

# Peewee: Practices 19 & 20

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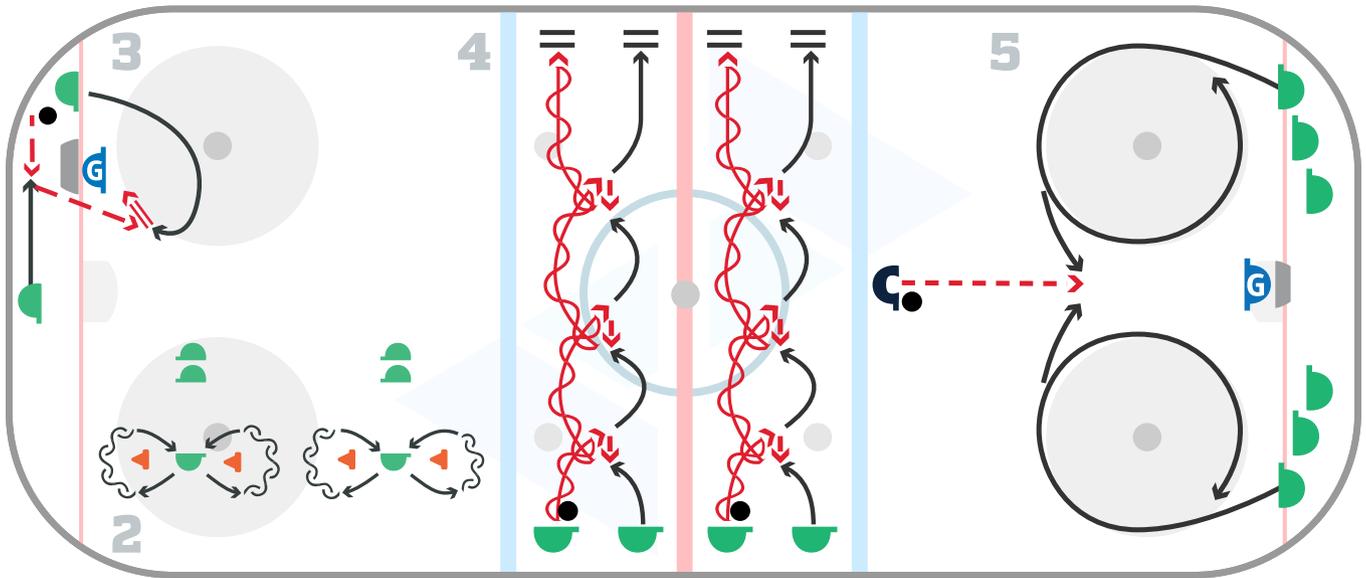
Time: 60 minutes | Theme: Forechecking & goalie post position | Equipment: Pucks & 4 cones

## Warm-up

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

## 1. Wave Skating

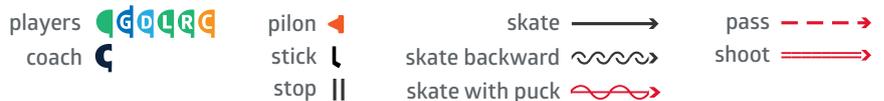
Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skills are forward and backward striding with changes of pace from 50 to 75 to 100% speed.



### Alternate Layouts



### Legend



## 2. Lateral Turns

Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skills are the introduction of lateral turns.

## 4. Down Low Play

The first player begins in the corner with the puck and makes a pass behind the net to a teammate, approaching from the other side. Continuing around to the front of the net, the initial passer receives a return pass for a shot on net.

## 4. Cross-Ice Passing - Cross 'n' Drop

Players pair up and pass the puck back and forth as they make their way across the width of the ice with the puck carrier cutting in front of their teammate and backhand dropping the puck. This drill is all about repetitions; you can never pass the puck enough times!

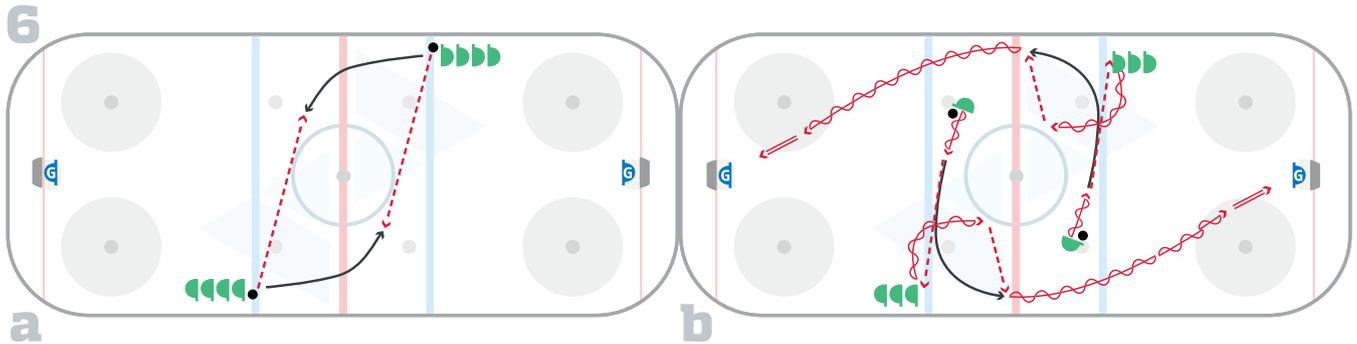
## 5. Circle Relay

Two players race around the circle and fight for a loose puck placed by the coach in the middle of the playing area. Have the players rotate lines, so they work on crossovers and tight turns in both directions.

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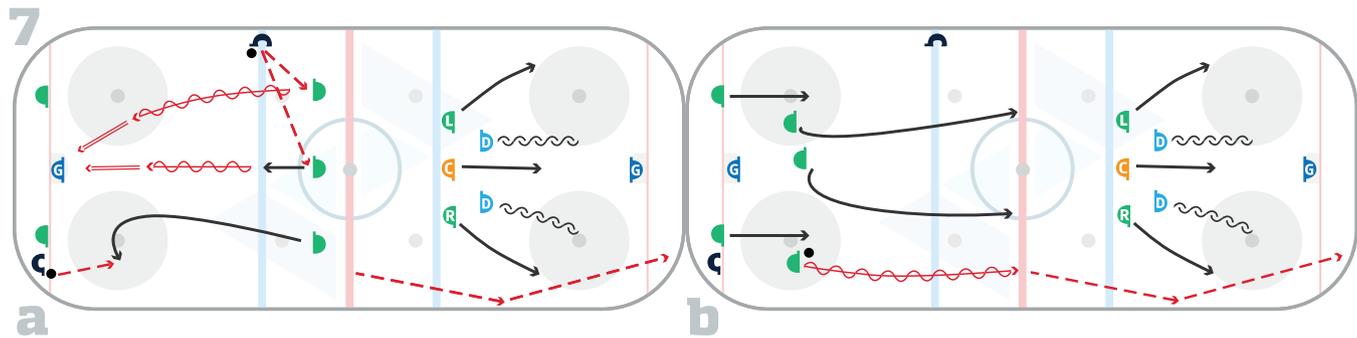
2 of 2

Time: 60 minutes | Theme: Forechecking & goalie post position | Equipment: Pucks & 4 cones



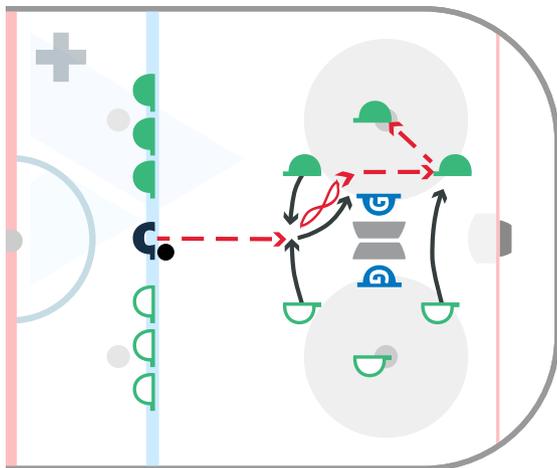
## 6. Reverse Russian

One player from each line will leave at the same time swinging low and wide around the centre ice circle where they will receive and return the pass with the next player in the opposite line. Continuing their deep route around the nearby faceoff dot, the player in line will step out from the boards and hit the swinging player with a pass for a final shot on net. The passer now completes the same route in a continuous fashion.



## 7. Two-One-Two Forecheck

Two shots at the far end followed by a dump in by the third forward create a forecheck scenario. The three attacking forwards execute a 2-1-2 forecheck against a full line of players who try to break the puck out. Continuing their deep route around the nearby faceoff dot, the player in line will step out from the boards and hit the swinging player with a pass for a final shot on net. The passer now completes the same route in a continuous fashion.



## + Back-to-Back Nets

Two nets are placed back-to-back in the middle of the offensive zone. Each team has three players in play but one member of each time 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.