



Hockey Alberta

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Drill No. : 1

Time: 5 MIN

Title : PEARN 1vs1

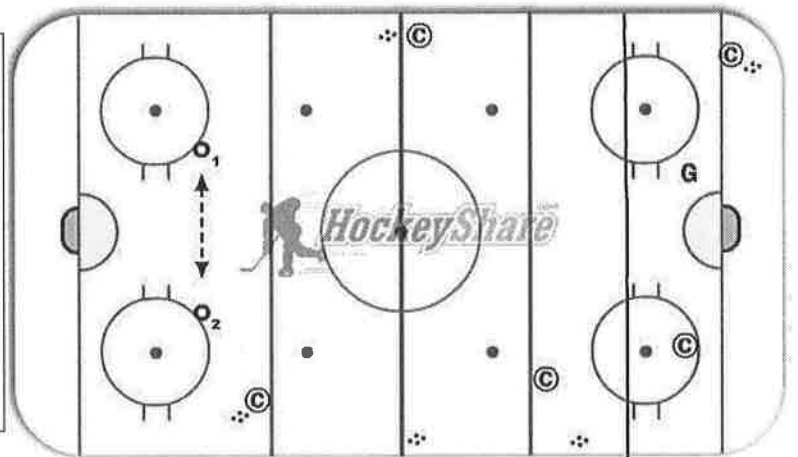
Category #1 : PEEWEE PROSPECTS CUP

Category #2 : PRACTICE 2

Description

Warmup
 Partner pass and use:
 a) Evasive Moves
 b) Puck Protection

Partners pass, on the whistle player with the puck protects it and uses evasive moves
 Goalies – 1 end – Movement and Puck handling



Drill No. : 2

Time: 20 MIN

Title : (A) 1vs1 2vs1 2vs2

Category #1 : PEEWEE PROSPECTS CUP

Category #2 : PRACTICE 2

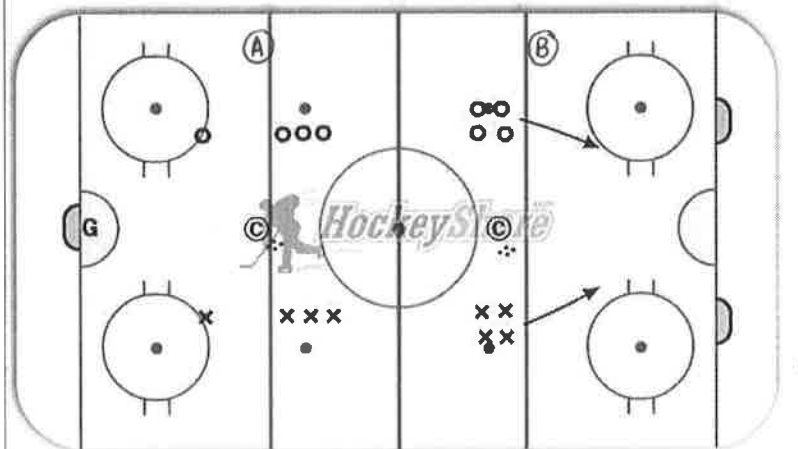
(B) 2vs0 1vs1 Description

Drill A
 Game begins 1vs1 – Coach gives puck to one team
 -5-10 seconds 2vs1, coach gives puck to opposite team
 -5-10 seconds 2vs2, coach gives puck to other team
 Spot new puck on goals or goalie covers

Key teaching points:
 Coach can either direct pass each time or spot puck for puck race/battle

Drill B
 Players attack opposite nets. Can choose to play 2vs0 or 1vs1, once goal is scored find a second puck support teammates and try to score

Key teaching points:
 Puck support/read and react
 20-30 second shifts
 New puck on goals
 Habits/support/creativity



Drill No. : 3

Time: 20 MIN

Title : 3vs2/3vs2, 1vs1 (x3)

Category #1 : PEEWEE PROSPECTS CUP

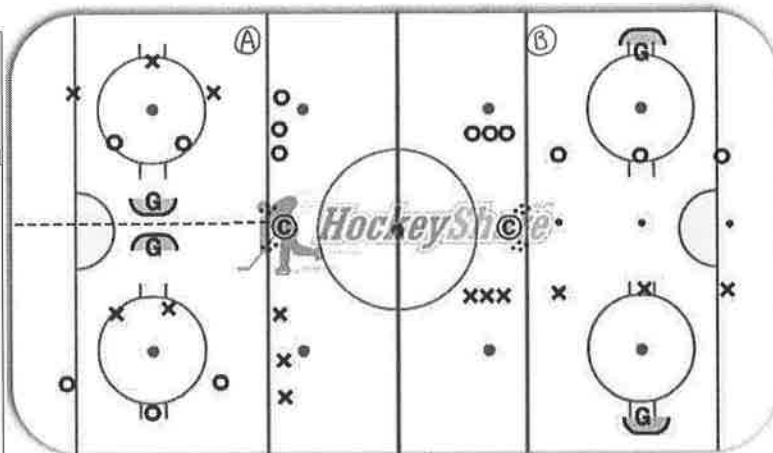
Category #2 : PRACTICE 2

Description

Drill A
3vs2/3vs2
-1 puck for the 2 sides, outnumbered scoring opportunity, players must stay on own half
-Once goal is scored or covered spot new puck (30 second shift length)

Drill B
1vs1 (x3)
-3x 1vs1 at once, make sure goalie is looking, only 1 shot at a time, once your puck is done start supporting teammates

Key teaching points:
Try to score, short shifts, pucks on net
Puck support (both sides), outscore opponent



Drill No. : 4

Time: 10 MIN

Title : Full Ice 4 on 4

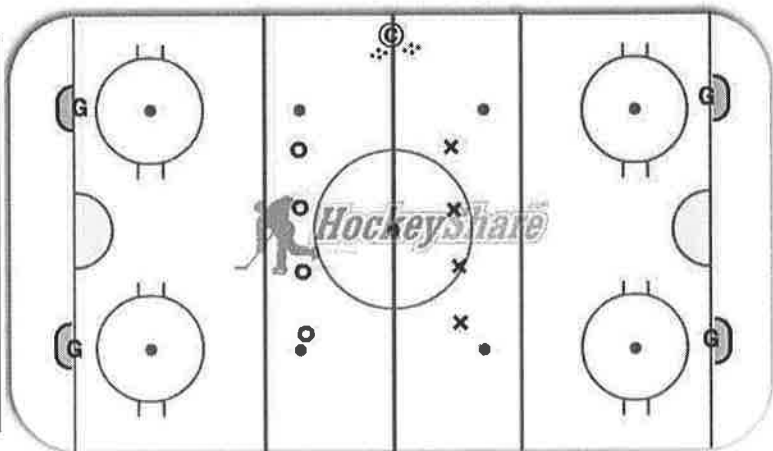
Category #1 : PEEWEE PROSPECTS CUP

Category #2 : PRACTICE 2

Description

Coach spots 1-4 pucks and on the whistle, 4 players leave each bench. As goals are scored the puck stays in the net and players support teammates.
Change once all 4 pucks are in the net

Key teaching points:
Short shifts (30-40 seconds)
Competition
Goalie needs to be ready before you shoot (1 shot at a time)
1vs1 and team skills



Drill No. : 5

Time: 5 MIN

Title : Goalie Shootout

Category #1 : PEEWEE PROSPECTS CUP

Category #2 : PRACTICE 2

Description

1vs0
2vs0
The ends are independent of each other
Opposite corners start at one time
Can shoot on either net (players choice)
3 minutes 1vs0, 2 minutes 2vs0

Key teaching points:
5-7 second time limit to shoot
Competition – most goals
Evasive breakaway moves
Goalies must always be ready

