

2025 Squirt Practice #2

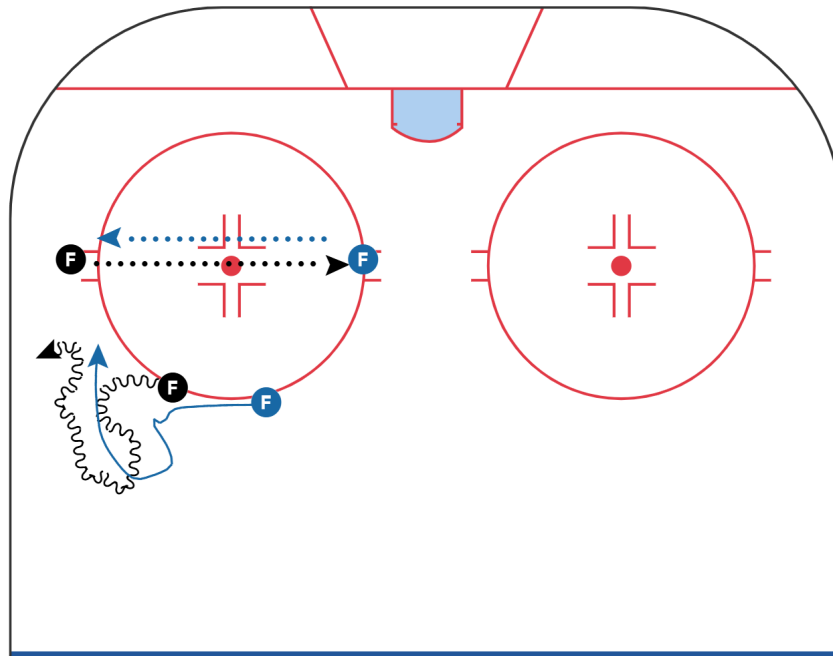
Date: Oct 23 2025

Time: 2:42 am

Duration: 60 mins

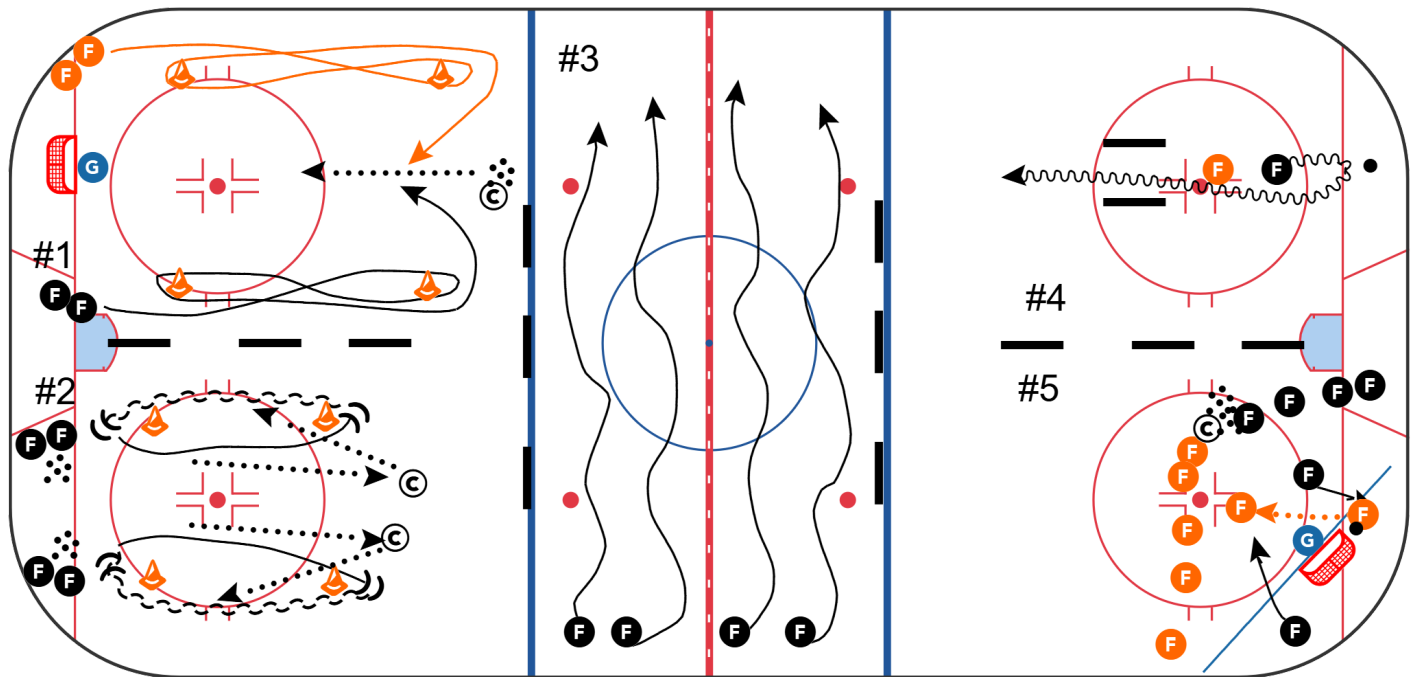
Passing to 1v1 Keep Away

10 mins



Description

Players start by passing with a partner about 15 feet apart. On whistle, the partners play keep away. Coach whistles every 30 seconds and players alternate between passing and keep away.



Description

#1) 1 vs 1 Quick Turn Race - Two players start in opposite corners, do power turns around cones and then battle for a loose puck that is thrown out by a coach. Coaches should try to put puck in an area where both players have a chance at it to force a battle for possession.

#2) Transition Passing - Player starts with puck and passes with coach as the player skates around the cones. Player should always face the coach, skating forwards toward them, transitioning backwards at the top cone and then to forward at bottom cone. Go through the cones twice before finishing the drill.

#3) Technical Skating - Players perform technical skating drills going cross-ice.

#4) Puck Retrieval Deception - First player goes back to retrieve a puck, reads pressure and uses deception to beat the first forechecker and carry the puck through the gate. Can use head, shoulder, stick or skate fakes

#5) 2v2 NTDP - Players must carry or pass the puck below the net or "goalline" to go on offense.

