

2025 Squirt Practice #3

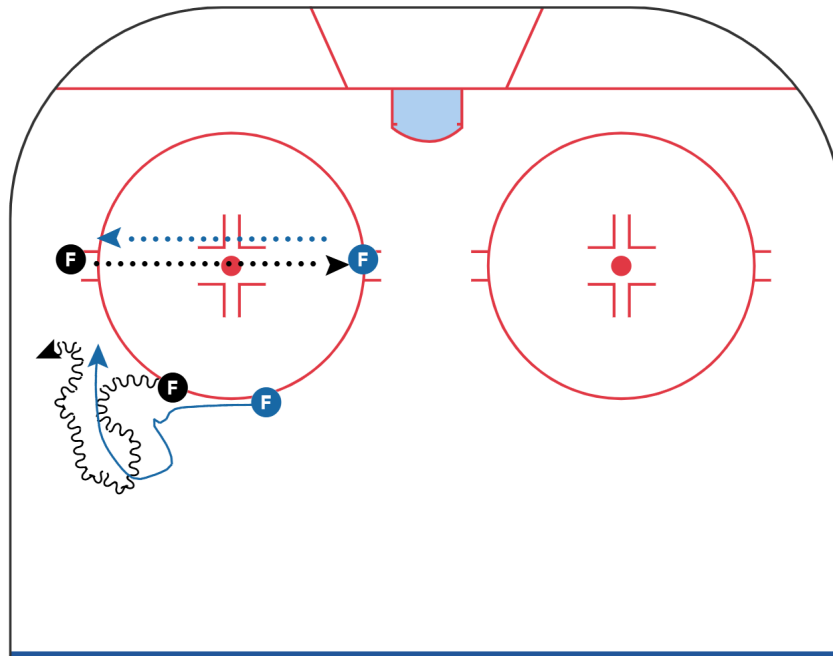
Date: Oct 23 2025

Time: 2:42 am

Duration: 60 mins

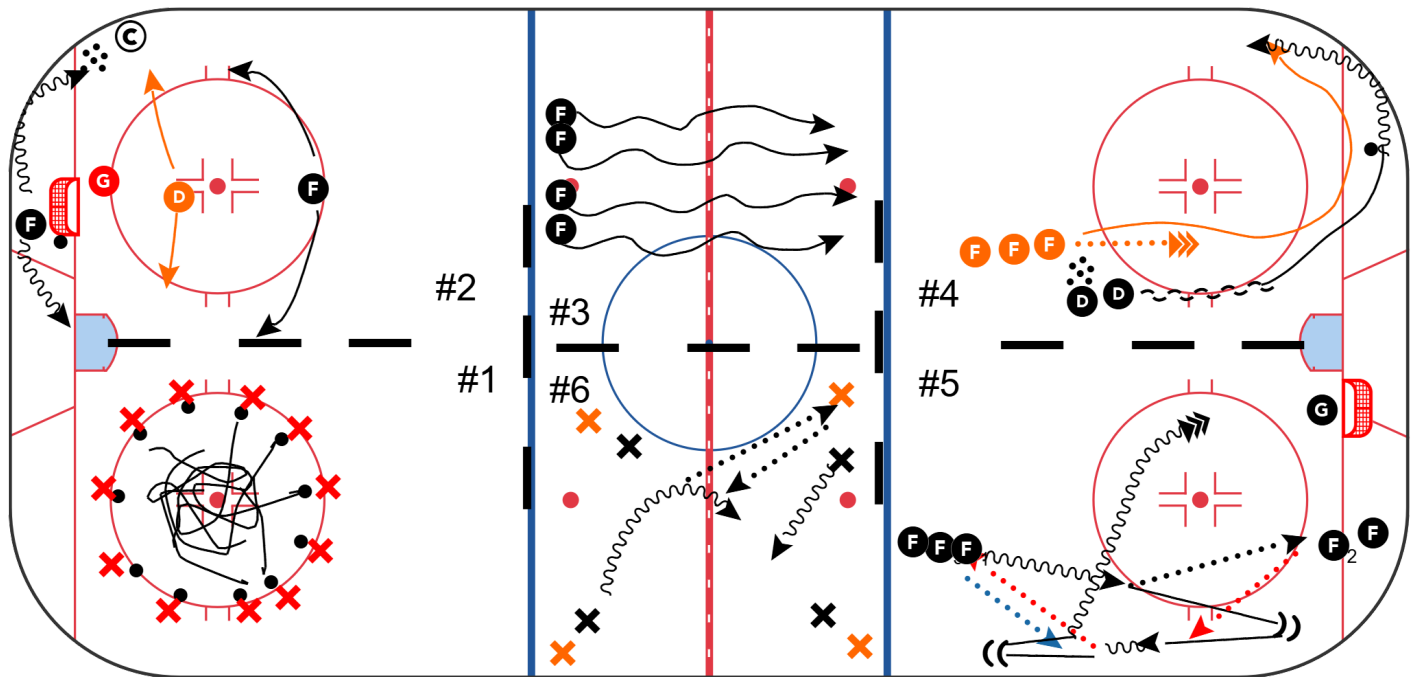
Passing to 1v1 Keep Away

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) Circle Chaos Puck Protect - 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.

#2) 2v1 Heels to Net - Offensive player has the puck behind the net. He must stay below the goal line and attempt to pass to his teammate out front. D must keep heels to net and learn to use proper body position to defend pass from behind the net. Head on a swivel.

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

#4) 1v1 Forecheck - F dumps puck into corner. D starts backward & turns to pursue the puck. D checks both shoulders and create angle on approach. F forechecks and creates angle and closes to boards. If F creates turnover, try to go score. D tries to skate puck past top of circle.

#5) Hook & Slide Shooting - F1 starts with puck and makes pass to F2. F1 does hook and slide like on a breakout. F2 makes breakout pass to F1. F1 repeats the same hook and slide give and go with F3 at the top of the zone. After receiving a pass from F3, F1 goes into take a shot. F1 > F2 > F3 > F1. Can add a tip/screen/rebound at the end.

#6) 4 Corner Passing - On whistle, first player **X** in all four lines skates to the middle with the puck and then look for another line for a give and go pass with **O**. Upon receiving the pass back, player **X** skates back to center and does it again until the next whistle. On the whistle the next player **O** in line goes.