

# Peewee: Practices 15 & 16

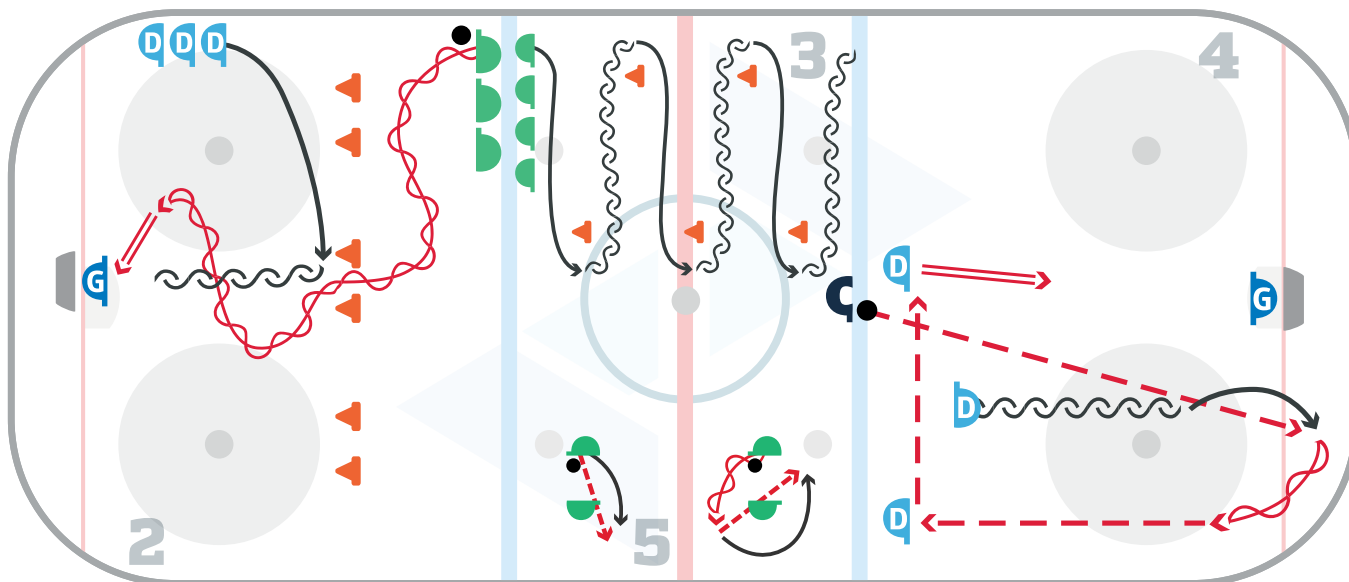
Time: 60 minutes | Theme: Containment & indirect passes | Equipment: Pucks & 11 cones

## Warm-up

Players are split into all five circles and skate randomly with pucks working on creative fakes and deceptions. On the whistle, players attempt to knock the puck off their nearest teammate's stick while maintaining control of their own puck. If a player loses their puck, they are out.

## 1. Circle Skating

Players begin in the neutral zone in a skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skills are forward, backward, and alarm clock crossovers around all five circles.



### Alternate Layouts

Half Ice



Small Rink



### Legend

players G O L R C  
coach C

pilon ▲  
stick |  
stop ||

skate →  
skate backward ~~~~  
skate with puck ~~~~

pass - - - - -  
shoot == == ==

## 2. Containment

Three pylon gates are placed horizontally across the ice, one of which the attacking forward must travel through. The defenseman shadows the forward across the ice and attempts to block their entry through each gate. Once entry is gained, the two players battle one-on-one.

## 3. Transition Slalom

Players continue to work on their transitions from forward to backward (and vice versa) as they slalom around the pylons. Have the players use pucks for increased difficulty.

## 4. D Pass and Shoot

Coach dumps a puck into the corner; the first defenseman retrieves it, and a pass is made up the boards to a second defenseman at the point. The second defenseman then proceeds to pass laterally across the blue line to a third defenseman for a shot on net. Repeat the drill on the opposite side.

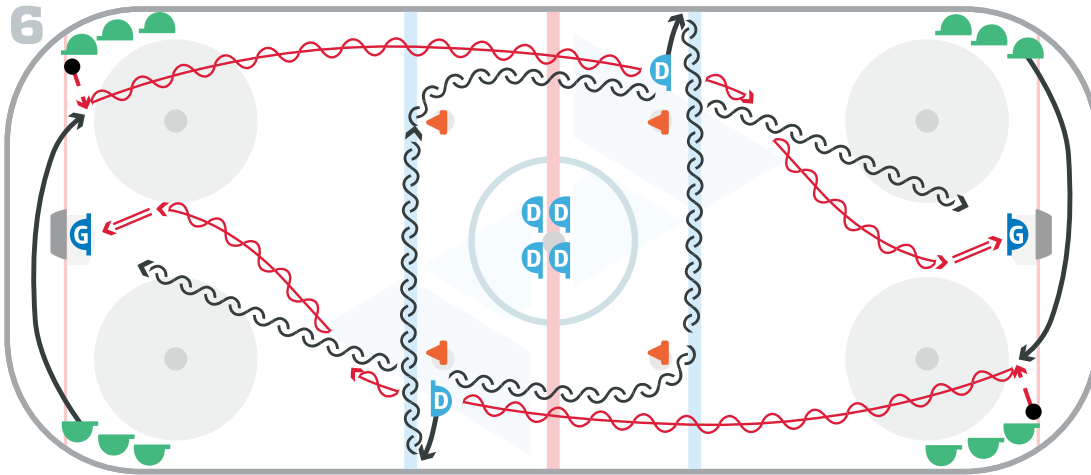
## 5. Puck Under Player

Partner up the players and have one teammate stand still with their legs at shoulder width and stick in one hand on the ice in front of their body. The other player puck handles around their stationary teammate learning how to slide the puck through the other players skates, around their body, and under their stick. Switch the players up every minute.

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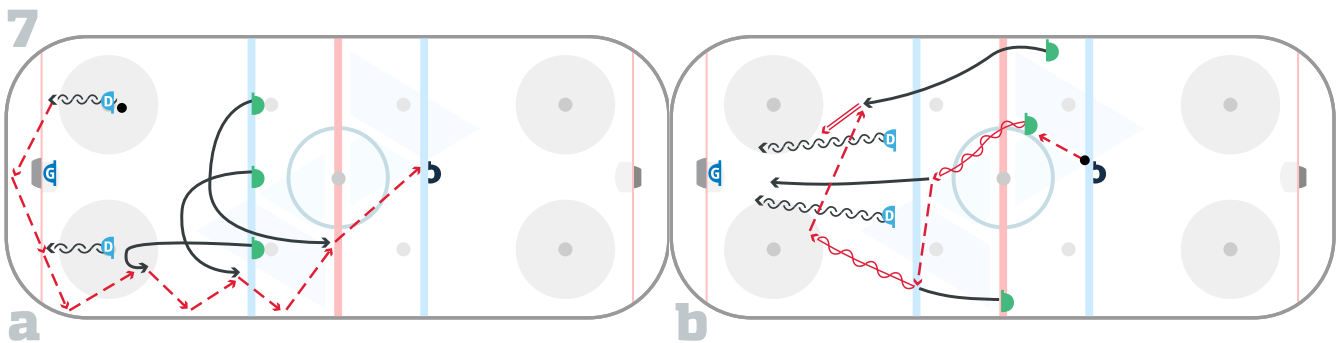
2 of 2

Time: 60 minutes | Theme: Containment & indirect passes | Equipment: Pucks & 5 cones



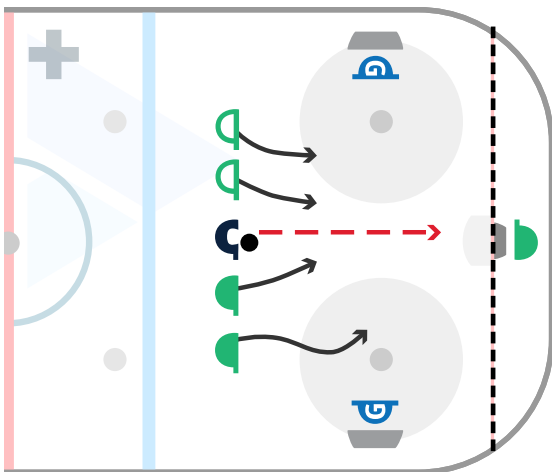
## 6. Olympic One-on-One

On the whistle, a forward leaves the corner, rounds the net, and receives a pass from the forward in the opposite line. Meanwhile, a defenseman skates to the boards, transitions from forward to backward, rounds the pylon, and the two players engage in a one-on-one rush down the ice.



## 7. Indirect Breakout Passes

A bank pass is made between the two defensemen, followed by a bank pass from the defenseman to the winger. The winger bank passes to the centre, and the centre bank passes to the other winger. A regroup pass is made to the coach at the far blue line, and the three forwards proceed to attack against the original two defensemen.



## + Cross-Ice Hockey Single Support

Play 2v2 for 40-second shifts going across ice in the end zone. Select a support player that may only roam below the goal line and each team must make a pass with the support player before attempting a shot on net. Add an incentive for the players to try harder such as push-ups for the losing team.