

Pee Wee Practice 11

Number of Players: 30-45

Practice Theme / Goals: Skating, Puck protection, scoring, alertness, skills, team play, FUN scrimmages

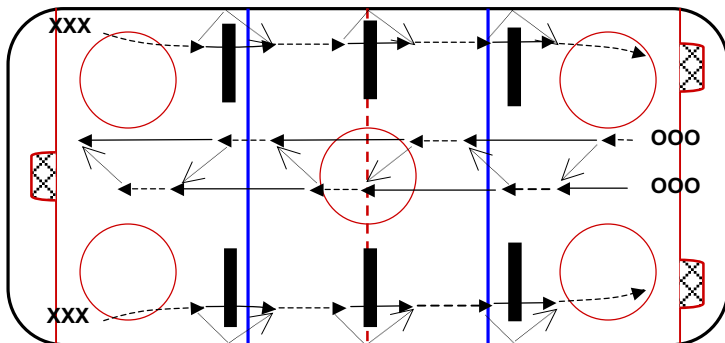
Equipment Needs: 4 nets, borders

Warm Up: (5mins)

Free Play – Let the kids play with a variety of objects (black pucks, blue pucks, tennis balls, soft balls, ringette rings, etc).

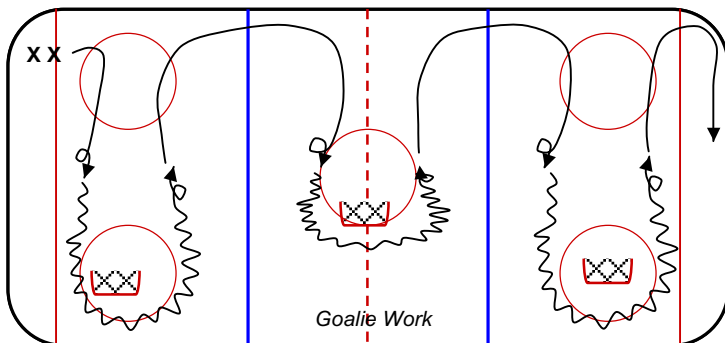
Skating Agility/Puck Control(7mins)

Board pass to self and jump the dividers, players finish off with a shot on goal. 2 on 0 passing back down the middle.



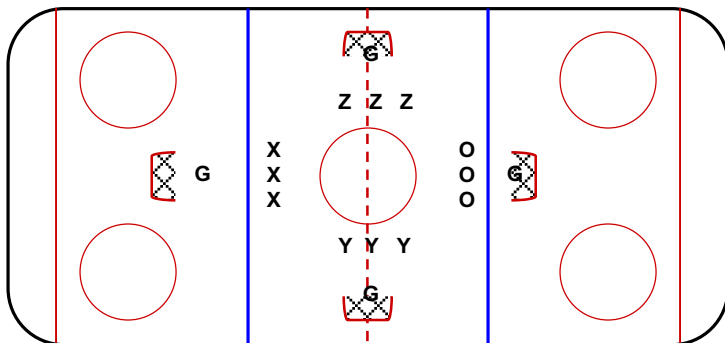
Skating: Cross-overs (7 mins)

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.



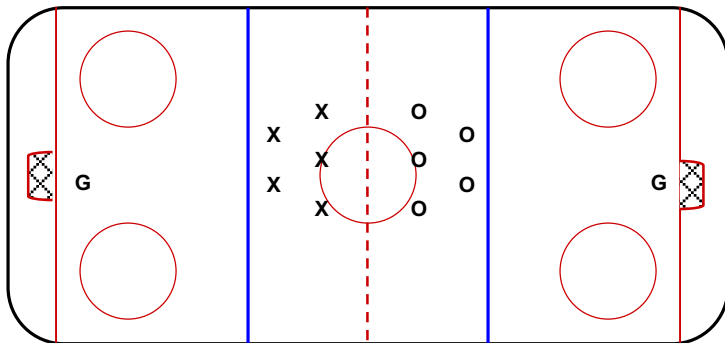
EastWest, NorthSouth Scrimmages(10mins)

Two scrimmages going on at once. One is being played north-south and the other is being played east-west. Encourage players to keep their heads up and pass the puck. Move nets to the tops of the circles for the North-South game. X's and O's play North-South, Y's and Z's play East-West..



Full Ice Scrimmage (21 mins)

7 mins- 5 v 5
7 mins- 5 v 6
7 mins- 5 v 4



Shoot out (5 mins)

4 lines on the 4 neutral zone dots.
4 goalies in 4 nets.
Switch lines so that they shoot on different goalies.

