



Hockey Alberta

Date: _____

Time: _____

Left Wing	Center	Right Wing

Drill No. : 1

Time: 10 Min

Title : Peters Skate

Category #1 : PEEWEE PROSPECTS CUP

Category #2 : PRACTICE 1

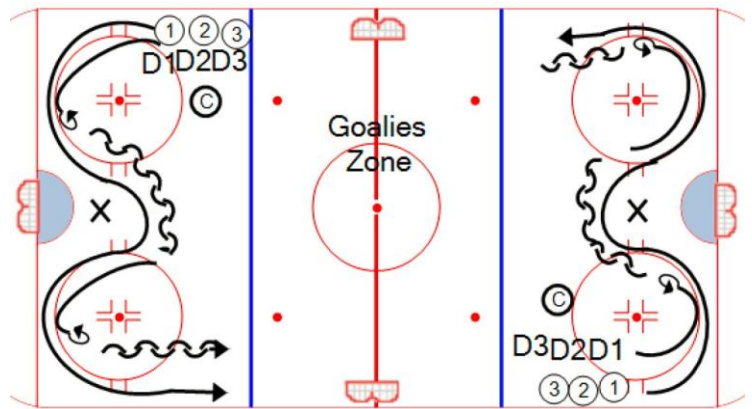
Description

01 Follows circle and around X (pylon)- carry puck and protect

01 mirror 01. transition skate (pivot) at the bottom of each circle. Keep 1 stick length gap control

Key Points: all go from 1 side (5 minutes) & then switch sides. Use both ends. 01 hand position on stick (Protect Puck), inside leg puck protect. 01 mirror, transition skate, tight gap.

Goalies in NZ - Letters / Mirrors



Drill No. : 2

Time: 10 Min/20

Title : Passing Warm up-Butterfly

Category #1 : PEEWEE PROSPECTS CUP

Category #2 : PRACTICE 1

Description

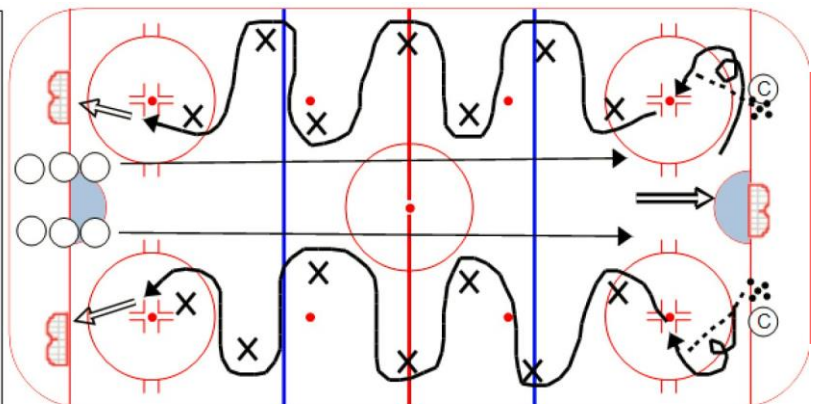
Start with 2 lines in front of the net. On the whistle, perform various pair passing skills.

1. One Touch
2. Pass and Follow
3. Cross and Drop
4. 1 Fwd/1 Bkwd
5. Transitions Skate and pass

Finish with a shot on net- both players go for rebound.

Both 01/02 open pivot support pass from Coach on other side. Weave through the cones (Protect puck/Tight Turns) and finish with a shot on goal.

-Vary path through cones. Tight turns, 360 turn, transition turns, eagle turns



Drill No. : 3

Time: 10 Min/20

Title : 0 Man Mobility Warm up

Category #1 : PEEWEE PROSPECTS CUP

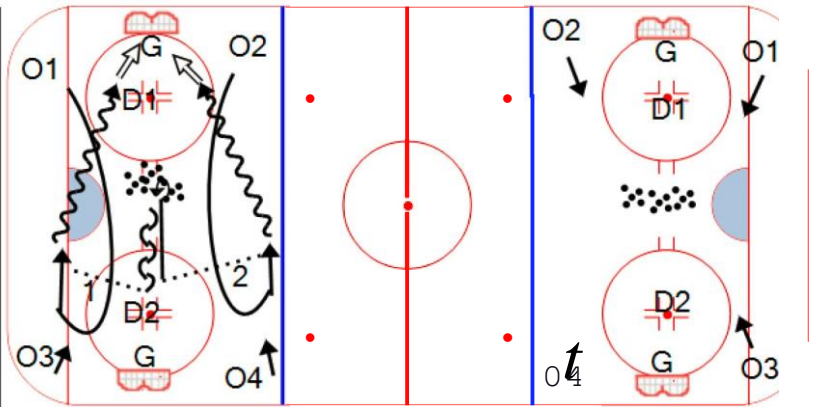
Category #2 : PRACTICE 1

Description

Go both ends at same time, sequence is pass left, pass right, Skate.

1. Players start on 4 Corners / Pucks are all in centre
2. 0 start on Face off dots
3. 0 Picks up puck , back peddles, F from left side (O1/O4) down, insideout, get pass from 0, 0 then touches up to face off dot, skates forward, gets another puck, back peddles, hits F (O2/O3) on the right side with pass, touches up to dot, picks up third puck and goes in for a shot on net
4. Fwds stay at net for rebounds

0- Feet up ice to make pass, transition pivots, first pass
 F- Low support, stick presentation, timing, net drive, follow shot, stay net front



Drill No. : 4

Time: 10 Min/30

Title : 1 vs. 1 Gap Control

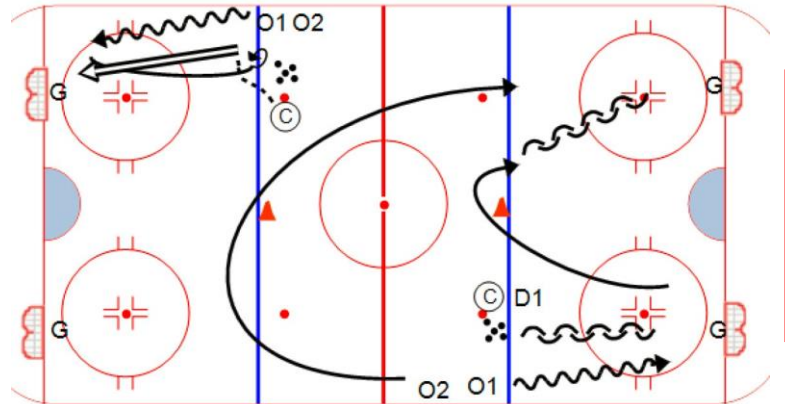
Category #1 : PEEWEE PROSPECTS CUP

Category #2 : PRACTICE 1

Description

01 vs 02 one on one starting at Blue line. Play out 1 vs 1 low (5 sec), Whistle, 01 comes back to the coach and opens up for a pass and a net drive on the same net. 01 Jumps up to close Blue line around the pylon to close the gap on 02 and play a second one on one. 02 on the whistle skates to far Blue line around the far pylon as diagrammed and attacks 01 at the far end. Opposite sides start at the same time. Change sides after 5 min.

Key Points: 0- transition pivot, gap control, line up shoulders, steer. F - Read gap, drive/ delay/ cut inside for shot



Drill No. : 5

Time: 10 Min/50

Title : Reading the Play

Category #1 : PEEWEE PROSPECTS CUP

Category #2 : PRACTICE 1

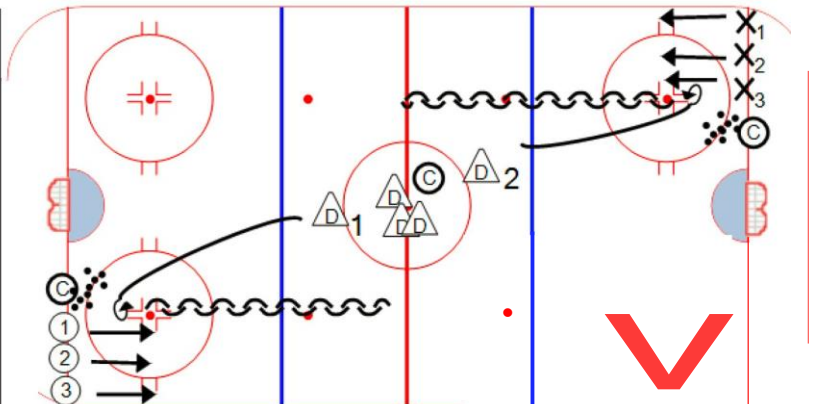
Description

- 01/ 02 skate fwd to their respective ends. They determine when they will transition pivot to play the rush. Read attack & play accordingly

- O's leave once the 0 has pivoted to bkwd, and attack.

Key Points: Reinforce speed, net drives, getting the shot and going for rebounds. Play out rush then play out zone play 5 sec. Change sides at 5 minutes. Coaches let 0 know how many leave on rush, teach 0 how to read & play rush. O's net drive with speed, get shot and play till whistle. Cloverleaf drill as a template.

*** Vary the rush from 1 vs 1 to 3 vs 1 ****



Drill No. : 6

Time: 10 Min/60

Title : 1 vs 1/ 2 vs 2 Continuous

Category #1 : PEEWEE PROSPECTS CUP Category #2 : PRACTICE 1

Description

1 vs. 1 - 01 starts with the puck, must skate over the BL before turning back to attack 01. 01 jumps into close gap, transition pivots and steers 01
WHISTLE
02/ 02 start same pattern at opposite end. 01 jumps to join the rush to support 02. 01 backchecks to play defense and support 02.
Continuous
Key Points: Drill starts as a 1 vs 1 but turns to continuous 2 vs 2. Allow low play to play out before whistle. Communication; identify check & pick up man (odd or even rush), positioning by both offensive and defensive players. Net drive & Getting shot

