



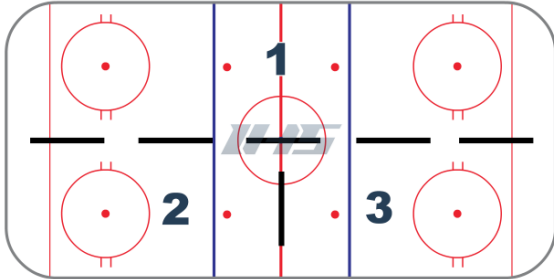
PeeWee (U12) 3 Stations (1 Full Length) #2

PRACTICE PLAN

Age Level: PeeWee (U12)

Format: 3 Stations / 1 Full Length

OVERVIEW



Practice Length: 60 minutes

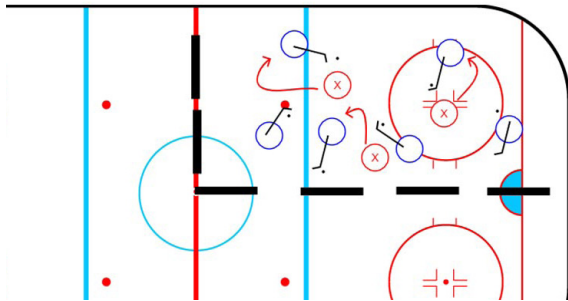
Warm Up Activity - Puck Tag in Stations 2 & 3 - 10 minutes

Station #1 - Wallee 2 vs. 2 Scoring & Defending Game - 15 minutes

Station #2 - Decision Time 2 on 1 - 15 minutes

Station #3 - Offense to Defense 2 on 2 - 15 minutes

WARM UP- PUCK TAG IN STATIONS 2 & 3



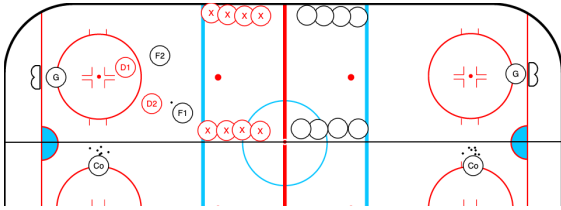
My Notes

This game is guaranteed to be loved by your players. It may involve some participation of your coaches but players can also be used as the "taggers". The game forces players to maintain puck control while having to be aware of what is going on around them.

SET UP

The game is best set up in a zone or station. Each player will start with a puck. Designate 2 or 3 players or coaches to be the "taggers". On the whistle players will skate around the zone while maintaining control of their puck and trying to not get touched by a "tagger". If a player gets tagged they must hold their stick in their top hand with the puck touching the blade of their stick and the bottom hand high up in the air and their feet spread to shoulder width apart. They cannot join the game again until another player attacks thir triangle by stickhandling through their legs or under their stick (triangle created by stickblade and feet). The goal for the "taggers" is to try and get all the players "frozen" at the same time.

STATION #1 - WALLEE 2 VS 2 SCORING AND DEFENDING



My Notes

Set-Up:

- The game is played on a 200 foot by 42.5 ft playing space. The ice is cut in half length wise.
- Move both nets in line with the dots while keeping them on the goal line.
- Pucks are placed at both ends in the slot (outside the playing area).
- The defending team (Red) players line up on the blue line.
- One group is along with boards and the other line is on the imaginary mid-line.
- The attacking team (White) players are lined up in the same formation on the opposite blue line.

Game

- It is a 2v2 continuous scoring game
- The rotation is Offense — to Defense — Rest
- The game begins with a 2v2 in one zone (White on Offense & Red on Defense in the video)
- The Offensive team tries to score a goal & will receive another puck from the Coach IF:
- A goal is scored
- OR a shot hits the net and goes out of the boundary
- The Defensive team attempts to steal the puck and pass it up to their line of teammates waiting on the near Blue Line.
- The Defensive Team receives a puck from Coach IF:
- The Offensive Team misses the net with a shot & it goes out of play
- OR if the offensive team gets their puck knocked outside the field of play
- Once the Defensive Team (Red) passes the puck up to their teammates:
- The Defensive Players are done
- The (former) Offensive Players (White) now must backcheck into their own end & play Defense
- The New Offensive Players who just received the puck (new Red) skate to the opposite end where 1 player has a breakaway attempt (NO 2 vs.0 opportunities)
- Now it becomes a 2v2 at the opposite end with Red on Offense & White on Defense
- The Game is Player for a Set number of minutes or to a certain score. (if the game becomes slow/sloppy, take a halftime & then come back when they are fresh).

Principles

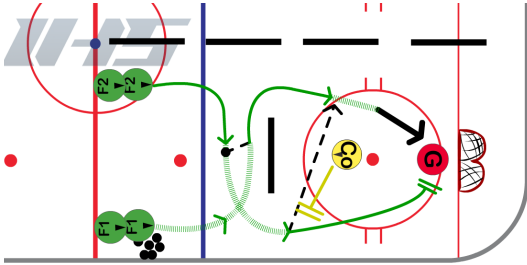
Defense

- How to handle a 2v2 (while tired)
- Communicating between partner
- Keeping body between the Offensive Player & your Goalie
- Stick position, angling and reacting to loose pucks
- Making a big defensive play (to end the shift, advance the puck, live to fight another day)

Offensive

- Chance to score on a Breakaway initially (score with back pressure)
- Teach to isolate a (tired) defender & create a 2v1
- Shots on net (scoring chances) earn you more offense (another puck from Coach)
- Holding on the puck (puck protection) tires out an already tired defense
- Finishing offensive plays in small areas

STATION #2 - DECISION TIME 2 ON 1



My Notes

Place two lines of players as shown in the diagram and place a barrier or obstacle just inside the blue slightly higher than the top of the circle. A coach should be placed at about the dot.

The drill starts with P1 carrying a puck straight ahead into the zone and then making a sharp cut towards the middle in front of the pad. Player two also skates straight ahead and then makes a sharp cut towards Player 1 to receive a drop pass. Player 2 will receive the drop pass, go around the pad, and then make a decision to pass or keep the puck based on the coaches action. If the coach pressures Player 2 then they pass the puck. If the coach takes away the pass then player 2 carries the puck and shoots on net.

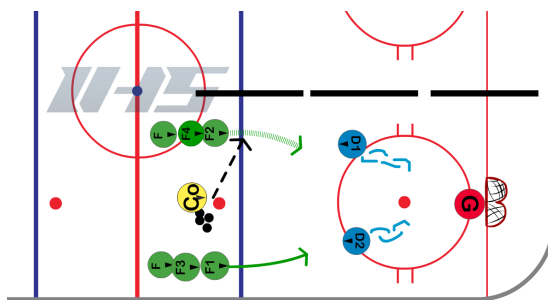
COACHING POINTS

- Players should make sharp turns so they are moving horizontally across the ice when making the drop pass.
- Drop pass should be to Player 2's forehand.
- Player 2 needs to have eyes on coach to read the situation.
- Make sure both players stop at net for rebound.

VARIATIONS

- Coach playing defense can be switched to be a player.
- You can remove the barrier to allow a defencemen to come up and pivot in that space.

STATION #3 - OFFENSE TO DEFENSE 2 VS 2



My Notes

Start the drill with two players on defense facing the two opposing offensive players. The coach starts the drill by giving a pass to one of the offensive players. The two offensive players will attack the defenders and play 2 on 2 below the blue line. If the offensive players score then the coach plays a new puck into the zone and the play continues. The defenders must get possession of the puck and make a tape to tape pass to one of the next offensive players in line. Once they do that they go to the back of the line. The players that were on offense now become the defenders and they play 2 on 2 against the two new offensive players until they can make a tape to tape pass to the next two players. If the defenders do not make a good tape to tape pass to the next players in line then the coach plays a new puck into the zone and they must keep playing. This prevents them from just throwing the puck out of the zone.

COACHING POINTS

- Forwards try to isolate one defender and create a 2 on 1 instead of attacking the 2 on 2.
- Defenders should also be aware of player without the puck and communicate to which player they have.
- Defenders need to control puck even if they have to pass to each other before making pass to next set of forwards.