



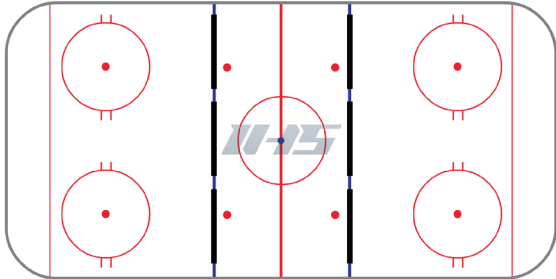
Squirt / Atom (U10) 3 Station Practice Plan #3

PRACTICE PLAN

Age Level: Squirt / Atom (U10)

Format: 3 Stations

OVERVIEW



Practice Length: 60 minutes

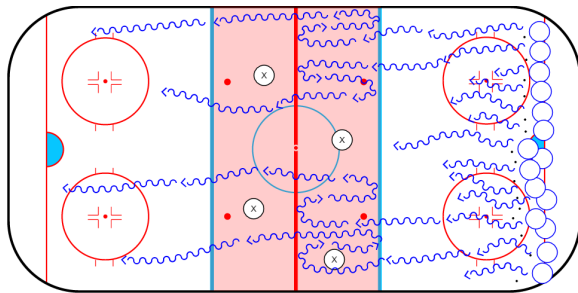
Warm Up Activity - British Bulldog with Control Turns - 10 minutes

Station #1 - Back to Back 3 vs 3 - 15 minutes

Station #2 - Neutral Zone Puck Races #3 & #4- 15 minutes

Station #3 - Greatest Drill in the World (3 vs 3) - 15 minutes

WARM UP- BRITISH BULLDOG WITH CONTROL TURNS



SETUP

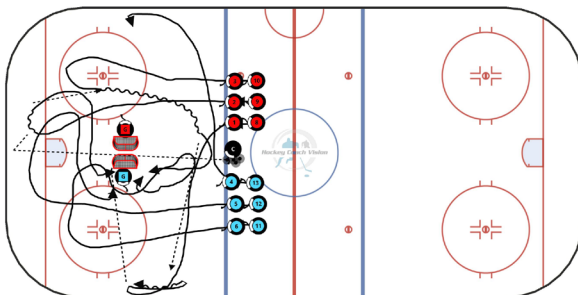
Place all the players on the goal line with a puck. Choose 3 or 4 players or coaches to be the "bulldogs".

HOW TO PLAY

On the whistle, the players on the goal line will try to skate through the neutral zone without getting their puck knocked away. In this variation players must do a control turn at the red line and again at the near blue line before escaping the neutral zone. Players can control turn to either side depending on what they read gives them the best advantage.

My Notes

STATION #1 - BACK TO BACK



SET UP

This game can be played in the offensive/defensive zone with two nets placed back to back in the middle. The coach has the pucks in the center of the ice at the blue line with each team lined up on each side of the coach.

HOW THE GAME IS PLAYED

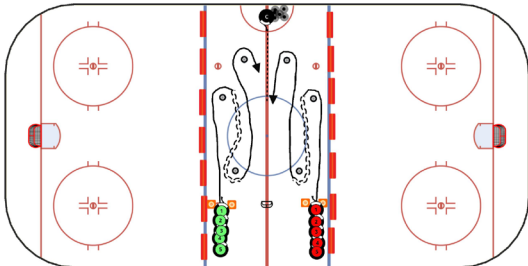
The coach will dump a puck into the zone. Three players from each team will jump into the play. One player from each team will be designated as the point player and they are positioned out in front of the opposing goalie. While they can go up and down the wall they cannot go closer than the hash marks on the outer edge of the circle. The other two players from each team can go anywhere. If the forward score without using the point player it is counted as 1 point, if a goal is scored as a result of a shot from the point player, screen, or tip then it counts as 2 points.

My Notes

COACHING POINTS

- Defensively in front of the net make sure to block out and take care of sticks.
- Offensively try to take space, get in front of the goalies eyes, and keep your stick available.
- Point players need to keep shots low, look for stick blades, make sure you hit the net.

STATION #2 - NEUTRAL ZONE PUCK RACES #3



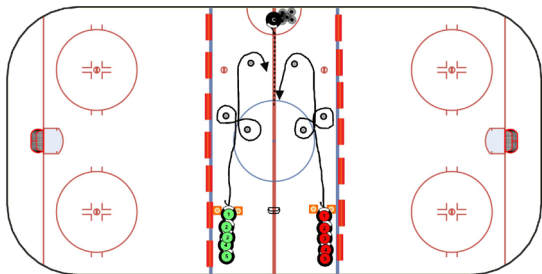
In this puck race the players we add a forwards to backwards transition and a backwards to forwards transition. The players also work on tight control turns.

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.

My Notes

STATION #2 - NEUTRAL ZONE PUCK RACES #4



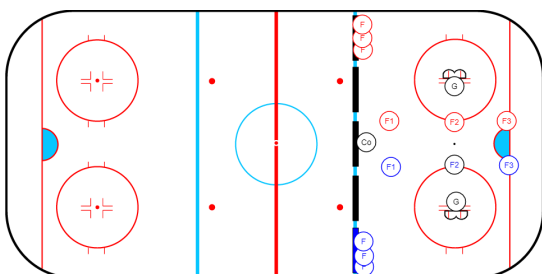
This puck race requires quick, tight control turns in both directions. It is a nice progression from the Neutral Zone Puck Races #1 & #2.

SETUP

Place a mini net in the middle of the station and inline with the dots. Please reference the diagram and animation for the placement of the tires / cones. It is also important to try and pair players of similar ability level to compete against each other.

My Notes

STATION #3 - GREATEST DRILL IN THE WORLD (3 VS 3)



Setup

The setup is the same as 3 vs 3 cross ice except you place 2 coaches on both sides of the playing area.

How to Play

In this variation coaches, or designated players, are placed on each side as shown in the diagram. These coaches (or players) are used as outlets for each team. Therefore, when a team has control of the puck they will have a 5 on 3 advantage because they can use either of these outlets. When they receive a pass, the designated coaches (or players) must pass back to a player on the same team from which they received the pass. Encourage quick puck movement, moving without the puck, lots of talking, puck protection, and taking advantage of 2 on 1 situations.

My Notes