

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

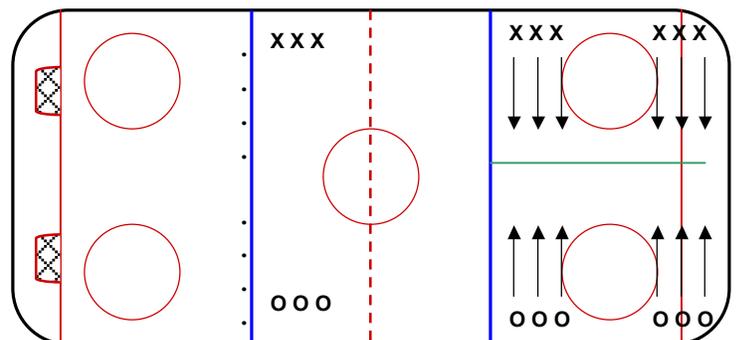
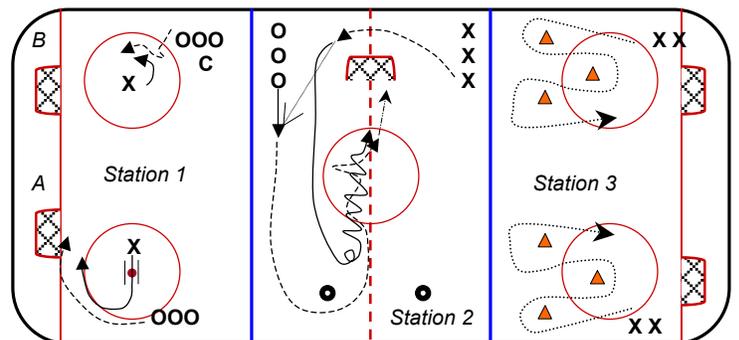
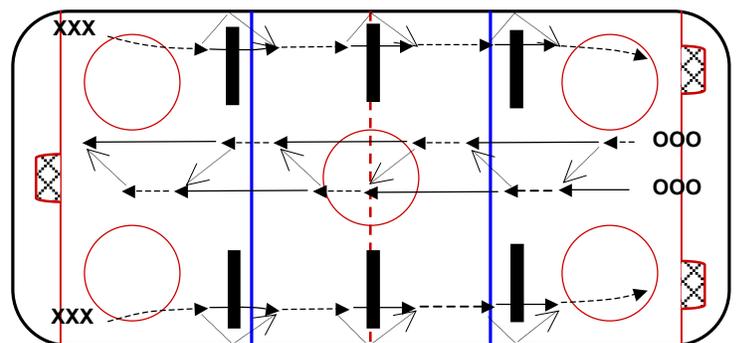
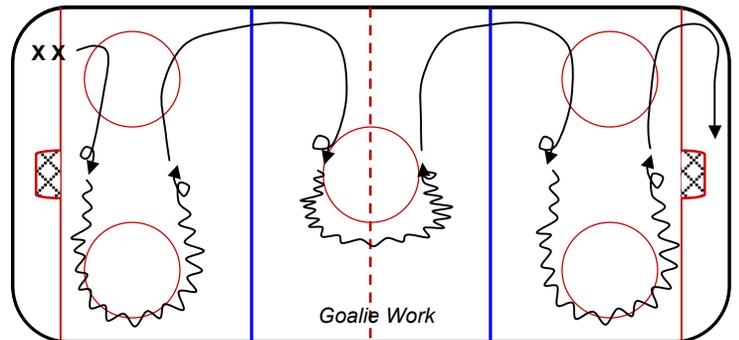
Player X carries puck around net and make a breakout pass to player O. Player O carries the puck around the tire and attack back against player X who has gapped up. Play the 1v1 and then start the drill from the opposite side.

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.