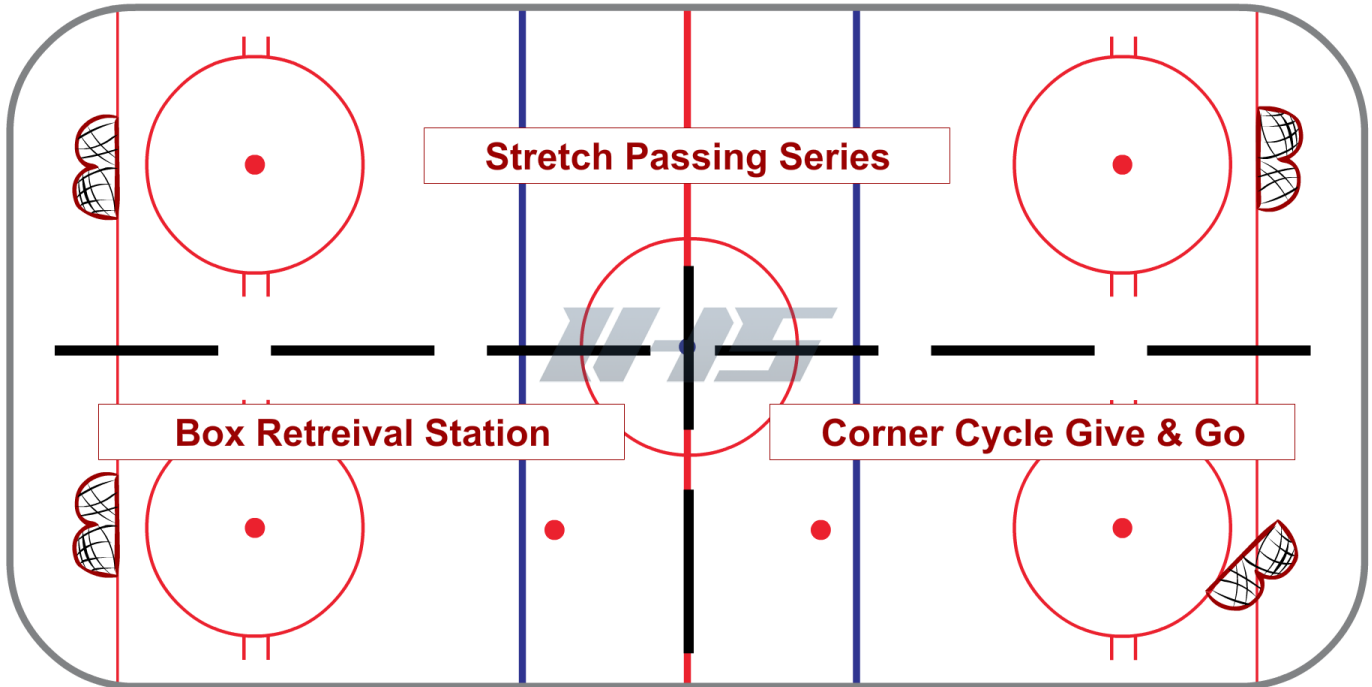


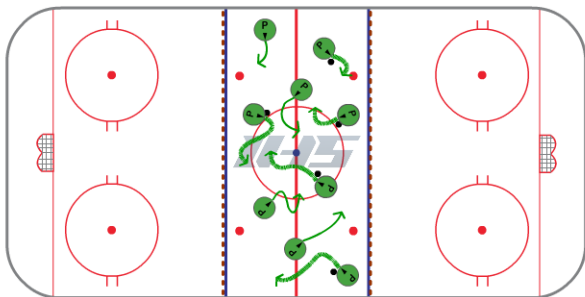


Pee Wee Stations Practice #2

Age Level: Pee Wee | Emphasis: Passing, Cycling, Puck Control, Shooting



FINDERS KEEPERS



Setup

This is a great warm up hockey activity to incorporate into your practices. Players will love it and it helps ramp up the energy and excitement for practice. To start the activity place all of the players in a designated area. In this case they are all in the neutral zone but you may have to use a larger or smaller area depending on the amount of players. In the designated area place half as many pucks as you have players. For example, if you have 16 players then throw out 8 pucks. On the whistle the players will try to control a puck without getting it taken away. The players that do not have a puck have to try and steal one from another player. At the end of 30 - 40 seconds the coach will blow the whistle. The players that do not have a puck will have to do some sort of exercise like push-ups or sit-ups at the direction of the coach.

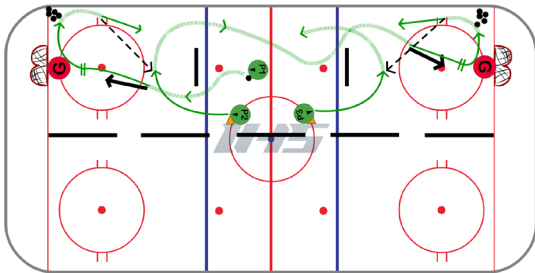
My Notes



Pee Wee Stations Practice #2

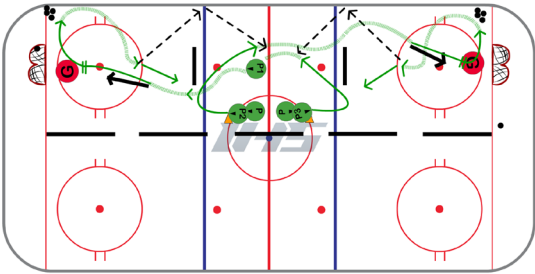
Age Level: Pee Wee | Emphasis: Passing, Cycling, Puck Control, Shooting

HALF ICE (FULL LENGTH) STRETCH PASS SERIES



Series 1

One player will start the drill by carrying a puck through the neutral zone, make a lateral move around the barrier, and then take a shot. After the shot the player will make sure to stop at the net and look for a rebound then go to the corner to retrieve a puck. Once player #1 has retrieved the puck and is facing up ice then player #2 starts. Player #2 swings through just inside the pad showing their forehand and calling for the puck. They should receive the puck while facing the passer or slightly horizontal. After receiving the puck they will go down the ice, make a lateral move on the barrier, take a shot, and repeat what player #1 just did. Now the drill becomes continuous.



Series 2

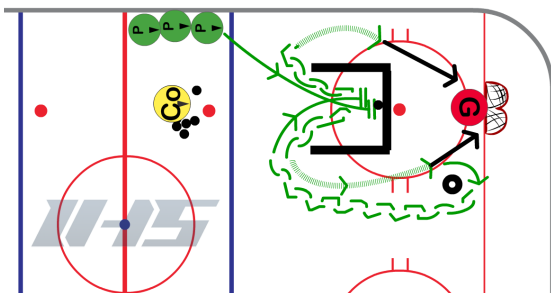
The next progression works the same way except now the pass is made off of the wall around the barrier. The receiving player will go behind the barrier to retrieve the puck. They should time it so they are skating into the puck and NOT looking back for it. Everything else works the same as series #1.

Optional Progression (Add Backchecker)

If you want to add an element of intensity then you can add a backchecking element. The player that makes the pass will now backcheck against the player receiving the puck. This progression works best in series #2.

My Notes

THREE SIDED BOX RETRIEVAL STATION



Setup

This is a good skill station that works on forwards to backwards transitions, backwards to forwards transitions, puck retrieval, and shooting. To set up this station you need three barriers, a tire or cone, and one net. Players will line up along the wall and the coach will have the pucks at the neutral zone dot (refer to the diagram). To start the drill:

Coaching Points

- » the coach throws a puck into the box.
- » first player will retrieve it and transition backwards.
- » once outside the box the player transitions forwards and takes a shot on net.
- » after the shot transition backwards around the tire / cone.
- » the coach will throw a second puck back into the box.
- » the player will retrieve the puck again.
- » transition backwards with the puck.
- » transition to forwards on the other side of the box.
- » take a second shot on net.

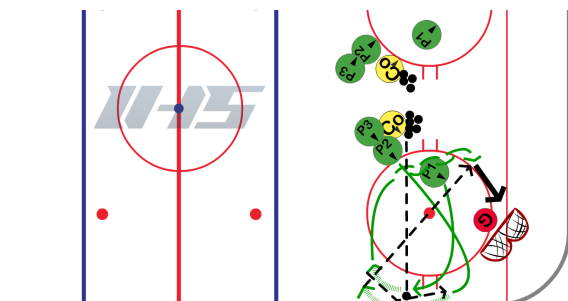
My Notes



Pee Wee Stations Practice #2

Age Level: Pee Wee | Emphasis: Passing, Cycling, Puck Control, Shooting

CORNER CYCLE CONTINUOUS GIVE & GO



Setup

To start the drill place a net in the corner as shown. The coach should have the pucks straight out in front of the net with a single line of players. The drill starts when the coach plays a puck to the wall. Player #1 (P1) will retrieve the puck while Player #2 (P2) follows behind and calls for the puck. P1 will cycle the puck to P2 and then to the front of the net. If they are on their off-hand they will need to open up to show their forehand. P2 will give P1 a pass who will receive and shoot the puck. P1 then follows their shot to the net and then goes to the back of the line. P2 will now retrieve a new puck along the wall and do the same thing that P1 just did. The next player in line will then become P2 and call for the cycle and give a pass to P1 in front of the net. The drill continues in this way until the next whistle.

My Notes

Coaching Points

- » Communicate - Call for the puck on the cycle and on pass to front of the net.
- » Open up and shoot off the pass if you are on your off-hand.
- » If you are on your strong hand make sure your bottom hand is strong to shoot off the pass.
- » Make sure to bounce the puck off wall so it is easy for P2 to retrieve.