



Practice Plan

Team: PEE WEE HOUSE

Practice No.: 3

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

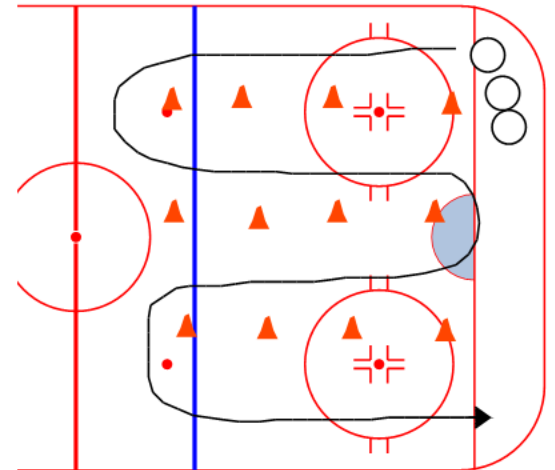
SESSION OBJECTIVES:
AGILITY AND BALANCE,PASSING, GAP CONTROL, 1 ON 1'S,

Drill no. : _____ Duration : 10 Minutes From : _____ To : _____
Title : WARM UP 1 Category #1 : GLENLAKE Category #2 : PEE WEE HOUSE

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



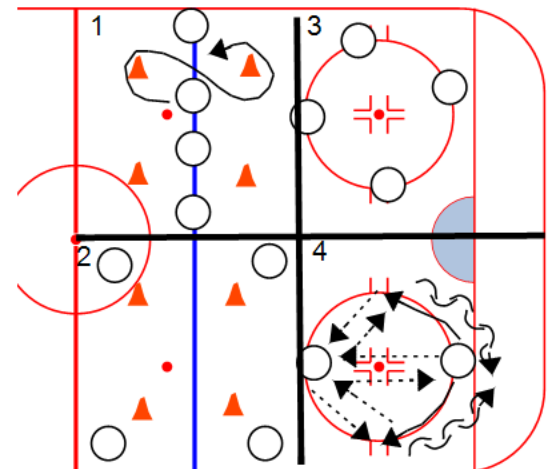
Key points:

_____	_____
_____	_____

Drill no. : _____ Duration : 20 Minutes From : _____ To : _____
Title : PRACTICE 3 SKILL STATION 1 Category #1 : GLENLAKE Category #2 : PEE WEE HOUSE

Description

1. FIGURE 8 PASSING
1 PLAYER IS THE PASSER, THE OTHER IS THE RECIEVER. RECEIVER SKATES A FIGURE 8 AROUND THE CONES AND RECEIVES AND QUICKLY 1 TOUCHES THE PUCK BACK IN THE MIDDLE OF THE CONES EVERYTIME. RECEIVER FACES THE PASSER AT ALL TIMES.
KEY TEACHING / DEVELOPMENT POINTS
- ALWAYS FACE THE PASSER / TRANSITION SKATE
2. 4 CONE AGILITY
OPPOSITE PLAYERS GO AT THE SAME TIME AND RANDOMLY SKATE AROUND ALL 4 CONES.
KEY TEACHING / DEVELOPMENT POINTS
- EYES UP
- QUICK HANDS AND FEET
3. FOLLOW THE PASS
PLAYERS LINE UP AROUND THE CIRCLE WITH 1 PUCK. FIRST PERSON PASSES TO ANY PLAYER AND SKATES TO FILL THAT SPOT. YOU CAN ADD A SECOND PUCK
KEY TEACHING / DEVELOPMENT POINTS
- EYE CONTACT
- COMMUNICATION
4. BELLY UP PASSER
1 PLAYER AT THE TOP OF THE CIRCLE IS STATIONARY. THE OTHER AT THE BOTTOM SKATES TO THE HASH MARK AND



Key points:

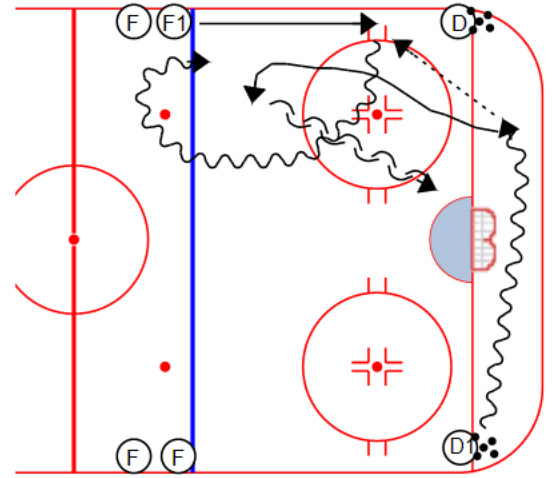
_____	_____
_____	_____

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

Title : GAP UP 1 ON 1 Category #1 : Category #2 :

Description

SET UP AS SHOWN.
 - D1 ROUNDS NET AND PASSES TO F1 WHO SUPPORTS ON THE HALF BOARDS.
 - F1 HAS TO CROSS THE BLUE LINE BEFORE TURNING TO THE BOARDS AND ATTACKING 1 ON 1
 - D1 MUST READ AND ADJUST THEIR GAP AND PLAY THE 1 ON 1
 - PROGRESS THE DRILL BY ALLOWING THE FORWARD TO TURN EITHER WAY AND THE DMAN MUST READ AND ADJUST.
 - ALTERNATE SIDES
 KEY TEACHING / DEVELOPMENT POINTS
 - GAP CONTROL (1 STICK LENGTH)
 - D PIVOT TO THE MIDDLE TO PROTECT THE MIDDLE
 - D MUST CONTAIN FORWARD TO THE OUTSIDE THE DOTS BEFORE ANGLING OFF.



Key points:

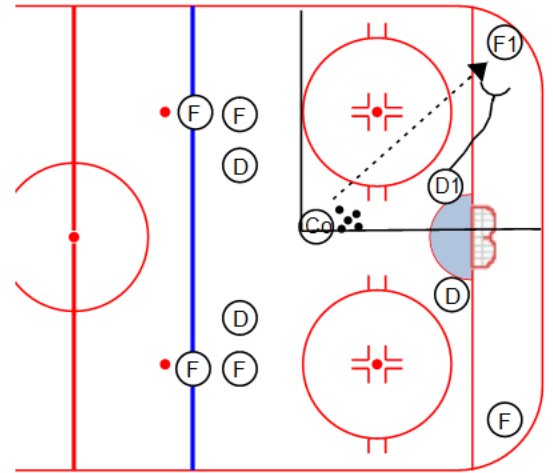
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

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

Title : CORNER 1 ON 1 Category #1 : Category #2 :

Description

SET UP SHOWN
 - ALTERNATING SIDES
 - COACH PASSES PUCK TO F1 WHO TRIES TO WALK OUT OF THE CORNER TO SCORE
 - D1 STARTS WITH SKATES ON THE CREASE LINE AND MUST ANGLE AND DENY F1 THE WALK OUT.
 - PLAY TO THE WHISTLE AND IN THE CONFINE SPACE DIAGRAMMED
 KEY TEACHING / DEVELOPMENT POINTS
 - DEFENSIVE BODY POSITION
 - ANGLING
 - STICK ON PUCK



Key points:

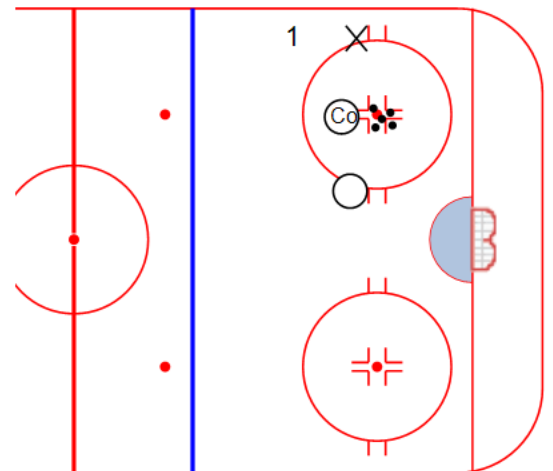
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

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

Title : 10 MIN 1 ON1 CHALLENGE Category #1 : Category #2 :

Description

SET UP AS SHOWN
 - X ON OFFENCE O ON DEFENCE
 - COACH DUMPS A PUCK TO X WHO TRIES TO WALK OUT OF THE CORNER AND SCORE
 - O DEFENDS AND TRIES TO DENY THE NET TO X
 - AFTER 10 SECONDS OR GOAL OR GOALIE COVERS COACH DUMPS ANOTHER PUCK
 - AFTER 5 MINUTES X GOES ON DEFENCE O ON OFFENCE AND HAS 5 MINUTES TO SCORE AS MANY GOALS AS POSSIBLE
 - WHOEVER SCORES THE MOST GOALS WINS THE CHALLENGE



Key points:

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>