

## Pee Wee Practice 7

**Number of Players:** 30-45

**Practice Theme/Goals:** Skills, Skating, ABCs, competition, FUN

**Equipment Needs:** 5 nets, cones, tires, soccer balls, borders

**Time:** 60 minutes

### **Warm Up: 5 minutes**

Free Play – Let the kids play with a variety of objects such as black pucks, blue pucks, tennis balls, soft balls, ringette rings, etc.

### **Edge Control Around Sticks – 10 minutes**

Spilt into two groups for better communication. Have players place their sticks on the ice lengthwise in front of them as obstacle. Keys: Head and chest are up, good knee bend on glide leg.

- Inside edges around stick L/R
- Inside edges around stick L/R, hold edge - two laps
- Outside edges around stick L/R
- Outside edges around stick L/R, hold two laps
- Figure 8 inside edges around ends of stick
- Figure 8 outside edges around ends of stick
- Two foot side jumps over stick
- One foot side jumps over stick L/R

### **Stations: 4 Stations x 8 minutes**

On the whistle to change station, players do 5 jumps before moving on to the next activity. Coaches distribute water at each station as the players arrive.

### **Station 1: Pass and Chase Tag**

Player X passes to player O who has to skate around the tires and attempts to evade player X who then chases him. Player O then passes to player Y and the rotations continues. Each player is finished after he receives a pass, goes around the tires and then gives a pass and becomes the chaser.

### **Station 2: Stretch Pass Short Version**

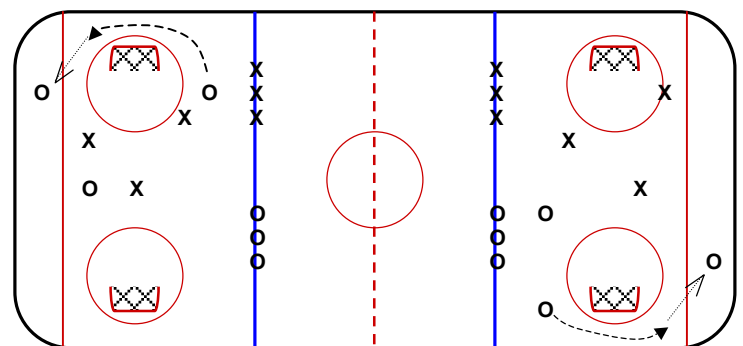
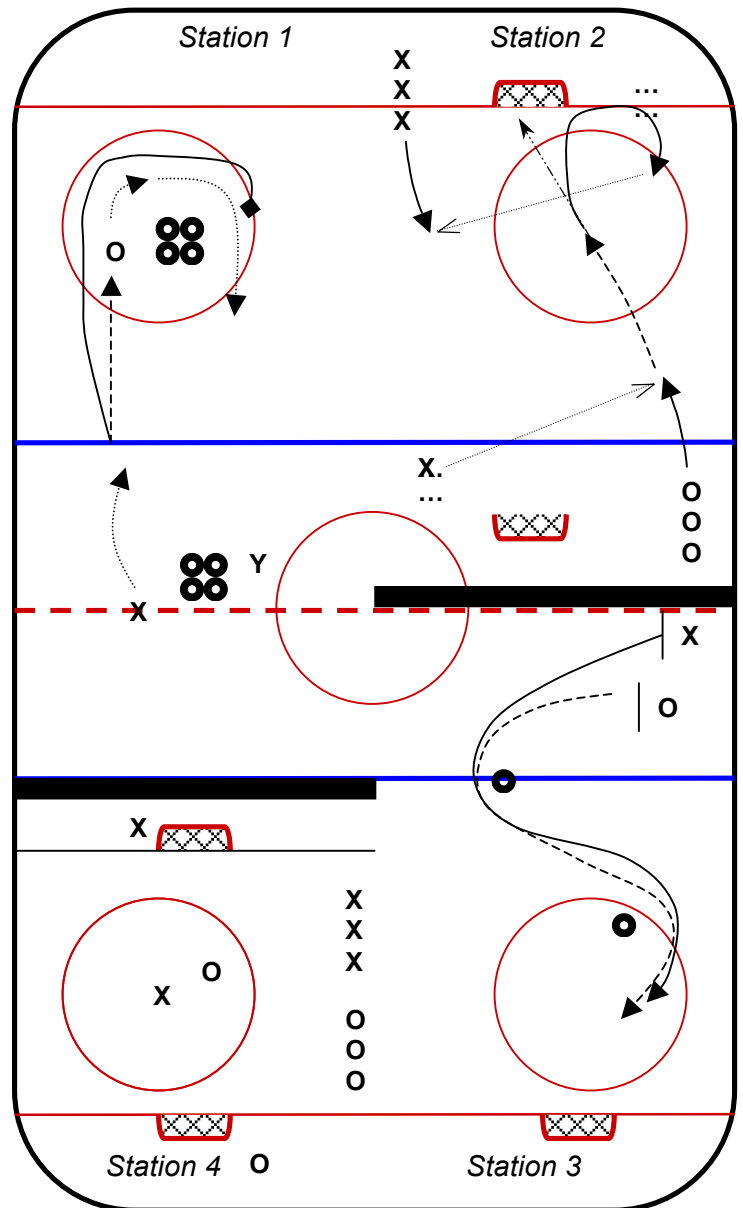
Play O breaks as Player X retrieves puck. X passes to O who shoots on goal and then pick up a new puck to activate the next player. Try to keep both sides going, let the players monitor the ice and get them to judge when to break for a pass.

### **Station 3: Attack Under Pressure**

Player O begins with a puck five feet in front of player X. On the coach's signal, Play X chases player O around the tires and attempt to stop player O before he can score. Vary the start distances so that player O is forced to skate at top speed.

### **Station 4: 1v1 with Low Outlet**

Play 1v1 in a small area. Outlet players are below the goal lines and can't score only pass. Players in the middle must make a pass to their outlet man before they can score. Play 40 second shifts.



### **Game: 3v3 Breakout Game – 13 Minutes**

Play 3v3 cross ice for 40 sec. shifts. Each change of possession a team must either carry the puck or pass the puck behind their own net before they can attack.