

Peewee: Practices 17 & 18

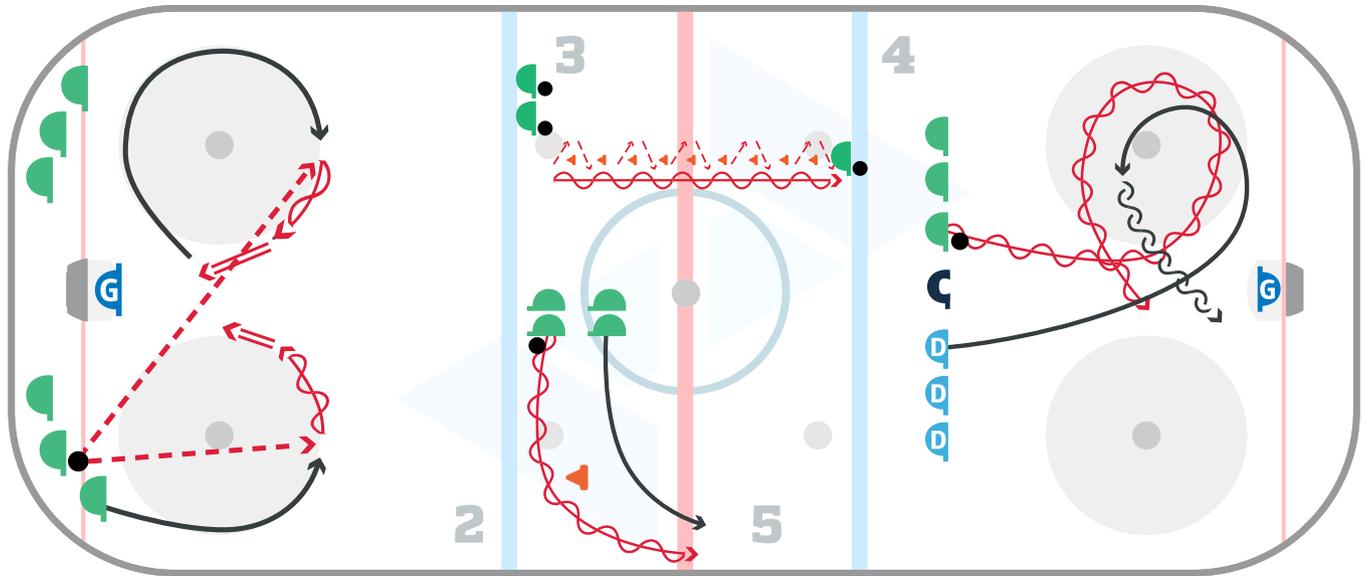
Time: 60 minutes | Theme: D-zone coverage & puck support | Equipment: Pucks & 10 cones

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Tight Turn Dots

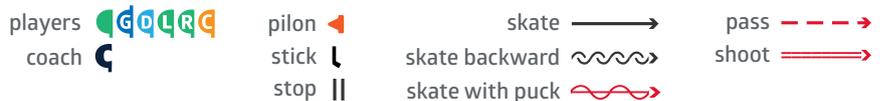
Players begin in the neutral zone in a skating stance and work on various ABC fundamental skating skills. This segment's skating skills are tight turns around all eight wide face-off dots. Add a puck for increased difficulty.



Alternate Layouts



Legend



2. Circle Catch 'n' Shoot

The first player rounds the near corner and receives a pass from the next player in line for a shot. They continue around the far circle and receive a second pass from the same player for another shot on net. Encourage the player to play out the rebound on the second shot.

3. Straddle Puck Control

Line up cones in a tight row and instruct your players to skate over the cones and puck handle in between without touching them or losing control of their puck. As your player's confidence grows, make the spaces tighter for a tougher challenge!

4. Mirror One-on-One

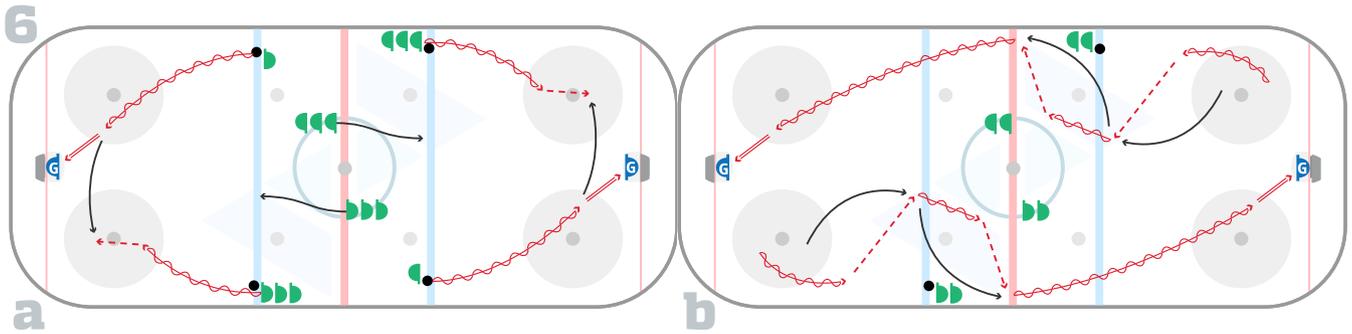
The forward carries the puck in a figure eight around both circles, and the defensemen must trail the forward mirroring their movement. As both players round the top of the second circle they battle one-on-one, the forward attacking the net while the defenseman defends.

5. Angling Drill

The inside player works on their angling and positioning skills by first keeping the puck carrier to the outside and then creating puck separation by the red line. This is an invaluable skill that can be used anywhere on the ice.

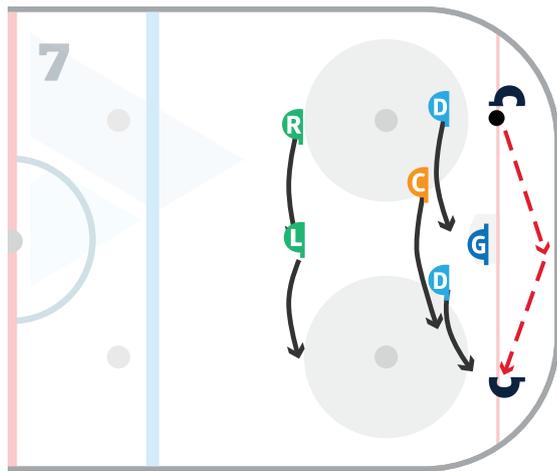
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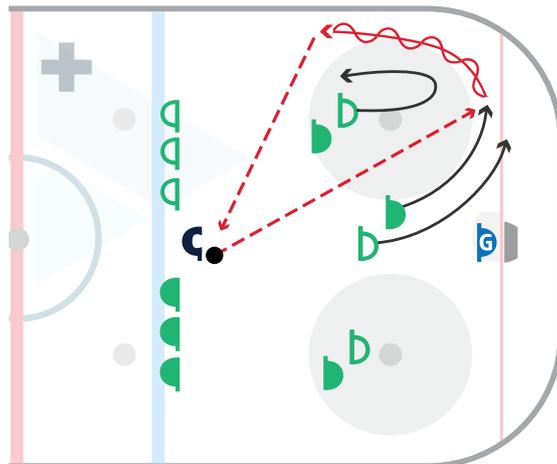
6. Canada Cup

After taking a shot, the player receives a drop pass from a swinging player beginning at the blue line. A return pass is made, and this player makes a pass to a second swinging player from the red line. They finish with a shot and repeat the same flow.



7. D-Zone Coverage

Players take their position in the box +1 D-zone coverage formation. Coaches work the puck around the outside and teach players how to shift so that they maintain their defensive structure.



+ Coach Pass

Players will play 3v3 in a zone where every change of position will require the defending team to make a pass to the coach stationed up near the blue line. The coach will make a pass back to the same team, and now they are on offence. Switch lines every minute to keep everyone engaged.