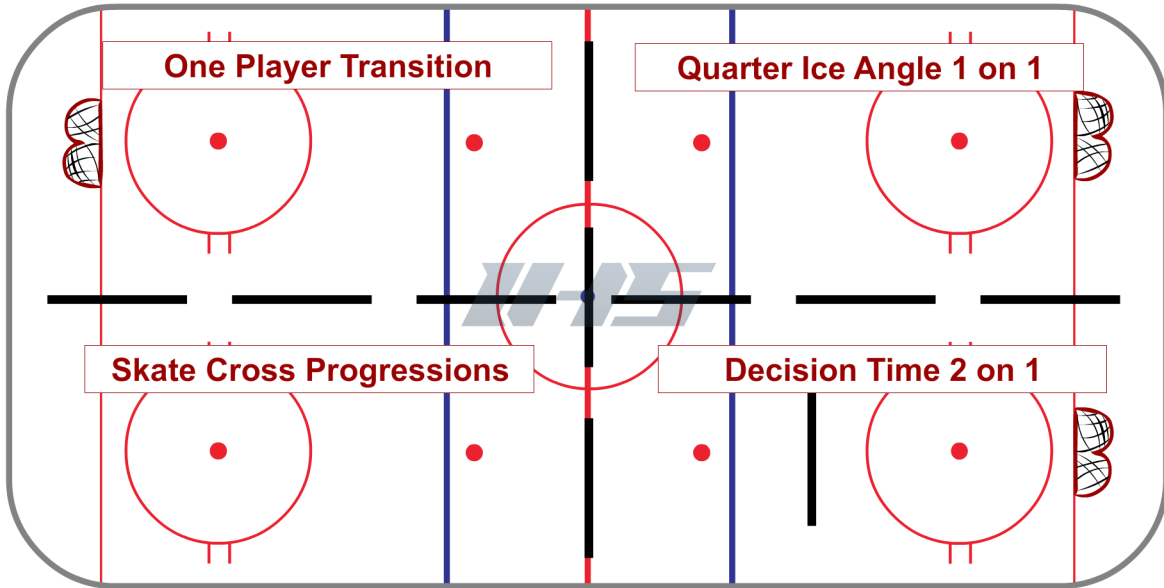


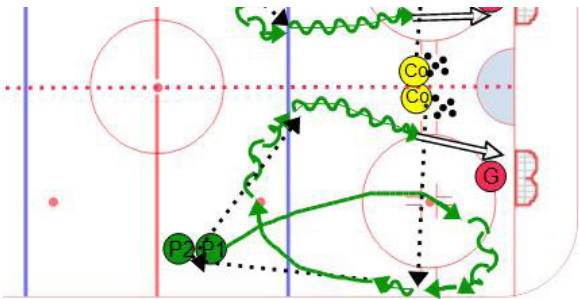
Pee Wee / U12 Station Practice #1

Age Level: Pee Wee | Emphasis: 2 on 1, skating, angling

SETUP



ONE PLAYER TRANSITION DRILL



Setup

Place the two nest on the same goal line as shown in the diagram. The coaches or extra players gather the pucks in the center of the zone. Players line up just inside the red line about 10' off of the boards. On the whistle P1 skates down inside the zone around the face off dot and transitions backwards to the boards to receive a pass from the coach. P1 controls the puck for a few strides as they skate up the wall and then they make a pass to P2 (the second player in line). P1 continues forwards outside the blue line and then transitions backwards again to face P2 and receive the pass from P2. P1 then skates in for a shot on net. It is important that P1 moves their feet throughout the drill.

Coaching Points

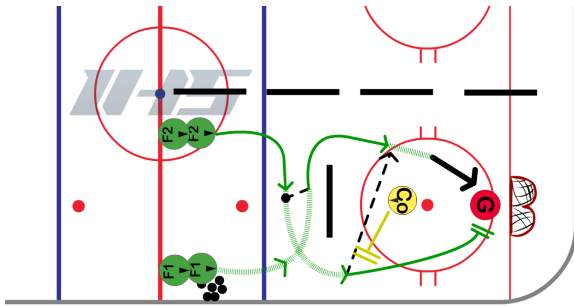
- » Call for the puck to receive pass.
- » Always face the puck when expecting a pass.

My Notes

Pee Wee / U12 Station Practice #1

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DECISION TIME 2 ON 1



My Notes

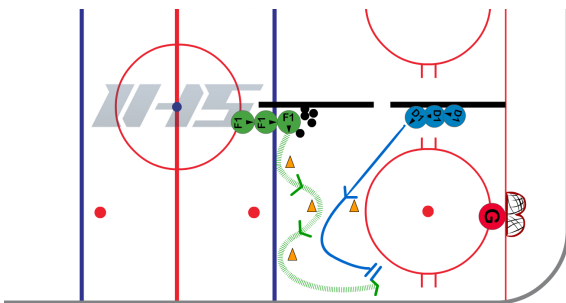
Setup

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.

QUARTER ICE ANGLE 1 ON 1



My Notes

Setup

This is a station drill that only uses 1/4 of the ice surface so it is great for station based or ADM practices. It is a simple drill but teach players about how to angle is very important and this drill set them up to work how to do this. The offensive players will start with a puck and slalom through the cones and then try to attack the net. The defensive player will go around the cone and try to time it so that they are able to angle the offensive player to the boards.

Coaching Points

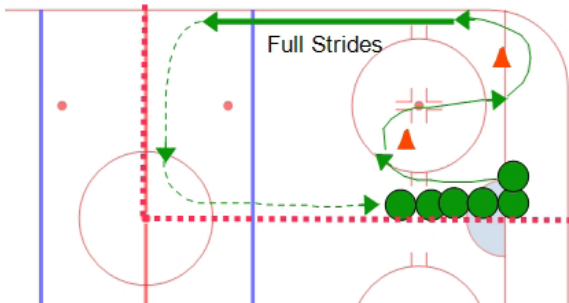
- » Use stick position to discourage offensive player from cutting back to middle of the ice.
- » Try to stay even with the offensive players shoulders with slightly more speed and check the hands into the wall.



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SKATE CROSS PROGRESSIONS

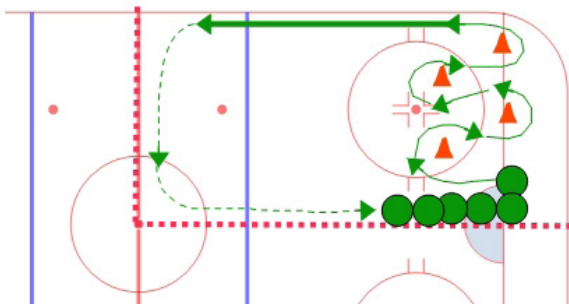
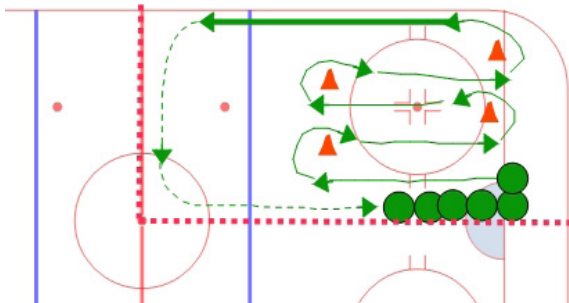


Setup

» The goal of this is a simple drill for the younger players that can be used in a quarter ice station. The players will work on turning to both directions around the cones. After each cone the players should be able to take a couple of good strides before turning around the next cone. After the second cone the players should work on full length strides and try to get to full speed by the blue line.

Coaching Points

- » Look to where you are going on the tight turns.
- » Acceleration out of the turns.
- » Full strides by blue line.
- » Inside foot ahead of outside foot and on outside edge.



My Notes