

CoachThem

Peewee Drill Series

Jul-23-2020

Practice No:

Duration: 232 min

1v1 Forecheck

6 mins

Key Points:

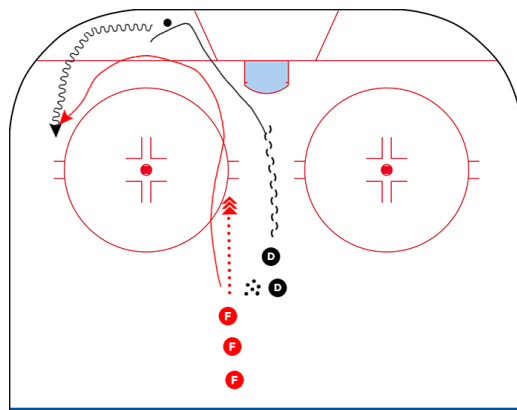
- Shoulder check
- D get feet up ice and head up
- Create good angles
- F work on timing, angles and positioning for body check.
- D should try to evade. After a few reps, allow D to reverse sides.
- Win 1v1 battle

Description:

F dumps puck into corner. **D** starts backward & turns to pursue the puck. D checks both shoulders and create angle on approach. Turn up ice as quickly as possible.

F forechecks and creates angle on **D** for body check.

If **F** creates turnover, try to go score. **D** try to skate puck past top of circle.



1v1 Tire Game

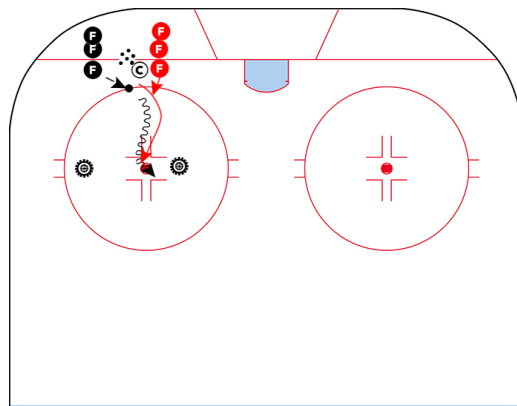
6 mins

Key Points:

- Stick on puck
- Check selection
- COMPETE!

Description:

Set two tires up 6-8 feet apart. Players battle 1v1 trying to carry the puck between the tires to score. Play to 3 or 40 seconds.



1v1 Zone Entry Reads

6 mins

Key Points:

Attack with speed

Emphasize the read and react component

Add deception as players advance

Discuss the soft spots where there are opportunities to shoot.

Description:

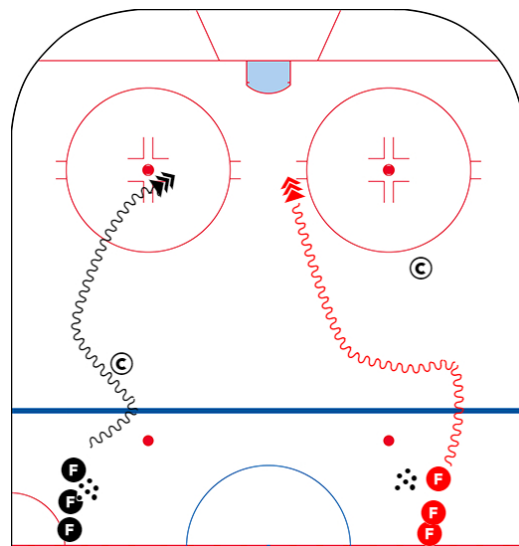
Forwards start with puck in neutral zone. Player attacks with full speed and reads the defender. Can also have forwards do a swing pass to start the drill.

If defender has loose gap, cut to the middle.

If defender has tight gap, fake hard to the middle and try to beat to the outside.

Defender Progression:

1. Stationary cones
2. Coach
3. Live action 1v1 (D start at dot)



1v1 Progression

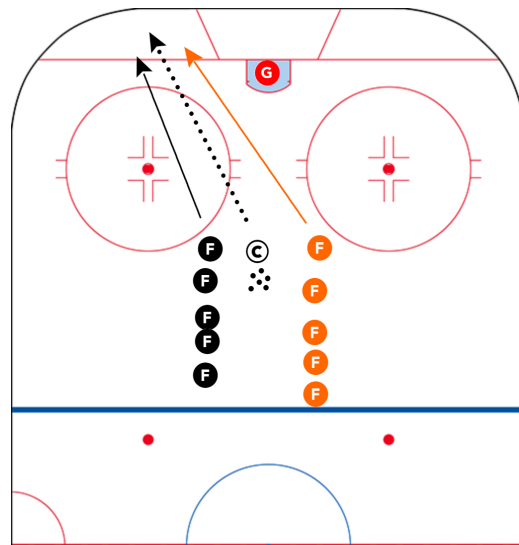
10 mins

Key Points:

- Communication
- Head on swivel

Description:

Start with two lines of different colors at top of the circle. Game starts out 1v1 and coach taps players on alternating lines to create odd man situations (2v1, 2v2, 3v2) down low.



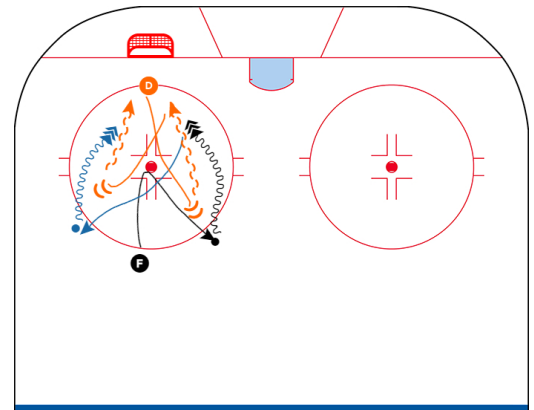
1v1 Circle Gap Up

7 mins

Key Points:

- COMPETE & PUCK POSSESSION
- Taking away time and space defensively
- Stick on puck.

Description:



1v1 Race to Net Front Tip

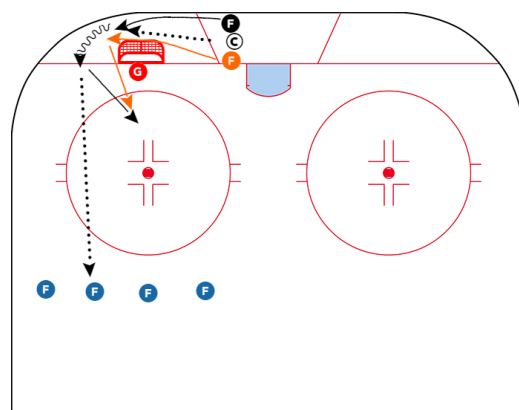
8 mins

Key Points:

- Win the race
- Win body position

Description:

Create a 1v1 puck race below the goal line. Winner of the puck can pass to any of the players waiting above the top of the circle. After the pass is made, **F** heads to the front of the net for a screen and tip. **F** player who loses the puck battle assumes defensive role and defends the front of the net by boxing out and lifting stick. Play this drill out as desired.



Wrap to 1v1, 2v1

6 mins

Key Points:

Concepts: PUCK POSSESSION, make a play, escape with speed and purpose, passing lanes

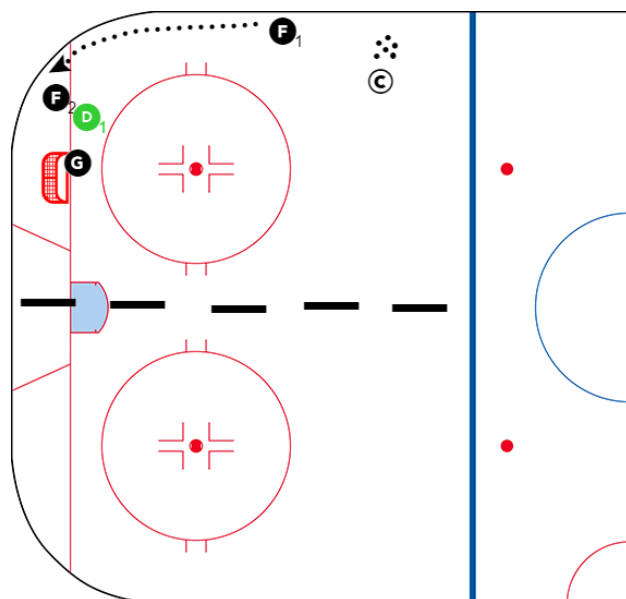
Description:

1v1:

Player in line wraps puck to covered F2 below the goal line. F2 picks up wrap and protects puck by escaping towards the boards and not opening up towards defender, trying to attack net. D1 starts right on F2 & activates when F2 touches puck with body contact & good stick on puck.

2v1:

F1 in line wraps the puck to F2 covered by D1, F2 picks up wrap and protects puck, and looks to score or pass to F1 for shot off far post or in the high slot.



1/4 Ice 2v1 with Backcheck

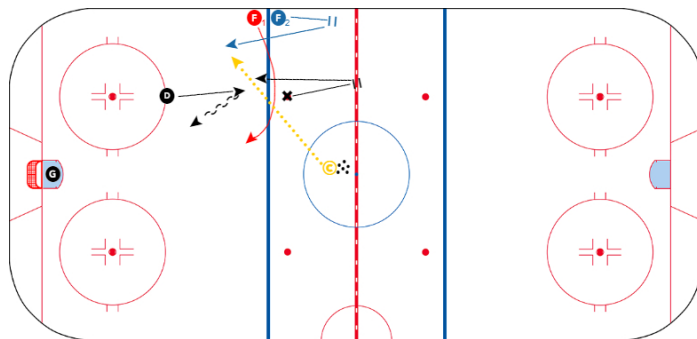
8 mins

Key Points:

- Hard, fast and intense game situation, **D** must force play

Description:

- **D** starts on knees, pressures puck and talks with backchecker (**X**)
- **X** starts on dot, must tag red line before jumping back in play
- **F** 1 and **F** 2 start with backs touching wall at the blueline
- **F** 1 to break across blue line while **F** 2 strides up wall, and then jumps back into the play via board lane
- Coach blows whistle to activate play, and will pass to either FWD for the rush



- Play it out

Drill By: Scott Rex, Brantford 99ers, Minor Midget

Rausch 2v1 Scissor

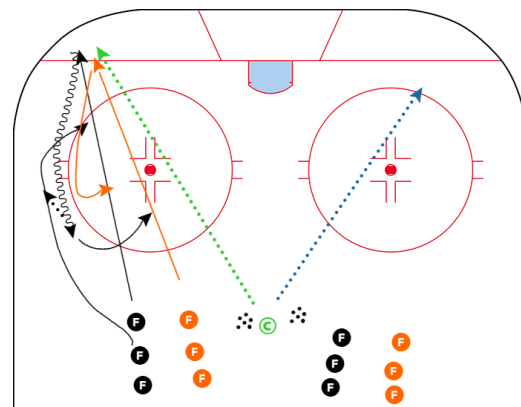
8 mins

Key Points:

- Puck races
- Battle/Compete
- Offensive Concepts
- Defensive Concepts

Description:

Coach chips puck into corner. Players race to puck and battle for possession. Whoever gains possession, comes up the half wall. 2nd F of team with possession jumps into play and does a scissor with puck carrier. Then, they attack the net 2v1.



2v1 Rebound

10 mins

Key Points:

Offense Key Points

- Anticipate rebound direction
- Players who arrive at the puck first should work on deceptive fakes with their body to escape from the corner.
- Shoulder checks (find pressure & support)
- The point should be active calling for the puck and moving to space.

Defense Key Points

- Have good stick position. Do not swing your stick as it will open up passing lanes and make you off balance.
- Try to force a bad angle shot.

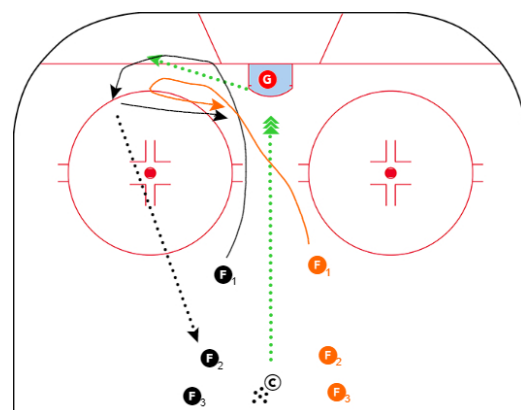
Description:

A coach or player dumps the puck on net and the goalie plays it to either corner. Both F1's compete for the loose puck after the rebound. Whoever gains possession must pass it to the point player to begin a 2 vs 1.

The drill is stopped after a goal, the goalie freezes it, or the puck is moved out of the zone.

Variations:

- Adjust F1 starting point (slot, net front, facing puck/net)
- Adjust F2 starting spot (point, high slot, corner)
- For younger players, shrink the space.



2v2 Zone Entry

10 mins

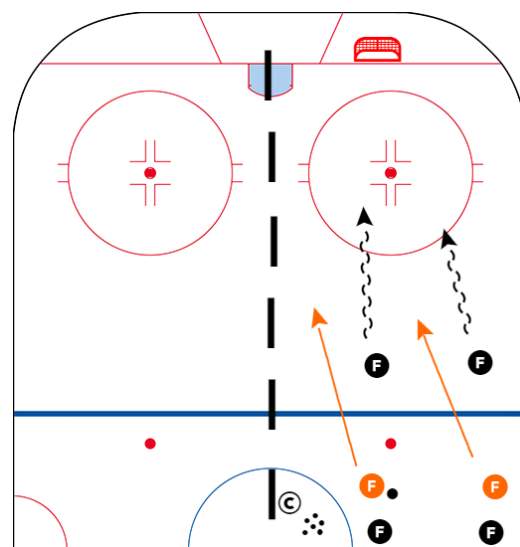
Key Points:

- scan ice before receiving puck;
- be ready to go north as soon as possible;
- find and attack open space;
- move feet to play body on body
- work to get above the puck

Description:

Two X start on defense and two O start on offense. The two O start with a line rush and attempt to score. If they do score they get a new puck to remain on offense. The two X defend the zone entry and try to break the puck out to their teammates (next two X) at the red line. They cannot pass to their teammates until they can skate the puck over the blue line. Once the defensive team makes a pass to their teammates, they are done and leave the zone. The drill becomes continuous.

Variation: Set barriers on dot lines and run station in middle of the ice.



2v2 Gretzky Game

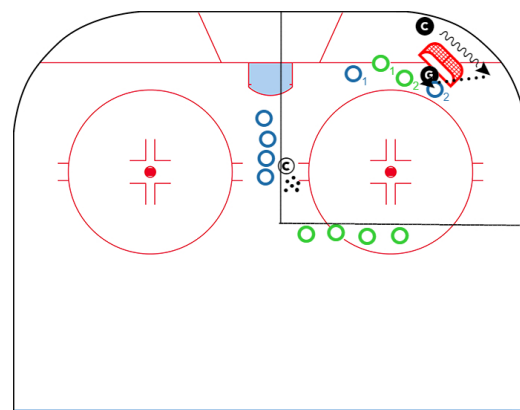
10 mins

Key Points:

Teach moving to get open and picking up sticks defensively.

Description:

Play 2v2 in the corner to gain possession of the puck. Whoever has it is on offense and must pass to Gretzky behind the goal line before he can attempt to score. Gretzky is encouraged to move laterally.



Angler 1v1 to 2v2

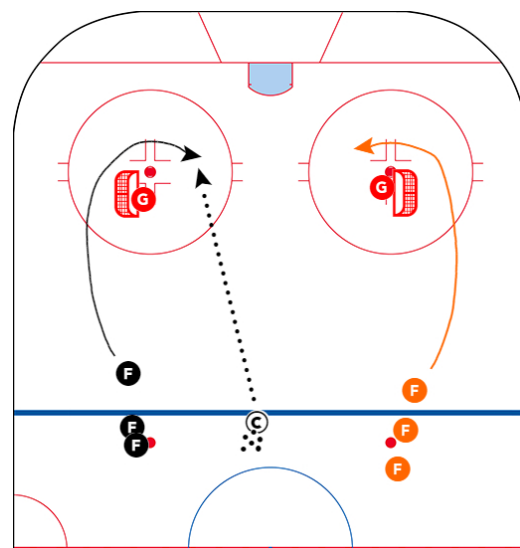
10 mins

Key Points:

- Forechecking player must create angle / turn skates
- Inside out

Description:

Players start by skating around their net and coach picks one (vary which side) player to fire a pass to. Player must catch the pass immediately coming out of his turn. The opposing player must angle and defend the player that has just caught the pass. Players then play out the scenario. If the defender steals the puck, he goes on offense and vice versa. Shifts should be 15-20 seconds. Progress to 2v2 as game moves along.



3v3 3rd Man High

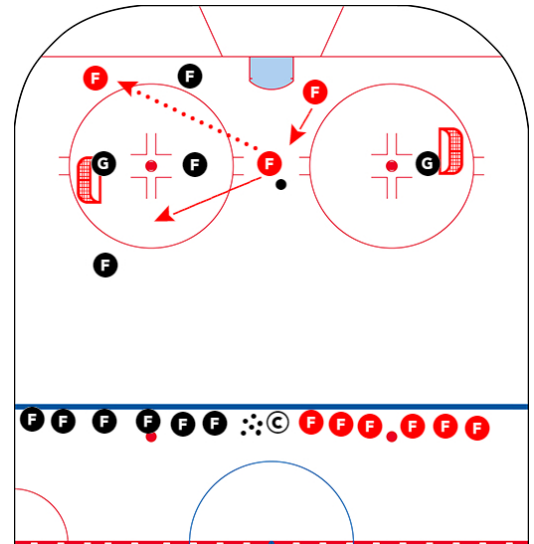
8 mins

Key Points:

- Offensive zone / Forecheck concepts
- Width & depth

Description:

Basic 3v3 cross-ice game where teams must keep their 3rd player above the half way line when on offense. Teams can rotate who that 3rd man is throughout play. Teams attempt to score on opposite end.



3v3 Breakout Game

8 mins

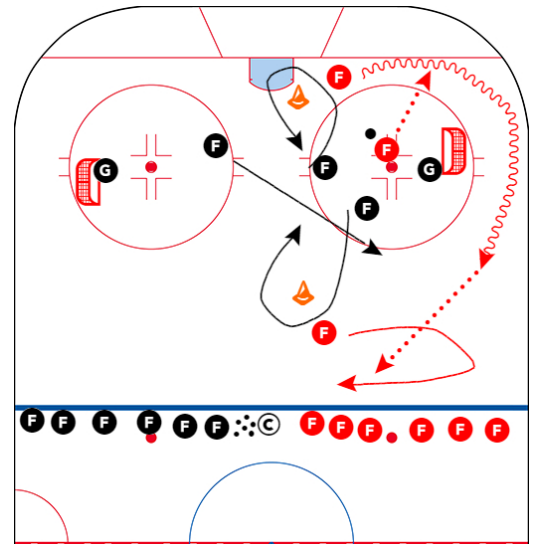
Key Points:

- All players should play offense & defense
- Transition quickly from offense to defense and vice versa
- Focus on angling and puck support

Description:

Basic 3v3 cross-ice game. On change of possession, team must swing behind their own net before attempting to score on opposite end.

To start, add cones and require forechecking (without puck) team must touch up before applying pressure to the team breaking the puck out. This gives a little more time to start the breakout.



3v2 Down Low

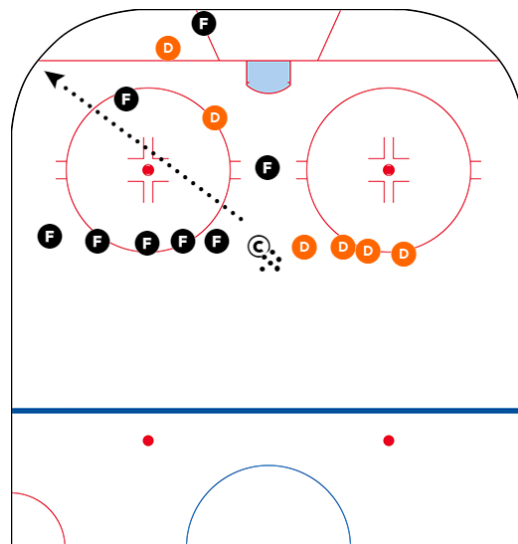
10 mins

Key Points:

- Puck support and possession
- Communication
- Off/Def Zone Concepts

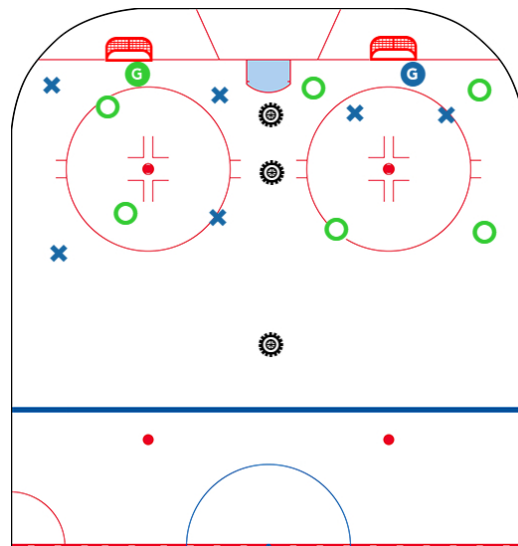
Description:

3v2 below the top of the circle. Defense must try to skate the puck out. Forwards try to score.



4v2 PP Game

10 mins



Montreal Skating

6 mins

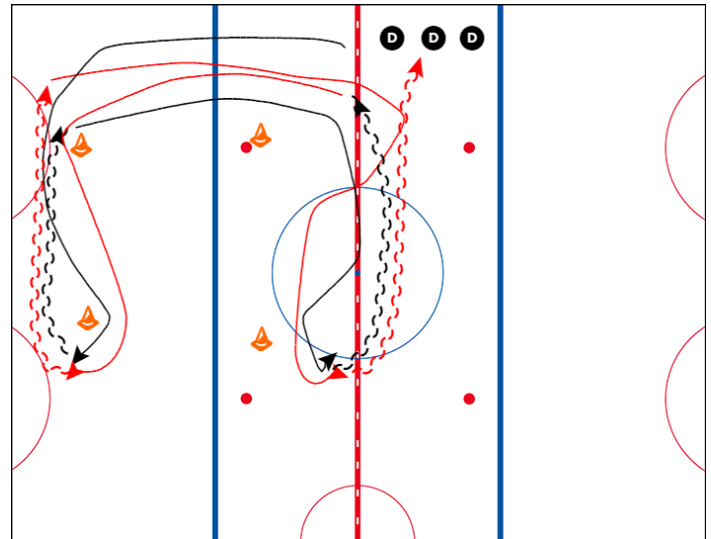
Key Points:

- Keep hips down, good knee bend on transitions
- Single cross under when transition backwards

Description:

Each player does two reps. Start with no puck. Progress to with puck.

Important to move cones throughout zone as ice will get beat up quickly.



Defense Transition Passing

10 mins

Key Points:

Good sticks, head up, underhandle

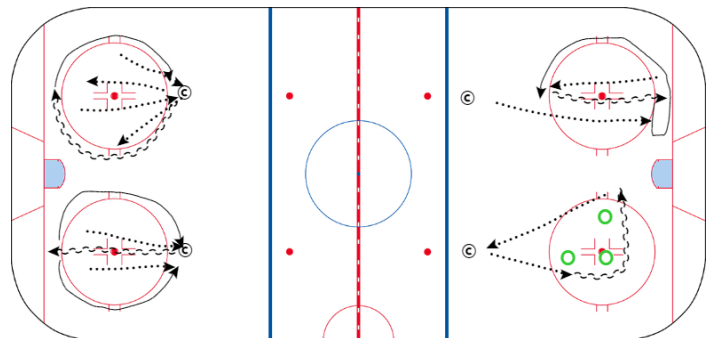
Description:

Circle Drill- Top Left, Continuous Passing

Half Circle w/ Escape: Upper Right

Butterfly Drill- Bottom Left

L Drill- Keep puck on Forehand: Lower Right



Passing Gate Game

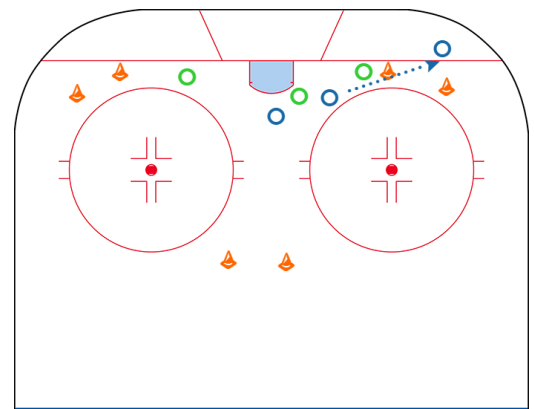
10 mins

Key Points:

puck support, possession and protection

Description:

A game where you score points by passing through the gates to your teammates.



4 Corner Passing

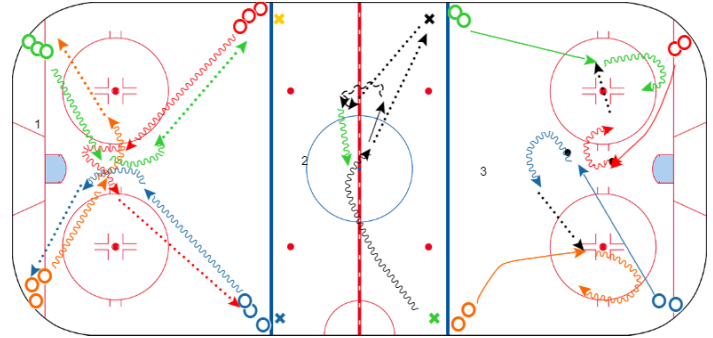
6 mins

Key Points:

Eye contact, good targets. Flat hard passes.

Description:

1. On whistle, first play in all four lines skates to the middle, dangles and then looks for another line for a give and go pass. Upon receiving the pass, he skates back to center and does it again until the next whistle. On the whistle the next player in line goes.
2. Variation- Same idea, all four players go to the middle but this time they open up like getting a breakout pass
3. 2 pucks start in the middle. the first two players to reach the puck, in this case ● and ● grab the puck, make an escape move then pass to one of the other open players. They in turn make an escape and pass it back until the next whistle and the next four players will chase after the two pucks



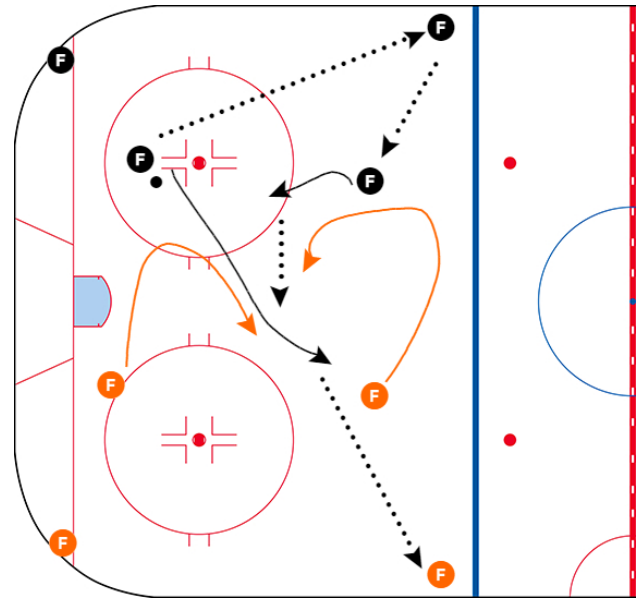
4 Corner Support Game

5 mins

Key Points:

- Puck support

Description:

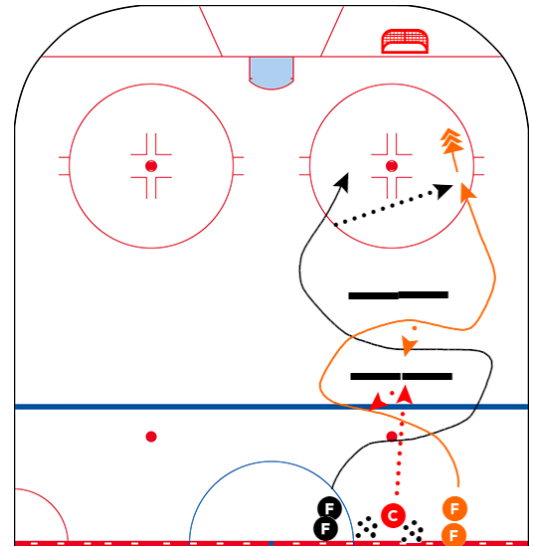


2v0 Scissor Rush

8 mins

Key Points:

Description:



Stretch Pass Shooting

8 mins

Key Points:

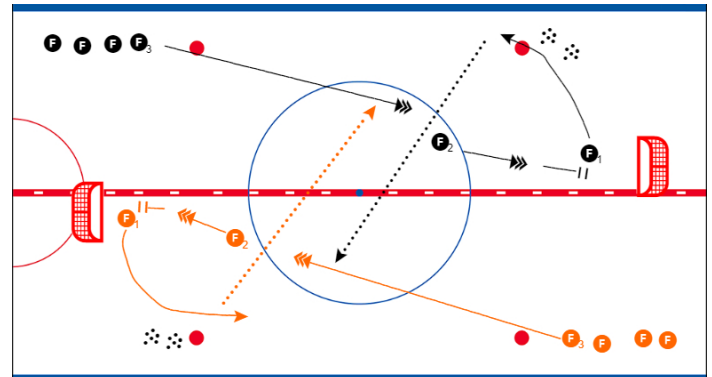
- Stop in front
- Try to read rebound
- Make & receive pass with feet moving
- Should have good pace

Description:

F1 - Starts in front of net to play rebound. After shot/rebound, goes to pick up puck and make stretch pass.

F2 - Receives stretch pass and shoots. After shot, stop in front and become F1

F3 - Next player up to become F2. Start skating after F1 heads to the corner to pick up puck.



Potulny Scoring

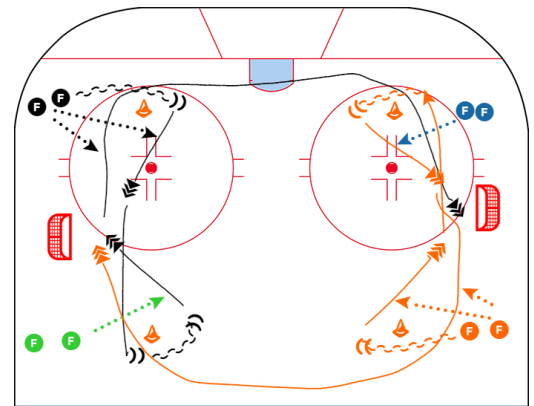
10 mins

Key Points:

- Quick release
- Keep feet moving

Description:

Start out of opposite corners. Backwards around first cone, receive pass from own line and shoot. Skate to other cone, transitions around cone, open up, receive pass and shoot. Skate towards first cone again, receive 3rd pass, go around far cone, cut in hard to net for 3rd shot.



1v1 Circle Keep Away

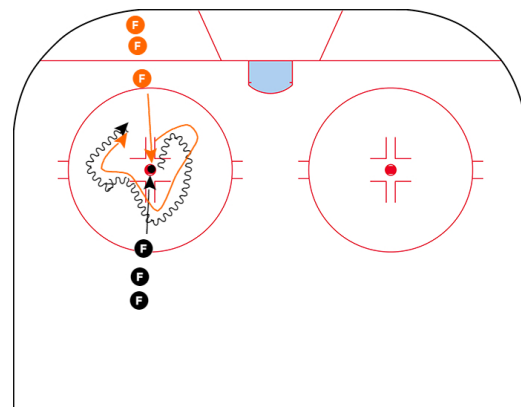
7 mins

Key Points:

- Quick start
- Stick positioning and poke checks
- Body positioning
- Deception - Attempt to create space!

Description:

Players start on opposite ends of the circle and race to a puck on a dot. The players battle for possession and then whoever gains control tries to maintain control and possession of the puck while staying within the circle.



Pivot Puck Control

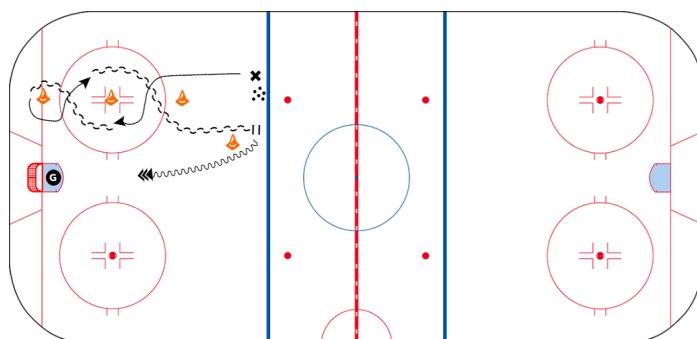
7 mins

Key Points:

- Keep the puck on forehand
- Keep speed in both backward-forward and forward-backward pivots
- Try to keep crossing of your feet to a minimum

Description:

- Players weave in and out of pylons, always face the middle pylon
- Focus on edgework, adding in mohawks



Circle Chaos Puck Protect

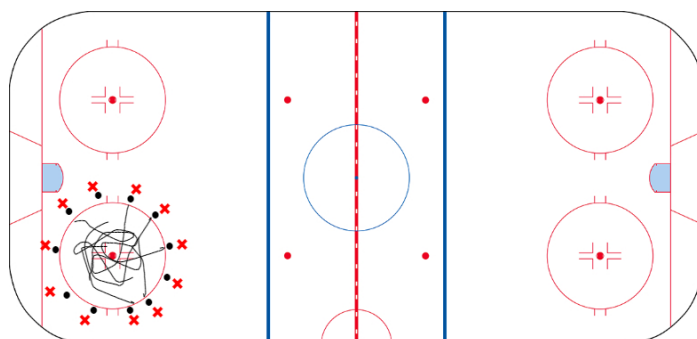
6 mins

Key Points:

- Be aware of who is around.
- Protect puck while being aggressive.

Description:

- Everyone graps a puck and lines up around the circle.
- When coach says go everyone enters circle.
- Objective is to be the last one standing with puck.
- Hit other players pucks outside circle while protecting yours.
- If your pucks goes outside the circle you're out. So grap puck and wait just outside circle.



Key Points:

Description:

