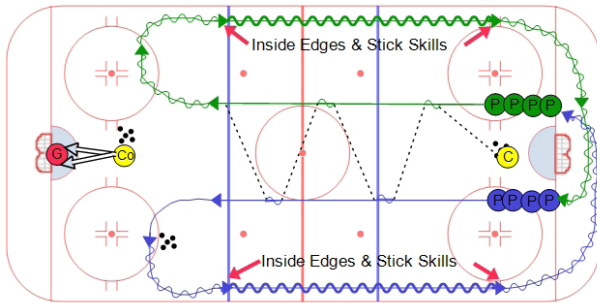


Full Ice Pee Wee Practice #1

Age Level: Pee Wee | Emphasis: skills, zone entry, 2 on 0, 2 on 1

CONTINUOUS WARM UP SKILLS SERIES #1



My Notes

Setup

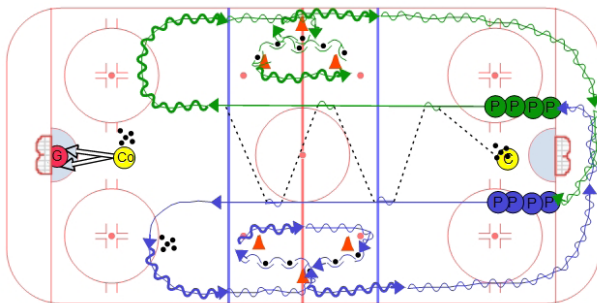
Start with two equal lines in the middle of the ice, each line just outside the hash marks as shown in the diagram. In this variation the coach starts each group with a pass to one of the first players in each line. The first two players go down the ice passing and receiving the puck IN STRIDE. When the players receive the puck they stick handle one time then make a good sweep pass. The player from Line #1 makes sure they have the puck at the far blue line and they turn to the outside and come back down the ice in the outside lane. The player in line #2 makes sure that the other player has the puck at the far blue line and they turn towards the outside while picking up a puck from the the pile of pucks at the top of the circle as shown. This player also comes back down the ice in the outside lane. Both players work on their hands back down the length of the ice. You can set up specific skills such as around the world or "quick hands" depending on what you want them to work on.

When the players come back to the lines then they go to the opposite line. The coach dictates how often players go by starting each group with a pass. The goal is to get have the players almost going on a continuous basis with very little waiting in line.

Coaching Points

- » Receive the puck and pass in one motion
- » Soft hands to receive and pass, no slapping the puck

CONTINUOUS WARM UP SKILLS SERIES #2



Setup

The second variation in this series works on puck control in transition and acceleration with the puck. As the players go down the ice they still receive the puck and make one quick stick handle before making a pass back to their partner. When the players turn to the outside they accelerate to the outside with a puck. At the cone they transition backwards with the puck to the inside cone. At the inside cone they transition forwards and again, emphasis is on accelerating to the next cone. At the third cone they transition backwards again to the first cone where they transition forwards and accelerate with the puck to the blue line. Players will switch lines for their next repetition so they have a chance to work on forehand and backhand passing.

Coaching Points

- » Receive the puck and pass in one motion
- » Soft hands to receive and pass, no slapping the puck

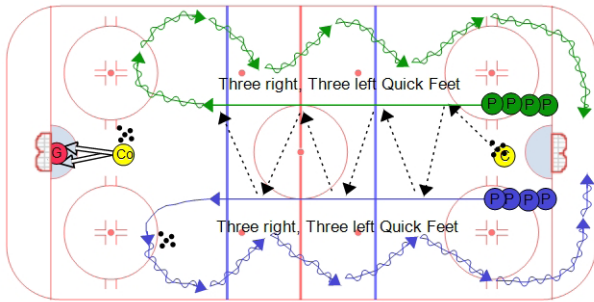
My Notes



Full Ice Pee Wee Practice #1

Age Level: Pee Wee | Emphasis: skills, zone entry, 2 on 0, 2 on 1

CONTINUOUS WARM UP SKILLS SERIES #3



Setup

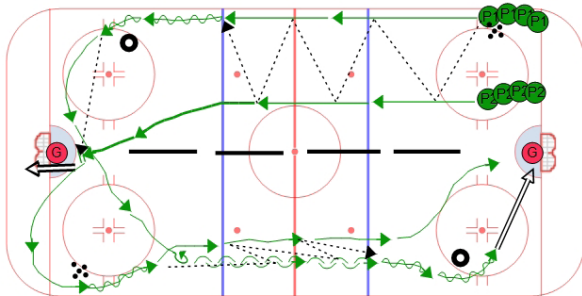
In this variation the players will make one-time passes down the ice. They should receive and pass the puck quietly without slapping the puck. When they turn to the outside they will make three cross-overs right and three cross-overs left while carrying the puck. Coaches should make sure players have their heads up while carrying the puck.

Coaching Points

- » Receive the puck and pass in one motion
- » Soft hands to receive and pass, no slapping the puck

My Notes

2 VS. 0 RUSH SERIES #1



Setup

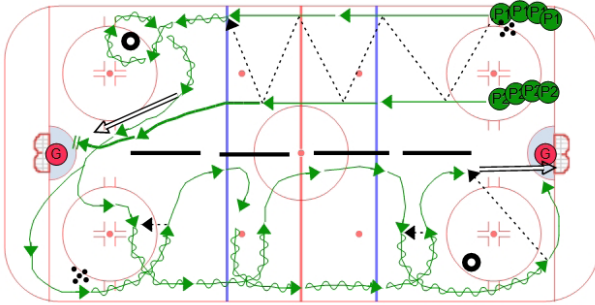
This passing drill is the first in a series of progressions. These drills work on passing, zone entry, and how to attack the net with two players. In this first series the players will go down one side of the ice making as many passes as possible. As they start to enter the zone it is important that the player on the inside (P2) passes to the outside player (P1) and drives hard to the net. Player 1 drives wide and will then pass the puck to P2 at the far post as they are driving hard to the net with their stick on the ice. P2 has to stop at the net and then go below the goal line and pick up a new puck as they head up ice. P1 will skate up ice and transition backwards. The two players will pass back and forth as many times as possible before P1 gets to the far blue line. At the far blue line P1 will transition forward while maintaining possession of the puck. This time they will drive wide and shoot right when they get around the tire.

My Notes

Full Ice Pee Wee Practice #1

Age Level: Pee Wee | Emphasis: skills, zone entry, 2 on 0, 2 on 1

2 VS. 0 RUSH SERIES #2

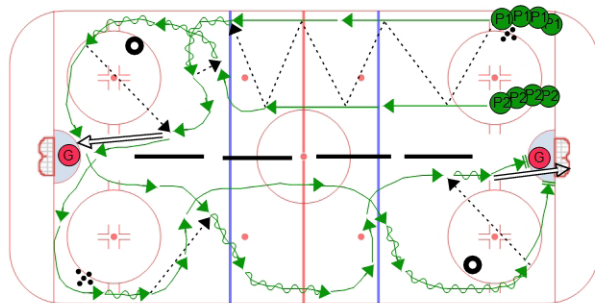


Setup

The next variation starts the same way with the two players making as many passes down the ice as possible. The inside player (P2) needs to make sure they pass the puck to the outside player (P1) before the blue line and then they drive hard to the net. P1 will do an escape move around the tire and then carry the puck to the middle of the ice and take a shot from the slot with P2 in front of the net. After the shot P2 will retrieve a puck in the corner. The players will now do a series of drop passes down the ice. As they enter the zone the player on the outside will cut to the middle and drop the puck to the inside player. The inside player will now carry the puck to the outside around the tire and look to pass the puck back to the other player high in the slot.

My Notes

2 VS. 0 RUSH SERIES #3



Setup

This progression starts the same way with the players going 2 on 0 down the side of the rink making as many passes before the far blue line. The player on the outside needs to have possession of the puck when the players enter the zone. The outside player (P1) will cut hard to the middle of the ice after entering the zone and make a drop pass to P2 that cuts behind P1. P1 carries the puck to the outside and around the tire and makes a pass back to the P2 high in the slot. P2 should shoot the puck as quick as possible and then both players stop at the net. P1 then goes to the corner and retrieves a puck. The players go back towards the other net following their pass. Again, the player to the outside should receive the puck close to the blue line and skate hard to the outside and around the tire to make a pass back to the player in the slot.

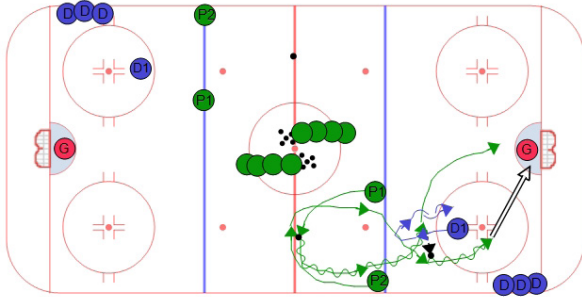
My Notes



Full Ice Pee Wee Practice #1

Age Level: Pee Wee | Emphasis: skills, zone entry, 2 on 0, 2 on 1

QUICK TURN UP 2 ON 1



My Notes

Setup

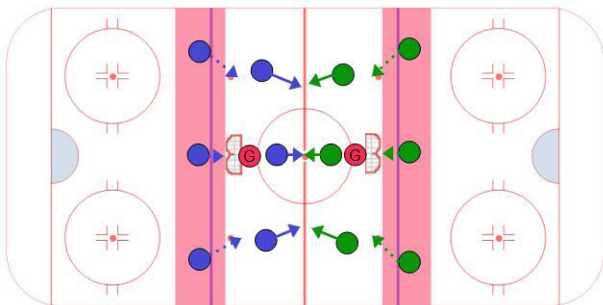
Place two lines of forwards at center ice as shown in the diagram. Two forwards from each line come out to the blue line, one along the wall and the other inline with the edge of the circles. One puck is placed inline with the dots at center ice. The defense is lined up under the hash marks along the wall and the defensive player that starts is at the top of the circles.

On the whistle the forwards sprint up to the blue line, retrieve the puck, then attack the defender 2 on 1. The forward that starts on the inside will retrieve the puck. There are three options for the forwards to emphasize. First, have the puck carrier drive wide. If they do this then the inside forward drives hard to the net or stays high. Second, the puck carrier can cut to the middle towards the defender and either keep the puck or drop it as the inside forward cuts behind. All three options are shown in the animation. The players should play the puck until they score, the goalie freezes the puck, or the puck goes above the top of the circles.

Coaching Points

- » Defense should re-take as much ice as possible, get a good gap
- » Defense needs to force bad angle shot and protect the pass to the middle

CENTER ICE 3 ON 3



My Notes

Setup

This 3 on 3 game is more like a 6 on 6. To set up place each net just inside the blue line. Divide the players into groups of three. Three players from each team will start out in the middle, they can go anywhere in the neutral zone, blue line to blue line. Three more players are stationed along the blue line. The players along the blue line have to stay within several feet of the blue line. On the whistle, one puck is played into the middle. Players play three on three but they can use their "bumpers" on the blue line for added support. The bumpers can pass the puck to the players in the middle or to other bumpers. Although it is a small area to play 3 on 3, players can use the bumper to spread the play out and try to get open in front of the net. It is also a challenge for the team without the puck to cover the front of the net.