

Peewee: Practices 25 & 26

1 of 2

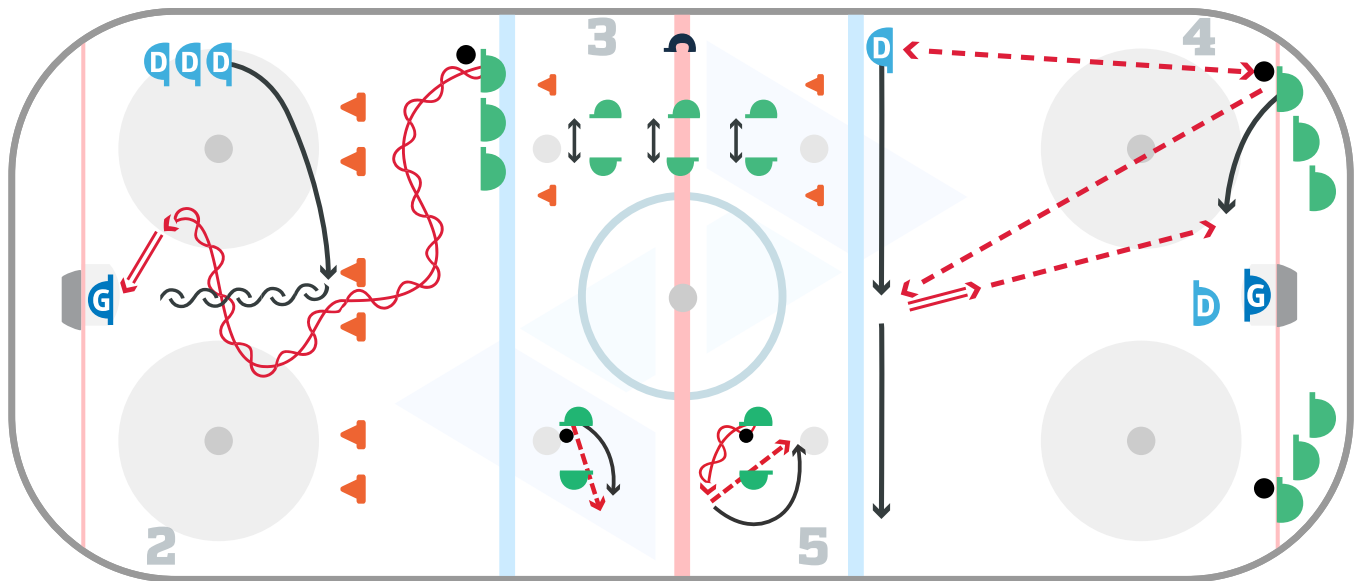
Time: 60 minutes | Theme: Body position, tying up sticks, & slap passes | Equipment: Pucks & 10 cones

Warm-up

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

1. Circle Skating

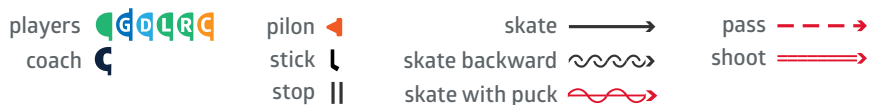
Players begin in the neutral zone in a skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skills are forward, backward, and alarm clock crossovers around all five circles.



Alternate Layouts



Legend



2. Containment

Three pylon gates are placed horizontally across the ice, one of which the attacking forward must travel through. The defensemen must shadow the forward across the ice and attempt to block their entry through each gate. Once entry has been gained, the two players battle one-on-one.

3. Bull in the Ring

Have the players discard their sticks and set up a ring with cones or use a face-off circle. Each player must use their legs to drive the other players out of the ring. Once a player is pushed out they are eliminated, last player standing wins!

4. Shot Pass Net-Front Battle

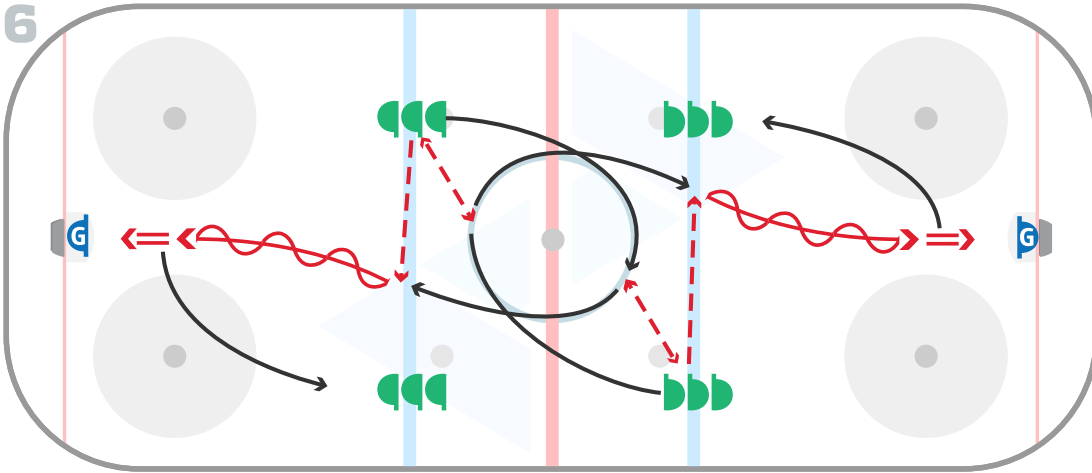
The forward in the corner completes a give 'n' go pass with the point defenseman, who starts along the boards and works their way to the middle of the ice. The point defenseman now attempts a hard shot pass for a deflection by the same forward, who must evade pressure from the net-front defenseman.

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.

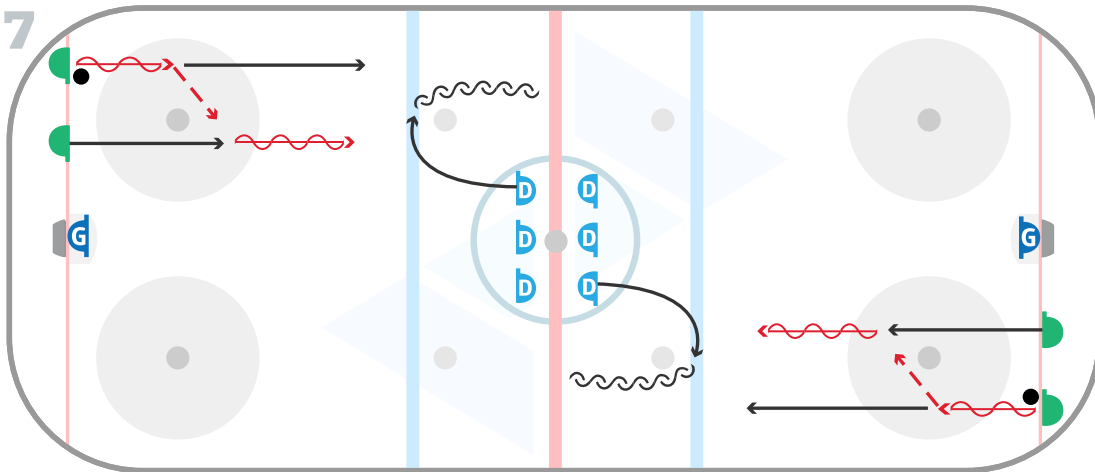
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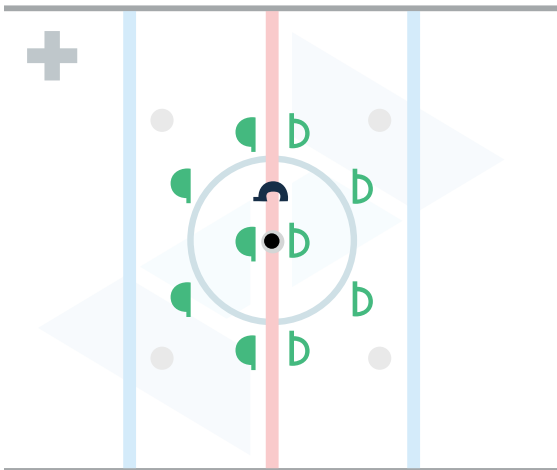
6. Four Dot Drills

Players line up on all four neutral zone face-off dots and run one of the different varieties of the four dot drills: give 'n' go, lateral turn, inside diagonal, and around the circle.



7. Full Ice Two-on-One

Two forwards leave the corner with a puck and attack the far net. A defenseman will step out from the circle ice circle, gap up, and defend the two-on-one rush.



+ Controlled Scrimmage

Players play a full-ice five-on-five scrimmage with the coach watching attentively for any breakdowns to occur. This is an excellent opportunity for coaches to offer team concept advice, which will benefit all the skaters.