



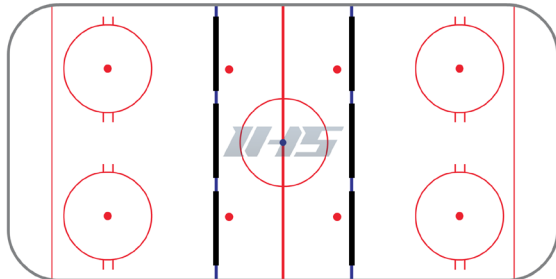
PeeWee (U12) 3 Station Practice Plan #7

PRACTICE PLAN

Age Level: PeeWee (U12)

Format: 3 Stations

OVERVIEW



Practice Length: 60 minutes

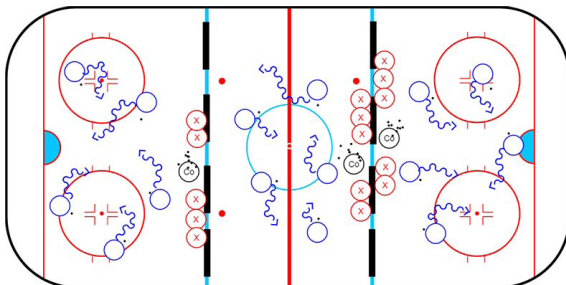
Warm Up Activity - Finnish 5 Puck - 10 minutes

Station #1 - Swedish 2 on 1 - 15 minutes

Station #2 - Neutral Zone Puck Races #5 & #6 - 15 minutes

Station #3 - Offensive Advantage 3 vs 3 - 15 minutes

WARM UP- FINNISH 5 PUCK IN STATIONS



My Notes

SETUP & ACTIVITY VARIABLES

- Players: great for 3, 4 or 5 players at a time.
- Time: You can rotate through groups of players in 45 - 60 second shifts. 5 players can be participating in the activity, while another 5 rest. Blow the whistle and the next 5 jump in.
- Space: can be set up to be within a zone, or half of a zone (station) or a smaller area. The smaller the space, the more challenging it will be for the players as they are forced to make quicker decisions.
- Added Challenge: add obstacles within the space to challenge the players further. Tires, cones, sticks, etc placed in the space make it harder to pass and skate around. As time goes on the added obstacles will help improve their reaction & decision making.

ACTIVITY # 1: FORWARD SKATING

Players work with puck on their edges, control turns, mohawk turns, dekes, changing pace and whatever their creative minds (and coaches) can think of!

ACTIVITY # 2: BACKWARD SKATING

Same as activity #1 but skating backwards the entire time.

ACTIVITY # 3: FOREHAND ONLY PUCK CONTROL

Players handle the puck with their forehand only. No backhands!

ACTIVITY # 4: PASS 1 PUCK

The group of players passes 1 puck around while everyone is moving throughout the zone.

ACTIVITY # 5: PASS 2 PUCKS

Now players pass 2 pucks around at the same time. Verbal and non-verbal communication is required.

Activity #6: 4 on 1

Players play 4 vs 1 keep away with one puck.

STATION #1 - SWEDISH 2 VS 1



My Notes

To set up the drill create a square area with the players in two lines well outside the boxed area. The coach will also be outside the box without the pucks. Two offensive players and one defensive player go into to the playing area. Players should take turns playing offense and defense. The coach starts the drill by passing a puck to one of the offensive players. The players will play 2 vs 1 inside the playing area. The goal of the offensive players is to make 3 (or another number specified by the coach) consecutive passes. If they succeed then the player with the puck chooses a net to shoot at while the other offensive player looks for a pass from the coach and takes a shot on the other net. If the defensive player knocks the puck out of the playing area two times then they get a pass from the coach and take a shot on one of the goalies.

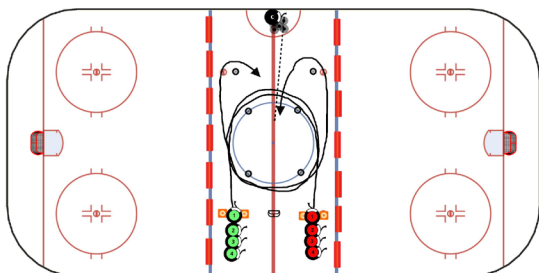
COACHING POINTS

- Offensive players have to move without the puck.
- Offensive players need to protect the puck until they can make a play and then expose the puck to make a pass.
- Defensive players are most successful with active sticks and stop and starts. There really are no short cuts!
- Have offensive players thinking "Pass & Move".
- Give & gos are very successful in this game.

PROGRESSIONS

- Create a smaller "playing area" to make it tougher on the offense.
- Vary the number of passes required for the offensive players.
- Eventually, make the game 2 vs 2 or 3 vs 2.

STATION #2 - NEUTRAL ZONE PUCK RACES #5



My Notes

This neutral zone puck race focuses on cross-overs and control turns.

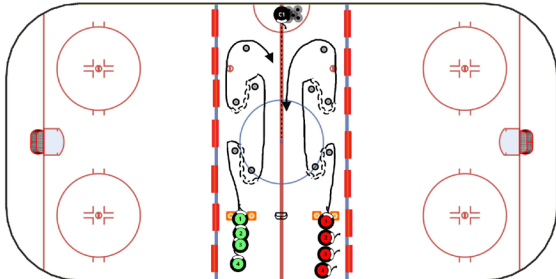
SET UP

Place two equal lines at the starting line marked by a couple of cones next to the face-off dots (see diagram). Place cones or tires in a square as shown and make sure to keep them out of the middle so they are not in the way as players are racing for the puck. Place another tire or cone on the opposite face-off dots. A coach will have the pucks along the wall on the opposite side. A net can be placed between the lines. If you have a goalie then use a regular sized net. If not, a mini net will work fine.

HOW TO PLAY

Players will do forward cross-overs around the four tires. They do one full lap making sure they do not run into each other. Then they skate out to the far cone/tire do a tight control turn and race for the puck that the coach has placed into play.

STATION #2 - NEUTRAL ZONE PUCK RACES #6



My Notes

This puck race focuses on quick forward to backward and backward to forward transitions. Players work on these skating fundamentals in the context of competition.

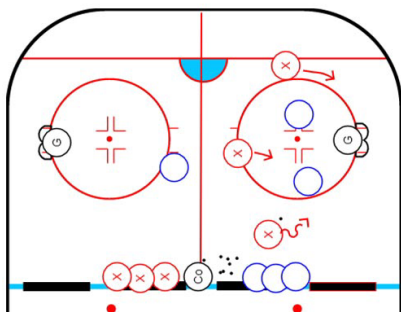
SETUP

Please refer to the diagram to see where the tires/cones should be placed. The coach will have the pucks along the far wall. Try to match up players of equal ability. You can use mini nets or regular nets depending on if you have a goalie available.

HOW TO PLAY

On the whistle the first player from each line skates forwards to the tire, transitions backwards towards the other tire, and then quickly transitions forwards around the 2nd tire. Then they skate forward to the next set of tires and do the same thing. After the 2nd set of tires they skate forward to far tire do a tight control turn and race for the puck set out by the coach.

STATION #3 - OFFENSIVE ADVANTAGE 3 VS 3



My Notes

This game is a typical 3 vs 3 small area game but with a slight twist.

SETUP

Place two nets facing each other as though you were playing a normal 3 vs 3 game. Create a center line with a marker, spray paint, discs, or cones. The coach will have pucks on one side of the playing area with players split into two equal teams on both sides.

HOW TO PLAY

The coach will dump a puck into play and 3 players from each team will compete for the puck. All three players from one team are allowed to be in the offensive half, however, only two players are allowed in the defensive half. This creates a 3 vs 2 situation for the offensive team in the offensive half.

KEY POINTS

Players have to recognize and be aware of how many of their teammates are in the defensive half and adjust.

The offensive team needs to be aware of when they may lose possession of the puck and think defensively so they do not allow an easy break for the opponent that not allowed in to the defensive half.