

# S4S 19 Squirt



**MIN. NUMBER OF PLAYERS:**

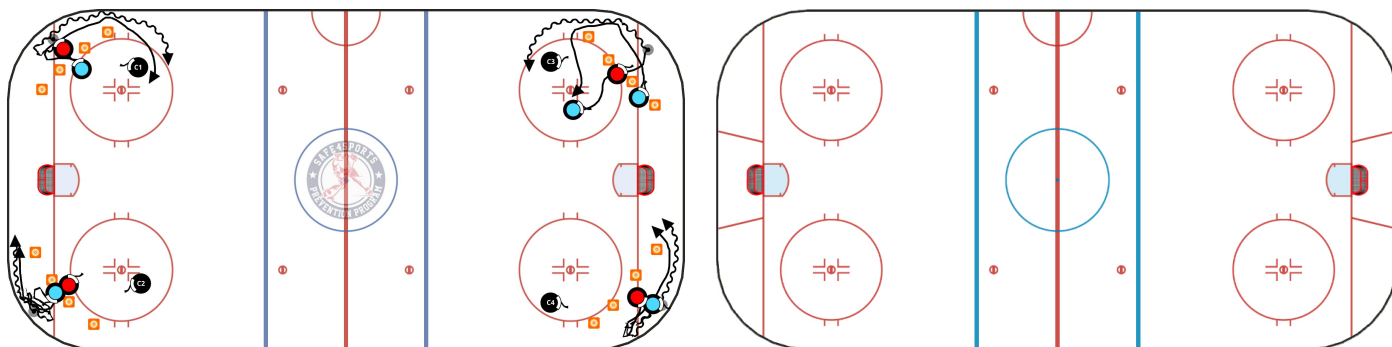
OFF / DEF / GK - 0 / 0 / 0

**LEVELS:**

11-12, 08-10

**TAGS:**

skating, stick-handling



## DESCRIPTION:

This game uses the corners to build confidence with close contact and play along the boards. The puck is placed at midpoint of a marked off perimeter in the corners.

Offensive player start at puck. Defender's begin just outside the cones. To add difficulty place defenders on their knees or start facing backwards. The objective is for the puck carrier (offensive player) to "squirt" out the ends of the defined area to score a point. To vary this game have both players start at the puck together.

## KEYPOINTS:

This game establishes comfort using close contact or receiving contact along the boards. Pins are executed without holding. Cue players on controlling the centre of balance and boxing the hips. To escape discuss evasion tactics like getting low, keeping movement, changing direction, seeing pressure, feeling opening, staying tight on the boards and battling through the "check".

## NOTES:

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