



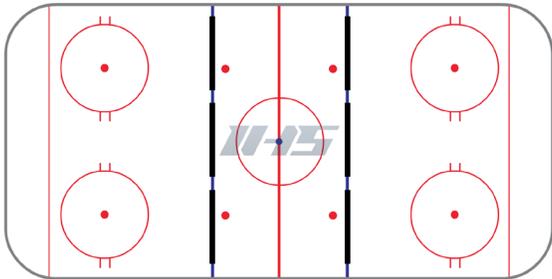
Squirt / Atom (U10) 3 Station Practice Plan #4

PRACTICE PLAN

Age Level: Squirt / Atom (U10)

Format: 3 Stations

OVERVIEW



Practice Length: 60 minutes

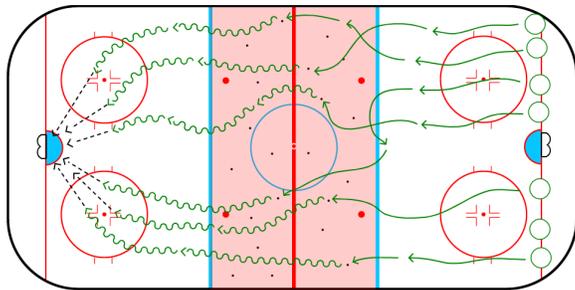
Warm Up Activity - Bank Robbers - 10 minutes

Station #1 - 2 vs 2 vs 2 - 15 minutes

Station #2 - Neutral Zone Puck Races #4 & #5 - 15 minutes

Station #3 - Greatest Game in the World - 15 minutes

WARM UP- BANK ROBBERS



My Notes

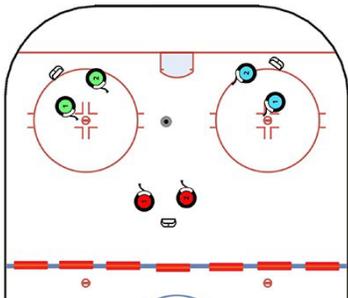
SET UP

Select 3 players or coaches to be the "police" in the middle. The "bank robbers" start on the goal line without pucks. Scatter as many pucks as you can throughout the neutral zone.

HOW TO PLAY

On the whistle the players will skate into the neutral zone. Their objective is to retrieve a puck and carry it out of the neutral zone and place it into the net at the other end. The "police" must stay within the neutral zone. If a "bank robber" is touched in the neutral zone by the "police" they join the "police" in the next round. Play until all the players have been tagged or until all of the pucks have been stolen and placed into the nets.

STATION #1 - 2 VS 2 VS 2 WITH MINI NETS



My Notes

This game gives players an great opportunity to be creative and play a small area game with a twist. The game requires awareness as they are trying to score on two nets and trying to protect one net.

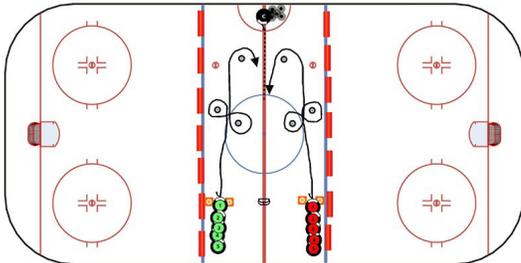
SETUP

Place three mini nets in a triangle formation in one offensive / defensive zone as shown in the diagram. Divide players into three teams. Two players from each team will be involved at one time. Players will play for 60 - 90 seconds.

How the game is played

Each team has a net that they protect. They are trying to score on the other two nets. If they score a goal on one of the other nets they earn 1 point. If they allow a goal on the net they are trying to protect then they lose 1 point.

STATION #2 - NEUTRAL ZONE PUCK RACES #4



My Notes

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

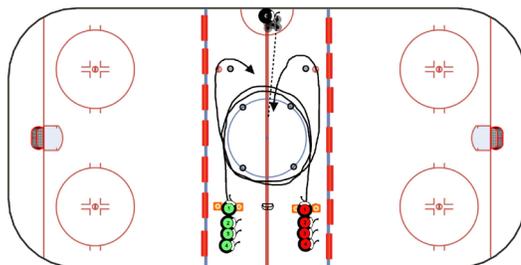
SETUP

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.

How to play

The coach blows the whistle and the first two players in each line do tight control turns through the tires. Then they skate forward to the far tire, do a tight control turn, and race for the puck thrown into play by the coach.

STATION #2 - NEUTRAL ZONE PUCK RACES #5



My Notes

This neutral zone puck race focuses on cross-overs and control turns.

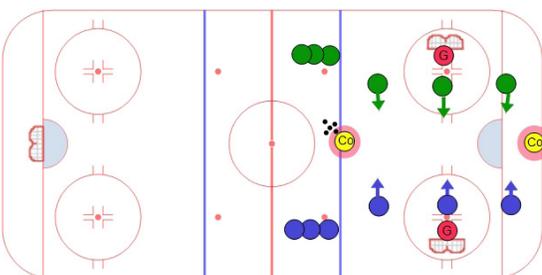
SET UP

Place two equal lines at the starting line marked by a couple of cones next to the face-off dots (see diagram). Place cones or tires in a square as shown and make sure to keep them out of the middle so they are not in the way as players are racing for the puck. Place another tire or cone on the opposite face-off dots. A coach will have the pucks along the wall on the opposite side. A net can be placed between the lines. If you have a goalie then use a regular sized net. If not, a mini net will work fine.

HOW TO PLAY

Players will do forward cross-overs around the four tires. They do one full lap making sure they do not run into each other. Then they skate out to the far cone/tire do a tight control turn and race for the puck that the coach has placed into play.

STATION #3 - THE GREATEST DRILL IN THE WORLD



My Notes

Players love this drill so much it was referred to as "The Greatest Drill in the World" within our team, hence the name. This drill is a variation of the typical 3 on 3 cross ice game. 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.