

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.

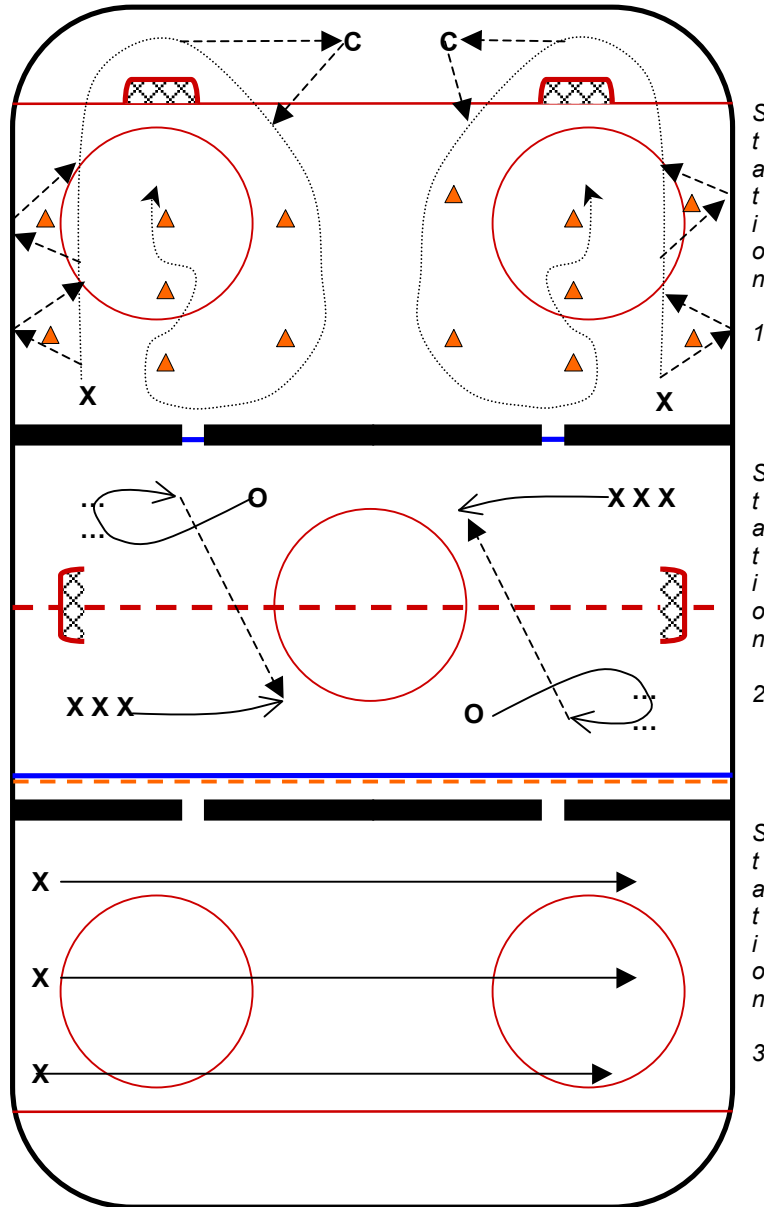
Small Area Games: (15 mins-7 ½ min ea)

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

