

Peewee: Practices 5 & 6

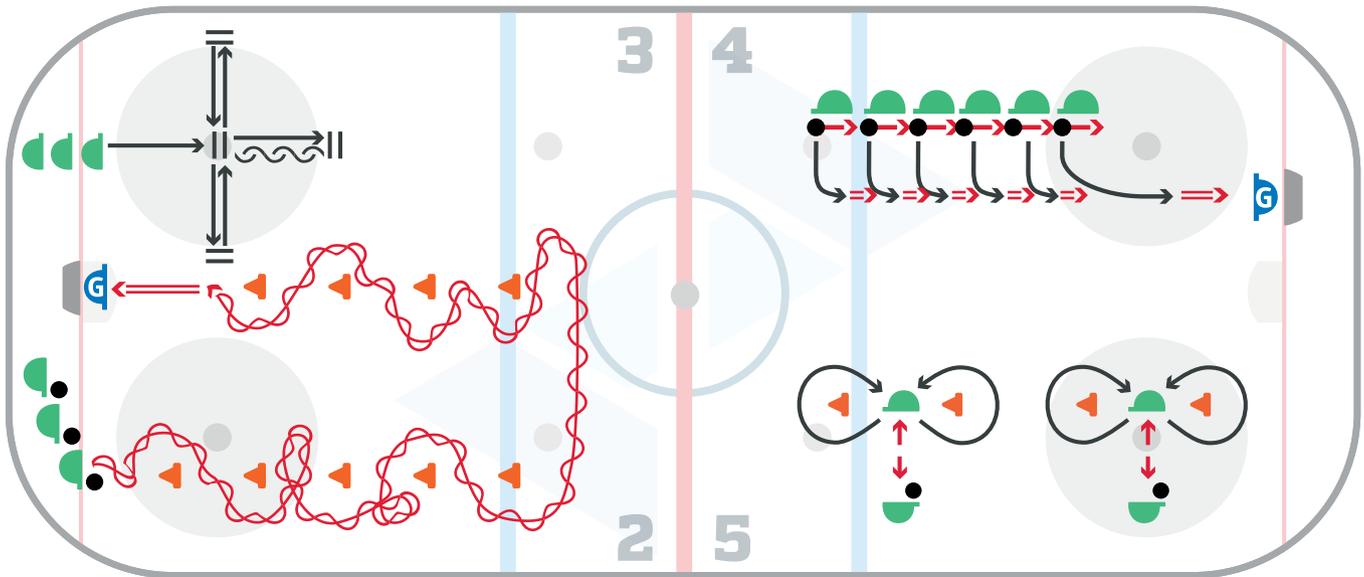
Time: 60 minutes | Theme: Foot & stick agility | Equipment: Pucks & 13 cones

Warm-up

Players will skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Four Lane Skating

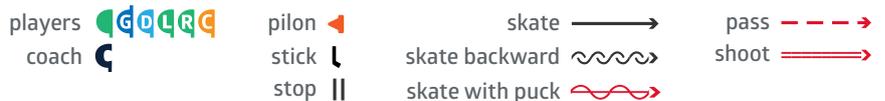
Players will skate down the full length of the ice four times working on various ABC fundamental skating skills in the straightaway. This segment's ABC fundamental skating skills will be forward and backward c-cuts, striding, transitions, and knee touches.



Alternate Layouts



Legend



2. Pylon Puck Control Agility

Players puck handle around each cone using creative puck control deception with stick and head fakes. This is an opportunity to be very creative and try whatever maneuver comes to mind. Reward your players with a shot on net.

3. Iron Cross

Beginning at the bottom of the circle, players skate forward to the face-off dot, stop, then work their way to the outside edge of the circle but always returning to the middle dot on the right, centre, and left side. Have the players side-step, crossover-step, or karaoke when moving laterally to each side.

4. Toe Drags to Shot

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

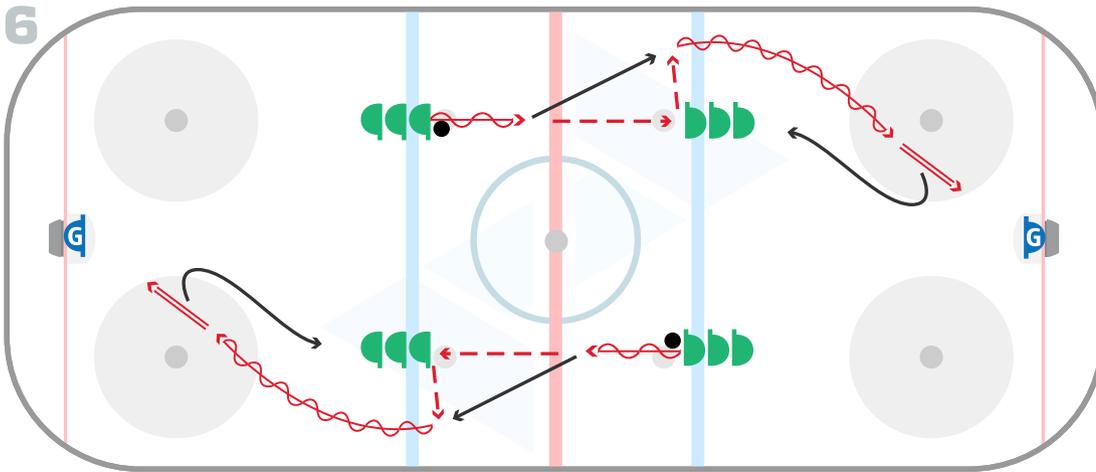
5. Figure Eight Passing

A player completes figure eights by transitioning around the cones and completing one-touch passes in the middle. They will complete five more full laps then change roles with the stationary passer.

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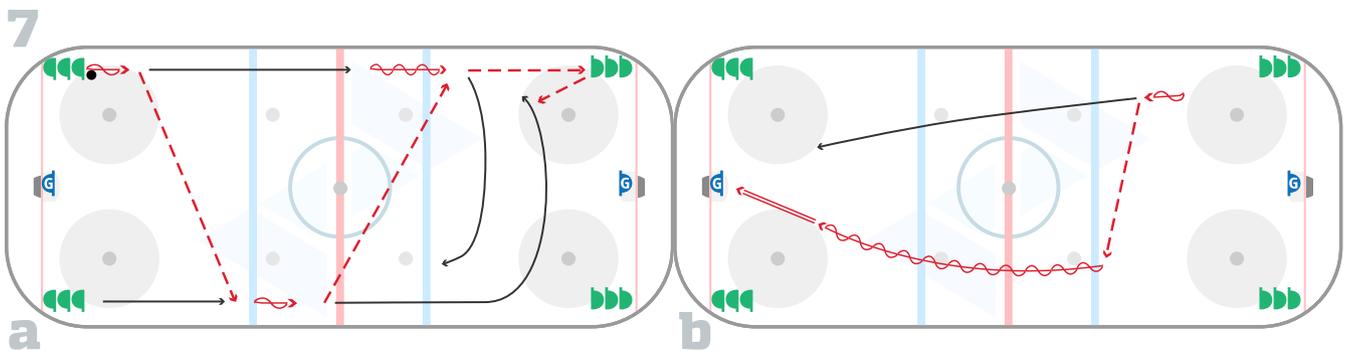
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Time: 60 minutes | Theme: Foot & stick agility | Equipment: Pucks & 12 cones



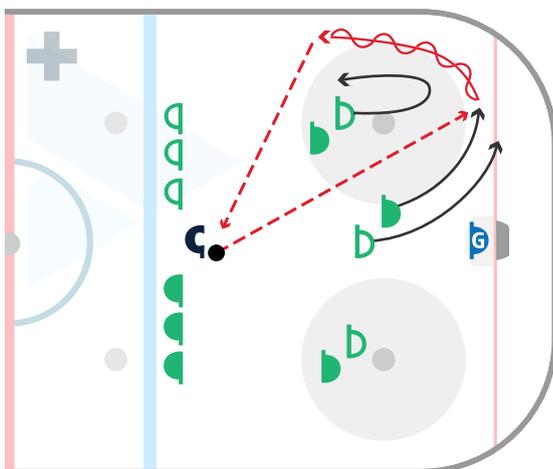
6. Four Dot Drills

Players lineup 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. Two-on-Zero Regroup

Two players exchange passes down the length of the ice. Once inside the far blue line, a pass is made to the first player in line at the opposite end. Both players exchange lanes, receive a return pass, and continue down ice for a scoring opportunity.



+ Coach Pass

Players will play 3v3 in a 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.