

Peewee: Practices 21 & 22

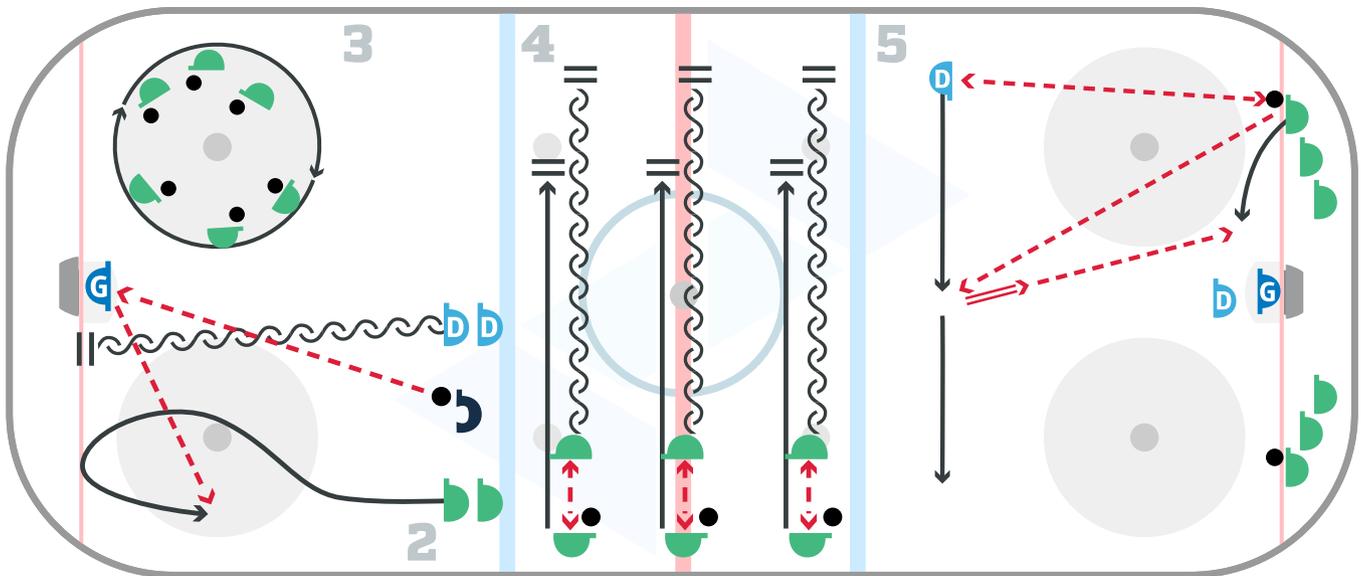
Time: 60 minutes | Theme: Goalies playing the puck, slap pass, & special teams | Equipment: Pucks & something to prove

Warm-up

Players skate laps around the ice with a puck, a whistle signals the players to make a tight turn towards the boards and accelerate in the opposite direction with three hard strides.

1. The Burning Stick

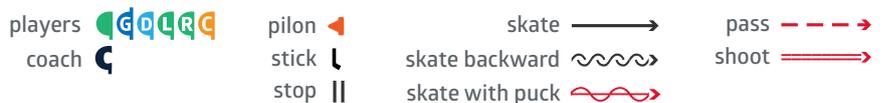
The Coach stands in front of a group of players and uses his stick to command the players where to skate (forward, backward, or side-to-side) testing their agility. Once they reach the far blue line, then the next group begins.



Alternate Layouts



Legend



2. Goalie Outlet Pass

The coach dumps the puck on the net, and the goalie has to make an outlet pass to the forward who swings low along the boards. Meanwhile, a defenseman must back-pedal, touch the goal line, and defend against the forward who regroups and attacks the net.

3. Puck Handling

Focus is on confined area puck handling and spatial awareness. Players begin puck handling randomly inside the face-off circle. On the whistle, players leave their pucks and complete a lap around the outside of the circle then return to puck handling.

4. Cross-Ice Passing - Forwards/Backwards

Players pair up and pass the puck back and forth as they make their way across the width of the ice with one player skating forward and the other skating backward. This drill is all about repetitions; you can never pass the puck enough times!

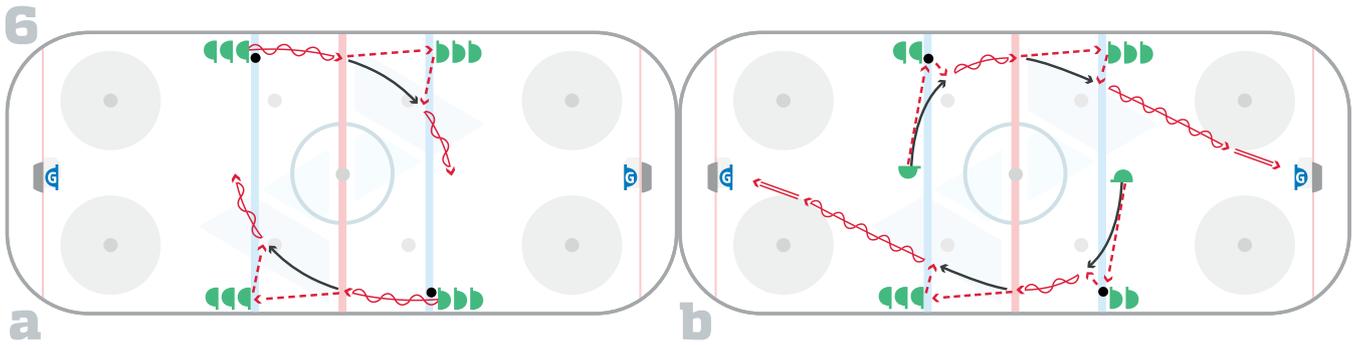
5. Slap Pass Net-Front Battle

The forward in the corner completes a give 'n' go pass with the point defenseman, who starts along the boards and works their way to the middle of the ice. The point defenseman now attempts a hard shot pass for a deflection by the same forward, who must evade pressure from the net-front defenseman.

Peewee: Practices 21 & 22

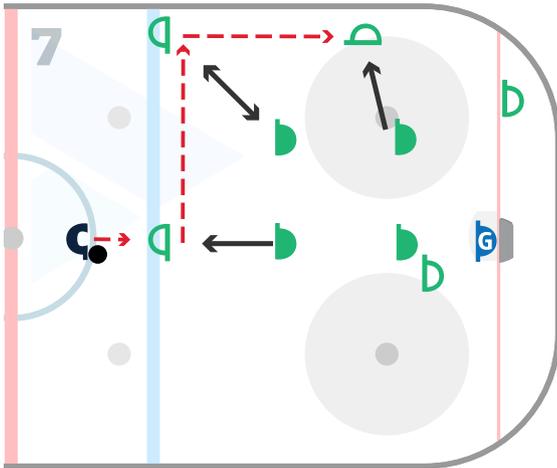
2 of 2

Time: 60 minutes | Theme: Goalies playing the puck, slap pass, & special teams | Equipment: Pucks & something to prove



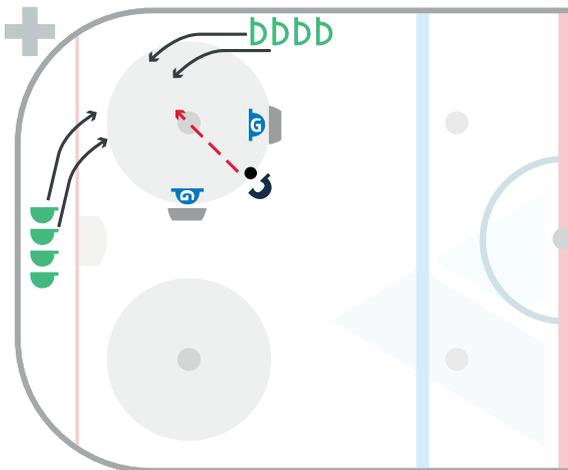
6. Around the World

Diagonal lines leave at the same time making give 'n' go passes with the first player in all three lines before returning down for a shot on net, back on their original side.



7. Overload & Box

Let's work on our special teams by introducing the overload power play and box penalty kill. Make sure you rotate players in on the PP and PK, so they get an opportunity at to attack and defend.



+ Corner Drill

Place two nets facing the corner at a 90-degree angle to one another along the outside of an end zone face-off circle. The coach stands in between the nets and dumps a puck in for two players from each side to battle for possession and a shot on the opposing team's net. The first team to score five goals wins.