



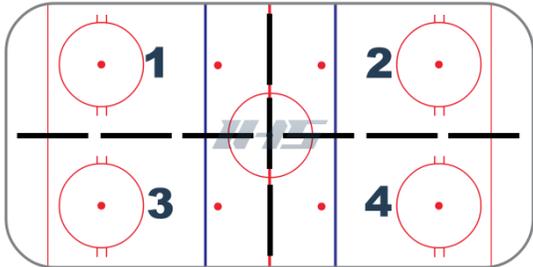
Squirt / Atom (U10) 4 Station Practice Plan #1

PRACTICE PLAN

Age Level: Squirt / Atom (U10)

Format: 4 Stations

OVERVIEW



Practice Length: 60 minutes

Warm Up Activity - Brittish Bulldog (Full Ice) - 10 minutes

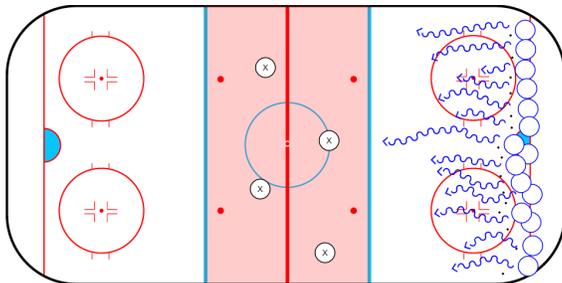
Station #1 - Single Shift Decision - 10 minutes

Station #2 - Forehand Shooting Fundamentals #1 - 10 minutes

Station #3 - Corner Tires 2 vs 2 - 10 minutes

Station #4 - 2 vs 2 with Regular Nets - 10 minutes

WARM UP- BITTISH BULLDOG (FULL ICE)



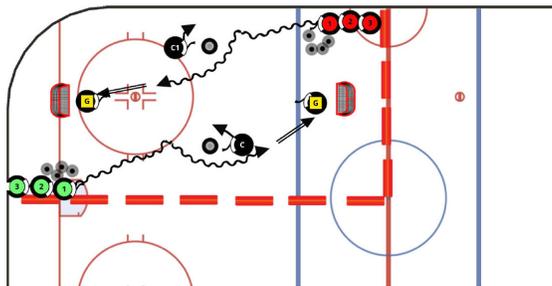
My Notes

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.

STATION #1 - SINGLE SHIFT DECISIONS



My Notes

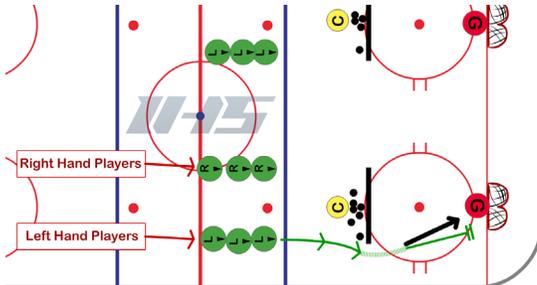
This drill allows players to work on a basic single shift with the puck but they have to make a decision based on the action of the coach.

SETUP

Place two nets with goalies (if available) at each end of the station. Split up the players into two lines in opposite corners of the station with pucks. Place an object such as a tire at the half way point between the line and the net and a coach at each tire.

The drill starts on the coach's signal. Players carry a puck towards the tire with their head up. The coach chooses a side of the tire to skate to. The player reads this and does a single shift stickhandling move to the side of the tire that the coach is NOT on. The player then proceeds to take a shot on net.

STATION #2 - FOREHAND SHOOTING FUNDAMENTALS #1



My Notes

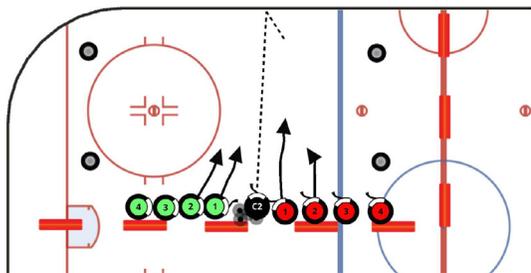
This station drill is really for younger players from ages 8 to 12. It is a very simple drill that emphasizes forehand shooting fundamentals. The setup of this drill forces players to keep the puck back in their stance, keep their head above the puck, and use a good weight transfer throughout the shot. Many players at this age will push, or shovel, the puck from the front of their body which causes them to lose a lot of power. A lot of the good shooters, especially Russian players, start the shot with the puck behind them. The video here of Connor McDavid is a great example of starting the shot from behind the feet.

To set up the drill place a pad about 20 - 25 feet in front of the net as shown in the diagram. The coach will have all of the pucks right in front of the pad. It is important to have the left handed players in the line on the right and the right handed players in the line on the left. The coach will set up a puck just on the edge of the pad so that as the player skates by they have to pull the puck slightly towards them, around the pad, and then continue the motion into the shot. This will help keep the puck behind them as they start the shooting motion.

COACHING POINTS

- pull the puck slightly into the body.
- transfer weight as you shoot.
- keep the head over the puck.
- do not lean back, all the motion should be going to the net.
- encourage players to shoot low and hard so they are not leaning back.

STATION #3 - CORNER TIRES - SMALL AREA GAME



My Notes

Corner Tires is a small area game where the players score by hitting the tire with a puck.

SET UP

Place four tires on a rectangle as shown in the diagram. Make sure there is enough room from the tires to the edge so that there is room to play on all sides of the tires. The coach has the pucks along the edge with the players split into two teams on each side.

HOW THE GAME IS PLAYED

The coach will dump a puck into play and two players will compete for the puck. The players will defend the tires on their side of the ice and try to score by hitting either tire on the opponent's side of the ice. After about 90 seconds the coach blows the whistle and dumps a new puck into play and two new players from each team play the new puck.



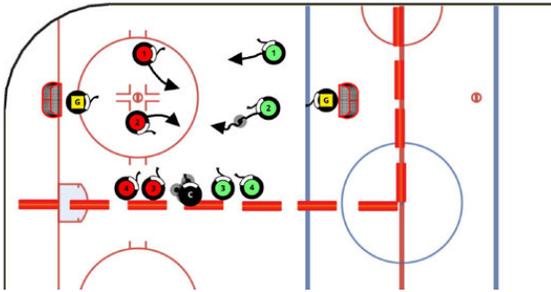
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STATION #4 - 2 VS 2 WITH REGULAR NETS



This version of 2 vs 2 is played on a quarter ice station using regular nets. This station allows you to use goalies if they are available. This type of 2 vs 2 is great for this size of station. It allows each player to be fully engaged at all times. With only two players it is still mostly 1 on 1 play but some of the advanced players have opportunities to make plays. Each shift should be 60 - 90 seconds then blow the whistle and throw out a new puck for the next group of players.

COACHING POINTS

For the most part just let them play and try not to get too involved except for managing the shift changes. Compliment them on good plays but stay away from correcting them.

My Notes