

# CoachThem

## Squirt Drill Series

Jul-23-2020

Practice No:

Duration: 226 min

### 1v1 Forecheck

6 mins

#### Key Points:

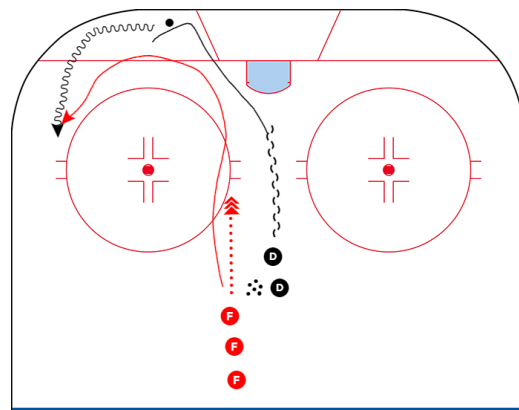
- Shoulder check
- D get feet up ice and head up
- Create good angles
- F work on timing, angles and positioning for body check.
- D should try to evade. After a few reps, allow D to reverse sides.
- Win 1v1 battle

#### Description:

**F** dumps puck into corner. **D** starts backward & turns to pursue the puck. D checks both shoulders and create angle on approach. Turn up ice as quickly as possible.

**F** forechecks and creates angle on **D** for body check.

If **F** creates turnover, try to go score. **D** try to skate puck past top of circle.



### 1v1 Tire Game

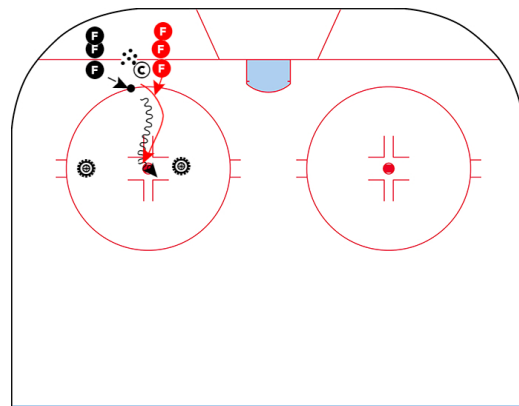
6 mins

#### Key Points:

- Stick on puck
- Check selection
- COMPETE!

#### Description:

Set two tires up 6-8 feet apart. Players battle 1v1 trying to carry the puck between the tires to score. Play to 3 or 40 seconds.



## 1v1 Progression

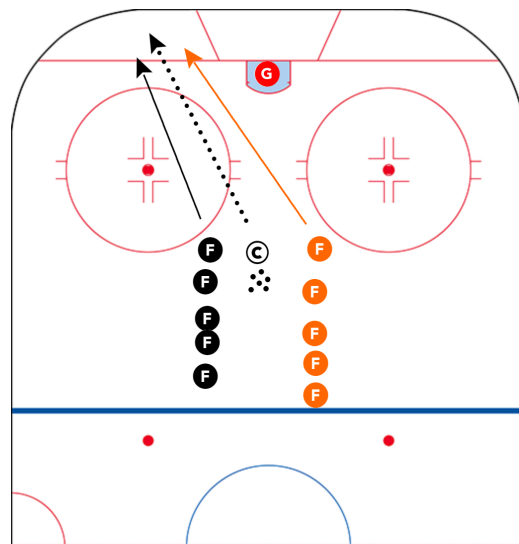
10 mins

### Key Points:

- Communication
- Head on swivel

### Description:

Start with two lines of different colors at top of the circle. Game starts out 1v1 and coach taps players on alternating lines to create odd man situations (2v1, 2v2, 3v2) down low.



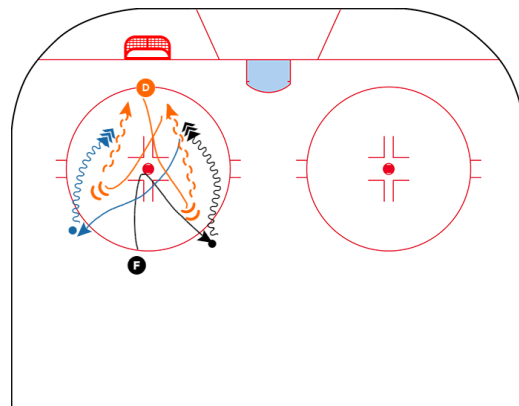
## 1v1 Circle Gap Up

7 mins

### Key Points:

- COMPETE & PUCK POSSESSION
- Taking away time and space defensively
- Stick on puck.

### Description:



## 1v1 Tag

8 mins

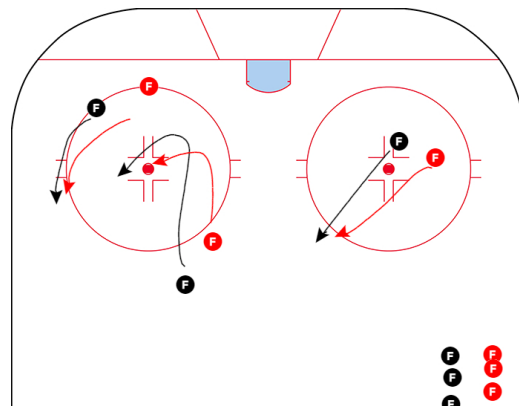
### Key Points:

Add rules to work on desired skating skills:

- Forward
- Backward
- Inside Edges

### Description:

Players compete in 1v1 tag. Adjust number of pairs and ice surface area based on number of players and skill level.



## 1v1 Race to Net Front Tip

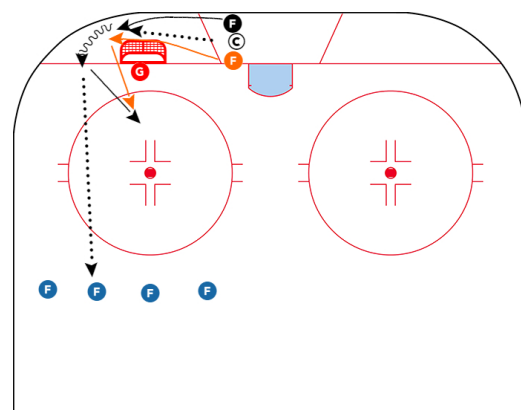
8 mins

### Key Points:

- Win the race
- Win body position

### Description:

Create a 1v1 puck race below the goal line. Winner of the puck can pass to any of the players waiting above the top of the circle. After the pass is made, **F** heads to the front of the net for a screen and tip. **F** player who loses the puck battle assumes defensive role and defends the front of the net by boxing out and lifting stick. Play this drill out as desired.



## 1/4 Ice 2v1 with Backcheck

8 mins

### Key Points:

- Hard, fast and intense game situation, **D** must force play

### Description:

- **D** starts on knees, pressures puck and talks with backchecker ( **X** )
- **X** starts on dot, must tag red line before jumping back in play
- **F** 1 and **F** 2 start with backs touching wall at the blueline
- **F** 1 to break across blue line while **F** 2 strides up wall, and then jumps back into the play via board lane
- Coach blows whistle to activate play, and will pass to either FWD for the rush
- Play it out



**Drill By: Scott Rex, Brantford 99ers, Minor Midget**

## Circle 2v1

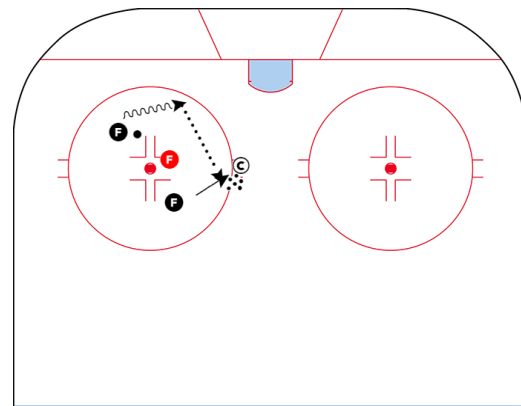
6 mins

### Key Points:

Defensive players work on good stick position, angling and communication. Players with the puck must protect the puck, move and communicate to create passing lanes.

### Description:

Play 2 vs. 1 keep away inside the circle. Should have 6 players for the station to run at a high tempo.



## 2v1 Rebound

10 mins

### Key Points:

#### Offense Key Points

- Anticipate rebound direction
- Players who arrive at the puck first should work on deceptive fakes with their body to escape from the corner.
- Shoulder checks (find pressure & support)
- The point should be active calling for the puck and moving to space.

#### Defense Key Points

- Have good stick position. Do not swing your stick as it will open up passing lanes and make you off balance.
- Try to force a bad angle shot.

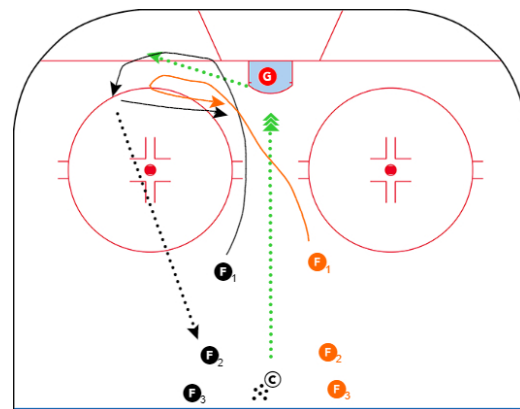
### Description:

A coach or player dumps the puck on net and the goalie plays it to either corner. Both F1's compete for the loose puck after the rebound. Whoever gains possession must pass it to the point player to begin a 2 vs 1.

The drill is stopped after a goal, the goalie freezes it, or the puck is moved out of the zone.

#### Variations:

- Adjust F1 starting point (slot, net front, facing puck/net)
- Adjust F2 starting spot (point, high slot, corner)
- For younger players, shrink the space.



## 2v2 Zone Entry

10 mins

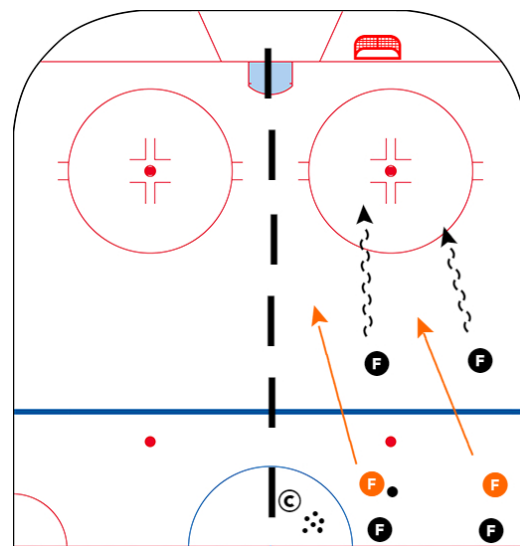
### Key Points:

- scan ice before receiving puck;
- be ready to go north as soon as possible;
- find and attack open space;
- move feet to play body on body
- work to get above the puck

### Description:

Two X start on defense and two O start on offense. The two O start with a line rush and attempt to score. If they do score they get a new puck to remain on offense. The two X defend the zone entry and try to break the puck out to their teammates (next two X) at the red line. They cannot pass to their teammates until they can skate the puck over the blue line. Once the defensive team makes a pass to their teammates, they are done and leave the zone. The drill becomes continuous.

Variation: Set barriers on dot lines and run station in middle of the ice.



## 2v2 Gretzky Game

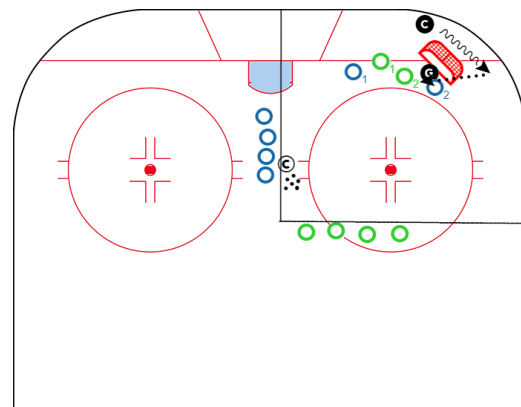
10 mins

### Key Points:

Teach moving to get open and picking up sticks defensively.

### Description:

Play 2v2 in the corner to gain possession of the puck. Whoever has it is on offense and must pass to Gretzky behind the goal line before he can attempt to score. Gretzky is encouraged to move laterally.



## Angler 1v1 to 2v2

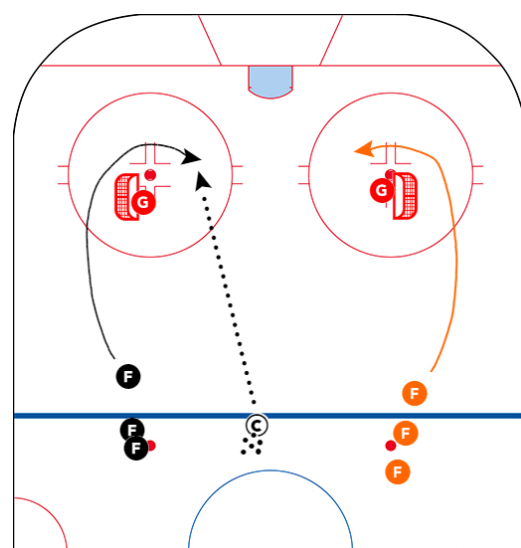
10 mins

### Key Points:

- Forechecking player must create angle / turn skates
- Inside out

### Description:

Players start by skating around their net and coach picks one (vary which side) player to fire a pass to. Player must catch the pass immediately coming out of his turn. The opposing player must angle and defend the player that has just caught the pass. Players then play out the scenario. If the defender steals the puck, he goes on offense and vice versa. Shifts should be 15-20 seconds. Progress to 2v2 as game moves along.



## 3v3 Coach's Key

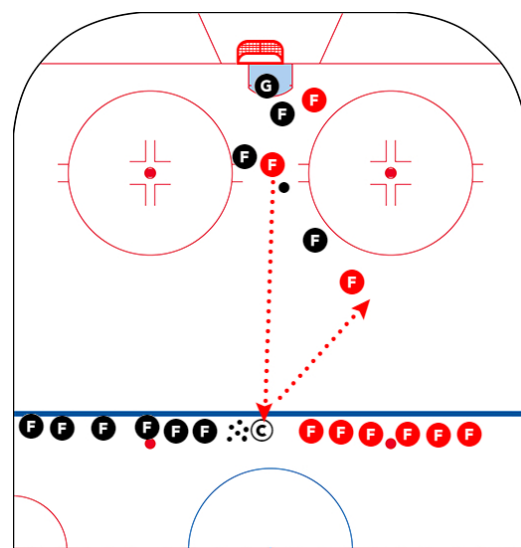
8 mins

### Key Points:

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

### Description:

Basic 3v3 cross-ice game. Must pass to and receive return pass from coach to go on offense.



## 3v3 On-Sides

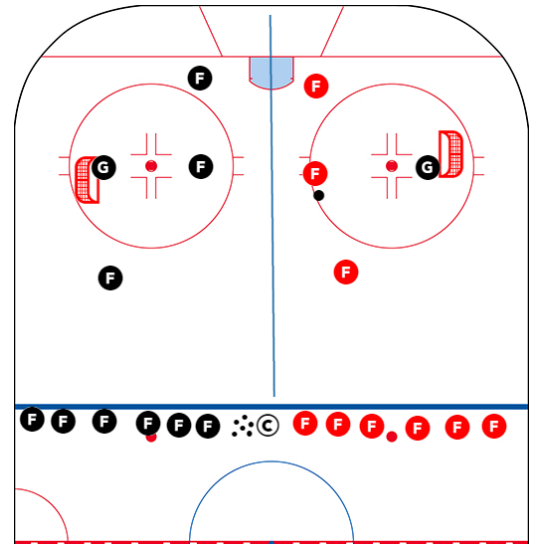
8 mins

### Key Points:

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

### Description:

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



## 3v3 3rd Man High

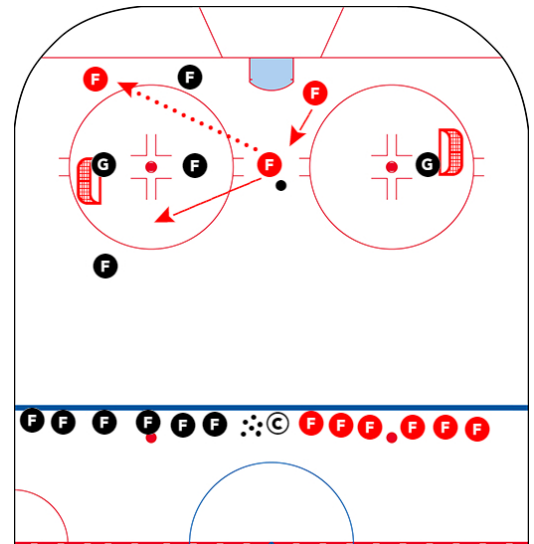
8 mins

### Key Points:

- Offensive zone / Forecheck concepts
- Width & depth

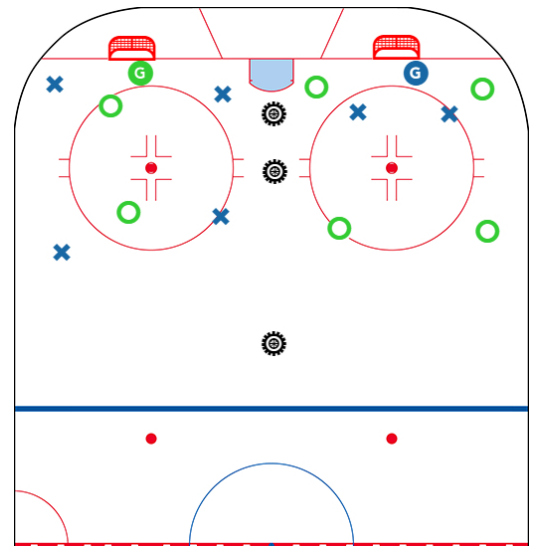
### Description:

Basic 3v3 cross-ice game where teams must keep their 3rd player above the half way line when on offense. Teams can rotate who that 3rd man is throughout play. Teams attempt to score on opposite end.



## 4v2 PP Game

10 mins



## Hungry Panthers

6 mins

### Key Points:

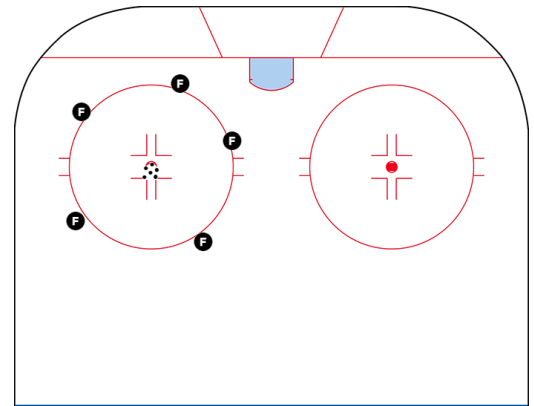
- Quick Feet
- Stops / Starts
- Transitions

### Description:

Players start on the outside of the circle and race back and forth to center dot, collecting as many pucks as they can.

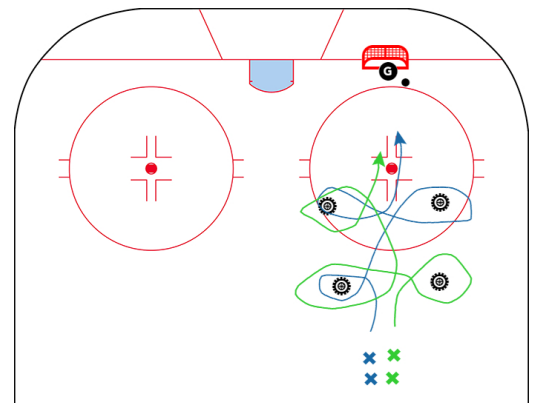
Progression:

- F stop/start
- F in / B return - stop/start
- F in / B return - transition around cone/tire to F
- F / F - power turn / mohawk around cone
- Allow them to grab more than 1 puck



## 3 Tire Race

8 mins

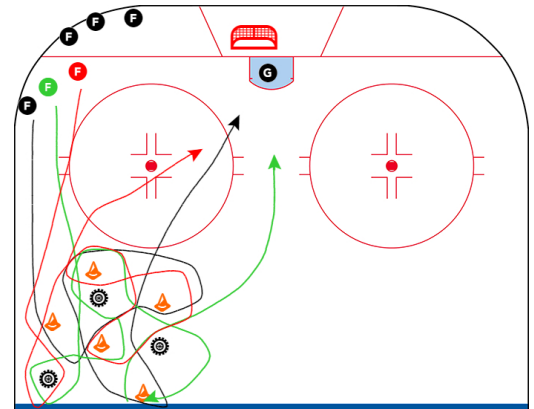


## Sparta Skating with Shot

6 mins

### Description:

Players skate as fast as they can in a small area around obstacles. Progression- no pucks, with pucks, only one puck with players passing it around the obstacles. Finish with shot on net. Shifts should be 30 seconds on, 30-60 seconds off.



## 4 Corner Passing

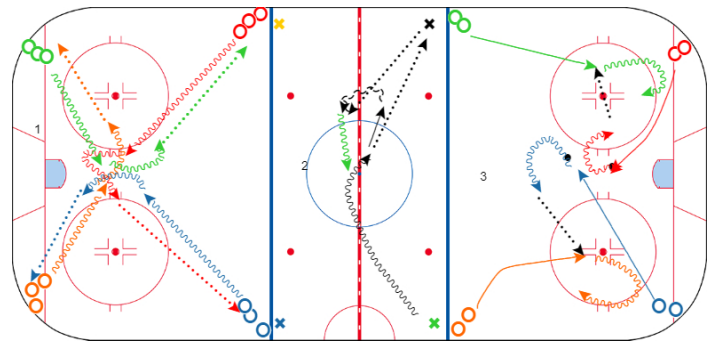
6 mins

### Key Points:

Eye contact, good targets. Flat hard passes.

### Description:

1. 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.
2. Variation- Same idea, all four players go to the middle but this time they open up like getting a breakout pass
3. 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



## 3 Cone Passing

6 mins

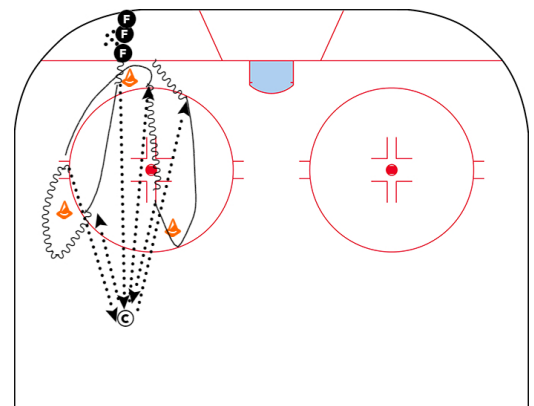
### Key Points:

Encourage player to keep head up, present a good target and keep feet moving.

### Description:

Player starts with puck and passes with coach as players skate around the cones. Player should go through the cones twice before finishing the drill.

Can have the player do power turns or transitions around the cone to incorporate desired skating skill



## 2 Puck Passing

6 mins

### Key Points:

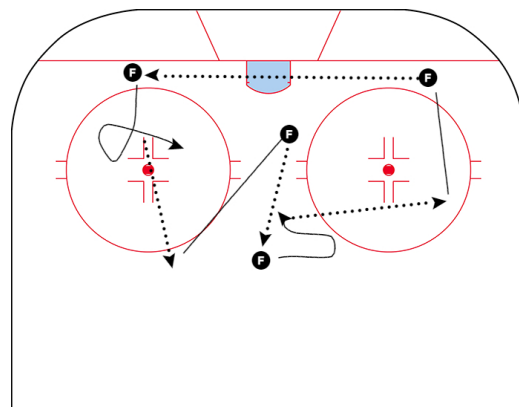
Encourage players to keep feet moving in and out of turns and through their passes.

Players must get their eyes up to read the ice before making a pass.

Communication should also be encouraged.

### Description:

Four players skate and pass to each other with two pucks in a confined area. After receiving a pass, players must take two hard strides, power turn, get their head up and make a pass.



## Wisconsin Passing

5 mins

### Key Points:

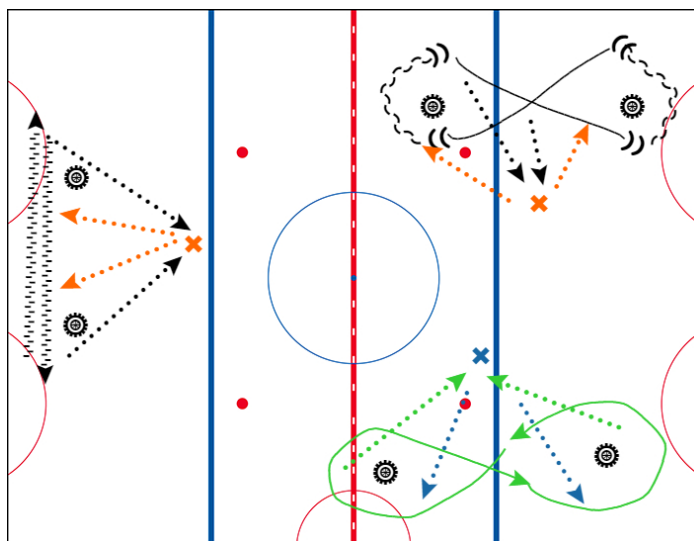
- Stick positioning
- Puck control
- Communication
- Head up

### Description:

Set up two tires about 10 feet apart. One player is stationary while the other skates around the tires. Players pass back and forth continuously. Go about 30 seconds and then switch partners. Should do a few reps one way and then switch directions.

Variation #1 - Have players transition backwards and forwards around the cones/tires.

Variation #2 - Have players skate laterally beyond the tires/cones while staying square to partner.



## Finders Keepers

8 mins

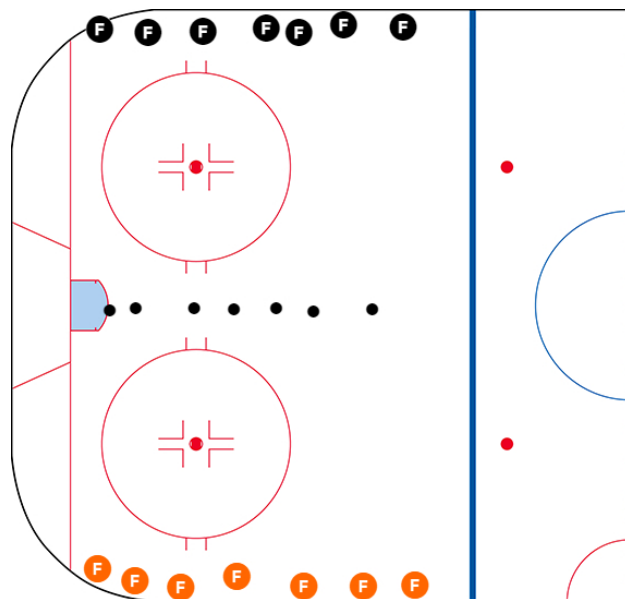
### Key Points:

- Puck protection & possession
- Puck support

### Description:

To set up the drill divide the players into 2 teams and use an odd number of pucks and less than half as many players. For example, if you have two teams of 7 players then use 7 pucks. If you have two teams of 6 players then use 5 pucks. You can play in one end from the blue line down, half-ice, or even full ice depending on the amount of players.

Each team will start on the wall or on the end line. The coach will blow the whistle and shoot the pucks into play. The players will work in their teams to possess as many pucks as possible. The coach will decide on a length of time to play and then blow the whistle. On the whistle all the players must stop. The team that is in possession of the most pucks wins that round.



## 1v1 Circle Keep Away

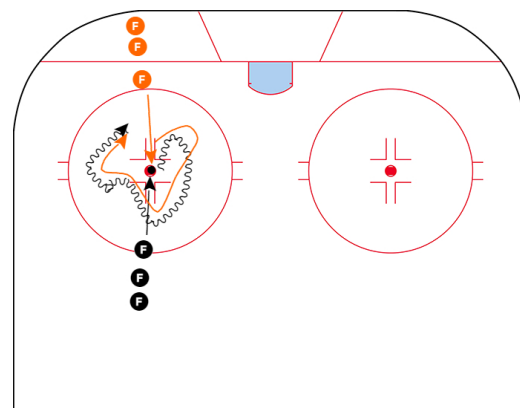
7 mins

### Key Points:

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

### Description:

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.



## Attack Under Pressure

10 mins

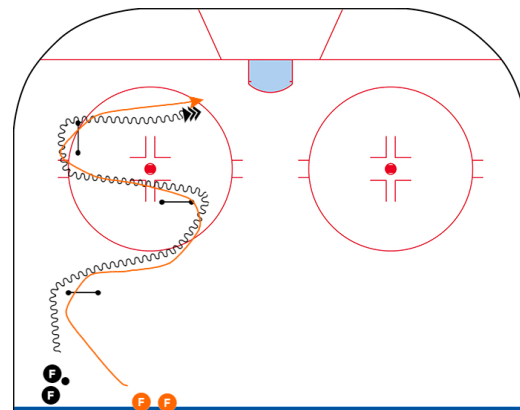
### Key Points:

Offense - Protect the Puck

Defense - Inside hip, stick on puck

### Description:

One player starts with puck and attacks the net around obstacles. A second player provides back pressure and attempts to catch them and steal the puck.



## Circle Chaos Puck Protect

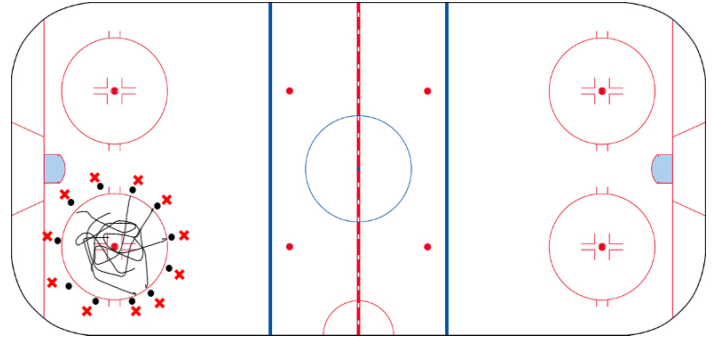
6 mins

### Key Points:

- Be aware of who is around.
- Protect puck while being aggressive.

### Description:

- Everyone grabs a puck and lines up around the circle.
- When coach says go everyone enters circle.
- Objective is to be the last one standing with puck.
- Hit other players pucks outside circle while protecting yours.
- If your pucks goes outside the circle you're out. So grap puck and wait just outside circle.

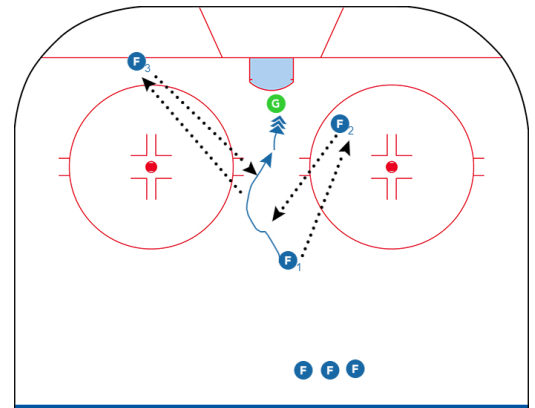


## Give N Go Shooting

6 mins

### Description:

Player 1 passes to player 2 who passes back to player 1. Player 1 then passes to player 3 who gives it back to 1 for a 1 timer. Player 1 becomes 3, 3 becomes 2 and 2 goes to the back of the line.

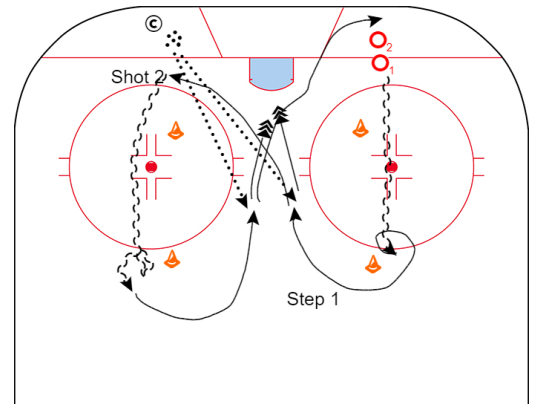


## Box Shooting

7 mins

### Description:

- 1 Player takes off backwards, gets pass



## Key Points:

- Protect the puck with body turn
- Quick release (shoot by cone)

## Description:

Player receives passes from lines at the goal line. Catch the pass and release as quickly as possible.

Progression (Stationary > Moving > With Pressure)

- Forehand C & R
- Backhand C & R
- Skates C & Forehand R
- Forehand C & Backhand R
- Backhand C & Forehand R

