



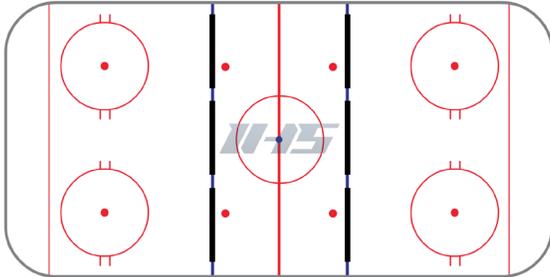
# Squirt / Atom (U10) 3 Station Practice Plan #5

PRACTICE PLAN

Age Level: Squirt / Atom (U10)

Format: 3 Stations

## OVERVIEW



Practice Length: 60 minutes

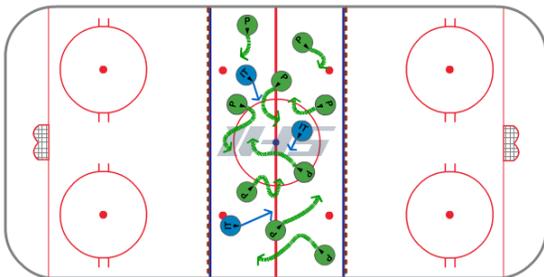
Warm Up Activity - Puck Tag - 10 minutes

Station #1 - Coach's Call - 15 minutes

Station #2 - Neutral Zone Puck Races #5 & #6 - 15 minutes

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

## WARM UP- PUCK TAG



My Notes

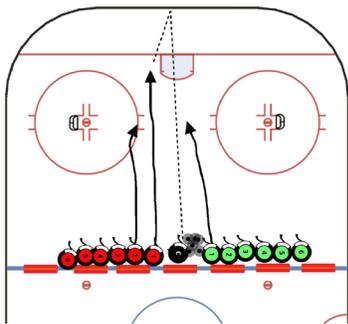
### SETUP

In this game every player will have a puck. The coach will define a boundary based on the amount of players in the game. At the start of the game you must identify 3 players or coaches to be "IT".

### HOW TO PLAY

- On the whistle the players will skate within the boundary while controlling the puck.
- The players (or coaches) that are "IT" try to tag as many players as they can by touching them.
- When a player is touched they must stand with one hand on their stick, feet apart, and the other hand up in the air like they are raising their hand.
- In order to get back in the game another player must attack their triangle by stickhandling through their legs or the space between their feet and stick.
- Play for about 3 minutes or until all of the players have been tagged and are standing still.

## STATION #1 - COACH'S CALL



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.

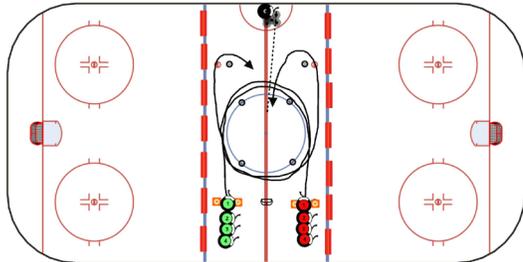
### SETUP

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 #5



My Notes

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

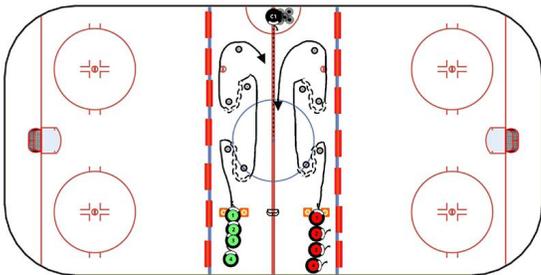
### SET UP

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 #2 - NEUTRAL ZONE PUCK RACES #6



My Notes

This puck race focuses on quick forward to backward and backward to forward transitions. Players work on these skating fundamentals in the context of competition.

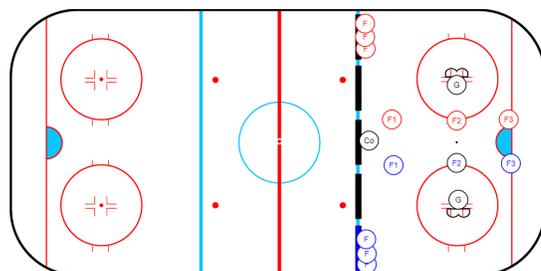
### SETUP

Please refer to the diagram to see where the tires/cones should be placed. The coach will have the pucks along the far wall. Try to match up players of equal ability. You can use mini nets or regular nets depending on if you have a goalie available.

### HOW TO PLAY

On the whistle the first player from each line skates forwards to the tire, transitions backwards towards the other tire, and then quickly transitions forwards around the 2nd tire. Then they skate forward to the next set of tires and do the same thing. After the 2nd set of tires they skate forward to far tire do a tight control turn and race for the puck set out by the coach.

## STATION #3 - CROSS ICE 3 VS 3



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.