

Peewee: Practices 3 & 4

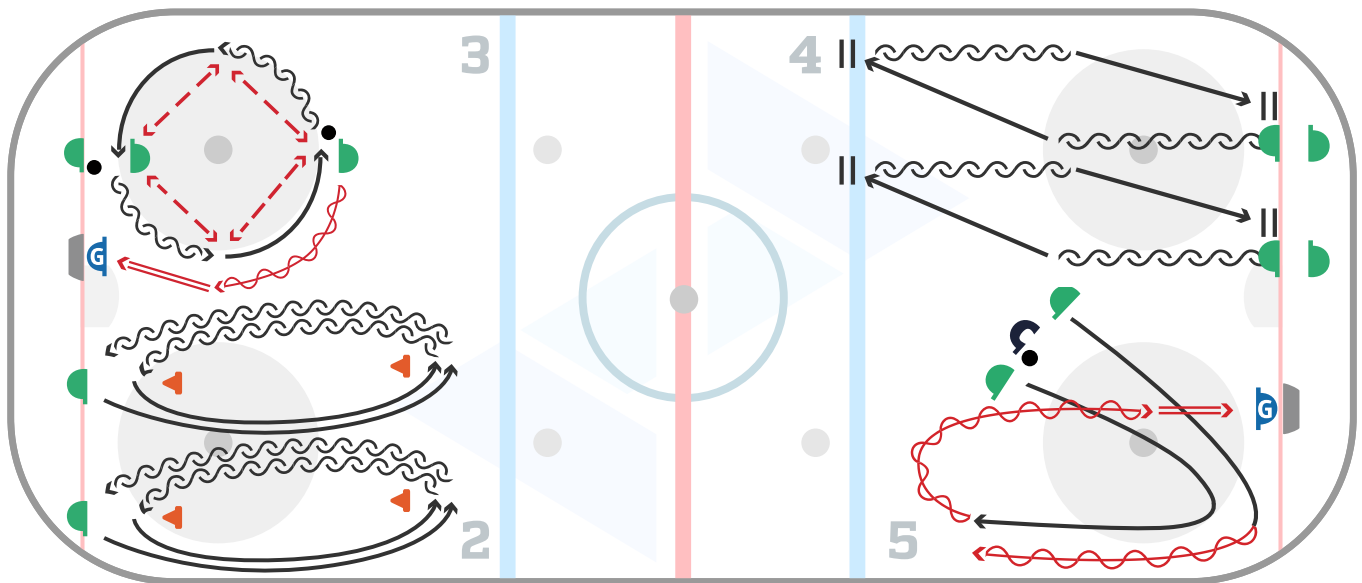
Time: 60 minutes | Theme: Transitions & pivots | Equipment: Pucks & 4 Cones

Warm-up

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

1. Wave Skating

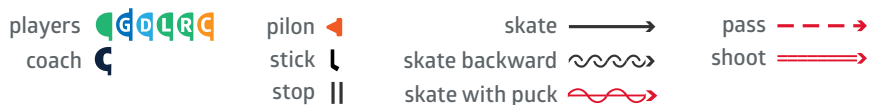
Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skills will be skating stance, one-foot glides, two/one-foot squats, c-cuts, forward and backward striding, and jumps.



Alternate Layouts



Legend



2. Two Cone Transitions

Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skill will be forward to backward and backward to forward transitions around two cones.

3. Face the Passer

Players must receive and make a return pass while always facing the passer on one-half of the circle. This requires them to make multiple transitions and pivots to remain facing the correct passer. Add a shot on goal to the end of the drill for the top passer on the circle.

4. Mohawks

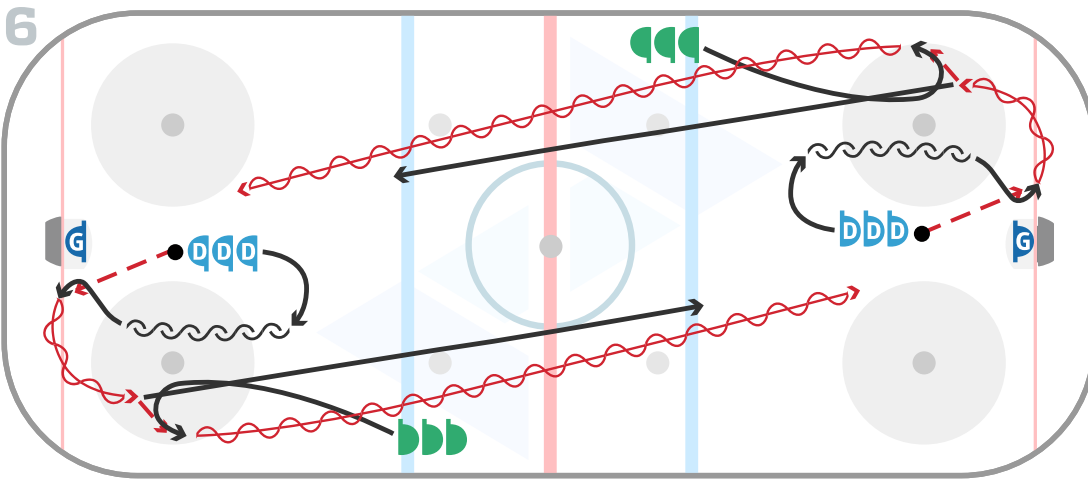
Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skill will be lots of time spent perfecting the Mohawk pivot.

5. Corner Angle

Coach dumps a puck into the corner, the inside skater retrieves the puck and carries it up the boards while the outside skater attempts to angle the puck carrier into the boards. Allow the players to battle and fight for a shot on net.

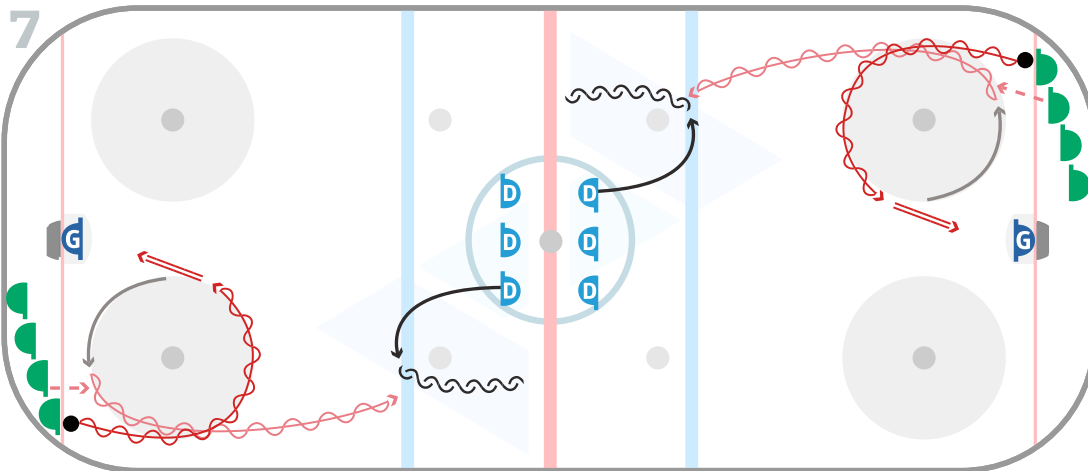
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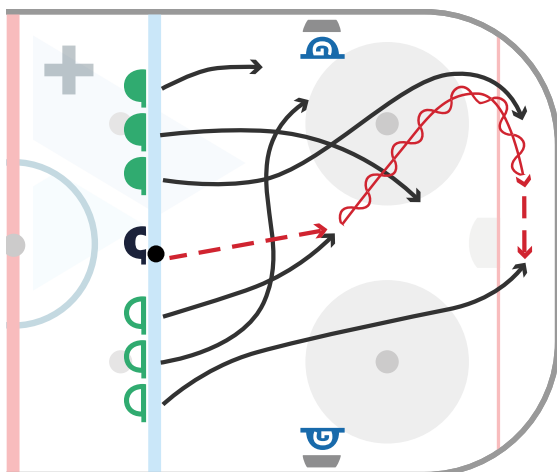
6. Breakout Options: Quick-up & Wheel

The defense will work on their pivoting, puck retrieval, and breakout passes while the forwards manage their timing so they can receive a game-like breakout pass from the defense. Together they attack the far end for a shot.



7. Full Ice One-on-One

The first player in line will skate around the circle and take a shot on net then receive a pass from the second player in line. Meanwhile, a defenseman will close the gap from centre ice and defend the one-on-one attack down ice.



+ Cross-Ice Hockey

Play 3v3 for 40-second shifts going across ice in the end zone where the team that scores three goals is victorious. Add incentive for the players to try harder such as push-ups for the losing team.