

WEEKLY PRACTICE FORMAT
PEE-WEE & BANTAM

<u>MONDAY (1ST PRACTICE)</u>		<u>TUESDAY (2ND PRACTICE)</u>		<u>THURSDAY (3RD PRACTICE)</u>	
10 minutes	Warm up- Agility Skating/Stretching	10 minutes.	Warm up- Agility Skating/Stretching	10 minutes	Warm up- Agility Skating/Stretching
15 minutes	Puck Control using 2/3rds of ice -8-12 minutes of Stickhandling -8-12 minutes of Passing Goalies using 1/3 of ice -movement drills -shooting drills	15 minutes	Puck Control using 2/3rds of ice -8-12 minutes of Stickhandling -8-12 minutes of Passing Goalies using 1/3 of ice -movement drills -shooting drills	15 minutes	Puck Control using 2/3rds of ice -8-12 minutes of Stickhandling -8-12 minutes of Passing Goalies using 1/3 of ice -movement drills -shooting drills
5-10 minutes	Passing Drills -Timing Drills -Flow drills (Blais Passing) -Incorporate board pass, drop pass, regrouping	5-10 minutes	Passing Drills -Timing Drills -Flow drills (Blais Passing) -Incorporate board pass, drop pass, regrouping	5-10 minutes	Passing Drills -Timing Drills -Flow drills (Blais Passing) -Incorporate board pass, drop pass, regrouping
10 minutes	Forward/Defense Split	10 minutes	Angling/Checking Drills -Stick to Stick checking -Limiting space, supporting checker (F1, F2)	10 minutes	Forward/Defense Split
10 minutes	1 on 1's, 2 on 1's, 2 on 2's, 3 on 1's, 3 on 2's	10 minutes	1 on 1's, 2 on 1's, 2 on 2's, 3 on 1's, 3 on 2's	10 minutes	1 on 1's, 2 on 1's, 2 on 2's, 3 on 1's, 3 on 2's
10-15 minutes	Positional Play -Breakout, Regrouping -Offensive/Defensive Zone Play -Neutral Ice Play -Face Offs	10-15 minutes	Positional Play -Breakout, Regrouping -Offensive/Defensive Zone Play -Neutral Ice Play -Face Offs	10-15 minutes	Positional Play -Breakout, Regrouping -Offensive/Defensive Zone Play -Neutral Ice Play -Face Offs
5-10 minutes	Small Area Game or Overspeed Skating		Small Area Game or Overspeed Skating		Small Area Game or Overspeed Skating

*******TO ADD VARIETY, CHANGE THE ORDER OF THE PRACTICE PLAN!!!**