

Peewee: Practices 7 & 8

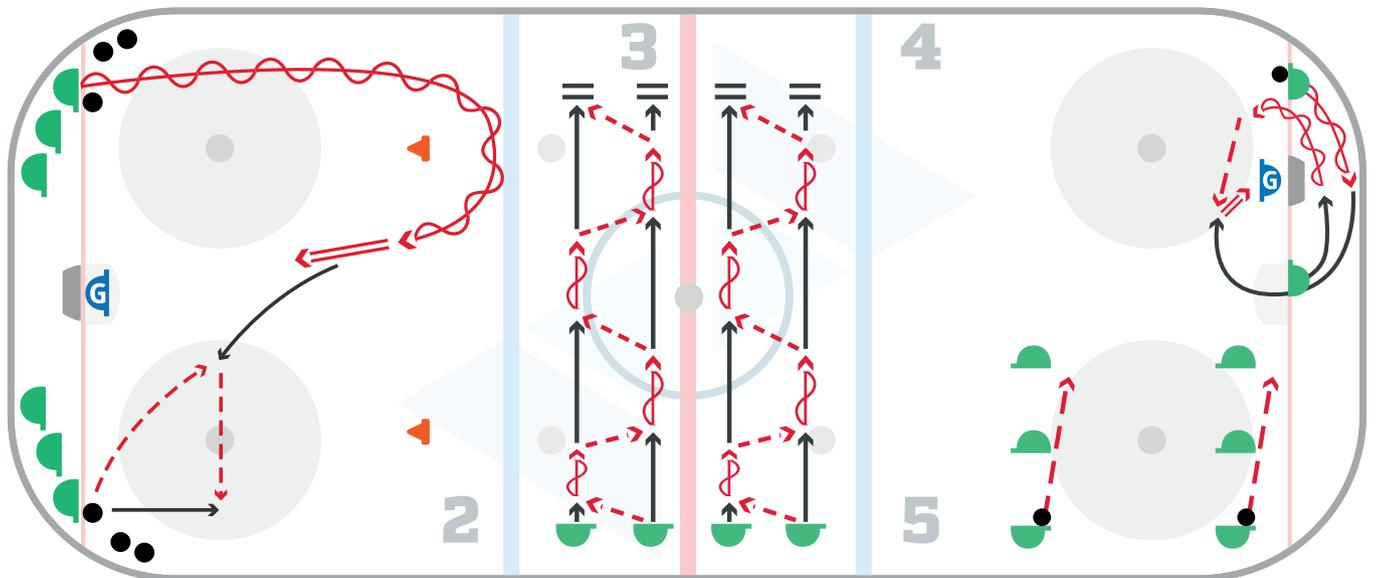
Time: 60 minutes | Theme: Puck support & chips out of the D-zone | Equipment: Pucks & 2 cones

Warm-up

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

1. Circle Skating

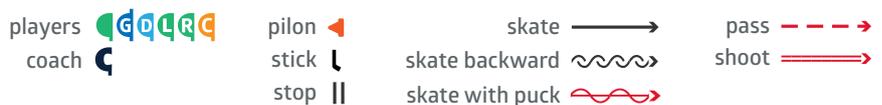
Players begin in the neutral zone in a skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skill will be forward, backward, and alarm clock crossovers around all five circles.



Alternate Layouts



Legend



2. Butterfly Give 'n' Go

The first player skates with a puck around a pylon for a shot on net then receives a pass from the opposite corner and one touches it back to the passer who continues around the pylon for a shot on net. After shooting, this player then receives a pass from the opposite side and touches it back to the next shooter.

3. Cross-Ice Passing - Normal

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

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 will receive a return pass for a shot on net.

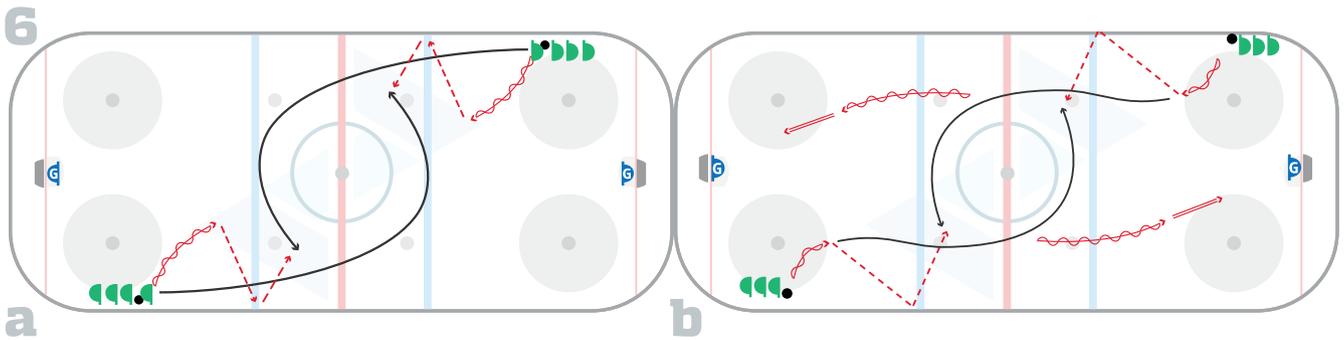
5. Two-on-One Keep Away

Players will play two-on-one keep away within a confined area. The two puck possessing players will have to make accurate passes around the defending player. If one of their passes is blocked or intercepted, then they must replace the middle player.

Peewee: Practices 7 & 8

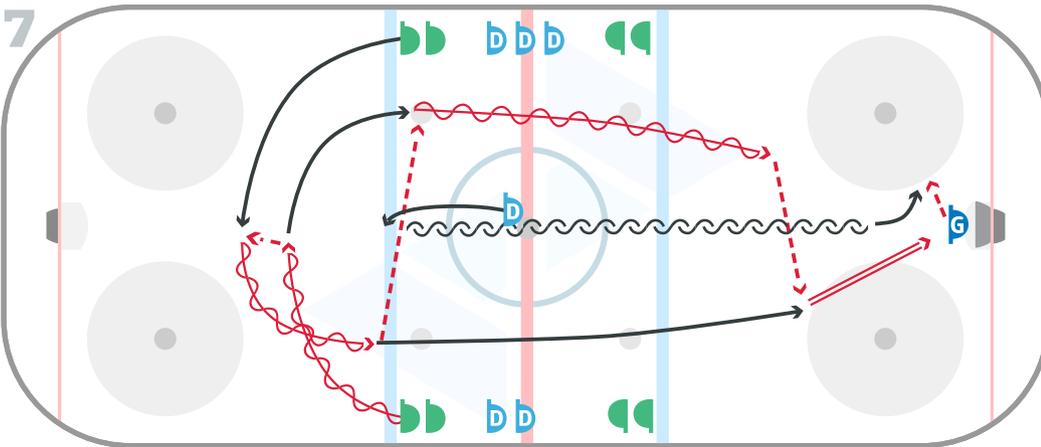
2 of 2

Time: 60 minutes | Theme: Puck support & chips out of the D-zone | Equipment: Pucks & 2 cones



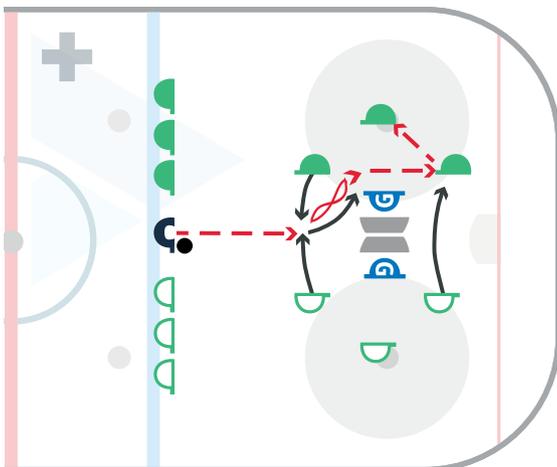
6. Russian Circle Bank

The first players from each line will leave at the same time, round the centre circle, and receive a bank pass off the boards from the second players in line. They will return back down to their end of the ice for a shot on net while the second player rounds the centre circle for a bank pass.



7. Continuous Two-on-One

Two forwards cross inside the blue line and exchange passes on route to a two-on-one attack. Once the forwards have had a shot, or the play has been broken up, the defenseman makes a breakout pass with the same puck to the next two forwards crossing inside the blue line. Another defenseman steps out from centre ice to defend the attack.



+ 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 team 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.