

2025 Squirt Practice #6

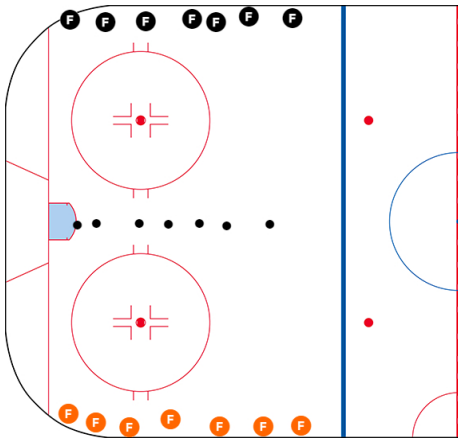
Date: Oct 23 2025

Time: 2:42 am

Duration: 60 mins

Finders Keepers

12 mins



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.

Key Points

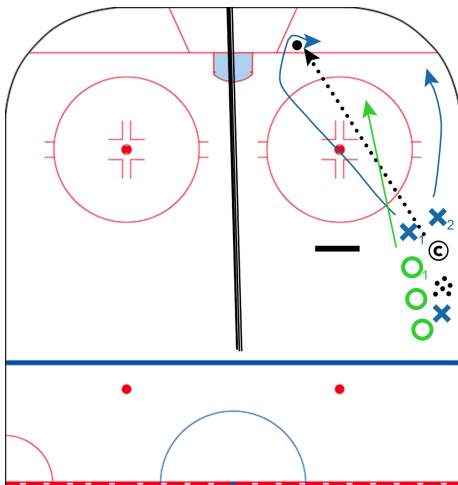
- Puck protection & possession
- Puck support

6 Stations

0 mins

Breakout 2v1

8 mins

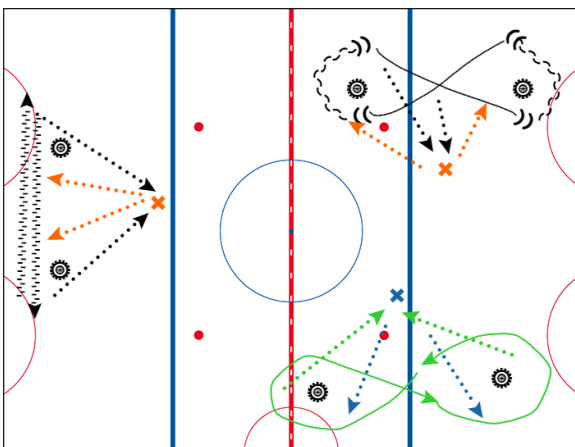


Station #1) **D** passes to **F** 1 for a breakout, he skates it out of the zone and regroups with **F** 2 and attack against the **D** that broke them out.

Station #2) Coach spots pucks in different parts of the zone to create different situations. Team with 2 players must work together to break the puck out 2v1 past the top of circle. Forechecker applies pressure and attempts to skate the puck to crease (or shoot on a goalie).

Wisconsin Passing

8 mins



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.

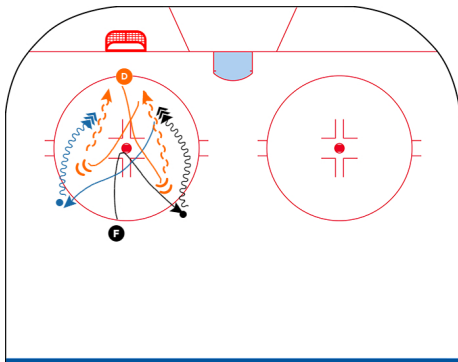
Variation #2 - Have players skate laterally beyond the tires/cones while staying square to partner.

Key Points

- Stick positioning
- Puck control
- Communication
- Head up

1v1 Circle Gap Up

8 mins



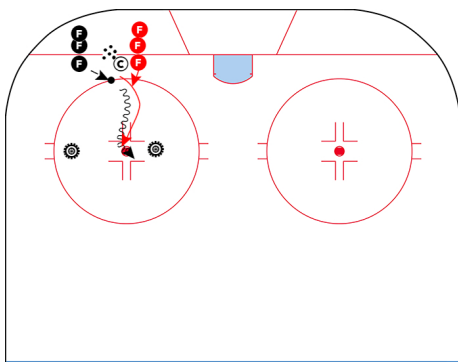
Coach sets up two pucks on opposite sides of the tops of circle. F starts on top of circle and skates to dot, stops, and grabs one of the pucks from either side of the top of the circle and attacks D 1v1. When F starts, D gaps up and plays 1v1. Make sure D gaps up stick on puck, body on body, giving F as little time and space as possible. Play quick 1v1 until coach yells "second puck" and F goes to opposite puck, D gaps up and they play 1v1 until F scores, goalie covers puck, or D steals puck and makes pass to next player in line.

Key Points

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

1v1 Tire Game

8 mins



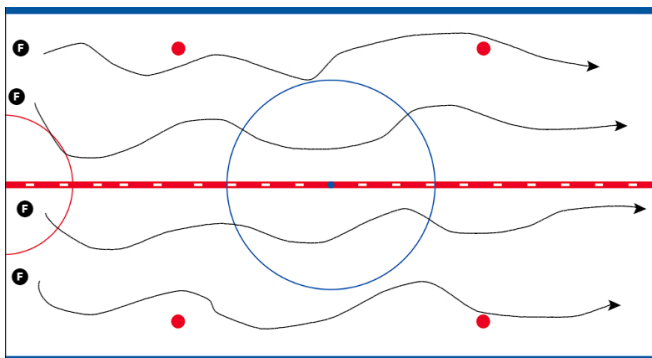
Set two tires up 6-8 feet apart. Players battle 1v1 trying to carry the puck between the tires to score. Play to 3 or 40 seconds.

Key Points

- Stick on puck
- Check selection
- COMPETE!

Technical Skating

8 mins

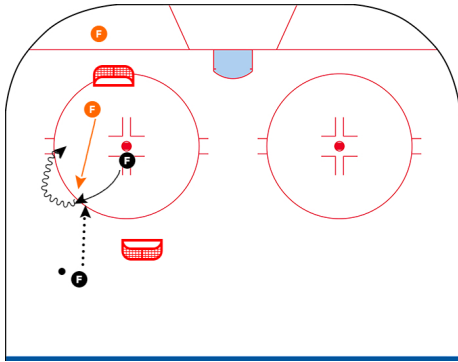


Players perform technical skating drills going cross-ice. Skills:

- 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



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.