

# Peewee: Practices 31 & 32

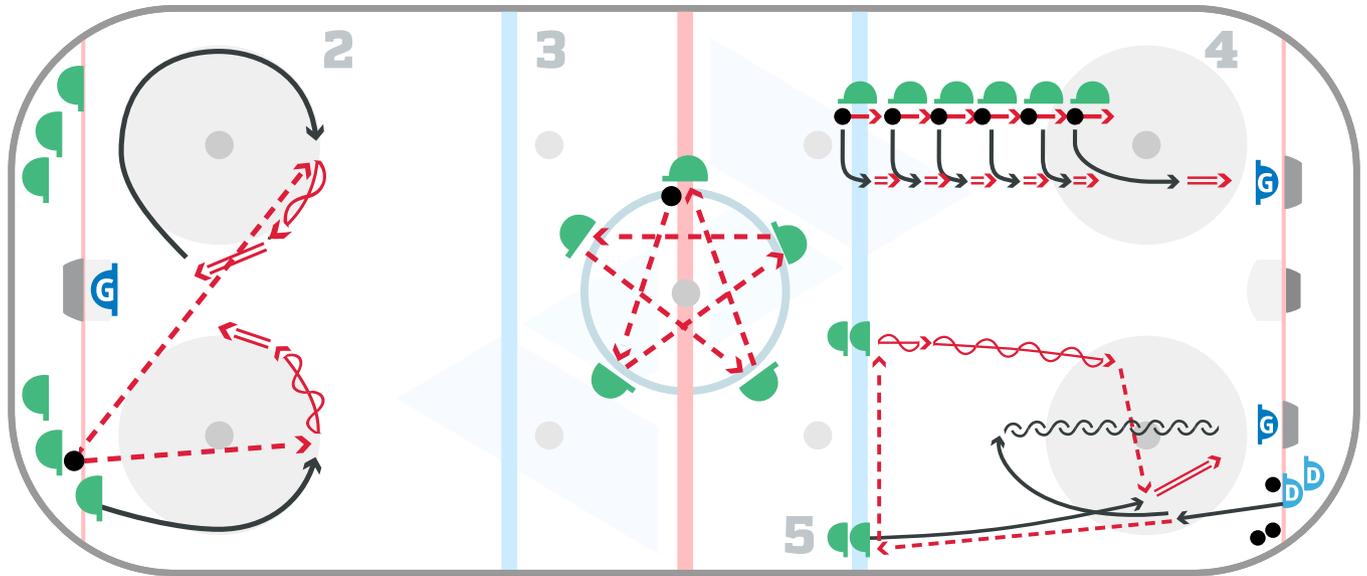
Time: 60 minutes | Theme: Review D-zone coverage & forechecking | Equipment: Pucks

## 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. Wave Skating

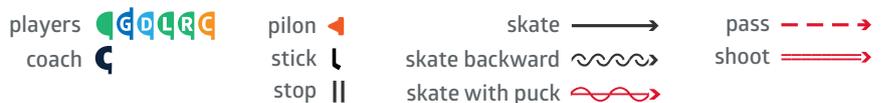
Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. After a full season, it's time to review all the backward skating skills that were learned this season.



### 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. Star Passing

Five skaters evenly position themselves around the face-off circle. Each player receives passes from the skater two positions to their left and makes passes to the skater two positions to their right. Find a rhythm with one puck and continue to add more pucks to the drill.

## 4. Toe Drags to Shot

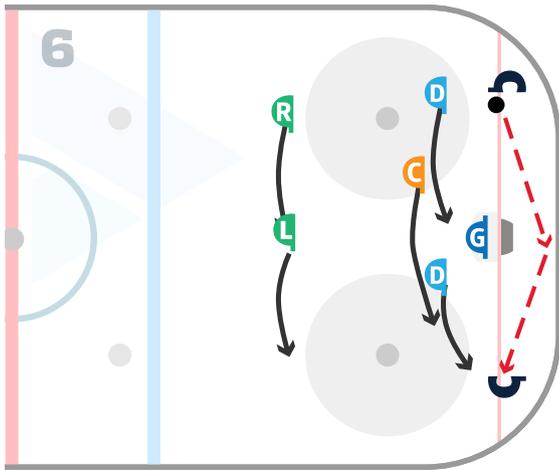
Players follow the coach's demonstration on how to properly execute a toe drag. With their own puck, the players continue to cement this new skill into their repertoire. One by one, players finish with a shot on goal starting with the closest player to the net.

## 5. Closing the Gap Two-on-One

The defenseman passes the puck to one of the two forwards at the blue line, gaps up, and defends a two-on-one rush. Encourage creativity from the attackers, an active stick from the defenseman, and rebound control from your goalie.

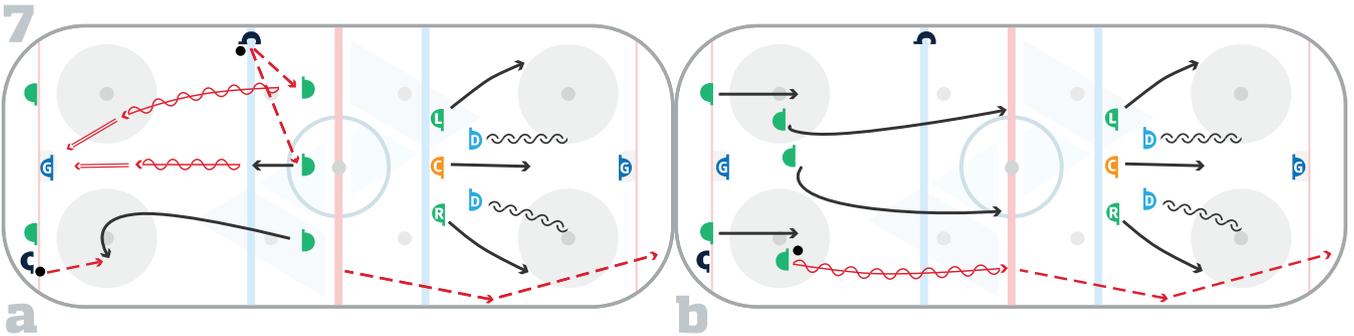
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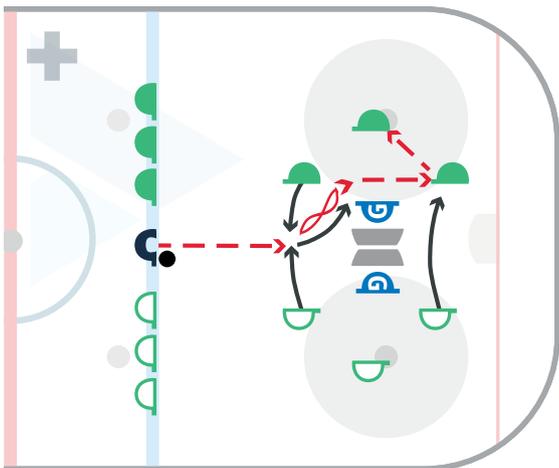
## 6. D-Zone Coverage

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



## 7. Two-One-Two Forecheck

Two shots at the far end followed by a dump in by the third forward will create a forecheck scenario. The three attacking forwards will execute a two-one-two forecheck against a full line of players who will try to break the puck out.



## + Back-to-Back Nets

Two nets are placed back-to-back in the middle of the offense zone. Each team has three players in play but one member of each team is known as the "trigger" and must remain stationary on the offensive side face-off dot. The other two players may roam freely to defend or attack.