

Peewee: Practices 23 & 24

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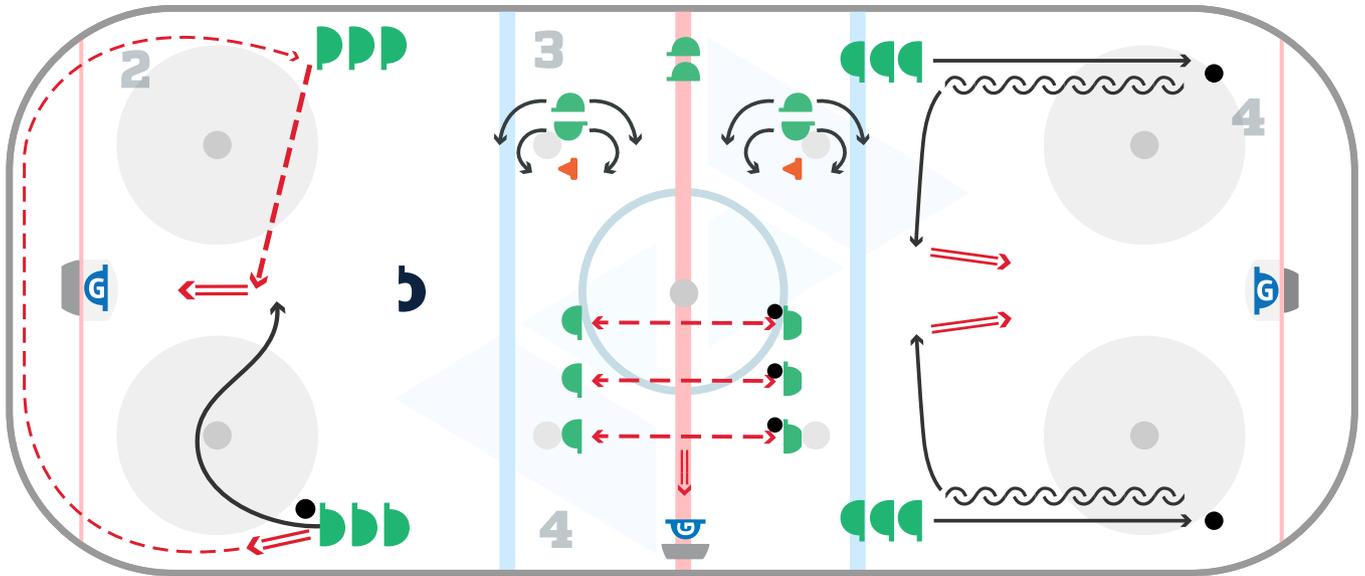
Time: 60 minutes | Theme: Special teams & sauce | Equipment: Pucks & 2 cones

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. Lateral Turn Dots

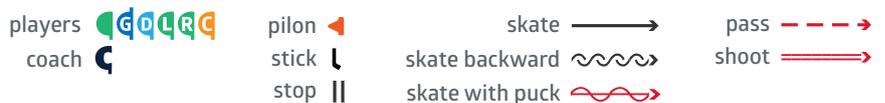
Players begin in the neutral zone in a skating stance and work on various ABC fundamental skating skills. This segment's skating skills are lateral turns around all eight face-off dots. Add a puck for increased difficulty.



Alternate Layouts



Legend



2. Handle the Rim

Player one rims the puck around the boards to player two, who must handle the incoming puck and make a return pass to player one in the slot for a scoring opportunity. Repeat each time from opposite sides.

3. Own the Cone

Have the players discard their sticks and designate one player as the owner of the cone. They use their body to shield the attacking player from touching the cone with their hand. Rotate roles so both players get an opportunity to Own the Cone!

4. Walk the Line

Defensemen test their footwork by first retrieving a loose puck along the half-wall, back-pedaling, and moving laterally across the blue line for a point shot from the middle of the ice.

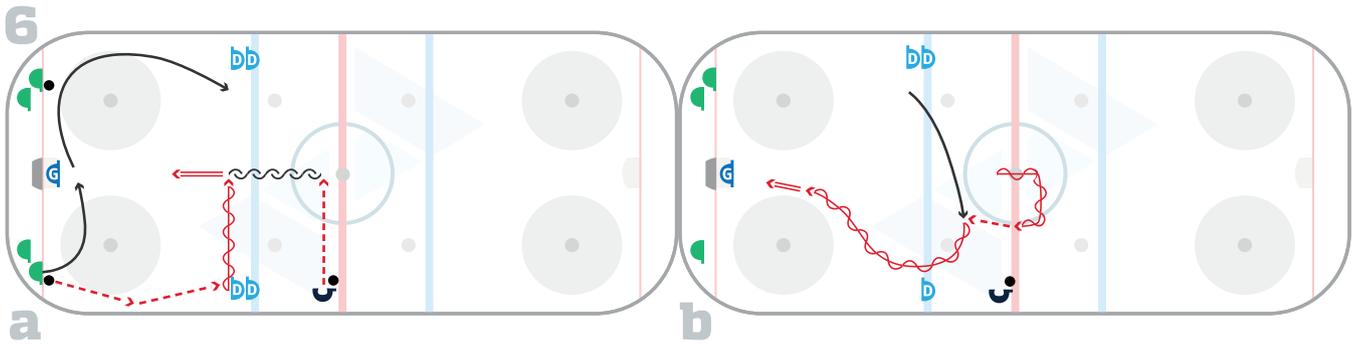
5. Sick Sauce

Players stand 8-10 feet apart and attempt saucer passes to each other by fluidly raising the puck several inches off the ice and landing it flat before reaching their teammate's stick. On the whistle, players skate in for a shot starting with the pair closest to the net.

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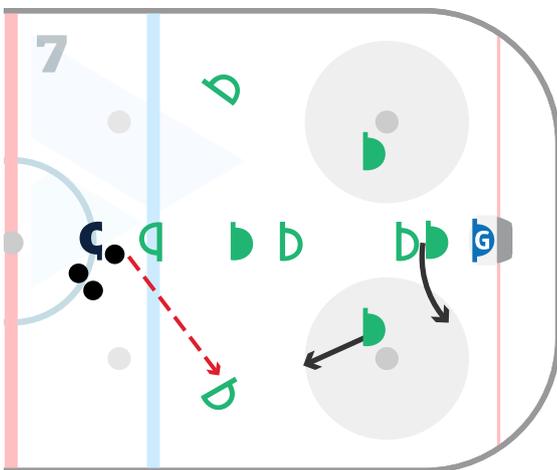
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Time: 60 minutes | Theme: Special teams & sauce | Equipment: Pucks



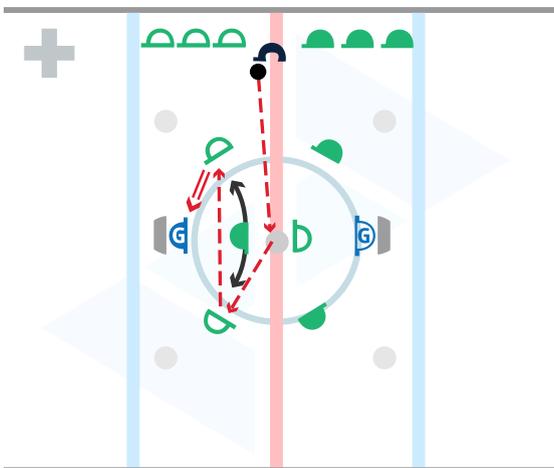
6. Escape Transitions

The forward makes a pass to the defenseman at the blue line for a shot from the middle of the ice with a tip or deflection by the forward. The defenseman then back-pedals through the neutral zone and receive a pass from the coach, where they perform an escape move and hit the swinging forward through the middle of the ice for a second shot.



7. Umbrella & Diamond

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



+ Half-Circle Scoring

The two players inside the faceoff circle are confined to their half. They must play offence and defense, depending on which team has possession. The two wide players on each team are not allowed to enter the circle but can act as passing options once their centre gains possession.