



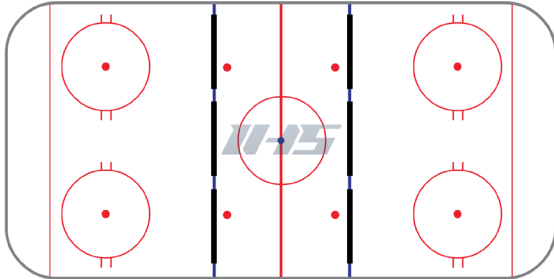
PeeWee (U12) 3 Station Practice Plan #6

PRACTICE PLAN

Age Level: PeeWee (U12)

Format: 3 Stations

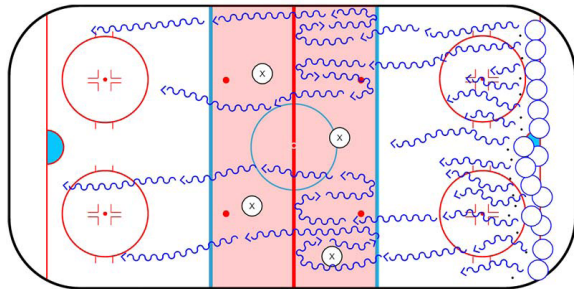
OVERVIEW



Practice Length: 60 minutes

- Warm Up Activity - Brittish Bulldog with Control Turns - 10 minutes
- Station #1 - Finders Keepers (Teams) - 15 minutes
- Station #2 - Open Hips Ladders Without Pucks - 7 minutes
- Station #2 - Open Hips Ladders With Pucks - 7 minutes
- Station #3 - The Greatest Drill in the World - 15 minutes

WARM UP- LAST ONE OUT



This is a great worm up activity, it is a variation of the original Brittish Bulldog. In this version the players must do two control turns within the neutral zone and escape without getting their puck knocked away.

SETUP

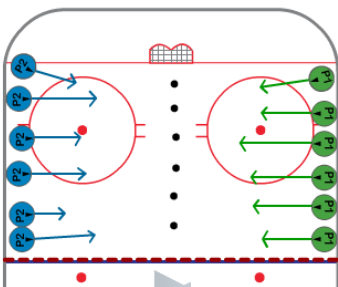
Place all the players on the goal line with a puck. Choose 3 or 4 players or coaches to be the "bulldogs".

HOW TO PLAY

On the whistle, the players on the goal line will try to skate through the neutral zone without getting their puck knocked away. In this variation players must do a control turn at the red line and again at the near blue line before escaping the neutral zone. Players can control turn to either side depending on what they read gives them the best advantage.

My Notes

STATION #1 - FINDERS KEEPERS IN TEAMS



SET UP

To set up the drill divide the players into 2 teams and use an odd number of pucks and less than half as many players. For example, if you have two teams of 7 players then use 7 pucks. If you have two teams of 6 players then use 5 pucks. You can play in one end from the blue line down, half-ice, or even full ice depending on the amount of players.

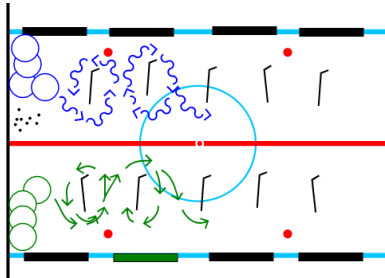
HOW TO PLAY

Each team will start on the wall or on the end line. The coach will blow the whistle and shoot the pucks into play. The players will work in their teams to possess as many pucks as possible. The coach will decide on a length of time to play and then blow the whistle. On the whistle all the players must stop. The team that is in possession of the most pucks wins that round.

My Notes

Players need to communicate and have good awareness. When they have the puck they need to be looking to make a pass to a teammate that will not have pressure when they receive it. When they do not have the puck they can work with teammates to surround the puck or force passes into crowded areas.

STATION #2 - OPEN HIPS LADDER WITH & WITHOUT PUCKS



My Notes

Open Hips without Pucks

This skating station focuses on open hips, otherwise known as mohawks or 10 & 2. In this station players will do a complete circle around the sticks that are laid out like a ladder. As players progress through the "ladder" they will alternate direction each time.

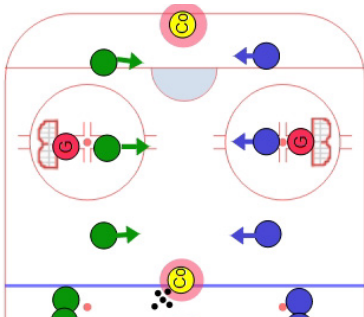
Open Hips with Pucks

This exercise is the same as the Open Hips without Pucks but it progresses to where players will control pucks while working on this skill. This skating portion of this skill is an advanced skill especially for younger players. Pucks should not be introduced to players that struggle performing it without pucks.

Set Up

To set up place 5 - 6 sticks in a ladder formation as shown in the diagram running side to side.

STATION #3 - GREATEST DRILL IN THE WORLD



My Notes

This drill is a variation of the typical 3 on 3 cross ice game. In this variation coaches, or designated players, are placed on each side as shown in the diagram. These coaches (or players) are used as outlets for each team. Therefore, when a team has control of the puck they will have a 5 on 3 advantage because they can use either of these outlets. When they receive a pass, the designated coaches (or players) must pass back to a player on the same team from which they received the pass. Encourage quick puck movement, moving without the puck, lots of talking, puck protection, and taking advantage of 2 on 1 situations.