

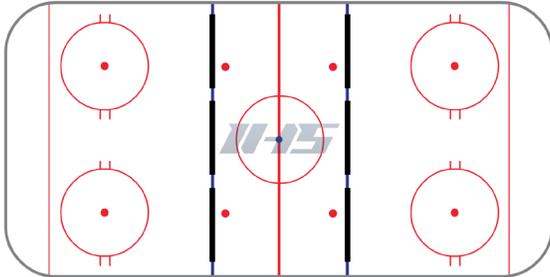


# PeeWee (U12) 3 Station Practice Plan #8

Age Level: PeeWee (U12)

Format: 3 Stations

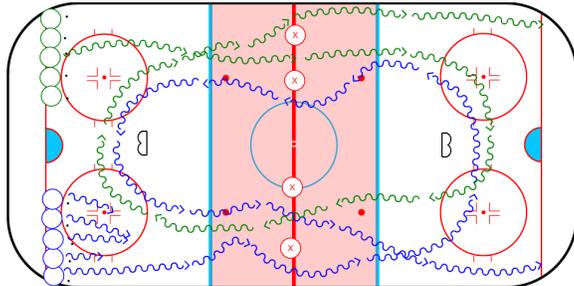
## OVERVIEW



Practice Length: 60 minutes

- Warm Up Activity - Around the World - 10 minutes
- Station #1 - Four Corners - 15 minutes
- Station #2 - Chase the Rabbit with Pucks - 15 minutes
- Station #3 - Greatest Drill in the World - 15 minutes

## WARM UP- AROUND THE WORLD WARM UP



This is a great activity to begin practice with. It involves puck handling, skating, and competing.

### SET UP

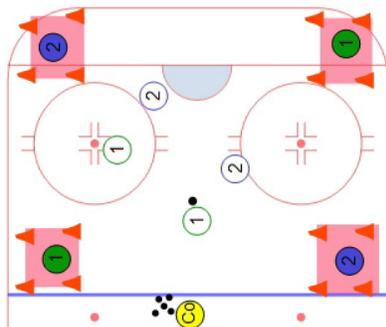
Bring the nets up to the about the top of the circles as shown in the diagram. Divide the players into two groups and place each group on their own side of the ice along the goal line. Each player should have a puck. Select 4 players to be the defenders and go into the neutral zone without pucks.

### HOW TO PLAY

On the whistle the players will carry a puck straight ahead. They will try to carry a puck all the way around each net and to the far end (opposite from where they started). The defenders in the neutral zone will try to knock the pucks away from the players. If a player gets their puck knocked away or stolen they have to go to the center circle until the game is over. Players have to keep their heads up for the defenders as well as the players moving in the opposite direction. You can play until there is one player remaining or just let players re-join after each round.

My Notes

## STATION #1 - 4 CORNERS



### Set Up

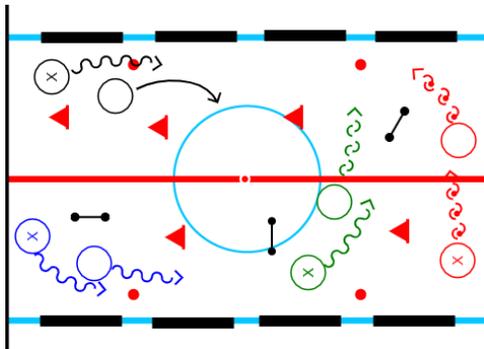
Mark out 4 squares as shown in the diagram. Each square will have a player from one of the teams and the player is not allowed to leave that square.

### How to Play

The two other players from each team will play 2 vs 2. Everytime they make a pass to their teammate inside their square they will get a point. The pass must be received cleanly inside the square. A team can maintain possession for as long as they want and collect as many points as they want until the other team intercepts or takes the puck away. A coach should be stationed just outside the zone with pucks. Anytime a puck goes outside the zone the puck will play a new puck into space so players can battle for a loose puck.

My Notes

## STATION #2 - CHASE THE RABBIT WITH PUCKS



My Notes

### SETUP

Depending on how difficult you wish to make it you can place objects like borders, cones, and tires scattered throughout the station. Pair up the players with partners of similar ability.

### HOW TO PLAY

In each round one player is designated as the "Rabbit" and is chased / followed by their partner. Each round should last 30 - 45 seconds followed by a short rest. The next round players will swap positions.

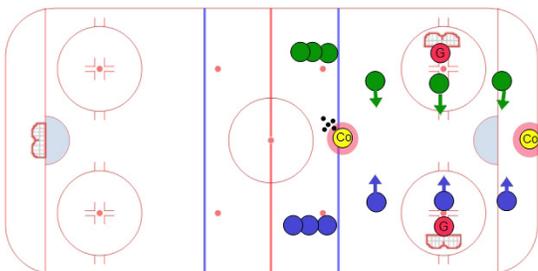
**Variation #1** - The "rabbit" has the puck and tries to stay away from the chaser with deceptive moves, quick stop and starts, changes of directions, tight control turns, and any other creative moves they can execute. The chaser does not try to steal the puck, just maintain a close distance.

**Variation #2** - Both players will have a puck. The same rules apply. The player chasing the rabbit tries to maintain a close distance and execute all of the moves made by the "Rabbit".

**Variation #3** - The "Rabbit" skates backwards without a puck. The chaser has a puck and tries to maintain a close distance to the "Rabbit" while they skate backwards.

**Variation #4** - Both the "Rabbit" and the chaser skate backwards with pucks. Requires both players to have awareness while maintaining puck control going backwards.

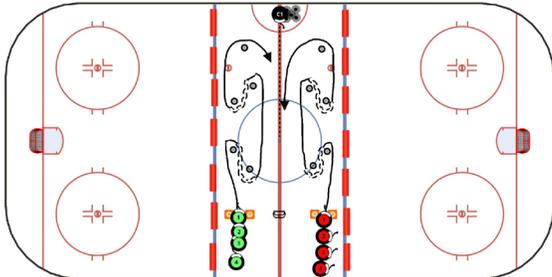
## STATION #3 - GREATEST DRILL IN THE WORLD



My Notes

Players love this drill so much it was referred to as "The Greatest Drill in the World" within our team, hence the name. 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.

## 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.

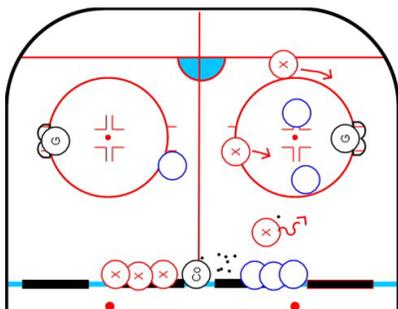
### SETUP

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.