

Peewee: Practices 27 & 28

1 of 2

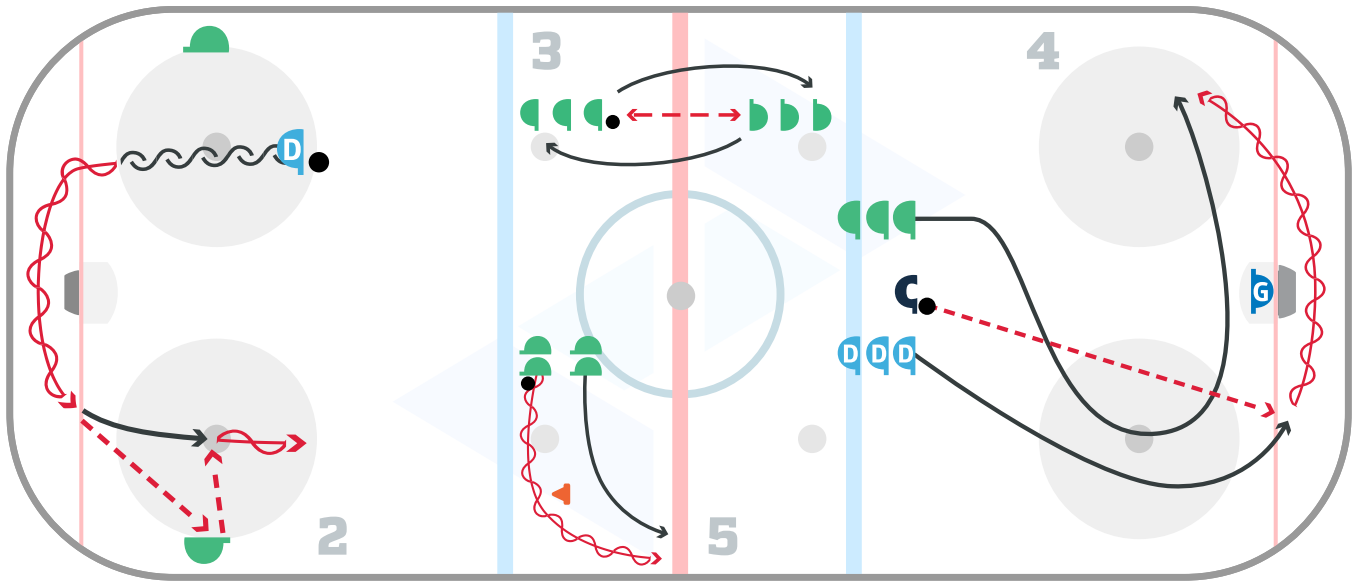
Time: 60 minutes | Theme: Breakout passes, angling, & three-on-two | Equipment: Pucks & 4 cones

Warm-up

Players skate laps around the ice with a puck; a whistle signal the players to make a tight turn towards the boards and accelerate in the opposite direction with three hard strides.

1. The Burning Stick

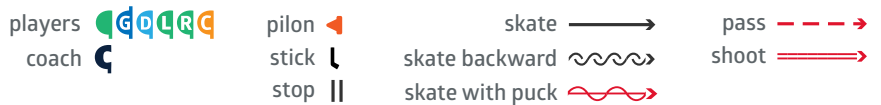
The coach stands in front of a group of players and uses his stick to command the players where to skate (forward, backward, or side-to-side) testing their agility. Once they reach the far blue line, then the next group begins.



Alternate Layouts



Legend



2. The First Pass

Defensemen simulate multiple breakout passes by skating around the net and hitting the open winger with a good first pass. After making the pass, the defensemen receive a return touch pass from the winger, transition at the top of the circle, and repeat the first pass on the other side of the ice.

3. Quick Sprint Passing

Forming two lines that face each other roughly 10-15 feet apart, players complete a pass to their opposing teammate and sprint to the back of the far line. Players attempt forehand one touch passes and backhand passes.

4. Forecheck Angle

The coach dumps a puck into the zone where the first player skates the puck behind the net and attempts to carry the puck out of the zone. The second player tries to angle the puck carrier and steal the puck to gain a scoring opportunity.

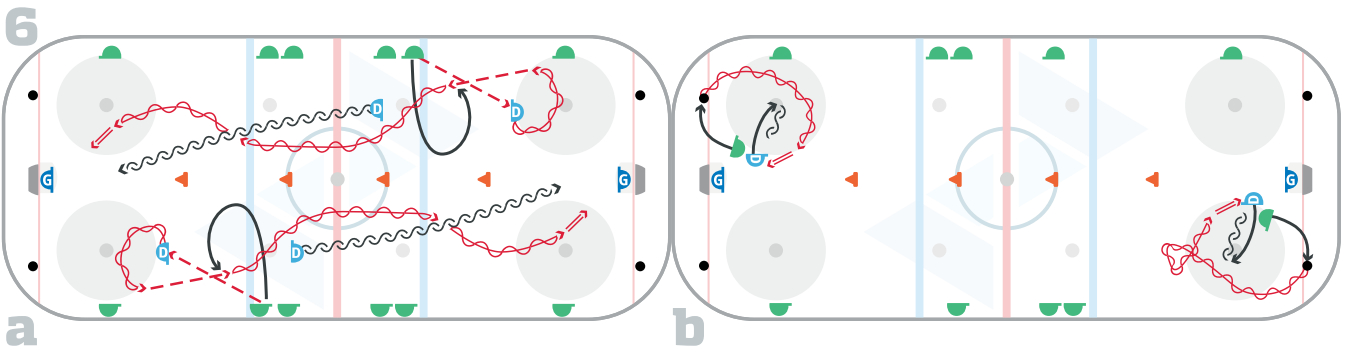
5. Angling Drill

The inside player works on their angling and positioning skills by first keeping the puck carrier to the outside and then creating puck separation by the red line. This is an invaluable skill that can be used anywhere on the ice.

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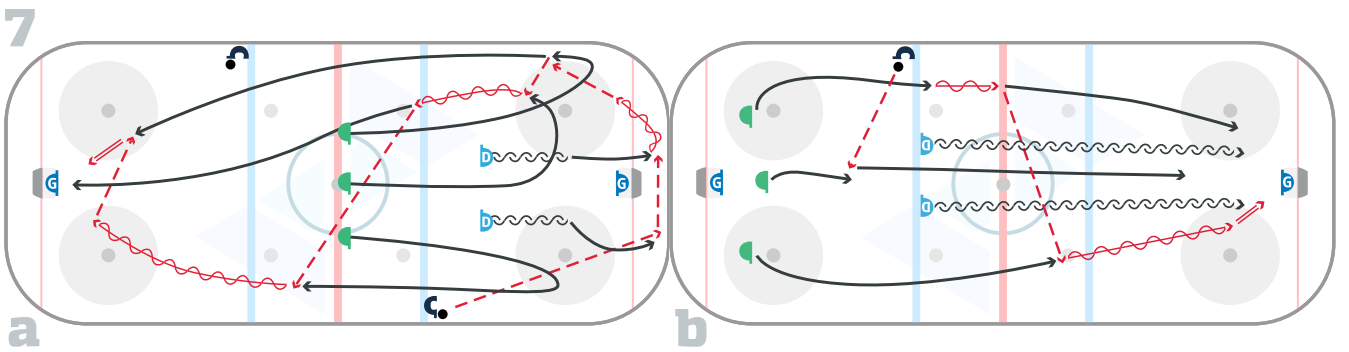
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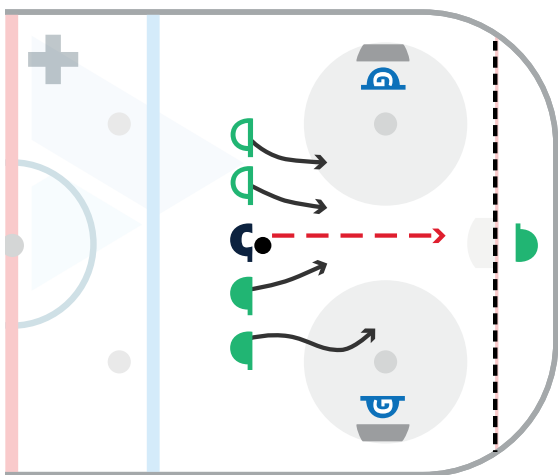
6. One-on-One x2

Starting on the blue line, a pass is made to a defenseman who executes an escape move and hits the curling forward with a breakout pass. The forward carries on for a one-on-one rush into the far end against another defenseman. Once the play has been broken up, the forward retrieves a second puck from the corner and attacks the goal for a second tight area one-on-one against the same defenseman.



7. Three-on-Two

Two defensemen break out a line of forwards that complete a full ice three-on-zero line rush attack. The pair follow-up the ice for a point shot with a screen or deflection. The coach then spots a puck for a final three-on-one full ice attack against the original defenseman.



+ Cross-Ice Hockey Single Support

Play 2v2 for 40-second shifts going across ice in the end zone. Select a support player that may only roam below the goal line and each team must first make a pass with the support player before attempting a shot on net. Add an incentive for the players to try harder such as push-ups for the losing team.