

Peewee: Practices 9 & 10

1 of 2

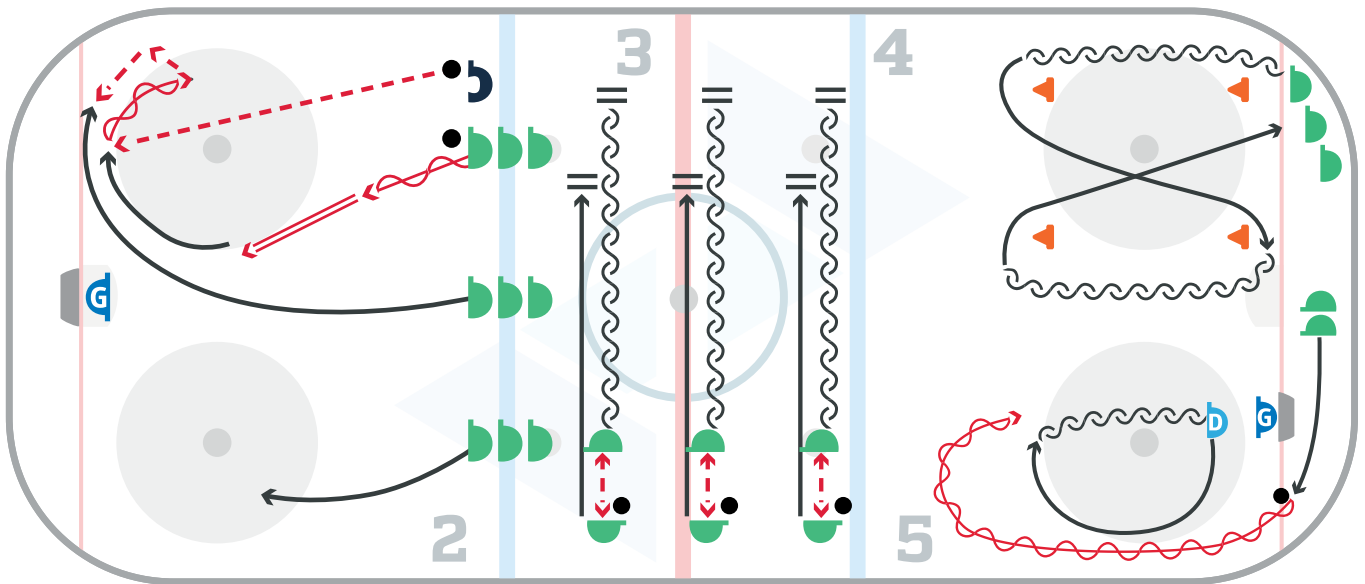
Time: 60 minutes | Theme: Back-checking & middle lane net drive | Equipment: Pucks & 12 cones

Warm-up

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

1. Four Lane Skating

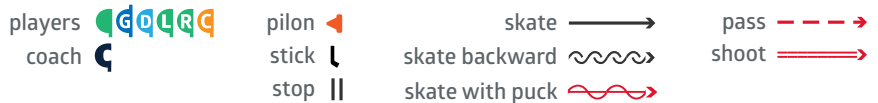
Players skate down the full length of the ice four times working on various ABC fundamental skating skills in the straightaway. This segment's ABC fundamental skating skills are backward crossover starts, backward striding, Mohawk pivots, and transitions.



Alternate Layouts



Legend



2. Three Player Cycle

Player one takes a long shot on net and receives a pass from the coach while round the bottom of the circle. The puck is cycle back down into the corner for the second player who has the option of shooting, passing to the high first player, or passing back-door to the third player.

3. Cross-Ice Passing - Forwards/Backward

Players pair up and pass the puck back and forth as they make their way across the width of the ice with one player skating forward and the other skating backward. This drill is all about repetitions; you can never pass the puck enough times!

4. Comeback Pylon Drill

Players begin in the corner skating backward and work their way diagonally through the course transitioning from forward to backward. Challenge your player's footwork and add a puck for increased difficulty.

5. Corner Contain

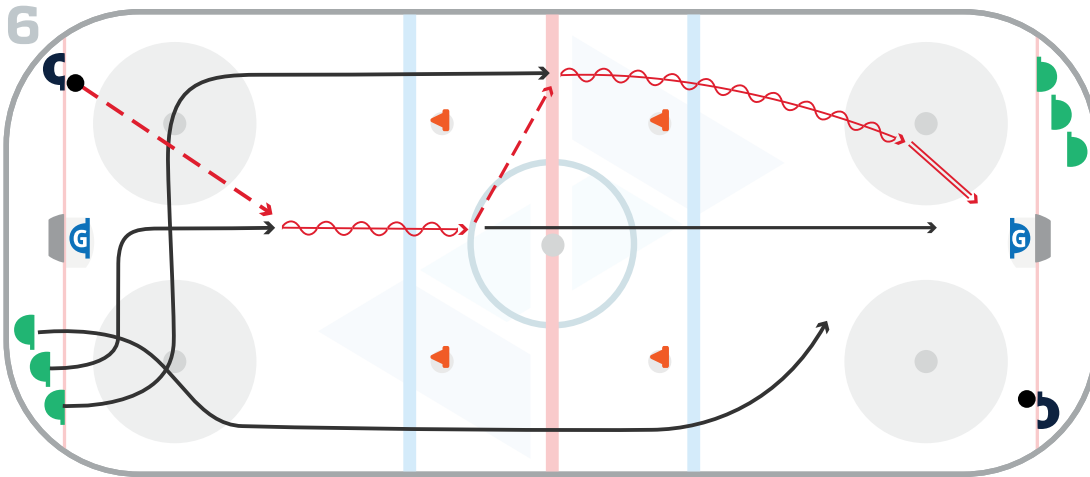
The defensemen start in front of the net while the forward skates behind the net to the corner and retrieves a puck. The forward attempts to attack the front of the net while the defensemen must work on containing the forward to the outside and eliminating their scoring chance.

Peewee: Practices 9 & 10

2 of 2

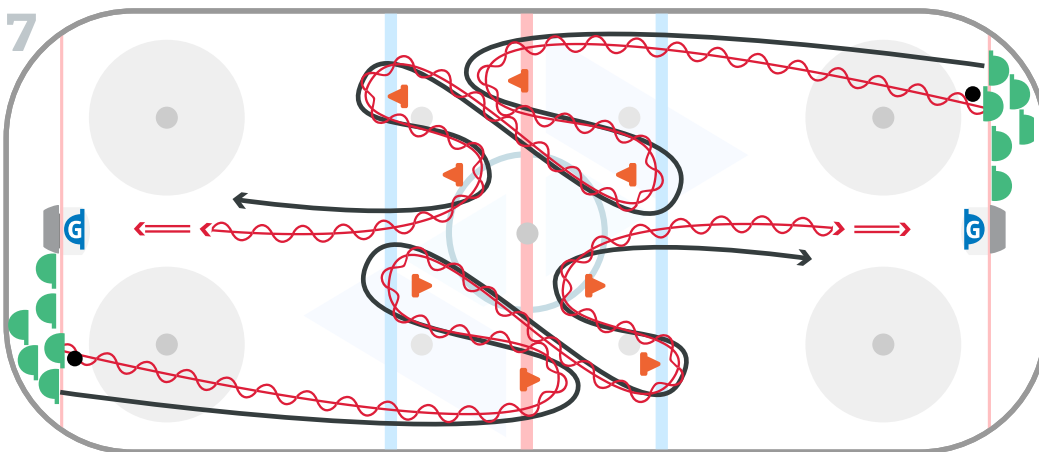
Time: 60 minutes | Theme: Back-checking & middle lane net drive | Equipment: Pucks & 12 cones

© ProSmart Sports Inc. All rights reserved.



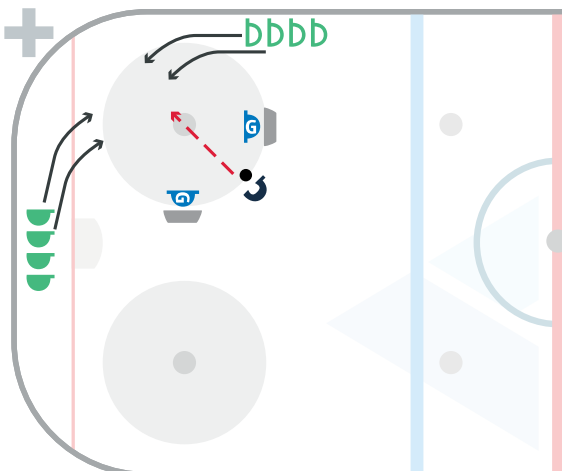
6. Middle Lane Net Drive

Players will use this drill to simulate a three-on-two attack with no defenders. Important points to remember are wide lane puck entry into the zone, middle lane net drive, and wide lane delay from the non-puck carrying winger. Practice all three options: shot, pass to net drive player, and pass to delay player.



7. Tight Turn Chase

Two players leave at the same time, the first player carrying a puck and the second player beginning on one knee. The second skater tries to chase down the puck carrier as they race around the cones and down the ice. Whoever has possession of the puck at the end finishes with a shot.



+ Corner Drill

Place two nets facing the corner at a 90-degree angle to one another along the outside of an end zone face-off circle. The coach stands in between the nets and dumps a puck in for two players from each side to battle for possession and a shot on the opponent's net. The first team to score five goals wins.