

Pee Wee Practice 1

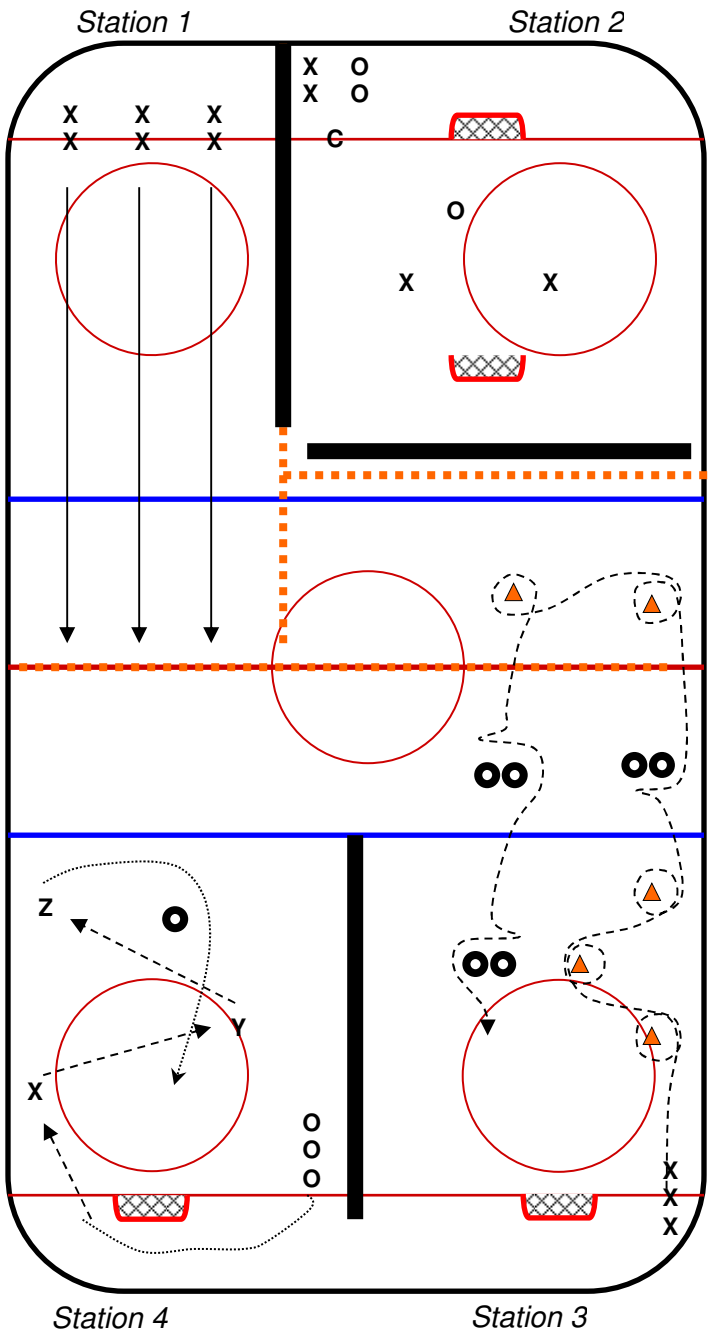
Number of Players: 30-45

Practice Theme / Goals: Skating fundamentals, passing, shooting, puck protection, competition

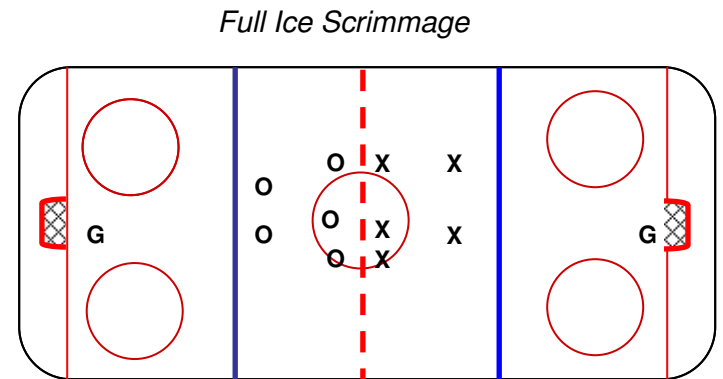
Equipment Required: Borders, cones, tires, 4 nets **Time:** 60 minutes

Warm-up: 5 minutes free time

<p>Station 1: Skating fundamentals/sprints Power skating drills to work on stride technique and mechanics. Drills should incorporate fun into teaching. Work on the following: -C Cuts/Edges -Stride length and recovery -Explosive Starts</p> <p>Goalies can do specific movement drills as well.</p>
<p>Station 2: Outnumbered Competition Have players play in a small area in outnumbered formats. Play 2 vs. 1, 2 vs. 2, 3 vs. 2, etc. Change the format each shift so players have to recognize situations and work to exploit man advantage. Players should use puck protection skills, creativity and deception to create offensive opportunities.</p>
<p>Station 3: Puck Control with Fakes Players skate through obstacle course using fakes at the tires. Emphasis should be placed on exaggerating the fakes and players corrected if they do not extend themselves. Play the rebound if it is there. Shoot to score!</p>
<p>Station 4: Pass and Follow w/ shot O carries puck behind net and passes to X. X passes to Y, Y passes to Z, Z skates around tire and attacks net avoiding other players and shoots to score. After each pass, sprint to the spot where you just made your pass. O becomes X, X becomes Y, Y becomes Z, Z sprints back to line after scoring/rebound chance. Encourage players to make good passes and get to the next spot with urgency.</p>



<p>Game: Full Ice Scrimmage Play full ice scrimmage. Remind players to execute the skills that were reinforced with previous drills. Compete for pucks, use puck protection skills and creativity to create offense.</p>



Pee Wee Practice 2

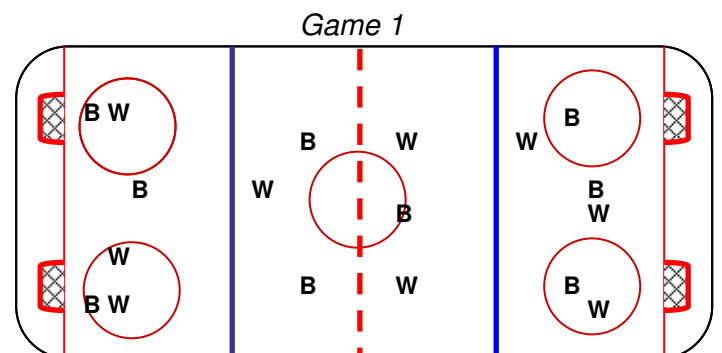
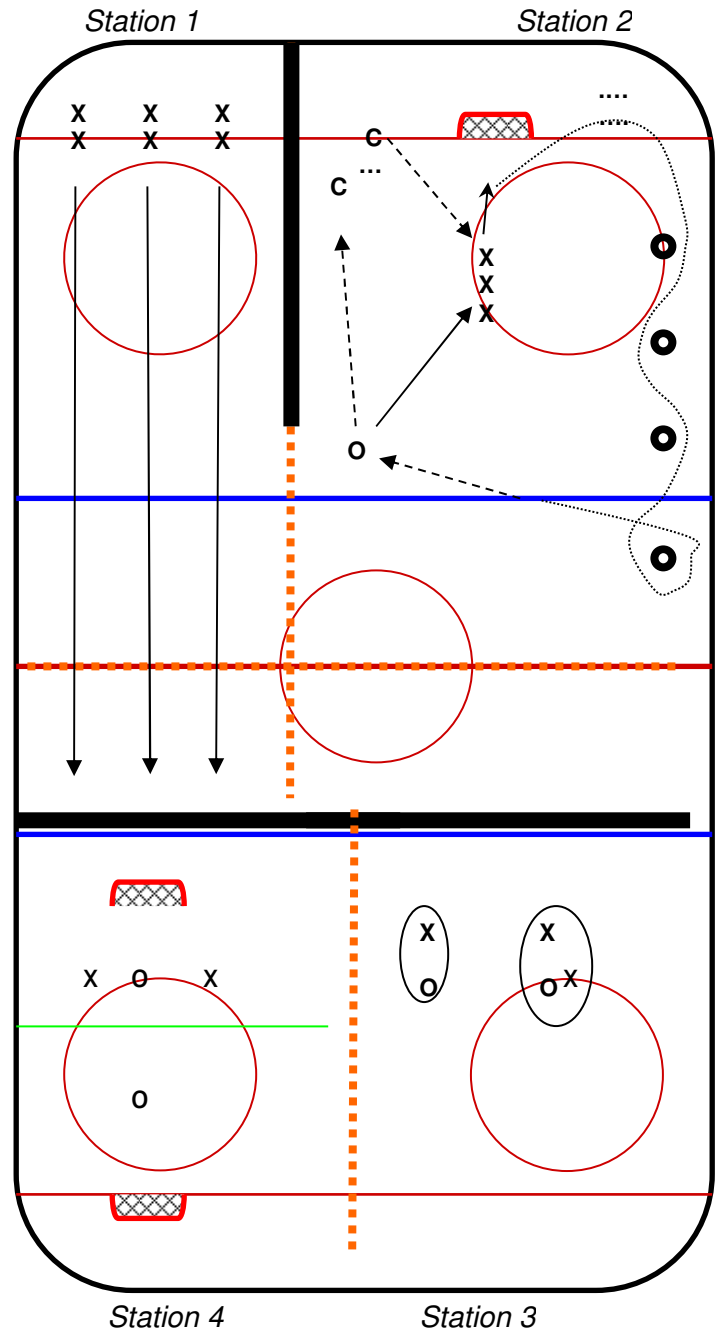
Number of Players: 30-45

Practice Theme / Goals:

Equipment Required: Cones, tires, borders, ringette rings, 3 nets **Time:** 60 Minutes

Warm-up: 5 minutes free time

<p>Station 1: Skating (7min) Fundamentals/sprints Power skating drills to work on stride technique and mechanics. Drills should incorporate fun into teaching. Work on the following: -Balance and Agility -C Cuts/Edges -Stride length and recovery -Explosive Starts</p>
<p>Station 2: Puck Skills (7min) Coach gives the player a pass who catches it and shoots without stickhandling. Once the player catches and shoots and looks for an immediate rebound, the player picks up a puck in the corner and stickhandles through the tires with a 360 on the last one. After coming out of the 360 pass to player O. O passes to coach and goes back into line. X who made the pass to O then becomes O. Be sure to switch sides so that players catch pucks from both sides of their bodies.</p>
<p>Station 3: Ringette Keep Away (7min) Players play keep away with Ringettes in odd-numbered situations. You can play 1 v 1, 2 v 1, 2 v 2, etc. Work on stick strength and a strong bottom hand. Use deception and exaggerated movements when in possession of the ring. Encourage them to stay in a tight area so body contact occurs.</p>
<p>Station 4: Small Area Game (7min) Always 2v1 Players play a small area game that is always a 2v2 game with the parameter that when they are on offense it is always a 2v1. One player from each team is designated to always stay on the offensive side of the half line. When in possession on offense, a 2v1 should always be the case and have players work on odd man situations. On the defensive side, have the player who is not allowed back into the defensive zone always be ready to get open for a clearing pass. Body contact is allowed and encouraged in tight areas.</p>
<p>Game 1: 3 Zone Scrimmage (10 minutes) Teams are split into 3 zones by color. The black team (B) is attacking one direction while the white team (W) is attacking the other direction. The goal is for the teams to advance the puck, zone by zone, to their teammates and then for the group in the offensive zone to score. Only players in the offensive zone are allowed to score. The players in the neutral zone and defensive zone must maintain possession of the puck until they can pass to a player in the offensive zone. Encourage communicating and calling for pucks. Discourage dumping pucks out and in and just getting rid of it. MAKE PLAYS!!!! Players will rotate zones every couple of minutes so they play in each zone</p>
<p>Game 2: Full Ice Scrimmage (10 minutes)</p>



Pee Wee Practice 3

Number of Players: 30-45

Practice Theme / Goals: ABC's, athleticism, puckhandling, passing, competition

Equipment Required: Cones, tires, borders, 3 nets, borders, marker **Time:** 60 minutes

Warm-up: 5 minutes free time, encourage players to imitate moves of their favorite players

Station 1: Puckhandling 2 parts

- 1.) Chaos stickhandling-have 1/2 the players go at a time and stickhandle any which way they choose between the obstacles lying around the ice. Encourage them to be creative. Have them go in 20 second intervals. 20 on / 20 off.
- 2.) Ducks on the pond. Clear the obstacles away and throw out less pucks than there are players. If you start with 8 players, use 6 pucks for example. Play keep-away for 20-30 seconds and blow whistle. Those who don't have a puck do 5 push-ups. Keep progressing using fewer and fewer pucks.

Station 2: Passing/Shooting

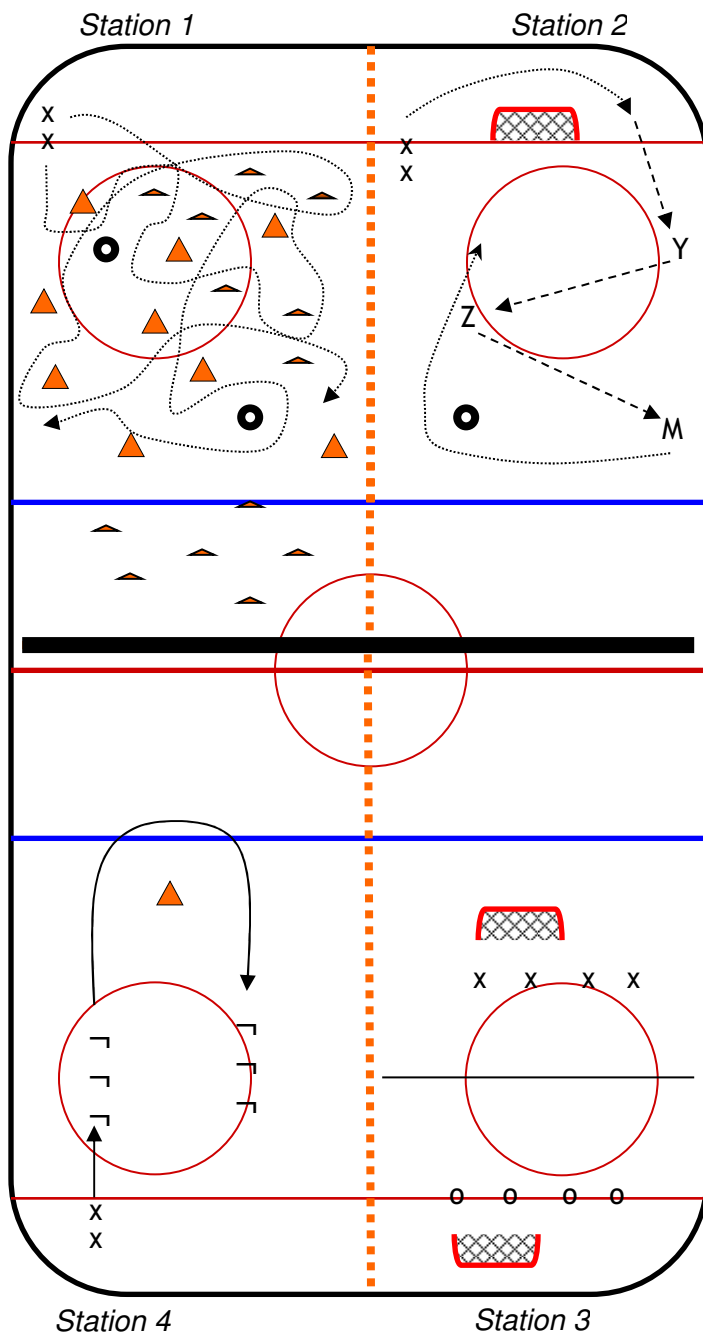
X passes to Y, Y passes to Z, Z passes to M, M shoots. After each pass, sprint to the spot where you just made your pass. X becomes Y, Y becomes Z, Z becomes M, M sprints back to line. Focus on making each pass a good one!

Station 3: Dodge Ball

Players play dodgeball in an area cordoned off with borders. Draw a line down the middle so they know where they can't cross. Rules of dodgeball apply. Works on athleticism, balance, agility, coordination, and edge control.

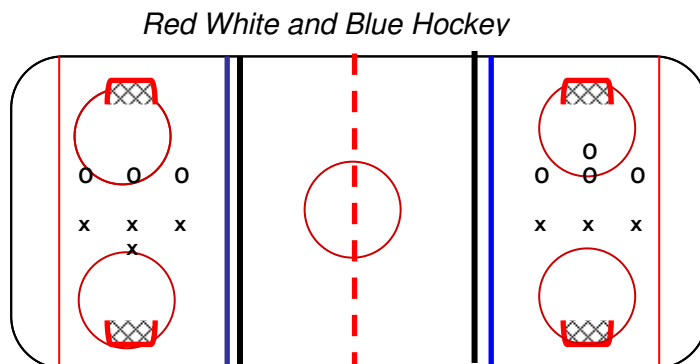
Station 4: Agility Skating (No sticks)

- 1) Run over sticks x2
- 2) 2 legged hop over sticks x2
- 3) Lift left leg, hop on right leg over sticks x1
- 4) Lift right leg, hop on left leg over sticks x1
- 5) Swizzle through sticks



Red White and Blue Hockey Odd Man Games

Play cross ice with many different number structures. Combine all 3 teams so that there are only games at two ends and have free play in the middle for those who aren't playing. The rotation should go as follows: playing the game to free play to being in line. Have shifts of 3 v 2, 4 v 2, 4 v 3, 5 v 3, etc.



Pee Wee Practice 4

Number of Players: 30-45

Practice Theme / Goals: Basic skating skills, puck control with deception, competition, fun

Equipment Required / Set-up: Cones, tires, dividers, ringette rings and extra sticks, 4 or 6 nets

Free Play: 5 minutes

Players are free to do whatever they want.

Warm Up: 8 minutes

Players pair up with one puck per pair. On the whistle, play 1 v 1 keep away with their partner. Have players stay in a confined area attempting to stickhandle around or through their partner. Play for 40 seconds, rest for 40 seconds. On the whistle to rest, players stand 15' apart and pass to one another.

Forehand passes, backhand passes, and bullet passes (pass as hard as possible). Have players pass cross body and sweep the puck. Coaches correct technique.

Stations: 3 Stations x 10 minutes

Station 1: Puck Control – Deception

Use rings and pucks – controlled, exaggerated movements.

- A. Using rings make wide exaggerated moves to forehand and backhand. Emphasis on knee bend and loading legs.
- B. Exaggerated moves using pucks
- C. Exaggerated moves sliding under stick
- D. 1v1 shuttle, attack triangle, against passive players

Station 2: Stops, Starts, Transition Skating

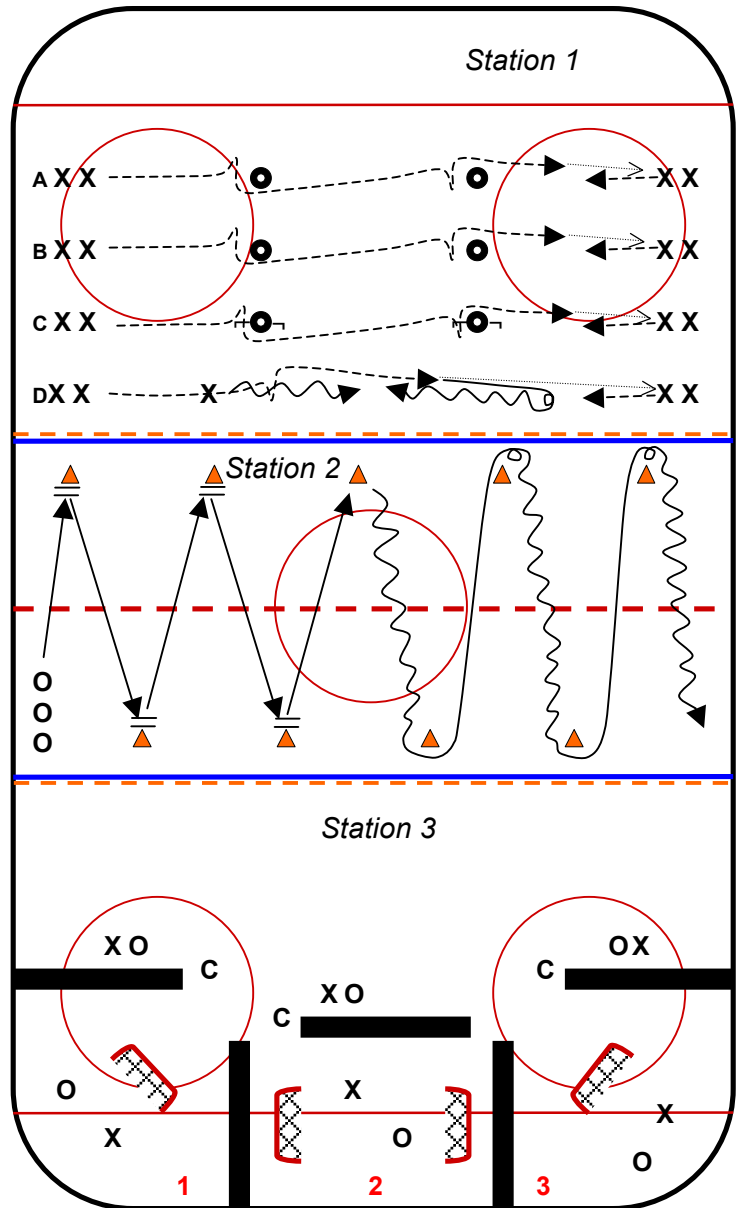
Skating skills technique, stop and start at each cone (head and chest up). Progress from forward to backwards pivots. Add in agility at the red line (drop to knees and up) and then add pucks.

Station 3: 1v1 Competitions

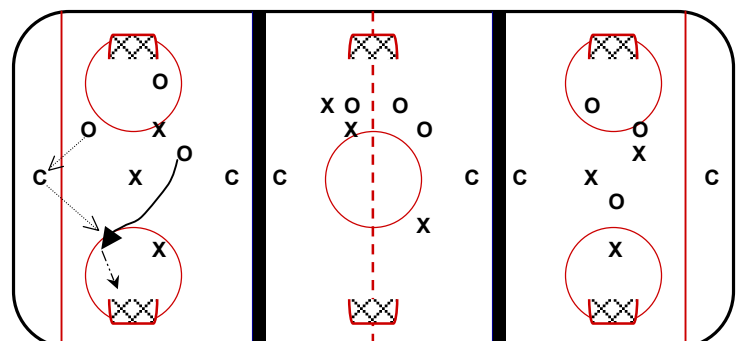
Players compete 1v1 for 30 second shifts. Coaches add additional pucks if a goal is scored or goalie covers it. Rotate after each shift to next area, 1 to 2, 2 to 3, 3 to 1. (Use a tire as a goal if not enough goalies or nets)

Game: 3v3 with Outlets – 15 minutes (5 minute games-rotate black teams, white stays where they are)

Play 3 v 3 cross-ice for 40 second shifts. Players must make a pass to one of the coaches (outlets) on transition before they can score. Use tires for goals if not enough goals or goalies. Play 3 different 5 minute games using rotation mentioned above.



3v3 with Outlets



Pee Wee Practice 5

Number of Players: 30-45

Practice Theme / Goals: Basic skating skills, puck control with deception, competition, fun

Equipment Required / Set-up: Cones, tires, dividers, ringette rings and extra sticks, 4 or 6 nets

Free Play: 5 minutes

Players are free to do whatever they want.

Warm Up: 8 minutes

Players pair up with one puck per pair. On the whistle, play 1v1 keep away with their partner. Have players stay in a confined area attempting to stickhandle around or through their partner. Play for 40 seconds, rest for 40 seconds. On the whistle to rest, players stand 15' apart and pass to one another.

Forehand passes, backhand passes, and bullet passes (pass as hard as possible). Have players pass cross body and sweep the puck. Coaches correct technique.

Stations: 3 Stations x 10 minutes

Station 1: Skating

Work on all facets of skating...edges, agility, balance, coordination, transition, backward, etc...mix in some short burst sprint work as well. Half way through the time of the station, add pucks into the mix as well. Be creative and make it fun.

Station 2: Agility, puckhandling, passing, receiving, and shooting

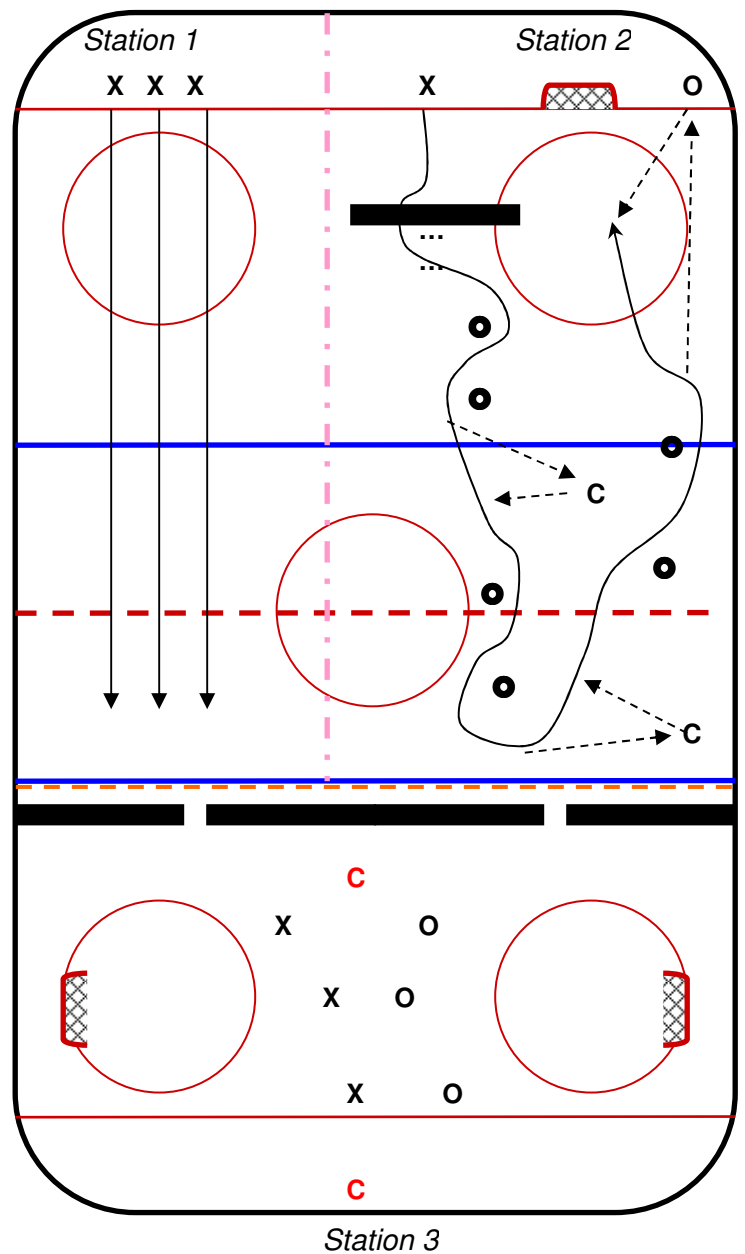
X starts out by jumping over the border and picking up a puck behind it. X skates through the tires and makes a pass to the coach who passes it right back. X catches the pass and goes between the next two tires where X passes to the next coach for another give and go. X then goes through the last set of tires and passes to O in the corner (who was the last player to go) who gives it back. X collects the pass and attempts to score.

Station 3: 3v3 w/ outlets

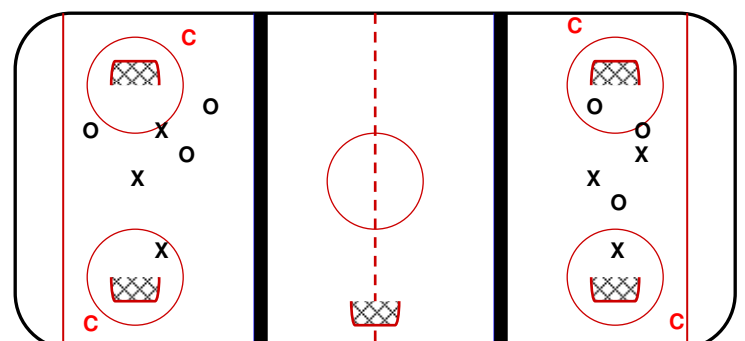
Play 3 v 3 cross-ice for 40 second shifts. Players must make a pass to one of the coaches (outlets) on transition before they can score. Emphasize players moving to get open and teach transition. Allow the players to use the coaches as often as they want to replicate a power play.

Game: 3v3 Regroup

3 v 3 game where in order to go on offense you must regroup with a coach behind the net you are defending. At least two players must come below the goal line to get a pass from the coach. Works on passing, receiving, skating, competing, team play, puck support and hockey sense.



3v3 with regroup



Pee Wee Practice 6

Number of Players: 30-45

Practice Theme/Goals: Skills, Skating, ABCs, competition, FUN

Equipment Needs: 4 nets, cones, tires, soccer balls, borders

Warm-up: Free play for 5 minutes

Edge Control Around Sticks – 10 minutes

Spilt into two groups for better communication. Have players place their sticks on the ice lengthwise in front of them as obstacle. Keys: Head and chest are up, good knee bend on glide leg.

- Inside edges around stick L/R
- Inside edges around stick L/R, hold edge - two laps
- Outside edges around stick L/R
- Outside edges around stick L/R, hold two laps
- Figure 8 inside edges around ends of stick
- Figure 8 outside edges around ends of stick
- Two foot side jumps over stick
- One foot side jumps over stick L/R

Stations: 3 Stations x 10 minutes

Station 1: Stick Skills

X skates on the inside of the cones and makes two indirect passes to himself then skates behind the net and performs and give and go with the coach. X then skates around the two outside cones, slaloms down the middle cones and shoots to score. Switch lines sides each time.

Station 2: Passing/Timing

X breaks as O retrieves a puck after shooting on net. O passes to X who goes down and shoots to score. After X shoots, X curls and picks up a puck to restart the timing and activates the next player. Players need to keep their heads and eyes up to maintain the same timing on both sides of the ice. Tell them not to hurry but to make sure they execute the drill! Timing is a skill as well.

Station 3: Skating

Players work on skating fundamentals and technique. Enforce edge control and move into forward stride with good technique and recovery. Add pucks as well. Be creative to make it fun and competitive. Mix in some short burst races or toss and catch drills.

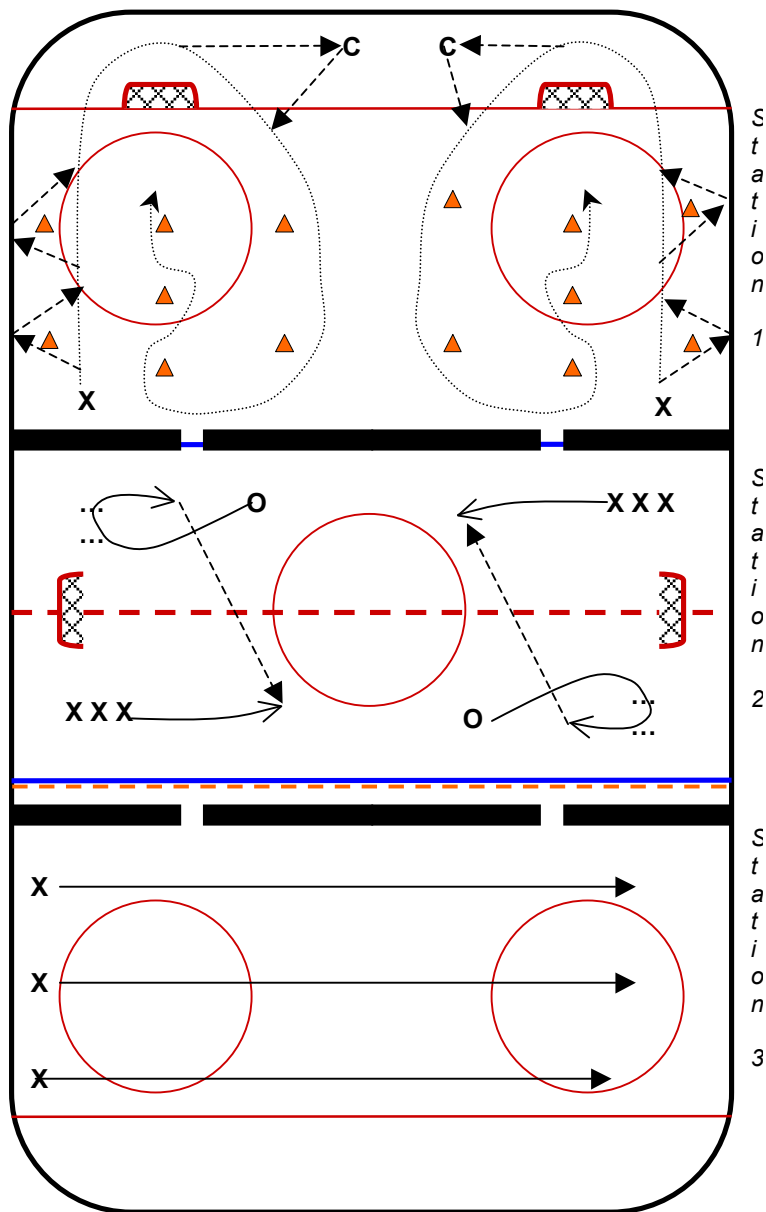
Small Area Games: (15 mins-7 ½ min ea)

Game 1: Regroup/Breakout Game

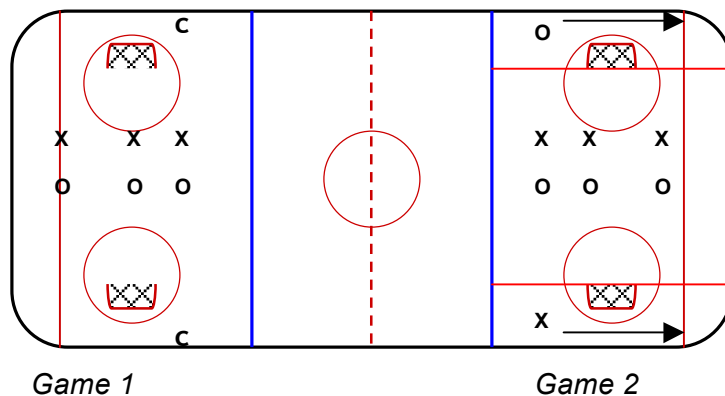
Players must regroup / breakout with the coach behind the net they are defending before they can go on offense.

Game 2: Gretzky Game

Players must pass to a teammate behind their attacking net before being able to attempt to score. The player behind the net (Gretzky) can move laterally behind the net but must not cross the goal line. Emphasize moving to get open!



Games with concepts



Pee Wee Practice 7

Number of Players: 30-45

Practice Theme/Goals: Skills, Skating, ABCs, competition, FUN

Equipment Needs: 5 nets, cones, tires, soccer balls, borders

Time: 60 minutes

Warm Up: 5 minutes

Free Play – Let the kids play with a variety of objects such as black pucks, blue pucks, tennis balls, soft balls, ringette rings, etc.

Edge Control Around Sticks – 10 minutes

Spilt into two groups for better communication. Have players place their sticks on the ice lengthwise in front of them as obstacle. Keys: Head and chest are up, good knee bend on glide leg.

- Inside edges around stick L/R
- Inside edges around stick L/R, hold edge - two laps
- Outside edges around stick L/R
- Outside edges around stick L/R, hold two laps
- Figure 8 inside edges around ends of stick
- Figure 8 outside edges around ends of stick
- Two foot side jumps over stick
- One foot side jumps over stick L/R

Stations: 4 Stations x 8 minutes

On the whistle to change station, players do 5 jumps before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: Pass and Chase Tag

Player X passes to player O who has to skate around the tires and attempts to evade player X who then chases him. Player O then passes to player Y and the rotations continues. Each player is finished after he receives a pass, goes around the tires and then gives a pass and becomes the chaser.

Station 2: Stretch Pass Short Version

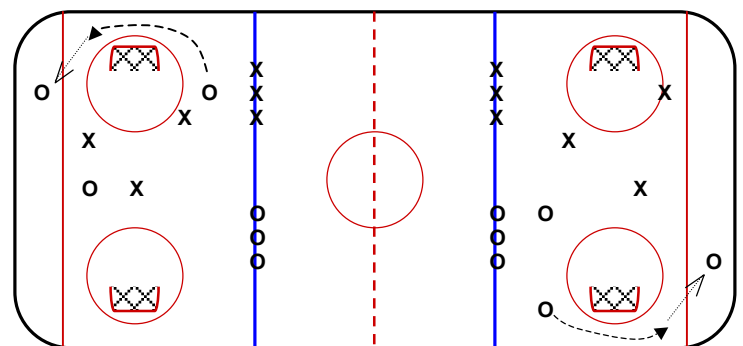
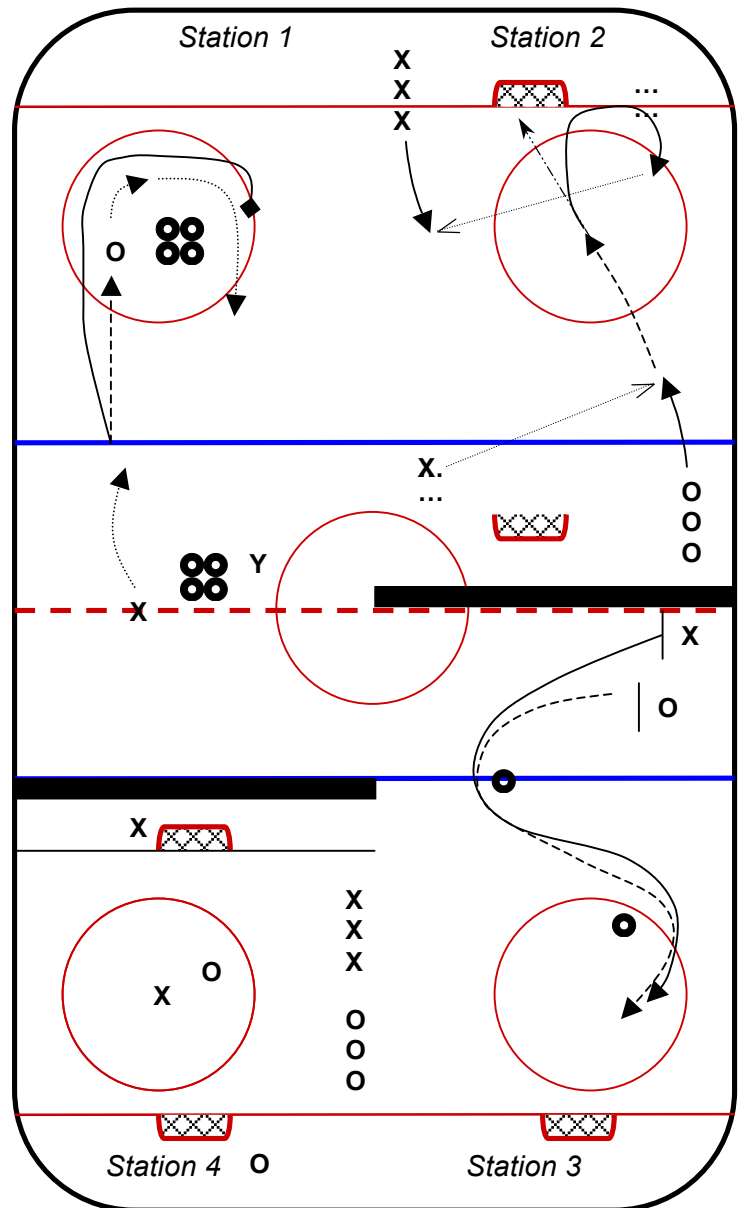
Play O breaks as Player X retrieves puck. X passes to O who shoots on goal and then pick up a new puck to activate the next player. Try to keep both sides going, let the players monitor the ice and get them to judge when to break for a pass.

Station 3: Attack Under Pressure

Player O begins with a puck five feet in front of player X. On the coach's signal, Play X chases player O around the tires and attempt to stop player O before he can score. Vary the start distances so that player O is forced to skate at top speed.

Station 4: 1v1 with Low Outlet

Play 1v1 in a small area. Outlet players are below the goal lines and can't score only pass. Players in the middle must make a pass to their outlet man before they can score. Play 40 second shifts.



Game: 3v3 Breakout Game – 13 Minutes

Play 3v3 cross ice for 40 sec. shifts. Each change of possession a team must either carry the puck or pass the puck behind their own net before they can attack.

Pee Wee Practice 8

Practice Theme/Goals: Skills, Skating, ABCs, competition, FUN **Time:** 60 minutes

Equipment Required: 4 nets, cones, tires, soccer balls, borders

Number of Players: 30-45

Warm Up: 5 minutes

Free Play – Let the kids play with a variety of objects such as black pucks, blue pucks, tennis balls, soft balls, ringette rings, etc.

Skating/Puckhandling – 10 minutes

- Players skate around the rink handling a puck while the coach yells out different agility drills to perform (examples: drop to knees, Russian walk, pull puck through legs, jumps, etc.)
- Players skate around the rink with puck and on whistle enter the nearest circle and stick handle in traffic within that circle. Next whistle, exit the circle, continue the rotation. Go each direction.
- Ducks on the pond-split players into two ends. Have roughly the amount of pucks in an end as there are players. Players play keep away from each other. Example- if there are 10 players, start with 6 pucks, then go to 5, 4, 3, etc.

Stations: 3 Stations x 8 minutes

On the whistle to change station, players do an ABC move (jump, somersault, etc) between stations.

Station 1: Keep away

2v2 game with the support of a coach (makes it 3v2) where players play keep away. Emphasize moving without the puck, covering your man, and communication. Explain odd man situations offensively and defensively.

Station 2: Pass and Backcheck

X passes to Y who catches pass and skate to tire. After reaching the tire, Y can cut to the net or shoot. X must backcheck Y to make Y skate hard with the puck. X should aim for the tire to create a good angle. If X beats Y, use proper angle and body contact to separate puck.

Station 3: Handball

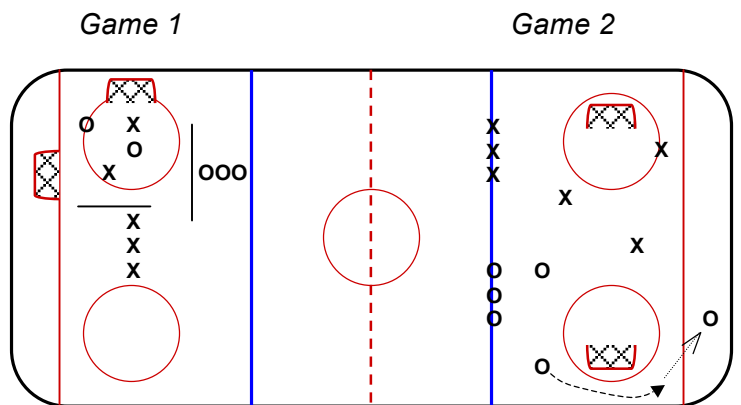
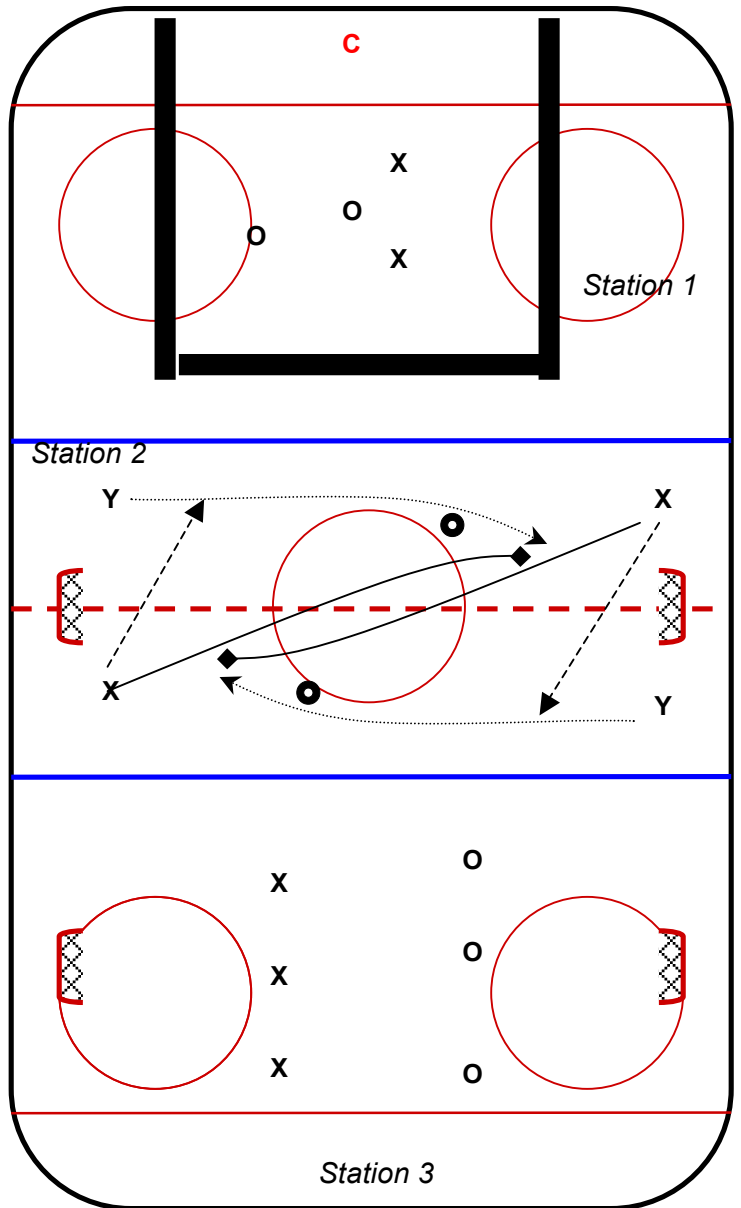
Players play 3v3 with a soccer ball and no sticks. Players must use their hands to throw and catch the ball. No goalies! Goalies play as regular players here. Must make 3 passes before you can shoot on net. Emphasize puck support and short passes!

Game 1: 2 v 2 with point-10 minutes

2v2 game in a tight area where the players must pass back to their point man before they can go on offense. Points can pass or shoot when they receive puck. Works on hockey sense, puckhandling, puck support, skating, loose puck battles, competing, and team play.

Game2: 3v3 Breakout Game – 10 Minutes

Play 3v3 cross ice for 40 sec. shifts. Each change of possession a team must either carry the puck or pass the puck behind their own net before they can attack.



Pee Wee Practice 9

Number of Players: 30-45

Practice Theme/Goals: Skating, Puck protection, scoring, 1v1 play, body contact, FUN

Equipment Needs: 4 nets, cones, tires, soccer balls, borders

Time: 60 minutes

Warm Up: 5 minutes

Free Play – Let the kids play with a variety of objects (black pucks, blue pucks, tennis balls, soft balls, ringette rings, etc).

Skating: Cross-overs – 7 minutes

Skate forwards and backwards crossovers pivoting each time they cross center ice. No gliding on turns. Focus on keeping the feet moving and acceleration through turns.

Skating Agility/Puck Control – 7 minutes

Boards pass to self and jump the dividers, players finish off with a shot on goal. 2 on 0 passing back down the middle.

Stations: 3 Stations x 8 minutes

Station 1: A-1v1 Angle through Dot

A-Player X begins skating through the face-off dot. Once over the dot, player O begins skating down the wall and tries to attack the net. Players O and X play 1v1 until the whistle at which time player O becomes the new X and starts the next sequence by skating through the face-off dot. Switch side half way through.

B-1v1 Defend the House

B- The defensive player X begins on the face-off dot. Throughout the drill player X must stay inside the face-off circle. The offensive player O must attack the grade A scoring area by moving inside the face-off circle. Player O can only shoot from inside the circle.

Station 2: 1v1 F and D

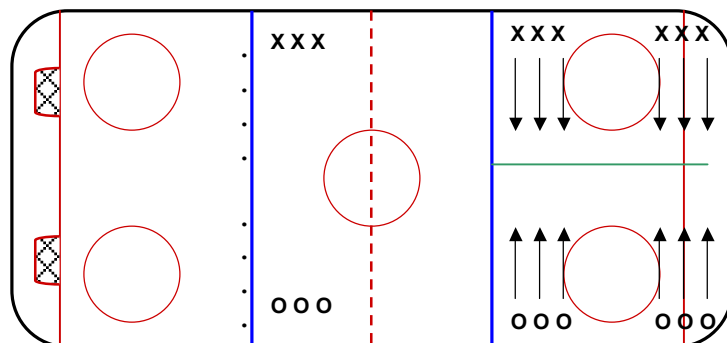
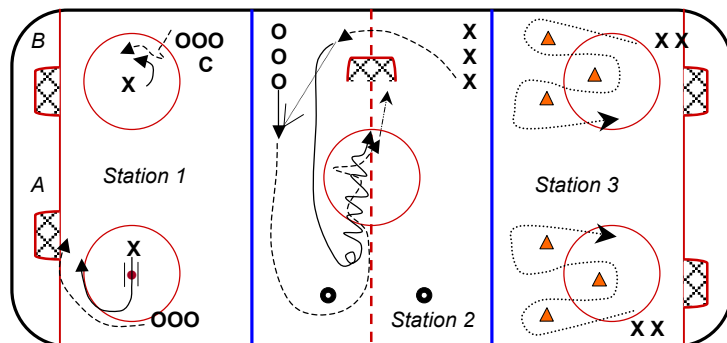
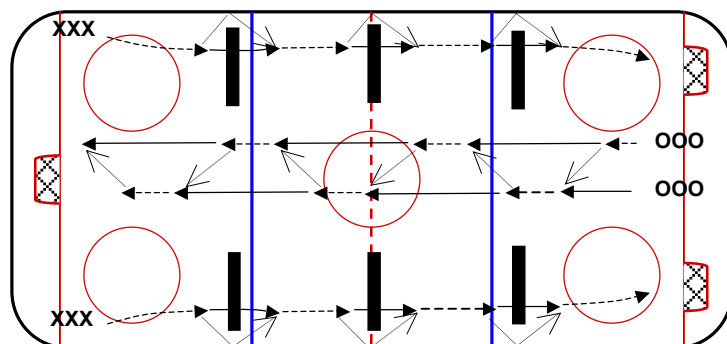
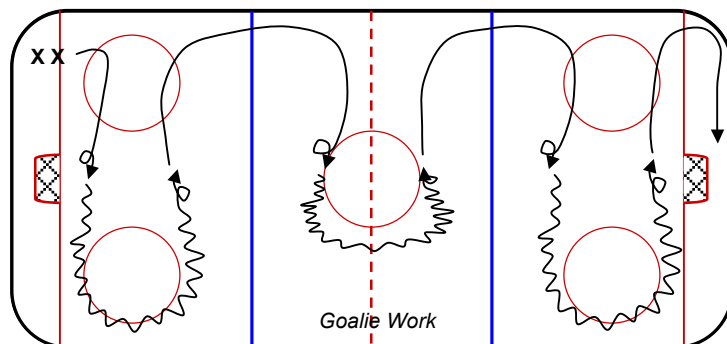
Player X carries puck around net and make a breakout pass to player O. Player O carries the puck around the tire and attack back against player X who has gapped up. Play the 1v1 and then start the drill from the opposite side.

Station 3: Puck Control

Players carry the puck through the course and finish off with a shot on goal. Begin with tight turns at each cone, then progress to 360 degree turns around the each cone. If no goalie, place one of the dividers in front of the goal to force the kids to shoot over it in order to score.

Game: Quick Score

Teams line up along the boards at each blueline stripe. 10 Pucks are laid out on the blue line for each team. Players attack the net 2 v0 and go until they score. Once they score they sprint out of the zone over the blue line at which point the next 2 v0 begins. Teams play until all 10 pucks are scored, first team to score all 10 of their pucks wins!



Game: Dodgeball

Players play dodgeball in an area cordoned off with borders. Draw a line down the middle so they know where they can't cross. Rules of dodgeball apply. Works on athleticism, balance, agility, coordination and edge control.

Pee Wee Practice 10

Number of Players: 30-45

Practice Theme/Goals: Skating, puck protection, scoring, 1v1 play, body contact, FUN

Equipment Needs: 5 nets, cones, tires, soccer balls, borders, ringette rings

Time: 60 minutes

Warm Up: 5 minutes

Free Play – Let the kids play with a variety of objects (black pucks, blue pucks, tennis balls, soft balls, ringette rings, etc).

Skating: Stops and Starts - 7 minutes

Work on stops and starts facing both ways. Work on exploding starts out of the stops. See how much snow they can spray on the boards. Do without then with pucks.

Agility/Passing – 7 minutes

Skate up the wall and pass to the coach before jumping the boarder. After jumping, the coach will give you a pass back. Shoot on the net. Come back up the middle touching your knees at each line while carrying a puck.

Stations: 3 Stations x 8 minutes

Station 1: 1v1 tight area game

Players compete 1v1 in a tight area. Whoever has the puck is on offense but they must pass to the coach before they can shoot. The coach can move laterally behind the net so the players must have their heads up to see where they are passing. Encourage body contact, defending, getting open by moving the feet, and scoring. Have players switch sides so they are going against different players and attacking at a different angle.

Station 2: 2v1 F and D

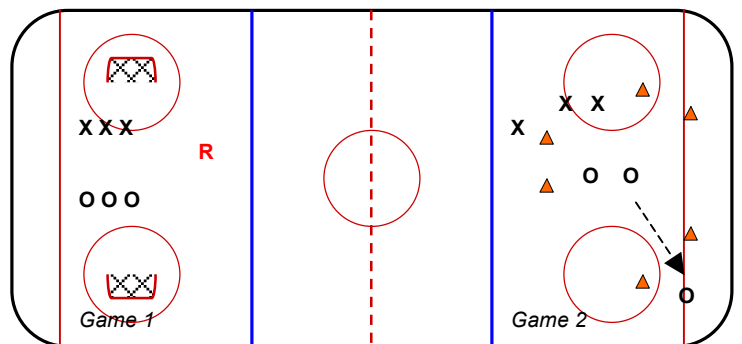
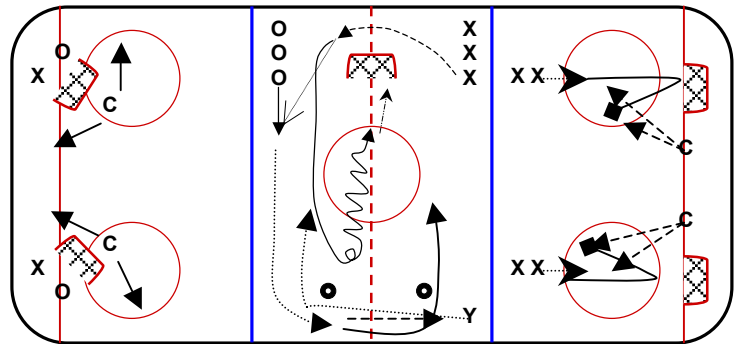
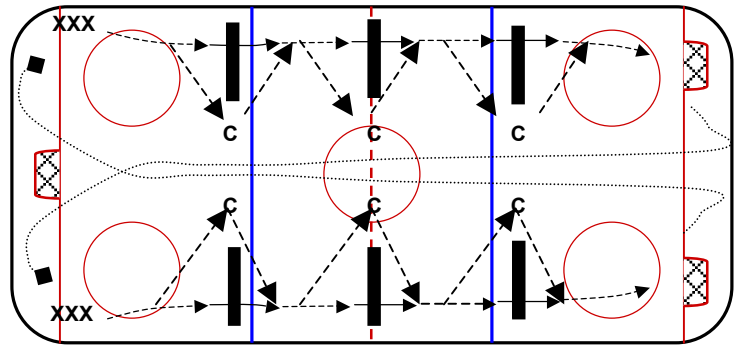
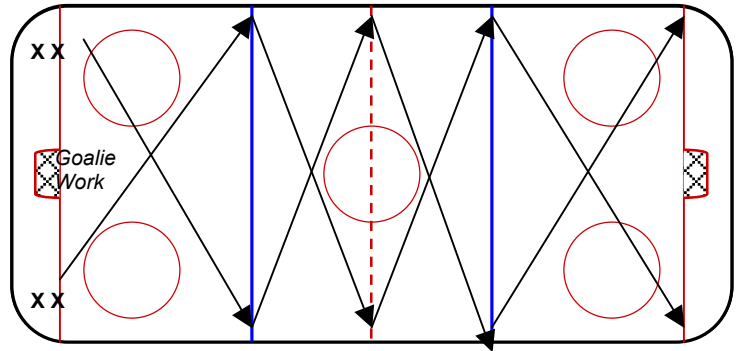
Player X carries puck around net and make a breakout pass to player O. Player O carries the puck around the tire passes to player Y. Y and O skate around the tires and attack X 2v1 who has gapped up. Have players start at all three spots. Works on team play, odd man rushes, passing, scoring, defending.

Station 3: 3 shot unjam

X starts with a puck and takes a wrist shot. X then skates to the net and gets a pass from the coach for a second shot. After the second shot, X touches the post and backs out into the high slot for another pass from the coach. X catches the pass and takes a 3rd shot. Works on receiving, shooting, agility, scoring and hockey sense.

Game 1: 3v3 with Rover

Players play 3 v 3 with a rover. The rover (R) is always on offense. Whichever team has the puck, the rover plays with them. On any transition, the rover switches to the other team always creating a 4v3 opportunity. Works on transition, puck possession, power play / penalty kill, communication and team play.



Game 2: Passing Gate Game

Possession / passing game where you score points by passing the puck through the gates to your teammates. Works on puck support, puck possession and protection.

Pee Wee Practice 11

Number of Players: 30-45

Practice Theme / Goals: Skating, Puck protection, scoring, alertness, skills, team play, FUN scrimmages

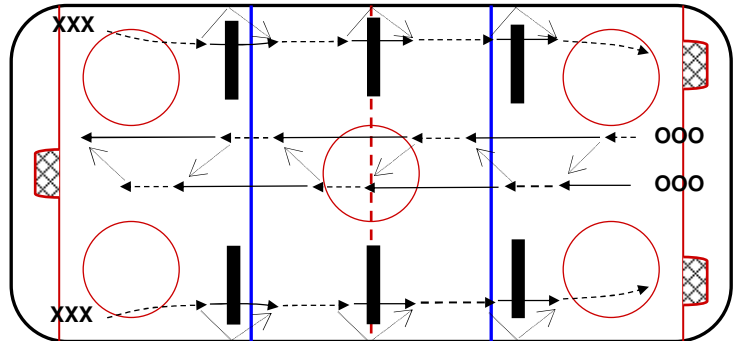
Equipment Needs: 4 nets, borders

Warm Up: (5mins)

Free Play – Let the kids play with a variety of objects (black pucks, blue pucks, tennis balls, soft balls, ringette rings, etc).

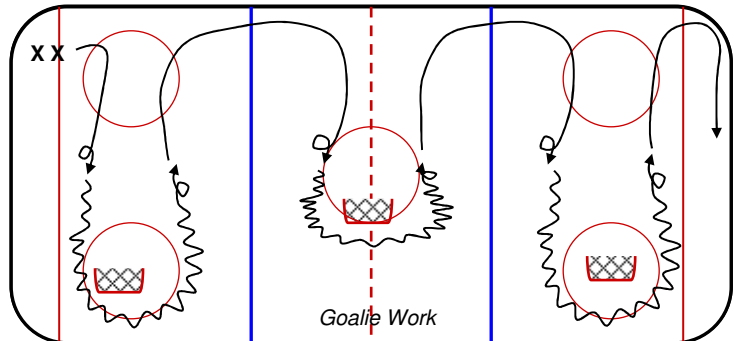
Skating Agility/Puck Control(7mins)

Board pass to self and jump the dividers, players finish off with a shot on goal. 2 on 0 passing back down the middle.



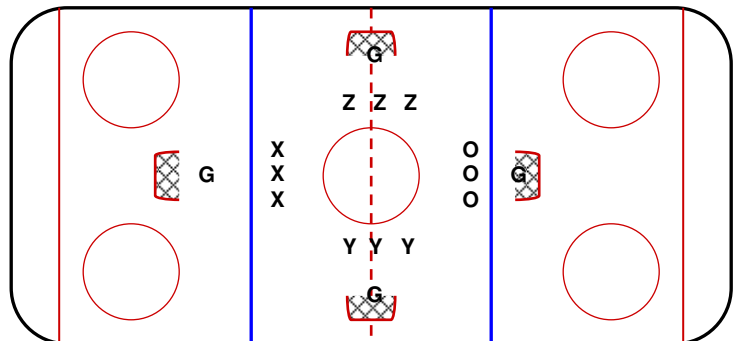
Skating: Cross-overs (7 mins)

Skate forwards and backwards crossovers pivoting each time they cross center ice. No gliding on turns focus on keeping the feet moving and acceleration through turns.



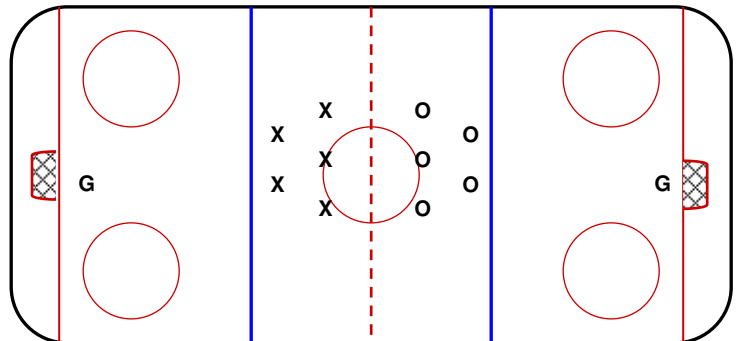
EastWest, NorthSouth Scrimmages(10mins)

Two scrimmages going on at once. One is being played north-south and the other is being played east-west. Encourage players to keep their heads up and pass the puck. Move nets to the tops of the circles for the North-South game. X's and O's play North-South, Y's and Z's play East-West..



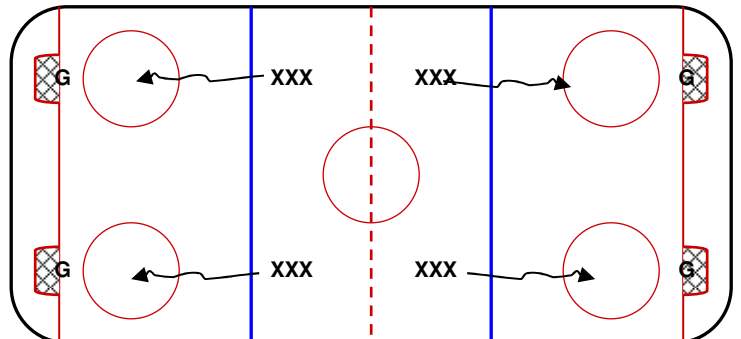
Full Ice Scrimmage (21 mins)

7 mins- 5 v 5
7 mins- 5 v 6
7 mins- 5 v 4



Shoot out (5 mins)

4 lines on the 4 neutral zone dots.
4 goalies in 4 nets.
Switch lines so that they shoot on different goalies.



Pee Wee Practice 12

Number of Players: 30-45

Practice Theme/Goals: Skating, puck protection, scoring, awareness, skills, team play

Equipment Needs: 4 nets, borders

Time: 60 minutes

Warm Up: (5mins)

Free Play – Let the kids play with a variety of objects (black pucks, blue pucks, tennis balls, soft balls, ringette rings, etc).

Skating: Agility, Stops and Starts(10mins)

Skate the top then bottom of circle and stop at blue line, red line, blue line, then skate the bottom and top of the circle. Do with and without pucks.

Stations: 3 x 8 min each

Station 1: Body contact

Part A: Stationary locked arms and bump. Each way 5 times
 Part B: Moving w/ partner-bump whole side of body with stick on ice.
 Part C: Moving pinch off along boards. Go both directions
 Part D: 2 man race to loose puck w/ contact. Try to win puck and score!

Station 2: 3 Shot Unjam

X starts with a puck and takes a wrist shot. X then skates to the net and gets a pass from the coach for a second shot. After the second shot, X touches the post and backs out into the high slot for another pass from the coach. X catches the pass and takes a 3rd shot. Works on pass receiving, shooting, agility, scoring, and hockey sense.

Station 3: 4 corners keep away

Passing game where a 3 v 3 takes place with 4 neutral players in the corners. The neutral players are on whatever team has the puck. If the Y team has it, the Y's and the X's play keep away (7v3) vs the Z's. Works on passing, receiving, team play, hockey sense, and competing.

Cross Ice Scoro (8 min)

Plays line up in front of their own net with 8 pucks across the middle. On the whistle, the players attempt to score pucks in the opposite net. The game is over when all the pucks are scored. The winning team is the team that has scored the most! Winning teams advance to play each other while the losing team works on shooting in the neutral zone.

Russian Scrimmage (8min)

Players play multiple different 1v1s, 2v2s, 2v1s etc...players can only shoot on the goalie if he is looking at them. Get multiple pucks going and promote heads up play. Works on competing, scoring, team play, heads up play and awareness.

