

**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**

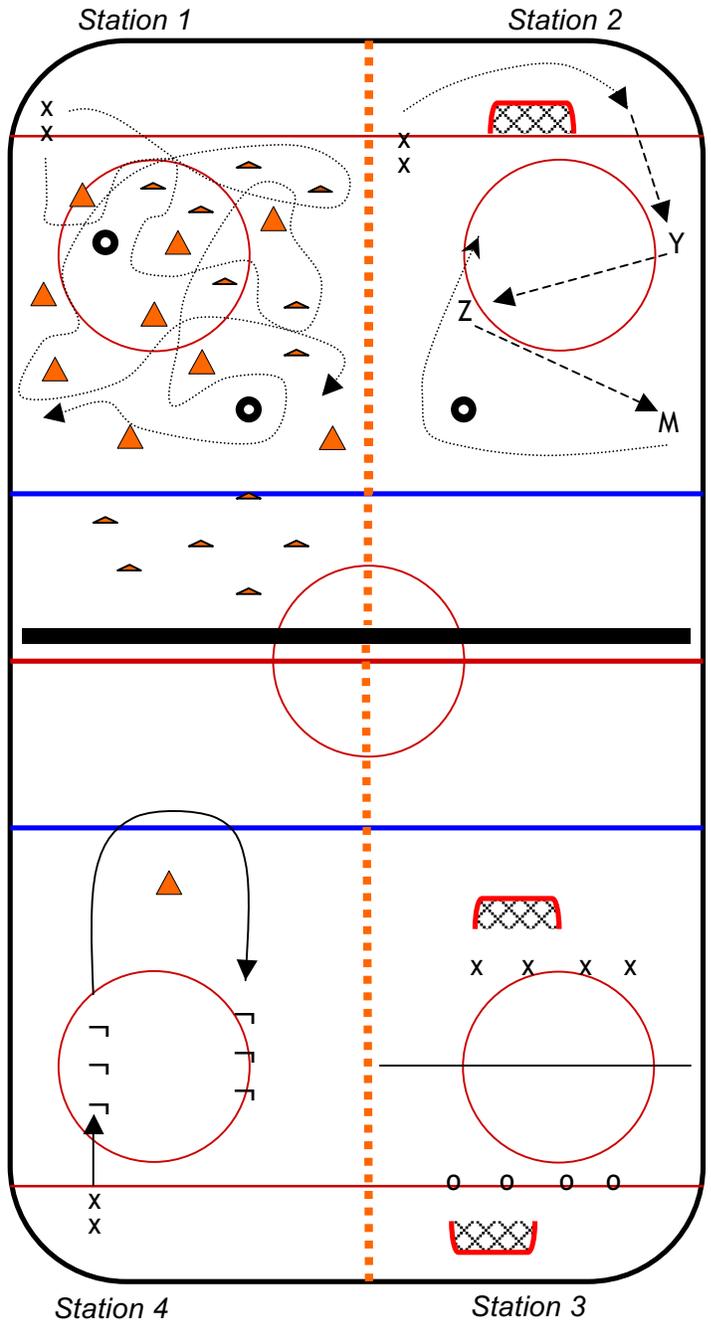
X passes to Y, Y passes to Z, Z passes to M, M shoots. After each pass, sprint to the spot where you just made your pass. X becomes Y, Y becomes Z, Z becomes M, M sprints back to line. Focus on making each pass a good one!

**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.

