



Key Points :

skating fundamentals

offer encouragement

Correct mistakes

Puck Control

Description

YouTube - [ADM Squirt Practice](#)

1. Stationary Passing - players stand 6-8 ft apart passing. Pass across the body - sweep the puck, cushion the pass when receiving. Provide a target, slide puck on ice.
2. Acceleration Puck Toss - players begin in V-start position (heels together, toes pointing outward). Do a quick start and try to catch the puck/ball as it tossed up by coach slightly in front of player. Focus on 3-4 quick choppy strides. Knees bent, head & chest up, eyes forward.
3. Escapes Around Cones - Players skate to each pylon doing complete turn / circle around each pylon. Focus on knee bend and tight turns. have players turn in opposite direction at each pylon. Do without pucks first, then add pucks for drill progression. Lead with the stick, body will follow.
4. Backward 'C' Start With or Without Pucks - Players start facing boards and do backwards 'C' cuts across the ice. One foot acts as a glide foot, while other pushes in a 'C' shape generating power. Alternate feet each side. Add pucks if proper ability.
5. Short Slalom Puckhandling - Players execute tight turns around slalom course. Players return to line after completing course. Focus on tight turns and puck control. Eyes up.
6. Chaos Puck Handling - Use any available obstacle and scatter through end zone. Each player is given a puck and is asked to control puck around various obstacles and other players. Skate in any direction, controlling puck and eyes up.

If time permits, continue ice session with small games to reward the players for their hard work.

About 8 - 10 minutes per station