



Practice Plan

Team: PEE WEE HOUSE

Practice No.: 1

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

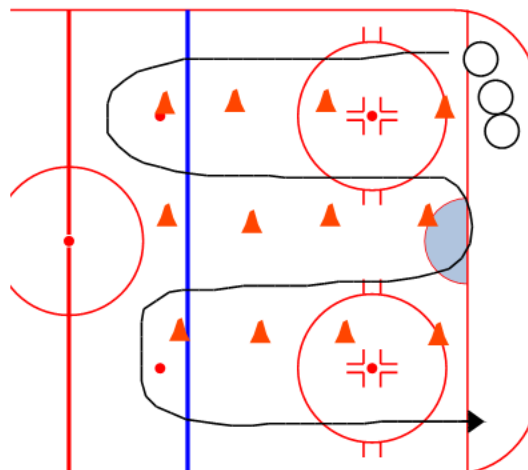
SESSION OBJECTIVES:
 AGILITY AND BALANCE, STICKHANDLING, ANGLING, GAP CONTROL, SHOOTING / SCORING,

Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Title : WARM UP 1 Category #1 : Category #2 :

Description

DIVIDE ZONE INTO 4 LANES AS SHOWN, HAVE PLAYERS PERFORM A VARIETY OF SKILLS IN EACH LANE:
 1. STRIDE AND BEND
 2. JUMP STRIDE
 3. SCISSORS FWD/BWD/REVERSE
 4. CROSSOVERS
 5. KNEE DROPS



Key points:

Drill no. : _____ Duration : 15 Minutes From : _____ To : _____

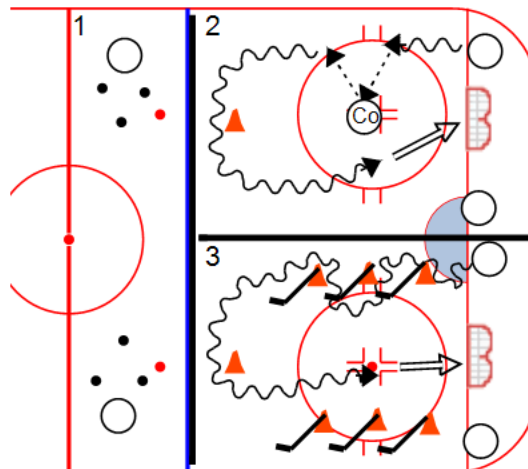
Title : PRACTICE 1 SKILL STATION 1 Category #1 : Category #2 :

Description

1. 3 PUCK STICKHANDLING
 PLACE 3 PUCK IN A TRIANGLE AND WORK ON QUICK HANDS AND PUCK MOVEMENT
 KEY TEACHING / DEVELOPMENT POINTS
 - STICKHANDLING STANCE
 - ROLL WRISTS
 - HANDS AND ELBOWS AWAY FROM THE BODY

2. MOVING GIVE AND GO
 ALTERNATING SIDES, PLAYER SKATES WITH PUCK AND THEN PERFORMS A GIVE AND GO WITH COACH. GOES AROUND CONE AND GOES IN FOR A SHOT. CAN HAVE PLAYER INSTEAD OF COACH. MAKE SURE PLAYERS SWITCH LINE TO WORK ON FOREHAND AND BACKHAND PASS AND RECEIVE.
 KEY TEACHING / DEVELOPMENT POINTS
 - EYE CONTACT
 - COMMUNICATION
 - LEAD PASS

3. AGILITY STICKS
 PLACE STICKS ON TOP OF CONES AND HAVE PLAYERS PERFORM DIFFERENT MOVES WITH THE PUCK WORKING ON QUICKNESS, LATERAL PUCK MOVEMENT AND CREATIVITY. SKATE AROUND THE CONE AND TAKE A SHOT THEN OTHER LINE GOES. MAKE SURE PLAYERS SWITCH LINES
 KEY TEACHING / DEVELOPMENT POINTS
 - EYES UP



Key points:

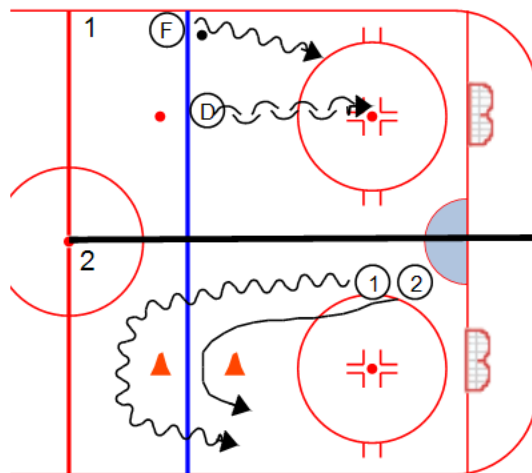
Drill no. : _____ Duration : 12 Minutes From : _____ To : _____

Title : PRACTICE 1 SKILL STATION 2 Category #1 : GLENLAKE Category #2 : PEE WEE HOUSE

Description

1. GAP CONTROL
FORWARDS START BEHIND THE BLUE LINE, DEFENCE IN FRONT. ON WHISTLE THEY PLAY 1 ON 1.
KEY TEACHING / DEVELOPMENT POINTS
- GAP CONTROL (1 STICK LENGTH)
- PROTECT THE MIDDLE OF THE ICE
*** HALF WAY THROUGH SWITCH SIDES OF RINK TO ALLOW BOTH DIRECTIONS***

2. ANGLING
PLAYER 1 STARTS WITH THE PUCK AND MUST GOES AROUND THE FAR CONE AND TRIES TO SCORE.
PLAYER 2 GOES AROUND THE NEAR CONE AND MUST ANGLE ALONG THE BOARDS.
KEY TEACHING / DEVELOPMENT POINTS
- ANGLING SKATING FORWARDS
- 1/2 STICK RULE
*** HALF WAY THROUGH SWITCH SIDES OF RINK TO ALLOW BOTH DIRECTIONS***



Key points:

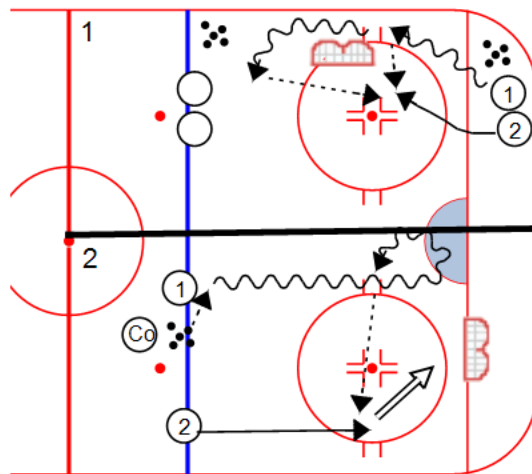
Drill no. : _____ Duration : 12 Minutes From : _____ To : _____

Title : SHOOTING / SCORING Category #1 : GLENLAKE Category #2 : PEE WEE HOUSE

Description

1. SHORT SIDE PASS / DROP OPTION
PLAYER 1 STARTS WITH PUCK, PLAYER 2 SUPPORTS
PLAYER 1 CAN:
CARRY BEHIND OR PASS SHORT SIDE
CARRY BEHIND NET PASS CROSS CREASE
PASS SHORT SIDE, GO BEHIND NET RECEIVE BACK DOOR PASS CARRY INTO SLOT AND PASS OR SHOOT
KEY TEACHING / DEVELOPMENT POINTS
- DECEPTION
- BE CREATIVE

2. DELAY / 1 TIMER
COACH ALTERNATES WHO THEY PASS TO. PLAYER WHO RECEIVES PUCK SKATES DOWN AND DELAYS AND PASSES IT TO TRAILING PLAYER WHO MAY 1 TIME IF THE PROPER HAND
KEY TEACHING / DEVELOPMENT POINTS
- SPEED BEFORE DELAY
- SUPPORT TIMING, ARRIVE LATE AND WIDE



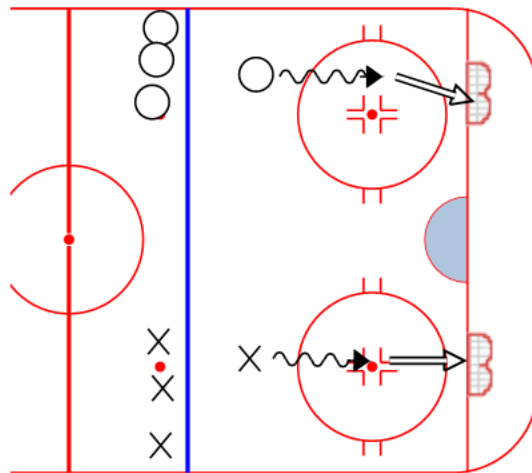
Key points:

Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Title : 1,2,3 ON 0 Category #1 : GLENLAKE Category #2 : PEE WEE HOUSE

Description

DIVIDE PLAYERS INTO 2 TEAMS. ON WHISTLE THE FIRST PLAYER IN LINE SKATES IN AND SHOOTS UNTIL THEY SCORE. AFTER THE GOAL THE PLAYER SKATES OUTSIDE THE BLUE LINE, PICKS UP ANOTHER PUCK AND GOES IN WITH A SECOND PLAYER FOR 2-0. CONTINUE 3-0 AND THEN RESTART AT 1-0 UNTIL ALL PLAYERS HAVE GONE. FIRST TEAM TO HAVE ALL PLAYER GO AND SCORE WINS. REPEAT AS MANY TIMES AS TIME ALLOWS.



Key points:
