

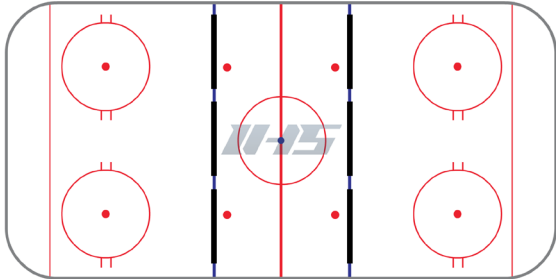


# Squirt / Atom (U10) 3 Station Practice Plan #2

Age Level: Squirt / Atom (U10)

Format: 3 Stations

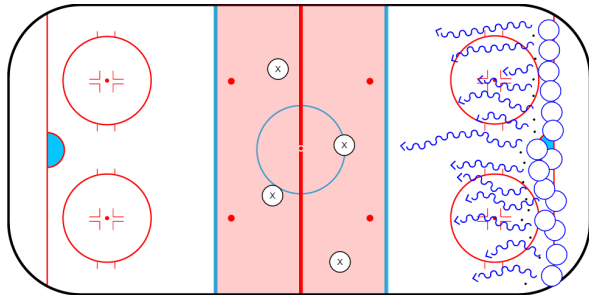
## OVERVIEW



Practice Length: 60 minutes

- Warm Up Activity - Brittish Bulldog (Full Ice) - 10 minutes
- Station #1 - Finders Keepers (Teams) - 15 minutes
- Station #2 - Neutral Zone Puck Races #2 & #3- 15 minutes
- Station #3 - 3 vs 3 Cross - Ice - 15 minutes

## WARM UP- BRITTIISH BULLDOG (FULL ICE)



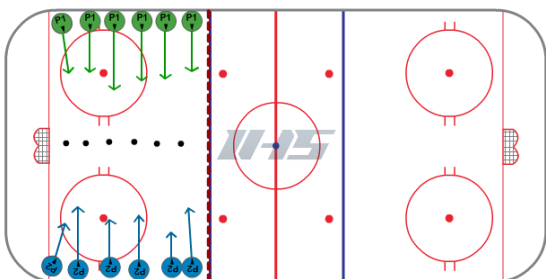
This game is inspired by the soccer activity with the same name. Another great warm up activity that will get players excited and ramp up the energy for practice. Players can use pucks or ringettes. In some cases it might be best to only let the advanced players use pucks. This game promotes creativity, awareness, and decision making. It also provide a game that works on their puck control and ability to handle the puck (or ringette) with their head up.

### HOW TO PLAY

The players line up on the goal line with a puck (or ringette) on their stick. Place 3 - 4 coaches or players in the middle (the bulldogs). On the whistle the players will try to skate from one end to the other without getting their puck (or ringette) stolen by the "bulldogs". The "bulldogs" must stay between the blue lines.

My Notes

## STATION #1 - FINDERS KEEPERS (TEAMS)



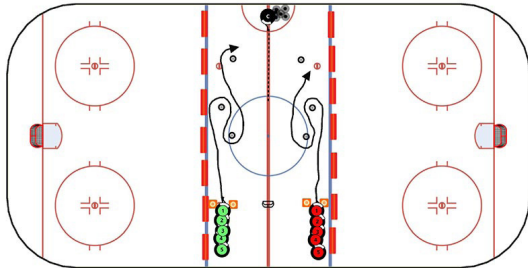
To set up the drill divide the players into 2 teams and use an odd number of pucks and less than half as many players. For example, if you have two teams of 7 players then use 7 pucks. If you have two teams of 6 players then use 5 pucks. You can play in one end from the blue line down, half-ice, or even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

My Notes

Players need to communicate and have good awareness. When they have the puck they need to be looking to make a pass to a teammate that will not have pressure when they receive it. When they do not have the puck they can work with teammates to surround the puck or force passes into crowded areas.

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



My Notes

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.

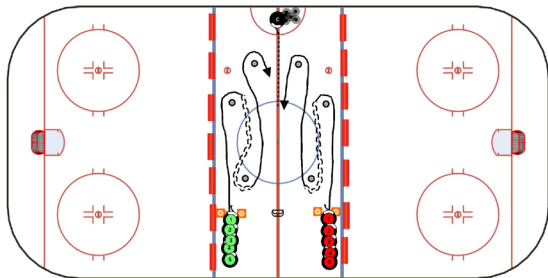
### SETUP UP

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 animation. 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.

## STATION #2 - NEUTRAL ZONE PUCK RACES #3



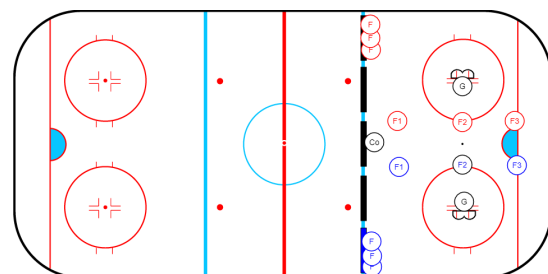
My Notes

In this puck race the players we add a forwards to backwards transition and a backwards to forwards transition. The players also work on tight control turns.

### SETUP

Place a mini net in the middle of the ice inline with the dots. The coach is with the pucks at the far side. Please reference the diagram and animation for the positions of the tires / cones. Be sure to have players of equal ability compete against each other as much as possible.

## STATION #3 - 3 VS 3 CROSS ICE



My Notes

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.