



Practice Plan

Team: PEE WEE HOUSE

Practice No.: 4

Date : _____

Time: _____

Duration: 60 MINUTES

Version No.: _____

Prepared by: _____

Objectives / Main tasks :

SESSION OBJECTIVES

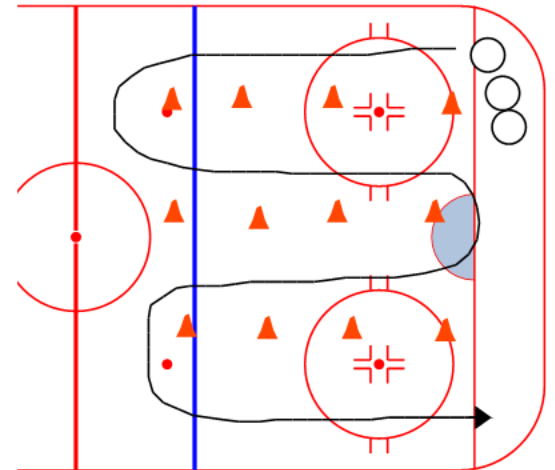
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Title : PUCK HANDLING 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. QUICK HANDS
2. FOREHAND / BACKHAND ONLY
3. TOE DRAGS
4. PUCK / STICK THROUGH LEGS



Key points:

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

Title : PRACTICE 4 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 RECEIVER. 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. CONE PUCK CONTROL

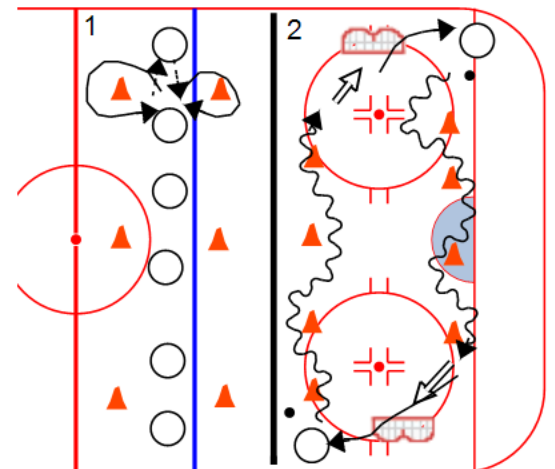
SET UP AS SHOWN. PLAYERS SKATE THROUGH CONES WORKING ON VARIOUS MOVES, WIDTH AND DEPTH, TOE DRAGS, BACKHAND TOE DRAGS, DECEPTION AND CREATIVITY, TAKE A SHOT AND THEN GET IN THE OTHER LINE.

KEY TEACHING / DEVELOPMENT POINTS

- HANDS AND ELBOWS AWAY FROM BODY

- ROLL WRISTS

- DECEPTION AND CREATIVITY



Key points:

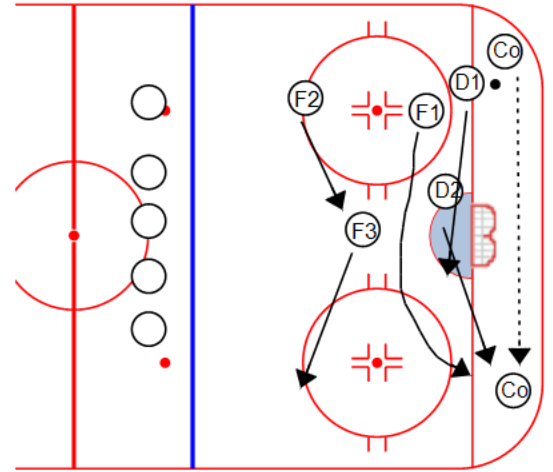
Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Title : D ZONE COVERAGE ROTATION Category #1 : Category #2 :

Description

SET UP INTO BASIC D ZONE AS SHOWN
 - D1 PUCK ZONE
 - D2 NET ZONE
 - F1 SUPPORT ZONE
 - F2 STRONG SIDE POINT ZONE
 - F3 SLOT ZONE

ONCE COACHES ROTATE THE PUCK PLAYERS ROTATE AS SHOWN. PRACTICE A FEW TIMES AND THEN PASS PUCK TO PLAYERS TO PLAY OUT 5-0. CHANGE PLAYERS.
 KEY TEACHING / DEVELOPMENT POINTS
 - COMMUNICATION
 - BODY POSITION
 - STOPS AND STARTS



Key points:

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

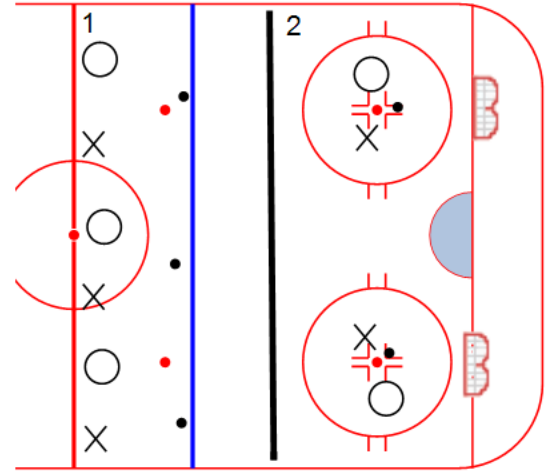
Title : PUCK PROTECTION / DEFEND Category #1 : Category #2 :

Description

1. PUCK PROTECTION
 PLAYERS PARTNER UP WITH ONE PUCK. ON THE WHISTLE THEY RACE FOR THE PUCK AND TRY AND ESTABLISH BODY POSITION AND PLAY KEEP AWAY FOR 10-15 SECONDS. ON WHISTLE PLAYERS STOP, TAKE A BRIEF BREAK THEN REPEAT. ADD 5 PUSH UPS OR SITUPS FOR PLAYER WITHOUT PUCK WHEN WHISTLE BLOWS
 DEPENDING ON AMOUNT OF PLAYERS SPLIT INTO 2 GROUPS, ONE PLAYS KEEP AWAY WHILE THE OTHER IS TAKING A BREAK

2. PUCK PROTECTION WITH A SHOT.
 SAME AS ABOVE EXCEPT PLAYER WITH PUCK ON THE WHISTLE TAKES A SHOT THEN 2 NEW PLAYERS GO.

KEY TEACHING / DEVELOPMENT POINTS
 - PUCK PROTECTION
 - NOSE OVER THE PUCK
 - DEFENSIVE STICK CHECKS (POKE, LIFT)



Key points:

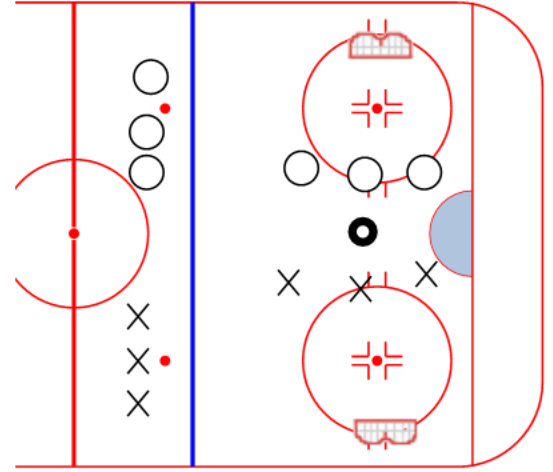
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Drill no. : _____ Duration : 10 Minutes From : _____ To : _____

Title : STICK CHECK RINGETTE Category #1 : Category #2 :

Description

PLAYERS PLAY 3 ON 3 TURNING STICKS OVER AND USING A RINGETTE RING FOCUSING ON LIFT CHECKS TO REGAIN POSSESSION. CHANGE ON THE WHISTLE
 KEY TEACHING / DEVELOPMENT POINTS
 - HANDS AT LEAST SHOULDER WIDTH APART
 - GET LOW, USE LEGS FOR LEVERAGE
 - CONTROL STICK TO AVOID HIGH STICKING



Key points:

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