

**ICE SESSIONS**

**PEE WEE**

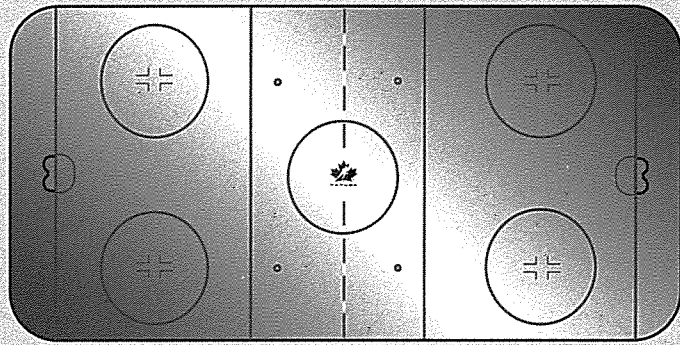
**SEASON PLAN**

**PHASE 1**

PHASE 2

PHASE 3

PHASE 4



**CANADA**

# PEE WEE LEVEL PRACTICE PLAN

## Training Segment Outcomes

- have fun, attain fitness and abide by the Fair Play Codes
- improve ability to execute basic team tactics and team systems
- refine individual skills and a wider variety of individual tactics
- demonstrate an understanding and acceptance of game and team rules

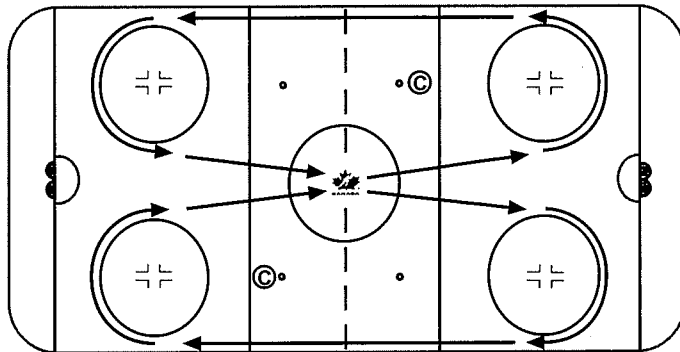
	ICE SESSION OBJECTIVES:	SKILL FOCUS
LESSON 1	<b>LESSON 1 OBJECTIVES</b> 1. Assess and improve acceleration 2. Assess and improve agility 3. Assess and improve puck control skills: puck handling	<ul style="list-style-type: none"> <li>• skating assessment               <ul style="list-style-type: none"> <li>• acceleration</li> <li>• agility</li> </ul> </li> <li>• puck control               <ul style="list-style-type: none"> <li>• stickhandling</li> <li>• skating fwd/bwd</li> </ul> </li> </ul>
LESSON 2	<b>LESSON 2 OBJECTIVES</b> 1. Assess checking skills <ul style="list-style-type: none"> <li>• angling</li> <li>• stick checks</li> <li>• body contact</li> </ul>	<ul style="list-style-type: none"> <li>• checking skills               <ul style="list-style-type: none"> <li>• stick checks</li> <li>• gap control</li> <li>• angling</li> <li>• backchecking</li> </ul> </li> <li>• individual defensive tactics               <ul style="list-style-type: none"> <li>• control opponents stick</li> <li>• gap control</li> <li>• defensive team tactics</li> </ul> </li> </ul>
LESSON 3	<b>LESSON 3 OBJECTIVES</b> 1. Refine pass receiving 2. Refine puck control skills 3. Assess one on one: offense and defence, gap control	<ul style="list-style-type: none"> <li>• passing skills</li> <li>• give &amp; go passing activity</li> <li>• individual offensive &amp; defensive tactics</li> </ul>
LESSON 4	<b>LESSON 4 OBJECTIVES</b> 1. Refine passing techniques 2. Refine pass receiving 3. Assess offensive team tactics	<ul style="list-style-type: none"> <li>• passing skills               <ul style="list-style-type: none"> <li>• stationary in pairs</li> </ul> </li> <li>• give &amp; go passing activity</li> <li>• offensive team tactics</li> </ul>
LESSON 5	<b>LESSON 5 OBJECTIVES</b> 1. Improve and refine agility skating 2. Review defensive team tactics 3. Review transition: offense to defense	<ul style="list-style-type: none"> <li>• skating skills               <ul style="list-style-type: none"> <li>• crossovers</li> <li>• pivots</li> </ul> </li> <li>• defensive team tactics               <ul style="list-style-type: none"> <li>• defensive zone coverage</li> </ul> </li> <li>• transition               <ul style="list-style-type: none"> <li>• offense to defense</li> </ul> </li> </ul>
LESSON 6	<b>LESSON 6 OBJECTIVES</b> 1. Refine puck control and puck protection 2. Refine Checking skills <ul style="list-style-type: none"> <li>• angling</li> <li>• stick checks</li> <li>• body contact</li> </ul>	<ul style="list-style-type: none"> <li>• puck control               <ul style="list-style-type: none"> <li>• tight turns</li> <li>• crossovers</li> </ul> </li> <li>• checking skills               <ul style="list-style-type: none"> <li>• angling</li> <li>• stick checks</li> <li>• body contact</li> </ul> </li> </ul>
LESSON 7	<b>LESSON 7 OBJECTIVES</b> 1. Improve refine agility skating 2. Review transition: offense to defense 3. Review defensive responsibilities	<ul style="list-style-type: none"> <li>• skating skills               <ul style="list-style-type: none"> <li>• crossovers</li> <li>• pivots</li> </ul> </li> <li>• transition               <ul style="list-style-type: none"> <li>• offense to defense</li> <li>• backchecking</li> </ul> </li> </ul>
LESSON 8	<b>LESSON 8 OBJECTIVES</b> 1. Refine foot speed and skating agility 2. Refine offensive team tactics: 2 player attack options (crosses, drops and quiet zone play)	<ul style="list-style-type: none"> <li>• skating skills               <ul style="list-style-type: none"> <li>• balance, agility, coordination</li> </ul> </li> <li>• transition               <ul style="list-style-type: none"> <li>• defense to offense</li> </ul> </li> <li>• offensive team tactics               <ul style="list-style-type: none"> <li>• crosses</li> <li>• drops</li> <li>• quiet zone play</li> </ul> </li> </ul>

- Session Objective(s)**
1. Assess and improve acceleration
  2. Assess and improve agility
  3. Assess and improve puck control skills: puck handling

8 min

### BUTTERFLY WARM-UP

- © demonstrates or calls out skating actions:
- 1 foot/ 2 foot/ squats.
- Left/ right/ both knee touches to ice.
- Mohawk turns/ 360's.
- Backwards.
- Sprints.
- Dive roll.
- 360 spin on knees.
- Progress to with pucks.



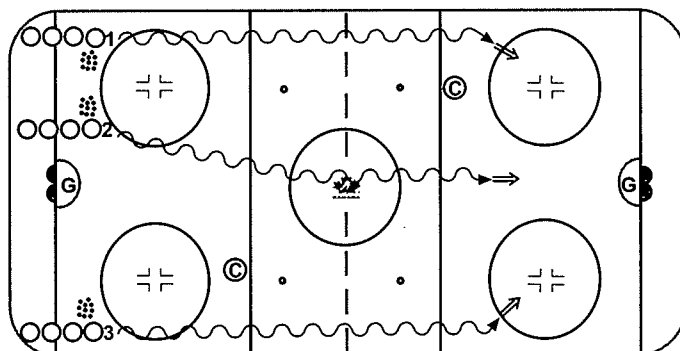
### KEY EXECUTION POINTS

- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

10 min

### THREE LINE WAVE

- O1 starts the drill, O2 follows, then O3. Continue this rotation until all players have gone. Players carry puck through neutral zone and take shots on goal. Players wait until all have completed, then return in other direction.
- Weave – follow your pass.
- Weave – drop pass only.



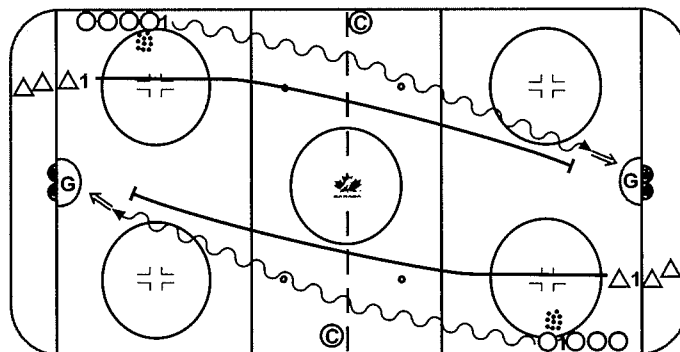
### KEY EXECUTION POINTS

- Stay in lanes
- Skate hard
- Goalies work on angles
- Shoot Low
- Timing to allow goalie to recover

8 min

### FULL ICE BACKCHECK

- Both ends go on whistle.
- O1 on the hash marks, Δ1 has one skate on the goal line.
- On the ©'s whistle, Δ1 pursues O1.
- At the completion of a repetition, switch lines.



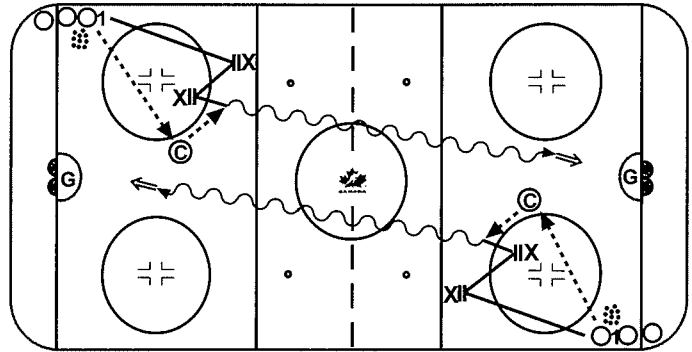
### KEY EXECUTION POINTS

- Hard pursuit
- Continue working hard the length of the ice
- All checking must be legal

- Session Objective(s)**
1. Assess and improve acceleration
  2. Assess and improve agility
  3. Assess and improve puck control skills: puck handling

**8 min** **DOUBLE ACCELERATION**

- O1 initiates with a pass to ©.
- O1 drives to pylon, stops and drives to 2nd pylon, stops and accelerates through neutral zone.
- © passes puck back to O1.
- O1 accelerates with the puck to the net, shooting in stride .

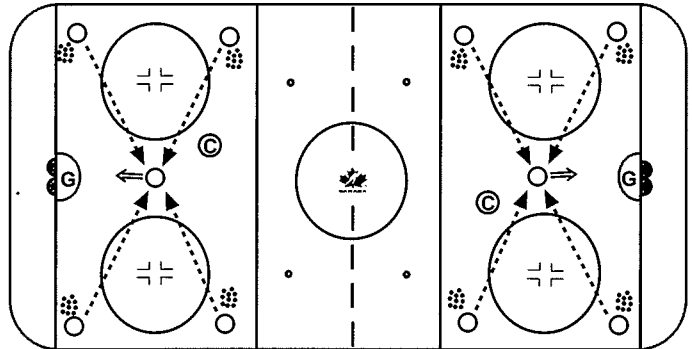


**KEY EXECUTION POINTS**

- Quick feet
- Long strides while controlling puck
- Explosive stride
- Give a target
- Drive skate

**8 min** **4 CORNER SHOOTING**

- Players pass from corners to shooter in slot.
- After 8 shots, replace shooter.

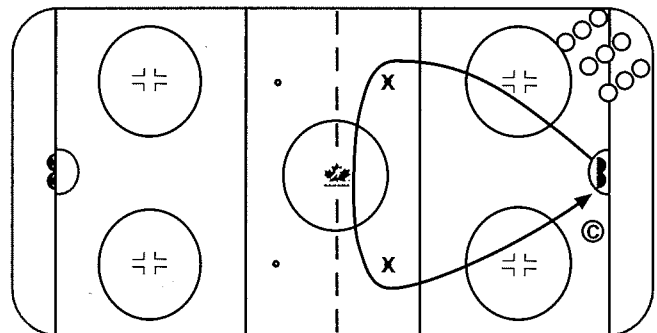


**KEY EXECUTION POINTS**

- Call for pass
- Stick to stick passes
- Puck control
- Quick release
- One timers

**8 min** **NET PUSH COMPETITION**

- Divide group into three teams.
- Lay net down in blue ice.
- Time teams as they push the net around pylons and into blue ice.
- Fastest team wins!



**KEY EXECUTION POINTS**

- Skating – Striding and crossovers
- Team work
- Team building

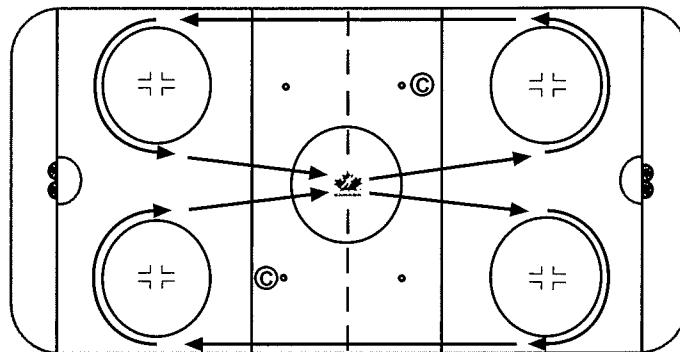
### Session Objective(s) 1. Assess checking skills

- angling
- stick checks
- body contact

8 min

#### BUTTERFLY WARM-UP

- © demonstrates or calls out skating actions:
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  - Left/ right/ both knee touches to ice.
  - Mohawk turns/ 360's.
  - Backwards.
  - Sprints.
  - Dive roll.
  - 360 spin on knees.
- Progress to with pucks.



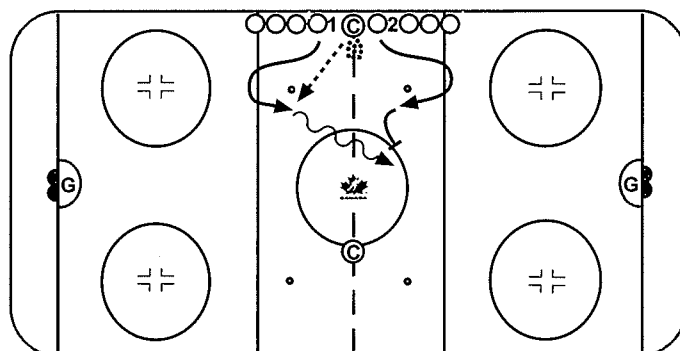
#### KEY EXECUTION POINTS

- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

7 min

#### ANGLING - OPEN ICE

- O1 and O2 leave from the red line on "go" from ©.
- Both players skate down the boards to the blue line and turn in.
- © passes to one player.
- Other player must angle the puck carrier to the middle, continues angle and pursuit across the neutral zone.



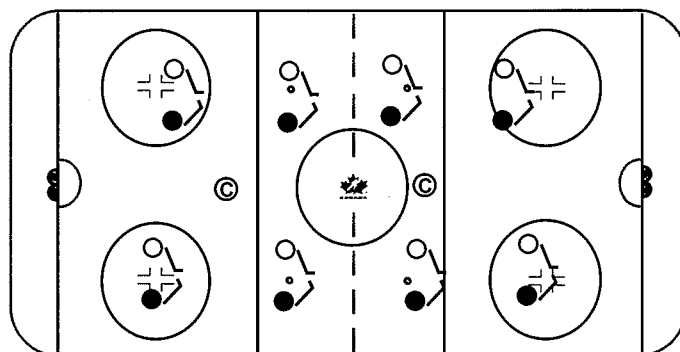
#### KEY EXECUTION POINTS

- Smart skating
- React quickly to receiving or not receiving the pass

5 min

#### STATIONARY STICK CHECKS

- Demonstrate for the players the press and the lift.
- Players pair up side by side.
- On whistle, Player 1 handles the puck stationary. Player 2 stands beside Player 1 and on the second whistle traps or lifts the stick.



#### KEY EXECUTION POINTS

- Demonstrate the skill
- Run at 50% so that players have success at implementing the proper technique

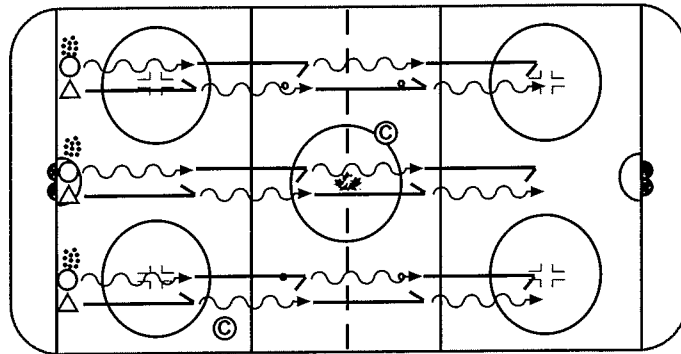
Session Objective(s) 1. Assess checking skills

- angling
- stick checks
- body contact

5 min

**PARTNER SWEEP HOOK**

- O skates with the puck at  $\Delta$  speed.
- $\Delta$  skates parallel or slightly behind to execute sweep or hook check.
- Attempt several repetitions going down the ice.
- Alternate once control is gained.



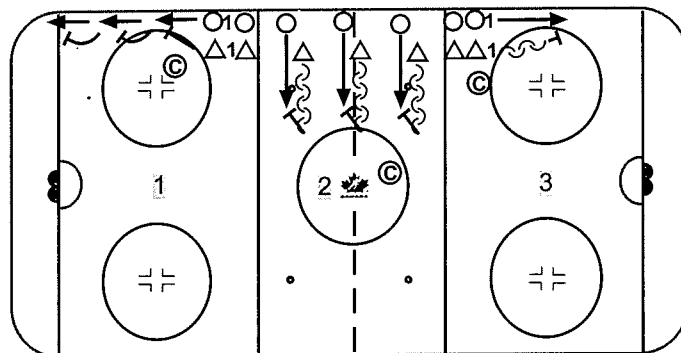
**KEY EXECUTION POINTS**

- Place shaft and blade flat
- Sweep in a circular motion
- Keep stick moving through the check

20 min

**CHECKING STATIONS**

1. Continuous Bumping
  - O1 moves slowly along the boards while  $\Delta$ 1 angles, closes the gap and pins O1 against boards.
  - The two players continue around boards to other side.
  - Switch roles the other way.
2. Open Ice Contact
  - O skates forward as  $\Delta$  skates backwards.
  - $\Delta$  initiates shoulder to chest contact and then continues backwards repeating action across the ice.
  - Switch roles on return across ice.
3. 1 on 1 Angling
  - O1 moves slowly along the boards while  $\Delta$ 1 angles backwards, closes the gap and pins O1 against boards
  - The two players continue around the boards to other side.
  - Switch roles the other way.



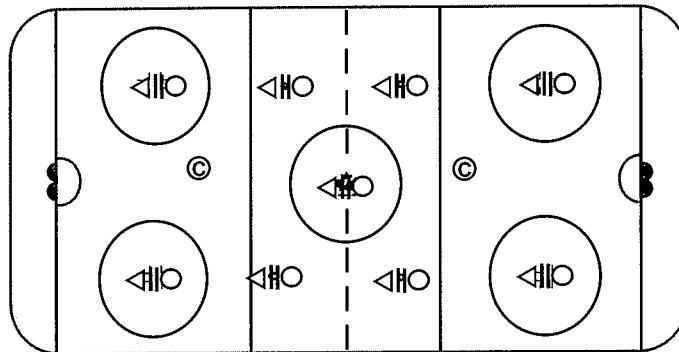
**KEY EXECUTION POINTS**

- Speed should be controlled ensuring proper technique
- Use the terms coil/ uncoil as motion description
- Add pucks and increase speed as players become more efficient

5 min

**OWN THE DOT**

- Players position themselves at the dots.
- On whistle players player bump each other trying to drive other off the dot.
- Other options include side by side, protect the puck on the dot, face to face and back to back.



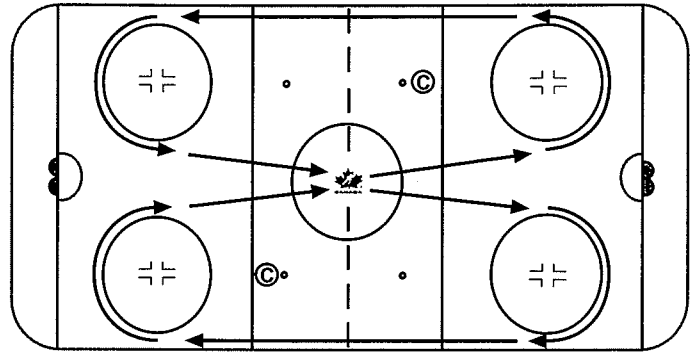
**KEY EXECUTION POINTS**

- Elbows down and arms crossed
- Good low stable body position
- Drive with the legs

- Session Objective(s)**
1. Refine pass receiving
  2. Refine puck control skills
  3. Assess one on one: offense and defence, gap control

**8 min BUTTERFLY WARM-UP**

- © demonstrates or calls out skating actions:
- 1 foot/ 2 foot/ squats.
- Left/ right/ both knee touches to ice.
- Mohawk turns/ 360's.
- Backwards.
- Sprints.
- Dive roll.
- 360 spin on knees.
- Progress to with pucks.

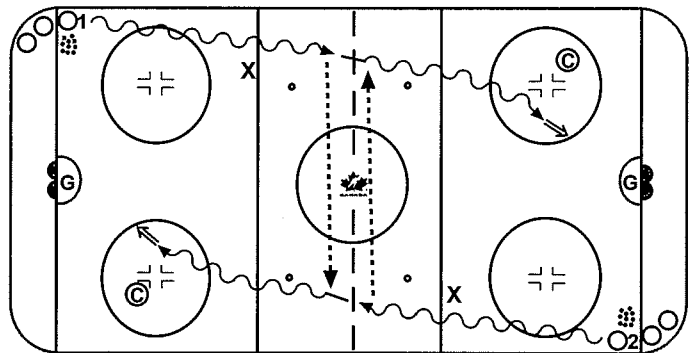


**KEY EXECUTION POINTS**

- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

**8 min PUCK EXCHANGE**

- O1 and O2 leave on whistle.
- O1 and O2 pass pucks (exchange) to one another in the neutral zone.
- Execute drive skate with shot on goal.

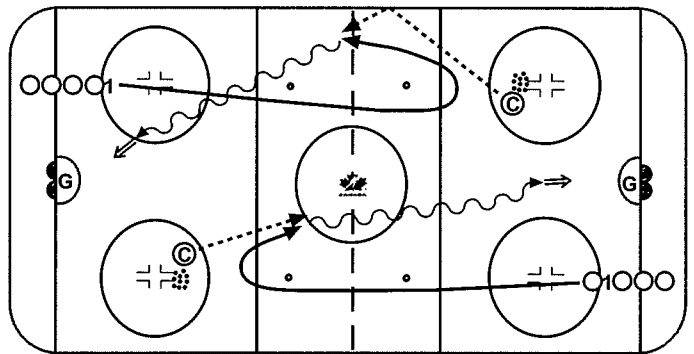


**KEY EXECUTION POINTS**

- Difficult lead pass
- Accelerate to the net
- Tap post with stick
- Let player skate onto the puck
- Shoot in stride
- Use forehand and backhand

**8 min REACTION TURNS**

- O1 skates toward © in the neutral zone.
- © spots puck on the boards or in open ice.
- O1 reacts to loose puck, executing a tight turn, gaining control, and attacking the net.



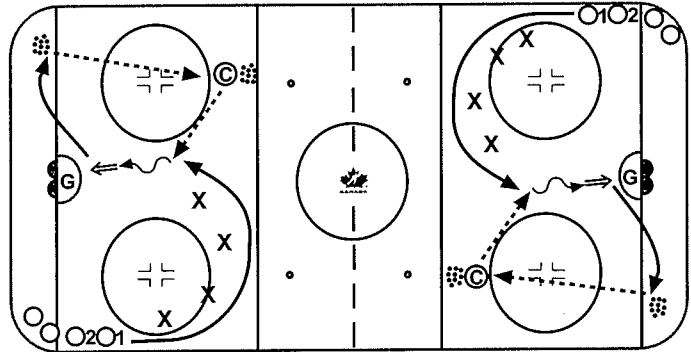
**KEY EXECUTION POINTS**

- Eye contact
- Quick feet
- Read loose puck position
- Accelerate out of turn
- Execute drive skate

- Session Objective(s)**
1. Refine pass receiving
  2. Refine puck control skills
  3. Assess one on one: offense and defence, gap control

**8 min** **WIDE STRIDE TURN/ ACCELERATION**

- O1 strides around pylons, receives a pass from © and executes net drive for a shot on goal.
- Retrieves loose puck from corner and passes to ©.
- O2 begins when O1 has completed pass back to the ©.

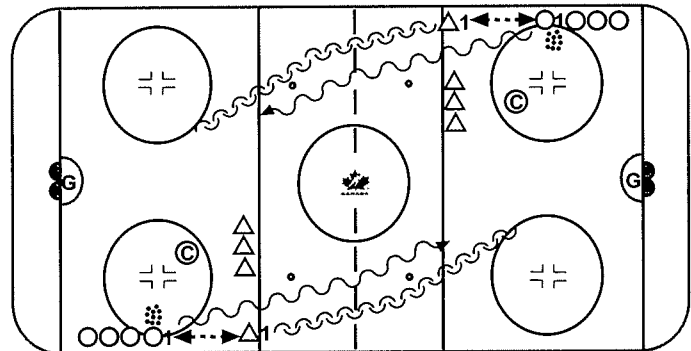


**KEY EXECUTION POINTS**

- stride, don't glide
- accelerate to the pass
- show a target
- execute net drive

**10 min** **ONE ON ONE**

- On whistle, O1 starts drill with a pass to Δ1, Δ1 returns pass to O1.
- O1 attacks Δ1 one on one down the ice.
- Players compete until there is a change in possession.

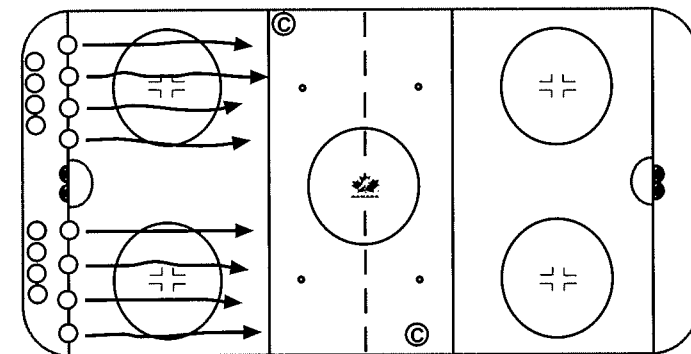


**KEY EXECUTION POINTS**

- Attack with speed
- Δ emphasis on good gap, defensive position
- Δ force wide

**8 min** **COOL DOWN**

- Two groups on the goal line.
- 1st whistle, a group begins skating (at a slow leisurely pace).
- 2nd whistle, all players drive hard.
- 3rd whistle, resume slow pace.
- Two repetitions skating.
- Two repetitions with 360° turns on each whistle.



**KEY EXECUTION POINTS**

- Quick feet alternating with long strides
- Light stretching
- Deep breathing



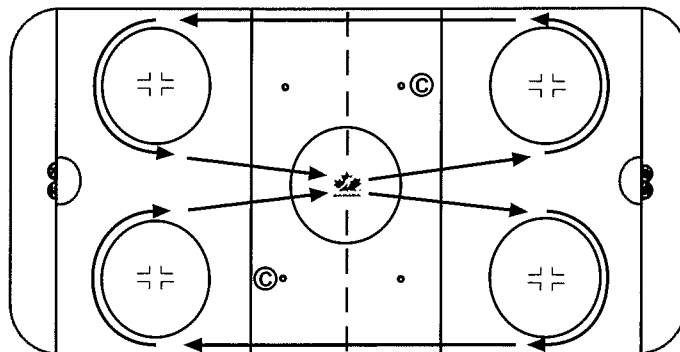


- Session Objective(s)**
1. Refine passing techniques
  2. Refine pass receiving
  3. Assess offensive team tactics

8 min

### BUTTERFLY WARM-UP

- © demonstrates or calls out skating actions:
- 1 foot/ 2 foot/ squats.
- Left/ right/ both knee touches to ice.
- Mohawk turns/ 360's.
- Backwards.
- Sprints.
- Dive roll.
- 360 spin on knees.
- Progress to with pucks.



### KEY EXECUTION POINTS

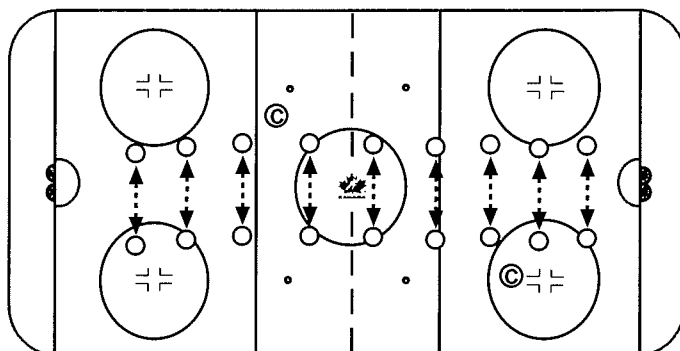
- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

5 min

### PASSING PAIRS

#### Passing Activity

- All players work in pairs (goalenders included).
- Begin with stationary passes, both forehand and backhand.
- Add movement with partners skating forward and backward on passing and receiving.
- Add tight turns after receiving pass.



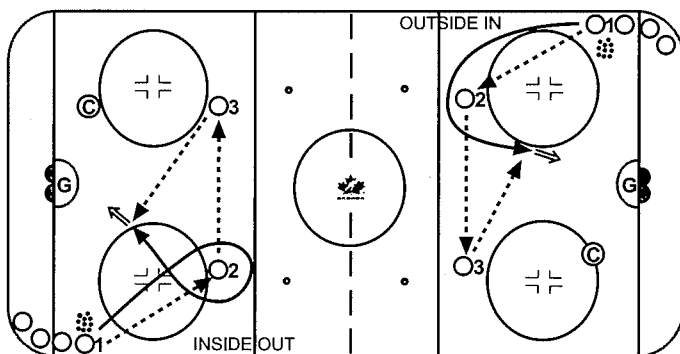
### KEY EXECUTION POINTS

- Eye contact
- Arm movement on passes
- Present good target
- Cushion on reception
- Adjust footing

7 min

### INSIDE OUT, OUTSIDE IN

- O1 passes to O2, O2 passes to O3, O3 passes back to O1.
- after O1 initiates with a pass, O1 executes:
  1. inside out tight turn
  2. outside in tight turn
- O1 receives passes from O3 and drives to the net for a shot on goal.



### KEY EXECUTION POINTS

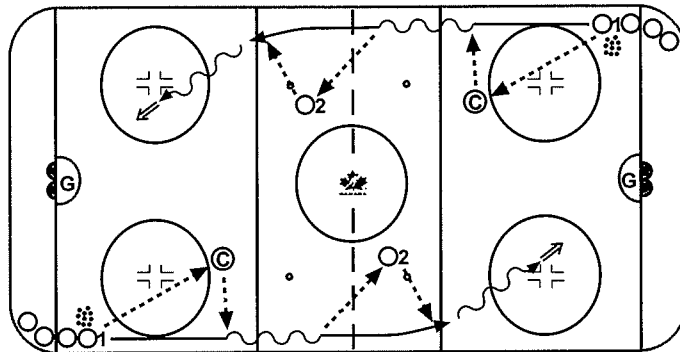
- shot from desired angle
- good timing on passing
- emphasis on good passing and receiving technique

- Session Objective(s)
1. Refine passing techniques
  2. Refine pass receiving
  3. Assess offensive team tactics

8 min

**DOUBLE GIVE & GO**

- As with previous drill, add a second give and go passer.
- After O1 executes drive skate and shot on goal, must go to second passing position.
- Second passer moves to first passing position.
- First passer joins the line.



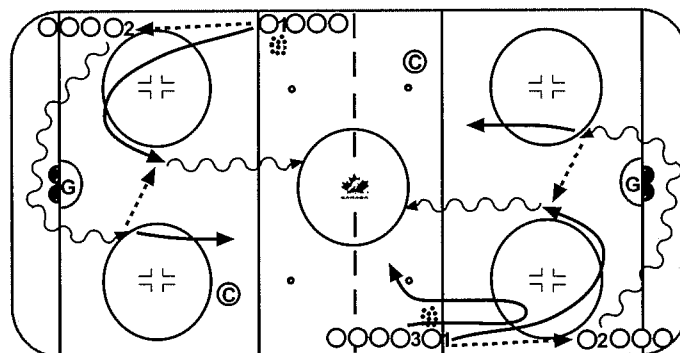
**KEY EXECUTION POINTS**

- Head up and eye contact
- Accurate passing
- Good control of puck between passes

12 min

**2 ON 0 / 3 ON 0 MOVEMENT DRILL**

- O1 passes to O2, O2 carries behind the net.
- O1 supports O2 low and they attack 2 on 0.
- At the end of the repetition, O1 and O2 change lines.
- Alternate out of each end.
- O3 supports from blue line group.



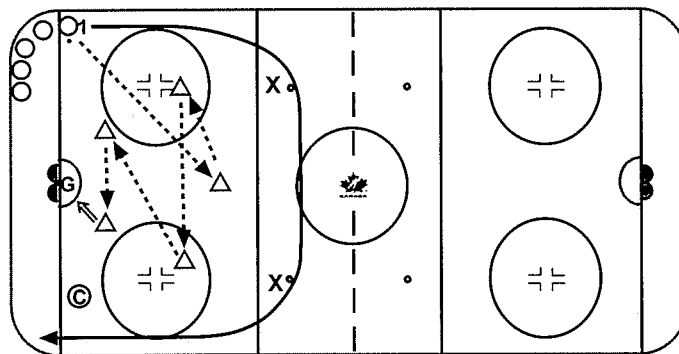
**KEY EXECUTION POINTS**

- Good passes
- Attack with speed
- O1 timing on low support

10 min

**BASEBALL**

- O's vs Δ's.
- O1 passes to any Δ and skates around the pylons and stops in the corner in order to score.
- All Δ's must touch the puck and score on the goalie to get O1 out.



**KEY EXECUTION POINTS**

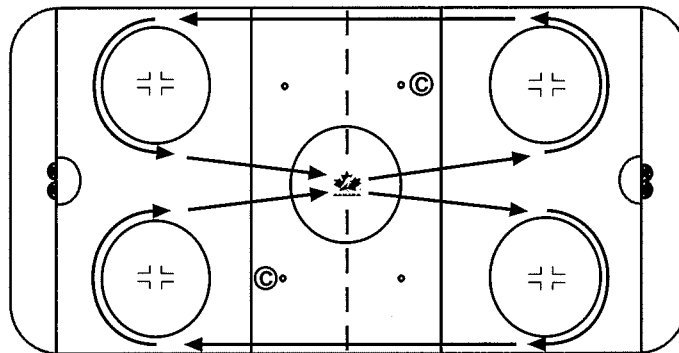
- Control puck before passing
- Quick puck movement
- Be ready
- Have fun



- Session Objective(s)**
1. Improve and refine agility skating
  2. Review defensive team tactics: defensive zone coverage
  3. Review individual defensive tactic: transition offence to defense

**8 min BUTTERFLY WARM-UP**

- © demonstrates or calls out skating actions:
- 1 foot/ 2 foot/ squats.
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- Mohawk turns/ 360's.
- Backwards.
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- Dive roll.
- 360 spin on knees.
- Progress to with pucks.

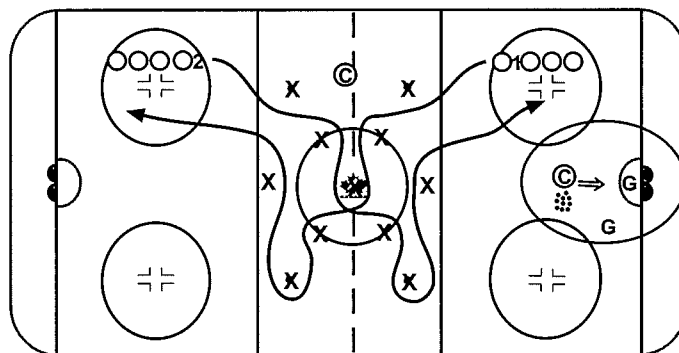


**KEY EXECUTION POINTS**

- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

**8 min AGILITY SQUARE**

- O1 and O2 go at the same time on the ©'s whistle.
  1. forward weave
  2. backward weave
  3. tight turns at the pylons
  4. jumps over the pylons
- Introduce pucks and repeat.

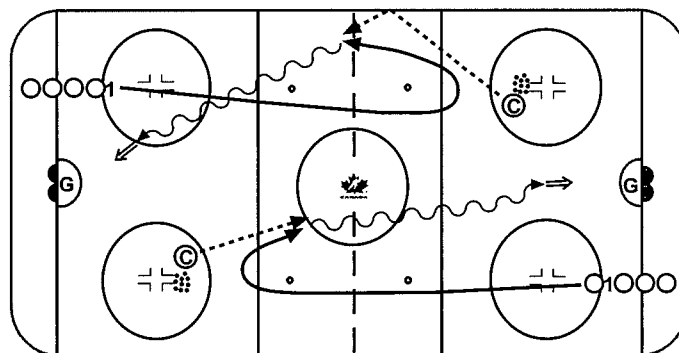


**KEY EXECUTION POINTS**

- Awareness
- Head up
- Footwork
- Puck control

**8 min REACTION TURNS**

- O1 skates toward © in the neutral zone.
- © spots puck on the boards or in open ice.
- O1 reacts to loose puck, executing a tight turn, gaining control, and attacking the net.



**KEY EXECUTION POINTS**

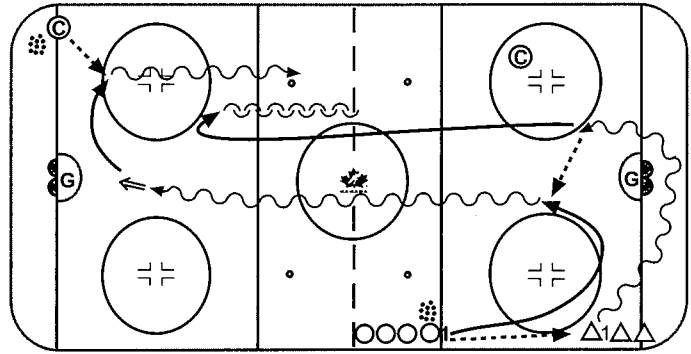
- Eye contact
- Quick feet
- Read loose puck position
- Accelerate out of turn
- Execute drive skate

- Session Objective(s)**
1. Improve and refine agility skating
  2. Review defensive team tactics: defensive zone coverage
  3. Review individual defensive tactic: transition offence to defense

10 min

**2 ON 0 / 1 ON 1**

- O1 passes to Δ2, Δ2 carries behind the net. O1 supports Δ2 low and they attack 2 on 0.
- Δ2 breaks off at the blue line and prepares for 1 on 1.
- At the end of the repetition, O1 receives pass from © and attacks Δ2 in the other direction.



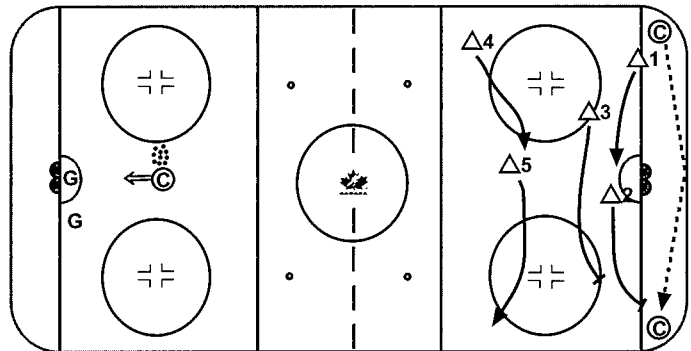
**KEY EXECUTION POINTS**

- Δ2 emphasis on good gap
- Δ2 force wide
- Awareness of defensive transition

8 min

**DEFENSIVE ZONE COVERAGE**

1. Review defensive zone coverage with half ice walk through. © moves puck to have players adjust positioning.
  2. Add O's who pass puck around in stationary positions. Δ's shift def. zone coverage with puck movement • Δ's turn sticks over •
- Goalie Zone with ©.



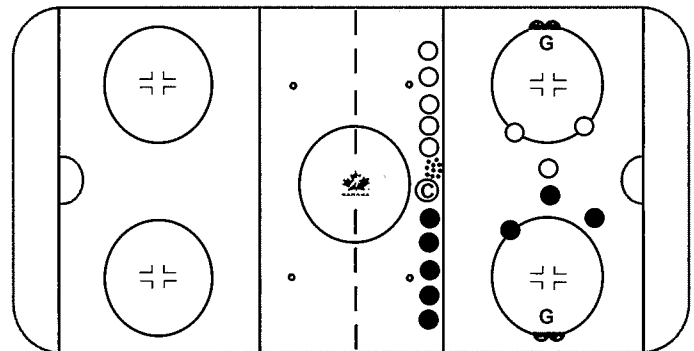
**KEY EXECUTION POINTS**

- Hustle
  - Awareness
  - Stick on the ice
- On win: Screen and release for support  
On loss: Def. side coverage

8 min

**3 ON 3 CROSS ICE**

- 3 on 3 in one zone, rest of players creating wall at blue line.
- 40 – 50 second shifts.
- Add specific number of pass, one touch passes etc.



**KEY EXECUTION POINTS**

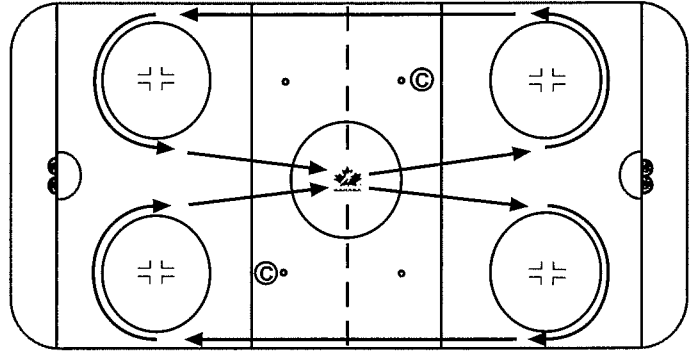
- Awareness
- Intensity
- Support
- Conditioning

- Session Objective(s)**
1. Refine puck control and puck protection
  2. Refine Checking skills
    - angling
    - body contact
    - stick checks

5 min

**BUTTERFLY WARM-UP**

- © demonstrates or calls out skating actions:
  - 1 foot/ 2 foot/ squats.
  - Left/ right/ both knee touches to ice.
  - Mohawk turns/ 360's.
  - Backwards.
  - Sprints.
  - Dive roll.
  - 360 spin on knees.
  - Progress to with pucks.



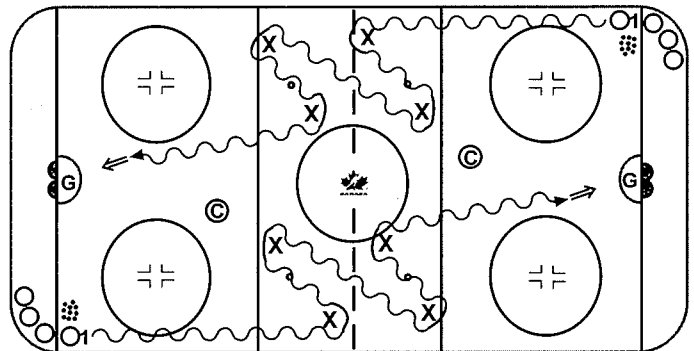
**KEY EXECUTION POINTS**

- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

5 min

**TIGHT TURN SHOOTING**

- O1 starts on © whistle.
- O1 skates with puck through pylons.
- Finish with shot on goal.
- Next player goes when O1 reaches second pylon.



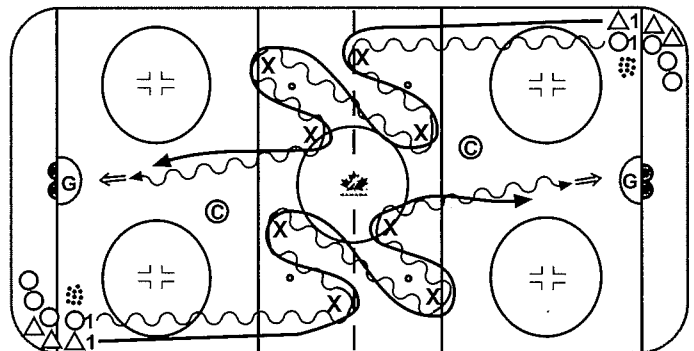
**KEY EXECUTION POINTS**

- Puck Control
- Accelerate out of turns
- Accurate shot

7 min

**TIGHT TURN SHOOTING WITH CHASER**

- O1 and Δ1 both start on ©'s whistle.
- O1 protects puck from Δ1 while skating through pylons.
- Whoever ends with puck takes a shot on goal.



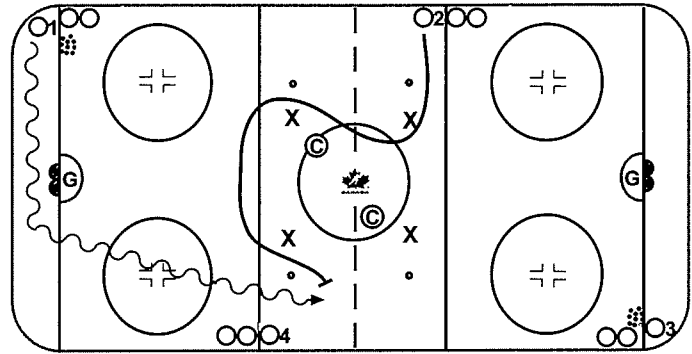
**KEY EXECUTION POINTS**

- Puck protection
- Puck pursuit
- Stick checks
- Speed

- Session Objective(s)**
1. Refine puck control and puck protection
  2. Refine Checking skills
    - angling
    - body contact
    - stick checks

**8 min** **ANGLING GATE DRILL**

- 01 and 02 begin on the whistle.
- 01 picks up loose puck and skates behind the net and must skate between the for a shot on goal.
- 02 closes the gap, sabling ice in hte neutral zone, before angling toward 01.
- 02 attempts to force 01 outside the pylons, not giving up the middle lane.

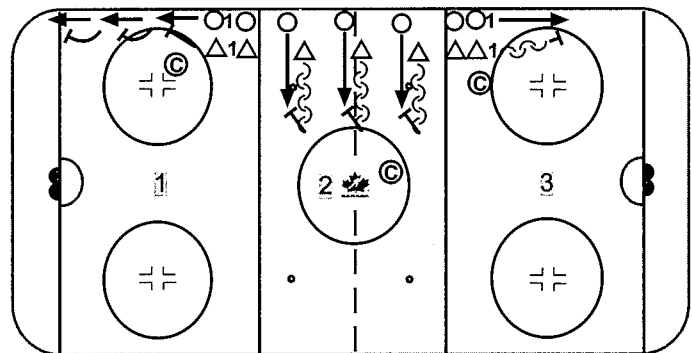


**KEY EXECUTION POINTS**

- Maintain middle lane
- Control skating

**20 min** **CHECKING STATIONS**

1. Continuous Bumping
  - 01 moves slowly along the boards while Δ1 angles, closes the gap and pins 01 against boards.
  - The two players continue around boards to other side.
  - Switch roles the other way.
2. Open Ice Contact
  - Skates forward as Δ skates backwards.
  - Δ initiates shoulder to chest contact and then continues backwards repeating action across the ice.
  - Switch roles on return across ice.
3. 1 on 1 Angling
  - 01 moves slowly along the boards while Δ1 angles backwards, closes the gap and pins 01 against boards.
  - The two players continue around the boards to other side.
  - Switch roles the other way.

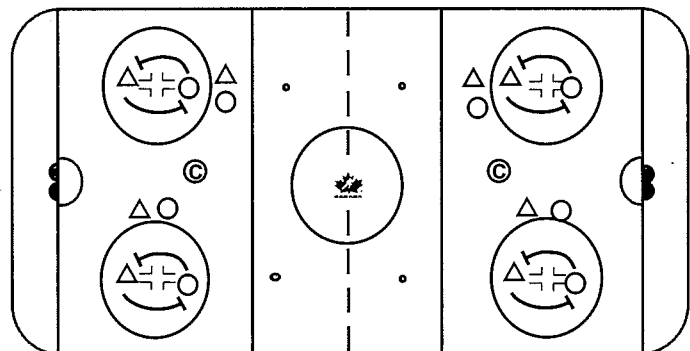


**KEY EXECUTION POINTS**

- Speed should be controlled ensuring proper technique
- Use the terms coil/ uncoil as motion description
- Add pucks and increase speed as players become more efficient

**5 min** **BULL IN THE RING**

- No sticks.
- On whistle 0 tries to drive through Δ to get to edge of circle.
- Δ protects the path and attempts to drive 0 back.
- Switch roles.



**KEY EXECUTION POINTS**

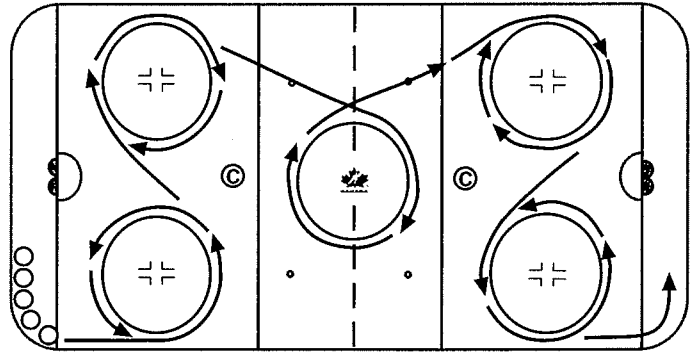
- Play chest when facing, hips when seeing back
- Leg drive and defensive side positioning

- Session Objective(s)**
1. Improve refine agility skating
  2. Review transition: offense to defense
  3. Review defensive responsibilities

5 min

**CIRCLE WARM-UP**

- Players skate circles.
- Each repetition to consist of one of the following skating skills:
  1. forward crossovers.
  2. backward crossovers.
  3. pivots facing one end always.
  4. time permitting - repeat any of the above with pucks.



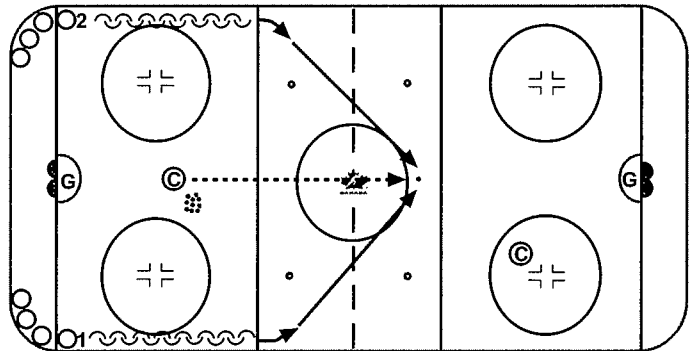
**KEY EXECUTION POINTS**

- quick feet
- agility
- continuous movement

8 min

**PIVOT COMPETITION**

- © controls start with whistle.
- O1 and O2 start on goal line and skate backwards to blue line, pivot and race to loose puck.
- 1st to the puck attacks the net, 2nd backchecks.
- Progress to; set puck at centre and Δ at far blue line (1 vs 2).



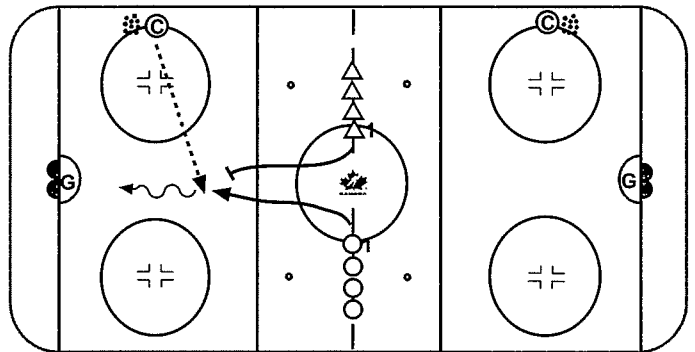
**KEY EXECUTION POINTS**

- Backward acceleration
- Competitive spirit
- Pivot
- Hustle and desire
- Puck protection

8 min

**CENTER LINE "D" DRILL**

- On ©'s whistle, O initiates the direction of the drill.
- Contact with the blue line indicates commitment in that direction.
- Δ must defend (react).
- © passes to O driving in on goal.



**KEY EXECUTION POINTS**

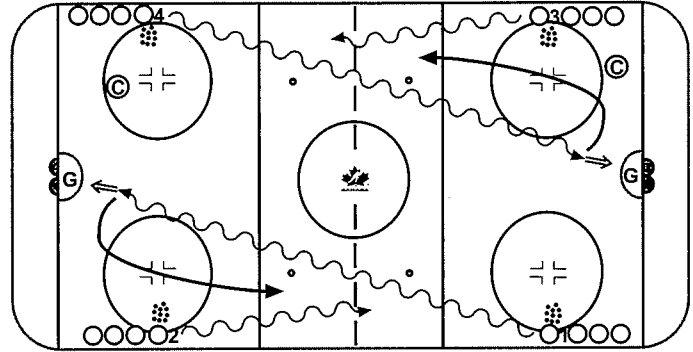
- Readiness
- Determined
- Agility
- Head on a swivel

- Session Objective(s)**
1. Improve refine agility skating
  2. Review transition: offense to defense
  3. Review defensive responsibilities

8 min

**ONE MAN TRANSITION**

- O1 and O4 drive to the net for shot on goal.
- O2 and O3 start on the hash marks and release as soon as O1 and O4 take shots.
- O1 and O4 must stop and pursue O2 and O3.
- Drill is continuous.



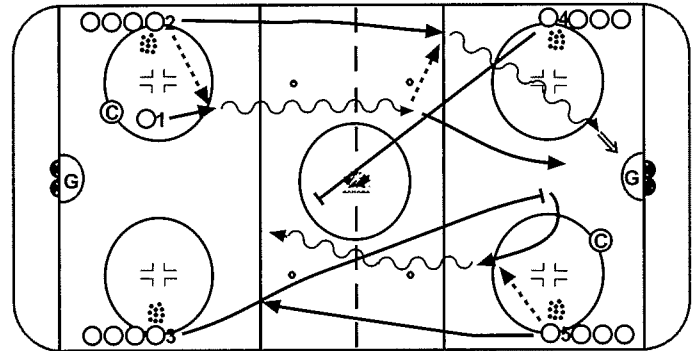
**KEY EXECUTION POINTS**

- Awareness
- Hustle
- Head up
- Fun

10 min

**CONTINUOUS BACKCHECK**

- O1 skates cross ice and receives pass from O2.
- O1 executes drive skate by staying wide around pylon before accelerating to the net.
- Alternate corners go at the same time.



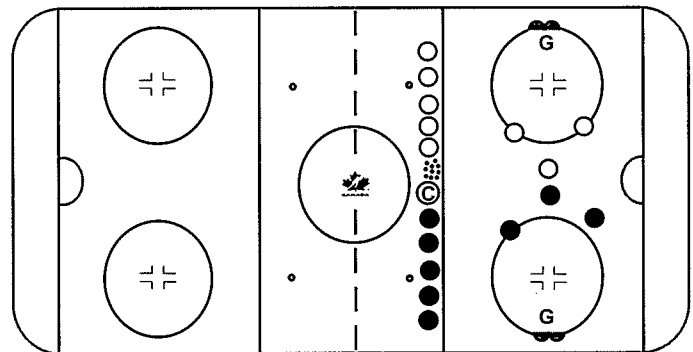
**KEY EXECUTION POINTS**

- Accelerate
- Protect the puck
- Crossover at the blue line
- Skate at the far post

9 min

**3 ON 3 CROSS ICE SCRIMMAGE**

- 3 on 3 in one zone, rest of players creating wall at blue line.
- 40 – 50 second shifts.
- Add specific number of pass, one touch passes etc.



**KEY EXECUTION POINTS**

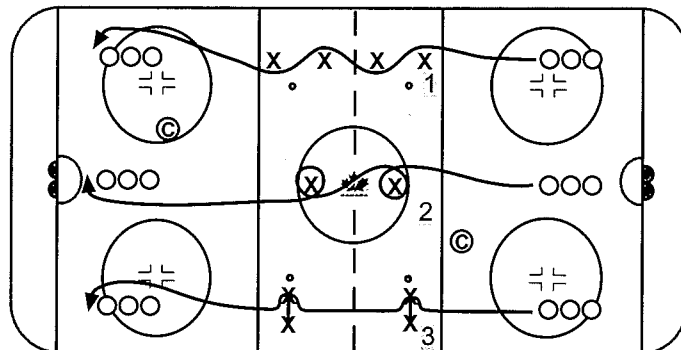
- Awareness
- Intensity
- Support
- Conditioning



**Session Objective(s)** 1. Refine foot speed and skating agility  
 2. Refine offensive team tactics: 2 player attack options (crosses, drops and quiet zone play)

**10 min WARM-UP RELAYS**

- 3 teams split and line up on goal lines. Each race ends when players return to their original positions.
  1. weave
  2. 360° turns
  3. jumps
- Do each without & with pucks.

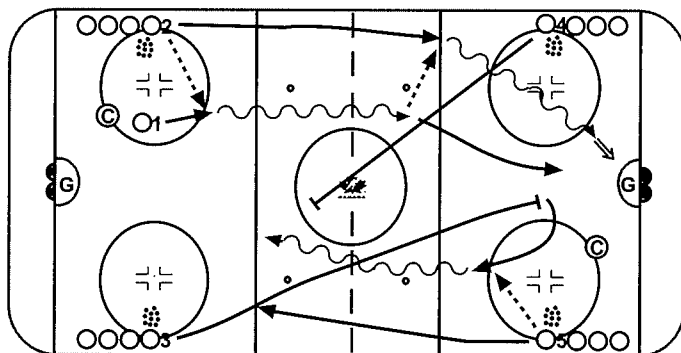


**KEY EXECUTION POINTS**

- Work hard
- Emphasis on skill execution
- Have fun

**8 min CONTINUOUS BACKCHECK**

- O1 skates cross ice and receives pass from O2.
- O1 executes drive skate by staying wide around pylon before accelerating to the net.
- Alternate corners go at the same time.

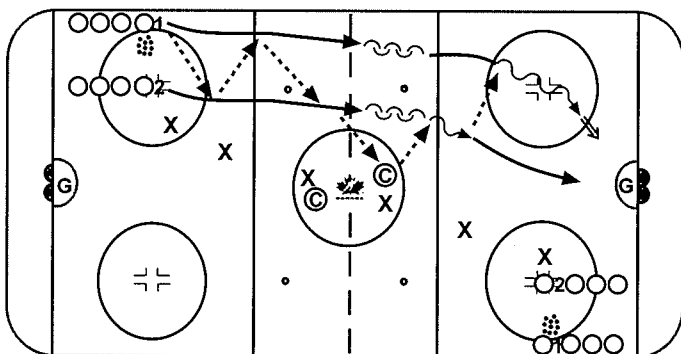


**KEY EXECUTION POINTS**

- accelerate
- protect the puck
- crossover at the blue line
- skate at the far post

**8 min 2 ON 0 "TRANSITION"**

- O1 & O2 pass back and forth.
- When O1 & O2 reach the center line, pass the puck to the ©.
- O1 & O2 stop and skate backwards to the blue line.
- © returns the puck to either player & they attack 2 on 0 using outside lane.



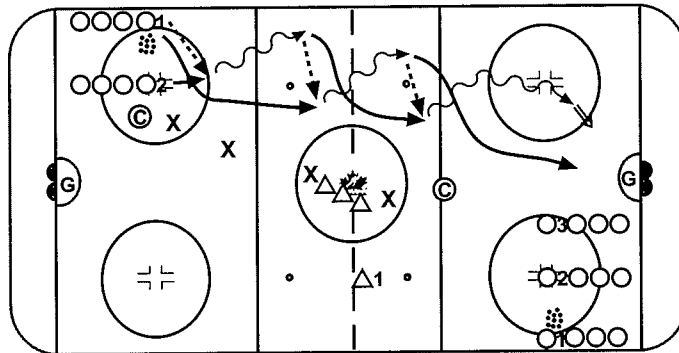
**KEY EXECUTION POINTS**

- quick feet
- present good target
- head up
- full stops at all times
- stick on the ice

Session Objective(s) 1. Refine foot speed and skating agility  
 2. Refine offensive team tactics: 2 player attack options (crosses, drops and quiet zone play)

**8 min** OFFENSIVE WEAVES

- 2 on 0
- O1 passes to O2 and cuts behind, hustling to get to inside lane.
  - O2 cuts to the outside and returns pass to O1.
  - O1 & O2 repeat execution the length of the ice and shoot on goal.
- 2 on 1
- Add Δ at red line.
- 3 on 1
- Add O3.

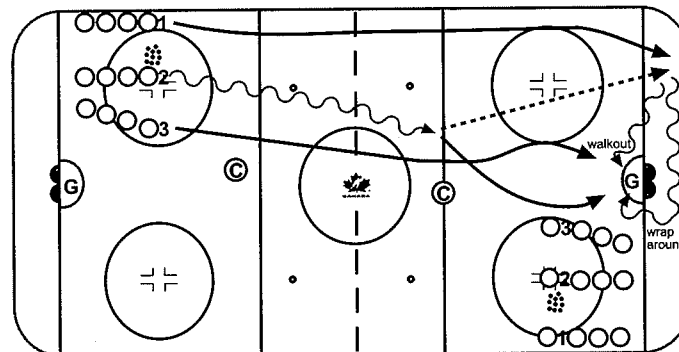


**KEY EXECUTION POINTS**

- Timing
- Rebound
- Drop, do not back pass
- Stay outside

**8 min** 3 ON 0 QUIET ZONE

- O2 carries puck to center line, then dumps to the strongside corner.
- O1 retrieves the puck and walks out, wraps around, or passes to O2 in high slot.
- O2 must use good timing judgement not to force the play for O1.

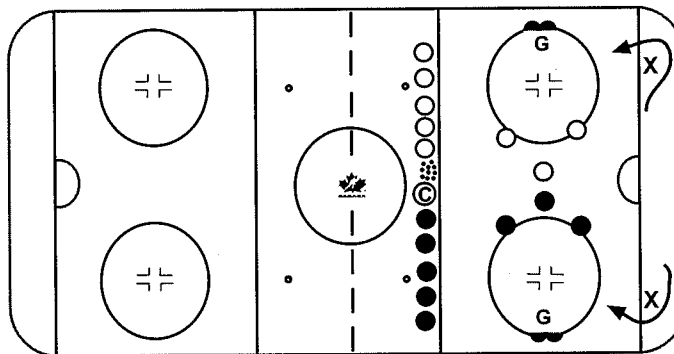


**KEY EXECUTION POINTS**

- timing
- rebound
- read and react
- use the net

**8 min** 3 ON 3 CROSS ICE SCRIMMAGE

- 3 on 3 in one zone, rest of players creating wall at blue line.
- 40 – 50 second shifts.
- Players must take puck between pylon and boards in Offensive end before they can score.



**KEY EXECUTION POINTS**

- Awareness
- Intensity
- Support
- Conditioning

# ICE SESSIONS

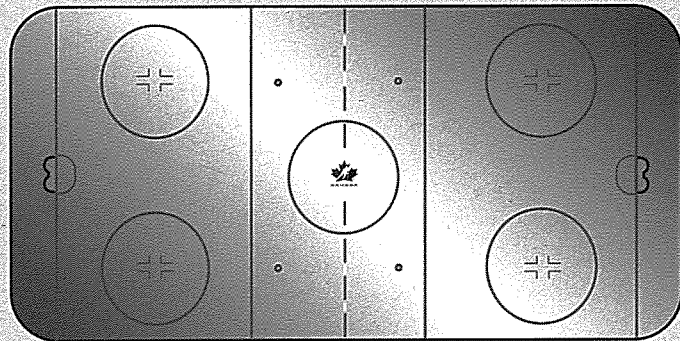
## PEE WEE SEASON PLAN

PHASE 1

**PHASE 2**

PHASE 3

PHASE 4



**CANADA**

# PEE WEE LEVEL PRACTICE PLAN

## Training Segment Outcomes

- have fun, attain fitness and demonstrate a respect for the Fair Play Code
- improve individual skills and a greater knowledge and application of individual tactics
- improve knowledge and application of team tactics
- demonstrate an understanding of a greater variety of team play systems

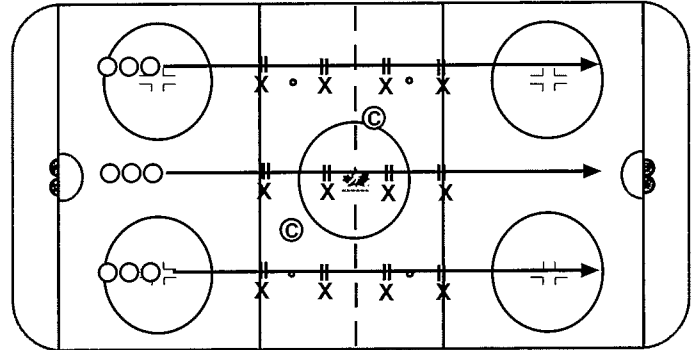
ICE SESSION OBJECTIVES:		SKILL FOCUS
LESSON 9	<b>LESSON 9 OBJECTIVES</b> 1. Teach individual offensive tactic: net drive 2. Reinforce net drives with 2 man attack option 3. Refine defensive tactic: defend against mid lane net drive	<ul style="list-style-type: none"> <li>• offensive tactics               <ul style="list-style-type: none"> <li>• acceleration</li> <li>• agility</li> </ul> </li> <li>• puck control               <ul style="list-style-type: none"> <li>• stickhandling</li> <li>• skating fwd/bwd</li> </ul> </li> </ul>
LESSON 10	<b>LESSON 10 OBJECTIVES</b> 1. Assess checking skills <ul style="list-style-type: none"> <li>• angling</li> <li>• stick checks</li> <li>• body contact</li> </ul>	<ul style="list-style-type: none"> <li>• checking skills               <ul style="list-style-type: none"> <li>• stick checks</li> <li>• gap control</li> <li>• angling</li> <li>• backchecking</li> </ul> </li> <li>• individual defensive tactics               <ul style="list-style-type: none"> <li>• control opponents stick</li> <li>• gap control</li> <li>• defensive team tactics</li> </ul> </li> </ul>
LESSON 11	<b>LESSON 11 OBJECTIVES</b> 1. Teach individual offensive tactic: deking 2. Reinforce 2 man attack options 3. Review transition	<ul style="list-style-type: none"> <li>• puck control               <ul style="list-style-type: none"> <li>• evasive moves</li> </ul> </li> <li>• offensive tactics               <ul style="list-style-type: none"> <li>• transition</li> <li>• 2 player attack</li> </ul> </li> </ul>
LESSON 12	<b>LESSON 12 OBJECTIVES</b> 1. Refine skating skills: foot speed, agility passing techniques 2. Review transition 3. Introduce offensive team tactics: breakouts	<ul style="list-style-type: none"> <li>• skating skills               <ul style="list-style-type: none"> <li>• speed</li> <li>• agility</li> <li>• pivots</li> </ul> </li> <li>• breakout positioning               <ul style="list-style-type: none"> <li>• support</li> </ul> </li> </ul>
LESSON 13	<b>LESSON 13 OBJECTIVES</b> 1. Teach individual offensive tactic: net drive 2. Reinforce net drives with 2 man attack option 3. Refine defensive tactic: defend against mid lane net drive	<ul style="list-style-type: none"> <li>• offensive tactics               <ul style="list-style-type: none"> <li>• acceleration</li> <li>• agility</li> </ul> </li> <li>• puck control               <ul style="list-style-type: none"> <li>• stickhandling</li> <li>• skating fwd/bwd</li> </ul> </li> </ul>
LESSON 14	<b>LESSON 14 OBJECTIVES</b> 1. Assess checking skills <ul style="list-style-type: none"> <li>• angling</li> <li>• stick checks</li> <li>• body contact</li> </ul>	<ul style="list-style-type: none"> <li>• checking skills               <ul style="list-style-type: none"> <li>• stick checks</li> <li>• gap control</li> <li>• angling</li> <li>• backchecking</li> </ul> </li> <li>• individual defensive tactics               <ul style="list-style-type: none"> <li>• control opponents stick</li> <li>• gap control</li> <li>• defensive team tactics</li> </ul> </li> </ul>
LESSON 15	<b>LESSON 15 OBJECTIVES</b> 1. Refine skating skills: tight turns 2. Refine offensive team tactics: breakout 3. Refine individual defensive tactic: backchecking	<ul style="list-style-type: none"> <li>• puck control               <ul style="list-style-type: none"> <li>• tight turns</li> </ul> </li> <li>• offensive tactic               <ul style="list-style-type: none"> <li>• breakouts</li> <li>• 1, 2, 3 attack principle</li> </ul> </li> <li>• defensive tactic               <ul style="list-style-type: none"> <li>• backchecking</li> </ul> </li> </ul>
LESSON 16	<b>LESSON 16 OBJECTIVES</b> 1. Refine puck control skills 2. Refine skating skills: agility, quick feet 3. Review offensive tactic delay	<ul style="list-style-type: none"> <li>• puck control               <ul style="list-style-type: none"> <li>• tight turns</li> <li>• acceleration</li> </ul> </li> <li>• skating skills               <ul style="list-style-type: none"> <li>• agility</li> <li>• foot speed</li> </ul> </li> <li>• offensive tactic               <ul style="list-style-type: none"> <li>• high delay</li> <li>• net drive</li> </ul> </li> </ul>

**Session Objective(s)**

1. Teach individual offensive tactic: net drive
2. Reinforce net drives with 2 man attack option
3. Refine defensive tactic: defend against mid lane net drive

**8 min** **3 LINE WARM-UP**

- First player in each line skates to the second pylon and performs a two foot stop; skates back to the first pylon and performs another two foot stop, continues on to the fourth and back to the third and finishes at opposite end of ice.
- Second player in line leaves when first player stops for the second time.

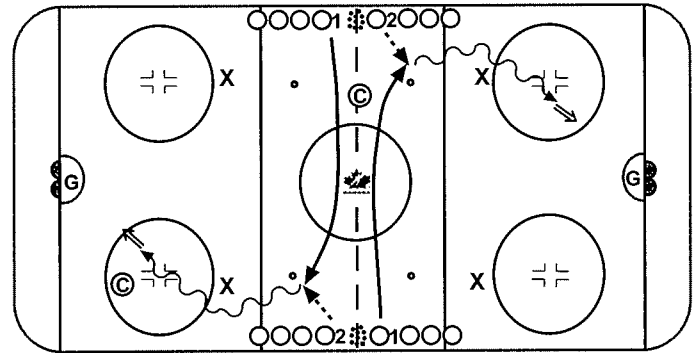


**KEY EXECUTION POINTS**

- Quick feet out of stop
- Face both directions

**8 min** **NET DRIVE 1 ON 0**

- O1 skates cross ice and receives pass from O2.
- O1 executes drive skate by staying wide around pylon before accelerating to the net.
- Alternate sides go at the same time.

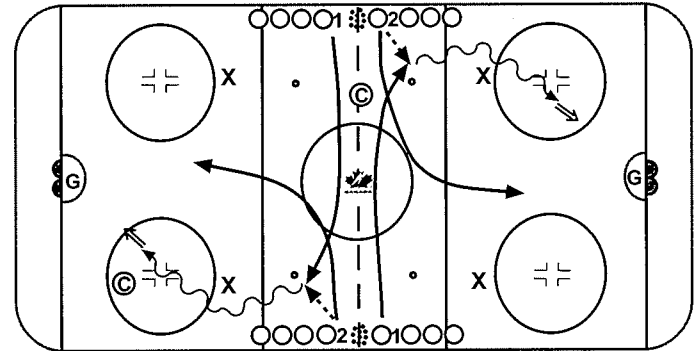


**KEY EXECUTION POINTS**

- Accelerate
- Protect the puck
- Crossover at the blue line
- Skate at the far post

**8 min** **NET DRIVE 2 ON 0**

- O1 skates cross ice and receives pass from O2.
- O1 executes drive skate by staying wide around pylon before accelerating to the net.
- O2 skates inside and drives to the net for a return pass or a rebound.



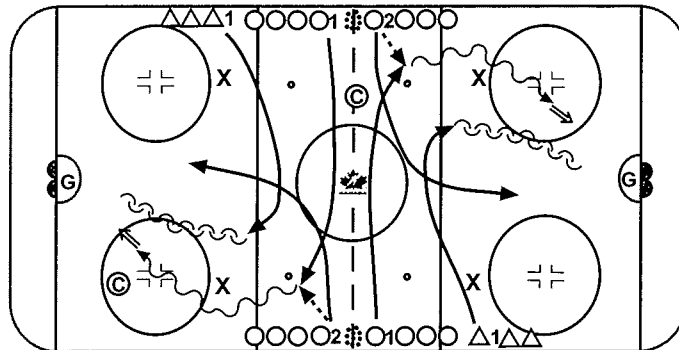
**KEY EXECUTION POINTS**

- Accelerate
- Protect the puck
- Crossover at the blue line
- Skate at the far post
- O2 drive to the net for rebound

- Session Objective(s)**
1. Teach individual offensive tactic: net drive
  2. Reinforce net drives with 2 man attack option
  3. Refine defensive tactic: defend against mid lane net drive

**8 min** **NET DRIVE 2 ON 1**

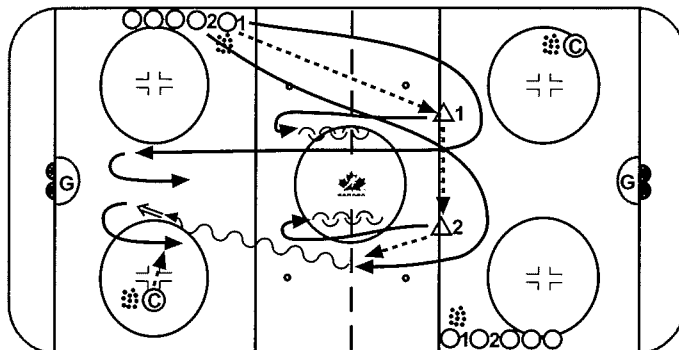
- O1 skates to O2 for pass.
- Δ1 comes off the boards with O1, Δ1 skates backwards in the mid lane.
- As O2 comes into the drill and drives the mid-lane, Δ1 must defend the mid-lane drive and allow the goalie to take the shooter, O1.



- KEY EXECUTION POINTS**
- |     |                |                    |
|-----|----------------|--------------------|
| O's | • Drive skate  | • Body position    |
| Δ's | • Quick feet   | • Protect mid lane |
|     | • Gap control  |                    |
|     | • Prevent pass |                    |

**8 min** **NET DRIVE 2 ON 0 / 2 ON 2**

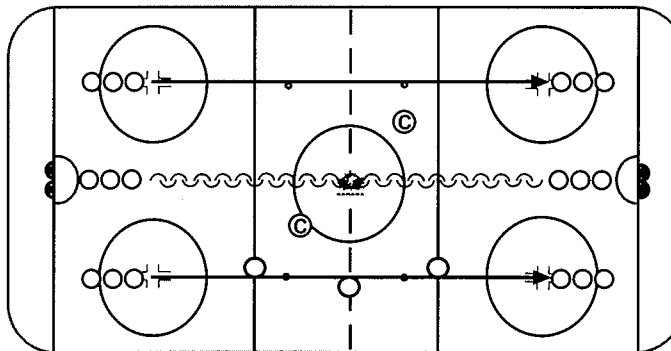
- O1 & O2 begin with pass to Δ1. Δ1 to Δ2. Δ2 to either O1 or O2.
- O1 and O2 execute 2 on 0 both driving to the net, puck on the outside.
- After shot on goal, © passes new puck to O1 or O2 who attack the other way on Δ1 and Δ2.



- KEY EXECUTION POINTS**
- |     |                         |                          |
|-----|-------------------------|--------------------------|
| O's | • Accelerate to the net | • Control gap after pass |
| Δ's | • Stay in lanes         | • Defend in lanes to O's |
|     | • Body position         |                          |

**8 min** **3 LINE RELAY**

- First line to reassemble wins.
- Forward skating.
- Backwards skating.
- Pivots.



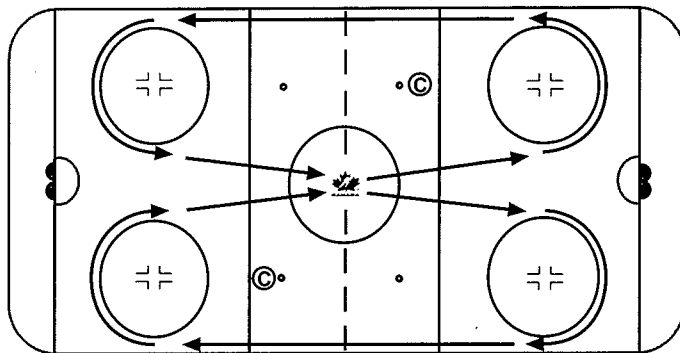
- KEY EXECUTION POINTS**
- Speed
  - Have fun

- Session Objective(s) 1. Assess checking skills**
- angling
  - stick checks
  - body contact

8 min

### BUTTERFLY WARM-UP

- © demonstrates or calls out skating actions:
  - 1 foot/ 2 foot/ squats.
  - Left/ right/ both knee touches to ice.
  - Mohawk turns/ 360's.
  - Backwards.
  - Sprints.
  - Dive roll.
  - 360 spin on knees.
  - Progress to with pucks.



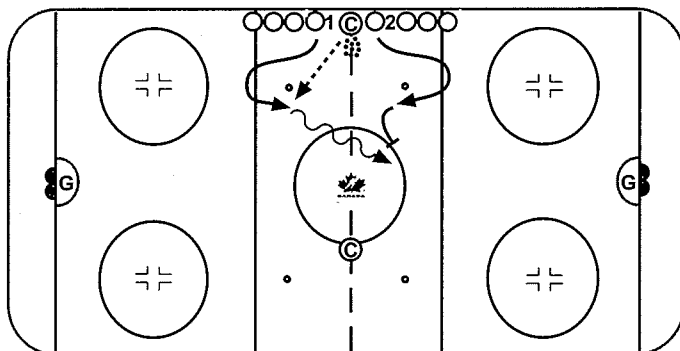
### KEY EXECUTION POINTS

- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

8 min

### ANGLING – OPEN ICE

- O1 and O2 leave from the red line on “go” from ©.
- Both players skate down the boards to the blue line and turn in.
- © passes to one player.
- Other player must angle the puck carrier to the middle, continues angle and pursuit across the neutral zone.



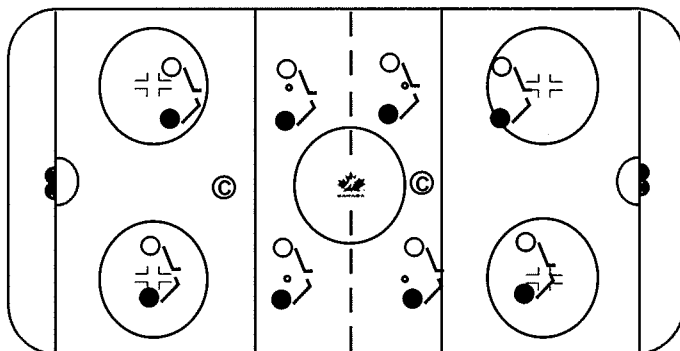
### KEY EXECUTION POINTS

- Smart skating
- React quickly to receiving or not receiving the pass

5 min

### STATIONARY STICK CHECKS

- Demonstrate for the players the press and the lift.
- Players pair up side by side.
- On whistle, Player 1 handles the puck stationary. Player 2 stands beside Player 1 and on the second whistle traps or lifts the stick.



### KEY EXECUTION POINTS

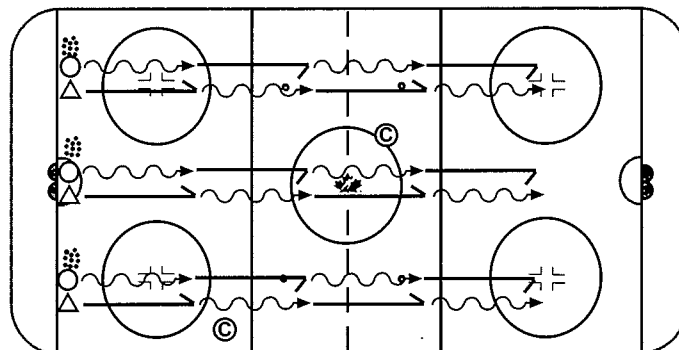
- Demonstrate the skill
- Run at 50% so that players have success at implementing the proper technique

**Session Objective(s)** 1. Assess checking skills

- angling
- stick checks
- body contact

**5 min** PARTNER SWEEP HOOK

- O skates with the puck at Δ speed.
- Δ skates parallel or slightly behind to execute sweep or hook check.
- Attempt several repetitions going down the ice.
- Alternate once control is gained.

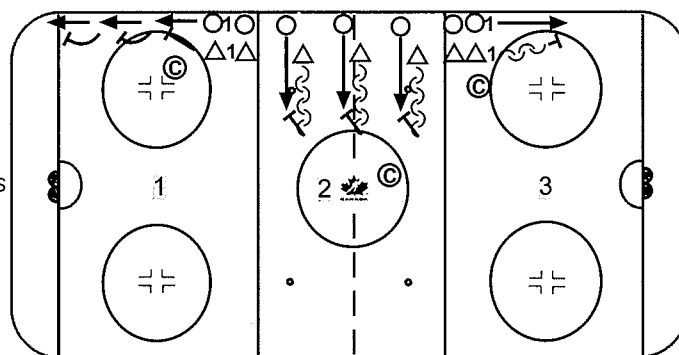


**KEY EXECUTION POINTS**

- Place shaft and blade flat
- Sweep in a circular motion
- Keep stick moving through the check

**20 min** CHECKING STATIONS

1. Continuous Bumping
  - O1 moves slowly along the boards while Δ1 angles, closes the gap and pins O1 against boards.
  - The two players continue around boards to other side.
  - Switch roles the other way.
2. Open Ice Contact
  - O skates forward as Δ skates backwards.
  - Δ initiates shoulder to chest contact and then continues backwards repeating action across the ice.
3. 1 on 1 Angling
  - O1 moves slowly along the boards while Δ1 angles backwards, closes the gap and pins O1 against boards.
  - The two players continue around the boards to other side.
  - Switch roles the other way.

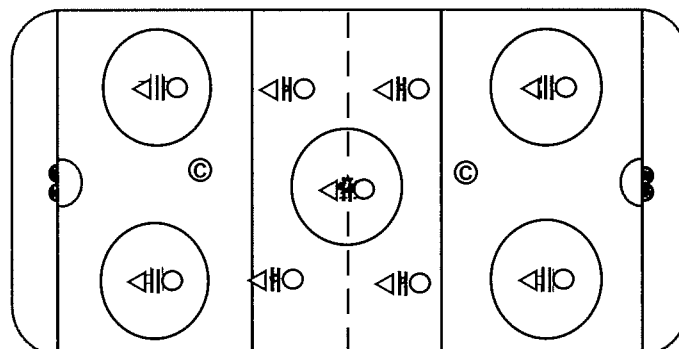


**KEY EXECUTION POINTS**

- Speed should be controlled ensuring proper technique
- Use the terms coil/ uncoil as motion description
- Add pucks and increase speed as players become more efficient

**5 min** OWN THE DOT

- Player position themselves at the dots.
- On whistle players bump each other trying to drive other off the dot.
- Other options include side by side, protect the puck on the dot, face to face and back to back.



**KEY EXECUTION POINTS**

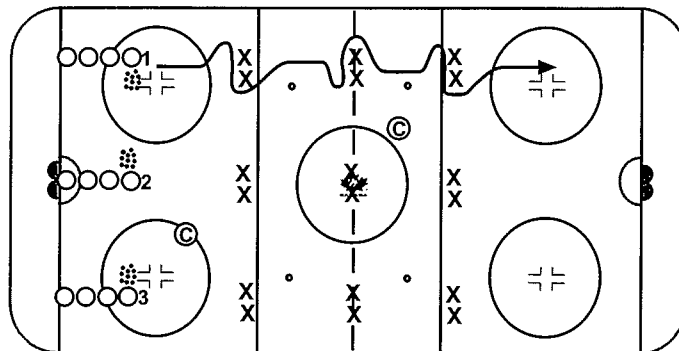
- Elbows down and arms crossed
- Good low stable body position
- Drive with the legs



- Session Objective(s)
1. Teach individual offensive tactic: deking
  2. Reinforce 2 man attack options
  3. Review transition

8 min **3 LINE WARM-UP**

- O1, O2 & O3 execute exaggerated “outside in” and “inside out” dekes on each set of pylons.
- Form lines at other end when complete.
- Execute with and without pucks.

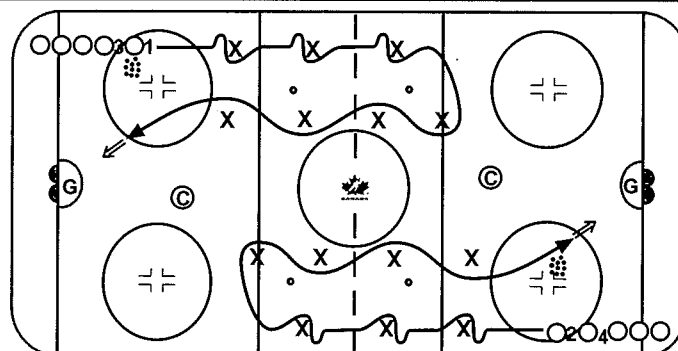


**KEY EXECUTION POINTS**

- Transfer weight
- Knees bent for hard push
- Accelerate by pylon goaltenders included

8 min **PYLON DEKE**

- O1 & O2 execute “inside out” and “outside in” dekes on each pylon down the boards and back up the middle.
- Execute net drive for shot on goal, square up for the rebound.
- O3 & O4 leave when O1 & O2 reach far blue line.

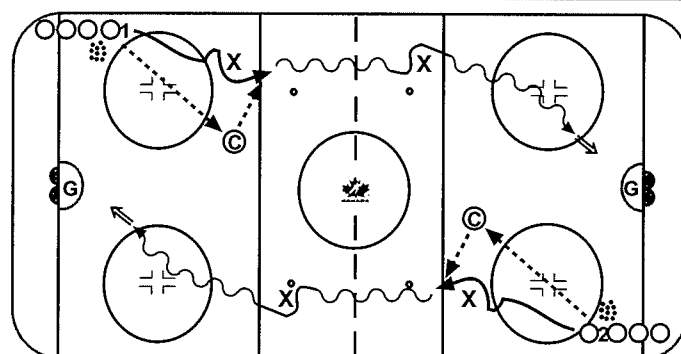


**KEY EXECUTION POINTS**

- Quick hands on deke
- Accelerate by the pylon
- High speed
- Execute solid net drive

8 min **DEKE OFF PASS RECEIVE**

- O1 & O2 begin by passing to ©'s.
- Execute evasive move at first pylon.
- Receive return pass from © and execute second evasive move at the blue line.
- Execute net drive.



**KEY EXECUTION POINTS**

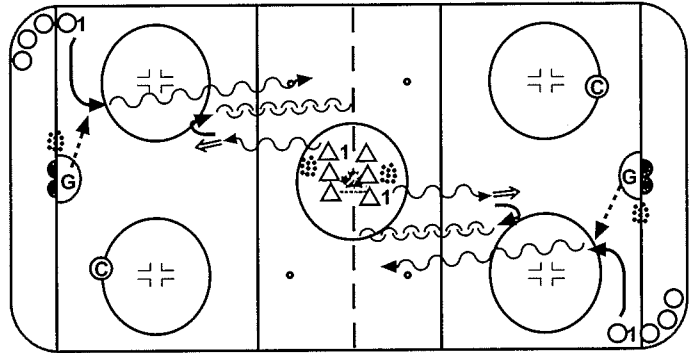
- Focus on execution of body fake
- Execute solid net drive
- Head up
- Accelerate by the pylon
- Give target

- Session Objective(s)
1. Teach individual offensive tactic: deking
  2. Reinforce 2 man attack options
  3. Review transition

**1 ON 1 TRANSITION**

10 min

- Δ1 skates over blue line and shoots on goal.
- Goalie controls puck and feeds O1 against Δ1.
- Δ's must keep O's to the outside.
- O's must execute outside net drive.
- (Extra loose pucks to the side of the net for the goalies).



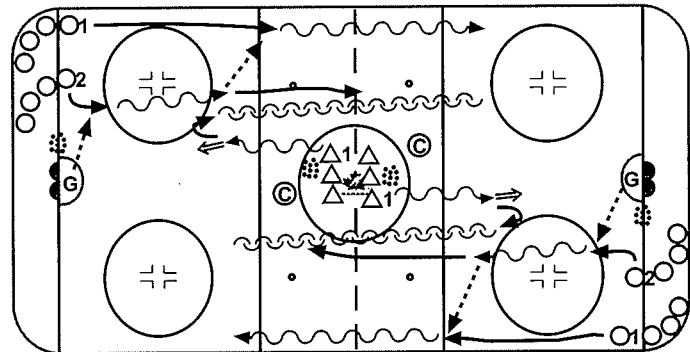
**KEY EXECUTION POINTS**

- Δ's • Gap control
- O's • Evasive moves • Attack with speed
- G's • Puck control

**2 ON 1 TRANSITION**

10 min

- Δ1 skates over blue line and shoots on goal.
- Goalie controls puck and feeds to O2 (extra pucks at side of net).
- O1 & O2 execute 2 on 1 with a net drive and a mid lane drive.



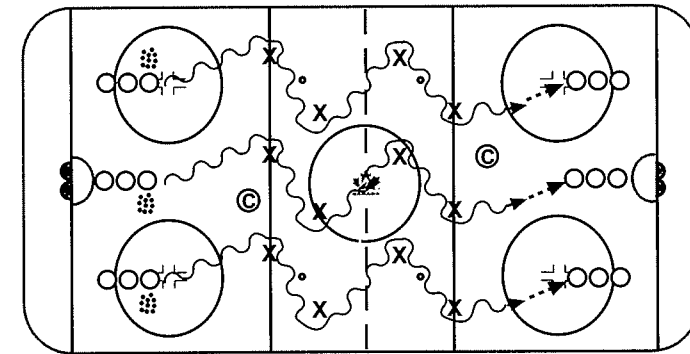
**KEY EXECUTION POINTS**

- Δ's gap control
- Δ's protect middle lane
- O's execute outside net drive
- O's force Δ with mid lane drive

**PUCK CONTROL RELAY**

6 min

- Players skate with puck through pylons.
- Once player has passed last pylon, passes to first player in line who executes same pattern the other direction.
- First team to reassemble wins.



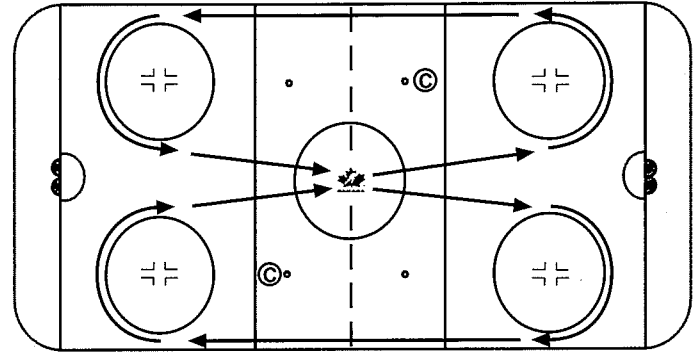
**KEY EXECUTION POINTS**

- Puck Control
- Speed with puck
- Good passes
- Accelerate out of turns
- Have fun

- Session Objective(s)**
1. Refine skating skills: foot speed, agility passing techniques
  2. Review transition
  3. Introduce offensive team tactics: breakouts

**8 min BUTTERFLY WARM-UP**

- © demonstrates or calls out skating actions:
- 1 foot/ 2 foot/ squats.
- Left/ right/ both knee touches to ice.
- Mohawk turns/ 360's.
- Backwards.
- Sprints.
- Dive roll.
- 360 spin on knees.
- Progress to with pucks.

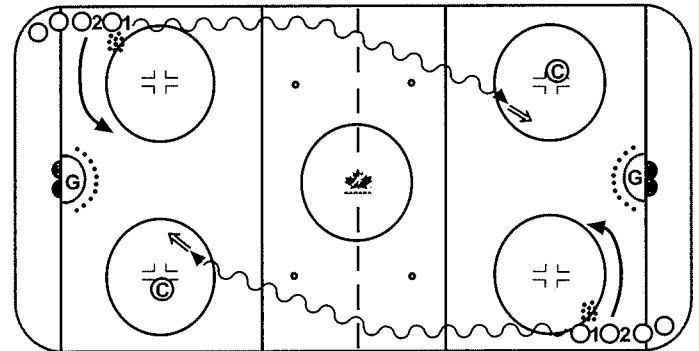


**KEY EXECUTION POINTS**

- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

**8 min GOALIE POKE CHECKS**

- (spot several pucks in an arch around the crease as illustrated)
- O1 executes net drive and takes a long shot on G1.
  - After the save, the goalie pokes at any loose puck.
  - O2 swoops on loose puck and attacks G2
  - drill repeats.

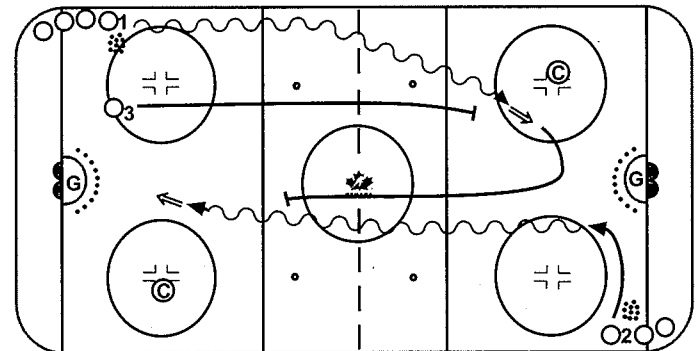


**KEY EXECUTION POINTS**

- Quick down and up recovery
- Focus on poke checking pucks only
- Square to second shot

**8 min POKE CHECKS - 1 ON 1**

- O1 executes outside drive against O3 and takes long shot.
- Goalie pokes at any puck and O2 (waiting) swoops on loose puck.
- O1 now defends as O2 executes outside drive and takes long shot.
- Drill is continuous off poke check.



**KEY EXECUTION POINTS**

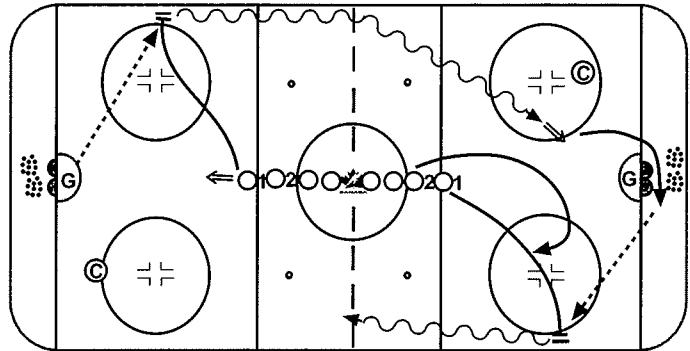
- O's on backcheck
- Get long shot away
- Hit the net!
- Maintain inside position

- Session Objective(s)**
1. Refine skating skills: foot speed, agility passing techniques
  2. Review transition
  3. Introduce offensive team tactics: breakouts

8 min

**BREAKOUT / SUPPORT**

- O1 starts drill with a shot on goal
- O1 accelerates to support and receives outlet pass from Goalie
- O1 skates up ice and shoots on other Goalie, then picks puck up behind net and passes to O2 support (direct pass or rim pass)
- Introduces O2 as middle support, making it a 2 on 0



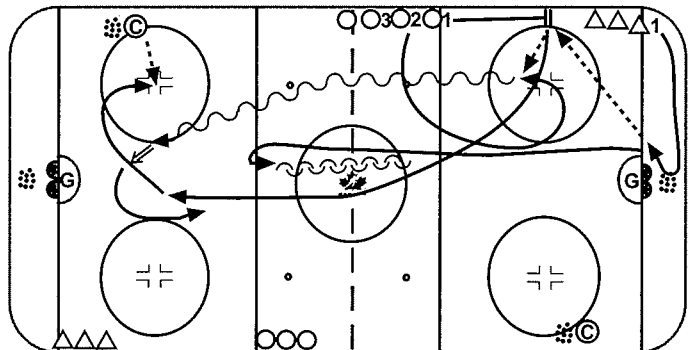
**KEY EXECUTION POINTS**

- Quick feet and hands
- Accelerate with pass reception
- Stick pointing up ice
- Good support position – direct and rim pass

10 min

**BREAKOUT 3 ON 0, 2 ON 1**

- Δ1 skates to the net with a puck, turns back and passes to O1. O1 & O2 execute on 0 with Δ1 following up ice
- After shot, © spots 2nd puck and O1 & O2 attack 2 on 1 against Δ1
- After shot, © spots 3rd puck and O1, O2, & Δ1 attack 3 on 0
- Introduce O3, 3 on 0, 3 on 1



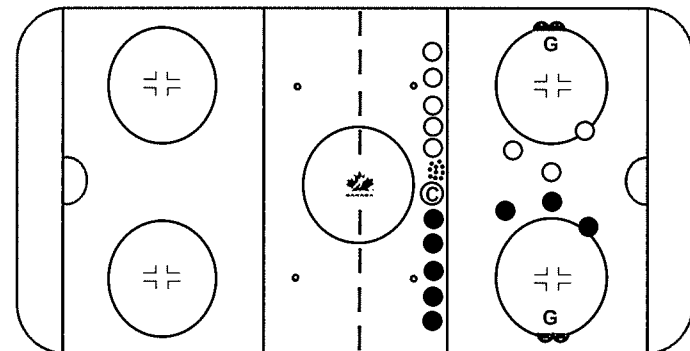
**KEY EXECUTION POINTS**

- Stick to stick passes
- Quick, close support of the puck carrier
- Δ's
- Offensive gap
- Defensive gap
- Quick, close support
- Controlled skating
- Timing

8 min

**3 ON 3 CROSS ICE**

- 3 on 3 in one zone, rest of players creating wall at blue line.
- 40 – 50 second shifts.
- Add specific number of pass, one touch passes etc.



**KEY EXECUTION POINTS**

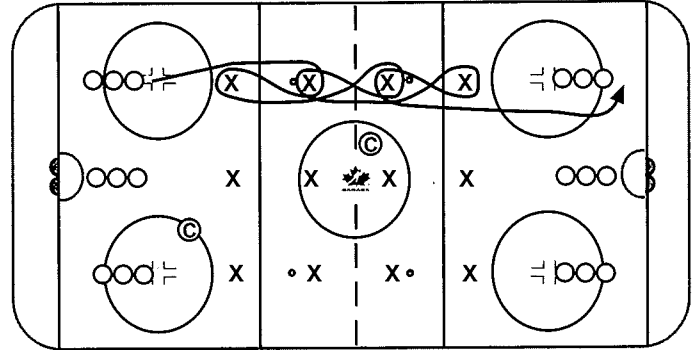
- Awareness
- Intensity
- Support
- Conditioning

- Session Objective(s)**
1. Teach individual offensive tactic: net drive
  2. Reinforce net drives with 2 man attack option
  3. Refine defensive tactic: defend against mid lane net drive

8 min

**3 LINE WARM-UP**

- First player in each line skates pattern as shown executing tight turns around pylons.
- Second player in line leaves when first player performs third tight turn.
- Without and with pucks.



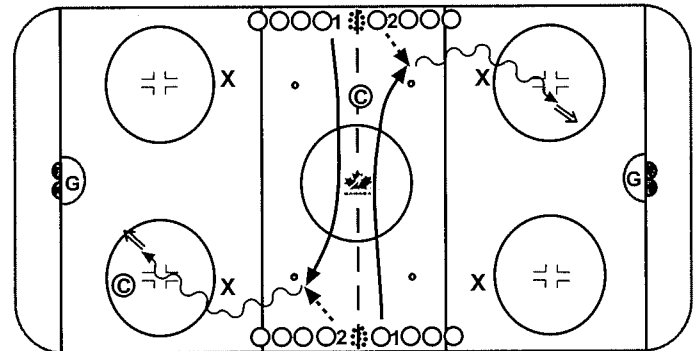
**KEY EXECUTION POINTS**

- Quick feet
- Turn both directions
- Puck control
- Accelerate out of turns
- Head up

8 min

**NET DRIVE 1 ON 0**

- O1 skates cross ice and receives pass from O2.
- O1 executes drive skate by staying wide around pylon before accelerating to the net.
- Alternate sides go at the same time.



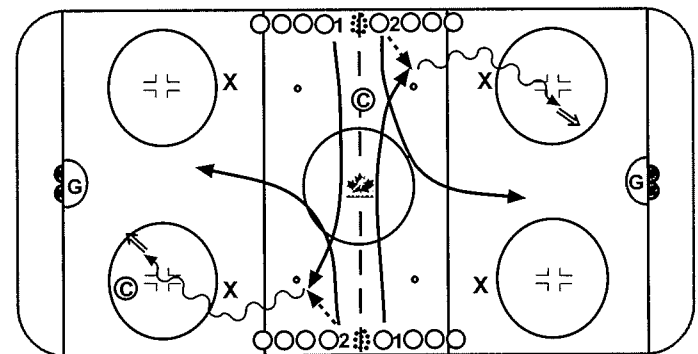
**KEY EXECUTION POINTS**

- Accelerate
- Protect the puck
- Crossover at the blue line
- Skate at the far post

8 min

**NET DRIVE 2 ON 0**

- O1 skates cross ice and receives pass from O2.
- O1 executes drive skate by staying wide around pylon before accelerating to the net.
- O2 skates inside and drives to the net for a return pass or a rebound.



**KEY EXECUTION POINTS**

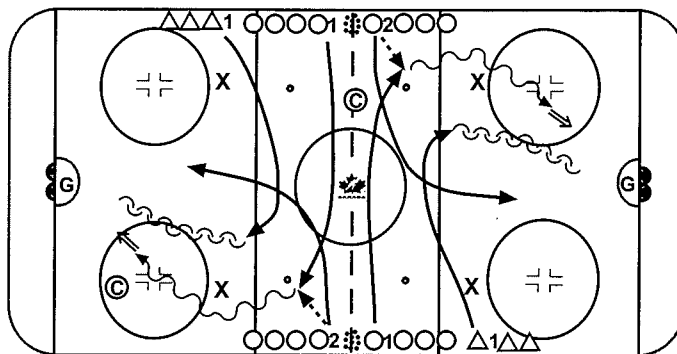
- Accelerate
- Protect the puck
- Crossover at the blue line
- Skate at the far post
- O2 drive to the net for rebound

- Session Objective(s)**
1. Teach individual offensive tactic: net drive
  2. Reinforce net drives with 2 man attack option
  3. Refine defensive tactic: defend against mid lane net drive

8 min

**NET DRIVE 2 ON 1**

- O1 skates to O2 for pass.
- Δ1 comes off the boards with O1, Δ1 skates backwards in the mid lane.
- As O2 comes into the drill and drives the mid-lane, Δ1 must defend the mid-lane drive and allow the goalie to take the shooter, O1.



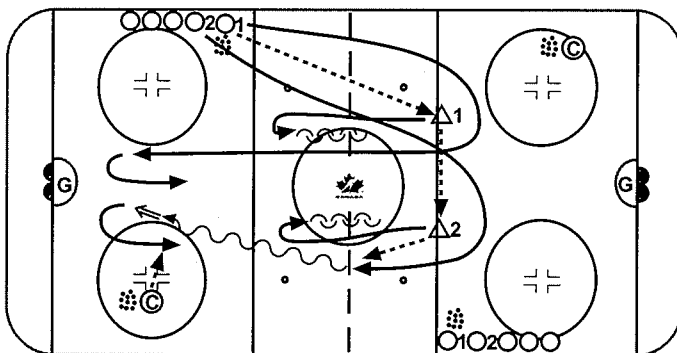
**KEY EXECUTION POINTS**

- |     |                |                    |
|-----|----------------|--------------------|
| O's | • Drive skate  |                    |
| Δ's | • Quick feet   | • Body position    |
|     | • Gap control  | • Protect mid lane |
|     | • Prevent pass |                    |

10 min

**NET DRIVE 2 ON 0 / 2 ON 2**

- O1 & O2 begin with pass to Δ1. Δ1 to Δ2. Δ2 to either O1 or O2.
- O1 and O2 execute 2 on 0 both driving to the net, puck on the outside.
- After shot on goal, © passes new puck to O1 or O2 who attack the other way on Δ1 and Δ2.



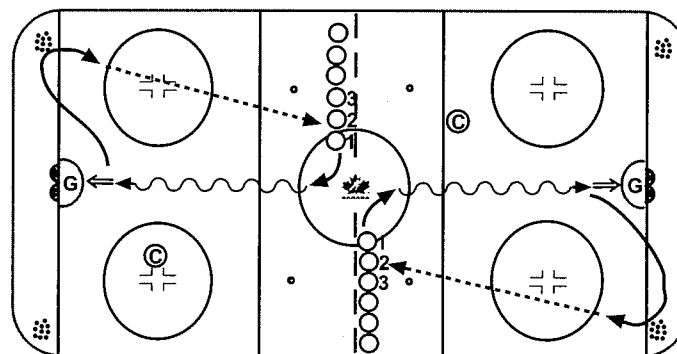
**KEY EXECUTION POINTS**

- |     |                         |                          |
|-----|-------------------------|--------------------------|
| O's | • Accelerate to the net |                          |
| Δ's | • Stay in lanes         | • Control gap after pass |
|     | • Body position         | • Defend in lanes to O's |

8 min

**SHOWDOWN**

- O1 attacks net and attempts to score with one shot.
- O1 picks up puck in corner and returns pass to O2, and so on.
- Determine method to decide winner.



**KEY EXECUTION POINTS**

- Shoot to score
- Breakaway strategy
- Decision making
- Have fun

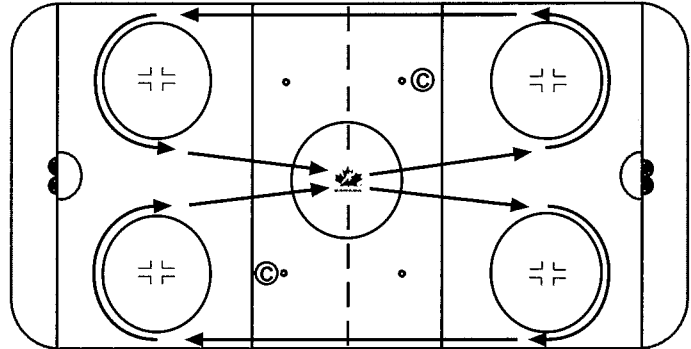
Session Objective(s) 1. Assess checking skills

- angling
- stick checks
- body contact

5 min

**BUTTERFLY WARM-UP**

- © demonstrates or calls out skating actions:
- 1 foot/ 2 foot/ squats.
- Left/ right/ both knee touches to ice.
- Mohawk turns/ 360's.
- Backwards.
- Sprints.
- Dive roll.
- 360 spin on knees.
- Progress to with pucks.



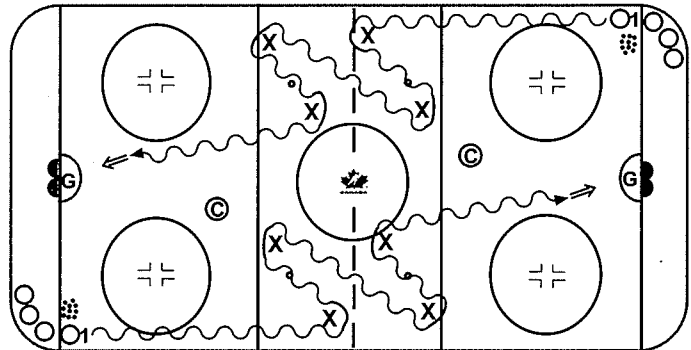
**KEY EXECUTION POINTS**

- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

5 min

**TIGHT TURN SHOOTING**

- O1 starts on © whistle.
- O1 skates with puck through pylons.
- Finish with shot on goal.
- Next player goes when O1 reaches second pylon.



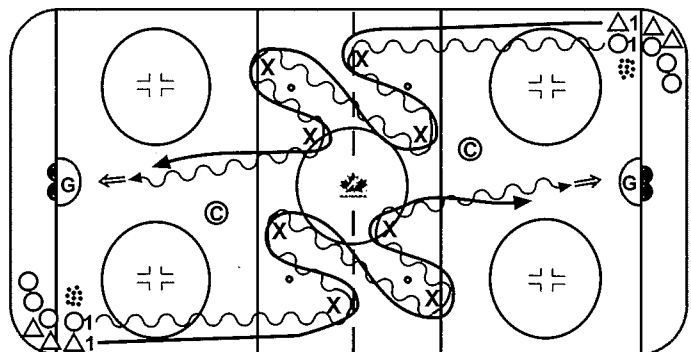
**KEY EXECUTION POINTS**

- Puck Control
- Accelerate out of turns
- Accurate shot

7 min

**TIGHT TURN SHOOTING WITH CHASER**

- O1 and Δ1 both start on ©'s whistle.
- O1 protects puck from Δ1 while skating through pylons.
- Whoever ends with puck takes a shot on goal.



**KEY EXECUTION POINTS**

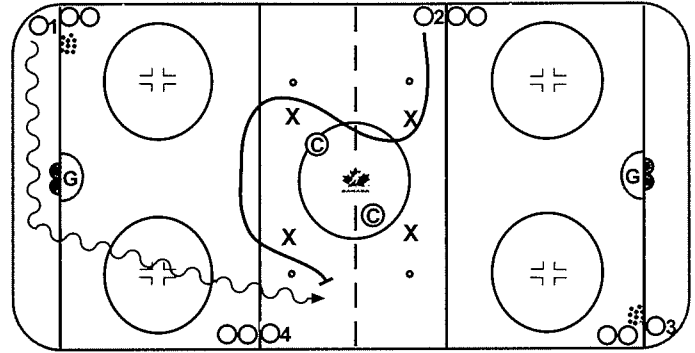
- Puck protection
- Puck pursuit
- Stick checks
- Speed

- Session Objective(s) 1. Assess checking skills**
- angling
  - stick checks
  - body contact

8 min

**ANGLING GATE DRILL**

- 01 and 02 begin on the whistle.
- 01 picks up loose puck and skates behind the net and must skate between the for a shot on goal.
- 02 closes the gap, sabling ice in the neutral zone, before angling toward 01.
- 02 attempts to force 01 outside the pylons, not giving up the middle lane.



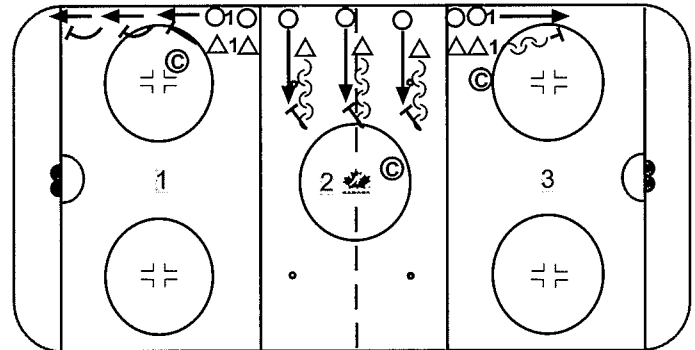
**KEY EXECUTION POINTS**

- Maintain middle lane
- Control skating

20 min

**CHECKING STATIONS**

1. Continuous Bumping
  - 01 moves slowly along the boards while Δ1 angles, closes the gap and pins 01 against boards.
  - The two players continue around boards to other side.
  - Switch roles the other way.
2. Open Ice Contact
  - Skates forward as Δ skates backwards.
  - Δ initiates shoulder to chest contact and then continues backwards repeating action across the ice.
  - Switch roles on return across ice.
3. 1 on 1 Angling
  - 01 moves slowly along the boards while Δ1 angles backwards, closes the gap and pins 01 against boards.
  - The two players continue around the boards to other side.
  - Switch roles the other way.



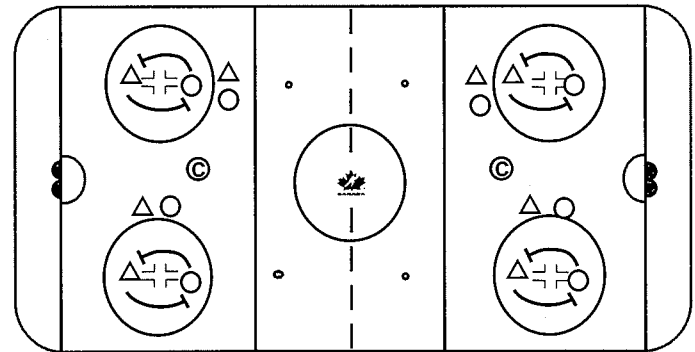
**KEY EXECUTION POINTS**

- Speed should be controlled ensuring proper technique
- Use the terms coil/ uncoil as motion description
- Add pucks and increase speed as players become more efficient

5 min

**BULL IN THE RING**

- No sticks.
- On whistle 0 tries to drive through Δ to get to edge of circle.
- Δ protects the path and attempts to drive 0 back.
- Switch roles.



**KEY EXECUTION POINTS**

- Play chest when facing, hips when seeing back
- Leg drive and defensive side positioning



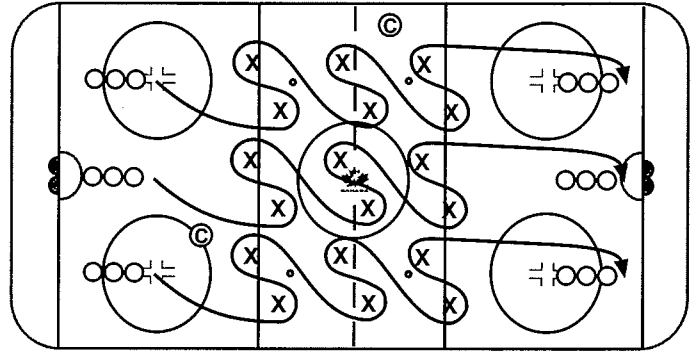


- Session Objective(s)**
1. Refine skating skills: tight turns
  2. Refine offensive team tactics: breakout
  3. Refine individual defensive tactic: backchecking

8 min

**3 LINE TIGHT TURNS**

- First player in each line skate pattern as shown.
- Execute forwards, backwards and a 360 turn at each pylon.
- Add with pucks.



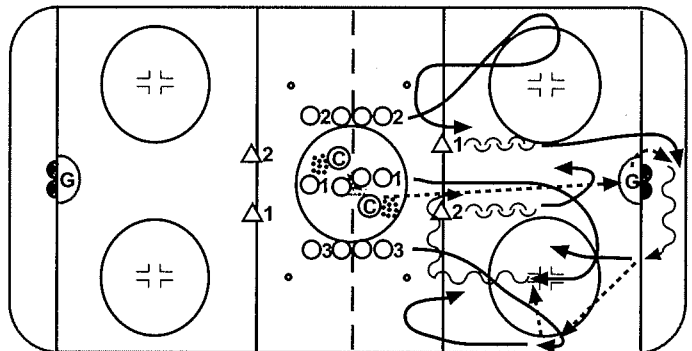
**KEY EXECUTION POINTS**

- Quick feet
- Accelerate out of turns
- Bend knees

8 min

**BREAKOUT / 3 ON 2**

- © shoots puck in on goalie who sets puck for Δ
- Δ initiates breakout pass to supporting O's.
- O1, O2 & O3 gain blue line then counter and return back 3 on 2 against Δ1 & Δ2.



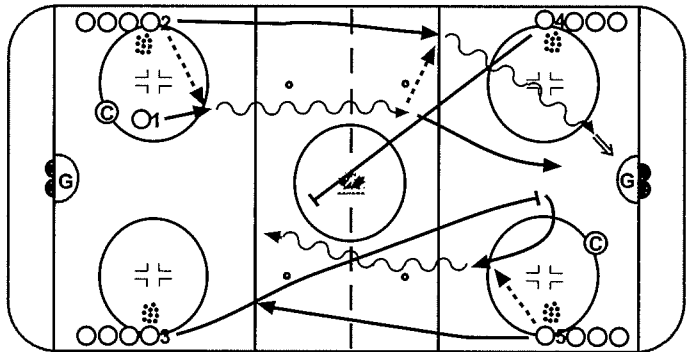
**KEY EXECUTION POINTS**

- Control skate
- Eye contact
- Accurate passes
- Quick puck movement
- Forehand and backhand passes

10 min

**CONTINUOUS BACKCHECK**

- O1 chooses either line for a partner.
- The player in the other line must backcheck.
- On the whistle, the backchecker chooses a partner and attacks back the other way, player not chosen backchecks.
- Continuous on the © 's whistle.



**KEY EXECUTION POINTS**

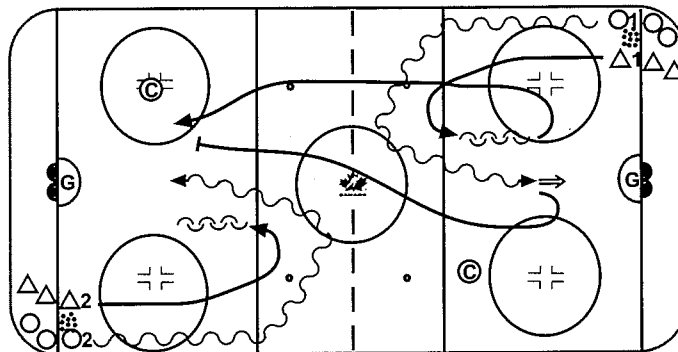
- Acceleration
- Body position
- Foot speed
- Puck to the outside
- Transition

- Session Objective(s)**
1. Refine skating skills: tight turns
  2. Refine offensive team tactics: breakout
  3. Refine individual defensive tactic: backchecking

10 min

**2 ON 2 BACKCHECK**

- On whistle, O1 skates outside zone (one foot through center circle)
- Δ1 defends 1 on 1 back to the net
- Next whistle starts O2 & Δ2 and O1 & Δ1 stop their 1 on 1 and reverse roles and join the other rush
- Alternate ends on each whistle



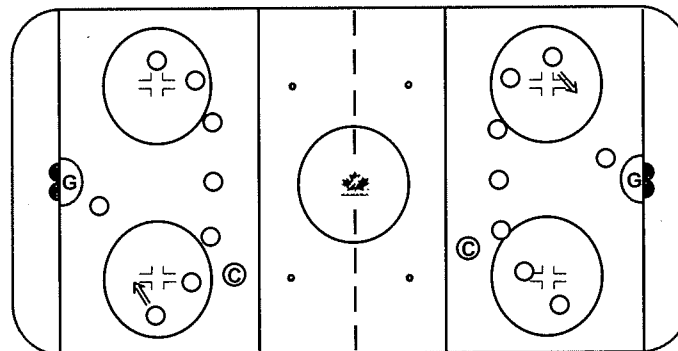
**KEY EXECUTION POINTS**

- Quick feet
- Read and react to puck carrier
- Positioning
- Transition
- Communicate

6 min

**HORSESHOE**

- All players, but one, have pucks.
- Player in front attempts to tip all shots.
- Rotate players into tipping position.
- After shot each player skates to red line and back to spot.



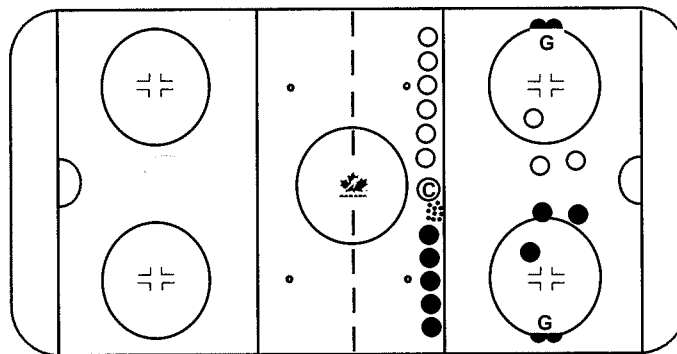
**KEY EXECUTION POINTS**

- Low shots
- Long strides to red line

8 min

**3 ON 3 CROSS ICE**

- 3 on 3 in one zone, rest of players creating wall at blue line.
- 40 – 50 second shifts.
- Add specific number of pass, one touch passes etc.



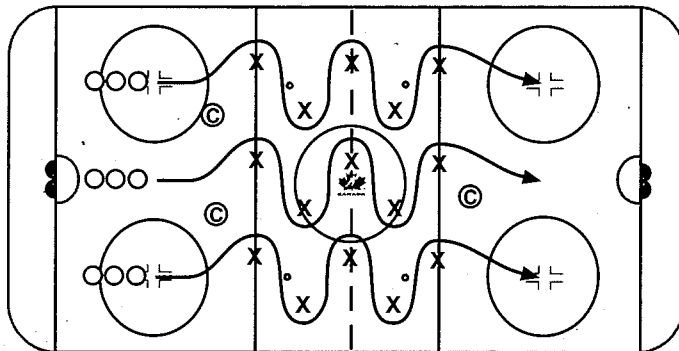
**KEY EXECUTION POINTS**

- Awareness
- Intensity
- Support
- Conditioning

- Session Objective(s)**
1. Refine puck control skills
  2. Refine skating skills: agility, quick feet
  3. Review offensive tactic delay

**10 min** **3 LINE WARM-UP**

- Players weave through pylons as indicated.
- Without puck.
- With puck.
- With puck outside pylon, feet inside.
- With puck inside pylon, feet outside.

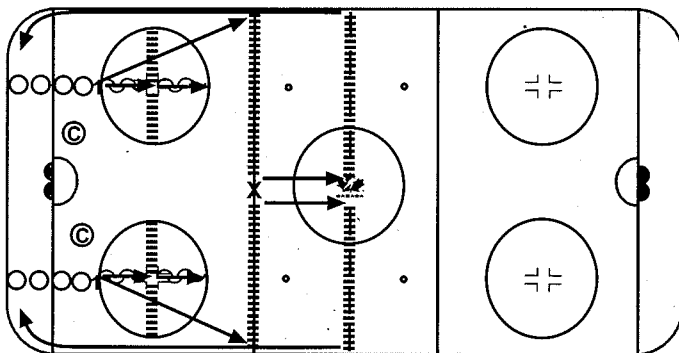


**KEY EXECUTION POINTS**

- Drive around pylons
- Bend knees
- Puck control
- Accelerate past pylon

**8 min** **QUICK FEET / IRON CROSS**

- Players skate forward to dot and stop.
- Lateral to edge of circle and back to dot.
- Forward to top of circle and backward to dot.
- Lateral to opposite side and back to dot.
- Backward to starting position.
- Forward to blue line, lateral to pylon.
- Forward to red line, lateral to boards.

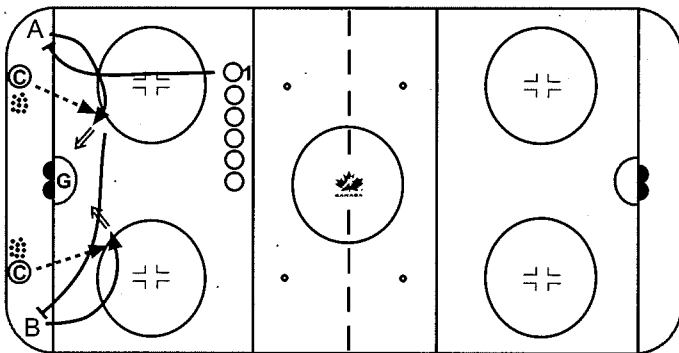


**KEY EXECUTION POINTS**

- Quick feet
- Head up
- Shoulders square

**8 min** **WILDMAN FORECHECK**

- On whistle, O1 actively forechecks imaginary opponent, spins off board and receives a pass from © for shot on goal.
- O1 repeats in the other corner and receives a second pass from other ©.



**KEY EXECUTION POINTS**

- Quick feet inside out pressure
- Communicate for pass
- Quick hands
- Head up

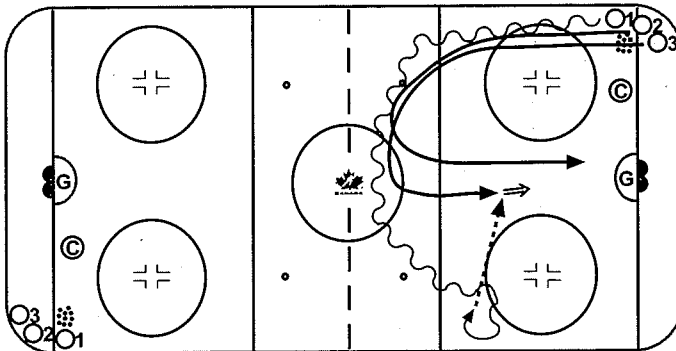
- Session Objective(s)**
1. Refine puck control skills
  2. Refine skating skills: agility, quick feet
  3. Review offensive tactic delay

8 min

**HIGH DELAY**

O1, O2 & O3 leave zone at same time

- O1 gains blue line and executes a tight turn towards the boards.
- O2 drives the net.
- O3 moves to high slot.
- O1 can either pass to O2 or O3 or take a shot on goal for a rebound.

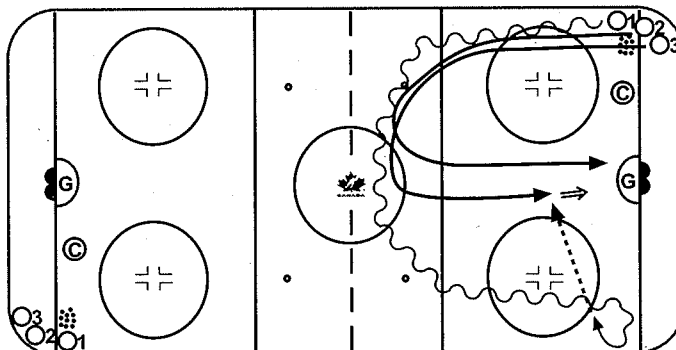
**KEY EXECUTION POINTS**

- Tight turn to boards
- Aggressive skating
- Quick pass, shot, rebound

8 min

**DEEP DELAY**

- Same as previous drill, but O1 executes tight turn towards boards below hash marks.

**KEY EXECUTION POINTS**

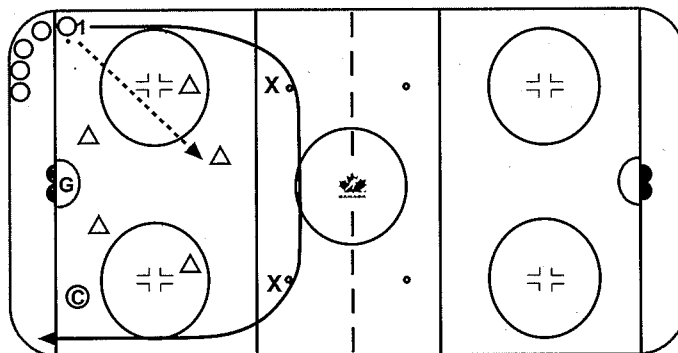
- Tight turn to boards
- Aggressive skating
- Quick pass, shot, rebound

8 min

**BASEBALL**

5 on 5 Baseball

- O's vs Δ's.
- O1 passes to any Δ and skates around the pylons and stops in the corner in order to score.
- All Δ's must touch the puck and score on the goalie to get O1 out.

**KEY EXECUTION POINTS**

- Control puck before passing
- Quick puck movement
- Be ready
- Have fun

# ICE SESSIONS

PEE WEE

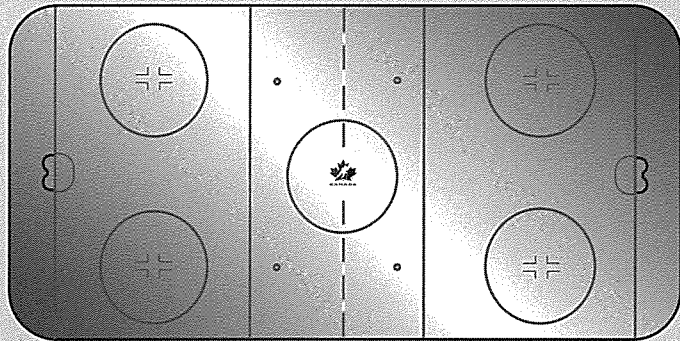
SEASON PLAN

PHASE 1

PHASE 2

**PHASE 3**

PHASE 4



**CANADA**

# PEE WEE LEVEL PRACTICE PLAN

## Training Segment Outcomes

- have fun, attain fitness and demonstrate a respect for the Fair Play Code
- improve ability to execute a wider variety of team tactics
- improve individual skills and an ability to execute a wider variety of individual tactics
- demonstrate an understanding and an ability to execute a wider variety of team play systems

LESSON 17  
LESSON 18  
LESSON 19  
LESSON 20  
LESSON 21  
LESSON 22  
LESSON 23  
LESSON 24

## ICE SESSION OBJECTIVES:

## SKILL FOCUS

### LESSON 17 OBJECTIVES

1. Refine skating agility with puck control: crossover turns and tight turns
2. Refine puck control skills: puck protection

- defensive zone checking
  - contain vs pressure
- forechecking skills
  - angling & positioning
- puck control skills
  - puck control

### LESSON 18 OBJECTIVES

1. Refine shooting accuracy and quickness
2. Review the importance of timing and awareness
3. Refine passing skills and structured movement

- shooting
  - quick feet
  - quick release
- breakout options
  - go option
  - low support position
- forechecking pressure
  - read & react

### LESSON 19 OBJECTIVES

1. Refine passing and receiving skills with quickness and accuracy
2. Refine passing skills combined with skating agility
3. Reinforce offensive attack options: 2 & 3 player attack options

- skills circuit
- pass & receive/timing
- checking skills
  - angling and positioning
  - pressure vs contain
  - "3 on 3" low

### LESSON 20 OBJECTIVES

1. Assess checking skills
  - angling
  - stick checks
  - body contact

- checking skills
  - stick checks
  - gap control
  - angling
  - backchecking
- individual defensive tactics
  - control opponents stick
  - gap control
  - defensive team tactics

### LESSON 21 OBJECTIVES

1. Refine shooting accuracy and quickness
2. Review the importance of timing and awareness
3. Refine passing skills and structured movement

- shooting
  - quick feet
  - quick release
- breakout options
  - go option
  - low support position
- forechecking pressure
  - read & react

### LESSON 22 OBJECTIVES

1. Refine skating skills: agility
2. Refine passing skills
3. Review offensive forecheck options

- skating skills
  - agility
  - pivots
  - strengthening
- passing skills
  - moving
- forechecking
  - 1 & 2 player

### LESSON 23 OBJECTIVES

1. Refine skating skills: agility, pivots
2. Refine puck control skills: deking, give & go
3. Refine transition

- skating skills
  - agility
  - pivots
- puck control skills
  - deking
  - give & go
- transition
  - defense to offense

### LESSON 24 OBJECTIVES

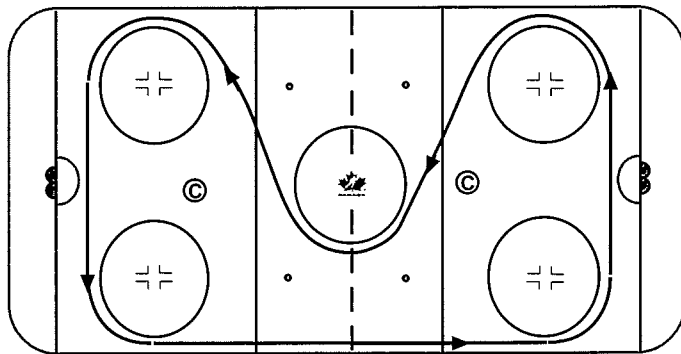
1. Refine foot speed and skating agility
2. Introduce responsibilities for defensive zone coverage in short-handed situations
3. Refine offensive team tactics: 2 player attack options (crosses, drops and quiet zone play)

- passing, skating, shooting
- supporting the puck
- offensive tactics
  - breakouts
  - support
  - attack triangle

- Session Objective(s)**
1. Refine skating agility with puck control: crossover turns and tight turns
  2. Refine puck control skills: puck protection

**10 min** **ROLLERCOASTER WARM-UP**

- Players perform various agility movements while skating in pattern shown.
- Forwards, backwards.
- Pivots, 360's.
- Knee touches to ice.
- Stride jumps, two / one leg hops.
- Add pucks.
- Give and go with ©.

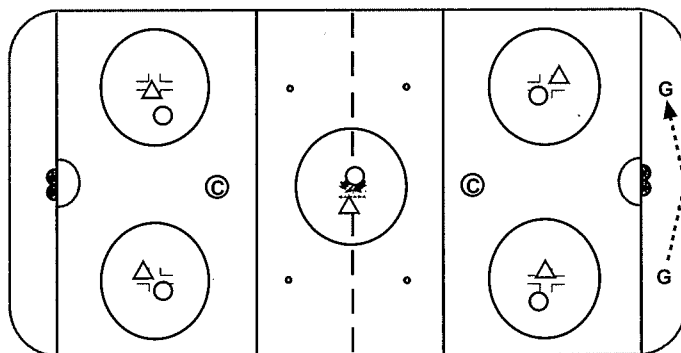


**KEY EXECUTION POINTS**

- Long strides
- Quick feet on crossovers
- Head up

**6 min** **PUCK PROTECTION**

- Players work in pairs at each face off circle.
- On whistle, O keeps the puck away from Δ using the body to protect the puck.

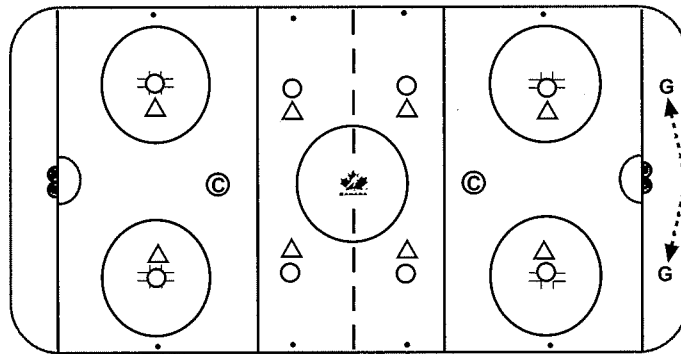


**KEY EXECUTION POINTS**

- Skating agility
- Strong on the stick
- Use body as shield
- Shoulder check for pressure

**6 min** **WALL PUCK PROTECTION**

- Players work in pairs lined up 4 to 5 meters from the boards.
- Spots puck at the base of the boards.
- On whistle, O retrieves loose puck while Δ pressures O (begin with passive pressure).



**KEY EXECUTION POINTS**

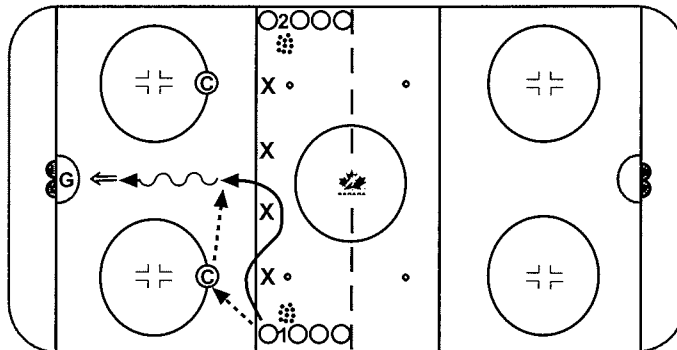
- Stick held out away from body
- Approach on an angle
- Shoulder check for pressure
- Use body as shield

- Session Objective(s)**
1. Refine skating agility with puck control: crossover turns and tight turns
  2. Refine puck control skills: puck protection

8 min

**THE SNAKE**

- O1 starts with a pass to the ©.
- O1 then skates through pylons and gets a return pass from coach inside the blue.
- Line, takes a shot on goal.
- Alternate sides.



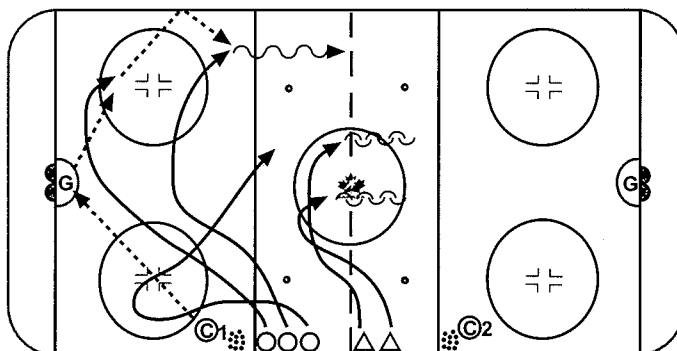
**KEY EXECUTION POINTS**

- Execute good turns
- Quick shot
- Accelerate to the pass

10 min

**3 ON 2 PUCK PROTECTION**

- All players on the boards or in the bench (go in units of five).
- ©1 shoots puck on goal. Goalie controls puck and feeds O's who attack Δ's 3 on 2.
- After initial shot on goal, © 2 blows whistle, spots new puck. Same O's & Δ's play low 3 on 2.



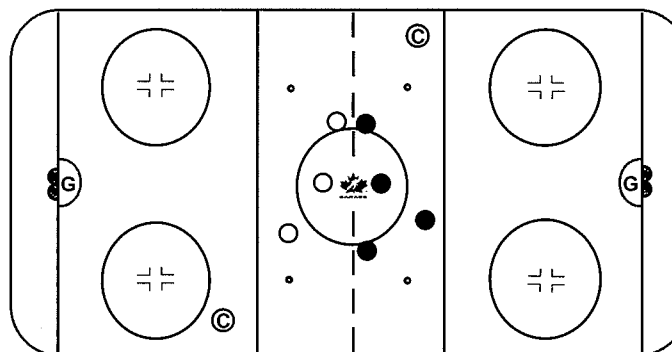
**KEY EXECUTION POINTS**

- Communicate
- Attack with net drive
- Close support
- Protect the puck

10 min

**FRENCH SCRIMMAGE**

- © determines how many players play per side by telling each bench or by how many whistles are blown.
- Each side can play with different number of players (short handed / powerplay).



**KEY EXECUTION POINTS**

- Game Skills
- Work hard
- Communicate
- Have fun



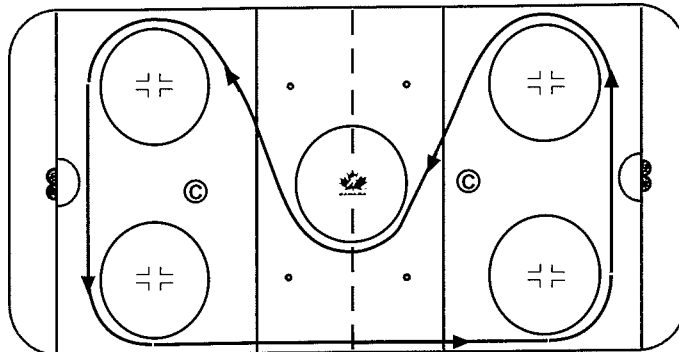


- Session Objective(s)**
1. Refine shooting accuracy and quickness
  2. Review the importance of timing and awareness
  3. Refine passing skills and structured movement

10 min

## ROLLERCOASTER WARM-UP

- Players perform various agility movements while skating in pattern shown.
- Forwards, backwards.
- Pivots, 360's.
- Knee touches to ice.
- Stride jumps, two / one leg hops.
- Add Pucks.
- Give and go with ©.



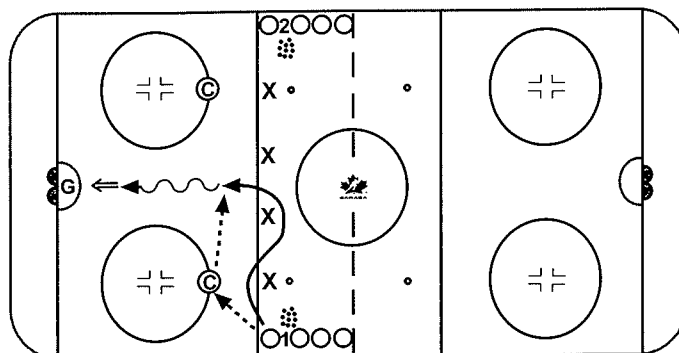
### KEY EXECUTION POINTS

- Long strides
- Quick feet on crossovers
- Head up

8 min

## THE SNAKE

- O1 starts with a pass to the ©.
- O1 then skates through pylons and gets a return pass from coach inside the blue.
- Line, takes a shot on goal.
- Alternate sides.



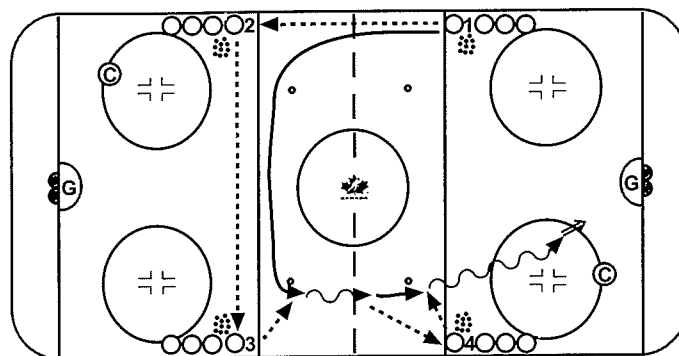
### KEY EXECUTION POINTS

- Execute good turns
- Quick shot
- Accelerate to the pass

8 min

## SQUARE DANCE

- O1 begins with puck and passes to O2, O2 passes to O3.
- O1 must support puck and receives pass from O3.
- O1 then quickly executes give and go with O4 and finishes with shot on goal.
- Have players execute chips off the boards to simulate game like situations.



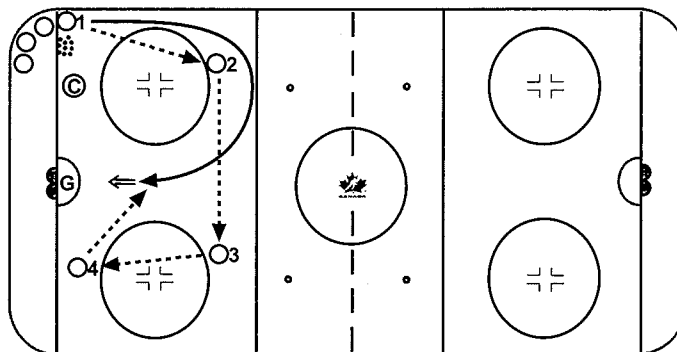
### KEY EXECUTION POINTS

- Flat support across blue line
- Call for pass
- Provide target to receive pass
- Drive hard to the goal

- Session Objective(s)**
1. Refine shooting accuracy and quickness
  2. Review the importance of timing and awareness
  3. Refine passing skills and structured movement

8  
min**TRIANGLE DRILL**

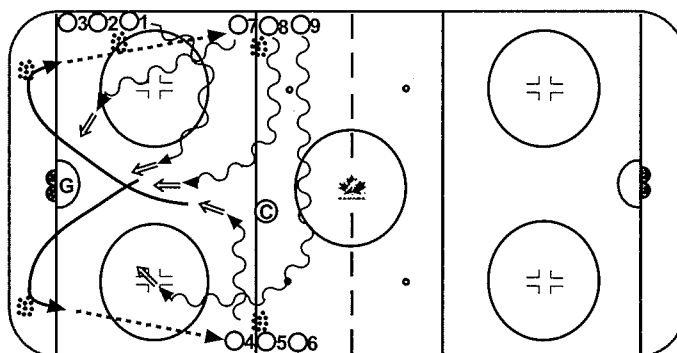
- O1 passes to O2 and skates around O2 and into the slot.
- O2 pass to O3 and O3 pass to O4.
- O4 pass to O1 in the slot for a shot.
- O1 takes O4's place and everyone rotates back one spot. O2 follows O1 for the rebound and then O2 joins the line.

**KEY EXECUTION POINTS**

- Crisp, accurate passes
- Square up for shot
- Timing skate
- One timer shots when possible

8  
min**SHOOTING GALLERY**

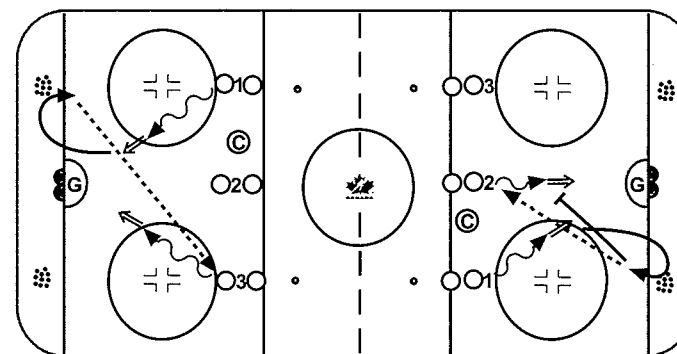
- Group O1, O2 & O3 accelerate around top of circle and take a shot on goal, one after another.
- All 3 retrieve a puck out of the opposite corner and pass to Group O4, O5 & O6.
- O4, O5 & O6 skate across blue line for point shot, one after another.
- All 3 retrieve a puck out of the opposite corner and pass to Group O7, O8 & O9.
- O7, O8 & O9 fill all 3 lanes for a shot on goal each.

**KEY EXECUTION POINTS**

- Quick release
- Shoot in stride
- Keep feet moving

8  
min**FIRE LANES**

- Continuous flow drill.
- O1 begins with shot on goal, then retrieves puck from either corner.
- O1 passes to either O2 or O3, and follows pass into new line.
- Receiver executes same pattern, drill continues.
- Add, pressure from passer on shooter.
- Add, pucks behind net or have © spot a puck for second shot.

**KEY EXECUTION POINTS**

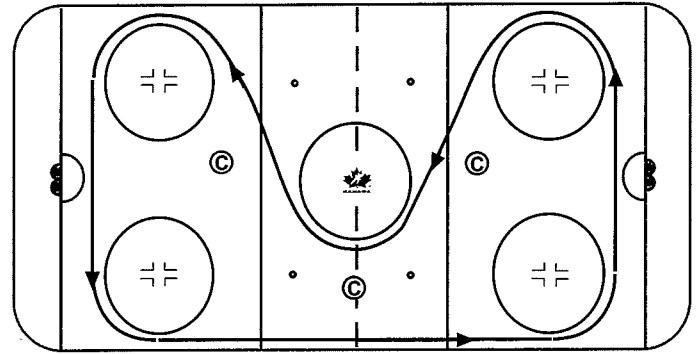
- Shoot in stride
- Drive to the goal
- Accelerate to the corners

- Session Objective(s)**
1. Refine passing and receiving skills with quickness and accuracy
  2. Refine passing skills combined with skating agility
  3. Reinforce offensive attack options: 2 & 3 player attack options

10 min

**ROLLERCOASTER WARM-UP**

- Players perform various agility movements while skating in pattern shown.
- Forwards, backwards.
- Pivots, 360's.
- Knee touches to ice.
- Stride jumps, two / one leg hops.
- Add pucks.
- Give and go with ©.



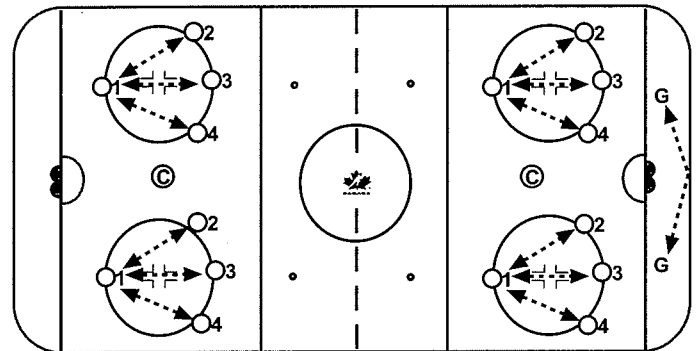
**KEY EXECUTION POINTS**

- Long strides
- Quick feet on crossovers
- Head up

10 min

**THE LIGHTHOUSE**

- O1 passes to O2 who returns pass to O1, O1 to O3 who returns pass to O1, O1 to O4 who returns pass back to O1.
- Forehand, Backhand, one touch.
- Give pass on forehand receive pass on backhand.
- Give pass on backhand receive pass on forehand.
- All players have turn as O1.



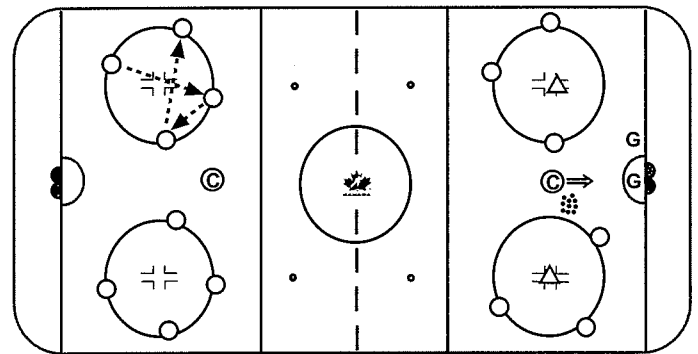
**KEY EXECUTION POINTS**

- Call for pass
- Arms / hands away from body
- Provide target
- Keep puck flat on ice

8 min

**PASSING CIRCLES**

- 1 puck per circle.
- Pass puck around circle.
- Forehand, Backhand, one touch.
- Give pass on forehand receive pass on backhand.
- Give pass on backhand receive pass on forehand.
- Add movement, players skate around circle.
- One member of circle becomes Δ (defender), O's move to create passing lanes.



**KEY EXECUTION POINTS**

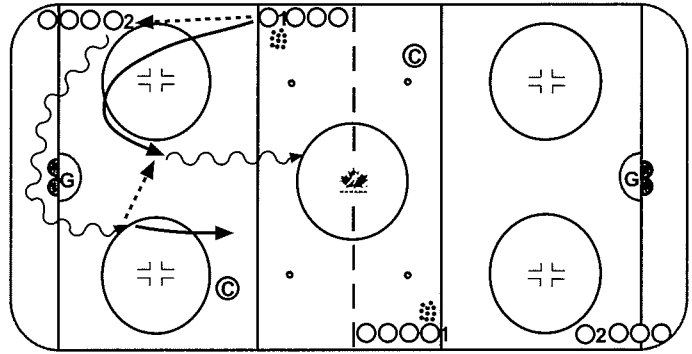
- Ready to receive
- Crisp passes
- Provide target
- Communicate

- Session Objective(s)**
1. Refine passing and receiving skills with quickness and accuracy
  2. Refine passing skills combined with skating agility
  3. Reinforce offensive attack options: 2 & 3 player attack options

8 min

**2 ON 0 / 3 ON 0 MOVEMENT DRILL**

- O1 passes to O2, O2 carries behind the net.
- O1 supports O2 low and they attack 2 on 0.
- At the end of the repetition, O1 and O2 change lines.
- Alternate out of each end.
- O3 supports from blue line group.



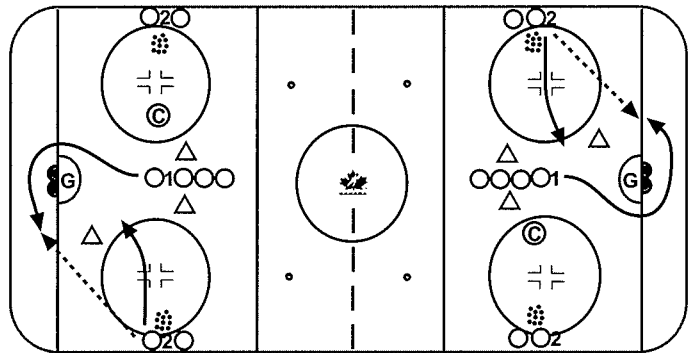
**KEY EXECUTION POINTS**

- Good passes
- Attack with speed
- O1 timing on low support

6 min

**GIVE & GO WALKOUT**

- O2 sets up on the side boards and O1 in slot.
- O2 passes to O1 supporting below goal line, then drives through lane for return pass.
- O1 can return pass or walkout.
- Δ plays a passive role.



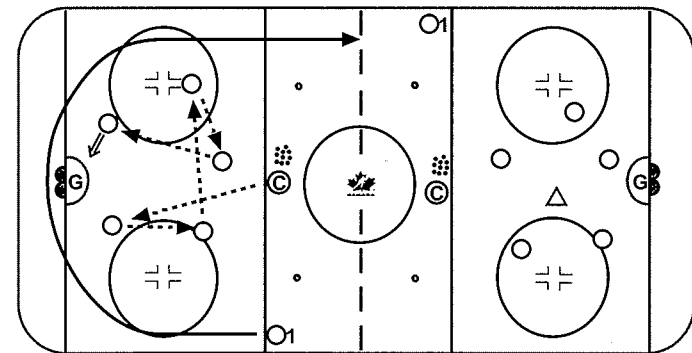
**KEY EXECUTION POINTS**

- Be creative
- Movement
- Quick decisions

8 min

**BASEBALL**

- © passes puck to O's.
- O1 skates pattern as shown before all 5 O's touch the puck and score on goal.
- Add Δ for defensive pressure.



**KEY EXECUTION POINTS**

- Control puck before passing
- Be ready
- Quick puck movement
- Have fun

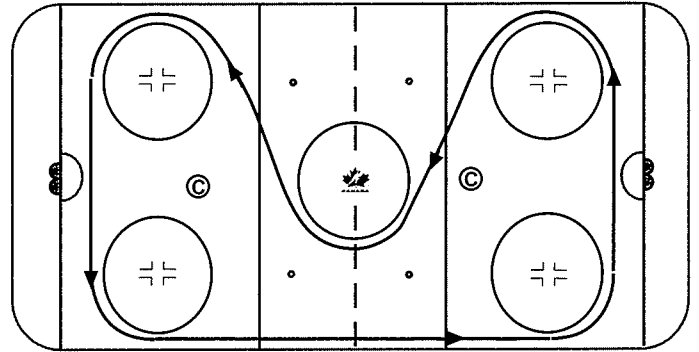
Session Objective(s) 1. Assess checking skills

- angling
- stick checks
- body contact

5 min

ROLLERCOASTER WARM-UP

- Players perform various agility movements while skating in pattern shown.
- Forwards, backwards.
- Pivots, 360's.
- Knee touches to ice.
- Stride jumps, two / one leg hops.
- Add pucks.
- Give and go with ©.



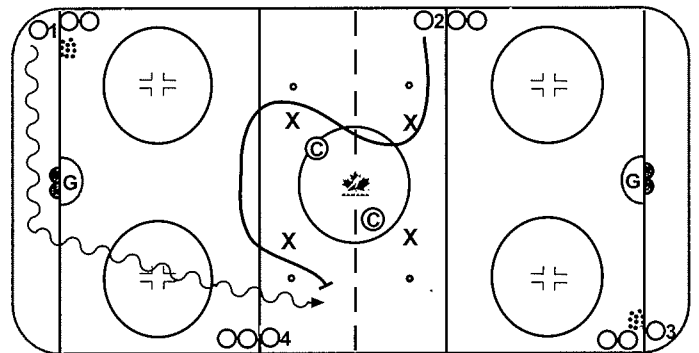
KEY EXECUTION POINTS

- Long strides
- Quick feet on crossovers
- Head up

8 min

ANGLING GATE DRILL

- O1 and O2 begin on the whistle.
- O1 picks up loose puck and skates behind the net and must skate between the for a shot on goal.
- O2 closes the gap, sabling ice in the neutral zone, before angling toward O1.
- O2 attempts to force O1 outside the pylons, not giving up the middle lane.



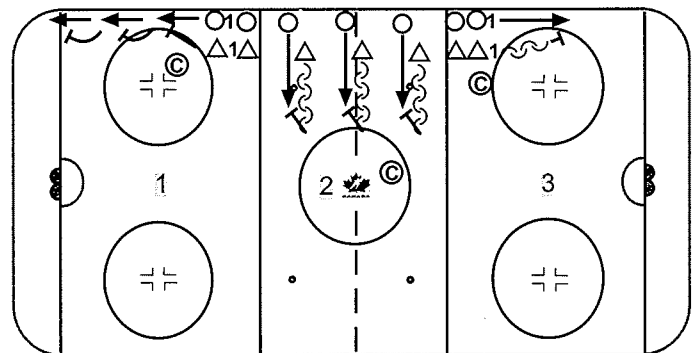
KEY EXECUTION POINTS

- Maintain middle lane
- Control skating

15 min

CHECKING STATIONS

1. Continuous Bumping
  - O1 moves slowly along the boards while Δ1 angles, closes the gap and pins O1 against boards.
  - The two players continue around boards to other side.
  - Switch roles the other way.
2. Open Ice Contact
  - O skates forward as Δ skates backwards.
  - Δ initiates shoulder to chest contact and then continues backwards repeating action across the ice.
  - Switch roles on return across ice.
3. 1 on 1 Angling
  - O1 moves slowly along the boards while Δ1 angles backwards, closes the gap and pins O1 against boards.
  - The two players continue around the boards to other side.
  - Switch roles the other way.



KEY EXECUTION POINTS

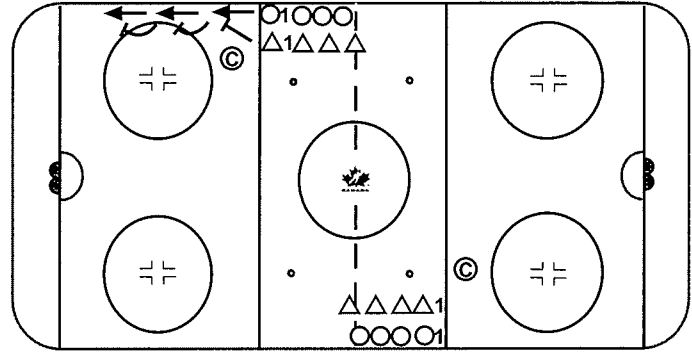
- Speed should be controlled ensuring proper technique
- Use the terms coil/ uncoil as motion description
- Add pucks and increase speed as players become more efficient

Session Objective(s) 1. Assess checking skills

- angling
- stick checks
- body contact

7 min PARTNER BUMP AND ROLL

- O1 moves slowly along the boards while Δ1 angles, closes the gap and pins O1 against boards.
- The two players continue around boards to other side.
- Switch roles the other way.

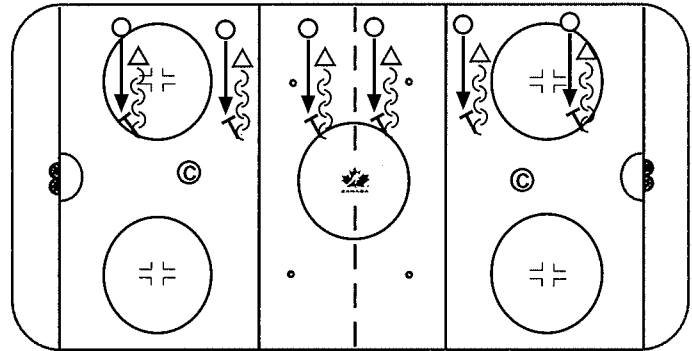


KEY EXECUTION POINTS

- Approach under control and at a good angle
- collapses shoulder/ body from check, rolls into wall
- Use the terms coil/ uncoil as a description of the motion

7 min OPEN ICE CONTACT

- O skates forward as Δ skates backwards.
- Δ initiates shoulder to chest contact and then continues backwards repeating action across the ice.
- Switch roles on return across ice.

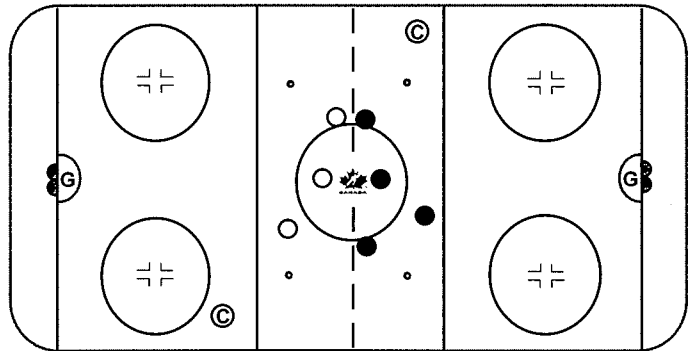


KEY EXECUTION POINTS

- Control skate
- Bend knees
- Use the terms coil/ uncoil
- Keep hands and elbows down

8 min FRENCH SCRIMMAGE

- © determines how many players play per side by telling each bench or by how many whistles are blown.
- Each side can play with different number of players (short handed / powerplay).



KEY EXECUTION POINTS

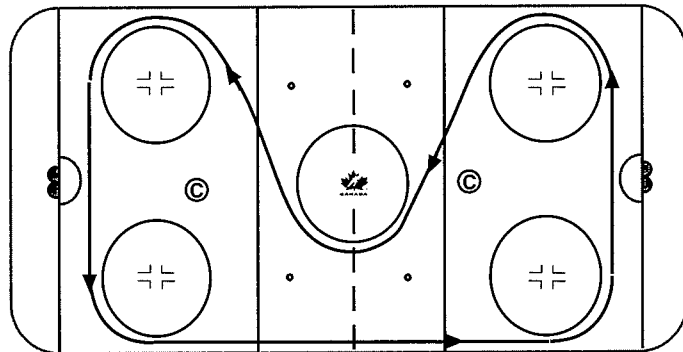
- Game Skills
- Work hard
- Communicate
- Have fun

- Session Objective(s)**
1. Refine shooting accuracy and quickness
  2. Review the importance of timing and awareness
  3. Refine passing skills and structured movement

8 min

**ROLLERCOASTER WARM-UP**

- Players perform various agility movements while skating in pattern shown.
- Forwards, backwards.
- Pivots, 360's.
- Knee touches to ice.
- Stride jumps, two / one leg hops.
- Add pucks.
- Give and go with ©.



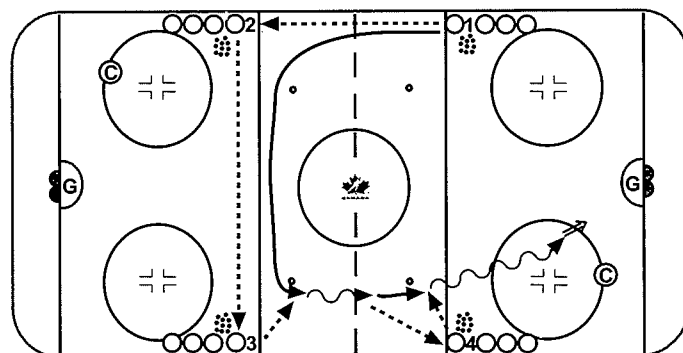
**KEY EXECUTION POINTS**

- Long strides
- Quick feet on crossovers
- Head up

8 min

**SQUARE DANCE**

- O1 begins with puck and passes to O2, O2 passes to O3.
- O1 must support puck and receives pass from O3.
- O1 then quickly executes give and go with O4 and finishes with shot on goal.
- Have players execute chips off the boards to simulate game like situations.

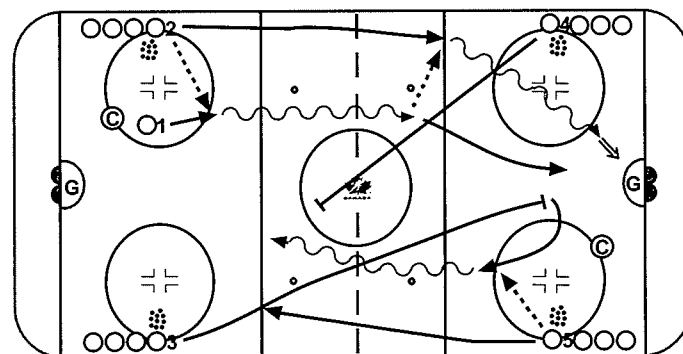


**KEY EXECUTION POINTS**

10 min

**CONTINUOUS BACKCHECK**

- O1 chooses either line for a partner.
- The player in the other line must backcheck
- On the whistle, the backchecker chooses a partner and attacks back the other way, player not chosen backchecks.
- Continuous on the ©'s whistle.



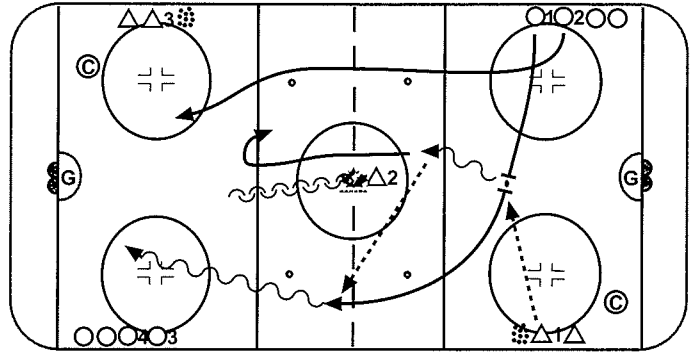
**KEY EXECUTION POINTS**

- Acceleration
- Body position
- Foot speed
- Puck to the outside
- Transition

- Session Objective(s)**
1. Refine shooting accuracy and quickness
  2. Review the importance of timing and awareness
  3. Refine passing skills and structured movement

**8 min** **SPEED 2 ON 1**

- O1 receives pass from Δ1 and spots puck for Δ1 to pick up.
- Δ1 passes to either O1 or O2 attacking 2 on 1 against Δ2.
- Δ1 follows up ice preparing for the 2 on 1 attack from O3 and O4.
- Δ3 makes the next pass to O3 on the ©'s whistle.

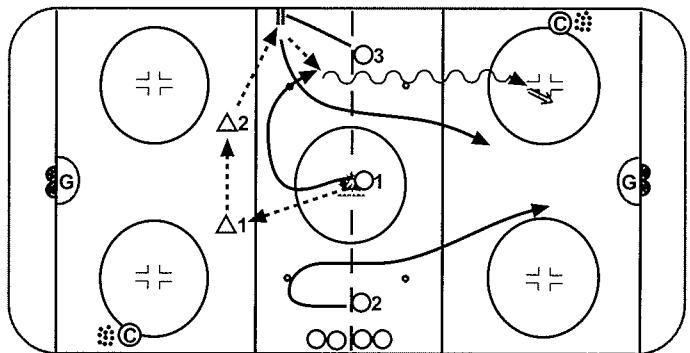


**KEY EXECUTION POINTS**

- Attack with speed
- Net drives
- Communicate

**8 min** **3 ON 2 REGROUP**

- On ©'s whistle, O1 passes to Δ1, Δ1 passes to Δ2 at the far blue line.
- O1, O2, and O3 regroup with Δ1 & Δ2.
- O3 anchors for Δ2, while O1 supports O3 closely and O2 supports through the middle lane.
- O1, O2 & O3 attack 3 on 0.
- © spots a puck and O1, O2 & O3 attack Δ1 & Δ2, 3 on 2.

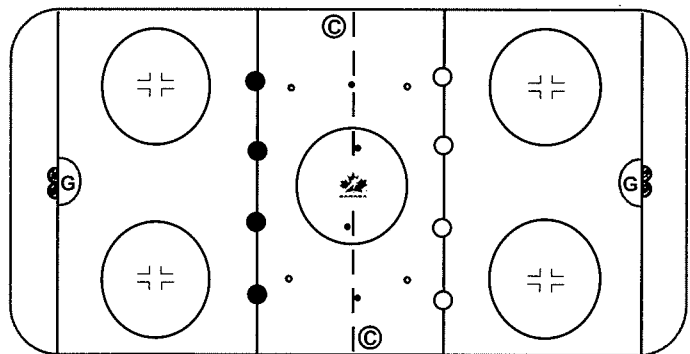


**KEY EXECUTION POINTS**

- Communicate
- Close support
- Passing targets

**8 min** **4 PUCK CHALLENGE**

- 4 Puck Challenge
- Begin with a whistle.
  - Once all four pucks have been scored, change participants.



**KEY EXECUTION POINTS**

- Head up
- Communicate
- Awareness

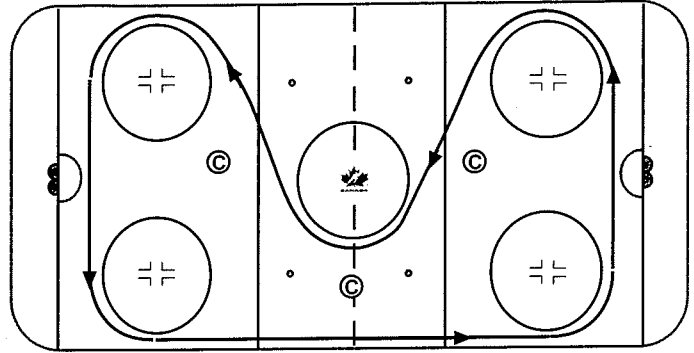


- Session Objective(s)
1. Refine skating skills: agility
  2. Refine passing skills
  3. Review offensive forecheck options

10 min

**ROLLERCOASTER WARM-UP**

- Players perform various agility movements while skating in pattern shown.
- Forwards, backwards.
- Pivots, 360's.
- Knee touches to ice.
- Stride jumps, two / one leg hops.
- Add pucks.
- Give and go with ©.



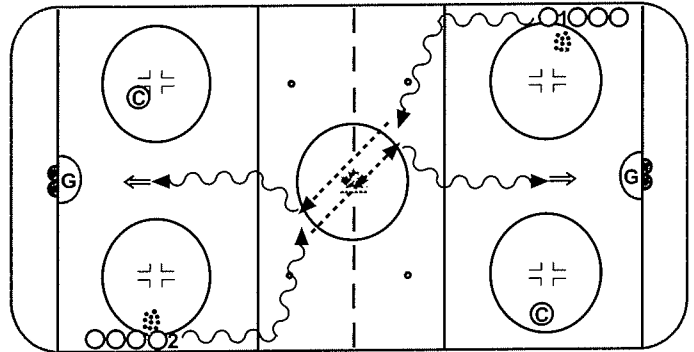
**KEY EXECUTION POINTS**

- Long strides
- Quick feet on crossovers
- Head up

6 min

**PUCK EXCHANGE**

- O1 and O2 leave at the same time carrying pucks.
- O1 and O2 exchange pucks through the neutral zone.
- Execute drive skates for good shots on goal.



**KEY EXECUTION POINTS**

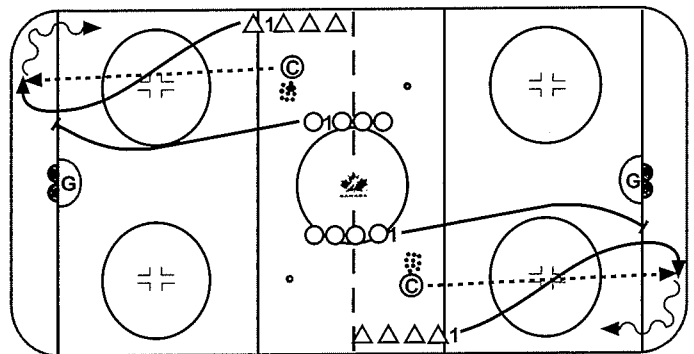
- Coordinate departure
- Communicate
- Soft passing to a spot

8 min

**OFFENSIVE ZONE FORECHECK**

Technical Drill

- On whistle from ©, Δ1 retrieves spotted puck.
- O1 skates to contain to the outside with inside out pressure.
- Do drill from both sides of the ice.



**KEY EXECUTION POINTS**

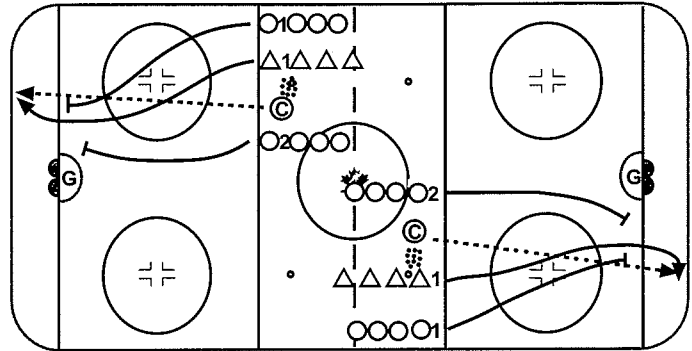
- Δ's • Shoulder check • Read pressure
- O's • Timing
- Control skate
- Angle, reduce options

- Session Objective(s)**
1. Refine skating skills: agility
  2. Refine passing skills
  3. Review offensive forecheck options

8 min

**2 PLAYER PRESSURE**

- On whistle from ©, Δ retrieves spotted puck.
- O1 skates in hard to contain.
- O2 reads and supports and attempts to gain control for shot.
- Δ attempts pass back to ©.



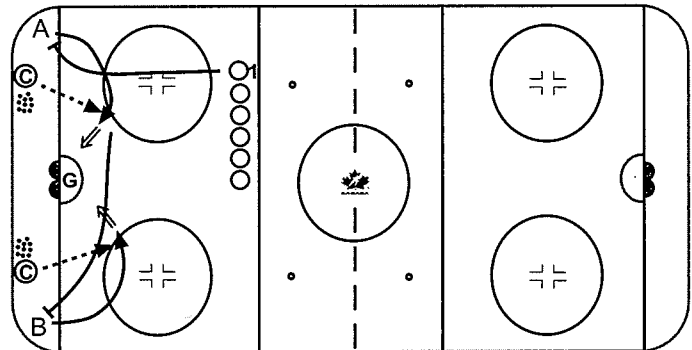
**KEY EXECUTION POINTS**

- Δ's • Shoulder check
- O's • Transition
- Communicate
- Read and react
- Timing
- Control skate

8 min

**WILDMAN FORECHECK**

- On whistle, O1 actively forechecks imaginary opponent, spins off board and receives a pass from © for shot on goal.
- O1 repeats in the other corner and receives a second pass from other ©.



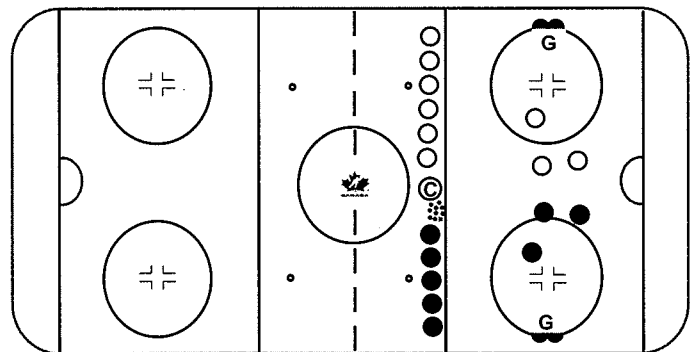
**KEY EXECUTION POINTS**

- Quick feet inside out pressure
- Communicate for pass
- Quick hands
- Head up

10 min

**3 ON 3 SCRIMMAGE**

- 3 on 3 in one zone, rest of players creating wall at blue line.
- 40 – 50 second shifts.
- Add specific number of pass, one touch passes etc.



**KEY EXECUTION POINTS**

- Awareness
- Intensity
- Support
- Conditioning

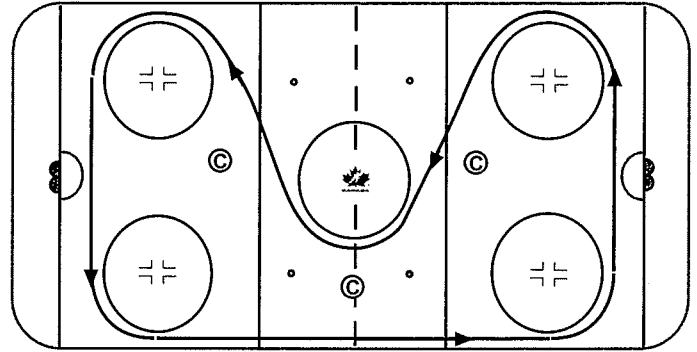


- Session Objective(s)**
1. Refine skating skills: agility, pivots
  2. Refine puck control skills: deking, give & go
  3. Refine transition

10 min

**ROLLERCOASTER WARM-UP**

- Players perform various agility movements while skating in pattern shown.
- Forwards, backwards.
- Pivots, 360's.
- Knee touches to ice.
- Stride jumps, two / one leg hops.
- Add pucks.
- Give and go with ©.



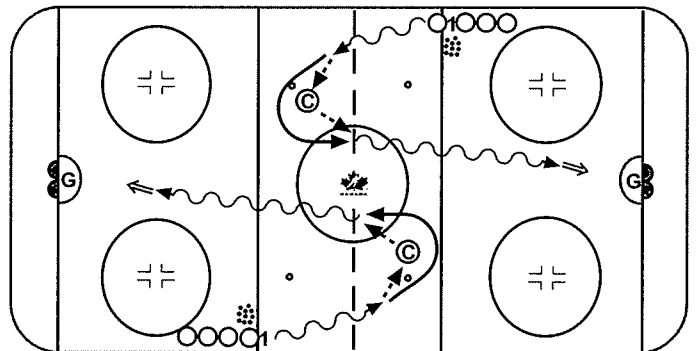
**KEY EXECUTION POINTS**

- Long strides
- Quick feet on crossovers
- Head up

6 min

**GIVE AND GO**

- O1 skates with puck toward ©, and feeds pass.
- O1 continues around © and receives return pass and takes a shot on goal.
- Add another player who stretches at blue line.



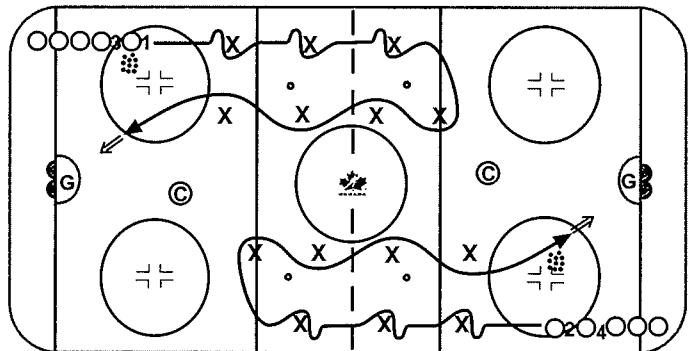
**KEY EXECUTION POINTS**

- Accelerate around ©
- Call for pass
- Drive hard to the goal

10 min

**PYLON DEKE**

- O1 & O2 execute "inside out" and "outside in" dekes on each pylon down the boards and back up the middle.
- Execute net drive for shot on goal, square up for the rebound.
- O3 & O4 leave when O1 & O2 reach far blue line.



**KEY EXECUTION POINTS**

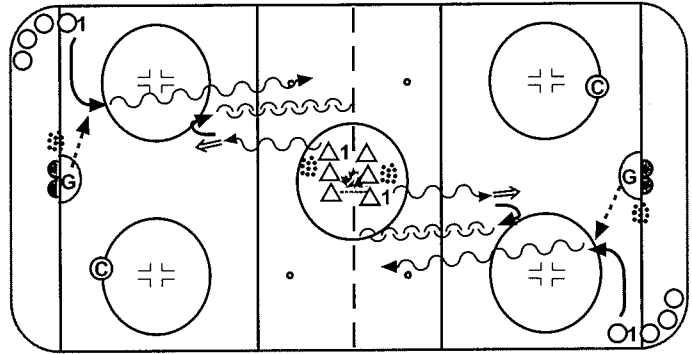
- Quick hands on deke
- Accelerate by the pylon
- High speed
- Execute solid net drive

- Session Objective(s)**
1. Refine skating skills: agility, pivots
  2. Refine puck control skills: deking, give & go
  3. Refine transition

8 min

**1 ON 1 TRANSITION**

- Δ1 skates over blue line and shoots on goal.
- Goalie controls puck and feeds O1 who attacks 1 on 1 against Δ1.
- Δ's must keep O's to the outside .
- O's must execute outside net drive.
- (extra loose pucks to the side of the net for the goalies).



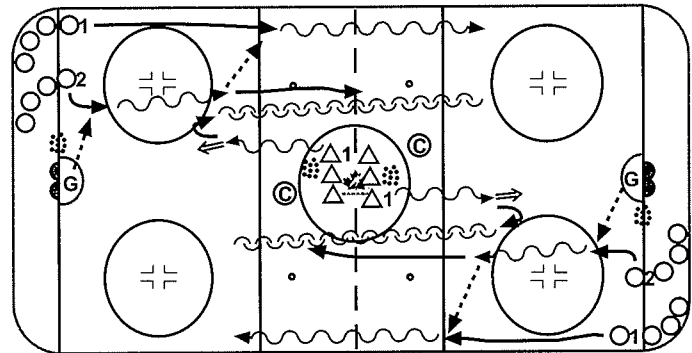
**KEY EXECUTION POINTS**

- Δ's • Gap control
- O's • Attack with speed
- Evasive moves
- G's • Puck control

8 min

**2 ON 1 TRANSITION**

- Δ1 skates over blue line and shoots on goal.
- Goalie controls puck and feeds to O2 (extra pucks at side of net).
- O1 & O2 execute 2 on 1 with a net drive and a mid lane drive.



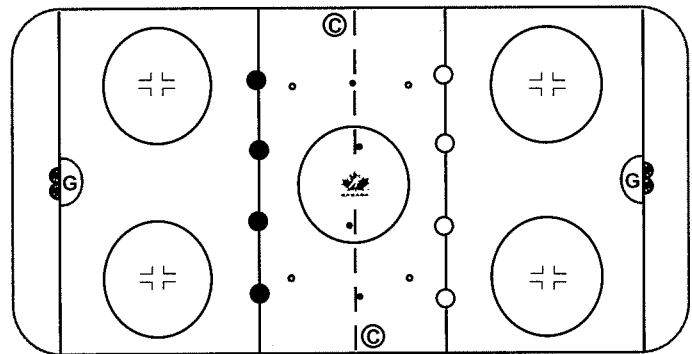
**KEY EXECUTION POINTS**

- Δ's gap control
- Δ's protect middle lane
- O's execute outside net drive
- O's force Δ with mid lane drive

8 min

**4 PUCK CHALLENGE**

- Begin with a whistle.
- Once all four pucks have been scored, change participants.



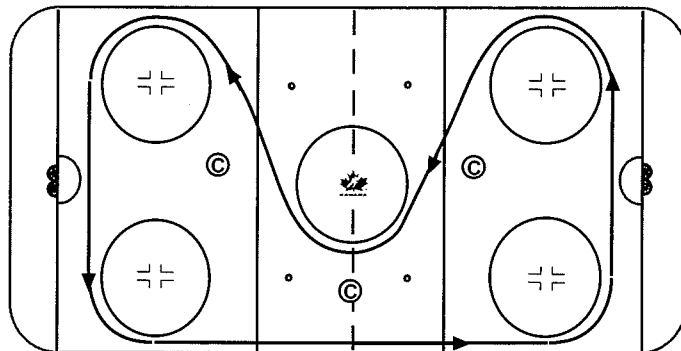
**KEY EXECUTION POINTS**

- Head up
- Communicate
- Awareness

- Session Objective(s)**
1. Refine foot speed and skating agility
  2. Introduce responsibilities for defensive zone coverage in short-handed situations
  3. Refine offensive team tactics: 2 player attack options (crosses, drops and quiet zone play)

**8 min** **ROLLERCOASTER WARM-UP**

- Players perform various agility movements while skating in pattern shown.
- Forwards, backwards.
- Pivots, 360's.
- Knee touches to ice.
- Stride jumps, two / one leg hops.
- Add pucks.
- Give and go with ©.

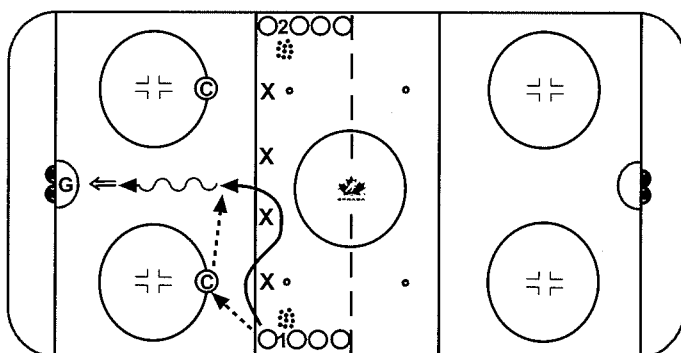


**KEY EXECUTION POINTS**

- Long strides
- Quick feet on crossovers
- Head up

**8 min** **THE SNAKE**

- O1 starts with a pass to the ©.
- O1 then skates through pylons and gets a return pass from coach inside the blue.
- Line, takes a shot on goal.
- Alternate sides.

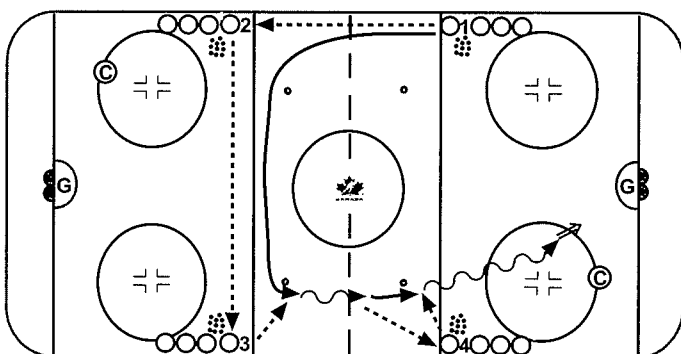


**KEY EXECUTION POINTS**

- Execute good turns
- Quick shot
- Accelerate to the pass

**8 min** **SQUARE DANCE**

- O1 begins with puck and passes to O2, O2 passes to O3.
- O1 must support puck and receives pass from O3.
- O1 then quickly executes give and go with O4 and finishes with shot on goal.
- Have players execute chips off the boards to simulate game like situations.



**KEY EXECUTION POINTS**

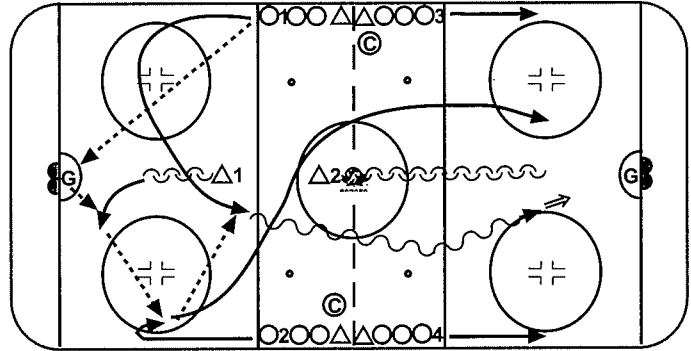
- Flat support across blue line
- Call for pass
- Provide target to receive pass
- Drive hard to the goal

- Session Objective(s)**
1. Refine foot speed and skating agility
  2. Introduce responsibilities for defensive zone coverage in short-handed situations
  3. Refine offensive team tactics: 2 player attack options (crosses, drops and quiet zone play)

8 min

**2 ON 1 CONTINUOUS**

- O1 dumps puck in on G who then passes to supporting Δ1.
- Δ1 passes to outlet O2.
- O1 & O2 play 2 on 1 up ice with Δ2.
- Off change of possession, either G or Δ2 feed outlet O3 or O4 who play 2 on 1 back the other direction.



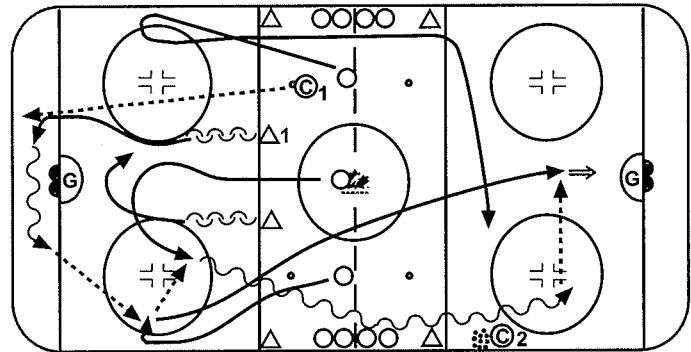
**KEY EXECUTION POINTS**

- Communication
- Drive to the net
- Δ plays good gap position

10 min

**CONTINUOUS BREAKOUT**

- ©1 spots puck deep and calls breakout option.
- Δ1 retreats and executes breakout option.
- O's support accordingly then play 5 on 0 up ice.
- After shot on goal, ©2 spots another puck and O's attack Δ's 3 on 2.
- New set of players jump out for new breakout.



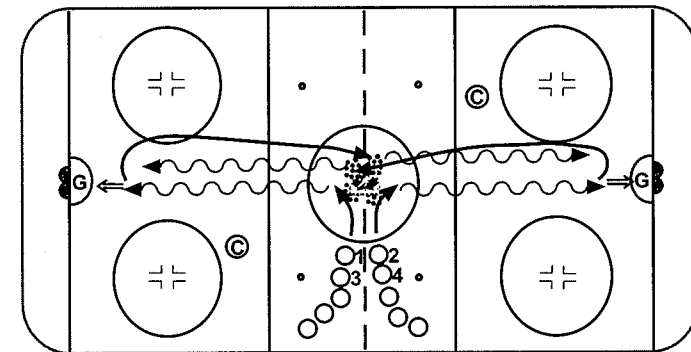
**KEY EXECUTION POINTS**

- Good support
- Accurate passes
- Attack with speed
- Net / mid lane drive
- Transition
- Communicate

8 min

**2 SHOT SHOWDOWN**

- O1 & O2 start with breakaways on respective goalies.
- After first shot, O1 & O2 return to and pick up 2nd puck and shoot on opposite goalie.
- Players compete amongst one another, or by teams.



**KEY EXECUTION POINTS**

- Breakaway moves
- Creativity
- Shoot to score
- Have fun

# ICE SESSIONS

## PEE WEE

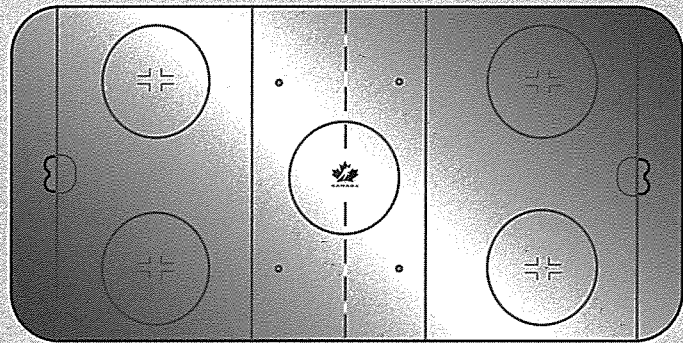
## SEASON PLAN

PHASE 1

PHASE 2

PHASE 3

**PHASE 4**



# CANADA

# PEE WEE LEVEL PRACTICE PLAN

## Training Segment Outcomes

- have fun, attain fitness and demonstrate a respect for the Fair Play Code
- improve ability to execute a wider variety of team tactics
- improve individual skills and an ability to execute a wider variety of individual tactics
- demonstrate an understanding and an ability to execute a wider variety of team play systems

LESSON 25  
LESSON 26  
LESSON 27  
LESSON 28  
LESSON 29  
LESSON 30  
LESSON 31  
LESSON 32

## ICE SESSION OBJECTIVES:

## SKILL FOCUS

### LESSON 25 OBJECTIVES

1. Refine skating agility with puck control: crossover turns and tight turns
2. Review and refine principles of offensive attack

- skating skills (agility)
  - turning ability
- offensive team tactics
  - 2 & 3 player attacks
  - net drive

### LESSON 26 OBJECTIVES

1. Refine skating & puck control skills
2. Refine principles of offensive attack
3. Review and refine offensive tactics

- skating skills
  - acceleration
- puck control skills
  - passing & receiving
- offensive team tactics
  - breakout skills
  - transition to offense
  - attack principles

### LESSON 27 OBJECTIVES

1. Refine skating skills
2. Refine puck control & passing & shooting
3. Refine offensive attack skills

- skating skills
  - striding
  - crossovers
  - tight turns
- puck control
  - shooting
  - passing
- offensive tactics
  - 3 on 0
  - 2 on 1
  - delay

### LESSON 28 OBJECTIVES

1. Assess checking skills
  - angling
  - stick checks
  - body contact

- checking skills
  - stick checks
  - gap control
  - angling
  - backchecking
- individual defensive tactics
  - control opponents stick
  - gap control
  - defensive team tactics

### LESSON 29 OBJECTIVES

1. Refine the ability to read and react to defensive responsibilities
2. Refine individual defensive tactic: defensive side positioning
3. Refine team defensive tactics: support through awareness and communication

- defensive tactics
  - pressure vs contain
  - def. side positioning
- transition
  - defense to offense
  - offense to defense
- play off the puck

### LESSON 30 OBJECTIVES

1. Refine the ability to read and react to defensive responsibilities
2. Refine individual defensive tactic: defensive side positioning
3. Refine team defensive tactics: support through awareness and communication

- skating skills
  - quickness & agility
- transition
- defensive tactics
  - backchecking skills
- offensive tactics
  - net drive
  - close support
  - screening off the puck

### LESSON 31 OBJECTIVES

1. Refine skating & puck control skills
2. Refine offensive attacks: net drive
3. Refine offensive tactics: cycle

- skating skills
  - crossovers
- puck control
  - passing/receiving
  - give & go
- offensive tactics
  - net drive
  - cycle

### LESSON 32 OBJECTIVES

1. Refine puck control
2. Refine offensive attack with regroup
3. Refine defensive tactics: back checking and low support

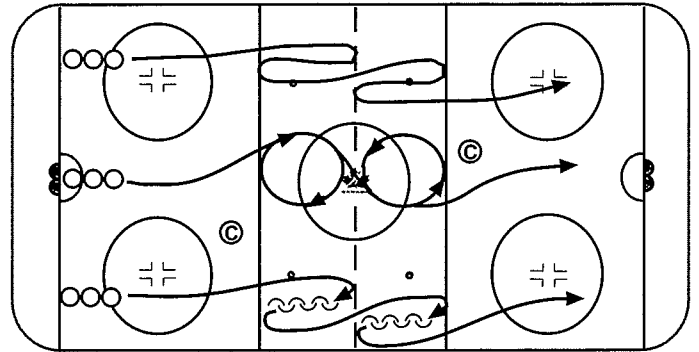
- puck control
  - change direction
  - forward & backwards
- offensive attack
  - 2 on 0
- defensive awareness
  - backchecking
  - close support



Session Objective(s) 1. Refine skating agility with puck control: crossover turns and tight turns  
2. Review and refine principles of offensive attack

**8 min** **3 LINE WARM-UP**

- Players line up in 3 groups to allow for 3 wide lanes.
- Players execute a series of skating skills without pucks and with pucks.
- Forwards and backwards.
- Striding and tight turns.
- Crossovers.
- Transition forward to backward to forwards.

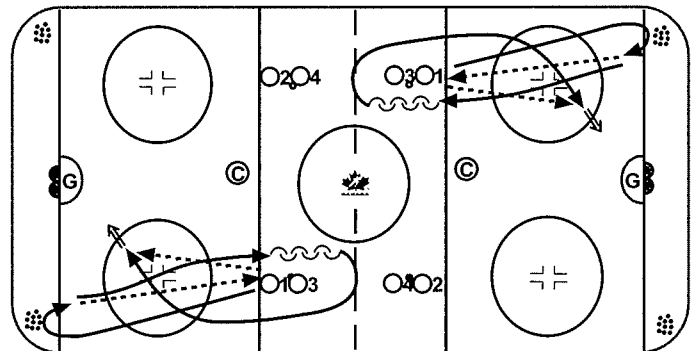


**KEY EXECUTION POINTS**

- Good knee bend
- Back straight and upright
- Head up, eyes forward

**8 min** **GIVE AND GO NET DRIVE**

- O1 retrieves spotted puck from the corner and passes to O3.
- O1 skates to the blue line, pivots and skates backwards to the top of the line, pivots forward, accelerates to the net for return pass from O3.
- Alternate lines.

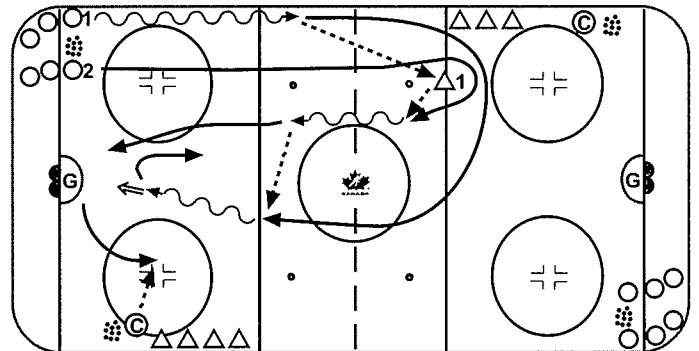


**KEY EXECUTION POINTS**

- Quick feet
- Focus on agility and footwork
- Awareness

**8 min** **2 PLAYER ATTACK**

- O1 and O2 skate up the wall, O1 carrying a puck. O1 passes to Δ1 and both players curl around Δ1.
- Δ1 passes to O2, and O1 and O2 attack 2 on 0.
- © spots 2nd puck for 2 on 1 attack against Δ1.



**KEY EXECUTION POINTS**

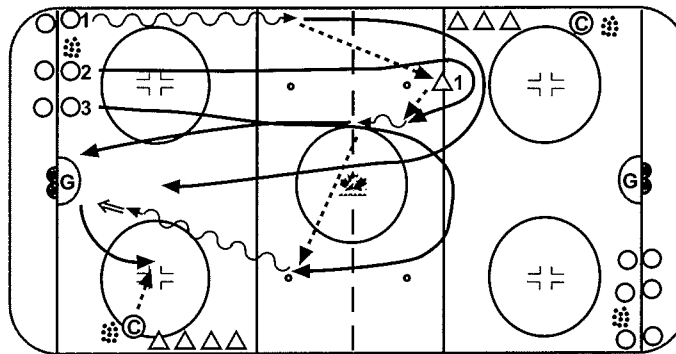
- Attack with speed
- Good defensive decisions
- Communicate

Session Objective(s) 1. Refine skating agility with puck control: crossover turns and tight turns  
 2. Review and refine principles of offensive attack

8 min

**3 PLAYER ATTACK**

- O1, O2, O3 leave together and pass to Δ1.
- all O's curl and receive return pass and attack 3 on 0.
- © spots a 2nd puck and O's attack 3 on 1 against Δ1.
- Add 2nd defender for 3 on 2.



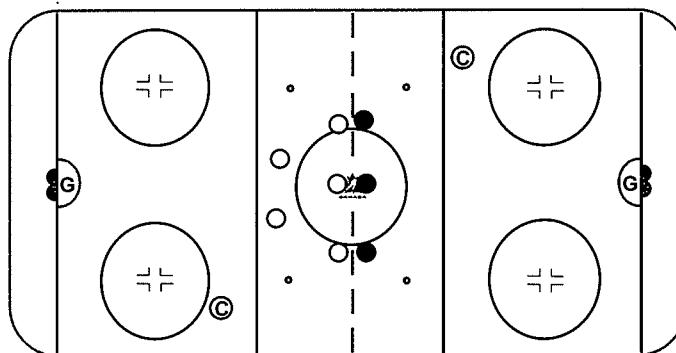
**KEY EXECUTION POINTS**

- Attack with speed
- Good defensive decisions
- Communicate

8 min

**SCRIMMAGE 5 ON 3**

- Play 5 against 3.
- Change often.
- Everyone plays both roles.



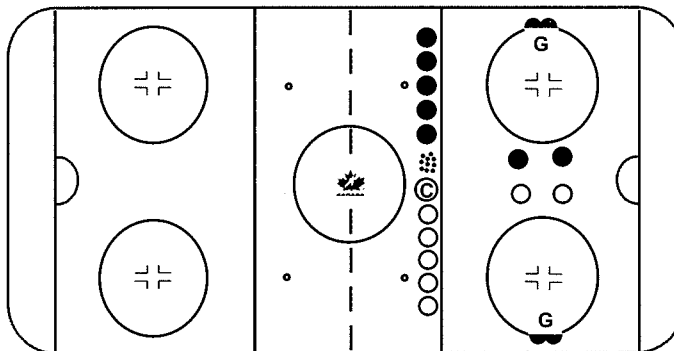
**KEY EXECUTION POINTS**

- Breakout position
- Power play positions
- Support with movement

10 min

**2 ON 2 POND HOCKEY**

- Players line up the blue line.
- 1st two groups play until one goal is scored. Winners stay on and play the next challengers.
- Continue this rotation throughout the time of the drill.



**KEY EXECUTION POINTS**

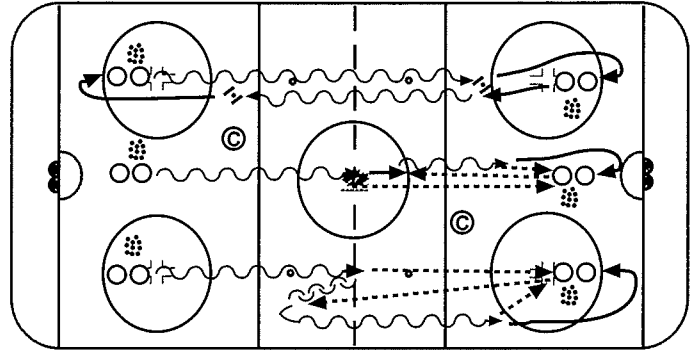
- Quick shots
- Transition
- Awareness
- Puck control and puck protection

- Session Objective(s)**
1. Refine skating & puck control skills
  2. Refine principles of offensive attack
  3. Review and refine offensive tactics

8 min

**3 LINE WARM-UP**

- Players line up in 3 groups to allow for 3 wide lanes.
- Players execute a series of puck control / passing / receiving skills.
- Spotting a puck.
- Passing give and go from a stationary partner.
- Passing give and go with a transition skate, receiving the pass while skating backwards.



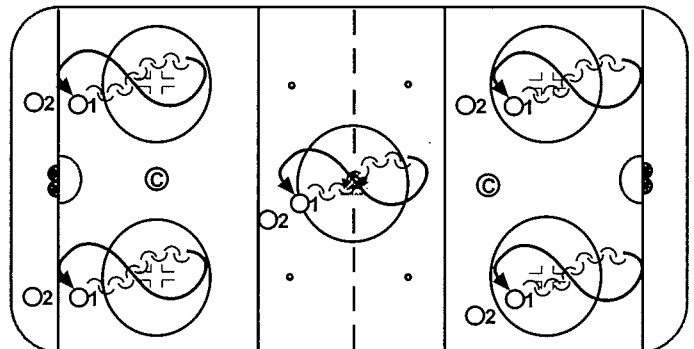
**KEY EXECUTION POINTS**

- Puck control with head up and two hands on stick
- Eye contact between passer and receiver
- Communication
- Receiver presents a target
- Spot pass to be motionless

8 min

**AGILITY 8'S EXCHANGE**

- O1 skates a figure 8 twice, keeping square to O2. O2 repeats when O1 is finished (2 reps each).
- Add a puck for each pair and repeat the sequence using a short pass from O1 to O2 at the bottom of the figure 8.
- Goalies execute this drill too.



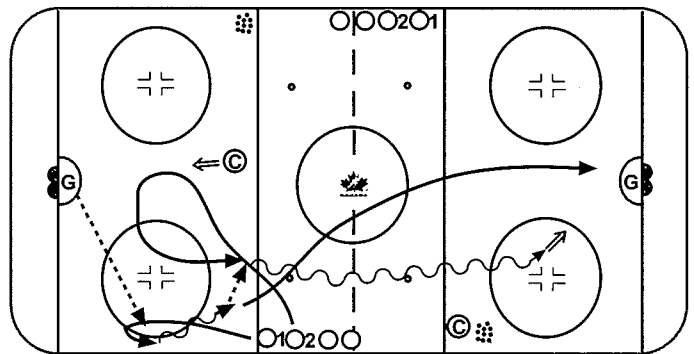
**KEY EXECUTION POINTS**

- Quick feet
- Puck control
- Head up
- Coordination

8 min

**2 ON 0 ATTACK**

- © initiates with a shot on goal (a puck the goalie can handle).
- O1 and O2 jump into the zone to support the goalie who passes to the outlet man on the boards.
- O1 and O2 attack 2 on 0.
- Vary the drill by adding a forward or one or two defenders.



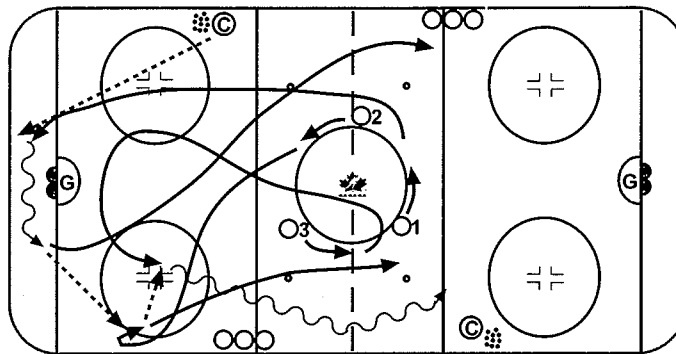
**KEY EXECUTION POINTS**

- Communicate
- Attack with speed
- Timing
- Patience
- Execute net drives

- Session Objective(s)**
1. Refine skating & puck control skills
  2. Refine principles of offensive attack
  3. Review and refine offensive tactics

**10 min** **DOUBLE 3 ON 0 TRANSITION**

- 3 players skate the center circle until © spots a puck.
- 3 O's retrieve the puck and breakout, attacking 3 on 0.
- After a shot on goal, © spots a 2nd puck and 3 O's breakout and attack 3 on 0 back the other way.
- 3 new O's ready on the circle.

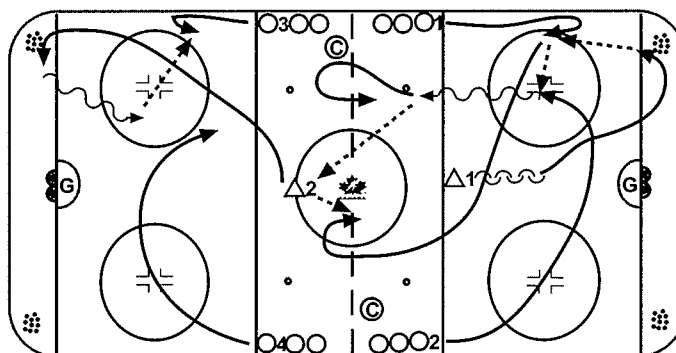


**KEY EXECUTION POINTS**

- Awareness
- Support
- Speed
- attack options
- Communicate

**8 min** **BREAKOUT / REGROUP 2 ON 1**

- On ©'s whistle, Δ1 retreats to either corner for a loose puck. O1 and O2 react according to Δ1
- O1 and O2 regroup with Δ2 and attack 2 on 1 against Δ1
- After Δ2 passes up to O1 and O2, Δ2 retreats for loose puck and O3 and O4 join the drill

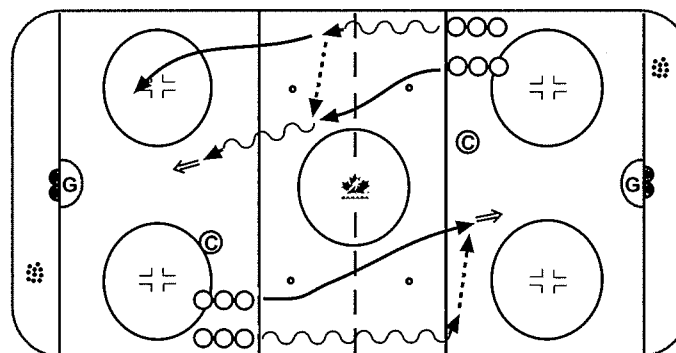


**KEY EXECUTION POINTS**

- |     |                       |     |                       |
|-----|-----------------------|-----|-----------------------|
| O's | • Quick puck movement | Δ's | • Take back ice       |
|     | • Read and react      |     | • Tight gap on attack |
|     | • Net drives          |     |                       |
|     | • Close support       |     |                       |

**8 min** **PARTNER SHOWDOWN**

- 2 players attack the goalie 2 on 0.
- When the 2 players score, they feed the next pair in line.
- 1st team with all players back in the corner on one knee wins.



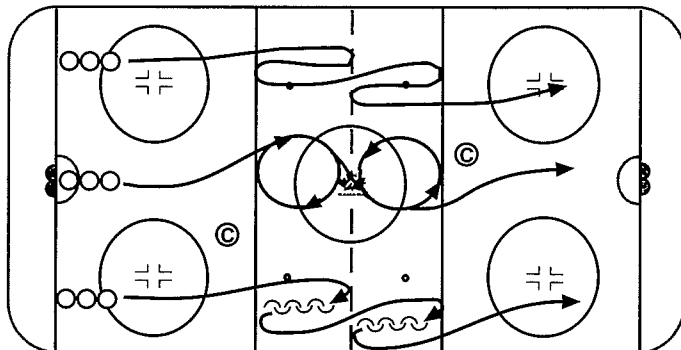
**KEY EXECUTION POINTS**

- Have fun
- Compete
- Shot selection

- Session Objective(s)**
1. Refine skating skills
  2. Refine puck control & passing & shooting
  3. Refine offensive attack skills

### 8 min 3 LINE WARM-UP

- Players line up in 3 groups to allow for 3 wide lanes.
- Players execute a series of skating skills without pucks and with pucks.
- Forwards and backwards.
- Striding and tight turns.
- Crossovers.
- Transition forward to backward to forwards.

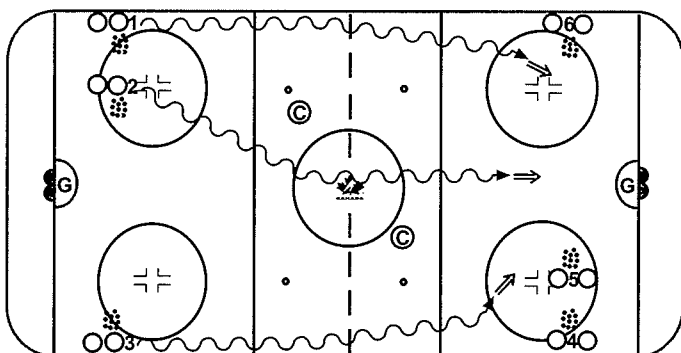


#### KEY EXECUTION POINTS

- Good knee bend
- Back straight and upright
- Head up, eyes forward

### 8 min 3 LANE SHOOTING

- Players alternate starting point when previous player reaches the blue line.
- Each player must stay in their lane and shoot from that angle.
- Wait at the other end and begin back the other way when all players have shot.
- Add, players control their puck and change lanes through the neutral zone.
- O1 cuts across to receive pass from O2, O2 from O3, and O3 across to receive from O1.
- 3 man weave – change lanes by following the pass.

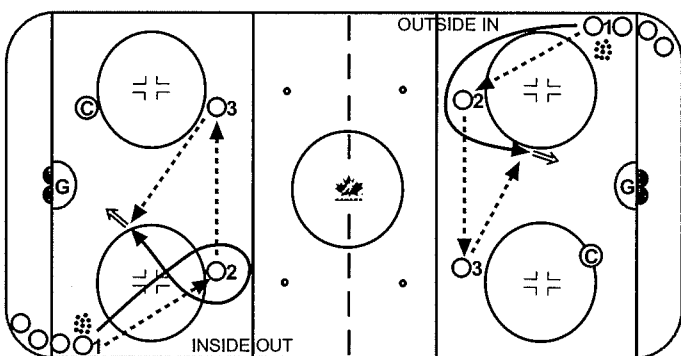


#### KEY EXECUTION POINTS

- Puck control
- Shoot on goal
- Create wide lanes

### 8 min INSIDE OUT, OUTSIDE IN

- O1 passes to Δ1, Δ1 to Δ2.
  - O1 skates inside Δ1 and cuts to the net for return pass from Δ2.
- Or:
- O1 goes outside Δ1 and cuts to the net for return pass from Δ2.



#### KEY EXECUTION POINTS

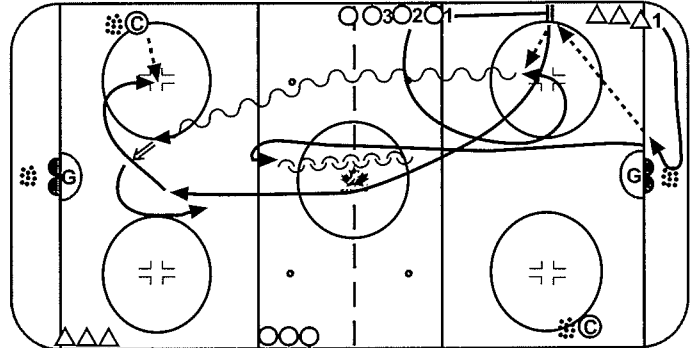
- Communicate
- Quick feet
- Quick puck movement

- Session Objective(s)**
1. Refine skating skills
  2. Refine puck control & passing & shooting
  3. Refine offensive attack skills

10 min

**3 ON 0, 2 ON 1**

- Δ1 begins with puck from the corner.
- O1 and O2 come into the zone to support Δ1 for the breakout.
- Δ1 passes to either O1 or O2 who attack 3 on 0.
- © spots second puck for O1 and O2 to attack Δ1 who has followed up the play.
- O1 and O2 execute drive skates to the net.



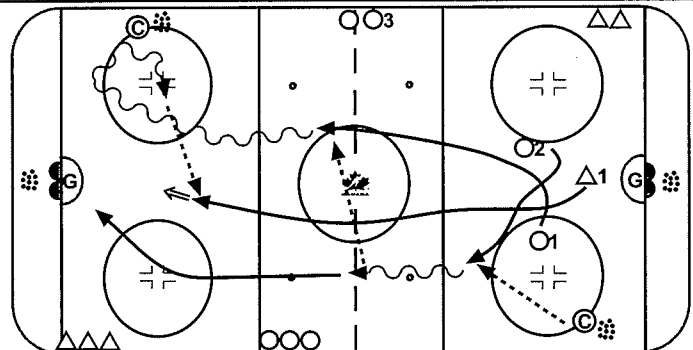
**KEY EXECUTION POINTS**

- Close support
- Stick on the ice
- Execute drive skate to set up delay
- Timing

8 min

**3 ON 0 WITH DELAY**

- © spots a second puck for O1 and O2 who attack 3 on 0 with Δ1 trailing.
- Puck carrier moves deep into the zone and delays to the outside.
- Delaying forward passes to Δ1 trailing the play.



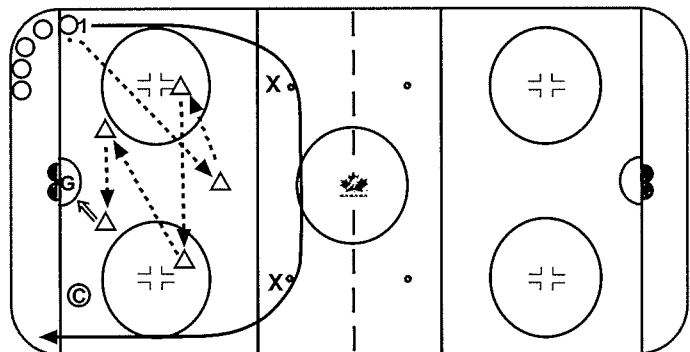
**KEY EXECUTION POINTS**

- Close support
- Stick on the ice
- Execute drive skate to set up delay
- Timing

8 min

**BASEBALL**

- 5 O's set up around the net.
- All O's must touch pass and score before Δ scores.
- Δ scores a point by skating through the center circle and reaching the opposite corner before the O's score on goal.



**KEY EXECUTION POINTS**

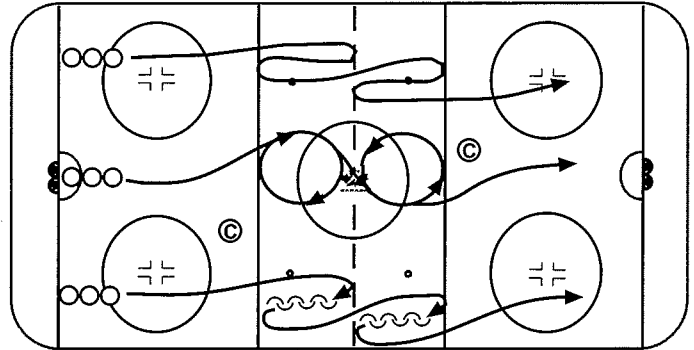
- One touch passing
- Accuracy under pressure
- Communicate
- Quick feet

Session Objective(s) 1. Assess checking skills

- angling
- stick checks
- body contact

8 min **3 LINE WARM-UP**

- Players line up in 3 groups to allow for 3 wide lanes.
- Players execute a series of skating skills without pucks and with pucks.
- Forwards and backwards.
- Striding and tight turns.
- Crossovers.
- Transition forward to backward to forwards.

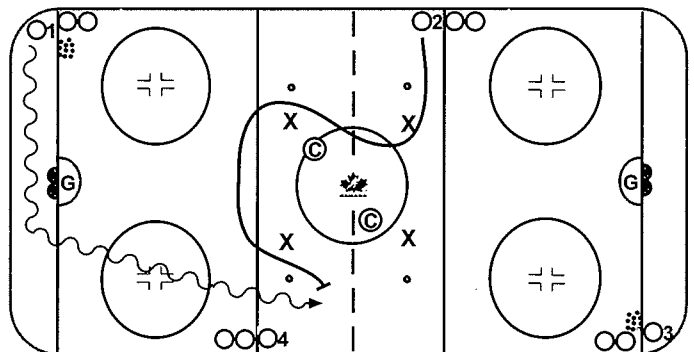


**KEY EXECUTION POINTS**

- Good knee bend
- Back straight and upright
- Head up, eyes forward

8 min **ANGLING GATE DRILL**

- O1 and O2 begin on the whistle.
- O1 picks up loose puck and skates behind the net and must skate between the for a shot on goal.
- O2 closes the gap, sabling ice in the neutral zone, before angling toward O1.
- O2 attempts to force O1 outside the pylons, not giving up the middle lane.

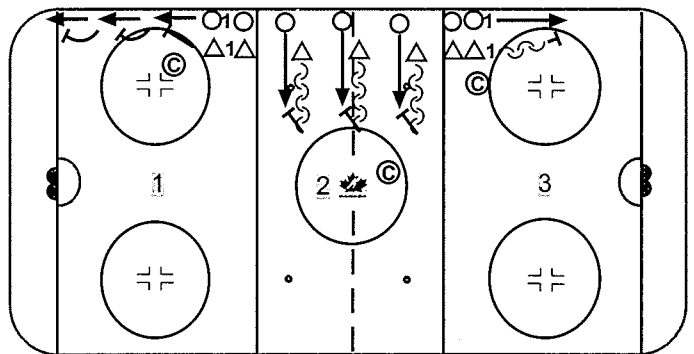


**KEY EXECUTION POINTS**

- Maintain middle lane
- Control skating

14 min **CHECKING STATIONS**

1. Continuous Bumping
  - O1 moves slowly along the boards while Δ1 angles, closes the gap and pins O1 against boards.
  - The two players continue around boards to other side.
  - Switch roles the other way.
2. Open Ice Contact
  - O skates forward as Δ skates backwards.
  - Δ initiates shoulder to chest contact and then continues backwards repeating action across the ice.
  - Switch roles on return across ice.
3. 1 on 1 Angling
  - O1 moves slowly along the boards while Δ1 angles backwards, closes the gap and pins O1 against boards.
  - The two players continue around the boards to other side.
  - Switch roles the other way.



**KEY EXECUTION POINTS**

- Speed should be controlled ensuring proper technique
- Use the terms coil/ uncoil as motion description
- Add pucks and increase speed as players become more efficient

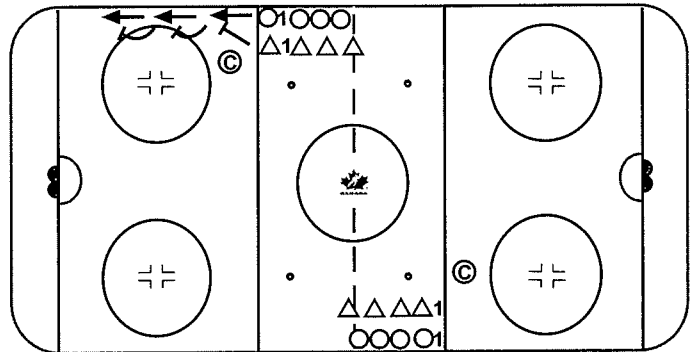
Session Objective(s) 1. Assess checking skills

- angling
- stick checks
- body contact

6 min

**PARTNER BUMP AND ROLL**

- O1 moves slowly along the boards while Δ1 angles, closes the gap and pins O1 against boards.
- The two players continue around boards to other side.
- Switch roles the other way.



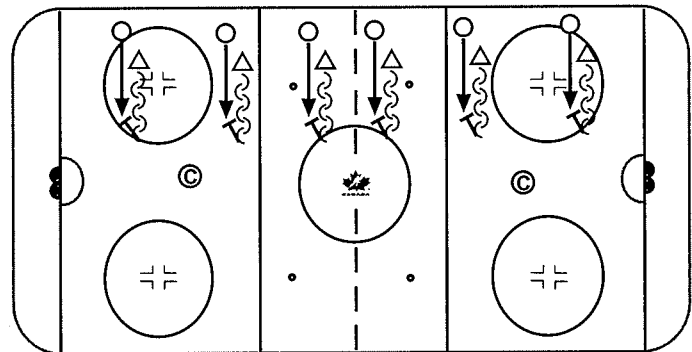
**KEY EXECUTION POINTS**

- Approach under control and at a good angle
- collapses shoulder/ body from check, rolls into wall
- Use the terms coil/ uncoil as a description of the motion

6 min

**OPEN ICE CONTACT**

- O skates forward as Δ skates backwards.
- Δ initiates shoulder to chest contact and then continues backwards repeating action across the ice.
- Switch roles on return across ice.



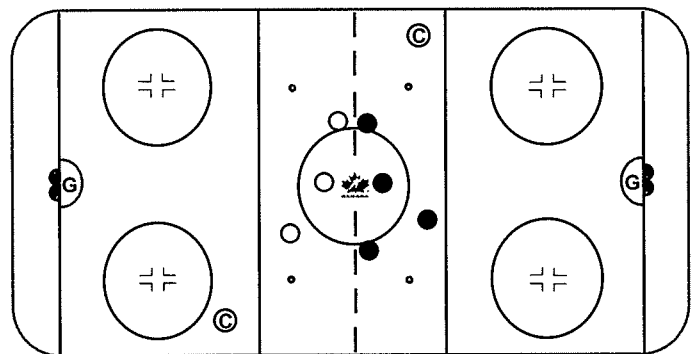
**KEY EXECUTION POINTS**

- Control skate
- Bend knees
- Use the terms coil/ uncoil
- Keep hands and elbows down

8 min

**FRENCH SCRIMMAGE**

- © determines how many players play per side by telling each bench or by how many whistles are blown.
- Each side can play with different number of players (short handed / powerplay).



**KEY EXECUTION POINTS**

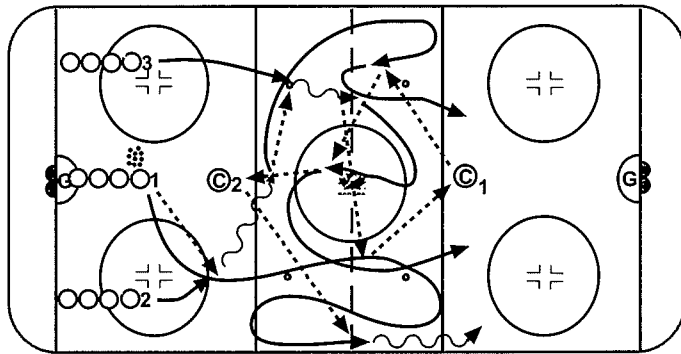
- Game Skills
- Work hard
- Communicate
- Have fun



- Session Objective(s)
1. Refine the ability to read and react to defensive responsibilities
  2. Refine individual defensive tactic: defensive side positioning
  3. Refine team defensive tactics: support through awareness and communication

**5 min** **THREE MAN WEAVE WITH REGROUPS**

- O1 passes to O2 and follows the path of the pass changing lanes.
- Passes continue through the neutral zone eventually passing to ©1 for a regroup.
- Regroup with ©2 and attack the net.

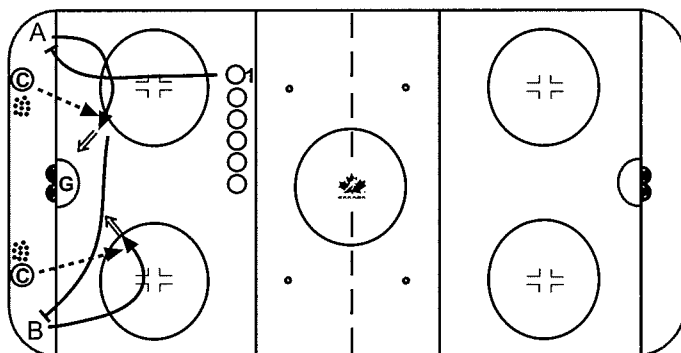


**KEY EXECUTION POINTS**

- Maintain lanes
- Good passes
- Communicate
- Drive to the goal

**8 min** **PRESSURE FORECHECK**

- O1 drives to the corner and pins an imaginary opponent "A".
- O1 spins off check and goes to the net for a feed from the ©.
- After quick shot, O1 moves to the opposite corner and pins opponent "B" and spins for 2nd shot.

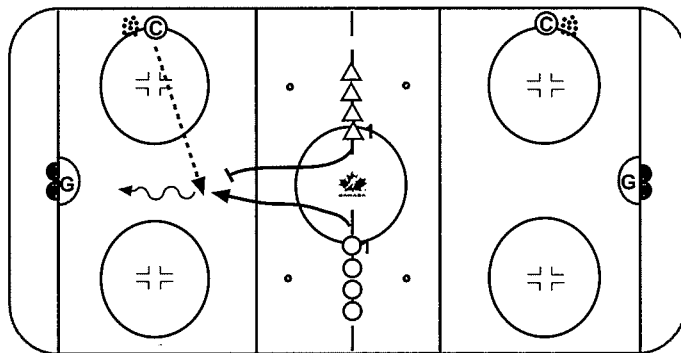


**KEY EXECUTION POINTS**

- Transition
- Control
- Readiness
- Quick shot

**6 min** **CENTER LINE DRILL**

- O1 and Δ1 are facing onxe another.
- O1 goes one way or the other and Δ1 must react and cover O1.
- © can either pass directly to O1 or shoot on goal with O1 driving for the rebound.
- All players play offence and defense.



**KEY EXECUTION POINTS**

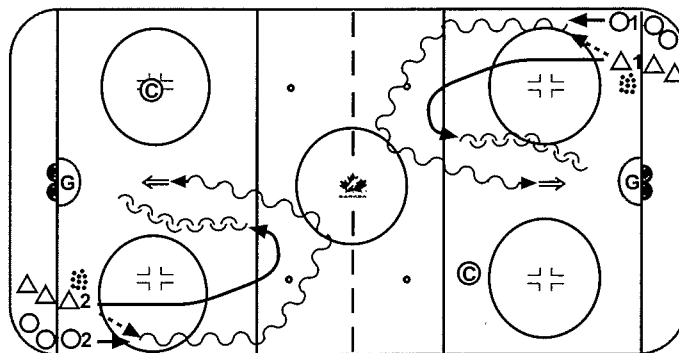
- O's • Net drive
- Δ's • Head on a swivel
- Quick feet
- "D" side coverage
- Read and react

- Session Objective(s)**
1. Refine the ability to read and react to defensive responsibilities
  2. Refine individual defensive tactic: defensive side positioning
  3. Refine team defensive tactics: support through awareness and communication

**9 min** **1 ON 1 GAP CONTROL**

Atlantic 1 on 1 Drill

- O1 exchanges passes with Δ1.
- O1 turns back while controlling the puck and Δ1 must close the gap.
- O1 turns back to attack 1 on 1 and Δ1 must retreat and defend, keeping O1 to the outside.

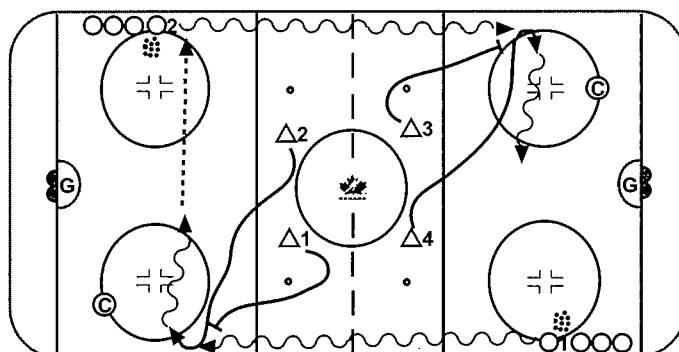


**KEY EXECUTION POINTS**

- Close gap quickly
- Δ must pivot inside to keep O outside

**9 min** **1 ON 2 SUPPORT DRILL**

- O1 executes net drive against Δ1.
- Δ1 plays tight gap and seals O1 on the boards, while Δ2 moves in to pick up the loose puck.
- Δ2 looks cross ice and outlets to O2 who executes net drive against Δ3 while Δ4 provides support.
- Drill repeats itself.

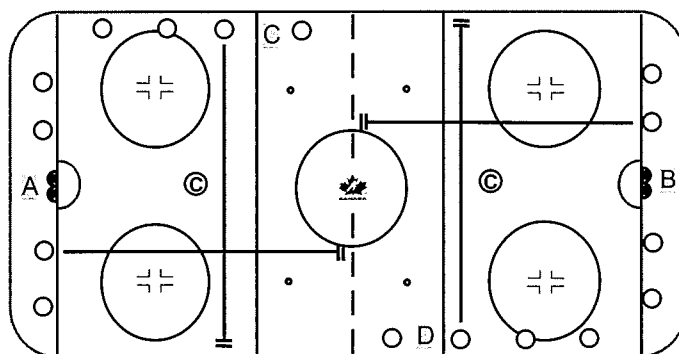


**KEY EXECUTION POINTS**

- |      |               |                 |      |                      |
|------|---------------|-----------------|------|----------------------|
| Δ's: | • Close gap   | • Pin and stick | O's: | • Outside drive only |
|      | • Communicate | • Close support |      | • Keep feet moving   |

**8 min** **FULL ICE SPIRIT SPRINT**

- Players divided into 4 groups.
- Group A to the red line and stop, group B to the red line and stop, group C across ice and stop, group D across ice and stop.
- Group A back to goal line, group B back to goal line, group C back, group D back.



**KEY EXECUTION POINTS**

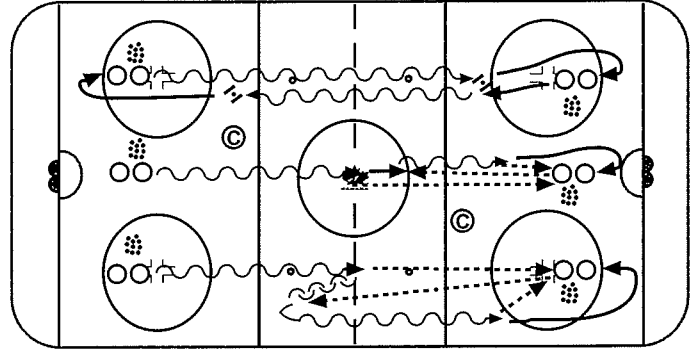
- Each group go on the whistle
- Repeat forward, backward, lateral crossovers, etc.

- Session Objective(s)**
1. Refine the ability to read and react to defensive responsibilities
  2. Refine individual defensive tactic: defensive side positioning
  3. Refine team defensive tactics: support through awareness and communication

8 min

**3 LINE WARM-UP**

- Players line up in 3 groups to allow for 3 wide lanes.
- Players execute a series of puck control / passing / receiving skills.
- Spotting a puck.
- Passing give and go from a stationary partner.
- Passing give and go with a transition skate, receiving the pass while skating backwards.



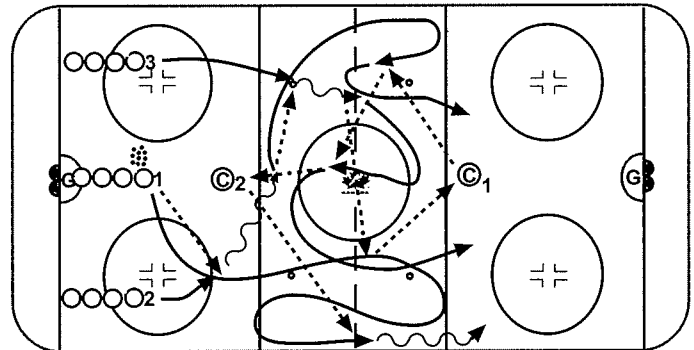
**KEY EXECUTION POINTS**

- Puck control with head up and two hands on stick
- Eye contact between passer and receiver
- Communication
- Receiver presents a target
- Spot pass to be motionless

8 min

**THREE MAN WEAVE WITH REGROUPS**

- O1 passes to O2 and follows the path of the pass changing lanes.
- Passes continue through the neutral zone eventually passing to ©1 for a regroup.
- Regroup with ©2 and attack the net.



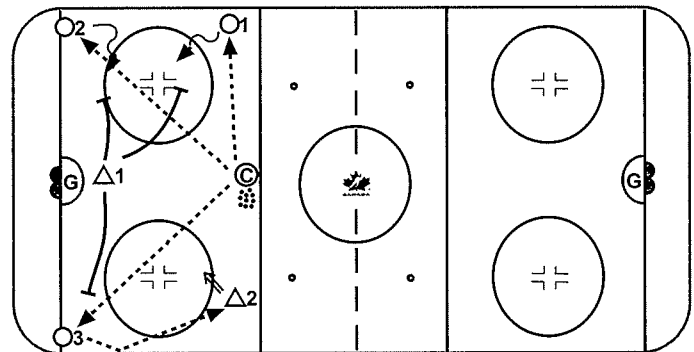
**KEY EXECUTION POINTS**

- Maintain lanes
- Good passes
- Communicate
- Drive to the goal

8 min

**1 ON 1 REPEATS**

- Δ1 plays 3 separate 1 on 1 attacks inside the defensive zone.
- Each O receives a pass from ©.
- Δ1 must read "pressure vs contain" and play the 1 on 1 until the next whistle.
- 3rd 1 on 1, defend O attempting to deflect the point shot from Δ2.
- Run drill out of both ends.



**KEY EXECUTION POINTS**

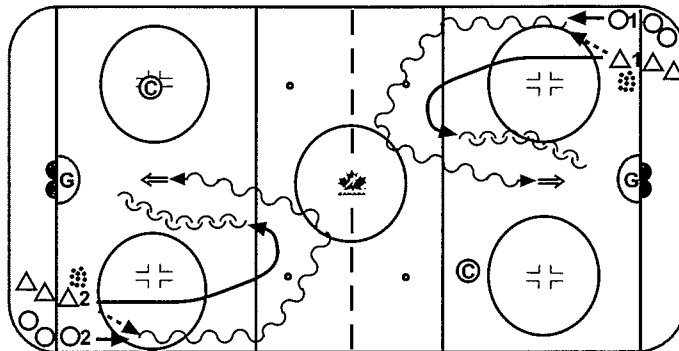
- Δ1 • Close gap quickly
- Angling
- Read and react to possession
- Defensive side position

- Session Objective(s)**
1. Refine the ability to read and react to defensive responsibilities
  2. Refine individual defensive tactic: defensive side positioning
  3. Refine team defensive tactics: support through awareness and communication

9  
min**1 ON 1 GAP CONTROL**

## Atlantic 1 on 1 Drill

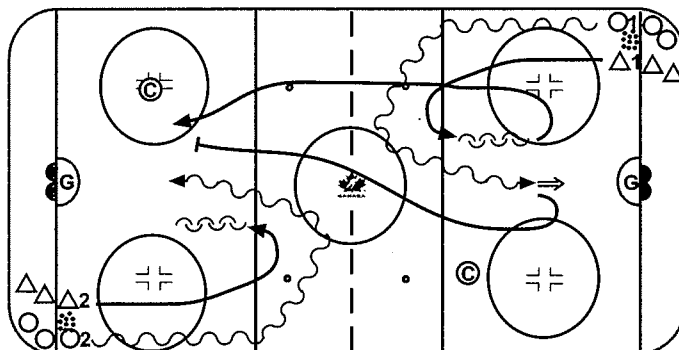
- O1 exchanges passes with Δ1.
- O1 turns back while controlling the puck and Δ1 must close the gap.
- O1 turns back to attack 1 on 1 and Δ1 must retreat and defend, keeping O1 to the outside.

**KEY EXECUTION POINTS**

- Close gap quickly
- Δ must pivot inside to keep O outside

8  
min**BACKCHECK DRILL**

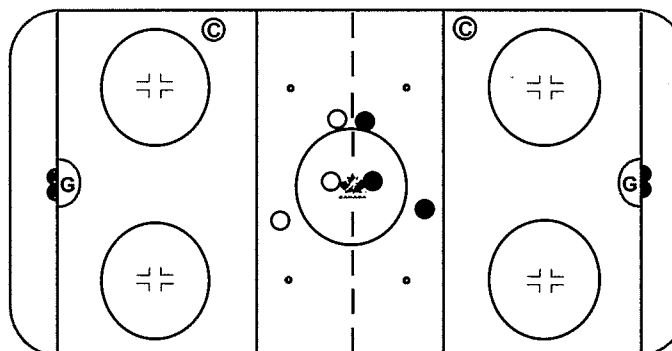
- On ©'s whistle, O1 skates through the center circle and attacks Δ1.
- On the next whistle, O2 skates through the center circle and attacks Δ2. Δ1 becomes offence and supports O2, while O1 must backcheck.
- Drill repeats on each whistle with alternating corners.

**KEY EXECUTION POINTS**

- Head up
- Stay onside
- Awareness
- Quick transitions
- Communicate

9  
min**FRENCH SCRIMMAGE**

- Begins with any number of players starting (3 on 3 or 4 on 4).
- Change on the fly when © whistles for a change - the number of whistles indicates the number of players on the ice.
- Changes must be legal with players leaving the ice quickly.

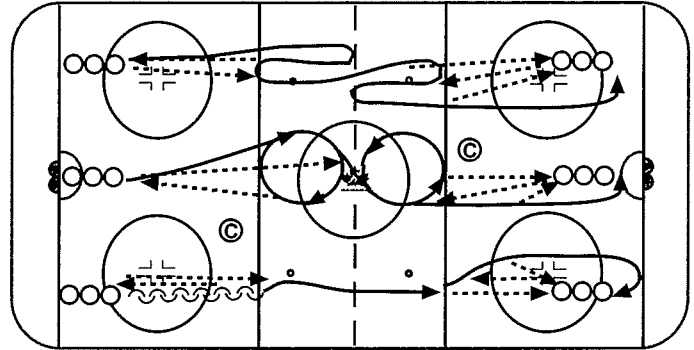
**KEY EXECUTION POINTS**

- Quick changes
- High tempo
- Communicate
- Short shifts
- Read and react

- Session Objective(s)**
1. Refine skating & puck control skills
  2. Refine offensive attacks: net drive
  3. Refine offensive tactics: cycle

**10 min** **3 LINE WARM-UP**

- Players line in groups to allow for 3 wide lanes.
- Players execute a series of skating / puck control / and passing / receiving skills.
- Give and Go.
- Crossovers with Give and go.
- Transition skates with give and go.

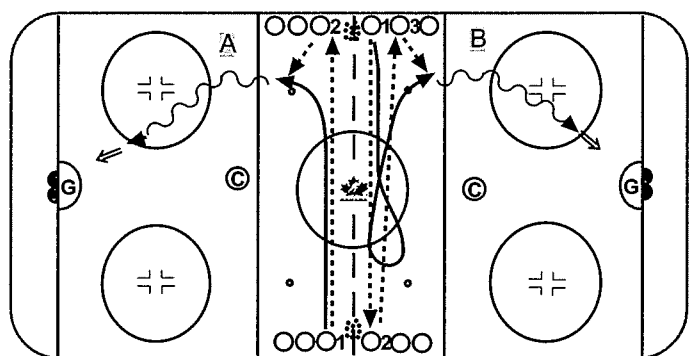


**KEY EXECUTION POINTS**

- Puck control with two hands on stick
- Head up
- Eye contact
- Provide target for receiving

**8 min** **NET DRIVE – CROSS ICE PASS**

- A. O1 passes cross ice to O2, then skates cross ice to receive return pass and execute outside drive and shot.
- B. O1 passes to O2, O2 passes to O3 as O1 executes a tight turn back toward O3. O3 returns pass to O1 who executes net drive and shot.

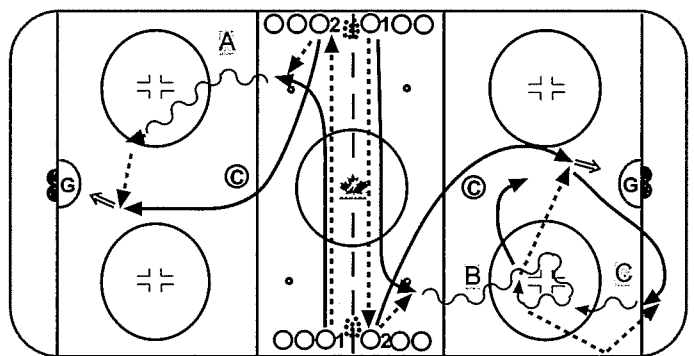


**KEY EXECUTION POINTS**

- Eye contact with cross ice player
- Accurate passing
- Present a target
- Execute an outside drive

**10 min** **NET DRIVE – 2 ON 0 / DELAY / CYCLE**

- A. O1 passes to O2 and receives a return pass from O2 and executes outside drive. O2 jumps to inside lane and drives off the puck.
- B. O1 continues as above and executes an outside delay. O2 drives to the net.
- C. O1 continues as above, delays, cycles the puck below the goal line, O2 retrieves.



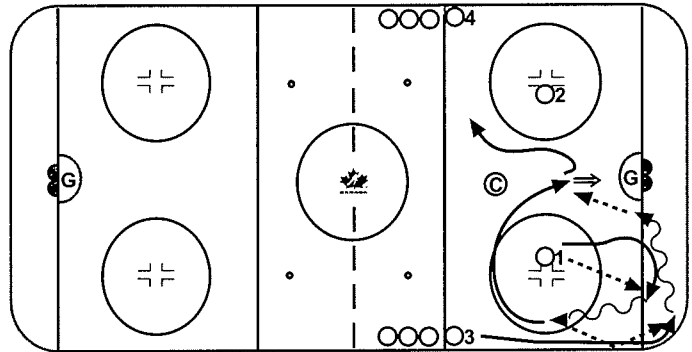
**KEY EXECUTION POINTS**

- Eye contact with cross ice player
- Accurate passes
- Drive the net
- Cycle puck deep

- Session Objective(s)**
1. Refine skating & puck control skills
  2. Refine offensive attacks: net drive
  3. Refine offensive tactics: cycle

**8 min HIGH CYCLE**

- O1 spots a puck in the corner, retrieves the loose puck and skates up the boards.
- O3 skates toward O1 who cycles the puck low for O3 to retrieve. O3 returns the pass to O1 who shoots.
- O1 goes to the line, O3 goes to the face off do.
- O2 and O4 repeat the drill.

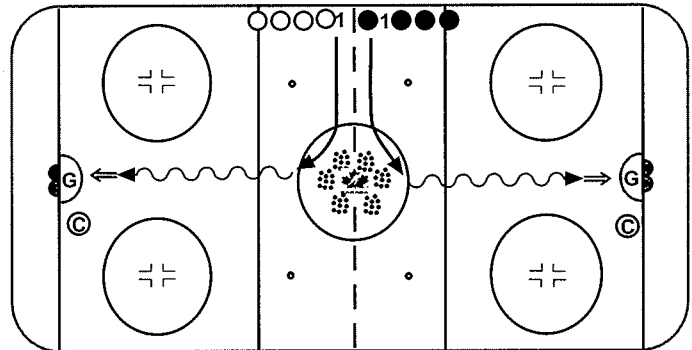


**KEY EXECUTION POINTS**

- Puck control
- Communicate
- Accurate passes
- Quick release

**7 min 1, 2, 3 SHOWDOWN**

- O's begin the game by attacking their respective goals 1 on 0. If the shooter scores, that team sends two players 2 on 0. If the two players score that team sends three players. If any team scores on the 1 on 0, 2 on 0, and 3 on 0, they are awarded one point. If at any time the players do not score they must return to 1 on 0.

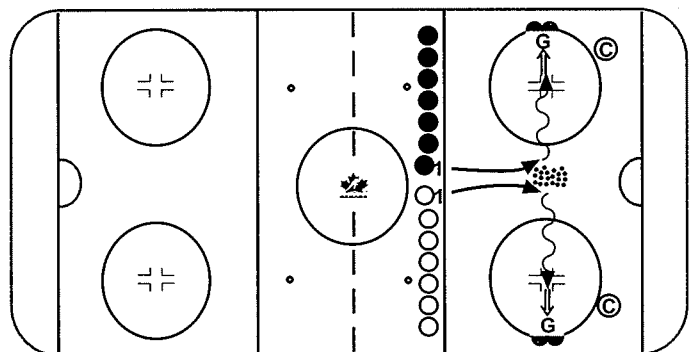


**KEY EXECUTION POINTS**

- Head up
- Work on a variety of scoring techniques
- Have fun

**7 min 1, 2, 3 SHOWDOWN (HALF-ICE)**

- O's begin the game by attacking their respective goals 1 on 0. If the shooter scores, that team sends two players 2 on 0. If the two players score that team sends three players. If any team scores on the 1 on 0, 2 on 0, and 3 on 0, they are awarded one point. If at any time the players do not score they must return to 1 on 0.



**KEY EXECUTION POINTS**

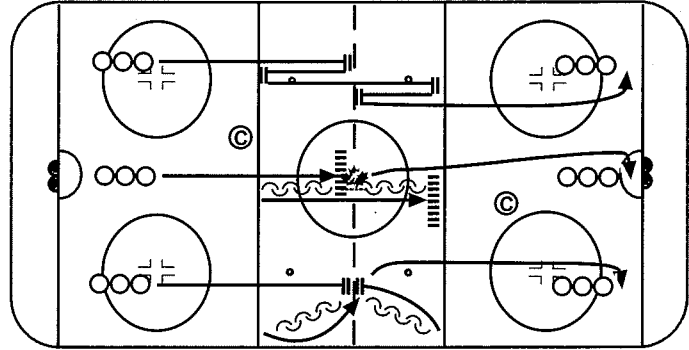
- Head up
- Work on a variety of scoring techniques
- Have fun

- Session Objective(s)**
1. Refine puck control
  2. Refine offensive attack with regroup
  3. Refine defensive tactics: back checking and low support

10 min

**3 LINE WARM-UP**

- Players line up in groups to allow 3 wide lanes.
- Players execute a series of skating skills and add puck to the drill the second time through.
- Stops and starts – change of direction.
- Lateral movement and forwards and backwards.
- Forwards / backwards skating on the angle.



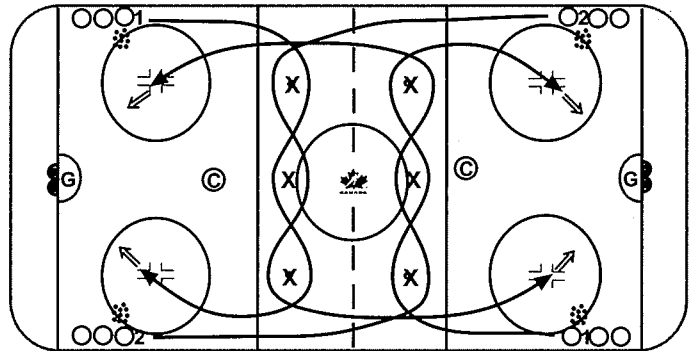
**KEY EXECUTION POINTS**

- Execute skating techniques with deep knee bend
- Back straight and upright
- Head up eyes forward

8 min

**4 CORNER SHORT & LONG**

- O1 carries a puck through the pylons and executes a net drive and a quick shot on goal.
- O2 carries a puck the long route and carries through the pylons at the far blue line then executes a net drive and a shot on goal.



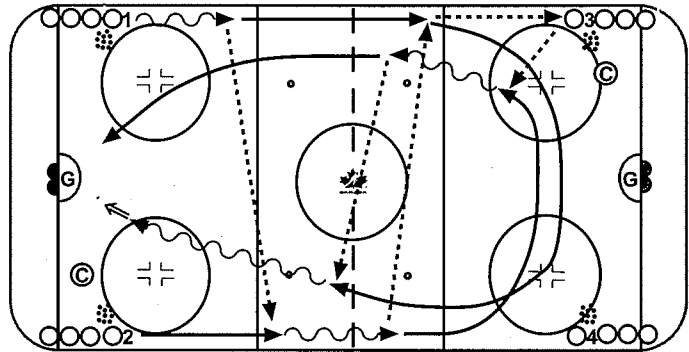
**KEY EXECUTION POINTS**

- Puck control
- Head up through neutral zone
- Accelerate to the net
- Execute net drive skills
- Accelerate through the entire drill

8 min

**4 CORNER 2 ON 0 WITH REGROUP**

- O1 & O2 exchange passes while skating the length of the ice.
- Give the puck to O3 or O4 who return the pass to either O1 or O2.
- O1 & O2 execute a 2 on 0.
- O3 & O4 follow O1 & O2 exchanging passes and repeating the drill.



**KEY EXECUTION POINTS**

- Provide good target for receiving
- Narrow the lane between passes
- Good timing on regroup

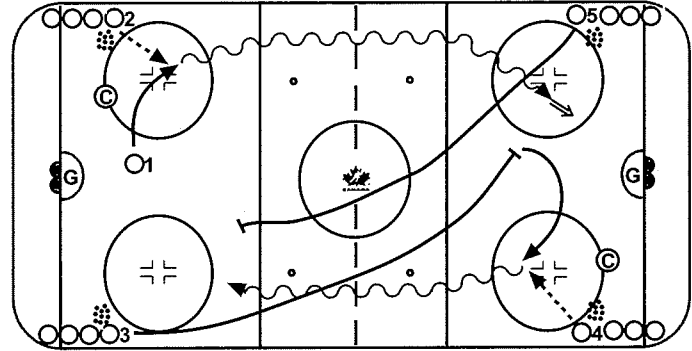
Session Objective(s)

1. Refine puck control
2. Refine offensive attack with regroup
3. Refine defensive tactics: back checking and low support

6 min

**4 CORNER BACKCHECKING DRILL**

- O1 begins the drill by choosing O2 & O3 as a partner.
- O1 & O2 execute a 2 on 0 attack on goal.
- O3 pursues as backchecker.
- O3 completes the backcheck and then initiates the next rep by choosing O4 & O5 as a partner.



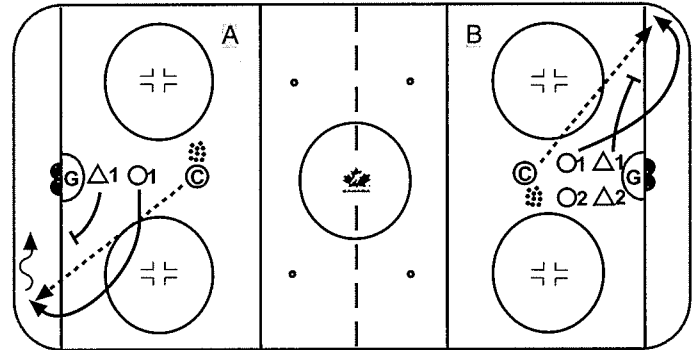
**KEY EXECUTION POINTS**

- Backchecker tries to eliminate the offensive player without the puck
- The offensive player off the puck screens the backchecker from getting to the puck

8 min

**3 Puck 1 ON 1, 2 ON 2 Low**

- A. © spots a puck for O1. O1 attacks Δ1 and tries to score. On the ©'s whistle a new puck is spotted. Repeat 3 times.
- B. Repeat with 2 players on offense and 2 players on defense. Defensive players begin the drill on their knees.



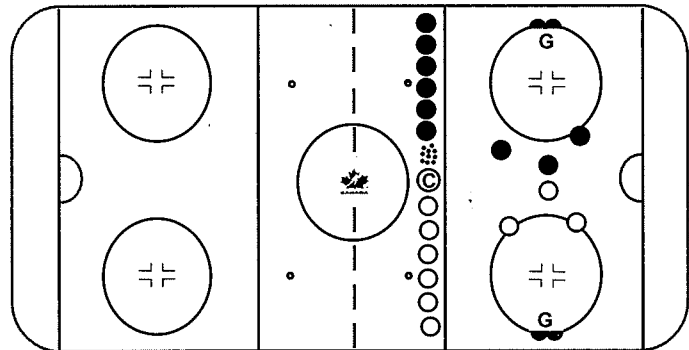
**KEY EXECUTION POINTS**

- Puck protection
- Close support
- Screening off the puck
- Communication

10 min

**3 ON 3 CROSS ICE**

- 3 on 3 in one zone, rest of players creating wall at blue line.
- 40 – 50 second shifts.
- Add specific number of pass, one touch passes etc.



**KEY EXECUTION POINTS**

- Awareness
- Intensity
- Support
- Conditioning