

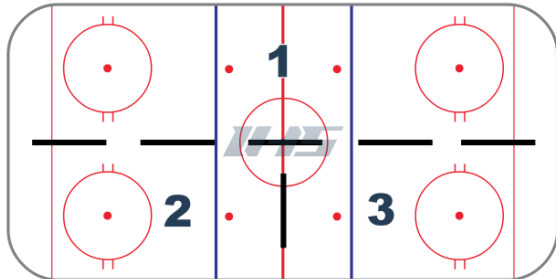


PeeWee (U12) 3 Stations (1 Full Length) #1

Age Level: PeeWee (U12)

Format: 3 Stations / 1 Full Length

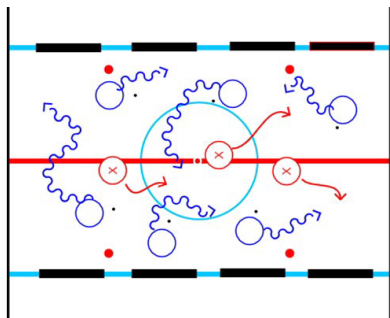
OVERVIEW



Practice Length: 60 minutes

- Warm Up Activity - Last One Out - 10 minutes
- Station #1 - Half Ice (Full Length Breakout Pass - 15 minutes
- Station #2 - 2 vs2 with Regular Nets - 15 minutes
- Station #3 - Corner Tires - 15 minutes

WARM UP- FINNISH 5 PUCK IN STATIONS



My Notes

This is a great game that allows the players a chance to work on puck protection and awareness.

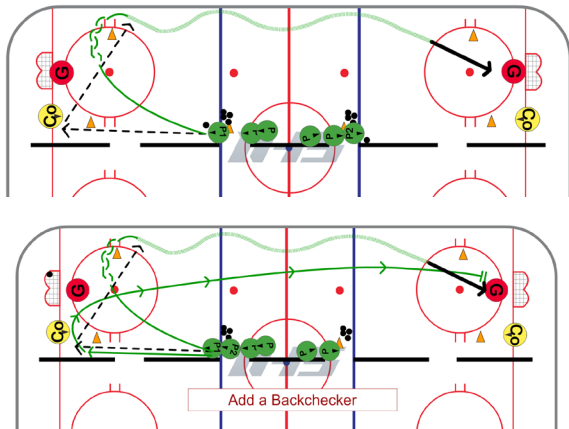
SET UP

Designate the 1/3 of the players as defenders. For example If you have 9 players then select 3, if you have 12 players then select 4. These defenders will not have a puck. The rest of the players are spread out with pucks within the playing area.

HOW TO PLAY

Players with the pucks are chased by the defenders. They can go anywhere in the zone and they are trying to maintain possession of their puck. The defenders are roaming the playing area and trying to steal the puck from the other players. When a player loses their puck they have to exit the game. The coaches need to be judges and let players know when they are out. The last player to maintain possession is the winner of the round.

STATION #1 - HALF ICE (FULL LENGTH) BREAKOUT PASS (WITH & WITHOUT BACKCHECKER)



My Notes

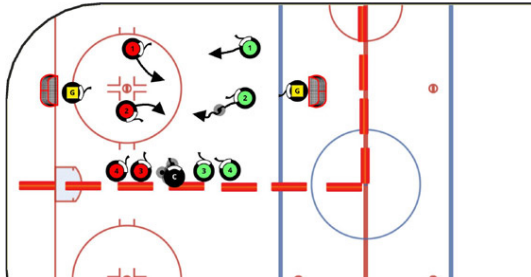
This drill set up allows you to have a three station practice and allow for the players to still stretch their legs the full length of the ice. The focus is on passing and opening up to receive a pass along the wall. The drill starts with Player #1 (P1) making a pass to the coach and skating towards the wall around the cone and opening up (facing the puck) to receive a pass back from the coach. After the player receives the puck back then they skat down the length of the ice for a shot on net. You can specify a couple of skills for players to use as they skat the length of the ice:

- pushing the puck with one hand on the stick.
- using cross-overs to gain speed and move laterally down the ice.

PROGRESSION: ADD A BACKCHECKER

Now player #1 will make the pass to the coach and follow the pass to the coach. Player #2 (P2) will skate to the wall and open up for a pass from the coach. P1 will go around the cone and backcehck against P2 all the way down the ice.

STATION #1 - 2 VS 2 WITH REGULAR NETS



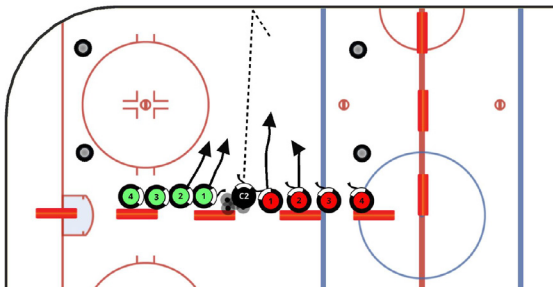
My Notes

This version of 2 vs 2 is played on a quarter ice station using regular nets. This station allows you to use goalies if they are available. This type of 2 vs 2 is great for this size of station. It allows each player to be fully engaged at all times. With only two players it is still mostly 1 on 1 play but some of the advanced players have opportunities to make plays. Each shift should be 60 - 90 seconds then blow the whistle and throw out a new puck for the next group of players.

COACHING POINTS

For the most part just let them play and try not to get too involved except for managing the shift changes. Compliment them on good plays but stay away from correcting them.

STATION #3 - CORNER TIRES 2 VS 2



My Notes

Corner Tires is a small area game where the players score by hitting the tire with a puck.

SET UP

Place four tires on a rectangle as shown in the diagram. Make sure there is enough room from the tires to the edge so that there is room to play on all sides of the tires. The coach has the pucks along the edge with the players split into two teams on each side.

HOW THE GAME IS PLAYED

The coach will dump a puck into play and two players will compete for the puck. The players will defend the tires on their side of the ice and try to score by hitting either tire on the opponents side of the ice. After about 90 seconds the coach blows the whistle and dumps a new puck into play and two new players from each team play the new puck.