



# Practice Plan

Team: PEE WEE HOUSE

Practice No.: 5

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

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

Duration: 60 MINUTES

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

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

## Objectives / Main tasks :

SESSION OBJECTIVES:  
STICKHANDLING, PASSING, 2-1'S , BREAKOUTS

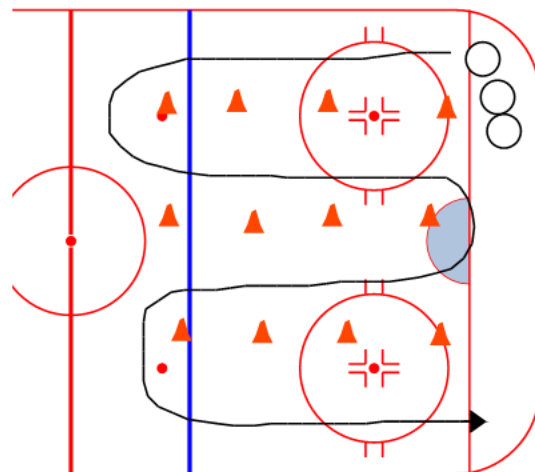
Drill no. : \_\_\_\_\_ Duration : 10 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

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



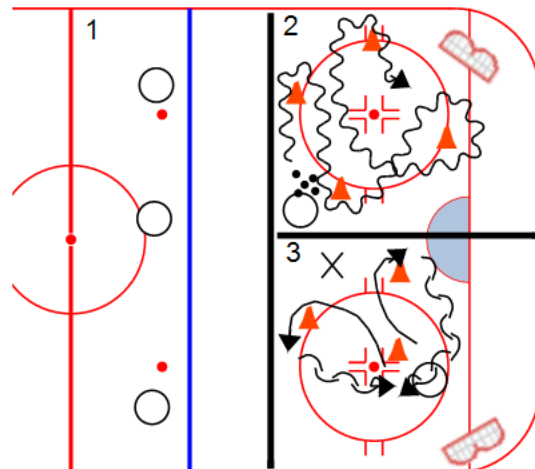
Key points:


Drill no. : \_\_\_\_\_ Duration : 18 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : PRACTICE 5 SKILL STATION 1 Category #1 : GLENLAKE Category #2 : PEE WEE HOUSE

### Description

1. STATIONARY TOE DRAGS  
PLAYERS SPREAD OUT AND WORK ON STATIONARY TOE DRAGS. PROGRESS TO MOVING AND THEN 1 ON 1.  
KEY TEACHING / DEVELOPMENT POINTS  
- EXTEND ON FRONT  
- TURN BLADE OVER AND DRAG BACK WITH TOE OF BLADE
2. 4 CONE AGILITY  
PLAYERS SKATE RANDOMLY AROUND ALL 4 CONES AND THEN GO FOR A SHOT  
- DECEPTION  
- CREATIVITY
3. AGILITY PASSING  
SET UP AS SHOWN. PLAYER AT THE POINT OF THE TRIANGLE SKATES FORWARD AND THEN TRANSITION SKATES AND RECEIVES A PASS THEN PIVOTS AROUND THE POINT CONE AND PASSES BACK AND THEN SKATES TO THE OTHER TOP CONE AND REPEATS TRANSITION SKATE RECEIVES ANOTHER PASS AND THEN GOES FOR A SHOT  
KEY TEACHING / DEVELOPMENT POINTS  
- 1 TOUCH PASSING  
- TRANSITION SKATING  
- HANDLING PUCKS IN TRANSITION



Key points:

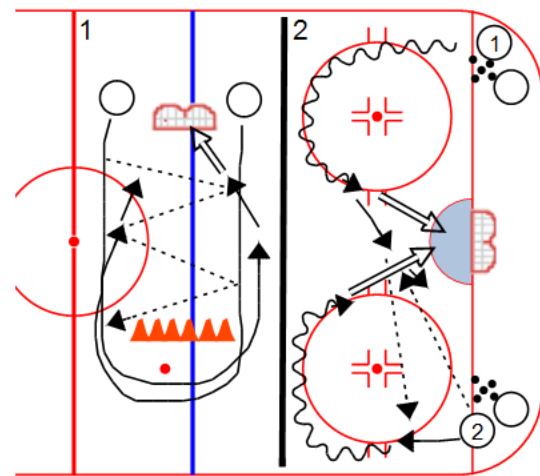

Drill no. : \_\_\_\_\_ Duration : 12 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : PRACTICE 5 SKILL STATION 2 Category #1 :  Category #2 :

**Description**

1. 2-0 REGROUP  
 PLAYERS PAIR PASS AND REGROUP AROUND THE CONES, CONTINUE TO PAIR PASS AND TAKE A SHOT  
 KEY TEACHING / DEVELOPMENT POINTS  
 - COMMUNICATION  
 - LEAD THE PASS

2. BUTTERFLY PASS AND SHOOT  
 PLAYER 1 SKATES AROUND THE TOP OF THE CIRCLE AND TAKES A SHOT THEN RECEIVES A PASS FROM PLAYER 2 WHO THEN STARTS SKATING AND RECEIVES THE PUCK BACK, SKATES AROUND THE TOP OF THE CIRCLE AND SHOOTS AND THEN CONTINUES THE DRILL  
 KEY TEACHING / DEVELOPMENT POINTS  
 - COMMUNICATION  
 - LEAD THE PASS  
 - 1 TOUCH PASSING



Key points:

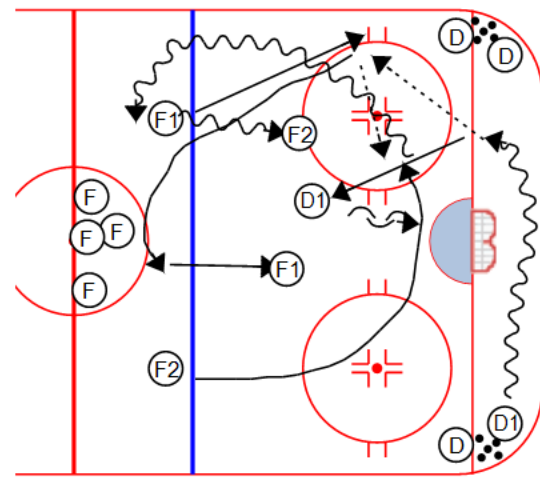
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Drill no. : \_\_\_\_\_ Duration : 10 Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

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

**Description**

SET AS SHOWN  
 - D1 WHEELS THE NET AND OUTLETS TO THE WALL (F1)  
 - AS D1 BEGINS, F2 SWINGS LOW AND SLOW TO SUPPORT IN THE MIDDLE AND RECEIVE THE PASS FROM F1 AS THEY SWING THROUGH THE MIDDLE  
 - BOTH FORWARDS REGROUP IN THE N ZONE AND ATTACK 2-1 ON D1 WHO HAS GAPPED UP AFTER MAKING THE INITIAL PASS  
 - PROGRESS TO MIDDLE OUTLET FIRST AND THEN D MAN CHOOSES.  
 KEY TEACHING / DEVELOPMENT POINTS  
 - D MAN FIRST PASS IMPORTANCY, GAP CONTROL AND 2-1 DEFENCE  
 - FORWARD SUPPORT, 2-1 ATTACK PRINCIPLES



Key points:

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

**Categories**

Drill Title : 1/2 ICE BREAKOUT CHALLENGE

Components : \_\_\_\_\_

**Content elements :**

**Description**

SET UP SHOWN.  
 - COACH DUMPS 1ST PUCK AND PLAYERS PERFORM BREAKOUT AND THEN PASS BACK TO COACH WHO DUMPS AGAIN AND PLAYERS EXECUTE ANOTHER BREAKOUT AND THEN REGROUP AND ATTACK 3-2  
 - CHALLENGE FORWARDS CHALLENGE DMEN OR VICE VERSA ON THE AMOUNT OF GOALS SCORED IN THE TIME ALLOWED, LOSERS DO PUSHUPS OR SITUPS.

**Key Points**

- Communication
- Timing /Puck Support
- 1ST PASS IMPORTANCY

