

**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.

