



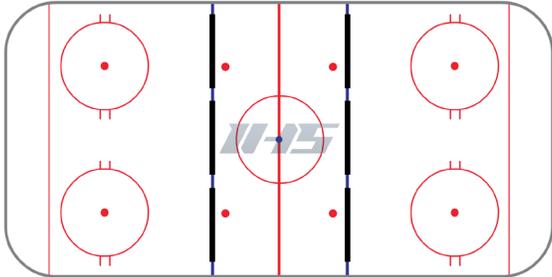
# Squirt / Atom (U10) 3 Station Practice Plan #1

**PRACTICE PLAN**

Age Level: Squirt / Atom (U10)

Format: 3 Stations

## OVERVIEW



Practice Length: 60 minutes

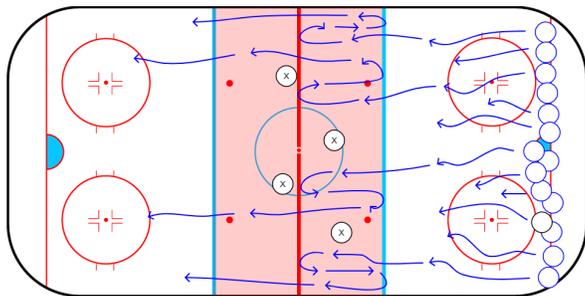
Warm Up Activity - Sharks & Minnows (Power Turn Variation) - 10 minutes

Station #1 - Finders Keepers - 15 minutes

Station #2 - Neutral Zone Puck Races #1 & #2- 15 minutes

Station #3 - 3 vs 3 Cross - Ice - 15 minutes

## WARM UP- SHARKS & MINNOWS (POWER TURN VARIATION)



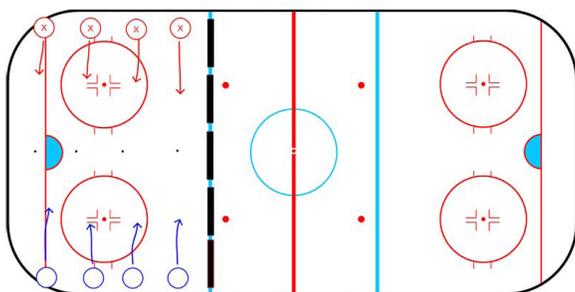
All the players place their sticks down below the goal line and line up across the goal line. Select 3-4 players or coaches to be the "sharks". The "sharks" must stay between the blue lines at all times. On the whistle the players will skate from one side of the ice to the other. The object is to not get touched by a "shark". If they get touched then they join the "sharks" in the middle for the rest of the game. The last player to not get touched by a "shark" wins that round.

### VARIATION #1 - POWER TURNS

This variation makes it tougher by requiring players to do 2 power turns within the neutral zone. They are required to do one power turn at the red line and then another power turn at the blue line. Then they have to try and get to the far blue line without being tagged. Players can power turn in either direction so they need to be aware of which direction will give them a better chance to not get tagged.

My Notes

## STATION #1 - FINDERS KEEPERS



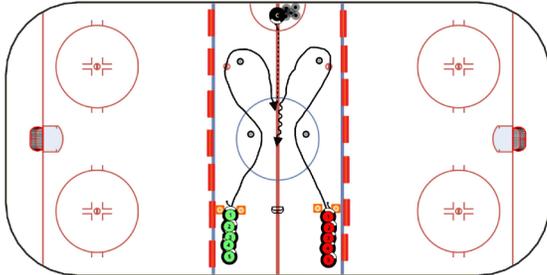
This is a fun drill to start or end practice with that is great for the U6 age levels all the way to the NHL. Players love this drill! It is also known as "King of the Ring" if you only use circles, or it is also known as "Knockout." If you have more than 6 players you can start by increasing the boundaries to include the entire neutral zone. Once there are 6 players remaining then you can narrow the boundaries down to the circle.

### SETUP

Every player will have a puck to start and on the whistle players will skate around controlling the puck. The object of the game is to maintain control of your puck and be the last player to have control of your puck. As players skate around they will also try to knock other players pucks away. If you get your puck knocked away then you have to leave the playing area. The last player with control of their puck WINS!

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## STATION #2 - NEUTRAL ZONE PUCK RACES #1



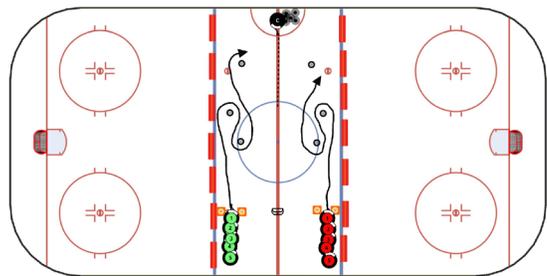
Puck races are great for promoting compete level in the players. This is a simple one where players go around one tire, do a control turn around the second tire, and then race for the puck. The player that wins the puck gets to shoot on the net.

### SETUP

Place a mini net in the middle of the zone and inline with the dots. Place tires or cones as shown in the diagram including a couple cones at the start of each line to mark the starting line. The coach will have all the pucks on the far side. Try to pair up players of equal ability.

My Notes

## STATION #2 - NEUTRAL ZONE PUCK RACES #2



This is a good race to do as a progression from Neutral Zone Puck Race #1. This race requires players to use tight control turns around each tire.

### SETUP UP

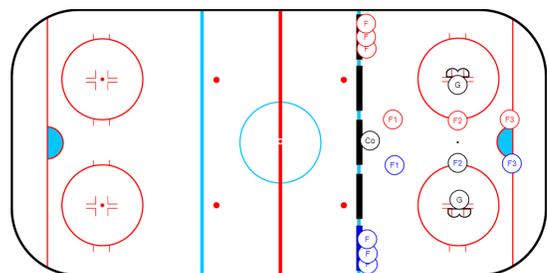
Place a mini net in the middle of the zone inline with the dots. The coach has the pucks on the far side of the ice. Place the tires as shown on the diagram and animaiton. It is helpful to place two cones to mark the starting line for each line. Try to have players of equal ability go against each other.

### COACHING POINTS

Give a good demonstration to the players on how to do a proper control turn. They should lead slightly with their inside skate, trust the outside edge of their inside skate, and rotate their chest and head to where they want to go.

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## STATION #3 - 3 VS 3 CROSS ICE



This is a basic cross ice 3 vs 3. Depending on your numbers and the age level you can do 4 vs 4 as well. Keep in mind one of the goals is to get every player engaged and a lot of puck touches.

### SET UP

Place two nets cross ice facing each other with three players from each team in the playing area. In this set up the goals are moved up to the face-off dots. This allows more space behind the nets and allows for more plays and shots on net. Allow the players to play for 60 - 90 seconds then blow the whistle for a shift change.

My Notes