

Peewee: Practices 13 & 14

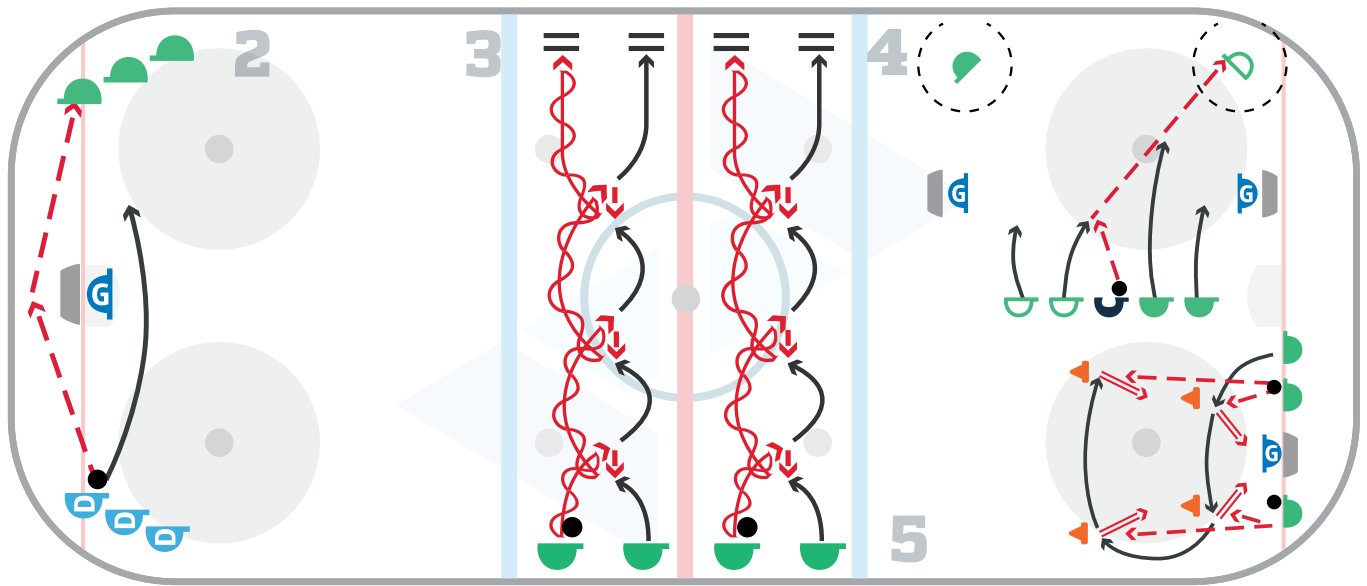
Time: 60 minutes | Theme: Neutral zone regroup, screens, & deflections | Equipment: Pucks, 2 cones, & 4 nets

Warm-up

Three players leave the corner at a time and puck handle chaotically inside the first face-off circle. On the whistle, the first group of players advance to the next circle and a new group fills in. Each group puck handle briefly in all five circles before finishing at the far end.

1. The Burning Stick

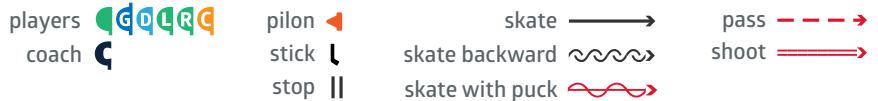
The coach stands in front of a group of players and uses his stick to command the players where to skate (forward, backward, or side-to-side) testing their agility. Once they reach the far blue line, then the next group begins.



Alternate Layouts



Legend



2. Down Low One-on-One

Players are aligned in both corners, and the drill begins with a bank pass behind the net from one side to the other. The recipient attacks the net and attempts to score while the passer closes in on the puck carrier and defends the net.

3. Cross-Ice Passing - Follow your Pass

Players pair up and pass the puck back and forth as they make their way across the width of the ice exchanging lanes with the passer cutting in behind the receiver. This drill is all about repetitions; you can never pass the puck enough times!

4. Three-on-Three Safe Zone

Each team select a player to be their safe zone player, who remains immobile for the duration of the shift. Once gaining possession of the puck, each team complete and receive a return pass from their safe zone player before attempting a shot on net.

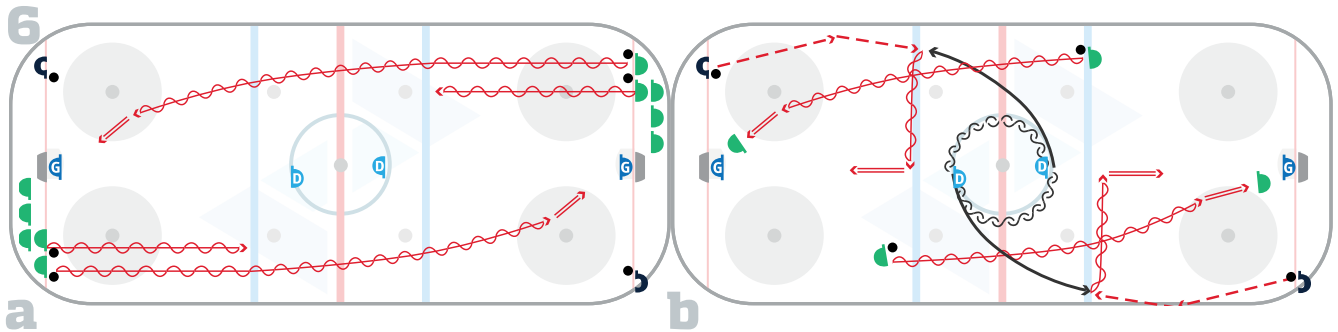
5. Four Shot Shooting

Place a passer on each side of the net below the goal line. The shooter can start from either side of the net and skate to the first cone, stop, receive a pass, and shoot. They continue repeating the same process for the second, third, and fourth cone.

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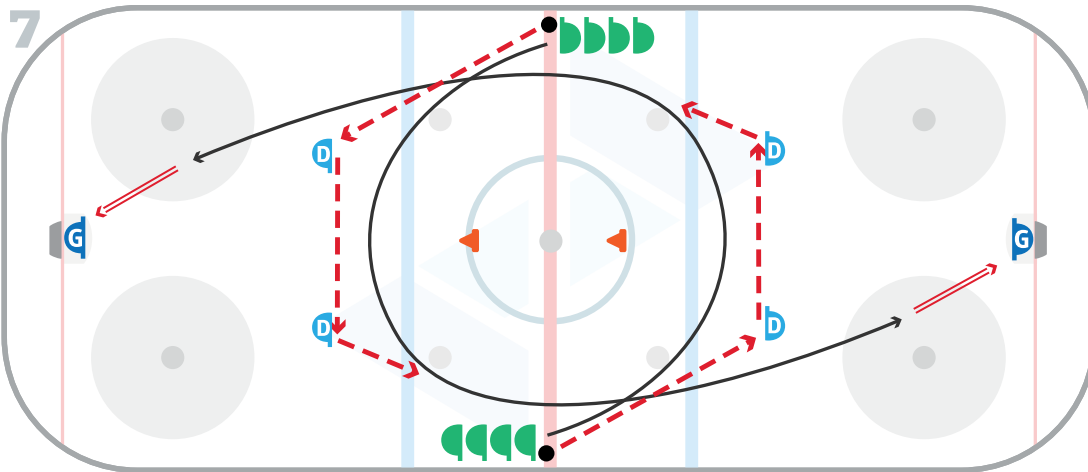
2 of 2

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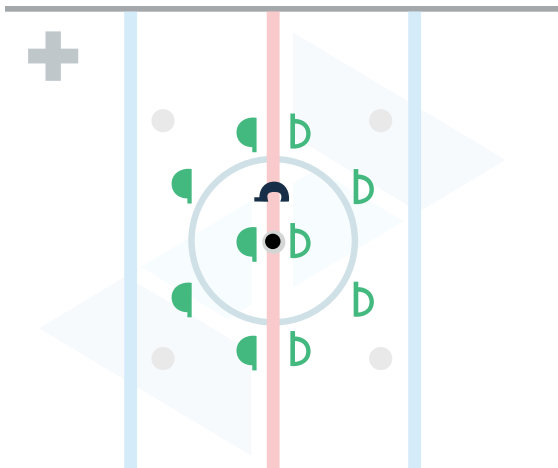
6. Two-on-Zero with Point Shot

On the whistle, two forwards (one at a time) skate the length of the ice and finish with a shot. The forwards remain in front of the net as a defenceman rounds the centre faceoff circle backwards and follows up to the blue line for a pass from coach and a point shot on net.



7. Three Option Regroup

D will simulate neutral zone regroupings by making a D-to-D pass and hitting three different passing options up to the forwards: strong-side winger pass, middle centre pass, or cross-ice weak-side winger pass.



+ Controlled Scrimmage

Players play a full-ice five-on-five scrimmage with the coach watching attentively for any breakdowns to occur. This is an excellent opportunity for coaches to offer team concept advice, which will benefit all the skaters.