

Peewee: Practices 11 & 12

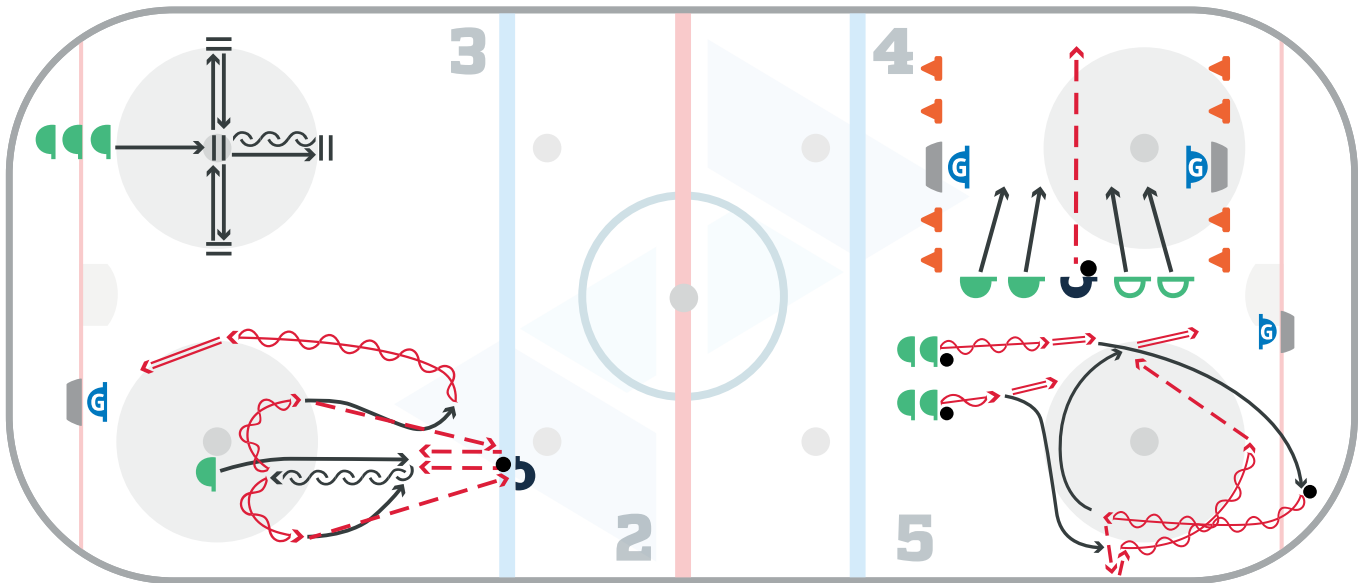
Time: 60 minutes | Theme: D-zone communication | Equipment: Pucks, 8 cones, & 4 nets

Warm-up

Players skate laps around the ice with a puck; a whistle signals the players to make a tight turn towards the boards and accelerate in the opposite direction with three hard strides.

1. Tight Turn Dots

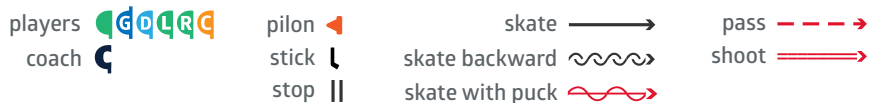
Players begin in the neutral zone in a skating stance and work on various ABC fundamental skating skills. This segment's skating skill is tight turns around all eight wide face-off dots. Add a puck for increased difficulty.



Alternate Layouts



Legend



2. D-Man Mobility

Players must transition from forward to backward in front of the coach, accept a pass, transition from backward to forward, and complete a return pass to the coach. After repeating the same sequence with a transition to the other side, the player finishes 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. Two-on-Two Box

Two nets are set up to face each other with cones set up along the theoretical goal line to disallow players from going behind the net. The coach dumps a puck in, and players battle two-on-two in the confined area.

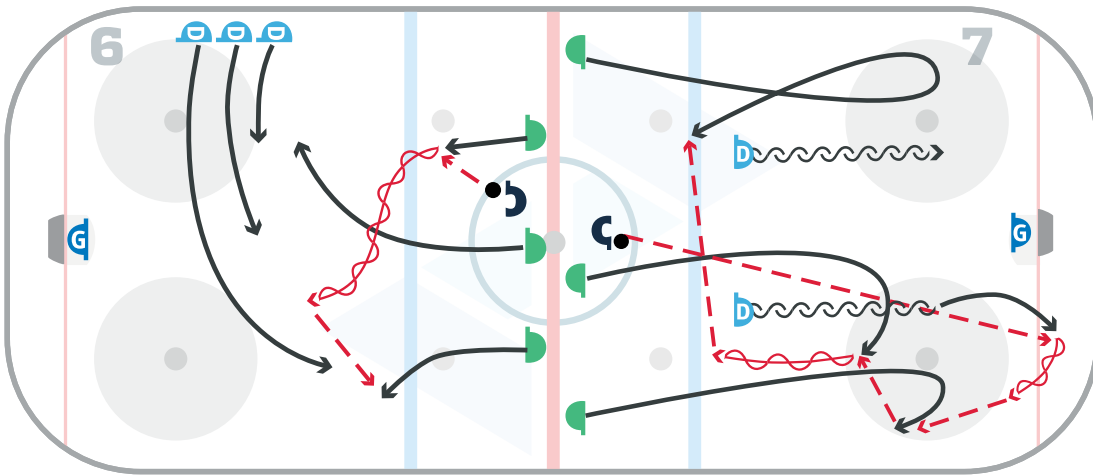
5. Double Shot Drop

The first skater takes a long shot on net from the high slot then retrieves a puck from the corner. The second player fires a high shot then breaks down the boards for a drop pass from the first player. Both players attack the net for a scoring opportunity.

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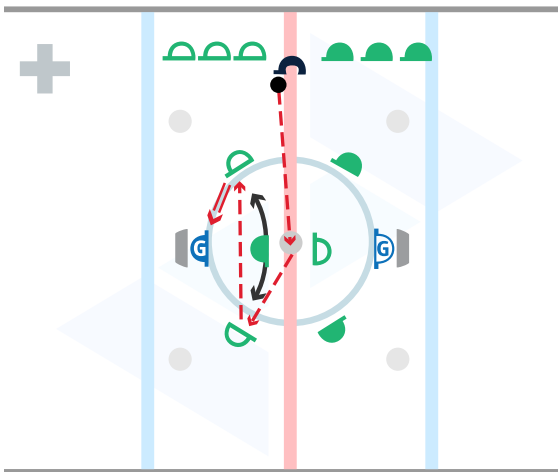


6. Pick a Player

Three defenders line up along the boards inside the zone while three attackers wait at the red line with the coach. On the whistle, the players attack and the defenders scramble into good position to try and break up the attack.

7. Double Breakout Attack

Two defensemen break out the same group of forwards twice: first with a quick up to the strong-side winger and second with a D-to-D pass to the opposite side winger. After the second breakout, the forwards regroup in the neutral zone and attack the defensemen three-on-two.



+ Half-Circle Scoring

The two players inside the face-off circle are confined to their half. They must play offence and defense, depending on which team has possession. The two wide players on each team are not allowed to enter the circle but can act as passing options once their centre gains possession.