# Squirt Skill Development System 

## Macro Structure of Squirt Practices

| 20 Minutes | Skating / Edging / Puck Handling |
| :--- | :--- |
| 10 Minutes | Passing Drills or Small Area <br> Passing Games |
| 10 Minutes | Station-Based Skill Breakouts |
| 15 Minutes | Team Drills / Small Area Games |
| 5 Minutes | Conditioning |

## Basic Philosophy

- As often as possible, use old ice! Do not resurface unless necessary. Adding an extra 15 minutes of ice time is a great way to get our athletes more ice every year.
- Repetition. Repetition. Repetition. Our athletes need lots of repetitions on inside edge, puck handling, stops, turns, transitions, etc. These plans ensure that.
- More coaches help practice run smoother. These plans run well with three coaches but having more will help too. All coaches need to be engaged and bring the energy!


## Skating Circuits

## Zig Zag Edge Work

Repeat Each Drill 2x
Inside edge
Outside edge
Power turns
One foot stops
Two foot stops
Outside Edge Punch Stop


Mohawks
Backward inside
Backward outside edge
Backward power turns
Full Ice Version


## Line Edge Work Circuit

Repeat Each Drill $2 x$
One Crossover each direction
Inside edge
Outside edge
One foot stops (top of circle, blue, red, blue, top of circle)
Two foot stops
Outside Edge Punch Stop
Mohawk Zig Zag
Backwards one crossover each direction
Backward inside edge


If both teams can share, do this together. If not, put cones down the middle and have both teams do line training separately.

## Line Mobility and Body Control Circuit

*Do as many drills as you can during 20 minutes of skating.

## Body Control

Two-legged knee drops (get up as quick as possible, two hard strides, drop again).
Supermans / Supergirls
Supergirl / Supermans + log roll
Drop to knees, 360 twist, get back up, repeat down ice
The Bird (do on both legs), try backward when athletes are able to do it properly forward
180 Transition Twists: Drop to knees, 180
twist, get up, drop to knees, 180 twist

Squat Jumps w/Squat Hold Glide Between Jumps
Two Cross-Overs, Drop to Knees, Two CrossOvers, Drop to Knees (Forward \& Backward Variations)
Two Cross-Overs, 360 on knees...Repeat (Forward \& Backward Variations) Backward 360s
Jump, 180, land backwards...jump, 180, land forward

One Knee Down Stops - can add in two pushes in opposite direction + get up

## Body Control

Squat Hold Glides (butt to heel)
Squat Hold Glides with stick over head (butt to heel squats)
Outside Edge Squat Hold Glides
Shoot the duck (do on both legs)
Backward pistol squat
Backward squat holds
Backward outside edge squat holds
Mohawk in a straight line.


Alternating pistol squats
Squat Jumps (blades face up ice, legs shoot in front of you)
Stride extension glides

## Puckhandling Drills - Lines

Repeat each drill $2 x$
One crossover each direction while handling puck
Quick handles between feet
Quick handles on forehand side
Quick handles on backhand side
Forehand extensions
Backhand extensions
Toe Pull to Backhand Extension
Mohawk Zig Zags with Puck
Backhand presents

Half Mohawk Protect
Extend to Forehand, Crossover to Backhand
Extend to Backhand, Crossover to Forehand

Cross Ice Two Cone Edge Work
*Perform each exercise down and back $2 x$.
Transition + Two Crossovers and Open Up
Transition + Two Crossovers + Cut Back and Open Up
Transition + Escape
Power Turns
Mohawk Around Cone


## Two Corner Edge and Skating Warm Up

Forward around circle + inside edge Forward around circle + outside edge Transition around circle + power turns Transition around circle + mohawk zig zags
Forward around circle + skiers
Forward around circle + swivels

## Puckhandling Drills with Cones

Repeat each drill $2 x$
Weave through the cones
Forehand extensions
Backhand extensions
Backhand presents
Half Mohawk Protect
Toe Pulls to Backhand
360 around cones


## Squirt Skills Practice Plan \#1

Duration: 60 mins


Zig Zag Edge Work Circuit - Squirts
Repeat Each Drill $2 x$
Inside edge
Outside edge
Power turns
One foot stops
Two foot stops
Outside Edge Punch Stop
Mohawks
Backward inside edge
Backward outside edge
Backward power turns


Partner Passing (Stationary)

Both teams can do the same drills together or each team can work separately.


Setup: Players line up in pairs facing each other, approximately 25-40 feet away from one another (adjust distance according to player age/level). Each pair should have one or two pucks.
Drill progression: Players utilize the following passes:
Forehand to forehand
Backhand to backhand
Forehand to backhand
Backhand to forehand
Forehand to partner's skates (receiver accepts the pass in her skates, then kicks the puck up to her stick before sending a return pass)
Saucers - roll the puck off the heel of the stick.
GET CREATIVE!


## Forwards:

Coach should start by applying very light pressure. Have the athletes focuse on protecting the puck while turning at increasingly faster speeds. Over time, provide greater resistance as they attempt to drive out of the second turn and get a shot on net.
Defense:
Start without pucks but then you can add them into the drill. D sprints forward, transitions backward, and slides across the blue line, attemping to keep hips facing forward. Then D opens up once past the divider and transitions around the second cone. Use backward crossovers to power back to the blue line and then back into line.

Squirt Skills Practice Plan \#2
Duration: 60 mins


Edge Work Drills In Lines:

- Inside edge C cuts
- Outside edge C cuts
- Skiers (forward, get onto both edges, inside and outside edge)
- Backward skiers
- In N ${ }^{\prime}$ Outs
- Backward inside edges
- Backward outside edges
- One-legged forward edge cuts (left and right legs)
- One-legged backward edge cuts (left and right legs
- Eagle stops
- Outside edge punch stops
- Mohawks
- Mohawk in straight line
- Outside forward / flip to inside edge backward


## Islander Passing Sequence



Athletes should be in groups of 4-6 and separated evenly on each side of the drill. You can also do this drill cross ice. There are a lot of variations. Below are three of our main variations that we use. Let the athletes practice each variation for $60-90$ seconds.

- O passes to $X, X$ taps back to $\mathrm{O}, \mathrm{O}$ taps back to X and moves to back of $X$ line.
- O receives pass from $X$, skates around the O line, and makes hard pass to $X$. Make sure they go both directions.
- O passes to $X$, skates up, hooks and ladders, receives pass from X. O then passes back to $O$ line. O hooks and ladders again, receives pass from $O$ and then gives to $X$ line. $O$ skates to back of X line.
- Get creative on new variations.



## Forward

Forwards skate down and hook/ladder while receiving a pass from coach. As players get more advanced, coach can be another player. Then the player catches the puck and immediately moves his feet. Coaches should apply pressure on that forward when appropriate to move fast. Then the forward turns around the cone and can take a shot on net.

## Defense

Coach passes puck toward the boards. D must start by skating backwards for 10-15 feet. Then open up, shoulder check for any forecheckers, find the puck, retrieve it, and immediately pass the puck to the coach.
More advanced variations: 1) have coach pressure the defenders as he goes to retrieve the puck. Coach can move or the $D$ can pass to another player who can either move toward the red or blue line, forcing the puck retriever to get his head up and find the open teammate.

Squirt Skills Practice Plan \#3
Duration: 60 mins


## Puckhandling Drills

Repeat each drill $2 x$
One crossover each direction while handling puck
Quick handles between feet
Quick handles on forehand side
Quick handles on backhand side
Forehand extensions
Backhand extensions
Toe Pulls to Backhand Extension
Mohawk Zig Zags with Puck
Backhand presents
Half Mohawk Protect
Extend to Forehand, Crossover to Backhand
Extend to Backhand, Crossover to Forehand


No Goalie Wild Regroup / Outlet Game
Version 1-Corner Only - 2v2
Version 2 - Cross-ice-2v2
To "score", players pass to a coach. That team receives it back and then must get the puck to the opposite coach to score. They keep going back and forth to coaches. For more advanced teams, players must make 1 pass before giving the puck to the other coach.

## Key Points

Focus on moving puck quickly. Players should constantly be moving.


Squirt Skills Practice Plan \#4
Duration: 60 mins


Linear Cone Puckhandling Circuit
Have 3-4 players go each time in a group depending on numbers. We want 4-5 groups going, but no more than 5 to make sure the kids are moving fast. The next group goes immediately (no whistle) after the group in front of them gets around the circle. Variations are below: Around the circle-you can do 1) forward crossovers 2) transitions 3) mohawks 4) Boris jumps 5) backwards crossovers
Up and down the ice you can do any edge pattern -inside edge, outside edge, mohawks, ETC. OR body control drills (i.e. drop to knees, alternate knee drops, etc).


Skill Stations - Squirt Day 4
20 mins


If both teams doing circuit you can do in three lines down the ice with 6-7 cones all spreadout down the ice.

Puckhandling Drills
Repeat each drill $2 x$
Weave through the cones
Forehand extensions
Backhand extensions
Backhand presents
Half Mohawk Protect
Toe Pulls to Backhand
360 around cone

Squirt Skills Practice Plan \#5
Duration: 60 mins

## Cross Ice Two Cone Edge Work and Skating Circuit

## 10 mins


*Perform each exercise down and back $2 x$.
Transition + Two Crossovers and Open Up
Transition + Two Crossovers + Cut Back and Open Up
Transition + Escape
Power Turns
Mohawk Around Cones


On whistle, start and stop each variation. Do each variation for 30 seconds.

- Start with chaos. Athletes simply skate around and warm up their hands.
- Add in pressure from coaches. Players must protect puck while skating around.
- Every time coach yells "DROP" players must drop to both knees and get back up while maintaining possession of the puck.
- Every time coach yells "QUICK FEET" players must stop, perform 3 lateral crossovers each direction, and then continue skating.
To give players a bit of a rest, have them stationary do:
- Forehand extensions
- Backhand extensions
- Quick handles between feet
- Quick handles forehand side
- Quick handles backhand side

Finish with game of Sharks and Minnows where 1-2 players are sharks. If player loses his puck, he becomes a shark. Last player with a puck wins.


## Key Points

Focus on moving puck quickly. Players should constantly be moving.


## Forwards:

Protect the Dot: X has the puck and keeps the puck on the dot or near the cone. O has his stick turned over and is trying to use his body to gain positioning and win the puck. Over time, have O with blade on ice. X uses hips and body to protect puck. O should lift Xs stick to also gain body positioning.
Get the Dot: $X$ starts with puck. $O$ starts right in front of $X$. $X$ tries to get puck to the cone or dot without losing it. Again, start with $O$ without a stick. X should use body to protect puck and make way toward the cone.
Defense:
Work both puck retrievals out of each corner. Drive toward net and cut back as well as the hard stop behind the net. With more advanced groups, a coach can apply pressure and instead of a coach catching pass on half wall, you can replace the coach with a player.


Forwards:
Protect the Dot: X has the puck and keeps the puck on the dot or near the cone. O has his stick turned over and is trying to use his body to gain positioning and win the puck. Over time, have $O$ with blade on ice. X uses hips and body to protect puck. O should liftXs stick to also gain body positioning.
Get the Dot: $X$ starts with puck. $O$ starts right in front of $X$. $X$ tries to get puck to the cone or dot without losing it. Again, start with O without a stick. X should use body to protect puck and make way toward the cone.
Defense:
D to D passing drill. This drill is for advanced squirt teams only that can do the drill fast enough with enough completed passes. D start skating backwards, Coach passes to first D. D stay staggered and pass D to D. They then do a $D$ to $D$ pass behind the net and then start skating out of zone where they pass 2-0 on the way out. Next group then goes.

Squirt Skills Practice Plan \#6
Duration: 60 mins

Body Control and Mobility Skating Circuit - Squirts


Goalies can either participate in these skating drills or they can use top of circles down. Make sure to use divider pads to protect goalie coaches if using top of circles down.
Line Mobility and Body Control Circuit *Do as many drills as you can during 20 minutes of skating.

## Body Control

Two-legged knee drops (get up as quick as possible, two hard strides, drop again).
Supermans / Supergirls
Supergirl / Supermans + log roll
Drop to knees, 360 twist, get back up, repeat down ice
The Bird (do on both legs), try backward when athletes are able to do it properly forward 180 Transition Twists: Drop to knees, 180 twist, get up, drop to knees, 180 twist
Squat Jumps w/Squat Hold Glide Between Jumps Two Cross-Overs, Drop to Knees, Two Cross-Overs, Drop to Knees (Forward \& Backward Variations)
Two Cross-Overs, 360 on knees...Repeat (Forward \& Backward Variations)
Backward 360s
Jump, 180, land backwards...jump, 180, land forward One Knee Down Stops - can add in two pushes in opposite direction + get up

## Mobility

Squat Hold Glides (butt to heel)
Squat Hold Glides with stick over head (butt to heel squats)
Outside Edge Squat Hold Glides
Shoot the duck (do on both legs)
Backward pistol squat
Backward squat holds
Backward outside edge squat holds
Mohawk in a straight line.
Alternating pistol squats
Squat Jumps (blades face up ice, legs shoot in front of you)
Stride extension glides


Athletes should be in groups of 4-6 and separated evenly on each side of the drill. You can also do this drill cross ice. There are a lot of variations. Below are three of our main variations that we use. Let the athletes practice each variation for 60-90 seconds.

- O passes to $X, X$ taps back to $O, O$ taps back to $X$ and moves to back of $X$ line.
- O receives pass from $X$, skates around the O line, and makes hard pass to $X$. Make sure they go both directions.
- O passes to $X$, skates up, hooks and ladders, receives pass from $X$. O then passes back to O line. O hooks and ladders again, receives pass from O and then gives to X line. O skates to back of X line.
- Get creative on new variations.


## Skill Stations - Squirt Day 6



Transition + Escape: start without pucks and build up team to ability to use pucks on this drill. If not using pucks while skating, set pucks in pile toward end of drill for kids to pick up.
Figure 8 Pass and Shoot: do this forward and also transitioning always facing the coach. Pass back and forth with coach as many times while performing the figure 8 , then go in and shoot.
Stationary stickhandling: go over basic patterns, all extensions, and quick handles. Use puckhandling drills we do in lines.

Squirt Skills Practice Plan \#7
Duration: 60 mins


Zig Zag Edge Work Circuit - Squirts
Repeat Each Drill $2 x$
Inside edge
Outside edge
Power turns
One foot stops
Two foot stops
Outside Edge Punch Stop
Mohawks
Backward inside edge
Backward outside edge
Backward power turns


Both teams can do the same drills together or each team can work separately.


Use cones or dots. Game starts 2v2. If Xs pass puck to their player on the cone, that player may activate into the area for 3 v 2 keep away. IF Os win the puck AND pass to their player on the cone, one of the $X$ players must immediately skate to their cone. Players may not move from the cone to catch passes. Players may not guard the player on the cone.


1v1 Carry Out: Players must stay on their half of ice. X is the defense. O is the forechecker. Toss the puck in. X must grab puck and carry it out past the tops of circles to win.
Drive to Net: put a bunch of cones, tires, etc. as obstacles. Coach throws puck into corner. Skater sprints to the puck, grabs it off the wall, and drives to the net carrying the puck through the chaos and then shoots.
D to D to Coach: Two lines. On coach command both start out backward. Coach passes to one $D$. They go $D$ to $D$ and then to the coach.

Squirt Skills Practice Plan \#8
Duration: 60 mins


Edge Work Drills In Lines:

- Inside edge C cuts
- Outside edge C cuts
- Skiers (forward, get onto both edges, inside and outside edge)
- Backward skiers
- In N ${ }^{\prime}$ Outs
- Backward inside edges
- Backward outside edges
- One-legged forward edge cuts (left and right legs)
- One-legged backward edge cuts (left and right legs
- Eagle stops
- Outside edge punch stops
- Mohawks
- Mohawk in straight line
- Outside forward / flip to inside edge backward


X1 starts the drill by skating towards the goal line, then curls up-ice on the circle. X2 hits him with a pass when X1 reaches the high slot. $X 1$ then passes to $X 4$, then skates up-ice, splitting $X 3$ and $X 4$, then curling back into the zone past $X 3$. In the meantime, $X 4$ passes to $X 3$, who then passes to $X$. Finally, X passes to X1, who skates in for a shot. The drill can be run simultaneously on both sides of the zone.

## Key Points

Passes must be hard and accurate. X1 must skate at full speed, forcing all others to time their passes.


Weave + Shot: weave fast through the cones with a puck, focus on keeping head up as much as possible. Immediately pass to the coach after getting through the cones. Coach taps the puck back to the player and then the player shoots.
Continuous Hook and Ladder: if possible, have coaches doing all the passing to start. Progress to having players on each side doing the passing. Players hook and ladder facing the passer. Receive the pass and immediately give it to the passer on the opposite side. Have players continue for 30 seconds, then switch in a new player.
Edge Work: inside edge, outside edge, power turn, mohawk, one foot stops, two foot stops, backward inside, backward outside, backward power turns, etc.

