

2025 Squirt Practice #4

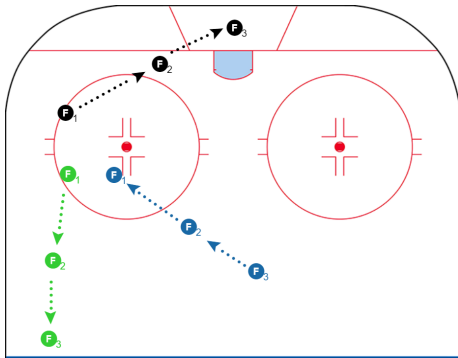
Date: Oct 23 2025

Time: 2:42 am

Duration: 60 mins

3-Player Passing, 2v1

10 mins



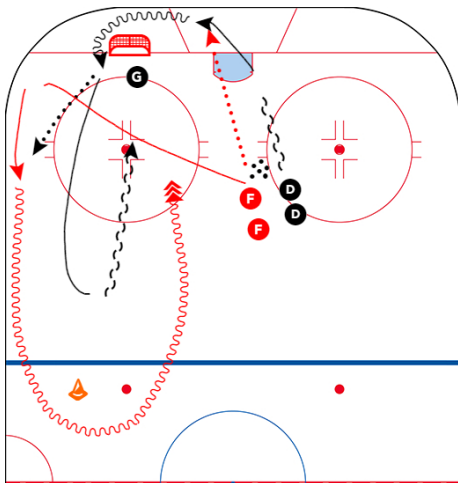
Players get into groups of 3. Start with about 20 seconds of passing in a line with the player in the middle using both hands. On whistle, play 2v1 keep away for about 20 seconds. On the next whistle, return to passing and switch which player is in the middle.

5 Stations

0 mins

Breakout 1 v 1

8 mins



F dumps puck in behind net. **D** goes to retrieve puck and does a shoulder check. **D** carries puck around net, turns up ice and makes a breakout pass to **F**. **F** goes around the cone before coming back in on a 1v1. **D** follows forward and gaps up to play 1v1.

Variations:

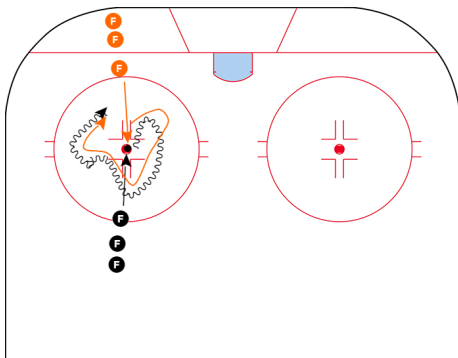
- Have D start skating backward and transition to retrieve puck
- Have a coach apply pressure, forcing D to make a decision on if/when to pass

Key Points

- Shoulder check every time
- D must turn up ice
- F always face puck & transition low to catch puck with feet moving
- D gap up

1v1 Circle Keep Away

8 mins



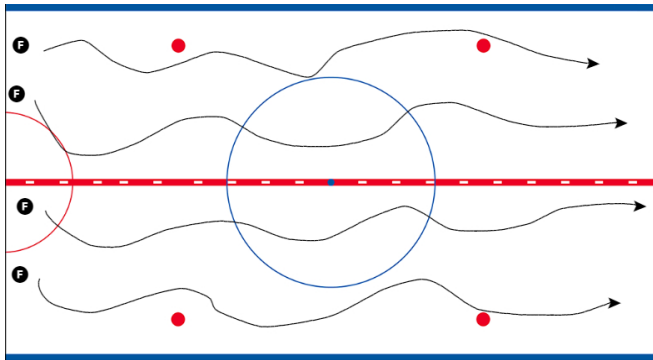
Players start on opposite ends of the circle and race to a puck on a dot. The players battle for possession and then whoever gains control tries to maintain control and possession of the puck while staying within the circle.

Key Points

- Quick start
- Stick positioning and poke checks
- Body positioning
- Deception - Attempt to create space!

Technical Skating

8 mins



Players perform technical skating drills going cross-ice. Skills:

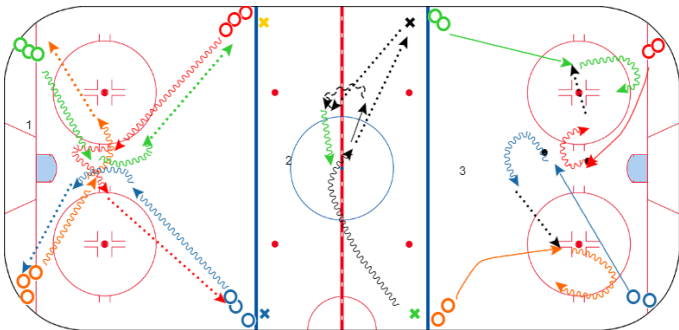
- Inside edges
- Outside edges
- E Cuts (In to out, Out to In)
- One leg C-Cuts (Forward & Backward)
- Russian Power Strides
- 45 Angle Slides

Key Points

- Good knee bend
- Chest, head up
- Full extension
- Full recovery

4 Corner Passing

8 mins



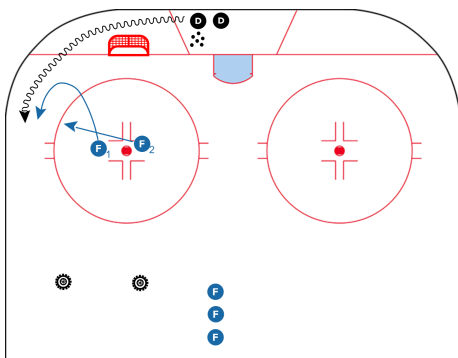
- On whistle, first play in all four lines skates to the middle, dangles and then looks for another line for a give and go pass. Upon receiving the pass, he skates back to center and does it again until the next whistle. On the whistle the next player in line goes.
- Variation- Same idea, all four players go to the middle but this time they open up like getting a breakout pass
- 2 pucks start in the middle. the first two players to reach the puck, in this case ● and ● grab the puck, make an escape move then pass to one of the other open players. They in turn make an escape and pass it back until the next whistle and the next four players will chase after the two pucks

Key Points

Eye contact, good targets. Flat hard passes.

Forecheck 2 vs 1

8 mins



D skates the puck around the net and attempts to skate the puck between two tires (or cones) at the top of the zone.

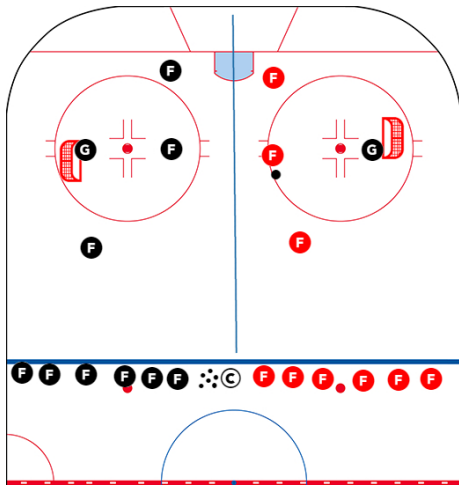
On coach signal, F1 forechecks, using good angling and stick on puck to force the defending player to the boards. On coach signal, F2 provides support on the forecheck. F1 & F2 attempt to create a turnover and attack the net quickly.

Variations:

- Start all players higher and dump the puck in so the D must work on the retrieval as well.
- Use the full zone so the D can go to either side of the ice.
- Start the F at the same time so they must communicate F1/F2.

Key Points

- D should try to get feet up ice and have head up
- F1 work on timing, angling and body/stick positioning.
- F2 must read the play and provide appropriate support.
- F should attack the net quickly after turnovers.



Basic 3v3 cross-ice game. Teams must stay on-sides before attempting to score on opposite end.

Key Points

- All players should play offense & defense
- Transition quickly from offense to defense and vice versa