

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

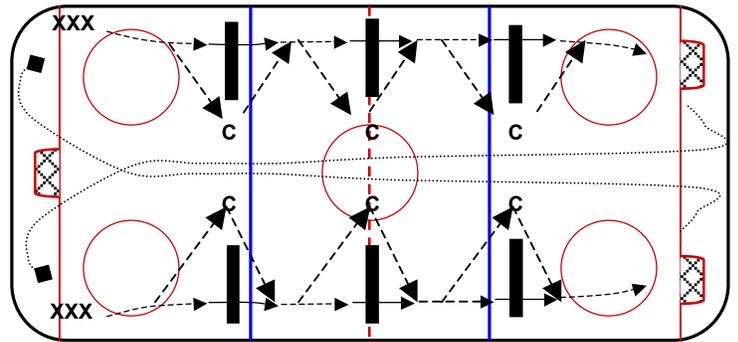
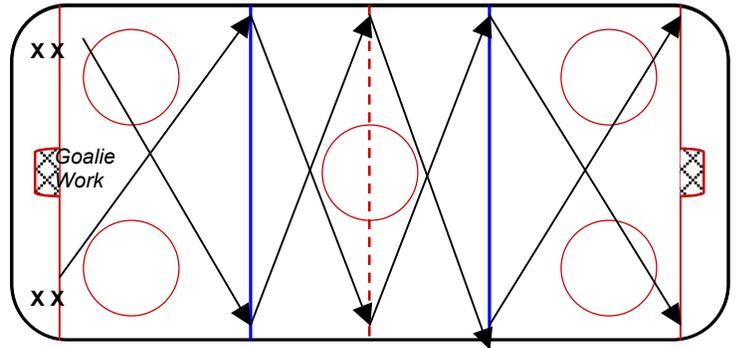
Player X carries puck around net and make a breakout pass to player O. Player O carries the puck around the tire passes to player Y. Y and O skate around the tires and attack X 2v1 who has gapped up. Have players start at all three spots. Works on team play, odd man rushes, passing, scoring, defending.

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

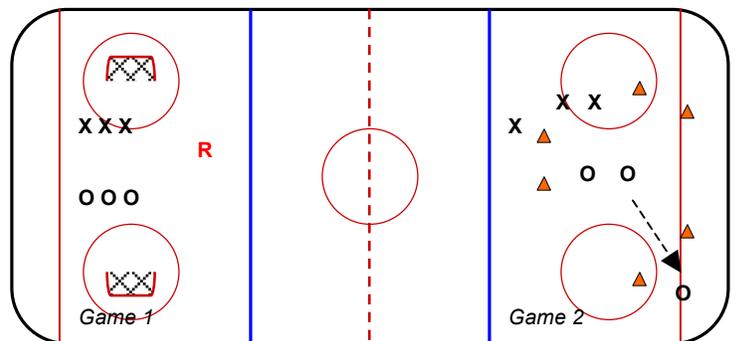
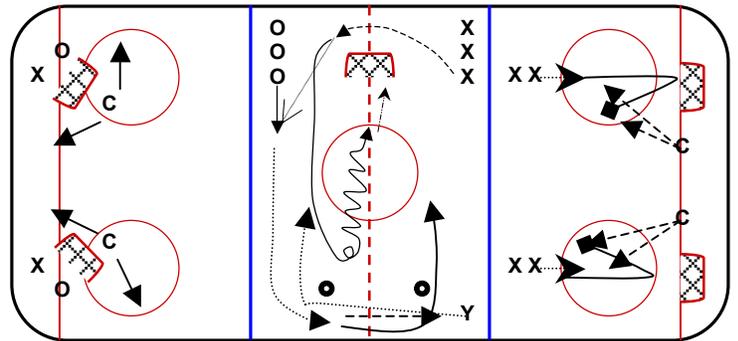
Players play 3 v 3 with a rover. The rover (R) is always on offense. Whichever team has the puck, the rover plays with them. On any transition, the rover switches to the other team always creating a 4v3 opportunity. Works on transition, puck possession, power play / penalty kill, communication and team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



Station 1

Station 2

Station 3



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.