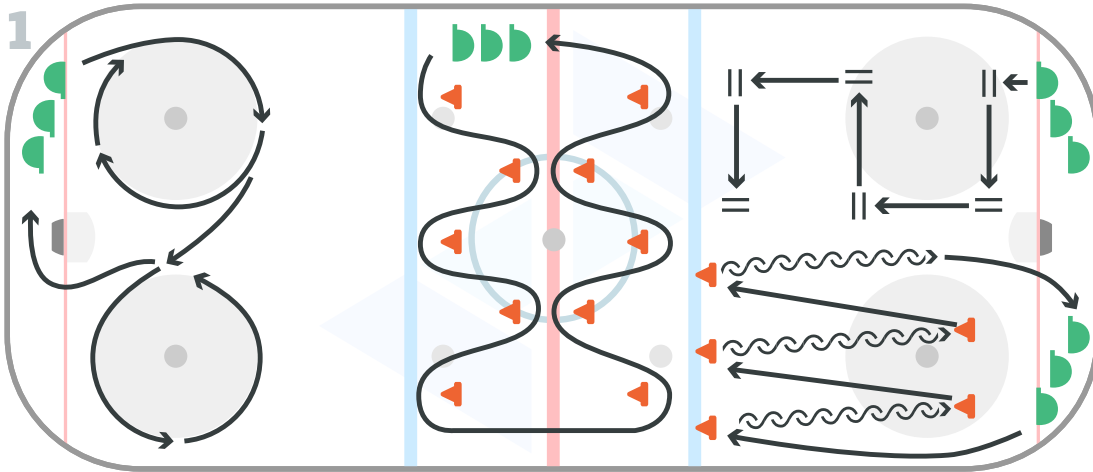


Peewee: Practices 1 & 2

1 of 2

Time: 60 minutes | Theme: Welcome to Peewee hockey! | Equipment: Pucks & 15 cones



Alternate Layouts

Half Ice



Small Rink



Legend

players coach

pilon stick stop

skate skate backward skate with puck

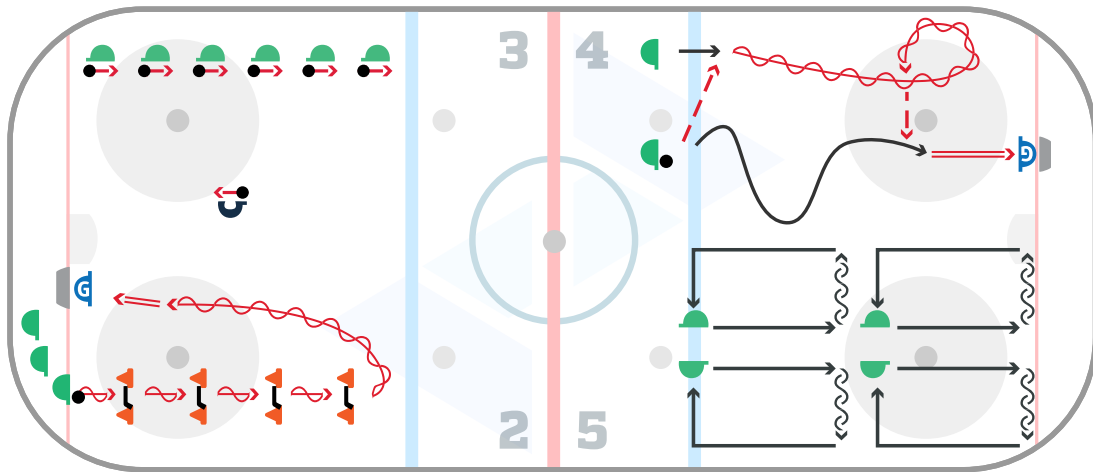
pass shoot

Warm-up

The coach will go over the basic practice rules and guidelines with all the players. Players will skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Skating Evaluation

At the beginning of the hockey season, coaches must evaluate the strengths and weaknesses of their team's skating ability. These four drills will test all the fundamental skating components: crossovers, tight turns, starts and stops, and transitions.



2. Agility Sticks with Shot

Here players can work on their toe drags as they attempt four elusive moves under sticks placed atop cones and finish with a shot on goal. Encourage creativity as young players focus on their puck handling and deception.

3. Puck Handling 1

Facing the coach, players will learn the fundamental stance and hand position for proper puck handling. Players will progress from narrow to wide puck handling as they gain confidence in their ability. Mix in some creative puck handling combinations.

4. Delay One Timer

The drill begins with a pass from the inside player to the wide skater. The wide player skates into the zone and makes a strategic delay by turning towards the boards. Timing their route, the inside player will make his way into the slot for a pass and one-timer.

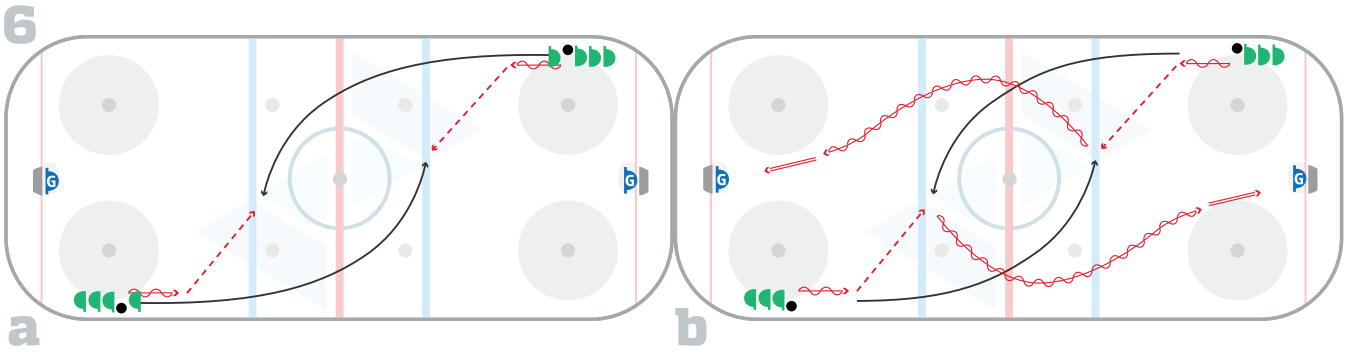
5. Mirror Agility

Have two players square off in the middle of the zone and select one as the leader. The opposing player must mirror the exact movements completed by the leading player. Emphasize agility and footwork.

Peewee: Practices 1 & 2

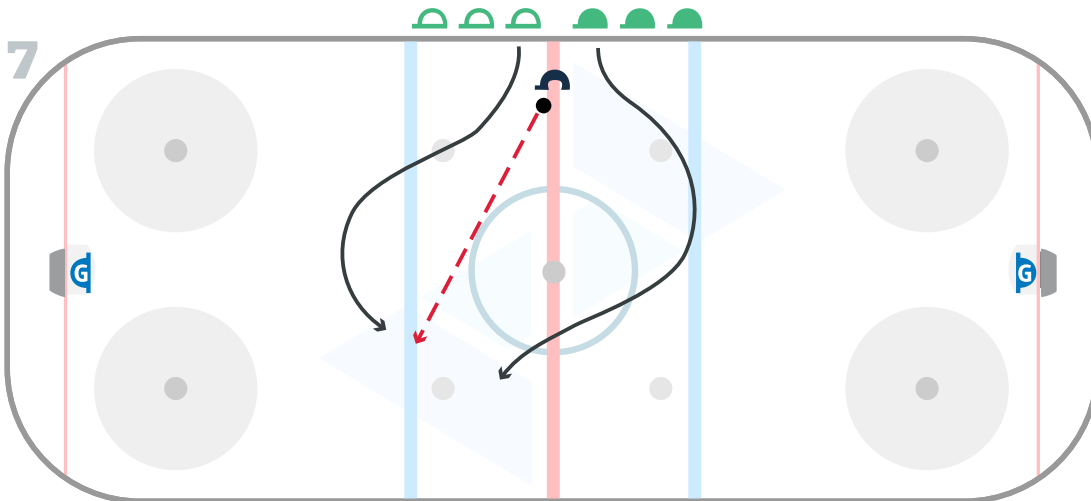
2 of 2

Time: 60 minutes | Theme: Welcome to Peewee hockey! | Equipment: Pucks & 15 cones



6. Russian Circle

The first players from each line will leave at the same time, round the centre circle, and receive a pass from the second players in line. They will return down to their end of the ice for a shot on net while the second player rounds the centre circle for a pass.



7. Stampede Angle

Players will be split into two teams and separated onto opposite benches. The coach will say a number (one-four) indicating the number of players from each bench that will exit the middle gate. A puck will be spotted to one side indicating the offensive team while the defensive team must first touch their own blue line before attempting to angle the attacking team to the outside.

+ Controlled Scrimmage

Players will play a full-ice five-on-five scrimmage with the coach attentively watching and stopping the play whenever a breakdown occurs. This is an excellent opportunity for coaches to offer advice, which will benefit all the skaters.