

Peewee: Practices 29 & 30

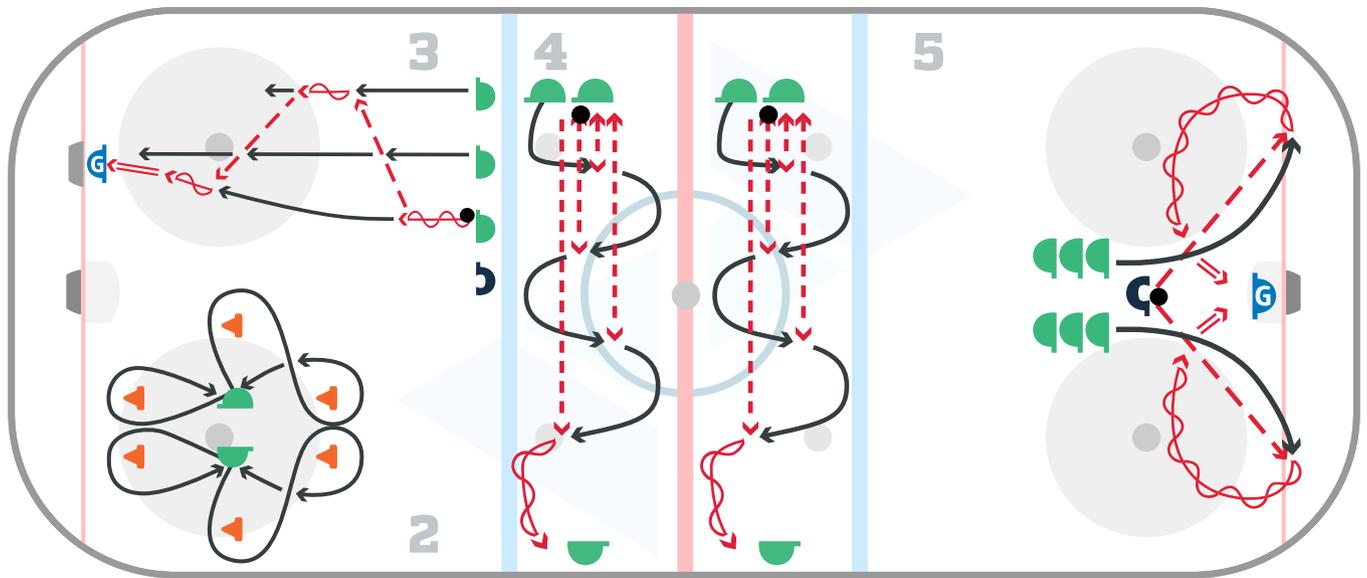
Time: 60 minutes | Theme: Puck support & presenting a target | Equipment: Pucks & 6 cones

Warm-up

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

1. Wave Skating

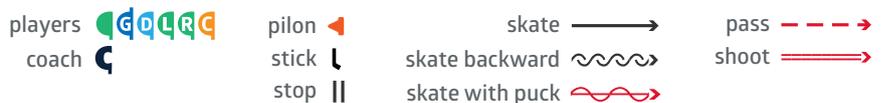
Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. After a full season, it's time to review all the forward skating skills that were learned this season.



Alternate Layouts



Legend



2. Pylon Agility Mirror

Place six cones as shown in the circle and appoint one player as the leader while the other player mimics the same pattern skated by the leader. The players must always face each other. Add pucks as a progression for increased difficulty.

3. One, Two, Three-on-Zero Scoring

The first skater has a breakaway and must keep shooting until a goal is scored. They then quickly regroup at the blue line and return with a teammate for a two-on-zero attack. Once a goal is scored, both players regroup at the blue for a final three-on-zero attack.

4. Cross-Ice Passing - Open Up

Players pair up and pass the puck back and forth as one player crosses the width of the ice gradually getting farther, but always opening up to present a target for their teammate. This drill is all about repetitions; you can never pass the puck enough times!

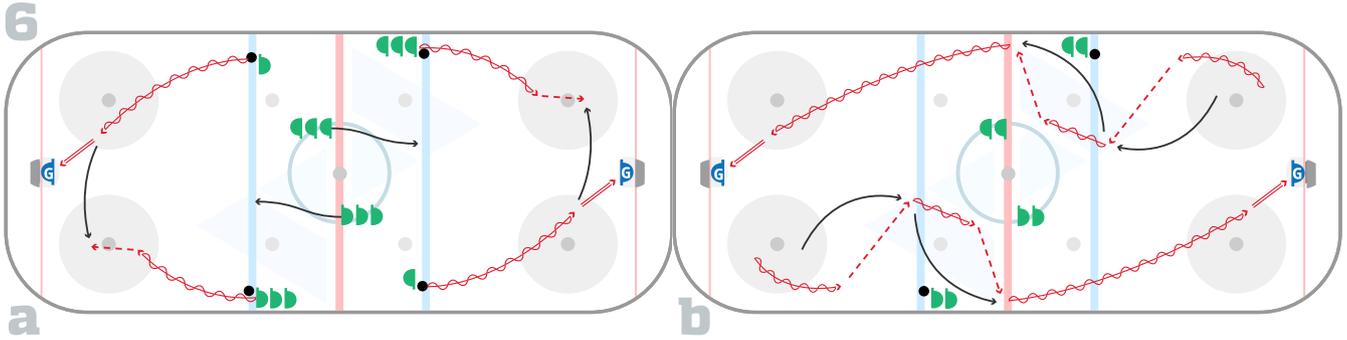
5. Angle with Head of Swivel

The coach dumps a puck in the corner and players must take a proper inside-out angle to retrieve the puck and drive the net for a shot. Add a second player behind applying passive pressure.

Peewee: Practices 29 & 30

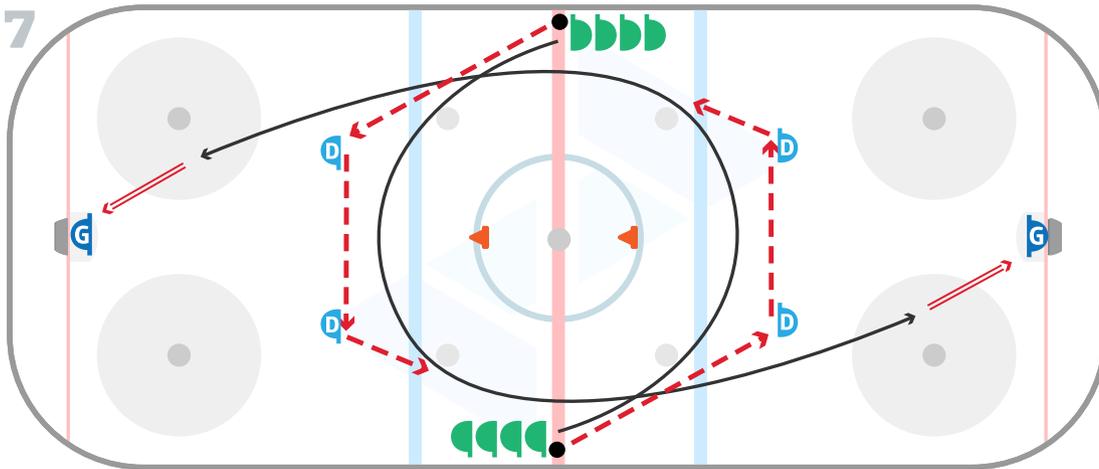
2 of 2

Time: 60 minutes | Theme: Puck support & presenting a target | Equipment: Pucks & 6 cones



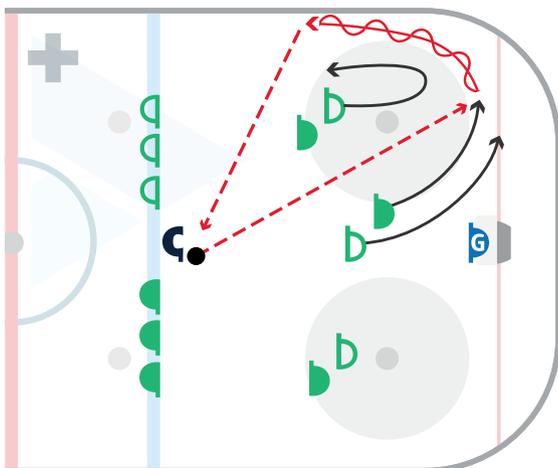
6. Canada Cup

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. Three Option Regroup

Defensemen will simulate neutral zone regroupings by making a D-to-D pass and hitting three different passing options up to the forwards: strong-side winger pass, middle centre pass, or cross-ice weak-side winger pass.



+ Coach Pass

Players will play 3v3 in 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.