

Pee Wee Practice 12

Number of Players: 30-45

Practice Theme/Goals: Skating, puck protection, scoring, awareness, skills, team play

Equipment Needs: 4 nets, borders

Time: 60 minutes

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, Stops and Starts(10mins)

Skate the top then bottom of circle and stop at blue line, red line, blue line, then skate the bottom and top of the circle. Do with and without pucks.

Stations: 3 x 8 min each

Station 1: Body contact

Part A: Stationary locked arms and bump. Each way 5 times

Part B: Moving w/ partner-bump whole side of body with stick on ice.

Part C: Moving pinch off along boards. Go both directions

Part D: 2 man race to loose puck w/ contact. Try to win puck and score!

Station 2: 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 pass receiving, shooting, agility, scoring, and hockey sense.

Station 3: 4 corners keep away

Passing game where a 3 v 3 takes place with 4 neutral players in the corners. The neutral players are on whatever team has the puck. If the Y team has it, the Y's and the X's play keep away (7v3) vs the Z's.

Works on passing, receiving, team play, hockey sense, and competing.

Cross Ice Scoro (8 min)

Plays line up in front of their own net with 8 pucks across the middle. On the whistle, the players attempt to score pucks in the opposite net. The game is over when all the pucks are scored. The winning team is the team that has scored the most! Winning teams advance to play each other while the losing team works on shooting in the neutral zone.

Russian Scrimmage (8min)

Players play multiple different 1v1s, 2v2s, 2v1s etc...players can only shoot on the goalie if he is looking at them. Get multiple pucks going and promote heads up play. Works on competing, scoring, team play, heads up play and awareness.

