



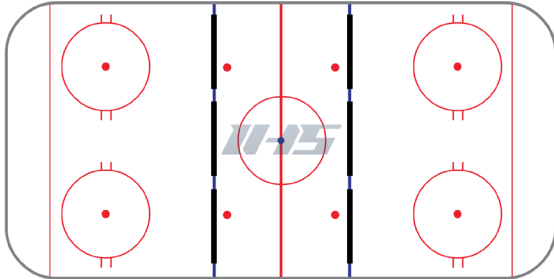
Squirt / Atom (U10) 3 Station Practice Plan #6

PRACTICE PLAN

Age Level: Squirt / Atom (U10)

Format: 3 Stations

OVERVIEW



Practice Length: 60 minutes

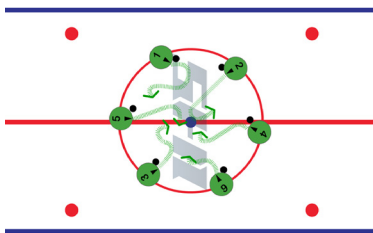
Warm Up Activity - King of the Hill - 10 minutes

Station #1 - Corner Tires 3 vs 3 - 15 minutes

Station #2 - Neutral Zone Puck Races #6 & #7 - 15 minutes

Station #3 - Bourque 3 vs 3 - 15 minutes

WARM UP- KING OF THE HILL



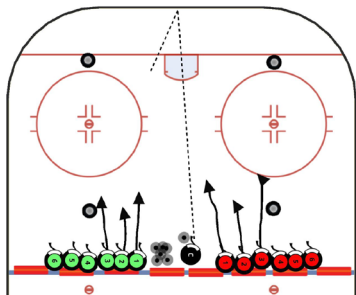
My Notes

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!

STATION #1 - CORNER TIRES 3 VS 3



My Notes

This game is the same as Corner Tires 2 vs 2 that is played in 1/4 ice station. The only difference is that this is 3 vs 3 played owithin a slightly larger area using an entire zone.

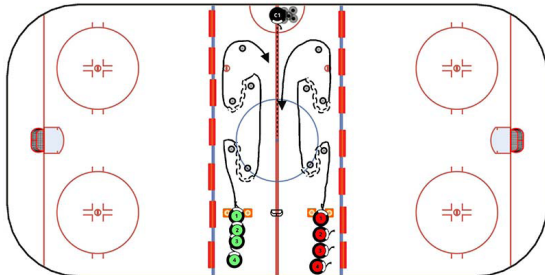
SETUP

Place four tires in a rectangle so that they line up with the dots (as shown in the diagram). The coach has the pucks in the middle along the edge of the zone with the players split into two teams on each side.

OBJECTIVE

Players score by hitting one of the tires in their opponents end with the puck. Shifts should last for 60 - 90 seconds.

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.

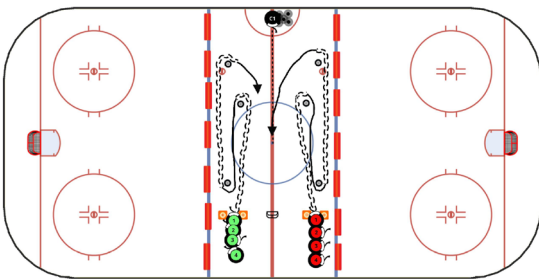
SETUP

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 #2 - NEUTRAL ZONE PUCK RACES #7



My Notes

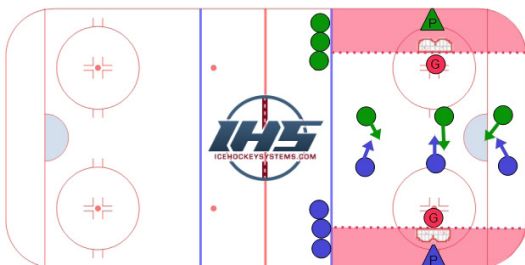
SET UP

Please refer to the diagram for the setup of the cones/tires. Two lines of players are split up into two equal lines starting at the face-off dot. The coach has the pucks at the red line along the far long wall.

THE RACE

- players start backwards and skate backwards to the far inside tire
- transition forwards to the near tire
- transition backwards and skate backwards to the far tire
- transition forwards
- race for the puck played into space by the coach

STATION #3 - BOURQUE 3 VS 3



My Notes

This 3 on 3 cross ice game is similar to the Gretzky 3 on 3 but now the designated passers are referred to as "Bourque". The "Bourque" is now behind their own goal line and must initiate breakout passes. The nets should be placed a bit closer to the boards to allow more room for executing breakouts.

- Players must use their "Bourque" on a change of possession before making an attempt to score.
- Players may attack the other team's "Bourque" but they may not shadow them.
- There is no limit to how often a team uses their "Bourque".
- Shifts should be 30 - 40 seconds to keep a good pace and high intensity.

Key points of emphasis:

- Have the "Bourque" work on a good first pass.
- Use "false information" (looking off the pass) to get their players open.
- Players need to skate back to support their "Bourque".
- Fill three lanes and skate to open ice.