

## Pee Wee Practices Age 11-12

### Practice 1

10 min.

A2, Module 10

A2, 32 - "zig-zag" using crossovers while skating forward.

A2, 35 - cross over while skating backwards, keep back upright.

A2, 36 - "shoot the duck" one leg squat while forward skating between the blue lines.

A2, 37 - start and stop on lines using V-start.

A2, 38 - stop and start at lines while skating backwards.

A2, 39 - start and stop on lines using the hockey stop and the crossover start.

A2, 40 - backward starts and stops using the crossover start.

A2, 41 - start and stop on lines using a running start.

10 min.

D4, 07 - Game of 2-2 with at least one pass but the puckcarrier must take three quick strides before passing.

10 min.

B2, 00, Module 3

G1, - goalkeeper.

B2, 02 - sweepshots while skating.

B2, 03 - backhand sweepshot while skating.

B2, 04 - forehand and backhand wristshot standing.

B2, 11 - turn the row 180 degrees facing the opposite goal shoot while skating through the opposite row using all shots.

10 min.

D1, 91, 5-5, DEFENDING 3-3, 2-2, IN DEFENSIVE ZONE:

In a full ice game each team leaves two players in the neutral zone. When the defending team gets the puck they pass to the neutral zone and there will be a 2-2 situation at the other end.

10 min.

B3, 00, Module 1

B3, 00 - "stickhandling techniques".

B3, 01 - check the sticklength.

B3, 02 - with no gloves grip the stick using only the top hand.

B3, 03 - control the stick with both hands without gloves.

B3, 04 - control the stick with the top hand and roll the wrist.

10 min.

D1, 92, 3-3+, FACE-OFFS:

In a controlled scrimmage have face-offs in all areas and teach offensive and defensive concepts

## Practice 2

10 min.

A2, Module 11

A2, 43 - standing jumps on two skates, 45-90-180-360 degrees.

A2, 44 - skating around rink jumping on both skates from forward to backward and backward to forward at each line.

A2, 45 - gliding backward on one skate at the ends and doing a one foot turn to forward skating at the blue lines.

A2, 46 - pivot from forward to backward and backward to forward at the bluelines.

A2, 50 - skate along the boards and down the lines pivoting at each corner.

10 min.

D4, 08, - Game of 2-2 cross ice, stressing the four playing roles; one player must cover the pass receiver from the puck side, always seeing the puck. Remind them that the puckcarrier is also covered by one player from the defensive side. Now we have taught all of the four basic playing roles. 1. Player with puck. 2. Defender covering puckcarrier. 3. Offensive player without puck. 4. Defensive player covering pass receiver.

10 min.

B2, 00, Module 4

G1, - goalkeeper

B2, 07 - slapshots while stationary.

B2, 06 - snapshot while standing then skating.

B2, 05 - wristshots while skating.

B2, 10 - turn the row into a line by turning 90 degrees.

B2, 11 - turn the row 180 degrees and skating through the other line to shoot on the opposite goal. Use all shots while skating.

10 min.

D1, 95, 5-5 WITH TWO PUCKS:

Using two pucks creates more situations on the ice that players must read and react to.

10 min.

B3, 00, Module 2

B3, 05 - stationary puckhandling moving puck narrow and wide in front and at each side.

B3, 06 - tight forehand turn with the top hand across the body and under the bottom arm.

B3, 07 - tight backhand turn with the top elbow up keeping the puck close to the body.

B3, 08 - put two gloves about three meters apart and do figure eights around the gloves, stress "top hand under" on forehand, "elbow up" on backhand.

10 min.

D2, 10, 2-2, GAME WITH NO PASSING ALLOWED:

Players screen for the puck carrier, no passing is allowed.

### Practice 3

10 min.

A2, Module 12

A2, 11 - forward skating with extra long strides.

A2, 23 - alternate high cross kicks while skating backwards.

A2, 09 - forward skating with deep squats between the bluelines.

A2, 18 - backward skating with deep squats between the bluelines.

A2, 05 - alternate kicks between the bluelines while skating forward.

A2, 21 - alternate kicks between the bluelines while skating backward.

A2, 36 - "shoot the duck" one leg forward squat between the bluelines.

A2, 42 - backward skating "shoot the duck" between the bluelines.

10 min.\*

D2, 11, 3-3+, GAME WITH NO GIVE AND GO:

The pass receiver must find another open player. This promotes support and split vision.

10 min.

B2, 00, Module 5

G1, - goalkeeping

B2, 10 - turn the row into a line by turning 90 degrees.

to shoot on the opposite goal. Use all shots while skating.

B2, 08 - slapshots while skating.

B2, 09 - screening the goalie, tip-ins, deflections, the player shoots then goes to the front of the net.

10 min.

D1, 53, 3-3, PASSING TO THE CLOSEST TEAMMATE:

The player with the puck must pass to his closest teammate. This causes players to come back to the puck or support the puckcarrier more closely.

10 min.

B3, 100, Module 1

B3, 100 - keep the stick on the ice and square to the puck to take a pass.

B3, 101 - forehand passing.

B3, 102 - backhand passing.

B3, 103 - practicing eye contact between the passer and the receiver. Passing 3-4 pucks across to different players in the opposite line, making sure there is eye contact before passing.

10 min.

D2, 12, 3-3+, "GIVE AND GO" GAME:

The first pass receiver must return the puck to the passer who can then pass to another player, who must now give and go. This game teaches players to support by following their pass.

#### Practice 4

10 min.

A2, Module 13

A2, 32 - forward crossovers "zig-zag" skating.

A2, 30 - two figure eights with only the outside skate pushing.

A2, 31 - alternate high crossover kicks in forward skating.

A2, 47 - crossover skating forward around the five circles with a maximum of six players per group.

A2, 33 - alternate high crossover kicks while skating backwards.

A2, 23 - two backward figure eights.

A2, 48 - skating backwards around the five circles.

10 min.

D2, 30, 2-2+, THE FOUR PLAYING ROLES:

The most concrete way of demonstrating the four playing roles is to play 2-2. The player either is the puckcarrier or supporter on offense, or the pressuring player or supporter in defense.

10 min.

B2, 100 Module 1

G1, 05 - maneuvers; splits, layouts.

B2, 100 - cut in and shoot using a sweepshot.

B2, 101 - cut in and shoot using a backhand.

B2, 102 - cut in and shoot using a wristshot.

10 min.

D2, 01, 1-1+, CROSS ICE GAMES WITH TWO NETS:

A normal game but cross ice. Play a tournament with many teams and special rules.

10 min.

B3, 100, Module 2

B3, 102 - backhand passing.

B3, 103 - practicing eye contact between the passer and the receiver. Passing 3-4 pucks across to different players in the opposite line, making sure there is eye contact before passing.

B3, 104 - receiving a pass on the forehand.

B3, 105 - receiving a pass on the backhand.

B3, 106 - Knocking high passes down with the hand to the stick.

10 min.

D2, 13, 2-2+, GAME ALLOWING "DROP PASSES ONLY":

The players must cross and leave the puck for their teammate or he may pick it off the stick. "if passing distance is too short - change the distance and puck."

## Practice 5

10 min.

A2, Module 14

A2, 32 - forward crossover skating zig-zagging down ice.

A2, 13 - two figure eights while flatfooted skating "scootering".

A2, 14 - four figure eights while flatfooted skating.

A2, 47 - crossover skating around five circles with a maximum of six players per group.

A2, 48 - skate backwards around the five circles.

A2, 49 - pivot forward to backward and back to forward around five circles.

10 min.

D4, 06, 2-2+, Game of 2-2 with at least one pass before a goal counts. This teaches the player without the puck to support the puckcarrier by getting open for a pass.

10 min.

B2, 100 Module 2

G1, 06 - using skates for low shots.

B2, 102 - cut in and shoot using a wristshot.

B2, 103 - cut in and shoot using a snapshot.

B2, 104 - cut in and shoot using a slapshot.

10 min.

D4, 05, 2-2+, Face the puck game. Divide the players into teams of two or three. Set up goals on both sides of the ice using regular or small nets. Pylons or the blue and red lines on the boards can also be used. The rule is that the players must always face the puck during the game.

10 min.

B3, 100, Module 3

B3, 105 - receiving a pass on the backhand.

B3, 106 - Knocking high passes down with the hand to the stick.

B3, 107 - alternate receiving backhand and passing forehand and receiving forehand passing backhand.

B3, 108 - taking a pass with a skate and directing it to the stick.

10 min.

D2, 14, 3-3+, GAME WITH 7-10 CONSECUTIVE PASSES:

Points are given to the team that can make 7-10 consecutive passes in the zone. At a more advanced level no return passes are allowed.

## Practice 6

10 min.

A2, Module 15

A2, 07 - toe-in, toe-out flat footed skating gliding between bluelines.

A2, 11 - forward skating using extra long strides.

A2, 37 - starts and stops on lines using V-start.

A2, 16 - backward skating in a straight line.

A2, 33 - alternate high cross kicks while skating backward.

A2, 51 - skate full speed forward the length of the ice.

A2, 52 - skate full speed backward the length of the ice.

A2, 53 - start slowly from the end, speed up gradually and break to full speed at the blueline, glide in from the far blueline

10 min.

D4, 08, 2-2, Game of 2-2 cross ice, stressing the four playing roles; one player must cover the pass receiver from the puck side, always seeing the puck. Remind them that the puckcarrier is also covered by one player from the defensive side. Now we have taught all of the four basic playing roles. 1. Player with puck. 2. Defender covering puckcarrier. 3. Offensive player without puck. 4. Defensive player covering pass receiver.

10 min.

B2, 100 Module 3

G1, 07 - poke check, hook check, recovering balance.

B2, 103 - cut in and shoot using a snapshot.

B2, 104 - cut in and shoot using a slapshot.

B2, 105 - cut in and shoot using any shot.

10 min.

D2, 03, 2-2, EYE ON THE PUCK:

The rule is that the players must always face the puck, even when turning.

10 min.

B3, 100, Module 4

B3, 107 - alternate receiving backhand and passing forehand and receiving forehand passing backhand.

B3, 108 - taking a pass with a skate and directing it to the stick.

B3, 109 - passing while skating forward.

B3, 110 - passing while skating backward.

10 min.

D2, 27, 2-2, 3-3,\* Half shaft hockey. Play a cross ice game of 3-3, holding the stick halfway down the shaft. This causes the players to bend their knees. This can also be played as a full ice game.

## Practice 7

10 min.

A2, Module 16

A2, 11 - forward skating using extra long strides.

A2, 16 - backward skating down the ice.

A2, 53 - start slowly from the end, speeding up gradually and break to full speed at the blueline, glide in from the far blueline.

A2, 54 - start fast from the end, gliding between the bluelines and skating hard at each end.

A2, 55 - skate easy at the ends and hard between the bluelines.

A2, 56 - skate backward gradually building to full speed by the far blueline.

A2, 57 - skating backward starting slowly and breaking fast between the bluelines.

A2, 58 - starting fast backwards, coasting between the bluelines and fast at the ends.

10 min.

D4, 09, 5-5, DEFENDING THE SLOT

Game inside blueline. The defensive team stands in the slot area in a 2-1-2 formation. They are in a tight box with one forward in the middle. The defenders are only allowed to take one step. The offensive team can do anything it wants to score. The defenders keep their sticks in the passing lanes. Have the same thing going on at both ends. The offense gets one minute to score, then switch and allow the defense to attack.

(add at back of practice card)

The main principle of defending is simple, it is to control the slot area in front of your goal. When teaching defensive zone coverage the coach should show the players where to skate back to in order to protect the slot area. Defend from inside out, always staying between the opponent and the net. As the puck gets closer to the goal more man to man coverage is used on players without the puck. The slot area is where the defenders skate to on defense trying to force the puck to the outside.

10 min.

B3, 100, Module 5

B3, 109 - passing while skating forward.

B3, 110 - passing while skating backward.

B3, 111 - passing while driving sideways.

B3, 112 - passing while driving hard out of a tight turn.

10 min.

D2, 20, 2-2+GAME STRESSING IMMEDIATE PRESSURE BY THE CLOSEST DEFENDER:

In a small area game stress that the closest player pressures the puck.

10 min.

B4, 00, Module 1

G1, 15 - freezing the puck and playing faceoffs.

B4, 00 - "READY POSITION" for moving while playing in a game.

B4, 01 - playing while always seeing the puck that is placed on the centre faceoff dot, turns face the puck.

B4, 02 - "skating/movement routines"

- forward

- backward

- crossover forward

- crossover backward

- pivots on the circles and lines

- tight turns on the lines and "the walls"

10 min.

D1, 96, 5-5, WITH THREE PUCKS:

More situations and motion are created. No slapshots or bodychecking.

## Practice 8

10 min.

A2, Module 17

A2, 11 - forward skating with extra long strides.

A2, 16 - backward skating one length.

A2, 59 - alternate touching one knee to the ice while skating forward.

A2, 60 - drop on both knees at each line while skating forward.

A2, 61 - alternate touching one knee to the ice while skating backward.

A2, 62 - drop on both knees at each line while skating backward.

10 min.

D1, 95, 5-5, WITH TWO PUCKS:

Using two pucks creates more situations on the ice that players must read and react to.

10 min.

B4, 00, Module 3

G1, 18 - butterfly style.

B4, 05 - partner skating taking turns breaking past each other.

B4, 06 - using skating fakes and change of speed to beat a partner.

B4, 07 - use head and shoulder fakes to beat partner.

B4, 08 - fake a shot to fool opponent.

B4, 03 - mirror your partner's forward skating while skating backwards



B4, 04 - follow the leader while skating forward.

10 min.

D2, 30, 2-2+, THE FOUR PLAYING ROLES:

The most concrete way of demonstrating the four playing roles is to play 2-2. The player either is the puckcarrier or supporter on offense, or the pressuring player or supporter in defense.

10 min.

B2, 100 Module 5

G1, 09 - using blocker and catching glove to block shots.

B2, 107 - cut in and shoot, shoot any rebound, screen goalie.

B2, 108 - cut in and shoot, shoot any rebound, tip for next shooter.

B2, 109 - cut in and shoot, shoot any rebound, get new puck and pass to next shooter.

10 min.

D4, 10, 5-5, ONE THIRD ICE GAME WITH AGGRESSIVE 2-1-2 DEFENSE

The defense sets up in a tight box with one forward in the middle. The offense starts with the puck at the blueline. One defensive player from one corner pressures the puck from the inside. When he does this the middle forward rotates to his place on the corner of the box and the box slides from one side to the other overloading an area of the ice. The remaining four players have sticks in the passing lanes and are on the defensive side of the offensive players. When pressuring the puck the defender skates in straight lines and always finishes checks. The middle forward supports the 2 on 1 attack from the inside. When the play goes to another area the closest player forces the play in the same way. All players are responsible to cover one attacker.

## Practice 9

10 min.

A2, Module 18

A2, 63 - "A2, 00 SKATING ROUTINE"

- skate forward to the other end.
- skate backward to the other end
- crossover forward.
- crossover backward.
- pivot on the lines or on the whistle.
- stops and starts on the lines or the whistle.
- tight turns on the lines or the whistle.

10 min.

D4, 09, 5-5, DEFENDING THE SLOT

Game inside blueline. The defensive team stands in the slot area in a 2-1-2 formation. They are in a tight box with one forward in the middle. The defenders are only allowed to take one step. The offensive team can do anything it wants to score. The defenders

keep their sticks in the passing lanes. Have the same thing going on at both ends. The offense gets one minute to score, then switch and allow the defense to attack.

(add at back of practice card)

The main principle of defending is simple, it is to control the slot area in front of your goal. When teaching defensive zone coverage the coach should show the players where to skate back to in order to protect the slot area. Defend from inside out, always staying between the opponent and the net. As the puck gets closer to the goal more man to man coverage is used on players without the puck. The slot area is where the defenders skate to on defense trying to force the puck to the outside.

10 min.

B4, 00, Module 2

G1, 17 - playing breakaways.

B4, 03 - mirror your partner's forward skating while skating backwards

B4, 04 - follow the leader while skating forward.

B4, 05 - partner skating taking turns breaking past each other.

B4, 06 - using skating fakes and change of speed to beat a partner.

10 min.

D4, 10, 5-5, ONE THIRD ICE GAME WITH AGGRESSIVE 2-1-2 DEFENSE

The defense sets up in a tight box with one forward in the middle. The offense starts with the puck at the blueline. One defensive player from one corner pressures the puck from the inside. When he does this the middle forward rotates to his place on the corner of the box and the box slides from one side to the other overloading an area of the ice. The remaining four players have sticks in the passing lanes and are on the defensive side of the offensive players. When pressuring the puck the defender skates in straight lines and always finishes checks. The middle forward supports the 2 on 1 attack from the inside. When the play goes to another area the closest player forces the play in the same way. All players are responsible to cover one attacker.

10 min.

B2, 100 Module 6

G1, 10 - using body to block shots.

B2, 109 - cut in and shoot, shoot any rebound, get new puck and pass to next shooter.

B2, 110 - cut in and shoot, shoot any rebound, get new puck to pass to next shooter, then screen goalie.

B2, 111 - cut in and shoot, shoot any rebound, get new puck and pass to next shooter, then tip from side of net.

10 minutes

D4, 13, 3-3+, \*\*\*BACKWARD SKATING:

Everyone must skate backwards at all times. Teach players to slide backwards into good scoring position. Another option is that only the puckcarrier must skate backwards.

## Practice 10

10 min.

A2, Module 19

A2, 64 - "A2, 00 SKATING ROUTINE WITH A PUCK"

- Skate forward to the other end.
- skate backward to the other end.
- crossover forward.
- crossover backward.
- pivot on the lines or on the whistle.
- stops and starts on the lines or the whistle.
- tight turns on the lines or the whistle.

10 min.

D1, 42, 3-3+, TAKING FREE ICE WITH THE PUCK

While playing the full ice games in small units, make the rule that the puckcarrier must drive to free ice at top speed as soon as he gets the puck. By taking at least 3 skating strides.

10 min.

B4, 00, Module 4

G1, 19 - setting up puck for defenseman.

B4, 07 - use head and shoulder fakes to beat partner.

B4, 08 - fake a shot to fool opponent.

B4, 09 - the players skate at full speed and pick up a puck and skate down the ice for a shot. They should follow their shot and look for a rebound.;

B4, 10 - crossover skating down the ice while facing the puck placed on the centre faceoff dot.

10 min.

D1, 43, 2-2+, PUCK SUPPORT IN TRANSITION FROM DEFENSE TO OFFENSE:

Using the same 2-2, 3-3, games emphasize that the last player with the puck must be backed up in a tandem, the third player should give width to the counter attack.

10 min.

B2, 100 Module 7

G1, 11 - playing the short side.

B2, 110 - cut in and shoot, shoot any rebound, get new puck to pass to next shooter, then screen goalie.

B2, 111 - cut in and shoot, shoot any rebound, get new puck and pass to next shooter, then tip from side of net.

B2, 112 - cut in and shoot, shoot any rebound, pass new puck to next shooter then screen, after screening stay at side of net to tip the second shot.

10 min.

D4, 08, 2-2+, Game of 2-2 cross ice, stressing the four playing roles; one player must cover the pass receiver from the puck side, always seeing the puck. Remind them that the puckcarrier is also covered by one player from the defensive side. Now we have taught all of the four basic playing roles. 1. Player with puck. 2. Defender covering puckcarrier. 3. Offensive player without puck. 4. Defensive player covering pass receiver.

#### Practice 11

10 minutes

D2, 25, 3-3,\* Game of cross ice 3-3. Review the four playing roles. All players must handle the puck before a goal counts.

10 minutes

B2, 100 Module 1

G1, 05 - maneuvers; splits, layouts.

B2, 100 - cut in and shoot using a sweepshot.

B2, 101 - cut in and shoot using a backhand.

B2, 102 - cut in and shoot using a wristshot.

10 minutes

D1, 09, 5-5, SUPPORTING THE PUCK ON OFFENSE BY ATTACKING AS A TEAM  
TRANSITION TO DEFENSE

In order to give more options for the puck carrier, "when the team has the puck, everyone supports the attack".

A game with the rule that a goal only counts if everyone is in the attacking zone can

emphasize this offensive support. This can be encouraged by not allowing a goal until all players on

the team have handled the puck. □

10 minutes

Module 1

B3, 100 - keep the stick on the ice and square to the puck to take a pass.

B3, 101 - forehand passing.

B3, 102 - backhand passing.

B3, 103 - practicing eye contact between the passer and the receiver. Passing 3-4 pucks across to

different players in the opposite line, making sure there is eye contact before passing.

10 minutes

D1, 20, 5-5, BREAKOUTS / 1-2-3-4-5 PRINCIPLE

Although the C drills are designed to teach the breakout, giving the players numbers adds more

structure to the breakout. "Number" one is the defenseman who goes after the puck first.

"Number

two" is his defensive partner who screens, forecheckers, tells number one where to pass and moves into position for an easy outlet, "number three" the strong side winger who comes back to the depth of the puck in order to give support and width to the attack, "number four" the centre who supports from the middle lane, "number five" the far winger who is in position for a rim or will be the stretch man looking for the long pass, if he reads that his team will gain control of the puck.

10 minutes

Module 1

B7, 100 - draw back.

B7, 101 - shoot.

B7, 102 - neutralize opponent.

B7, 103 - push ahead.

B7, 104 - stick tap and draw.

B7, 105 - neutralize stick and kick with skate.

## Practice 12

10 minutes

D4, 00, 1-1+, Game of 1-1 stressing using head and shoulder fakes. Goals are set up across the ice using nets, pylon, or the stripes on the boards. The players play each other and use head and shoulder fakes when stickhandling. The game can last two minutes and then one side moves down to the next goal and the end person moves to the first goal. Now start another game against a new opponent. This technique can be used in all D4, 00 games.

10 minutes

B2, 100 Module 2

G1, 06 - using skates for low shots.

B2, 102 - cut in and shoot using a wristshot.

B2, 103 - cut in and shoot using a snapshot.

B2, 104 - cut in and shoot using a slapshot.

10 minutes

D1, 21, 5-5, TRANSITION FROM DEFENSE TO OFFENSE; SUPPORTING THE ATTACK

As we have stated before, the first player back must be supported by his teammates when he is going

for a loose puck. If his back is to the play it is very important that he is able to give a safe outlet pass

to someone who can see up ice.

(put on back of practice card)

The second player back must support the first player from the front of the net. If possible he should

screen to hold up forecheckers. Because the second player can see up ice he must tell the first

player if he has a man on him, or where the quick outlet pass should go. His calls are;

1. GO- meaning the player has time to turn with the puck and skate up ice.

2. SETUP-against passive forechecking or when the puck has been dumped in for a line change the

first player can carry the puck behind the net for a setup breakout.

3. BANK-the second player skates to the other side of the net and takes a pass that is banked off the

boards behind the net.

4. REVERSE-the first player skates hard one way and when he feels the forechecker pressuring he

puts the puck off the boards behind him where the second player picks it up and skates the other

way.

5. BOARDS-a short pass to the third player coming back along the boards on the strong side.

6. MIDDLE-a quick pass to the fourth player who is mirroring the movement of the puck from the mid

slot area.

7. RIM-a hard pass around the boards to the fifth man who picks the pass up along the weak side

boards.

It is important that the players coming back think support until possession of the puck is certain. As

soon as the puckcarrier is able to see up ice the transition to offensive support begins. It is critical

that the first outlet pass is done quickly so the transition to offense can be done before the opposition

defense has reacted. If the first outlet pass is quick, or the first player turns and can see up ice, a

fast break can develop if the puck is moved up ice within the first three seconds. This is the first

option if total puck control is gained.

10 minutes

Module 2

B3, 102 - backhand passing.

B3, 103 - practicing eye contact between the passer and the receiver. Passing 3-4 pucks across to

different players in the opposite line, making sure there is eye contact before passing.  
B3, 104 - receiving a pass on the forehand.  
B3, 105 - receiving a pass on the backhand.  
B3, 106 - Knocking high passes down with the hand to the stick.

10 minutes

Module 1

C1, 00, 1-1,

"One on One" defenseman without stick or the stick held upside down.

C1, 01, 1-1,

One on one, "playing the gap" in the neutral zone, denying the mid ice lane and forcing the player wide. Close the gap by the blueline and play off the attackers back shoulder so he cannot cut in front of you.

C1, 02, 1-1,

One on one, defender should skate backward toward the far post forcing the play to the outside.

Mohawk turn to the outside with the angle at the back shoulder.

10 minutes

D1, 30, 5-5, DEFENSIVE PRINCIPLES: PLAYING ON THE "DEFENSIVE SIDE" OF A CHECK

The simple goal of defensive hockey is to stop the opponent as early as possible and regain

possession of the puck. The more defensive players that are back, the harder it is to score. When

defending there are two important principles. First the defenders always stay between the offensive

players and the net, this is the "DEFENSIVE SIDE". Secondly the puck should be forced to the

outside lanes where there are fewer passing options and poor shooting angles.

### Practice 13

10 minutes

D4, 01, 1-1+, Game of 1-1 with hands held close together near the top of the stick. Now play a cross

ice game of 1-1, the rule is the hands must be close together at the top of the stick. This enables the

10 minutes

B2, 100 Module 3

G1, 07 - poke check, hook check, recovering balance.

B2, 103 - cut in and shoot using a snapshot.

B2, 104 - cut in and shoot using a slapshot.

B2, 105 - cut in and shoot using any shot.

10 minutes

D1, 35, 3-3+, ATTACK USING OFFENSIVE TRIANGLE

The attacker skates wide with the puck, the second player skates hard to the far post, and the third

player trails in the high slot. If the puckcarrier goes to the middle then the second player should cross

behind and the third player goes hard to the post.

10 minutes

Module 3

B3, 105 - receiving a pass on the backhand.

B3, 106 - Knocking high passes down with the hand to the stick.

B3, 107 - alternate receiving backhand and passing forehand and receiving forehand passing backhand.

B3, 108 - taking a pass with a skate and directing it to the stick.

10 minutes

Module 2

C1, 02, 1-1,

One on one, defender should skate backward toward the far post forcing the play to the outside.

Mohawk turn to the outside with the angle at the back shoulder.

C1, 03, 1-1,

FORECHECKING: The players are lined up in the basic C1 formation. Pucks are placed behind the

face-off dots at each end. The first skater picks up the puck, and turns towards the strong side

boards, the second skaters delays, then forechecks.

C1, 04, 1-1,

ONE ON ONE: The same as in forechecking except that now the second player takes on the role of a

defenseman. He skates just over the offensive blueline and then skates backwards defending

against the attacking skater.

10 minutes

D1, 40, 3-3+, CREATING SPACE AND TIME



The puckcarrier needs space to move and time in order to control the puck. Space and time are created by movement by the puckcarrier and his teammates without the puck. Players without the puck must move to open ice for a pass to support the puckcarrier. Many times the puckcarrier must create his own time by quickly skating to open ice with the puck, often using his body to shield the puck and skating back a few strides. The key is to make the first move in transition quickly: "either the puck or the player moves".

#### Practice 14

10 minutes

D4, 02, 1-1+, Game of 1-1 with legs wide apart when faking. The player tries to combine the lessons learned in the other games. When he approaches the opponent he should spread his legs wide apart and combine this with the head and shoulder fakes, protecting the puck with his body and hands close together. Pressure on the inside edge of the skate enables the player to turn very quickly.

10 minutes

B2, 100 Module 4

G1, 08 - using stick to block shots, shoot, place puck.

B2, 105 - cut in and shoot using any shot.

B2, 106 - cut in and shoot, then follow shot for your rebound.

B2, 107 - cut in and shoot, shoot any rebound, screen goalie.

10 minutes

D1, 41, 2-2, 3-3, FULL ICE GAMES

Playing in small groups for 30 second shifts is a good way to practice support on offense and defense.

10 minutes

Module 4

B3, 107 - alternate receiving backhand and passing forehand and receiving forehand passing backhand.

B3, 108 - taking a pass with a skate and directing it to the stick.

B3, 109 - passing while skating forward.

B3, 110 - passing while skating backward.

10 minutes

Module 3

C1, 04, 1-1,

ONE ON ONE: The same as in forechecking except that now the second player takes on the role of a defenseman. He skates just over the offensive blueline and then skates backwards defending against the attacking skater.

C1, 05, 2-0,

GIVE AND GO: In the basic C1 formation two skaters leave at the same time. The first player picks up a puck and the skate down the ice while give and go passing, they shoot and rebound.

C1, 06, 2-0,

WING AND CENTRE SWITCH: Now the players switch positions, crossing and filling each others lanes. The idea is to come drive to the middle with the puck when space is given by the defense.

This middle position allows the puckcarrier more passing options.

10 minutes

D1, 42, 3-3+, TAKING FREE ICE WITH THE PUCK

While playing the full ice games in small units, make the rule that the puckcarrier must drive to free ice at top speed as soon as he gets the puck. By taking at least 3 skating strides.

## Practice 15

10 minutes

D4, 03, 1-1+, Game of 1-1 stressing moving quickly when you get the puck. The coach has the rule that the player must take at least three quick strides as soon as he gains possession of the puck.

10 minutes

B2, 100 Module 5

G1, 09 - using blocker and catching glove to block shots.

B2, 107 - cut in and shoot, shoot any rebound, screen goalie.

B2, 108 - cut in and shoot, shoot any rebound, tip for next shooter.

B2, 109 - cut in and shoot, shoot any rebound, get new puck and pass to next shooter.

10 minutes

D1, 43, 2-2+, PUCK SUPPORT IN TRANSITION FROM DEFENSE TO OFFENSE:

Using the same 2-2, 3-3, games emphasize that the last player with the puck must be backed up in a tandem, the third player should give width to the counter attack.

10 minutes

Module 5

B3, 109 - passing while skating forward.

B3, 110 - passing while skating backward.

B3, 111 - passing while driving sideways.

B3, 112 - passing while driving hard out of a tight turn.

10 minutes

Module 4

C1, 05, 2-0,

GIVE AND GO, : In the basic C1 formation two skaters leave at the same time. The first player picks up a puck and the skate down the ice while give and go passing, they shoot and rebound.

C1, 06, 2-0,

WING AND CENTRE SWITCH: Now the players switch positions, crossing and filling each others

lanes. The idea is to come drive to the middle with the puck when space is given by the defense.

This middle position allows the puckcarrier more passing options.

C1, 07, 2-0,

PASSING TO THE STRETCH MAN: From the basic C1 formation place the pucks just inside the blueline. The first players skates for a puck and turns up ice. He crosses the blueline and quickly passes to the second player who has become the stretch man up at the offensive blueline.

10 minutes

D1, 44, 2-2+, LEARNING DEFENSIVE PRINCIPLES:

The defending players; stay between the puck and the goal, force the puck wide, finish checks, cover

their checks, immediate pressure on the puck from inside to outside.

## Practice 16

10 minutes

D4, 04, 1-1+, Game of 1-1 stressing the defensive side. The players play half or cross ice but now

the defender learns that he knows where the puckcarrier is going. He is going to the net.

The coach

teaches the defender to always stay between the puckcarrier and his own goal. This is the first step in teaching good defensive technique. When backchecking the defender must get his shoulder in front of the puckcarrier to get on the defensive side.

10 minutes

B2, 100 Module 6

G1, 10 - using body to block shots.

B2, 109 - cut in and shoot, shoot any rebound, get new puck and pass to next shooter.

B2, 110 - cut in and shoot, shoot any rebound, get new puck to pass to next shooter, then screen goalie.

B2, 111 - cut in and shoot, shoot any rebound, get new puck and pass to next shooter, then tip from side of net.

10 minutes

D1, 45, 2-2+, PRACTICE COMING BACK DEEP IN 2-2, 3-3:

The instructor emphasizes that the closest checker gives immediate pressure on the puck and deflects the attack from the middle.

10 minutes

Module 6

B3, 111 - passing while driving sideways.

B3, 112 - passing while driving hard out of a tight turn.

B3, 113 - pass to a partner and follow the pass, he skates to the passers position pivots or turns and returns the pass.

B3, 114 - long hard wrist passes.

10 minutes

Module 5

C1, 06, 2-0,

WING AND CENTRE SWITCH: Now the players switch positions, crossing and filling each others

lanes. The idea is to come drive to the middle with the puck when space is given by the defense.

This middle position allows the puckcarrier more passing options.

C1, 07, 2-0,

PASSING TO THE STRETCH MAN: From the basic C1 formation place the pucks just inside the

blueline. The first players skates for a puck and turns up ice. He crosses the blueline and quickly

passes to the second player who has become the stretch man up at the offensive blueline.

C1, 08, 2-0,

LATERAL FEED: The first player carries the puck up the ice and gains the blueline in the middle lane

where he passes back to the stretch man who drives to the net.

10 minutes

D1, 50, 3-3+, OFFENSIVE TEAM PLAY:

All players must focus on their tasks in offensive hockey. An offensive player is either carrying the

puck or supporting the puckcarrier by; breaking for a pass, screening or backing up the play. The

individual strengths of players should be utilized in the offensive plan of a team. The defensive style

and individual weaknesses of the opposition should also be considered when the game plan is made.

## Practice 17

10 minutes

D4, 05, 2-2+, Face the puck game. Divide the players into teams of two or three. Set up goals on

both sides of the ice using regular or small nets. Pylons or the blue and red lines on the boards can

also be used. The rule is that the players must always face the puck during the game.

10 minutes

B2, 100 Module 7

G1, 11 - playing the short side.

B2, 110 - cut in and shoot, shoot any rebound, get new puck to pass to next shooter, then screen

goalie.

B2, 111 - cut in and shoot, shoot any rebound, get new puck and pass to next shooter, then tip from

side of net.

B2, 112 - cut in and shoot, shoot any rebound, pass new puck to next shooter then screen, after

screening stay at side of net to tip the second shot.

10 minutes

D1, 51, 5-5, PLAYING A PUCK CONTROL GAME:

To develop a flow type of team offense, play games that concentrate on puck control. In this

scrimmage the point is not to score until all players have handled the puck in the offensive zone, while the players interchange positions following the principles of offense; using width, depth and support at all times. This game teaches the players to read the play and move into open lanes and supporting positions.

10 minutes

Module 7

B3, 113 - pass to a partner and follow the pass, he skates to the passers position pivots or turns and returns the pass.

B3, 114 - long hard wrist passes.

B3, 115 - same sequence of passes but lifting the puck in a way that it lands flat in front of the pass receiver.

B3, 103 - practicing eye contact between the passer and the receiver.

Passing 3-4 pucks across to different players in the opposite line, making sure there is eye contact before passing.

10 minutes

Module 6

C1, 07, 2-0,

PASSING TO THE STRETCH MAN: From the basic C1 formation place the pucks just inside the blueline. The first players skates for a puck and turns up ice. He crosses the blueline and quickly passes to the second player who has become the stretch man up at the offensive blueline.

C1, 08, 2-0,

LATERAL FEED: The first player carries the puck up the ice and gains the blueline in the middle lane where he passes back to the stretch man who drives to the net.

C1, 09, 2-0,

PLAYING THE WALL: From the C1 formation, the first player picks up a puck at the top of the face-off circle and skates down the boards gaining the blueline and pivoting to the outside when he is about halfway into the defensive zone. The number two player skates down the middle lane and supports the puckcarrier by getting open for a pass. After the pivot the pass is made and a direct shot is taken by the second player.

10 minutes

D1, 52, 3-3+, TWO OR THREE TOUCH GAME

Only allow two or three stick touches, or two or three seconds with the puck. This helps the players to develop split vision, and to look around before they get the puck, and also forces everyone to support the puckcarrier.

### Practice 18

10 minutes

D4, 06, 2-2+, - Game with at least one pass before a goal counts. This teaches the player without the puck to support the puckcarrier by getting open for a pass.

10 minutes

B2, 100 Module 8

G1, 12 - playing hard slap shots.

B2, 106 - cut in and shoot, then follow shot for your rebound.

B2, 107 - cut in and shoot, shoot any rebound, screen goalie.

B2, 111 - cut in and shoot, shoot any rebound, get new puck and pass to next shooter, then tip from side of net.

B2 112 - cut in and shoot, shoot any rebound, pass new puck to next shooter then screen, after screening stay at side of net to tip the second shot.

10 minutes

D1, 53, 3-3, PASSING TO THE CLOSEST TEAMMATE:

The player with the puck must pass to his closest teammate. This causes players to come back to the puck or support the puckcarrier more closely.

10 minutes

B5 Module 1

B5, 01 - stationary shield puck with the body protecting it from your partner

B5, 02 - keepaway with partner protecting the puck by shielding it with the body.

B5, 03 - neutralizing or controlling the opponents stick and hands by pressuring his hands with the blade of your stick, then get the loose puck.

10 minutes

Module 7

C1, 08, 2-0 LATERAL FEED: The first player carries the puck up the ice and gains the blueline in the middle lane where he passes back to the stretch man who drives to the net.

C1, 09, 2-0, PLAYING THE WALL: From the C1 formation, the first player picks up a puck at the top of the face-off circle and skates down the boards gaining the blueline and pivoting to the outside when he is about halfway into the defensive zone. The number two player skates down the middle lane and supports the puckcarrier by getting open for a pass. After the pivot the pass is made and a direct shot is taken by the second player.

C1, 10, 2-0, PLAYING FROM BEHIND THE OPPONENTS NET: In the C1 formation the pucks can be moved to various locations to enhance any drill. Move the pucks into the offensive corner. Two players leave at the same time. The first player picks up the puck and skates behind the goal line towards the net. The second player delays and saves ice timing his skating so that he arrives at the face-off dot just as the puck carrier begins to go behind the net. The pass is made and a direct shot is taken.

10 minutes

D1, 54, 3-3+, GAME WITH WRIST PASSING ONLY:

Wrist passes are more deceptive and easier to control than slap passes. Teach wrist passing by playing a full ice game where only backhand or forehand wrist passes are allowed. If a slap pass is made the other team gets the puck.

## Practice 19

10 minutes

D4, 07, 2-2+, - Game with at least one pass but the puckcarrier must take three quick strides before passing.

10 minutes

B2, 200 Module 1

G1, 13 - playing; tip-ins and deflections.



B2, 200 - skate to top of circle and take a sweepshot on goal.  
B2, 201 - skate to top of circle and take a wristshot on goal.  
B2, 202 - skate to hash marks and take a backhand shot on goal.

10 minutes

D1, 55, 3-3, GAME WITH ONLY BACKHAND PASSING AND SHOOTING:

As in D1, 54 we take an individual skill and practice it in a game context. This not only promotes

backhand passes and shots but also changes the way the supporting players move. More back

passing and crossing will happen and players learn to protect the puck with their body when shooting

backhands. A tip on receiving a backhand pass is to keep the outside leg forward, this closes the

players stance and makes taking hard backhanded passes easier.

10 minutes

B5 Module 2

B5, 03 - neutralizing or controlling the opponents stick and hands by pressuring his hands with the

blade of your stick, then get the loose puck.

B5, 04 - play corners in defensive zone. Immediate pressure on the puckcarrier. Playing off his back

shoulder if his back is to the play.

B5, 05 - in defensive corner if the puckcarrier is moving toward the goal and the defenseman is late

use controlled skating to close the gap from the defensive side, changing from forward to back

skating.

10 minutes

Module 8□

C1, 09, 2-0, PLAYING THE WALL: From the C1 formation, the first player picks up a puck at the

top of the face-off circle and skates down the boards gaining the blueline and pivoting to the outside

when he is about halfway into the defensive zone. The number two player skates down the middle

lane and supports the puckcarrier by getting open for a pass. After the pivot the pass is made and a

direct shot is taken by the second player.

C1, 10, 2-0, PLAYING FROM BEHIND THE OPPONENTS NET: In the C1 formation the pucks

can be moved to various locations to enhance any drill. Move the pucks into the offensive corner.

Two players leave at the same time. The first player picks up the puck and skates behind the goal line towards the net. The second player delays and saves ice timing his skating so that he arrives at the face-off dot just as the puck carrier begins to go behind the net. The pass is made and a direct shot is taken.

C1, 11, 2-1, TWO OFFENSIVE PLAYERS VERSUS CHECKERS: Two offensive players and a forechecker leave from the basic C1 formation. The first man picks up the puck behind the face-off dot and is forced wide by the forechecker. The second player delays saving ice in the middle lane so he can take a pass from the first player. When the pass is made the defensive player now backchecks. The puckcarrier must read the 2-1 situation and decide if he can drive to the net for a shot or if he should pass to his teammate who supports him by getting in the clear for a pass or driving for a rebound.

10 minutes

D1, 56, 3-3+, GAME WITH NO "GIVE AND GO PASSES":

In this game the player is not allowed to return the pass so he must look for a third player. This promotes looking around with the head on a swivel, as well as supporting the puckcarrier by all teammates.

## Practice 20

10 minutes

D4, 08, 2-2+, - Game stressing the four playing roles; one player must cover the pass receiver from the puck side, always seeing the puck. Remind them that the puckcarrier is also covered by one player from the defensive side. Now we have taught all of the four basic playing roles.  
1. Player with puck. 2. Defender covering puckcarrier. 3. Offensive player without puck. 4. Defensive player covering pass receiver.

10 minutes

B2, 200 Module 2

G1, 14 - playing screen shots.

B2, 201 - skate to top of circle and take a wristshot on goal.

B2, 203 - skate to top of the circle and take a snapshot on goal.

B2, 204 - skate over blueline and take a slapshot on goal.

10 minutes

D1, 57, 5-5, GAME WITH REGROUPING IN THE NEUTRAL ZONE:

Play a game where the offensive team must pass the puck back and regroup at least once before

they enter the offensive zone. The same principles of the 1-2-3-4-5 breakout are used whenever the

last two players have the puck.

10 minutes

B5 Module 3

B5, 04 - play corners in defensive zone. Immediate pressure on the puckcarrier. Playing off his back shoulder if his back is to the play.

B5, 05 - in defensive corner if the puckcarrier is moving toward the goal and the defenseman is late

use controlled skating to close the gap from the defensive side, changing from forward to back

skating.

B5, 06 - playing tag with partner in a reduced space or placing a puck on the ice and having a contest

to see who can touch the puck.

10 minutes

Module 9

C1, 10, 2-0, PLAYING FROM BEHIND THE OPPONENTS NET: In the C1 formation the pucks

can be moved to various locations to enhance any drill. Move the pucks into the offensive corner.

Two players leave at the same time. The first player picks up the puck and skates behind the goal

line towards the net. The second player delays and saves ice timing his skating so that he arrives at

the face-off dot just as the puck carrier begins to go behind the net. The pass is made and a direct

shot is taken.

C1, 11, 2-1, TWO OFFENSIVE PLAYERS VERSUS CHECKERS: Two offensive players and a

forechecker leave from the basic C1 formation. The first man picks up the puck behind the face-off dot and is forced wide by the forechecker. The second player delays saving ice in the middle lane so he can take a pass from the first player. When the pass is made

the defensive player now backchecks. The puckcarrier must read the 2-1 situation and decide if he can drive to the net for a shot or if he should pass to his teammate who supports him by getting in the clear for a pass or driving for a rebound.

**C1, 12, 2-2, TWO ON TWO / DEFENSEMAN AND WING ON TWO FORWARDS:**

The first two players are offensive forwards, they leave and pick up a puck, while the third man delays and then forechecks the puckcarrier forcing the puck towards the boards. The fourth player to leave plays defense. The second man should support the puckcarrier from behind from the middle lane. This is a 2-2 situation.

10 minutes

**D1, 91, 5-5, DEFENDING 3-3, 2-2, IN DEFENSIVE ZONE:**

In a full ice game each team leaves two players in the neutral zone. When the defending team gets the puck they pass to the neutral zone and there will be a 2-2 situation at the other end.

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