



# Practice Plan

Team: PEE WEE HOUSE

Practice No.: 2

Date : \_\_\_\_\_

Time: \_\_\_\_\_

Duration: 60 MINUTES

Version No.: \_\_\_\_\_

Prepared by: \_\_\_\_\_

## Objectives / Main tasks :

SESSION OBJECTIVES

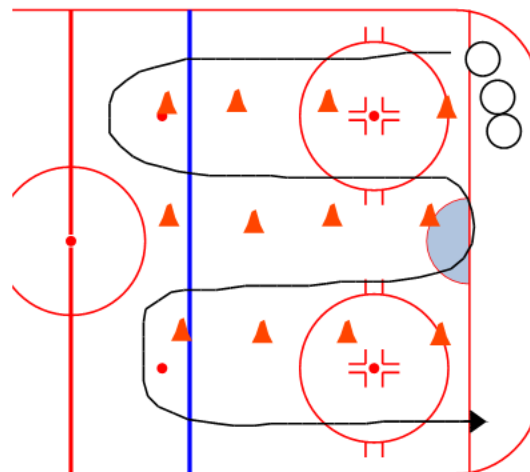
Drill no. : \_\_\_\_\_ Duration : 10 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

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 : 10 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : 4 DOTS Category #1 :  Category #2 :

### Description

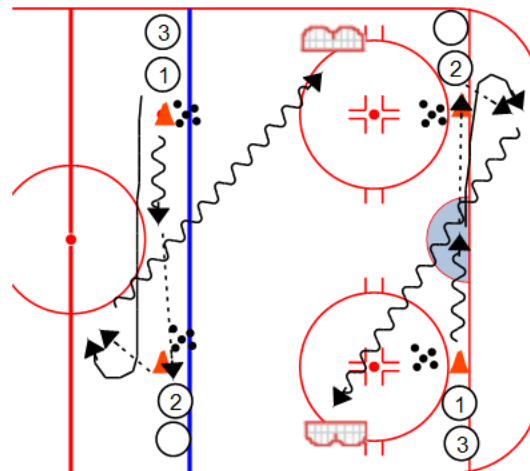
PLAYERS AND PUCKS LINED AS SHOWN. OPPOSITE LINES START 1 AT SAME TIME TAKE A FEW STRIDE AND PASS TO 2 THEN SKATE DOWN AND OPEN UP FOR A RETURN PASS THEN GO DOWN AND SHOOT. PROGRESS TO MIDDLE SWING AND CROSS ICE.

ON MIDDLE SWING AFTER 1 PASSES TO 2, 2 PASSES LATERALLY TO 3 AND 1 SWINGS THROUGH THE MIDDLE TOWARDS 3 AND RECEIVES PASS IN THE MIDDLE

ON CROSS ICE 1 PASSES TO 2 AND SKATE STRAIGHT DOWN AND OPENS UP JUST LIKE THE FIRST SERIES. 2 PASSES TO 3 AND 3 PASSES CROSS ICE BACK TO 1 WHO THEN COMES BACK TO THEIR ORIGINAL END AND TAKES A SHOT

KEY TEACHING / DEVELOPMENT POINTS

- POST UP SUPPORT
- SWING SUPPORT
- TAPE TO TAPE PASSES



Key points:

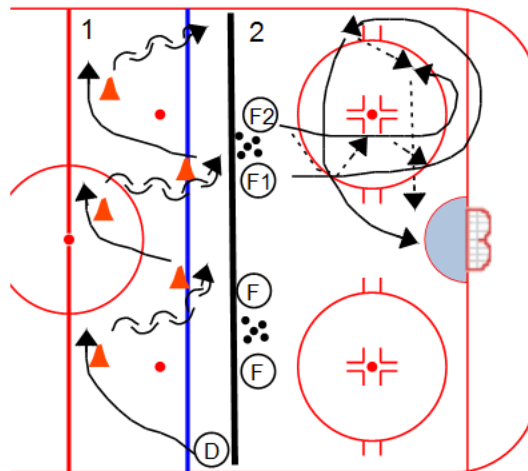

Drill no. : \_\_\_\_\_ Duration : 15 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

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

**Description**

1. TRANSITIONAL SKATING  
 D SKATE FORWARDS TO FIRST CONE AND THEN PIVOT BACKWARDS TO THE NEXT CONE AND THEN DO A HEEL TO HEEL PIVOT AND SKATE FORWARD, ETC. CAN BE DONE WITH OR WITHOUT A PUCK.  
 KEY TEACHING / DEVELOPMENT POINTS  
 - PIVOTS  
 - HEEL TO HEEL PIVOTS

2. PAIR PASSING  
 PLAYERS 1 TOUCH PASS THEN F1 TRANSITIONS AROUND F2 AND DROPS TO F2, F2 DELAYS F1 DRIVES TO THE NET FOR A PASS. ALTERNATE SIDES  
 KEY TEACHING / DEVELOPMENT POINTS  
 - 1 TOUCH PASSING, HANDS AWAY FROM THE BODY  
 - TIMING AND SUPPORT



Key points:

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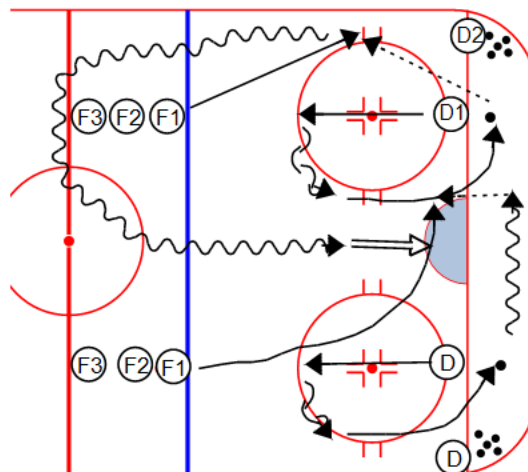
Drill no. : \_\_\_\_\_ Duration : 15 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : PLUNGER Category #1 :  Category #2 :

**Description**

QUICK UP  
 PLAYERS AND PUCKS SET UP AS SHOWN.  
 - ON WHISTLE THE D1 SPRINTS TO THE TOP OF THE CIRCLE AND PIVOTS TO THE MIDDLE AND RETRIEVES A PUCK SPOTTED BY D2 MAN IN THE CORNER.  
 - AT THE SAME TIME F1 SPRINTS TO THE HALF WALL TO SUPPORT THE BREAKOUT PASS.  
 - AFTER RECEIVING THE PASS F1 SKATES AROUND HIS LINE AND GOES IN FOR A SHOT THEN STANDS NET FRONT.  
 - D1 REPEATS SPRINTING TO THE TOP OF THE CIRCLE AND PIVOTING TO THE MIDDLE AND F2 SPRINTS TO THE HALF WALL TO SUPPORT THE PASS, RECEIVES A PASS AND SKATES AROUND THEIR LINE TAKES AND TAKES A SHOT WITH F1 PROVIDING A SCREEN AND DEFLECTION OPTION.  
 - ALTERNATE SIDES

WHEEL  
 SAME SET UP AS THE QUICK UP EXCEPT D PIVOTS TO THE OUTSIDE AND ONLY GOES ONCE, AND F1 AND F2 GO LOW AND SLOW AND SUPPORT IN THE MIDDLE FOR A MIDDLE OPTION PASS.



Key points:

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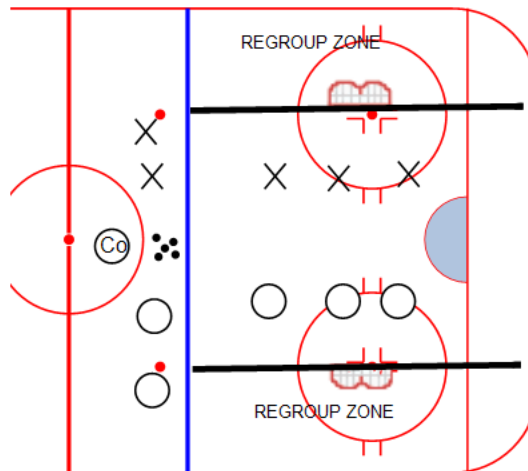
Drill no. : \_\_\_\_\_ Duration : 10 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : BREAK OUT GAME Category #1 :  Category #2 :

**Description**

PLAYERS PLAY 3 ON 3 UNTIL THE WHISTLE WHEN 6 NEW PLAYERS GO. EVERYTIME THERE IS A CHANGE OF POSSESSION THE NEW POSSESSION TEAM MUST ALL REGROUP IN THE REGROUP ZONE BEFORE THEY CAN GO ON OFFENCE. DEFENDERS CANNOT ATTACK IN THE REGROUP ZONE AND ON A GOAL THE DEFENDERS DIG IT OUT OF THE NET AND REGROUP AND ATTACK.

KEY TEACHING / DEVELOPMENT POINTS  
 - TIMING AND SUPPORT  
 - READING AND BYPASSING PRESSURE



Key points:

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