigned positions (pond hockey style)
- Spread out! or whistle will blow
- 3 second rule in neutral zone (No attacking)
- Goalie corners puck after saves.
- After goals, other team gets offensive possession in neutral zone.

Orange - Brooks, Ruby, Lane, Reed

Black - Holly, Jax, Ethan, Kingsley, Colton

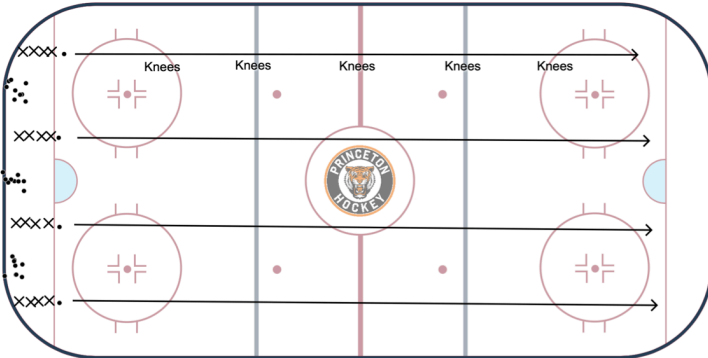
Grey - Peyton, Maggie, Finley, Sam, Caleb

Coaches



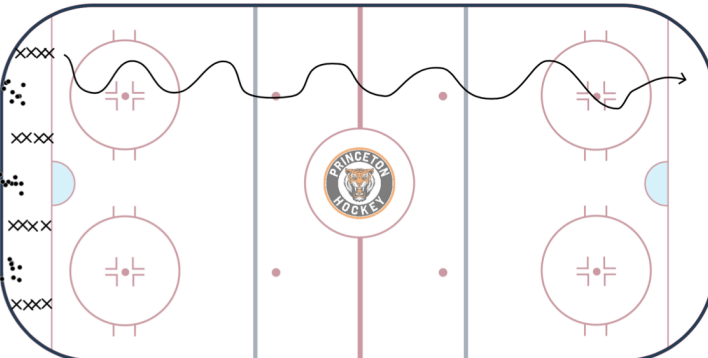
(1) Starts and Stops (5 min)

2 foot stops facing bleachers every time, with crossover starts.



(2) Knees and Up (8 min)

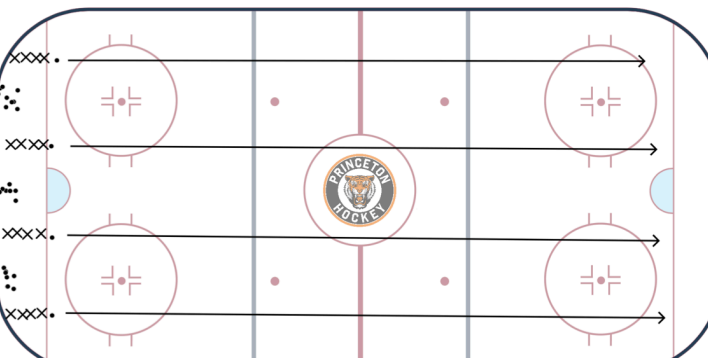
Players drop to two knees and up on tops of circles, blue lines, and red line. 2x without pucks, 2x with pucks.



(3) Inside Outside Edges (10 min)

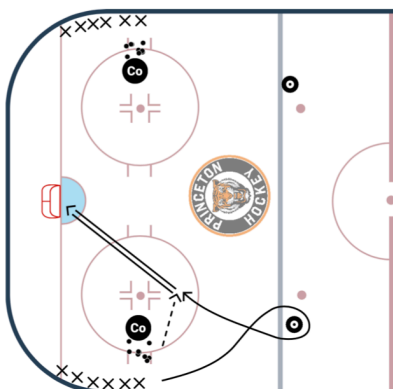
- Inside edges 2x without and 2x with pucks
- Outside edges 2x without and 2x with pucks

Note: Big C's and lean on edges.



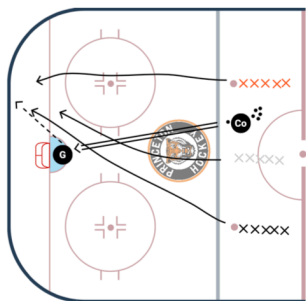
(4) Puck Control Series (20 min)

- Push puck forehand (2 hands) x2
- Push puck backhand (2 hands) x2
- Push puck backhand to forhand (2 hands) x2
- Push puck backhand (1 hand) x2



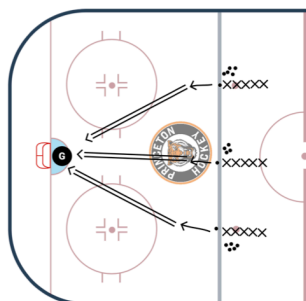
(5) Mohawks to 1 Timer (10 min)

Players do mohawk around tire and do a one timer with stick on the ice. Players on backhand side open up to shoot on forehand side.



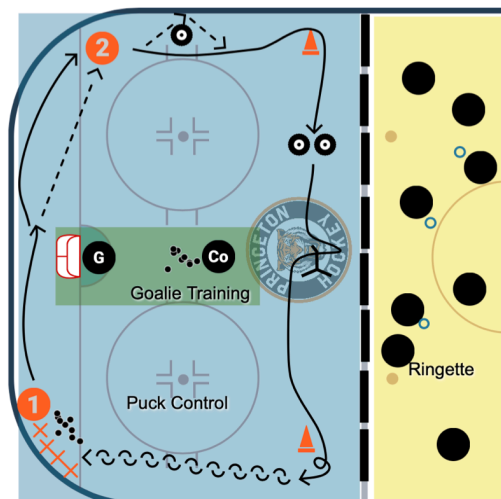
(1) - Build Your Team (15 min)

Pass to your line to activate players. Cannot try to score until you activate 3 of your line-mates.



(2) - 3 Line Shooting (5 min)

Stress hard and accurate shooting. Shooting accuracy and strength.

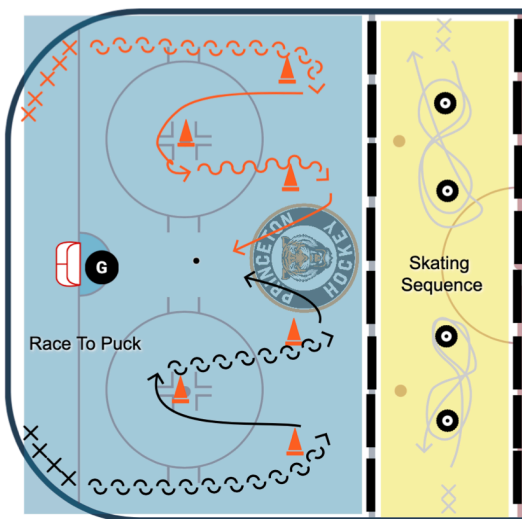


(3A) - Puck Control (8 min)

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 jumps the two tires, attacks the attack triangle, pivots backwards at far cone.

(3B) - Ringette Keep Away (8 min)

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. Puck protection, competing, stick strength, and heads up awareness.

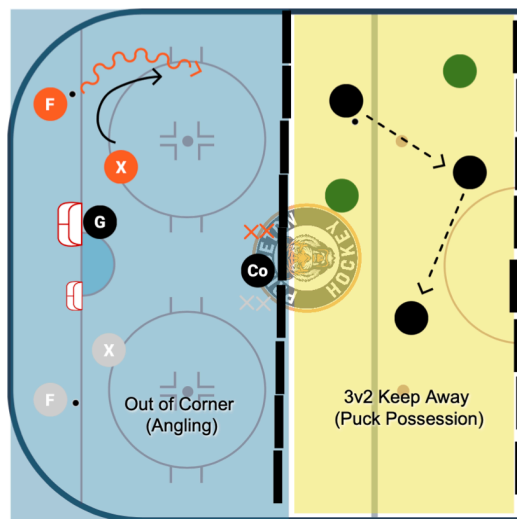


(4A) - 1v1 Race to Puck (12 min)

Coach spots puck. Players start out backwards with a BIG C-CUT START, transition forward around cone, backwards, forwards, then compete for puck. No giving up!!! Players stay with their color and rotate as a group.

(4B) - Skating Sequence (6 min)

Figure 8 without puck, Figure 8 with puck.



(5A) - Out of Corner (14 min)

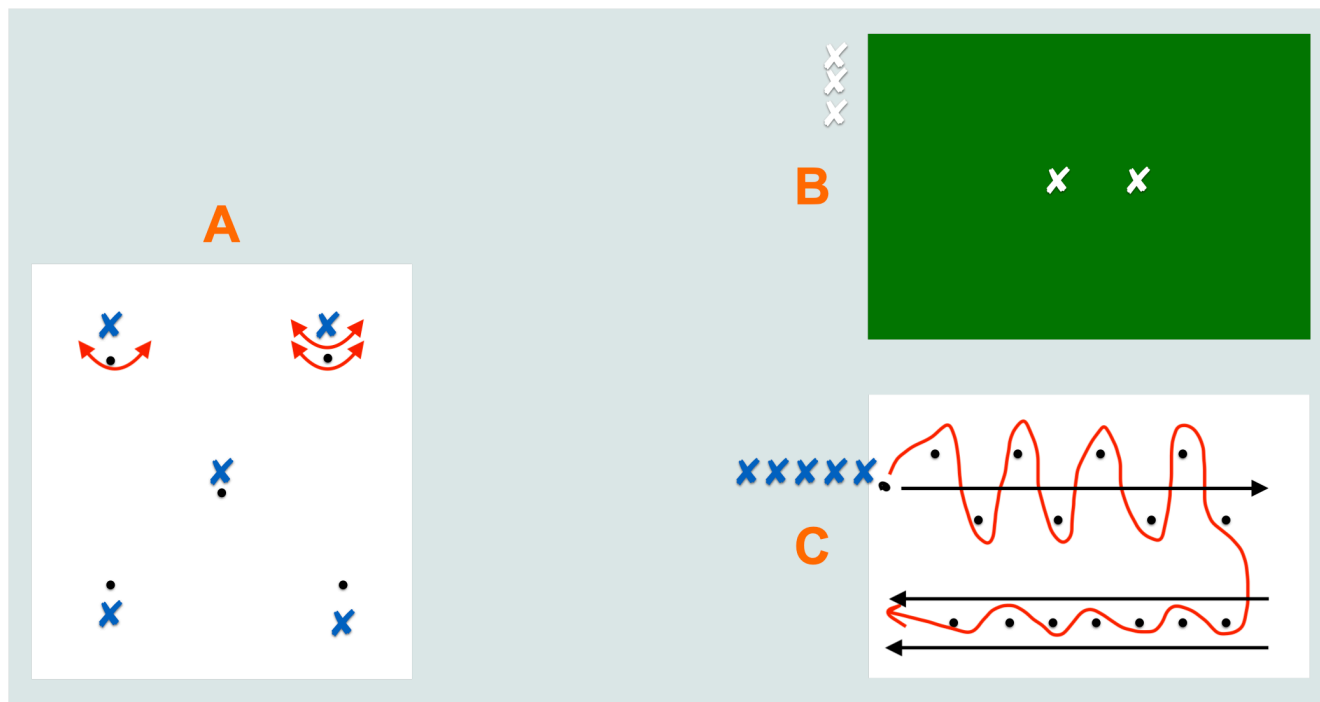
Player F starts in the corner with a puck (from knees, stomach, etc.). On whistle, F jumps up and attacks the net with X defending. Play until F scores, goalie covers puck or X steals puck and passes back to coach. Angle with stick on puck, encourage contact.

(5B) - 3v2 Keep Away (7 min)

Two players put on green pullovers. Half way through switch pullover to new group of 3. Stress "puck possession" to players with puck and sticks in lanes for defending team.


1) POWER PLAY / PENALTY KILL CHALK TALK (15 min)

Teach whole team what the overload power play and box penalty kill are, and the different plays/rules for each of them. Stress puck possession as the key to PP, and not getting too far out of the box for PK.


2A) STICK HANDLING (10 min)

- **AROUND THE BODY DRILL:** Soft touch dribble to the forehand side, backhand side, and front. Perform in both directions.
- **TIGHT AND AWAY DRILL:** Large circle in front of the body using heel of blade with hands slid out together to dribble puck, when bringing puck close to feet hands slide apart using the toe of the stick. Perform in both directions.

2B) SHIN TAG (10 min)

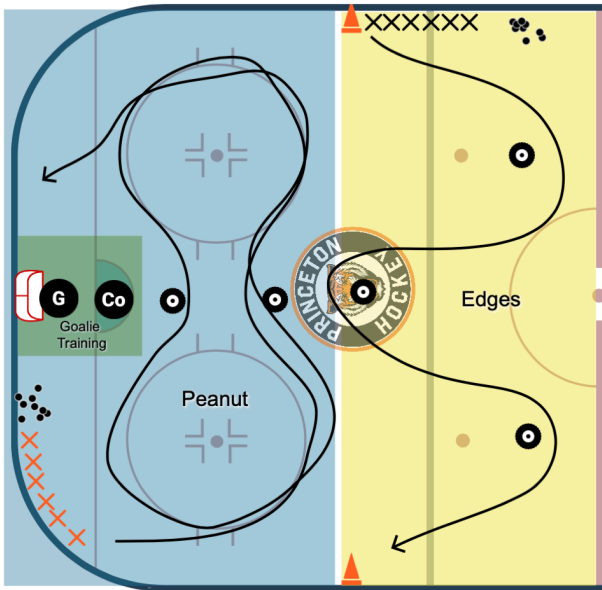
Players enter ring 1v1. First person to tag the shin of opponent 3 times, wins! Loser does push ups, sit ups, jumping jacks, whatever.

2C) WIDE & QUICK DRIBBLE (10 min)

Move down the middle doing wide reaches around pucks, and come back straddling line of pucks doing quick short dribbles.

Game:

1st one to not bump a puck wins game!



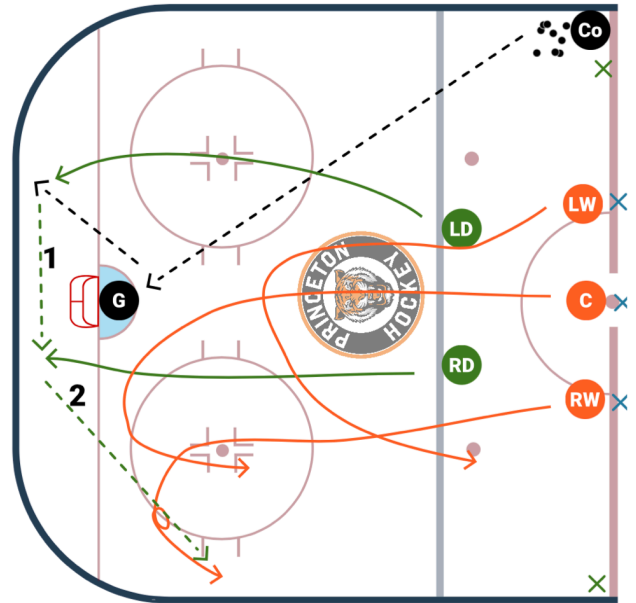
(1A) - Peanut (5 min)

Continuous forward crossovers. 2x without pucks, 2x with puck.

(1B) - Inside & Outside Edges (5 min)

Inside edges 2x with pucks, Outside edges 2x with pucks.

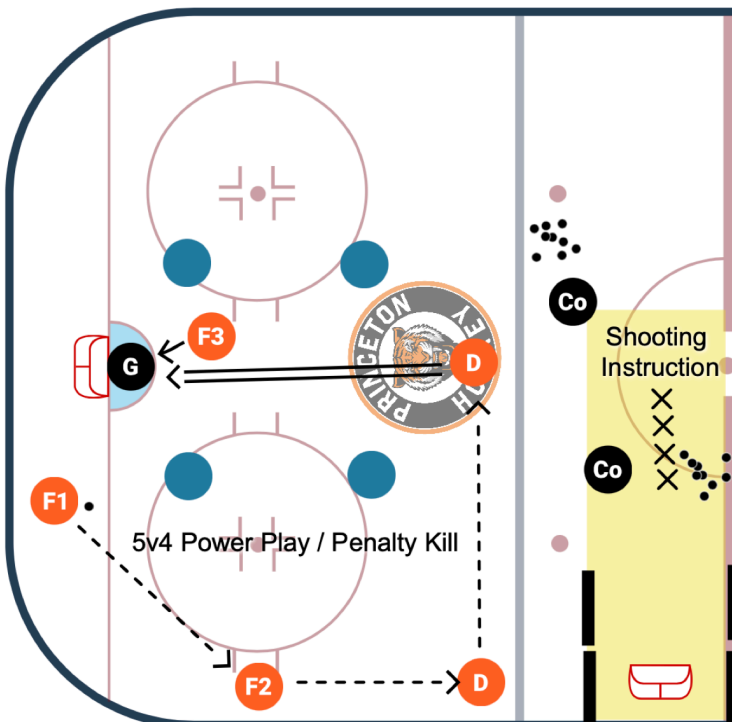
(Goalie) Skating, shuffles etc.



(2) - Breakout to 3v2 w/Backchecker (17 min)

Offensive players try to use the triangle attack when entering zone and defense tries needs to work on tight gap and angles. Back-checker is released after offense enters zone to make it a 3v3.

- Orange F's with Black D (Send Black back-checker)
- Black F's with Grey D (Send Grey back-checker)
- Grey F's with Orange D (Send Orange back-checker)



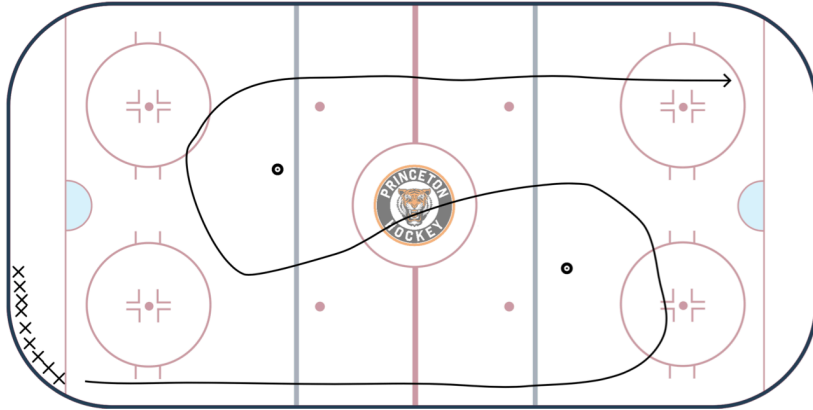
(3A) - Power Play / Box Penalty Kill 5v4 (20 min)

1. Orange PP / Grey PK
2. Orange PP / Black PK
3. Black PP / Grey PK

(3B) - Shooting Instruction / Contest (10 min)

Wrist shots, snap shots, pick corners etc. The coach here can decide what to do to make it educational and fun.

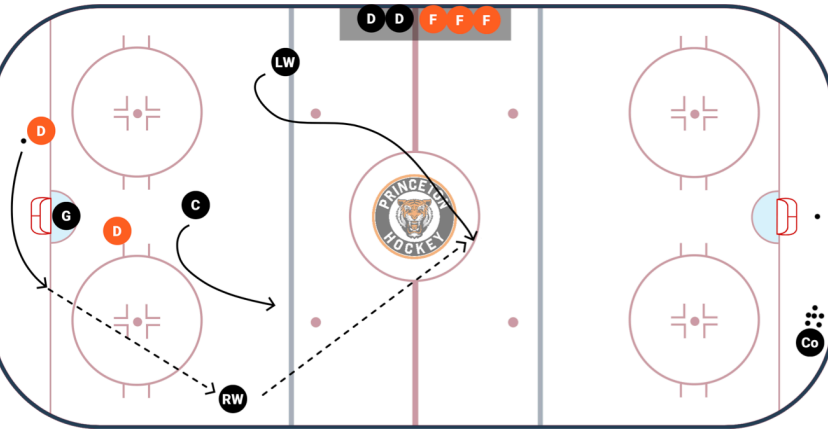
1. Black
2. Grey
3. Orange



(1) Nascar (10 min)

Forward crossovers 2x with puck. FWD to BKWD transitions with puck 2x. Move tires in tighter and do forward crossover 2x with puck.

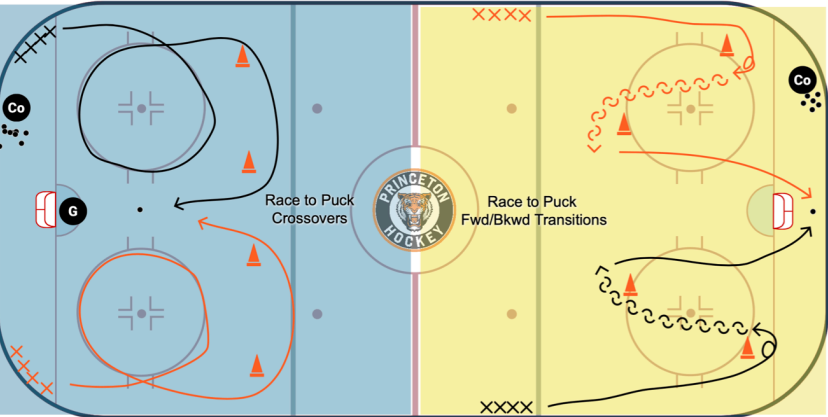
*Players should be doing continuous crossovers, no power turns.



(2) Stretch Pass Breakout 5v0 to 3v2 (25 min)

Players line up at center ice face-off. Coach dumps puck in. D retrieves puck and "wheels" around back of net and passes to any of the 3 F's. They enter zone 3-0. Coach then spots a puck behind net and they go back 3v2 vs. the breakout D.

*Defense needs to **GAP UP TIGHT!!!!** This is where they push themselves to trust their backwards skating speed/skills. No walking back into the goalie.

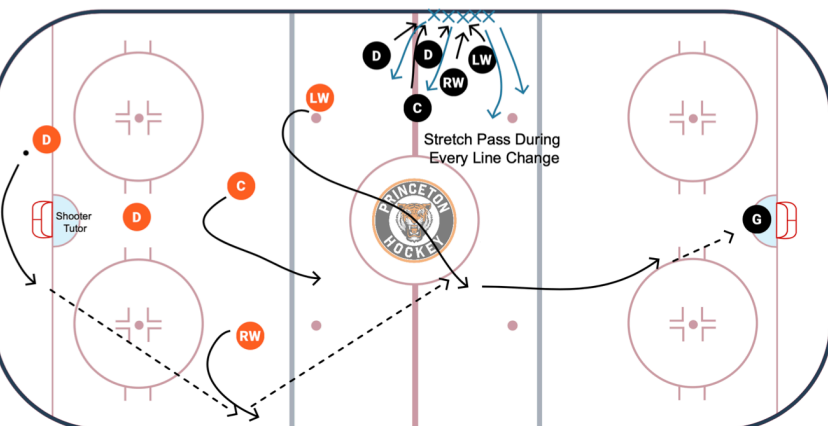


(3A) - Race to Puck 1v1: Crossovers (12 min)

This is skating skills disguised as fun competition. Coach spots puck in middle, players do crossovers around circles and race to puck. Have players alternate sides after each rep.

(3B) Race to Puck 1v1: Transitions (12 min)

Players do forward to backward transitions, then race to battle for puck behind the net.



(4) - 5v5 Stretch Pass Game (35 min)

5v5 like normal. 1:00 shifts. On the whistle any player who has the puck must dump it into the end with the shooter tutor and team that stays on the ice tries to quickly get a stretch pass while other team is making a line-change. Players cannot come onto the ice until the player they are replacing comes off. (Have a coach manning door)

Each team/line stays out for two shifts in a row. On their second shift they switch ends to do stretch pass vs goalie side.

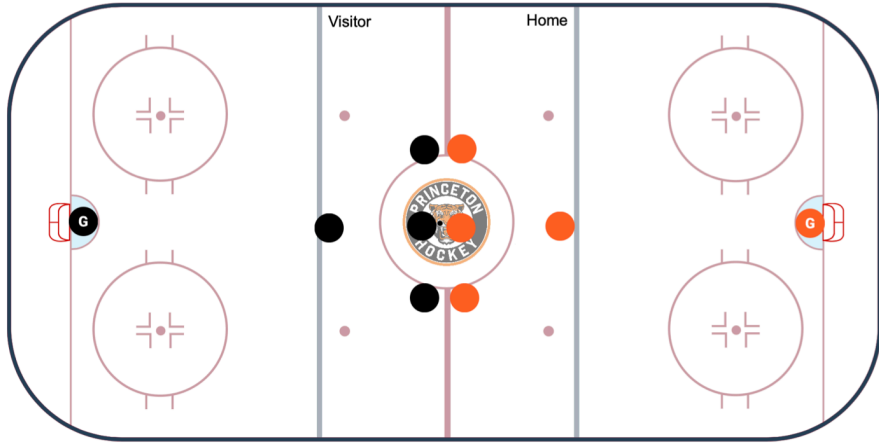
*3 points for goals scored on stretch passes.

SQUIRT B1 PRACTICE #31

Focus: "Stretch Passes, Fun Practice"



Team First
Integrity
Grit
Engaged
Respectful



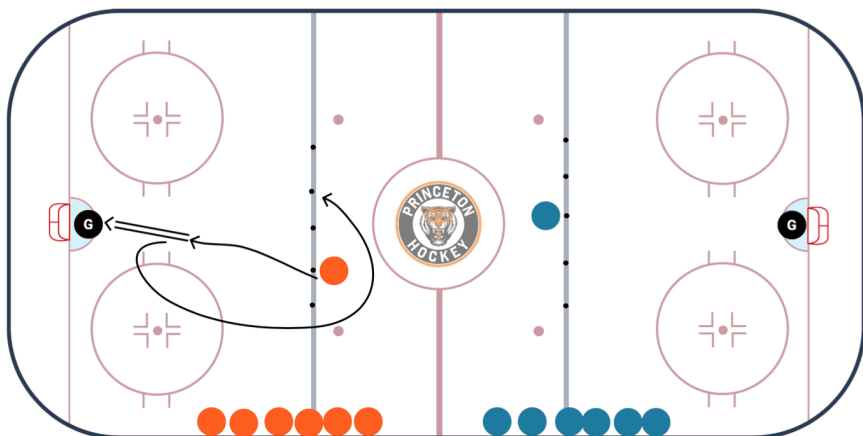
(1) - 4v4 Tournament w/Coaches (50 min)

1:30 Shifts, change on buzzer/whistle. 15 minute periods/games. No face-offs once play begins.

*Will play Squirt B1 custom music and be light-hearted to make it fun :)

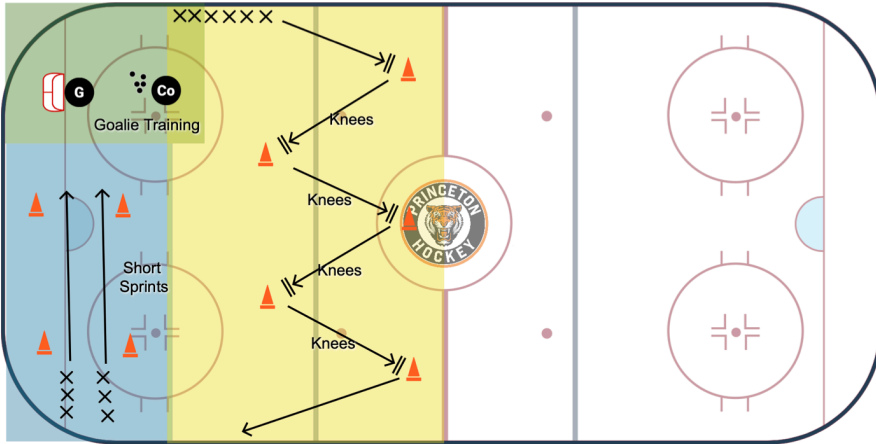
	VISITOR	HOME
GAME 1	Grey	Black
	Coaches	Orange
GAME 2	Orange	Grey
	Coaches	Black
GAME 3	Black	Orange
	Coaches	Grey

Orange - Brooks, Ruby, Lane, Jacob
Black - Holly, Jax, Ethan, Colton
Grey - Peyton, Easton, Sam, Reed
Green - David, James, Ben



(2) - 5 Puck (15 min)

One player from each team grabs one of their 5 pucks. If players score, they keep picking up a puck until they don't score. Players who don't score must retrieve puck and place back on blue line before next player on their team can go. 1st team to score all 5 pucks wins.

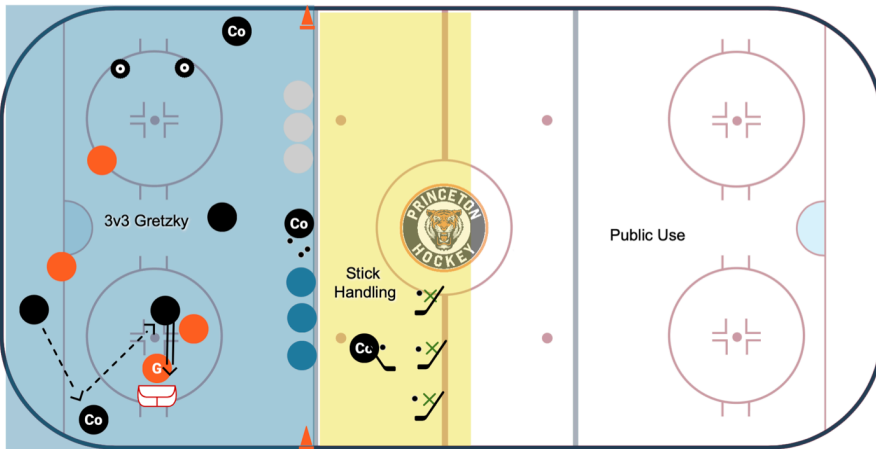


(1A) - Short Sprints (5 min)

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

(1B) - 5 Cone (5 min)

Players stop at cones facing the same direction the whole time with a crossover start. Between cones players drop to both knees and up 2x. Then just skate backwards through cones all the way 2x.



(2A) - 3v3 Gretzky (40 min)

Players must make a pass to their Gretzky, coach below the goal line, before they can attempt to score. On side without a goalie, offensive players must make a pass off of one of the two tires to score. 1 minute shifts.

- 1) Orange vs. Black / White vs. Grey (10 min)
- 2) Orange vs. Green / Black vs. White (10 min)
- 3) Orange vs. White / Grey vs. Green (10 min)
- 4) Orange vs. Grey / Black vs. Green (10 min)
- 5) Black vs. Grey / White vs. Green (10 min)

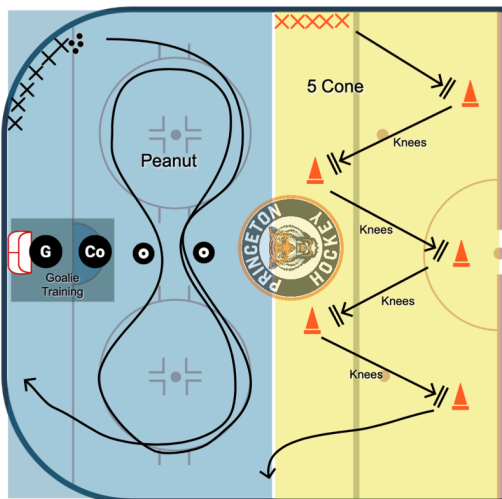
2B) Stick Handling (10 min)

AROUND THE BODY DRILL: Soft touch dribble to the forehand side, backhand side, and front. Perform in both directions.

TIGHT AND AWAY DRILL: Large circle in front of the body using heel of blade with hands slid out together to dribble puck, when bringing puck close to feet hands slide apart using the toe of the stick. Perform in both directions.

- 1) Green
- 2) Grey
- 3) Black
- 4) White
- 5) Orange

- Orange** - Brooks, Ruby, Lane
- Black** - Holly, Ethan
- Grey** - Peyton, Maggie, Finley
- Green** - Easton, Sam, Reed
- White** - Caleb, Colton, Kingsley



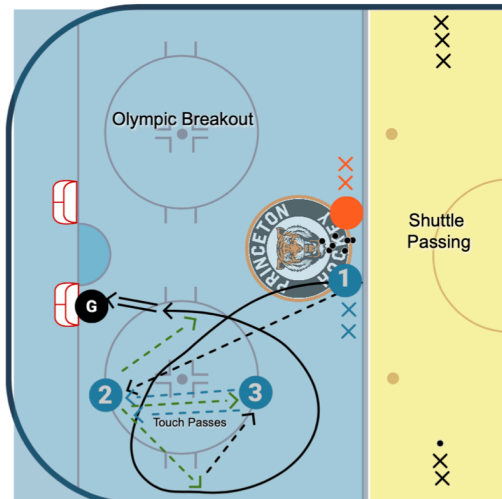
- 1) Orange & Black
- 2) White & Grey

(1A) - Peanut (5 min)

Continuous forward crossovers with pucks every time for extra puck control work.

(1B) - 5 Cone (5 min)

Players stop at cones facing the same direction the whole time with a crossover start. Between cones players drop to both knees and up. Do thi 2x. Then just skate backwards through cones all the way 2x. Start a player slightly behind another to push both players to be FAST!!!



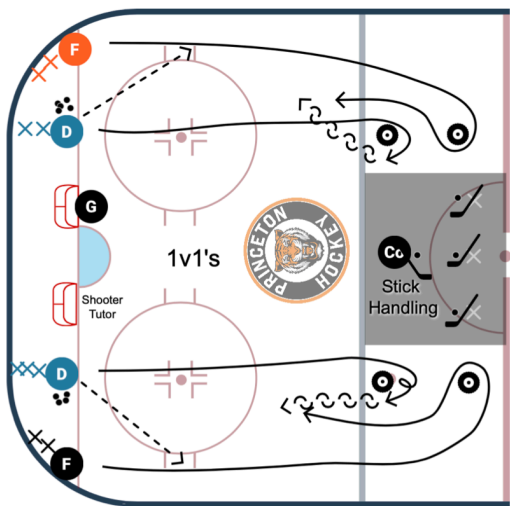
- 1) Orange w/
Easton & Reed
- 2) Black w/
Kingsley
- 3) Grey w/
Colton

(2A) - Olympic Breakout Drill (10 min)

1 passes to 2, skates down deep below the hash marks to get a breakout pass back from 2, makes touch pass to 3 (3 makes a pass down to 2) and 1 continues on to front of the net for a pass from 2 to shoot on net. (Rotate 1-2-3 and back in line)

(2B) - Shuttle Passing (5 min)

Forehand passing, backhand passing, touch passes. breakout passing.



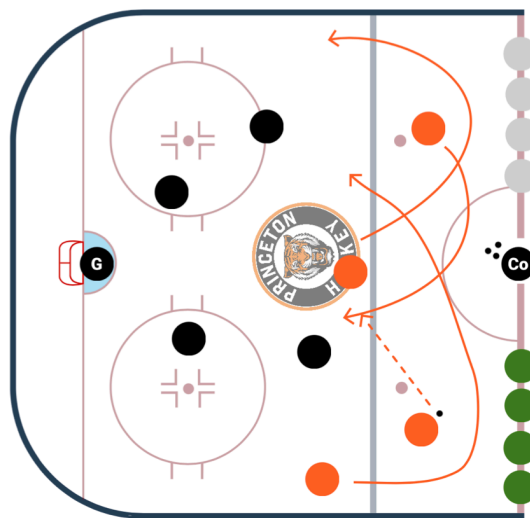
(3A) - Breakout Pass to 1v1 (10 min)

D makes breakout pass to F and goes 1v1 trying to angle F to the outside. Goal of this drill is for the D to prevent F from getting a shot inside the house. Stick on puck, body to body, and keep gap tight!!!!

(3B) - Stick Handling (5 min)

Around the body drill. To maximize reps and get extra skills in we'll rotate forward lines to this station. Defense stay at 1v1's but switch sides.

Grey, Black, Orange forwards stick together.



(4) - 3v3 or 4v4 Tag Up (18 min)

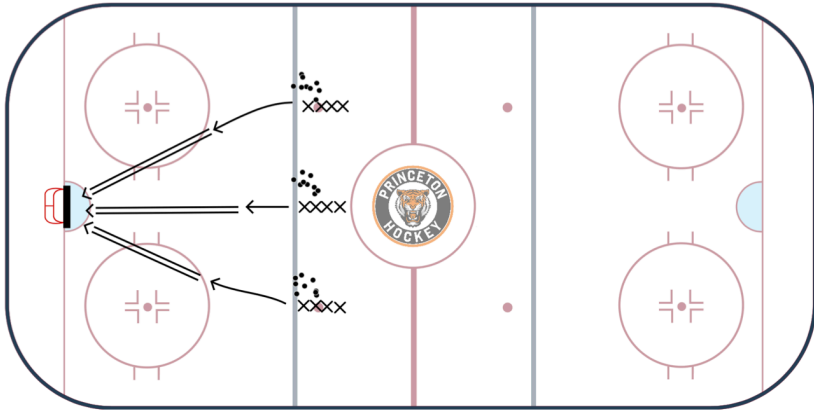
1:30 shifts. Rules listed on practice #26

Orange - Brooks, Ruby, Lane

Black - Ethan, Jax, Sam

Grey - Peyton, Maggie, Finley, Easton

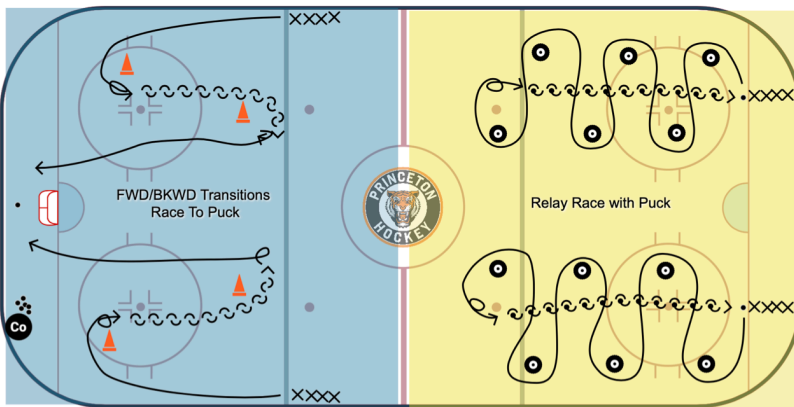
White - Caleb, Colton, Kingsley, Reed



(1) - 3 Line Shooting (5 min)

Players shoot by tops of circles. Barrier will be blocking front of net to force players to shoot hard enough to get puck over the barrier from a long distance.

*During this time coaches will set up cones for next drill.

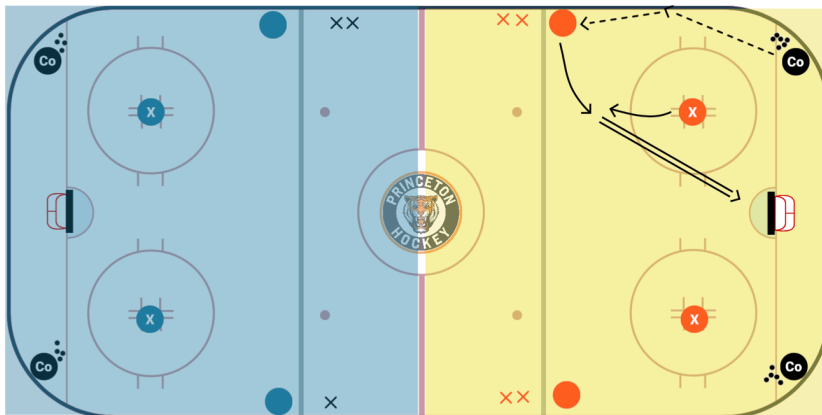


(2A) Race To Puck F/B Transitions (10 min)

Players do FWD to BKWD transition and race to puck behind net to score. Works on skating and angling skills to keep player from shooting. Players switch sides half way through.

(2B) Puck Control Relay Race (10 min)

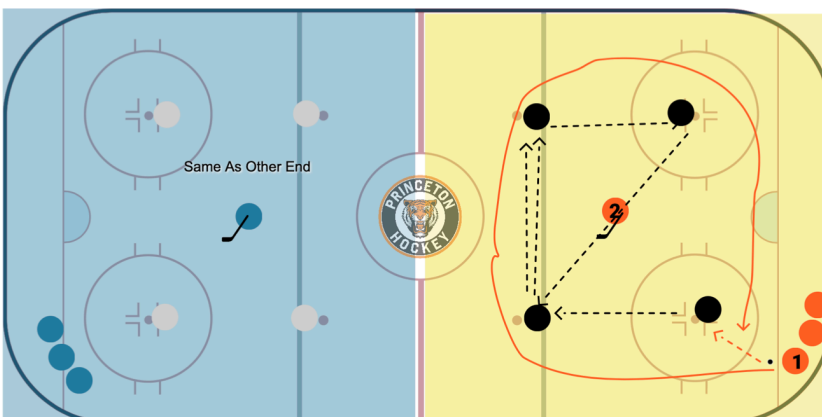
Players weave through tires pivot and skate backwards through the middle to hand off puck via drop pass to next guy in line. First team to complete, WINS!



(3) On The Dot 1v1's (15 min)

Coach in each corner with a pucks, banks puck off boards to point man, X (acting as a winger in D-Zone) attempts to stop or block point mans shots. Make sure X takes an inside out route to point man to be sure they are in the shooting lane.

Point man can walk it in but must take shot no closer than about the tops of the circles.



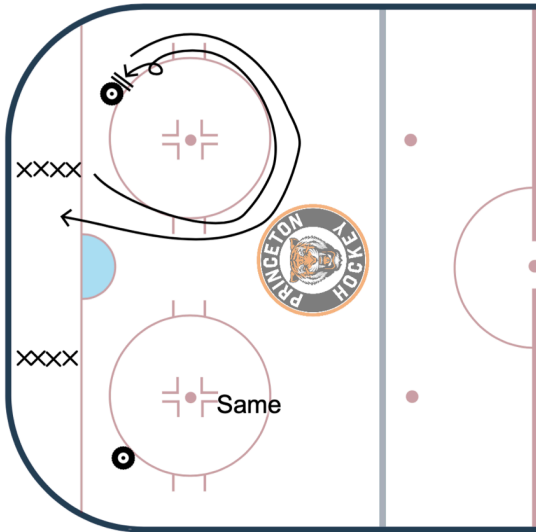
(4) - Baseball (20 min)

4 players stand on dots. Base runner passes puck to first man on dot, players on dots must make 5 passes to each other before base runner skates all the around the dots. Working on HEADS UP & QUICK PASSES!!

*The team that is running bases rotates last batter into the middle to attempt to block passes.

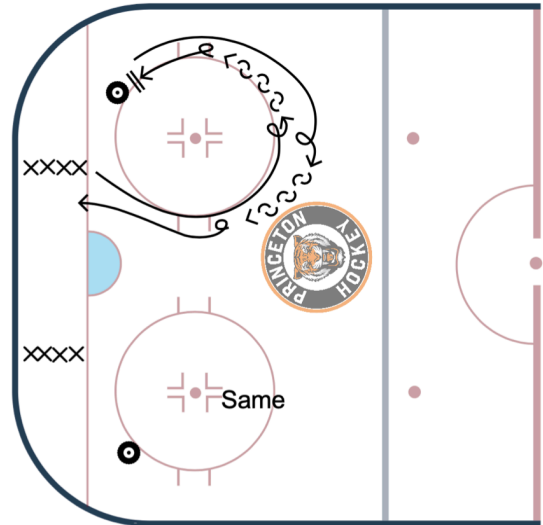
*Batting team scores by making it all the way around the dots before 5 passes are made or if their defender intercepts a pass and dumps puck out of play.

*Teams switch from batting to fielding every 5 minutes, and switch directions after 10 minutes.



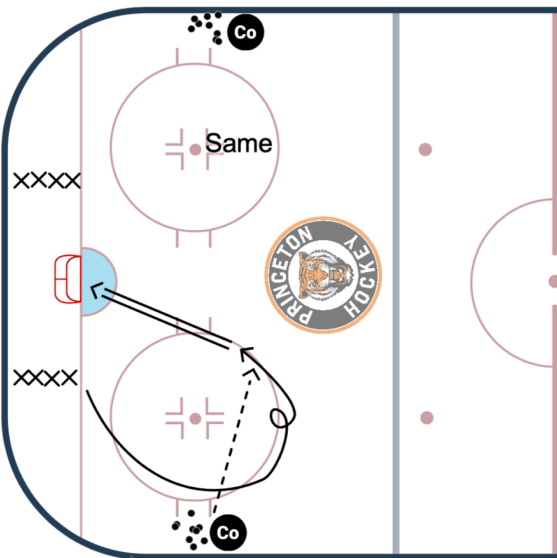
(1) Crossovers & Stops (10 min)

Players do forwards crossovers around circle open up and stop at tire facing the center face-off dot, quick start and crossovers and back in line.



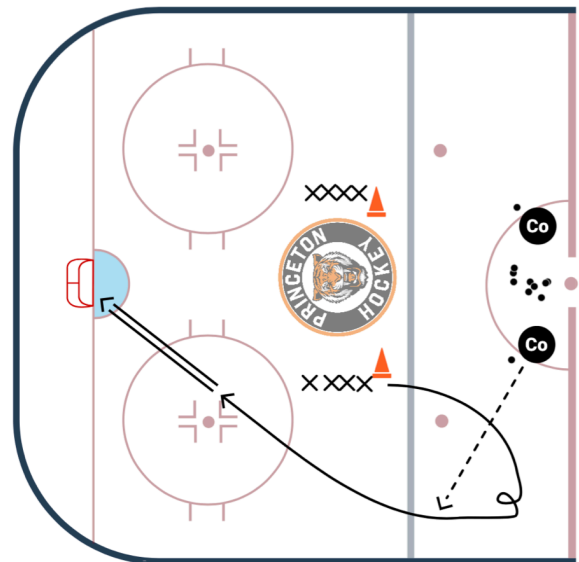
(2) Transitions (10 min)

Players open up and do one crossover backwards open up again and stop facing center face-off dot and do the same on the way back. This drill gets players practice as if they were pivoting to face the puck.



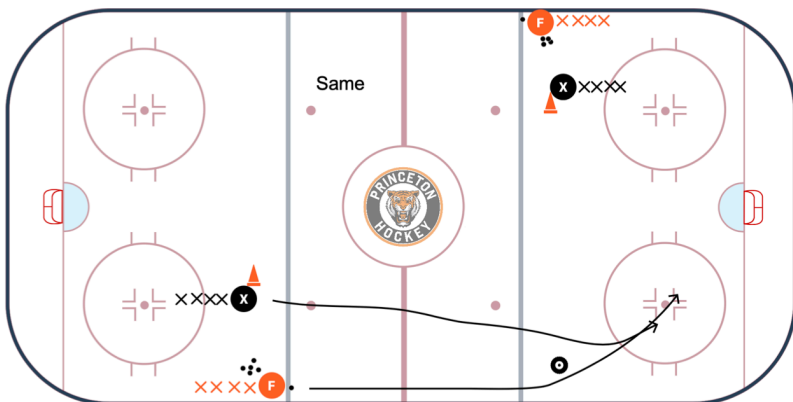
(3) Open Up Catch & Shoot (10 min)

Players open up to forehand to catch and shoot puck. Should always open up in a way that they are facing the puck.



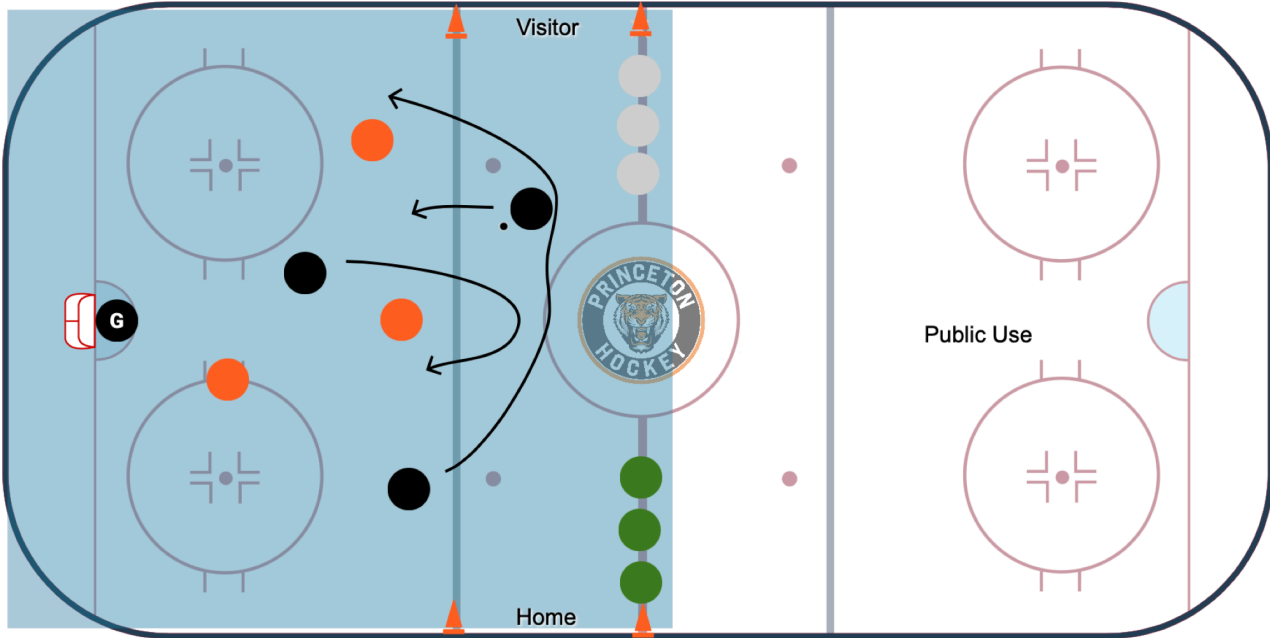
(4) Open Up For Pass (10 min)

Players open up to catch pass on their forehand or backhand.



(5) Backcheck & Angling 1v1 (15 min)

As soon as player with puck goes the back checker chases them down to angle off, stick on stick body to body. Puck carrier must skate on outside of tire and either cut back or drive wide to net while protecting the puck based on defenders position.



	VISITOR	HOME
GAME 1	Grey	Black
	Coaches	Orange
GAME 2	Orange	Grey
	Coaches	Black
GAME 3	Black	Orange
	Coaches	Grey

3v3 (4v4) Tag Up / Pond Hockey (1/2 Ice) (60 min)

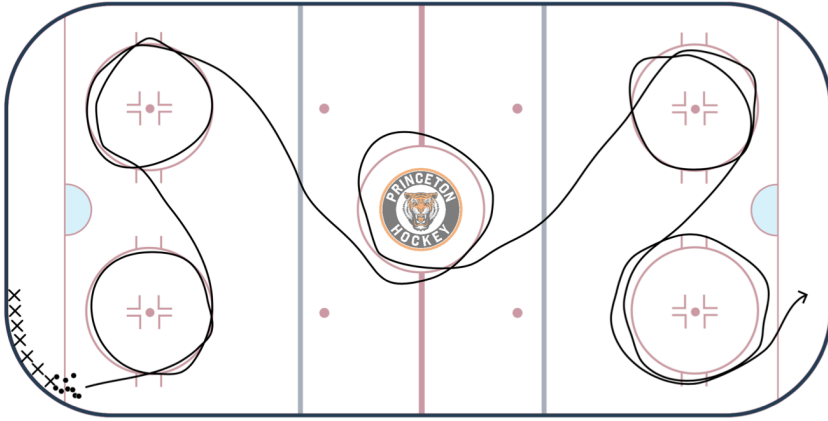
- 1:30 Shifts (Whistle)
- All line mates must tag up at blue before attempting to score (First set of cones).
- No offsides (just tag up at blue)
- No assigned positions (pond hockey style)
- Spread out! or whistle will blow
- 3 second rule in neutral zone (No attacking)
- Goalie corners puck after saves.
- After goals, other team gets offensive possession in neutral zone.

Orange - Ruby, Lane, Ethan

Black - Holly, Jax, Reed, Finley

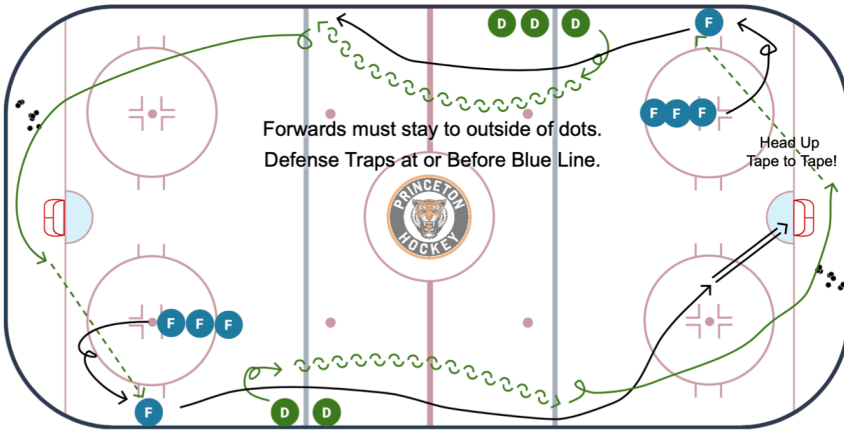
Grey - Peyton, Maggie, Sam, Caleb

Green - Coaches



(1) - Russian Circles w/Puck (10 min)

Forwards crossovers with puck 3x. Just warming up the legs and arms for the tournament this weekend. Nothing too heavy here.

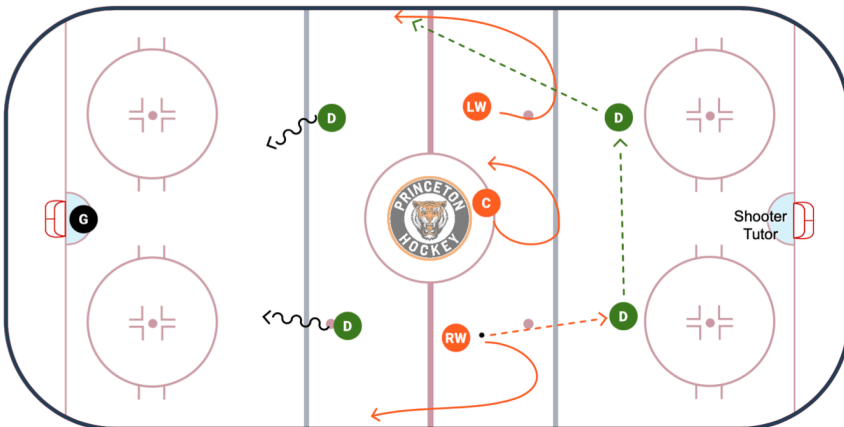


(2) 1v1 Stop at Blue! Continuous (23 min)

F gets breakout pass from D, goes 1v1 with D who starts by pivoting backwards at blue line with crossover start. F has to stay outside of dots and D tries to angle F to boards before the blue line. After D defends he picks up puck quickly behind net, HEAD UP and TAPE TO TAPE PASS.

*F is mimicking entering the zone wide on a triangle attack.

*D is mimicking a play where partner has his back or back checkers are on the way and can aggressively step up and stop F from entering the zone.

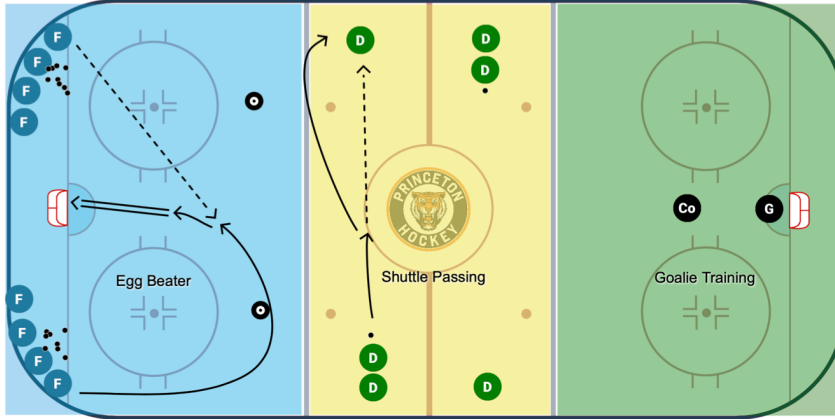


(3) - Breakout, Regroup, 5 on 2 Zone Entry (23 min)

Do breakout drill like normal, but after the breakout, F's will pass to the opposing D, then swing down and open up for a neutral zone breakout pass from the D, then enter zone 5 on 2 in an attempt to score.

Focus: Players will attempt to use the Triangle Attack they've learned as they enter the Zone 5 on 2.

*Wings open up wide near boards for breakout passes, Center opens up in the middle ice as a passing option.

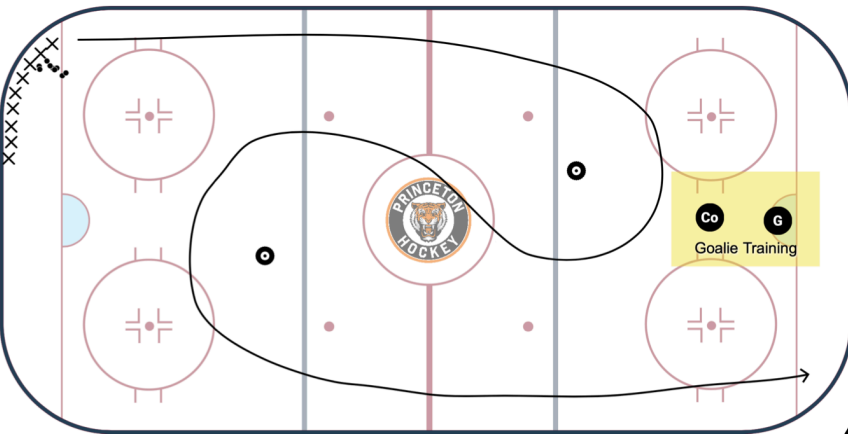


(1) - Egg Beater / Shuttle Passing (5 min)

Forwards do egg beater, defense does shuttle passing, goalie will get individual training.

*For the egg beater we will focus on shooting puck from the high slot WHILE IN MOTION (no stick handling!!), so that when we do game warm-ups goalie is getting quality shots.

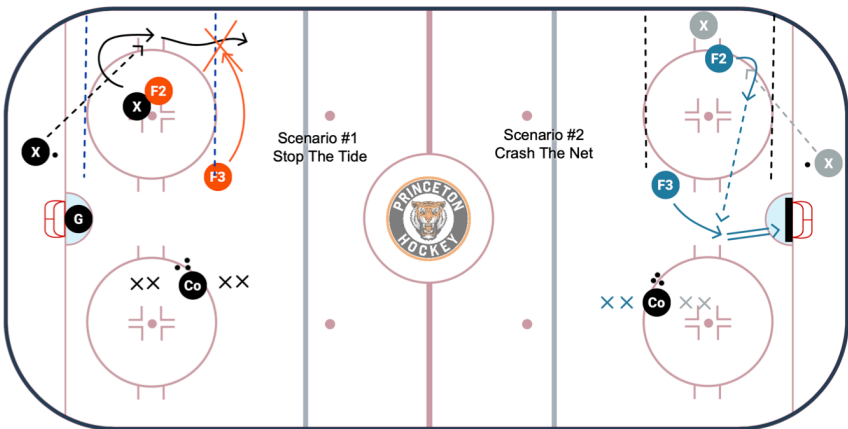
*Shuttle passing sequence: forehand, backhand, touch passes, breakout passes.



(2) Nascar (10 min)

Forward Crossovers (Continuous) with puck x4. Fwd/Bkws transitions with puck x2. No power turns.

- Orange** - Brooks, Ethan, Sam
- Black** - Lane, Jax, Peyton, Reed
- Grey** - Holly, Maggie, Finley, Kingsley
- White** - Caleb, Easton, Colton

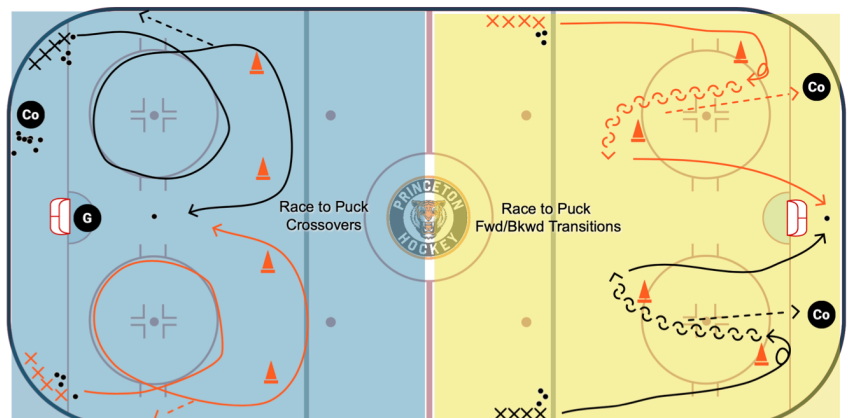


(3) - 2v2 Stop The Tide - 1/4 Ice (20 min)

This drill works on F2 & F3 reading and reacting to the play in our forecheck.

X starting with puck must stay below the goal line looking to make a breakout pass; other X can skate anywhere (roaming) between the bottom and tops of circles to attempt to get a breakout pass and exit the zone. F2 shadows the roamer like they would stay tight to a wing on a breakout. F3 starts out at strong side high slot to stop the breakout. If F2 gains possession of puck F3 crashes net for a backdoor pass and goal.

*Don't worry about switching sides today. Just switch teams from defense to offense after 10 minutes. Rotate players every 30-45 seconds. Players who play defense should take the passer position on breakout team. (Orange vs. Black / Grey vs. White)

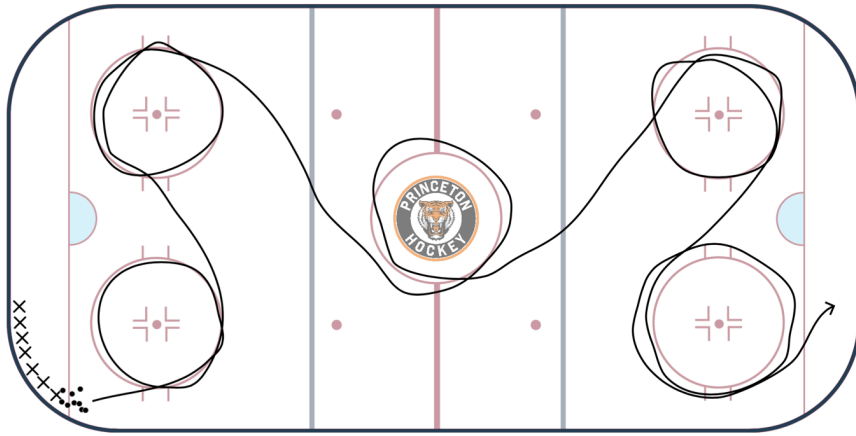


(4A) - Race to Puck 1v1: Crossovers (10 min)

This is skating skills disguised as fun competition. Coach spots puck in middle, players do crossovers w/ puck around circles, drop pass to line, and race to puck. Have players alternate sides after each rep.

(4B) Race to Puck 1v1: Transitions (10 min)

Players do forward to backward transitions w/puck, make pass to coach, then race to battle for puck behind the net.



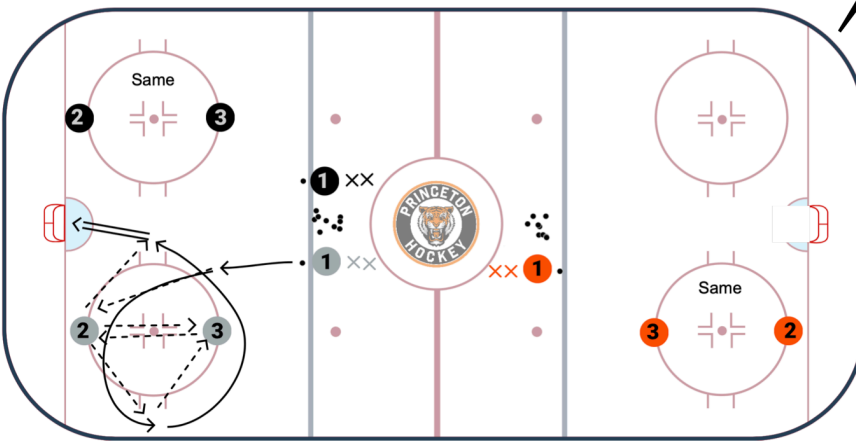
(1) - Russian Circles w/Puck (10 min)

Forwards crossovers with puck 2x. Transitions with puck 2x.

Orange - Brooks, Easton, Ethan, Sam

Black - Lane, Jax, Peyton, Reed, Kingsley

Grey - Holly, Maggie, Finley, Caleb, Colton

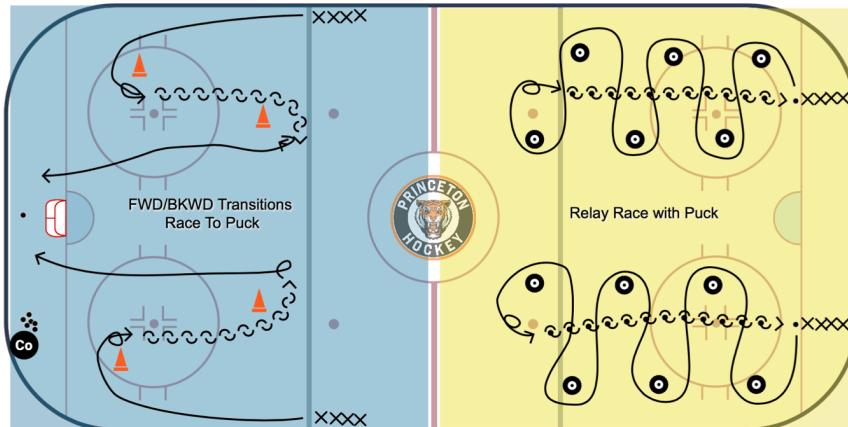


(2) - Olympic Breakout Drill (10 min)

1 passes to 2, skates down deep below the hash marks to get a breakout pass back from 2, makes **touch pass** to 3 (3 makes a pass down to 2) and 1 continues on to front of the net for a pass from 2 to shoot on net. (Rotate 1-2-3 and back in line)

*Rotate sides after 5 minutes.

*Side with goalie has only 1 group shooting. Empty net side can have both simultaneously.



(3A) Race To Puck F/B Transitions (10 min)

Players do FWD to BKWD transition and race to puck behind net to score. Works on skating and angling skills to keep player from shooting. Players switch sides half way through. (*Add puck control and pass to coach while skating backwards.)

(3B) Puck Control Relay Race (10 min)

Players weave through tires pivot and skate backwards through the middle to hand off puck via drop pass to next guy in line. First team to complete, WINS!



(4) 1v1 Stop at Blue! Continuous (18 min)

F gets breakout pass from D, goes 1v1 with D who starts by pivoting backwards at blue line with crossover start. F has to stay outside of dots and D tries to angle F to boards before the blue line. After D defends he picks up puck quickly behind net, **HEAD UP** and **TAPE TO TAPE PASS**.

*F is mimicking entering the zone wide on a triangle attack.

*D is mimicking a play where partner has his back or back checkers are on the way and can aggressively step up and stop F from entering the zone.

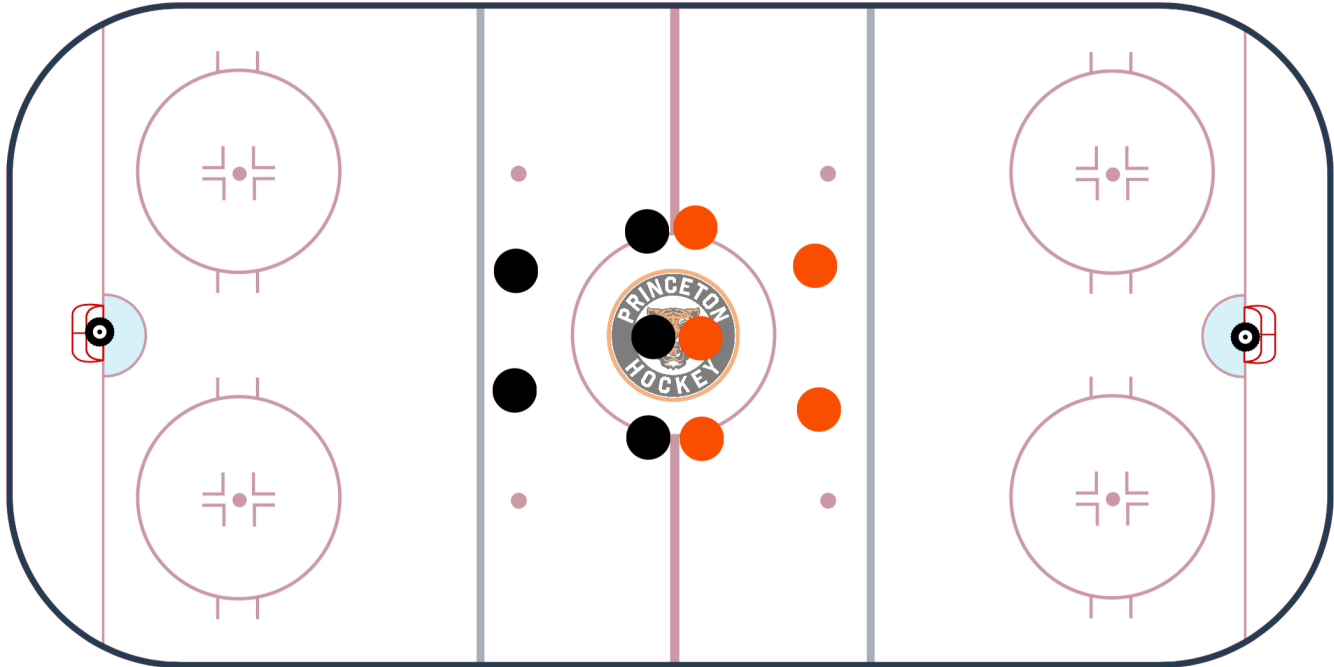
1-10-2026
"Outdoor"

SQUIRT B1 PRACTICE #40

Focus: "Pond Hockey"



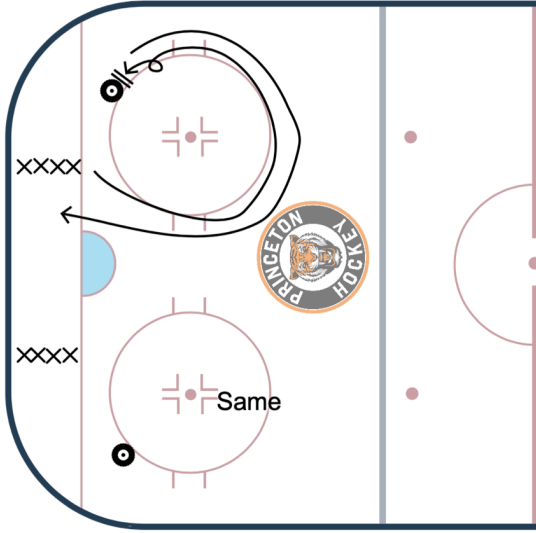
Team First
Integrity
Grit
Engaged
Respectful



	VISITOR	HOME
GAME 1	Grey	Black
	Coaches	Orange
GAME 2	Orange	Grey
	Coaches	Black
GAME 3	Black	Orange
	Coaches	Grey

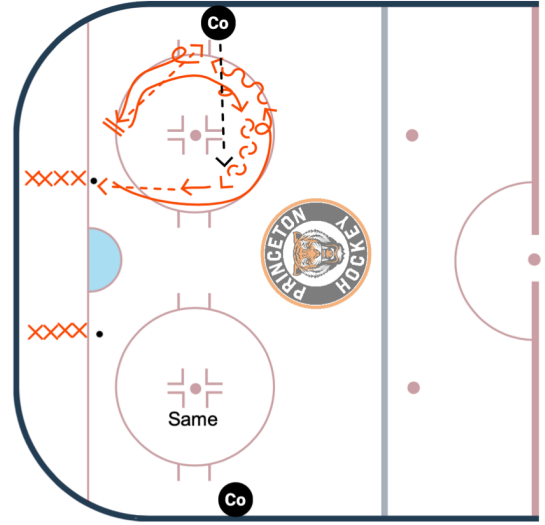
5v5 Pond Hockey / 5 Hole (45 min)

No goalies this time. Players must shoot puck through 5 hole.
tire to simulate scoring through 5 hole.



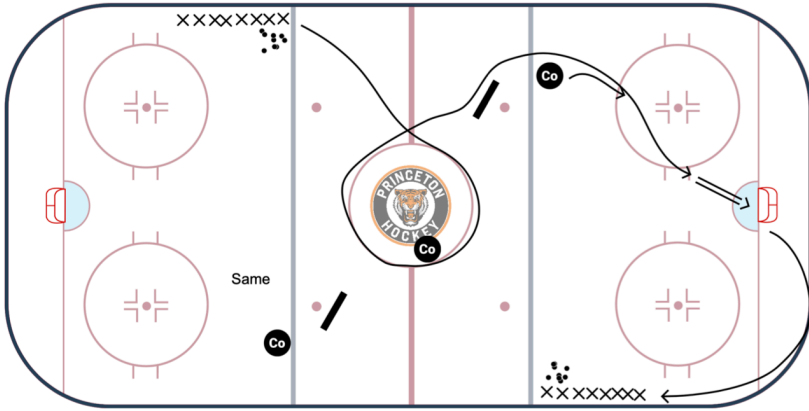
(1) Crossovers & Stops (12 min)

Players do forwards crossovers around circle open up and stop at tire facing the center face-off dot, quick start and crossovers and back in line.



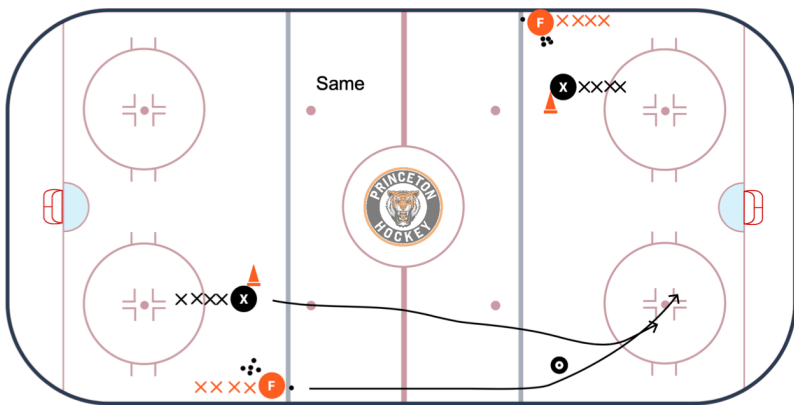
(2) Transitions (12 min)

Players transition around cycle, make a give and go pass to coach, open up to catch pass and pass to next guy in line.



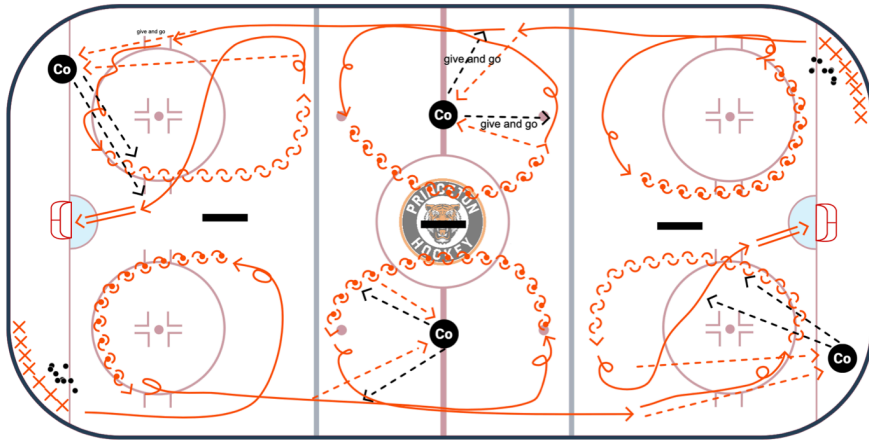
(3) Shuffle & Drive To Net (15 min)

Players shuffle step around middle circle protecting the puck while coach pressure them, fake and go wide, pick up speed around coach and drive to the middle while protecting the puck from coach to get a good angle shot on net.



(4) Backcheck & Angling 1v1 (15 min)

As soon as player with puck goes the back checker chases them down to angle off, stick on stick body to body. Puck carrier must skate on outside of tire and either cut back or drive wide to net while protecting the puck based on defenders position.

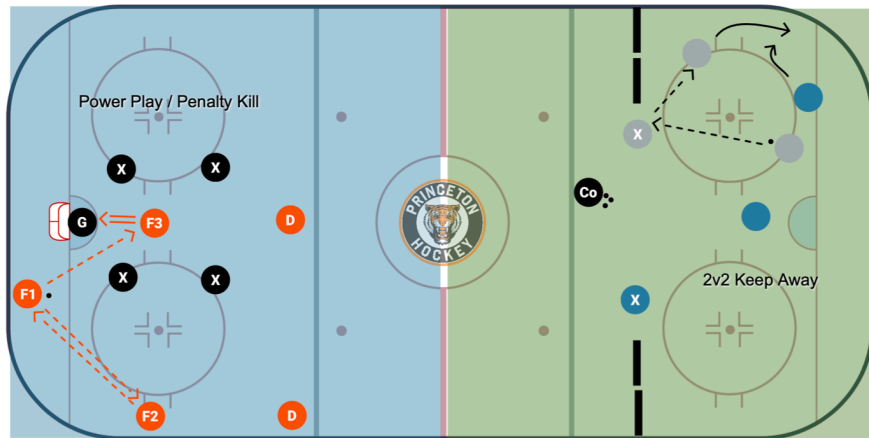


(1) - Transitions Give and Go Flow (15 min)

Fwd to Bkwd transitions facing forward the whole way, carrying puck and making give and go passes to stationary coaches as shown.

Coaching points: Make sharp quick passes, keep head up to receive passes. Go WIDE!

Chalk talk: Explain the importance of puck possession and making purposeful passes. THE PUCK IS GOLD DON'T GIVE IT AWAY!!!!



(2A) Power Play / Penalty Kill (20 min)

Orange and Black line will work on power play and penalty kill. Orange line will get a few reps on PK as well. (Ruby, Ethan, Sam, Easton kill for orange - will put black pullover on Lane for PP with black for that iteration)

(2B) 2v1 or 2v2 Keep Away

White and Grey will play 2v1 or 2v2 keep-away with a stationary player/passer as an outlet player. Rotate players through as a stationary passer to give them rest. This game preps these players for power play-like scenarios without worrying about positioning.

*Team with most consecutive passes wins. Keep score. Make this into a fun competition!!!

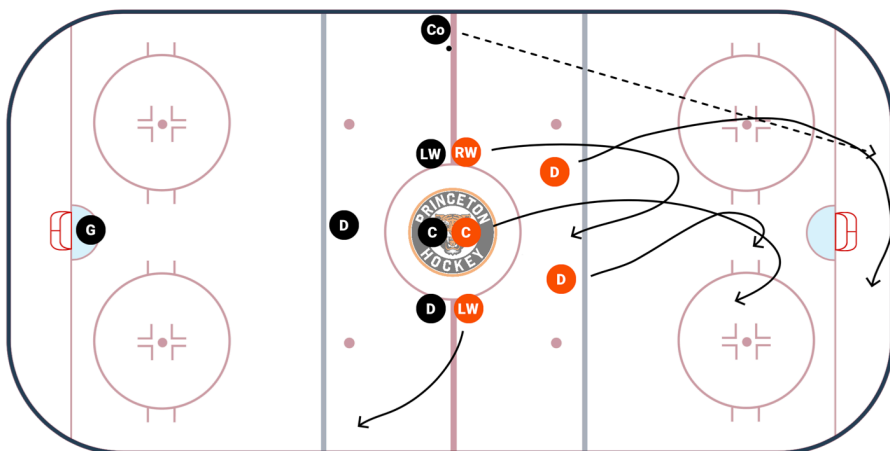
*If players get tired, stop for a water break or two, technical instruction, or some stationary passing in a big circle or box of sorts. Keep them working hard, but make sure they have enough energy for quality reps.

Orange - Peyton, Ruby, Ethan, Sam, Easton

Black - Lane, Jax, Reed, Kingsley

Grey - Holly, Maggie, Finley

White - Colton, Caleb, Coach



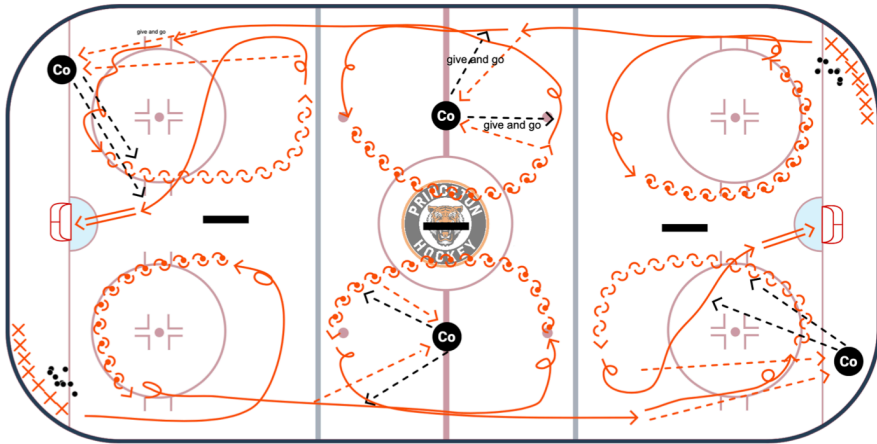
(3) - 5v4 / 3v3 Full Ice (20 min)

Orange line will work on stretching out the ice during a power play vs. Black. One wing stays high to pull D with them, the other wing swings to the middle as a secondary stretch pass option (deeper), and the center goes down deep to support the D if we lose possession. 1:30 shifts.

Focus: Puck Possession, get into O-Zone fast on a power play and don't lose the puck!!!!

White and Grey lines will play full ice 3v3 or 4v4 with coaches filling in as needed.

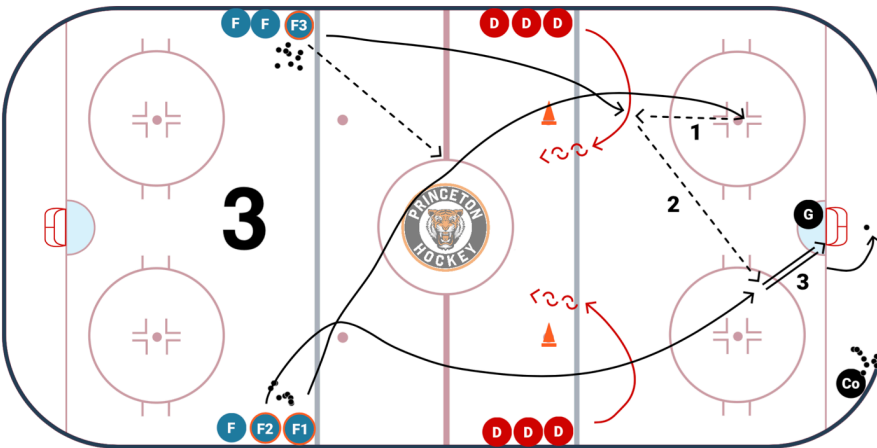
So we alternate from 5v4 with orange and black to 3v3 or 4v4 between white and grey.



(1) - Transitions Give and Go Flow (15 min)

Fwd to Bkwd transitions facing forward the whole way, carrying puck and making give and go passes to stationary coaches as shown. For today, we'll eliminate the red line coaches to simplify drill for better flow until players get this down smoothly.

Coaching points: Make sharp quick passes, keep head up to receive passes. Go WIDE!



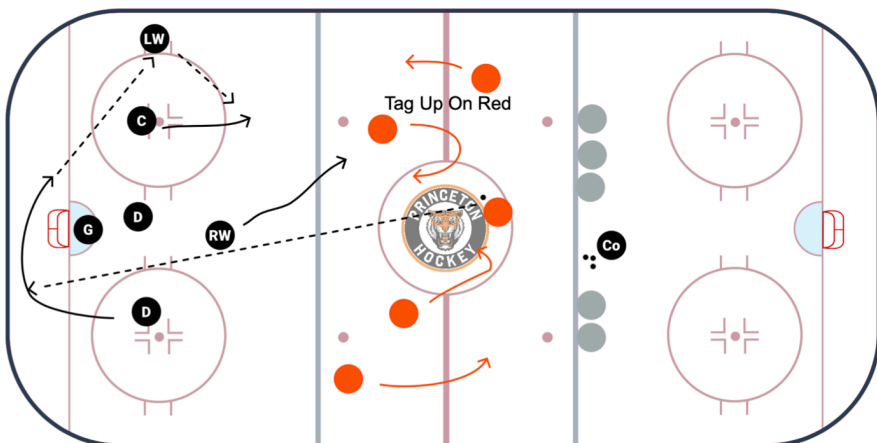
(2) - Triangle Attack Progression to 2 on 2 and 3 on 2 (20 min)

See practice #16 for Phase 2 graphics.

PHASE 2: Same as phase 1 but second player in line **F2** leaves after F1 to drive wide to far post for a pass from F1 back door. Shooter picks up puck placed by coach to go 2v2 the other way. (Do pass off pad and direct passes).

*Defense will go without sticks to work on looking at chest and keeping a tight gap and playing the body rather than looking down at the puck.

PHASE 3: Same as phase 2 but this time the passer in the other line leaves to be the **F3** trailer. F1 makes a drop pass to F3, F3 then passes to F2 for a back door shot. All players crash net. Shooter picks up puck for a 3v2 back the other way.



(3) - Continuous Forecheck Game 5v5 (25 min)

Rules are almost exactly the same as 3v3 or 5v5 half ice tag up, except players must play their assigned positions, and breakout team must possess the puck past the red line and dump puck in and forecheck to go on offense.

Though we don't teach a dump-and-chase zone entry in most cases, dumping the puck here forces continuous breakouts and forechecks, which is the purpose of the game.

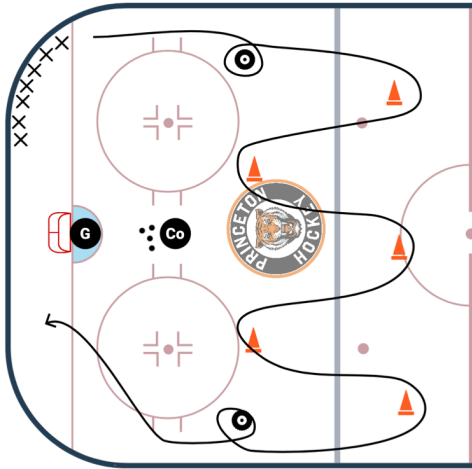
Team that dumps puck in executes a 1-2-2 Forecheck trying to score. Color with most goals, wins! (Will write score on ice)

Orange - Brooks, Ruby, Ethan, Reed, Kingsley

Black - Lane, Jax, Peyton, Easton, Caleb

Grey - Maggie, Holly, Finley, Sam, Colton

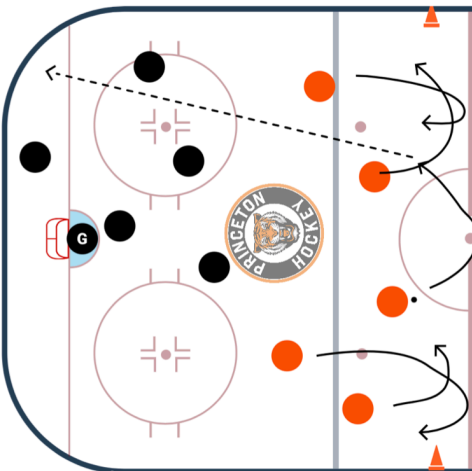
1:30 shifts. No face-offs except to start, puck stays in play where it is at.



(1) - 5 Cone Tight Turns (15 min)

Players do full 360s around the tire and tight turns around cones 3x. Transitions 1x. Stops and Starts 1x.

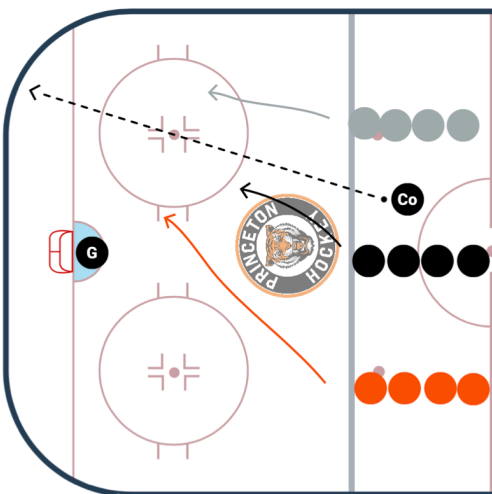
Move cones tighter in and players skate backwards through cones 2x doing crossovers.



(2) Continuous Breakout/Forecheck Game (30 min)

5v5 tag-up at red, dump-in, and forecheck. 1:30 shifts. When line changes happen, the team coming into the play are the forecheckers. Each team plays two shifts in a row and then rotates out. (We don't teach a dump in chase style of hockey, the dump is so the game can be continuous)

*All players play their assigned positions and perform breakouts and forechecks properly.



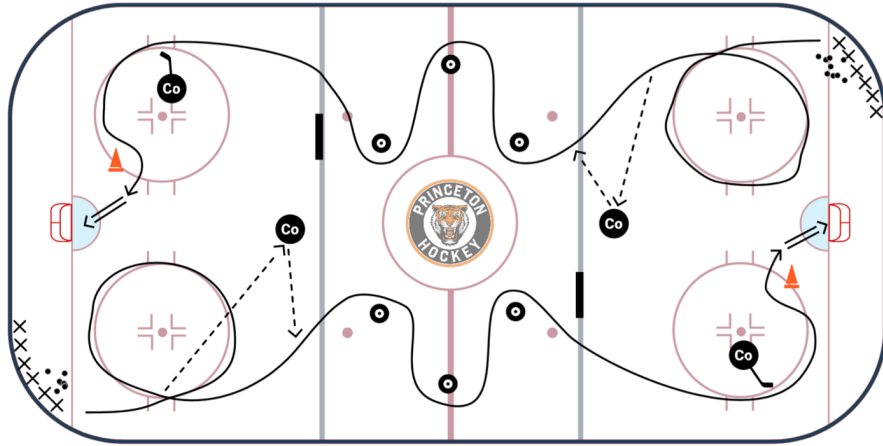
(3) Build Your Team (15 min)

Coach dumps puck in, players battle 1v1v1 for the puck. Upon possession players attempt to activate their line-mates by passing the puck to the next player in line. Teams cannot attempt to score until they get at least 3 players activated.

Orange - Brooks, Ruby, Ethan, Reed, C-Ben

Black - Lane, Jax, Peyton, Easton, Caleb

Grey - C-Adam, Finley, Sam, Colton, C-James



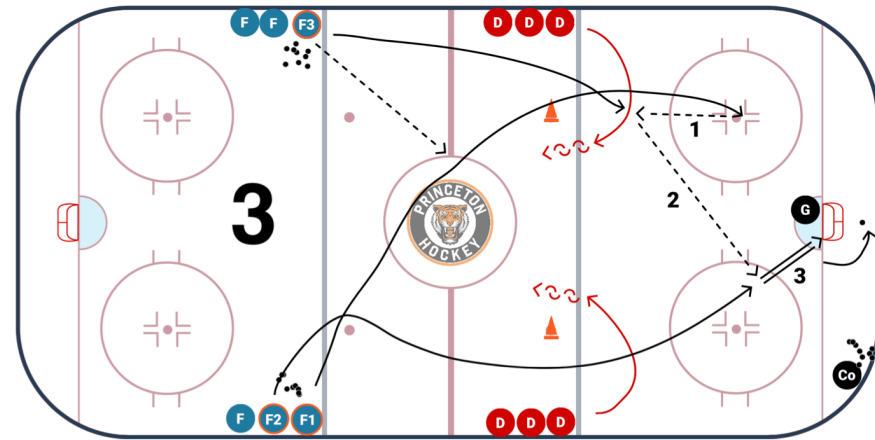
(1) Puck Control Drive To Net (14 min)

Forward crossovers around first circle, give and go pass to coach, weave through tires, crossovers or shuffles around bottom of circles, drive to net protecting the puck from the coach.

Orange - Peyton, Ruby, Ethan, Sam, Kingsley

Black - Brooks, Jax, Lane, Dom, Caleb

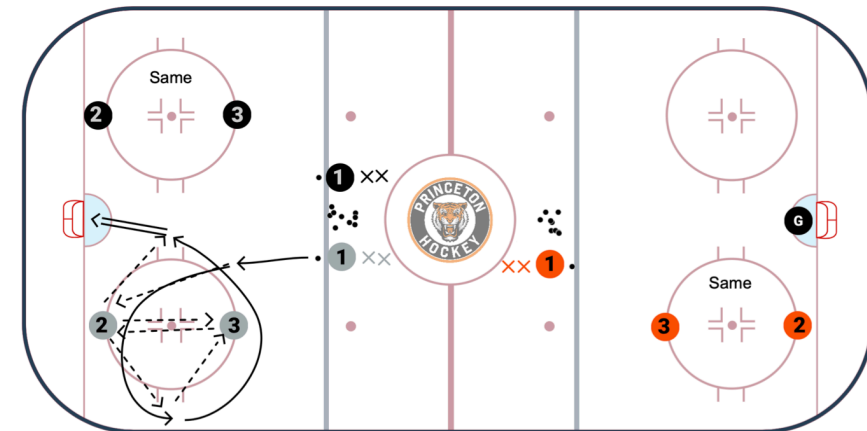
Grey - Holly, Maggie, Finley, Reed, Colton



(2) Triangle Attack Progression to 3 on 2 (15 min)

See practice #16 for full details.

PHASE 3: Same as phase 2 but this time the passer in the other line leaves to be the **F3** trailer. F1 makes a drop pass to F3, F3 then passes to F2 for a back door shot. All players crash net. Shooter picks up puck for a 3v2 back the other way.



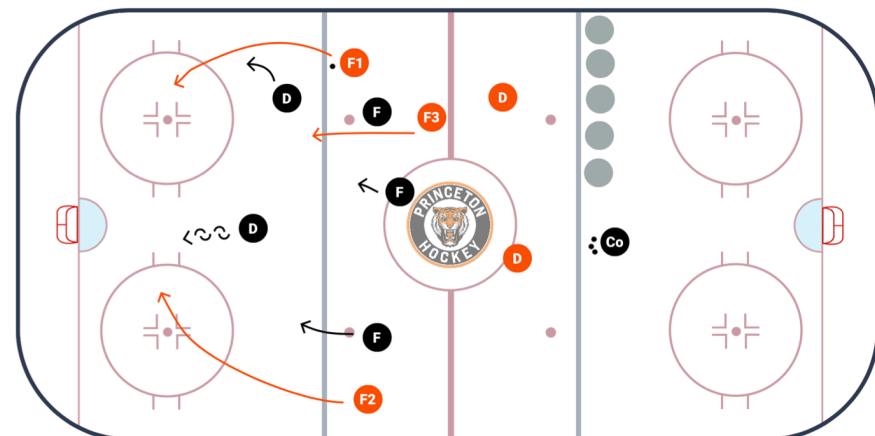
(3) Olympic Breakout Drill (10 min)

1 passes to 2, skates down deep below the hash marks to get a breakout pass back from 2, makes **touch pass** to 3 (3 makes a pass down to 2) and 1 continues on to front of the net for a pass from 2 to shoot on net. (Rotate 1-2-3 and back in line)

*Rotate sides after 5 minutes.

*Add extra touch pass between 2 and 3.

Colors will race against each other to see who can get all their players through first.



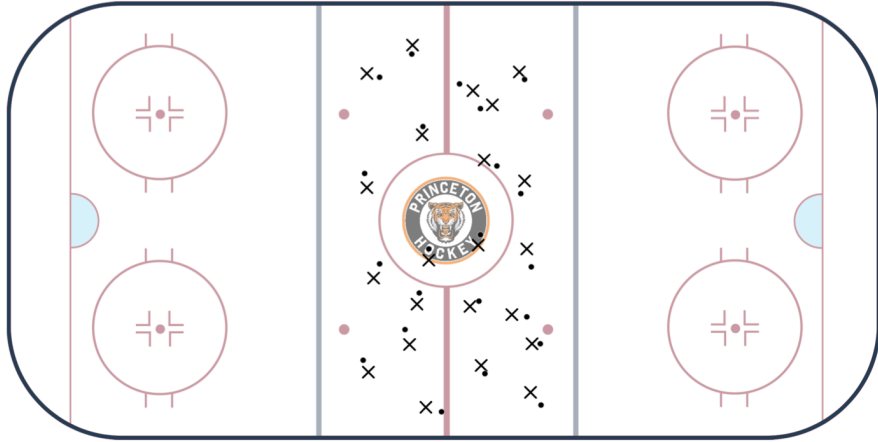
(4) Continuous Zone Entry 5v5 (18 min)

Breakout team must carry/possess puck past red line to go on offense. All players must tag up on red and stay on side.

*Players play their assigned positions. The team going into play from the line change is on offense. The team left on ice is the breakout team.

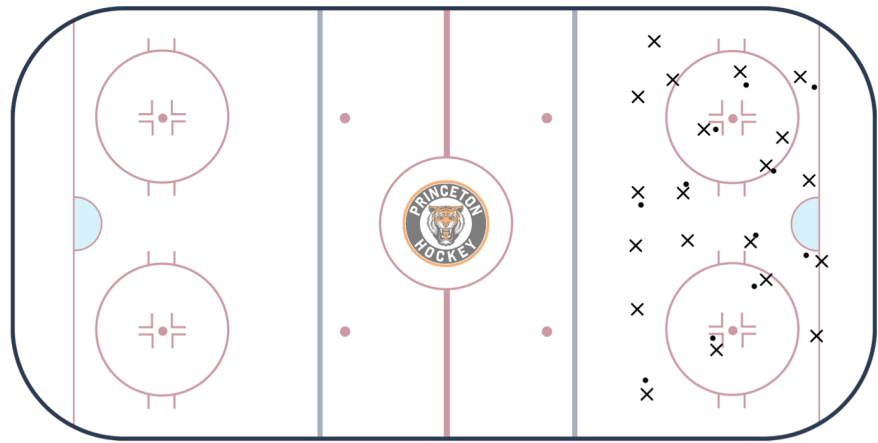
*Players should attempt to use the triangle attack zone entry.

*1:30 shifts



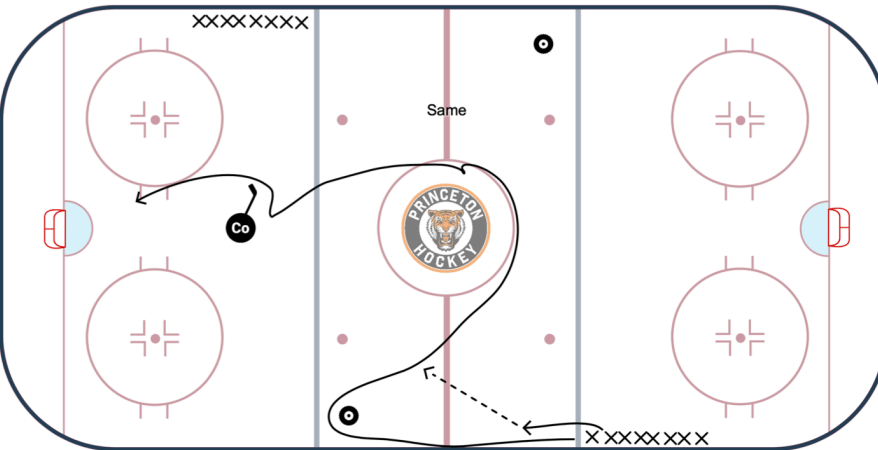
(1) - Chaos Puck Control (8 min)

Players skate with their heads up, making moves around other players.



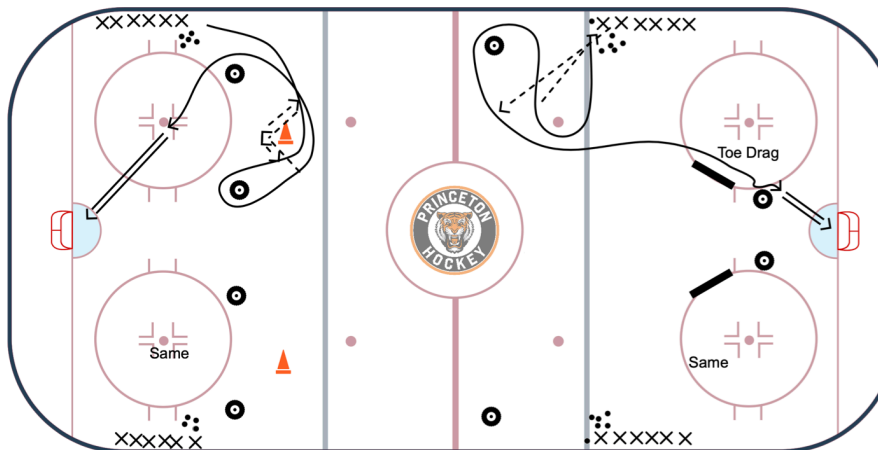
(2) Fight For A Puck (8 min)

Put less pucks in zone than players and they all fight to have a puck.



(3) Take a Few Steps and Pass (14 min)

Player takes a few steps before passing to player in front of them after they turn around tire, crossovers around half of middle circle fake and shoot on net.

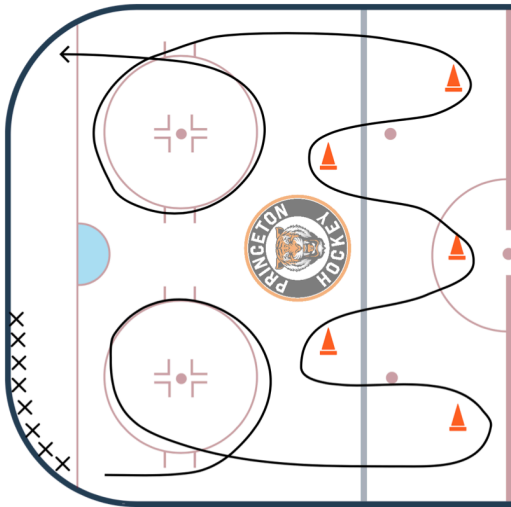


(4A) Puck Control (14 min)

Players tap puck with forehand around cone, tight turn around tire, tap puck around cone and do mohawk, pick up puck skate around tire and shoot. Switch sides after 5 minutes.

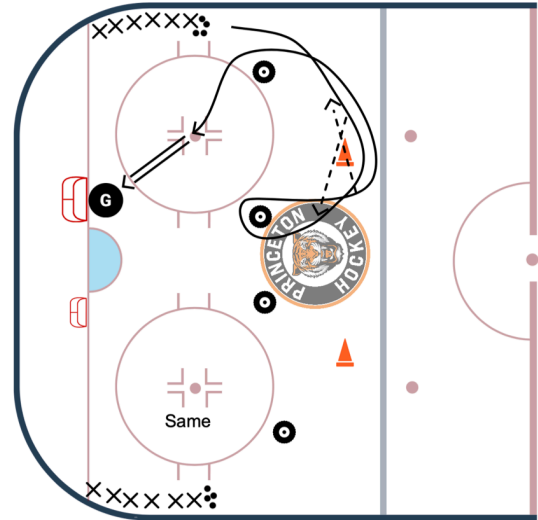
(4B) Toe Drag and Shoot (14 min)

Player skates around dot and passes back to line, tight turn around tire and receive pass, body on one side of barrier, stick and puck on other, toe drag between barrier and tire and shoot.



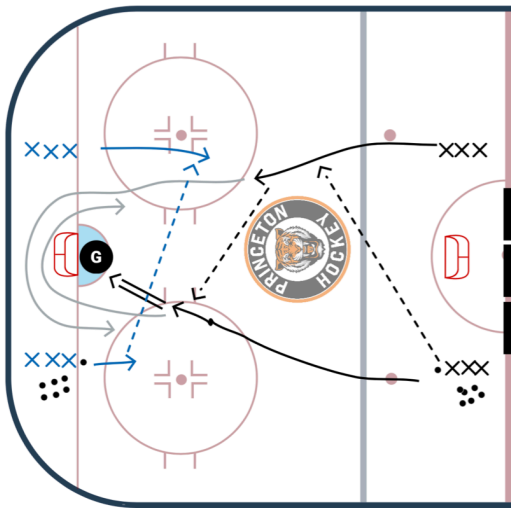
(1) Russian Circles & 5 Cone (8 min)

Forward Crossovers around circles, tight turns/stops around cones 2x. Move cones slight closer together, forward crossovers around circles backwards through the cones 2x.



(2) Puck Control (10 min)

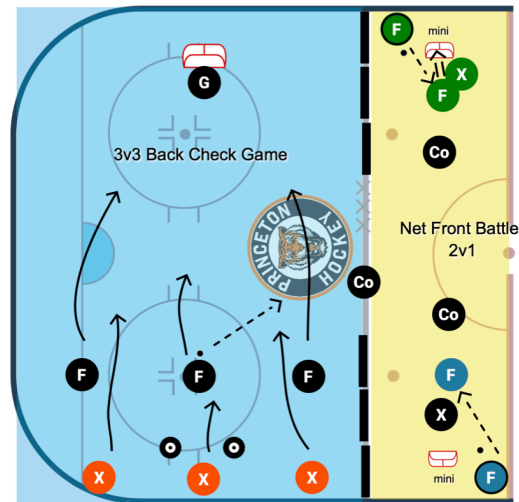
Players tap puck with forehand around cone, tight turn around tire, tap puck around cone and do mohawk, pick up puck skate around tire and shoot. Switch sides after 5 minutes.



(3) Continuous Back Check Drill 2v2 (15 min)

Players start out 2v0 down ice attempting to score, on whistle play stops and those players skate behind the net and back check the next set of two and so on.

*One back checker should go after puck carrier and the other cover the open man.



(4A) 3v3 Back Check Game (16 min)

At the start of each shift, one line will be the back checkers lined up on the sideboards, with the forwards slightly ahead of them around the face-off dot. Forwards must make two passes before attempting to score. Back checkers should try and pick up and cover open players instead of puck watching or all going after the puck carrier. Lift sticks!! If back checkers gain possession of the puck they must carry the puck through the gate (two tires) on other end.

*After rush players just play cross ice 3v3 for about 45-second shifts.

(4B) 2v1 Net Front Battles (8 min)

One player with puck behind the net tries to pass to teammate in front of the net who is being covered by defender. Player behind the net can skate to either side.

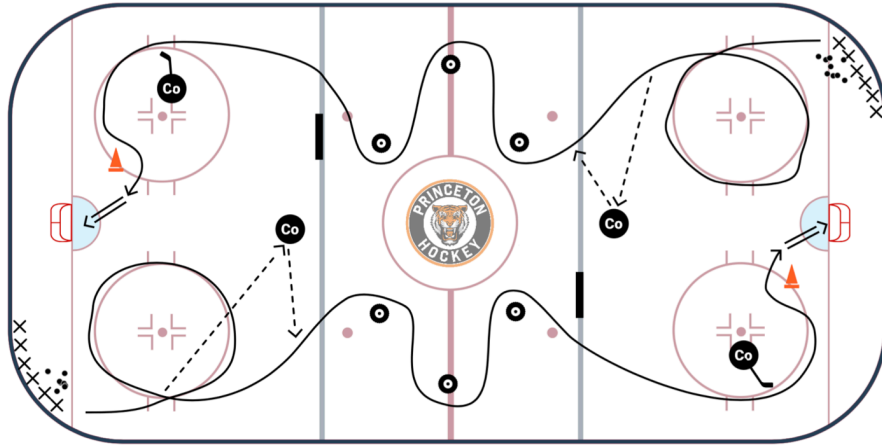
Orange - Peyton, Ruby, Ethan

Black - Brooks, Jax, Lane

Grey - Holly, Maggie, Finley

White - Colton, Reed, Sam

Green - Kingsley, Caleb, Coach



(1) Puck Control Drive To Net (12 min)

Forward crossovers around first circle, give and go pass to coach, weave through tires, crossovers or shuffles around bottom of circles, drive to net protecting the puck from the coach.

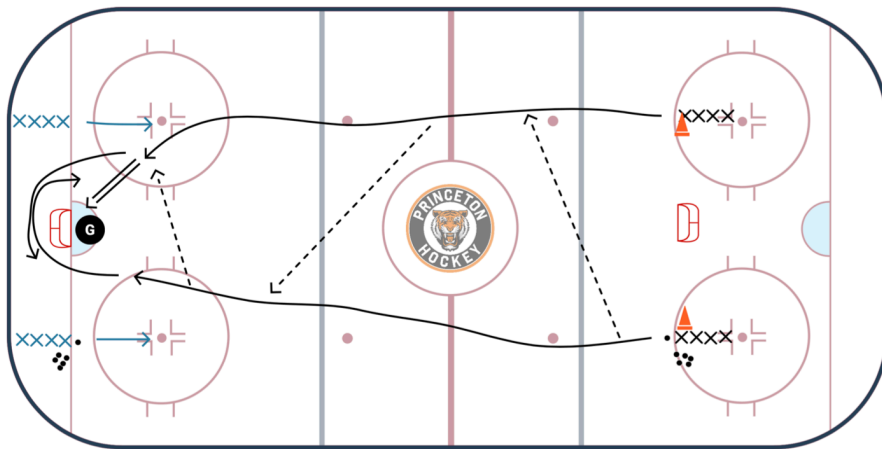
Orange - Peyton, Ruby, Ethan

Black - Brooks, Jax, Lane

Grey - Holly, Maggie, Finley

White - Easton, Reed, Sam

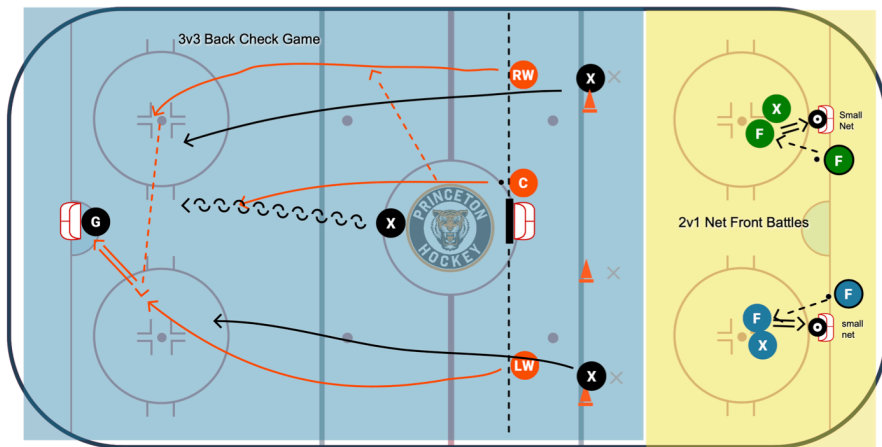
Green - Kingsley, Caleb, Colton



(2) Continuous Back Check Drill 2v2 (15 min)

Players start out 2v0 down ice attempting to score, on whistle play stops and those players skate behind the net and back check the next set of two and so on.

*One back checker should go after puck carrier and the other cover the open man.



(3A) 3v3 Back Check Game (20 min)

At the start of each shift, one line will be the back checkers with 2 players lined up on blue line (1 player playing D), with the forwards slightly ahead of them at artificial goal line. Forwards must make two passes before attempting to score (Encourage them to use the triangle attack). Back checkers should try and pick up and cover open players instead of puck watching or all going after the puck carrier. Lift sticks!! If back checkers gain possession of the puck they must score on net with the shooter tutor on other end.

*After rush players half ice 3v3 for about 45 second shifts.

Station Rotation

Orange, Black, White / Green, Grey

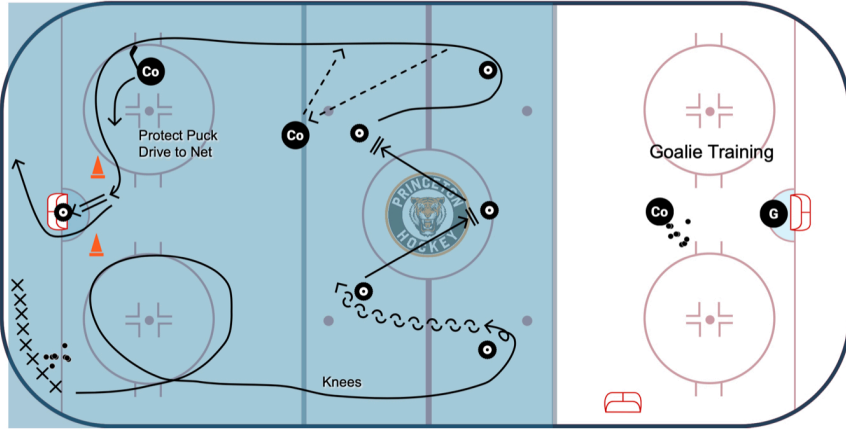
Green, Grey, White / Black, Orange

Black, Orange, Green, Grey / White

(3B) 2v1 Net Front Battles (10 min)

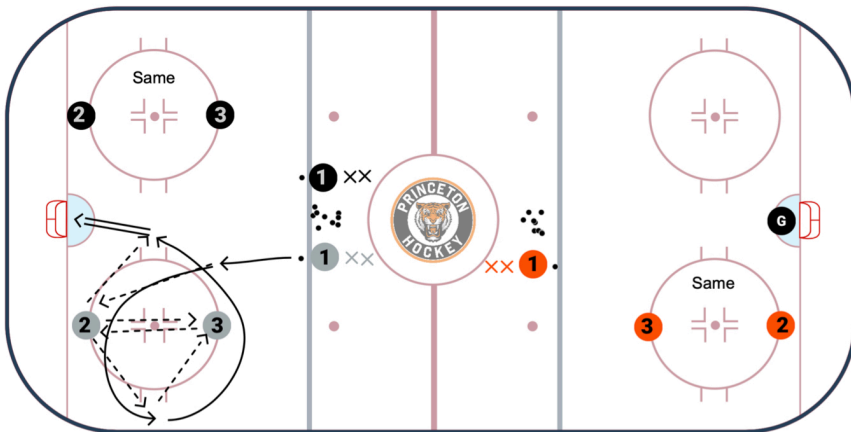
One player with puck behind the net tries to pass to teammate in front of the net who is being covered by defender. Player behind the net can skate to either side. Rotate players every 45 seconds or so.

*Teach body position, stick lifts, etc.



(1) Cirlces + 5 Cone Sequence (18 min)

- Forward crossovers around circle, knees, transitions at tires, crossovers around circle - 2x without puck.
- Crossovers around circle, knees, stops at tires, give and go to coach, go wide protect puck, drive to net and score - 2x.
- Crossovers around circles, knees, power turns at tires, give and go to coach, go wide protect puck, drive to net and score - 2x.
- Move tires closer together and player skate backwards all the way through 5 tires. Start at blue line - 2x.



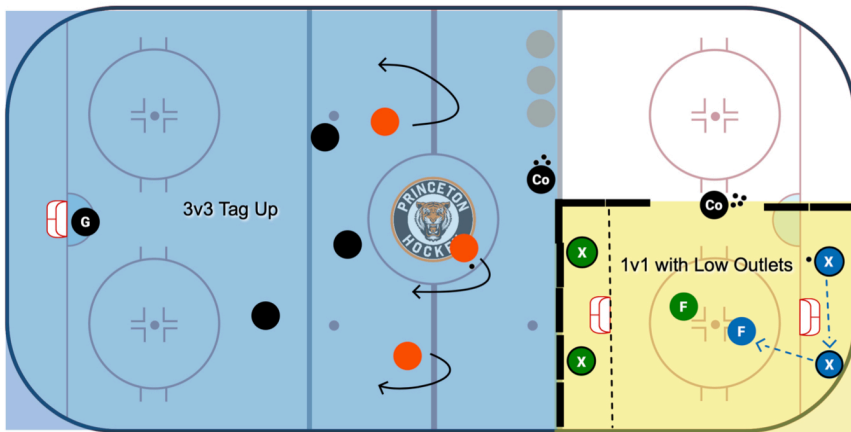
(2) Olympic Breakout Drill (12 min)

1 passes to 2, skates down deep below the hash marks to get a breakout pass back from 2, makes **touch pass** to 3 (3 makes a pass down to 2) and 1 continues on to front of the net for a pass from 2 to shoot on net. (Rotate 1-2-3 and back in line)

*Rotate sides after 5 minutes.

*Add extra touch pass between 2 and 3.

Colors will race against each other to see who can get all their players through first. This will add game like pressure.



(3A) 3v3 Tag Up (18 min)

Teams must tag up at redline and stay on sides before attempting to score. Must make at least one pass before shooting on net.

(3B) 1v1 With Low Outlet (9 min)

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 Rotation

- Orange, Black, White / Green, Grey
- Green, Grey, White / Black, Orange
- Black, Orange, Grey / White, Green

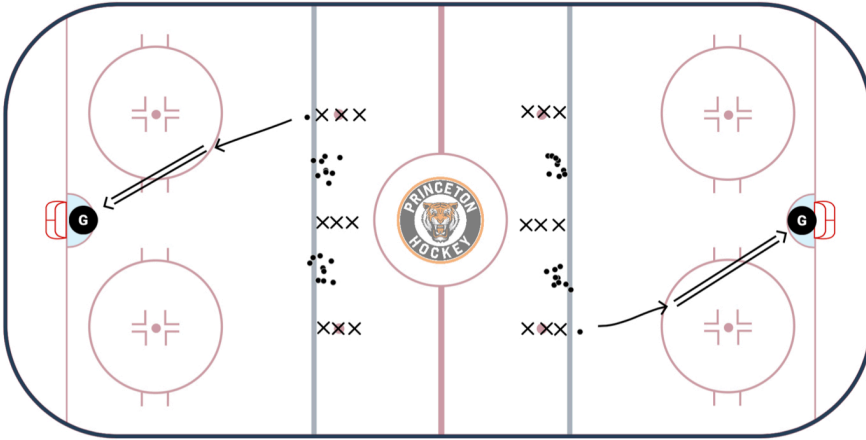
Orange - Peyton, Ruby, Ethan

Black - Brooks, Jax, Lane

Grey - Holly, Maggie, Finley

White - Kingsley, Reed, Sam

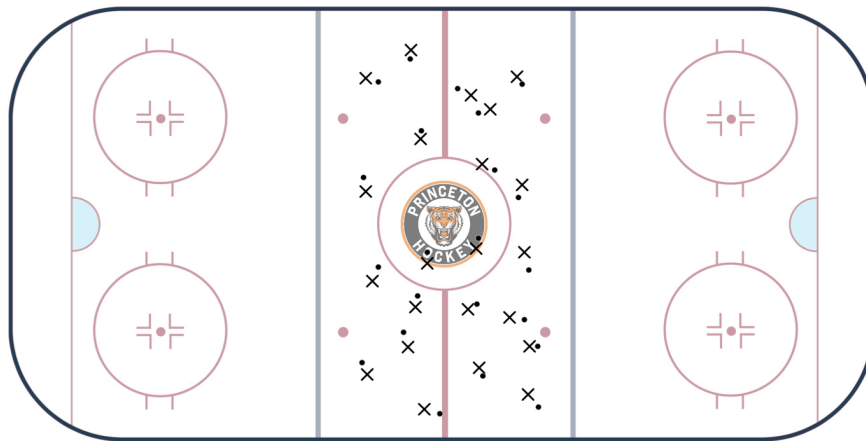
Green - Dom, Caleb, Colton



(1) 3 Line Shooting (5 min)

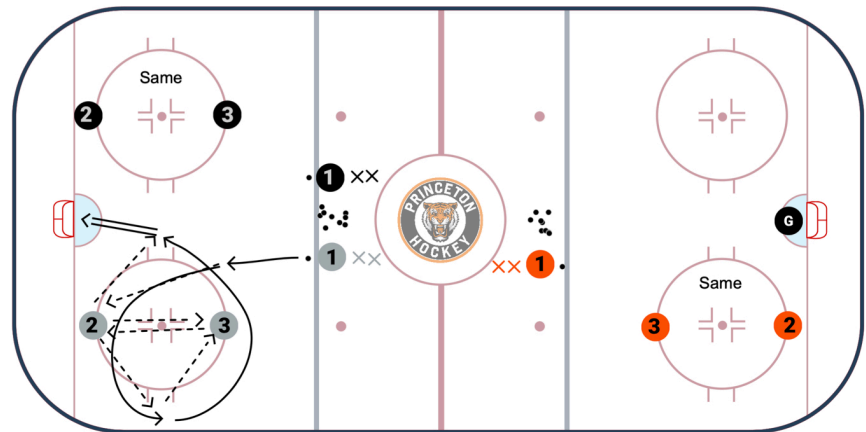
Run from both sides. If no goalie use a black barrier at the bottom of the net.

*With our first playoff game early in the morning we'll keep this practice light and fun with our team music playing the whole time to get players excited for this weekend.



(2) King of the Hill (10 min)

- Warm up with all players stick handling around each other.
- Then proceed to the game where they try to knock other players pucks out of the neutral zone while maintaining control of theirs. Last player with puck wins.

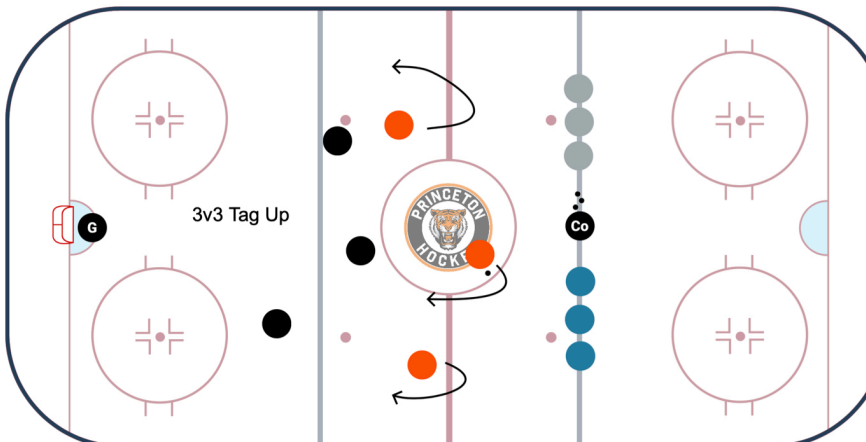


(3) Olympic Breakout Drill (12 min)

1 passes to 2, skates down deep below the hash marks to get a breakout pass back from 2, makes touch pass to 3 (3 makes a pass down to 2) and 1 continues on to front of the net for a pass from 2 to shoot on net. (Rotate 1-2-3 and back in line)

*Rotate sides after 5 minutes.

*Add extra touch pass between 2 and 3.



(4) 3v3 Tag Up (15 min)

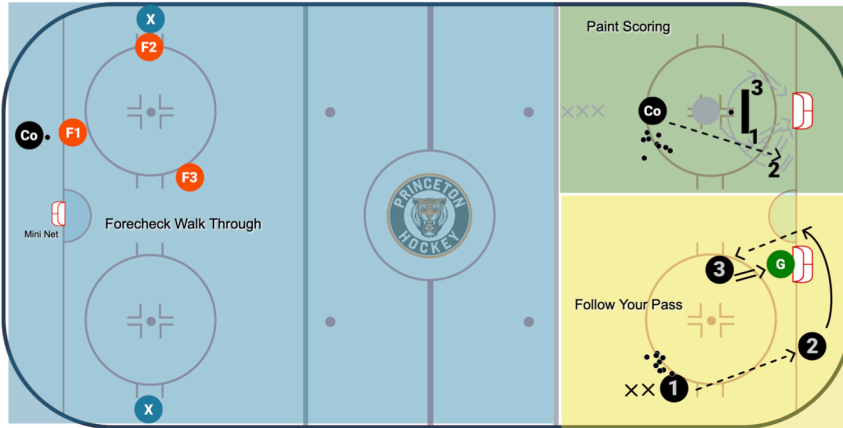
Teams must tag up at redline and stay on sides before attempting to score. Must make at least one pass before shooting on net.

Orange - Peyton, Ruby, Ethan

Black - Jax, Brooks, Lane

Grey - Holly, Maggie, Sam, Colton

White - Kingsley, Reed, Dom



(1A) Forecheck Walk Through (9 min)

Players walk through 1-2-2 Forecheck based on puck location. Will review N-zone as well.

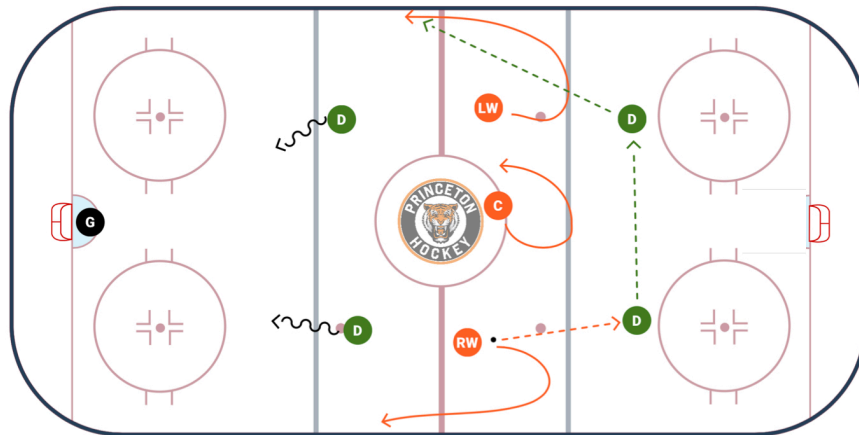
(1B) - Paint Scoring (9 min)

Shooting 3 pucks as fast as you can! Stack 2 barriers in front of net or shooter tutor, Player stands stick length away from barrier to begin, coach spots puck off it, player takes it to his:

- 1) Backhand side and Shoots
- 2) Opens up to shoot on forehand (pass from coach)
- 3) Picks up puck to shoot on forehand (spot from coach)

(1C) Follow Your Pass (9 min)

Players 1 passes down to 2, 2 skates behind net passes out to 3, 3 shoots. Players follow their pass to replace the player ahead of them. 1-2-3-back in line. Half way through run from other side.

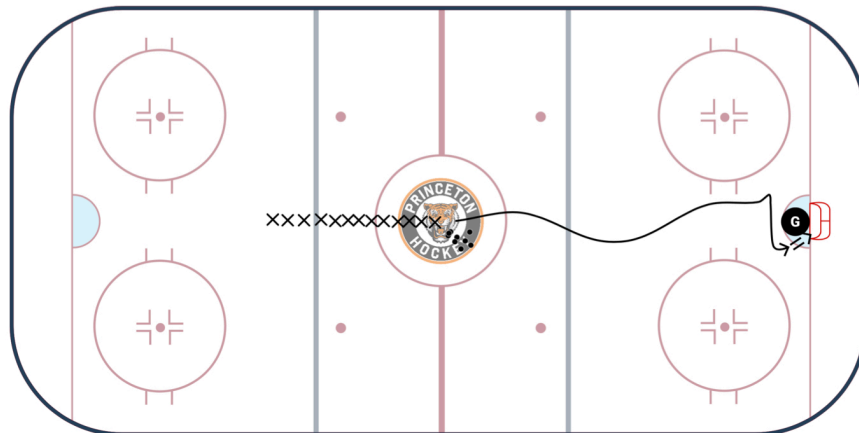


(2) Breakout, Regroup, Zone Entry (18 min)

Do breakout drill like normal, but after the breakout, F's will pass to the opposing D, then swing down and open up for a neutral zone breakout pass from the D, then enter zone 5 on 2 in an attempt to score.

Focus: Players should attempt to use the Triangle Attack they've learned as they enter the Zone 5 on 2.

*Wings open up wide near boards for breakout passes, Center opens up in the middle ice as a passing option.



(3) Shoot Out (10 min)

Goal scorers stay in, last one standing wins! Everyone else takes a knee by the players bench and cheers for remaining players.

Orange - Peyton, Ruby, Ethan

Black - Holly, Brooks, Lane

Grey - Finley, Maggie, Jax

White - Kingsley, Reed, Sam, Colton, Dom, Caleb

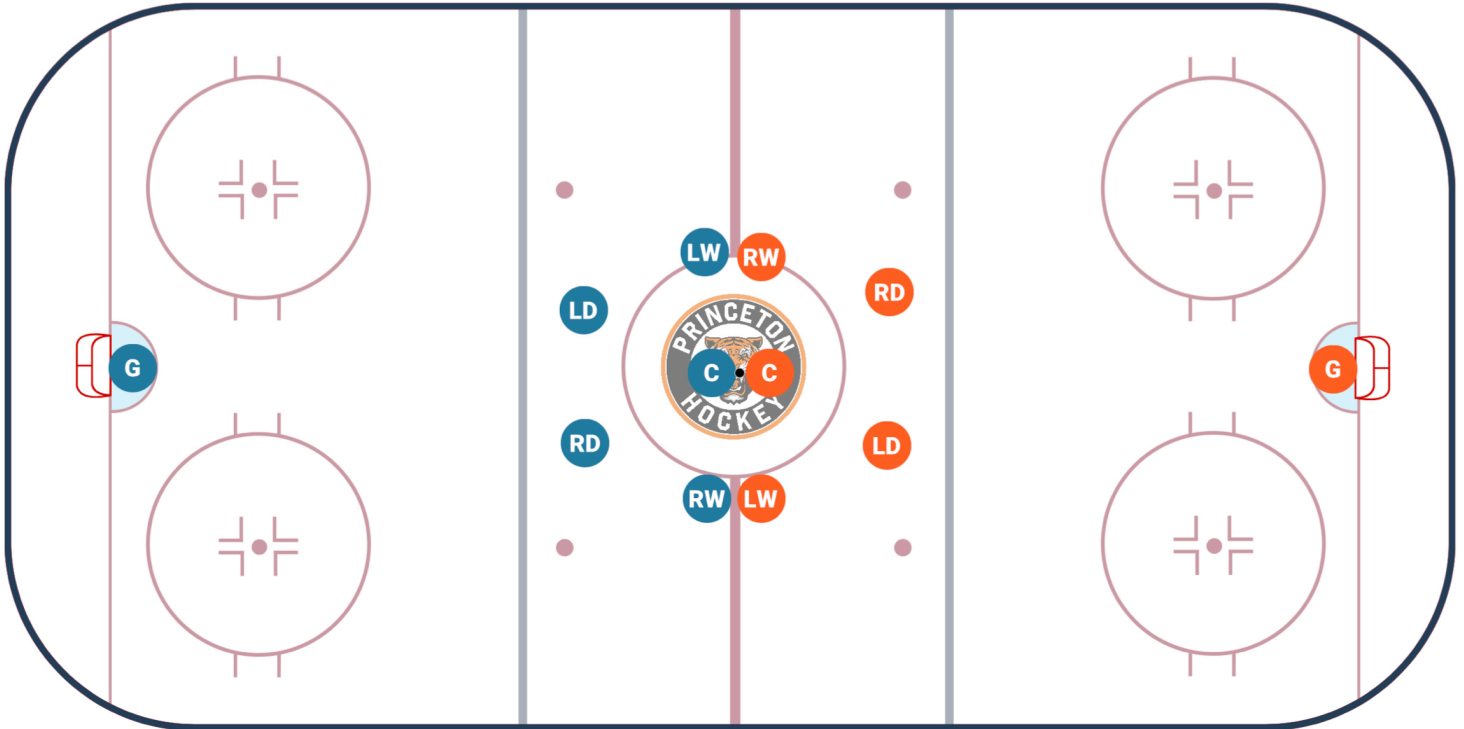
2-22-2026

SQUIRT B1 PRACTICE #52

Focus: "Fun Post Season 5v5 Tournament."

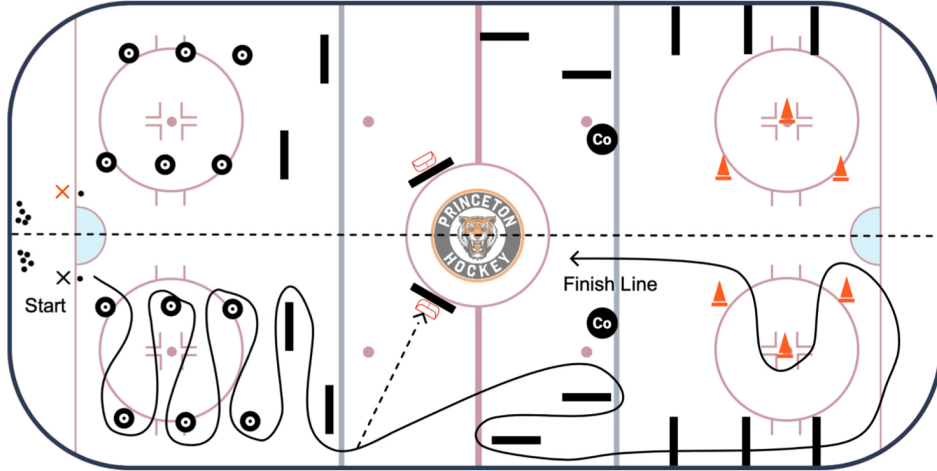


Team First
Integrity
Grit
Engaged
Respectful



	VISITOR	HOME
GAME 1	Grey	Black
	White	Orange
GAME 2	Orange	Grey
	White	Black
GAME 3	Black	Orange
	White	Grey

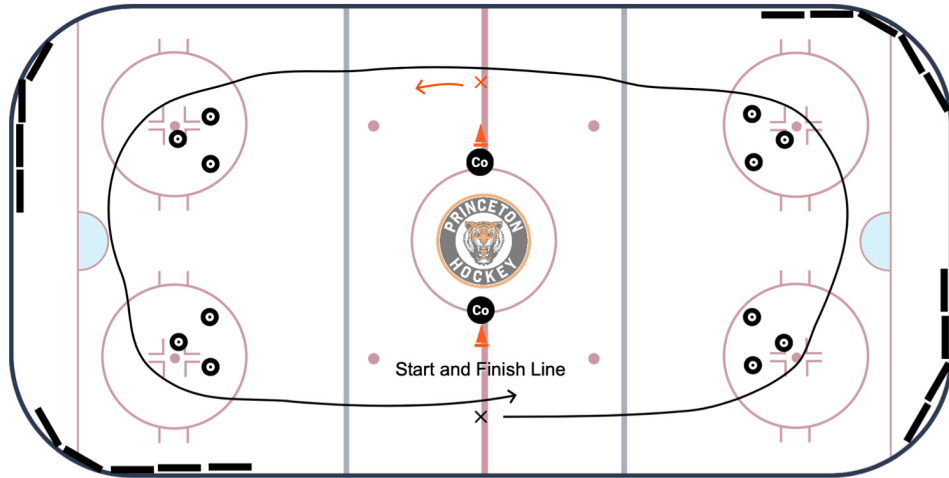
Orange - Peyton, Ruby, Ethan, Ben, James
Black - Jax, Lane, Caleb, Adam, Jacob
Grey - Holly, Sam, Leo, David, Lucy
White - Kingsley, Easton, Chris, Jeran, Reed



(1) Obstacle Course (20 min)

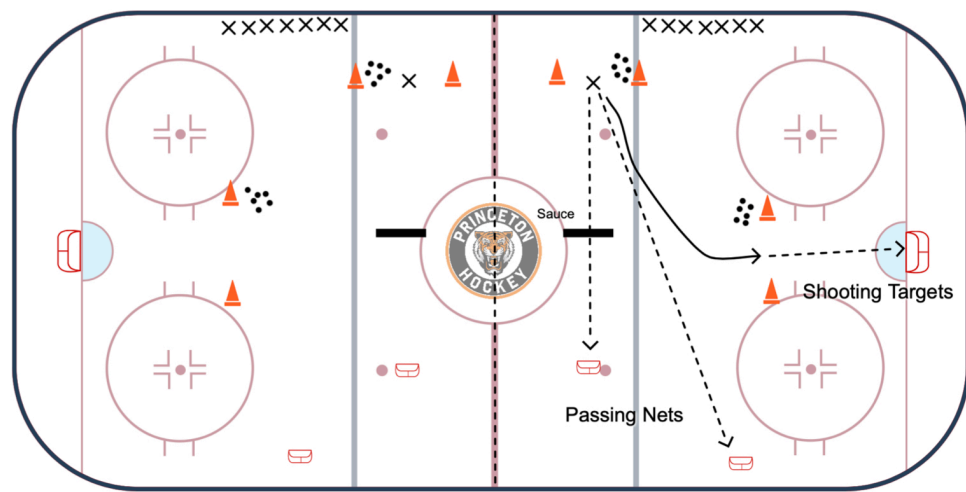
Players start with puck, weave through tires and barriers, pass puck into mini net, skate through the rest of the course without a puck. Players will be timed.

After players complete course they will go to the players bench to wait for everyone else.



(2) Fastest Skater (15 min)

1 lap around with each skater starting on the red line going counter clockwise (2 players go at a time). Same course as the NHL. Players will be timed.



(3) Passing / Shooting Accuracy (18 min)

Best out of 12 pucks, passing and shooting.

Players attempt to make 3 passes to each passing net. They must saucer it over barrier into the close net and just make it into the far net.

After they pass their 6 pucks they will attempt 6 shots at targets attached to various spots on the net.