

2025 Squirt Practice #1

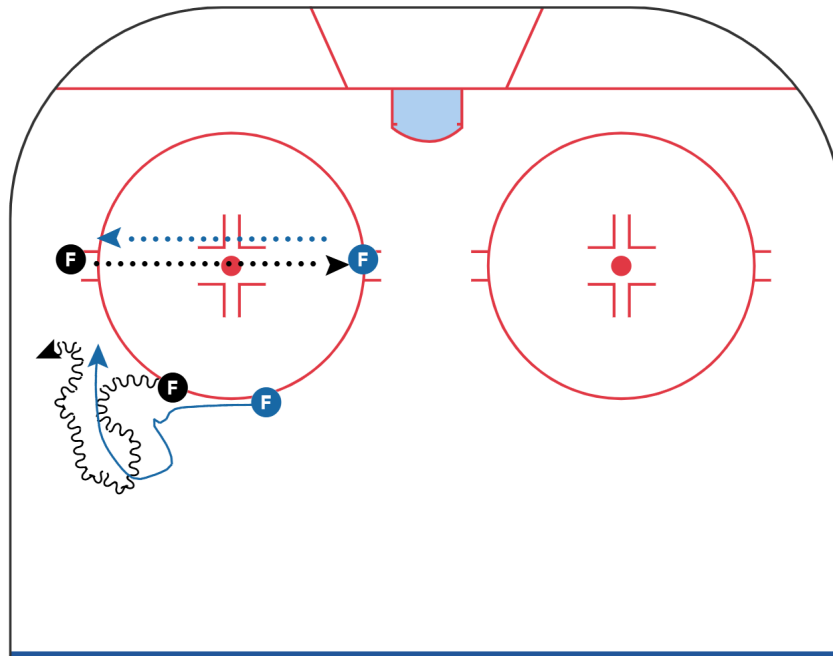
Date: Oct 23 2025

Time: 2:42 am

Duration: 60 mins

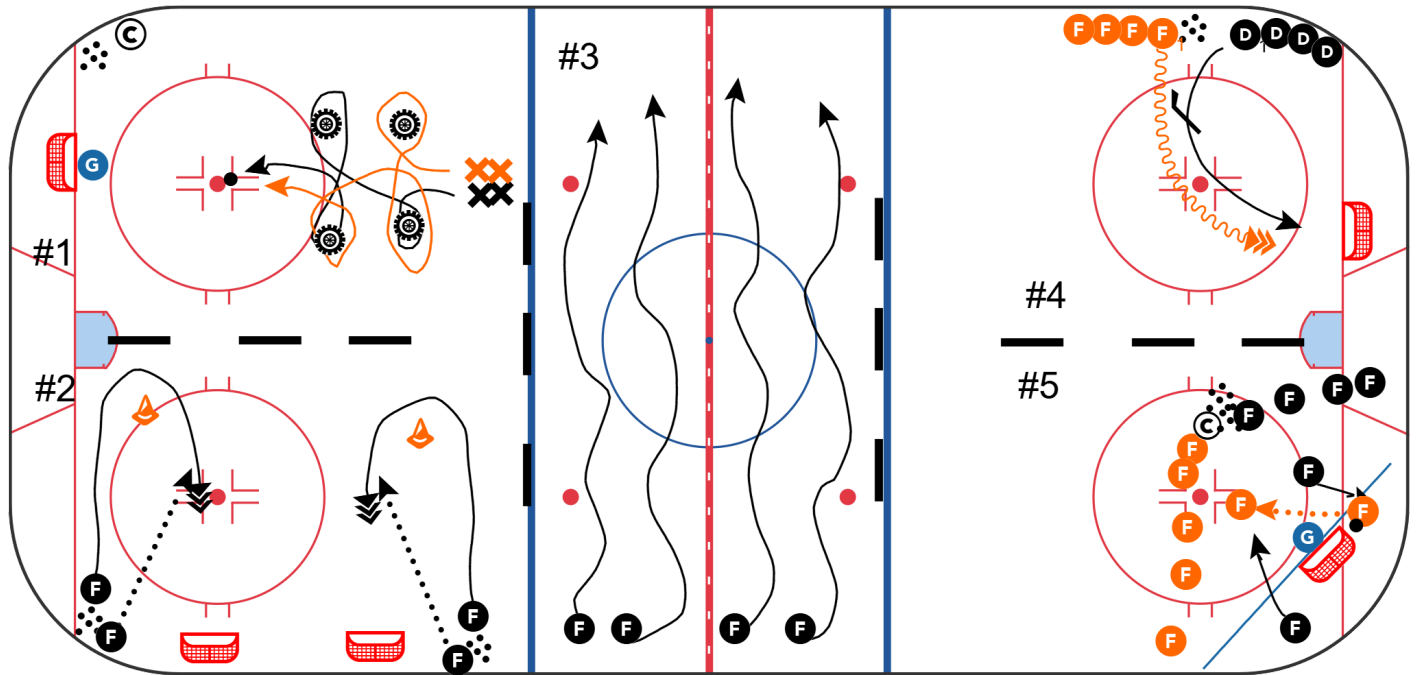
Passing to 1v1 Keep Away

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.



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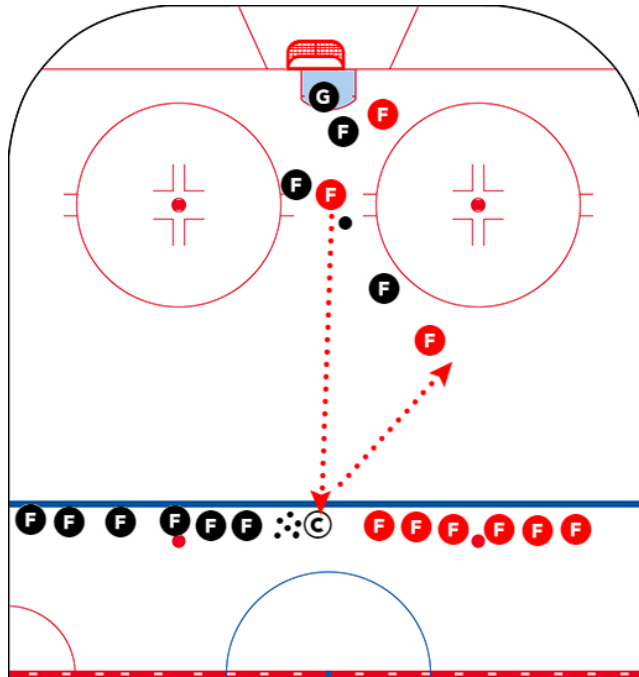
#1) 3 Tire Race - Each player must skate 360 around 3 of the 4 tires and then race to an open puck that the coach places in open ice. Coach should move the tires around to minimize ice impact.

#2) Catch and Release Shooting - Player skates around the cone and then receives a pass from the next player in line. Passer should put the puck on forehand side and emphasis for the shooter is to present good target, catch the pass, and release as quickly as possible. Alternate lines so they get shots from both sides.

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

#4) Half-Wall Stick on Puck - Coach starts the drill by spotting the puck to give the offensive player an advantage. F1 attacks net with speed, protects puck, and tries to get a shot on net. D1 closes gap and uses stick on puck to deny play on net. Drill ends after a shot or on whistle if D breaks it up.

#5) 2v2 NTDP - Players must carry or pass the puck below the net or "goalline" to go on offense.



Description

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

Key Points

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