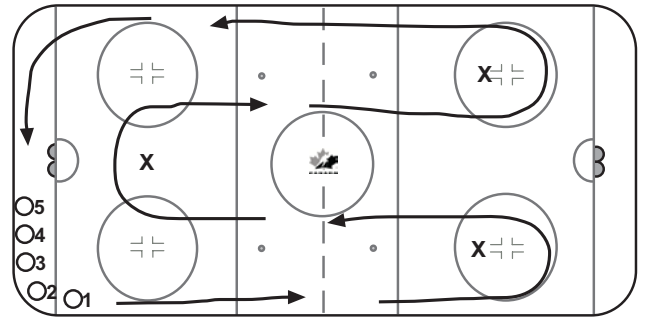




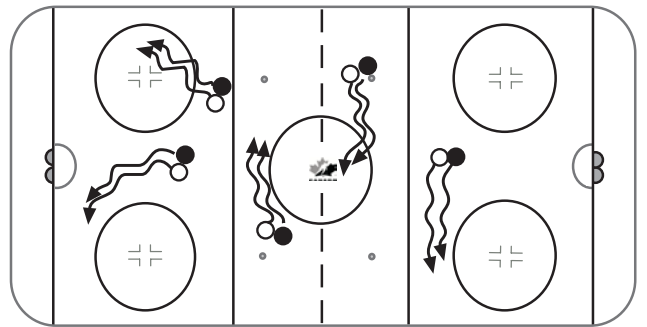
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Pee wee Practice Plan 1

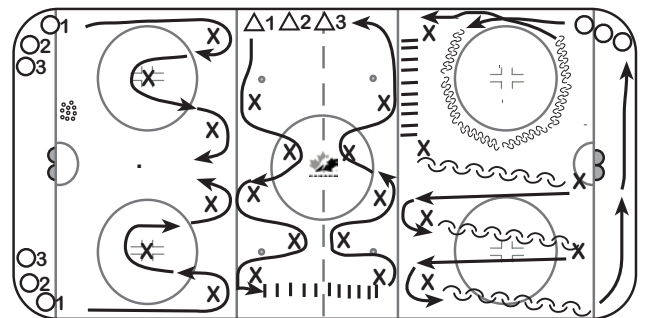
Time	Description	Key Points
5	Back Alley Warm Up	
	<ol style="list-style-type: none"> 1. Players take off one after another 2. Backwards between blue lines 3. Two foot jump over each line 4. Groin stretch between blue line 5. Touch toes, trunk twists, leg kicks 	



Time	Description	Key Points
5	Rabbit / Coyote	
	<ol style="list-style-type: none"> 1. Players partner up – one with puck, one without 2. On coaches' signal, the player with puck takes off, trying to lose the chaser. Chaser tries to catch puck carrier and take puck away. 3. On next whistle, players change roles 	



Time	Description	Key Points
20	Skating Evaluation – 5 mins at each station	
	<ol style="list-style-type: none"> 1. Players in each corner -On coach's signal, players race through pylons. -First one to puck, takes shot on net, second player backchecks to prevent shot on net. 2. Players start at corner of blue line, and weave through pylons. -At last pylon, players do lateral crossovers, to next pylon, then weave back through pylons to starting line. Second time through, use pucks 3. Players start in corner Pivot and skate backwards, doing crossovers around circle, proceed to pylon, stop, lateral crossovers, to next pylon. Backwards to next pylon, pivot, forwards to next pylon etc... 	

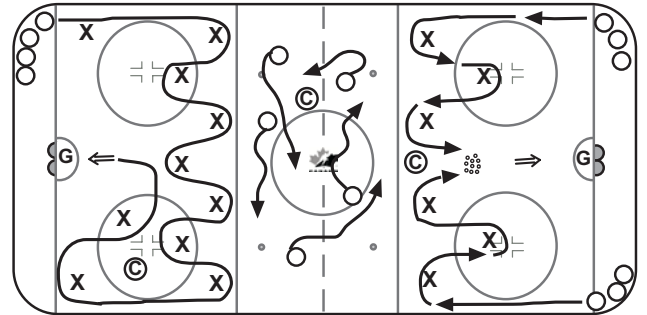




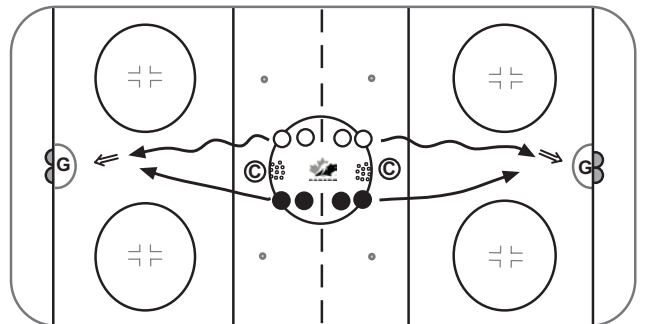
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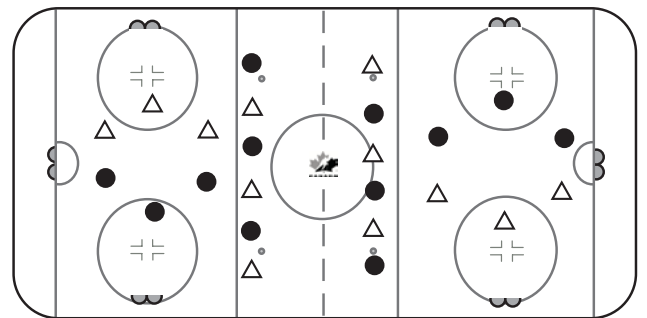
Time	Description	Key Points
15	Puckcontrol	
	<ol style="list-style-type: none"> 1. Players weave through pylons, carrying puck. -Take shot on net 2. Players stickhandle throughout zone, performing different moves 3. On coach's signal, players weave through pylons, racing for puck. -First player takes shot. -Second player tries to prevent shot. 	



Time	Description	Key Points
5	Shootout	
	<ol style="list-style-type: none"> 1) 2 lines facing each end of the ice. 2) Line on left has players down on one knee 3) Line on right is player with puck 4) On coach's signal, player with puck skates towards net for shot, player on one knee has to play the back checker, and try and catch puck carrier. 5) Switch lines after each attempt 	



Time	Description	Key Points
10	Pond Hockey	
	<ol style="list-style-type: none"> 1. 2 games of 3 on 3 cross ice 2. On whistle players playing switch with players in neutral zone. 3. Use 1 puck, or two pucks, tennis balls, soccer balls etc... 	

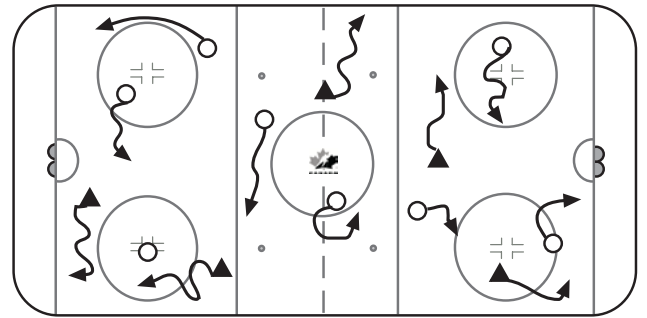




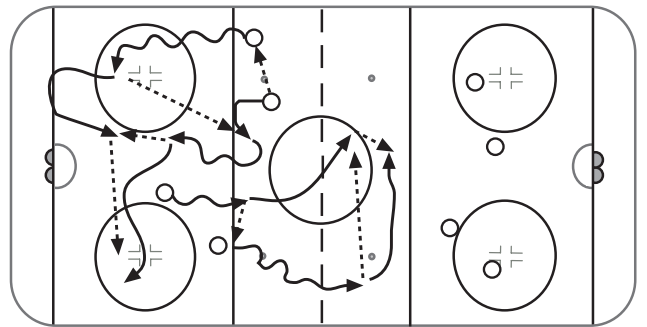
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Pee wee Practice Plan 2

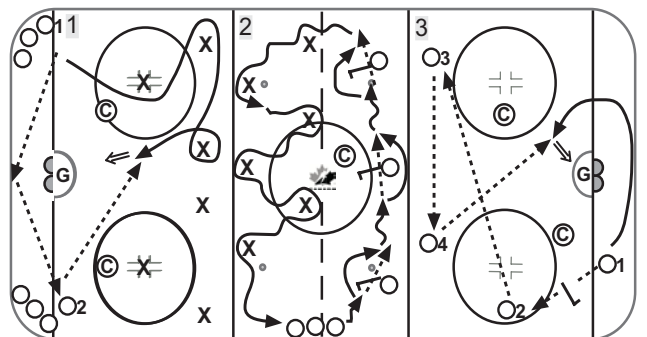
Time	Description	Key Points
5	Chaos	
	<ol style="list-style-type: none"> 1. Players skate all over the ice stickhandling. 2. On whistle, all players move to one half of the ice. 3. On next whistle, all players move inside blueline. 4. On next whistle, all players move inside goal line 	



Time	Description	Key Points
5	Short Pass / Long Pass	
	<ol style="list-style-type: none"> 1. Players partner up. 2. One player has puck. 3. Short pass 4. Long pass 5. Alternate until coach signals drill is over 	



Time	Description	Key Points
20	3 Station Move	
	<ol style="list-style-type: none"> 1. Players start in each corner. <ul style="list-style-type: none"> -O1 makes bank pass off boards to O2 -O1 skates through pylons -O2 hits passer in slot, for shot on net. -Alternate sides 2. Players start on red line, carry puck to first coach / player. <ul style="list-style-type: none"> -Put puck under stick, skate around coach / player to pick up puck again. -Perform same move at next coach / player 3. O1 performs flip pass over stick to O2 <ul style="list-style-type: none"> -O1 then skates behind net. -O2 passes to O3, who passes to O4 -O4 then passes to O1. -O1 shoots on net 	

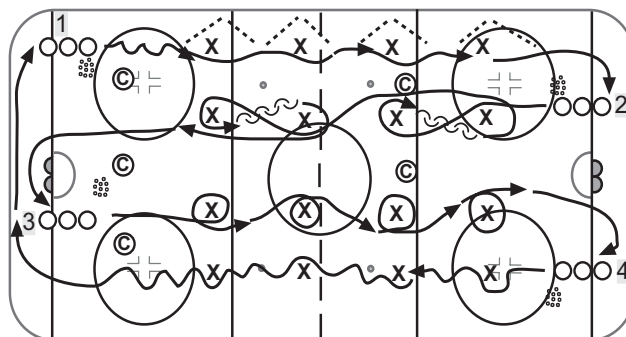




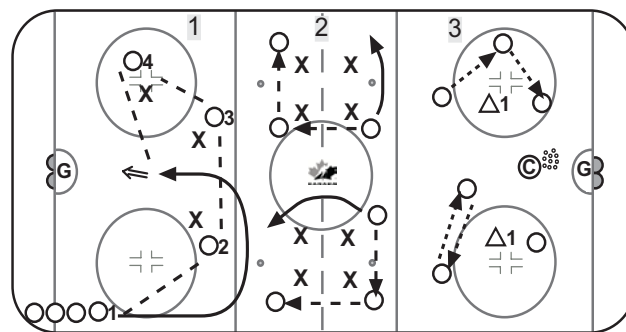
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Pee wee Practice Plan 2

Time	Description	Key Points
10	4 Line Puckcontrol	
	<ol style="list-style-type: none"> 1. Players make bank pass off boards at each pylon. 2. Players skate to second pylon, <ul style="list-style-type: none"> -Pivot, skate backwards, to first pylon -Pivot, skate forward to 4th pylon -Pivot, skate backwards to 3rd pylon 3. Skate forward to next line <ul style="list-style-type: none"> -Skate forward doing 360's around each pylon. 4. Skate forward, make move on each pylon and skate to start line again. 	



Time	Description	Key Points
15	Pass / Receive Circuit	
	<ol style="list-style-type: none"> 1. O1 passes to O2, then begins skating. <ul style="list-style-type: none"> -O2 passes to O3, O3 passes to O4. -O1 skates towards blue line, turns and skates between O2 and O3 to get a pass from O4. -O1 then takes a shot on net. -Make sure all players get to be skaters, and passers. 2. 3 players for 4 pylons. <ul style="list-style-type: none"> As one player passes puck, the player without the puck, must move to open pylon so that the puck is always with the middle person. 3. Pig in the middle – 2 players pass puck to each other, while 3rd player tries to stop the pass. <ul style="list-style-type: none"> -If player in the middle stops pass, then he / she switches with player who gave up the puck. 4. Coach works with goalies 	





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Time	Description	Key Points
5	1-2-3 on 0	
	<ol style="list-style-type: none">1. Move nets to each end, on goal line, below face off dots.2. Players line up outside blue line each with a puck.3. 1st player goes in for shot, keeps going until goal is scored.4. After goal, player skates back outside blue, next player joins in for 2 on 0.5. 3rd time through, 3 on 0 etc...	

