



PHASE III

Phase III of the Pee wee Manual is designed to assist coaches in developing practice plans for the first three months of a child's second year in the Pee wee Program. Each lesson plan should be repeated 2-4 times. A logical progression is as follows for the months of October, November, and December:

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



ICE OBJECTIVES

SKILL FOCUS

LESSON 17 OBJECTIVES

1. Shooting
2. Transition
3. Cycling
4. 1 on 1 play

- Shooting in stride
- Quick release
- Puck support
- 1 on 1 tactics

LESSON 18 OBJECTIVES

1. Shooting in stride
2. Scoring
3. Transition
4. Forechecking
5. Backchecking

- Scoring
- Defensive awareness
- Puck support
- Puck protection

LESSON 19 OBJECTIVES

1. Shooting / scoring
2. Transition
3. Head manning the puck
4. Forechecking / D zone coverage

- Shoot to score
- Puck control
- Read and React
- Support off of the puck

LESSON 20 OBJECTIVES

1. Refine shooting skills
2. Zone entries
3. Regroups
4. Transition - 2 on 1, 3 on 2

- Pass and shooting combinations
- Passing and moving
- Pass and follow / cross and drop
- Puck support

LESSON 21 OBJECTIVES

1. Receiving options
2. Skills refinement
3. Regroups
4. Angling
5. NZ support

- Quick / accurate passing
- Acceleration upon puck reception
- Review of angling concepts
- Play away from puck
- Communication

LESSON 22 OBJECTIVES

1. Puck support
2. Finding open ice
4. Headman passing
3. Timing
5. Puck protection / backchecking

- Flat passes
- Scoring
- Pass / receive in stride
- Backchecking

LESSON 23 OBJECTIVES

1. D to D passing
2. Refine shooting skills
3. 3 man net drives
4. Angling / timing

- Passing support
- Quick release shooting
- Skating agility
- Head man passing
- Competition

LESSON 24 OBJECTIVES

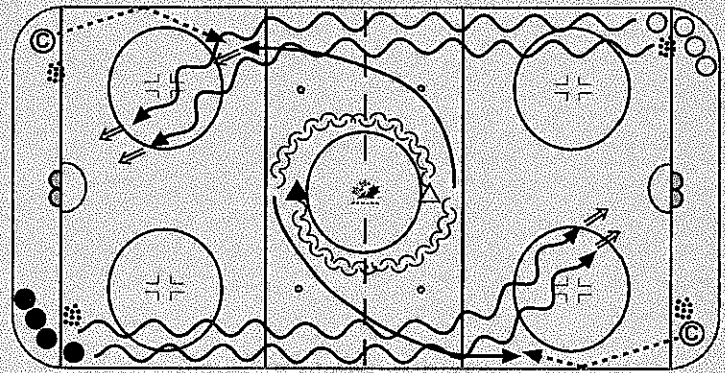
1. D to D passing
2. Refine shooting skills
3. 3 man net drives
4. Transition

- Puck control creativity
- Scoring
- D to D passes
- Defensive positioning

5 MIN

2 ON 0 WITH POINT SHOT

- Pucks in all 4 corners.
- Forwards in opposite corners.
- Coach in opposite corners.
- On whistle, 2 forwards with pucks skate down the boards, shoot and stay in front of the net.
- At the same time Δ at centre ice pivots forwards and backwards around circle then skates to blue line to receive puck from coach and finishes with a shot on net with forwards screening / deflecting.
- Players from both ends go at the same time on the whistle.



15 MIN

SKILLS STATIONS

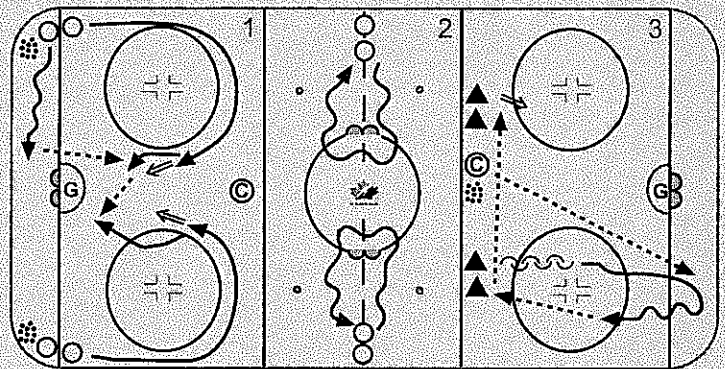
1. SHOOTING / SCORING - 3 SHOT PASS OUT

- Players in opposite corners with pucks. On whistle player from top corner skates around top of circle and shoots in stride. When player gets to top of circle, player from opposite corner skates around top of circle and shoots in stride. As soon as shot is taken, second player from original corner skates behind net, passes to either player in front of net.

2. AGILITY NETS

- Place 2 nets on both sides of the centre circle. Players line up on boards on opposite sides. On whistle, first player from each line skates around nets performing various skating moves. Add pucks and / or second player as progression

3. SHOOTING / SCORING - D PASS AND SHOOT

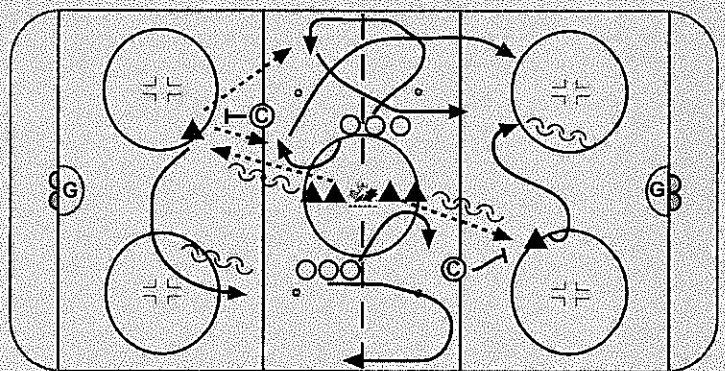


- D line up just inside blue line. Coach dumps puck into corner, D retrieves, passes back to second D in line who then passed D to D for shot on net. Original player go to net for tip or rebound.

10 MIN

TRANSITION OPTIONS

- First D releases and gets pass from next D in line
- F1 releases and stretches as far as possible staying on side
- F2 supports low in the middle
- Depending on Coaches position D passes to F1 or F2
- First option is F1

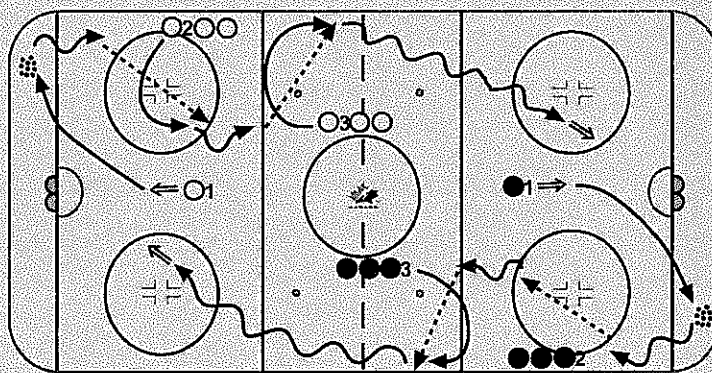


KEY EXECUTION POINTS

- D stay off boards to give yourself an angle for indirect pass
- F1 stay about stick length off boards to protect puck
- F2 save ice for support through middle
- F2 go with speed on stretch pass

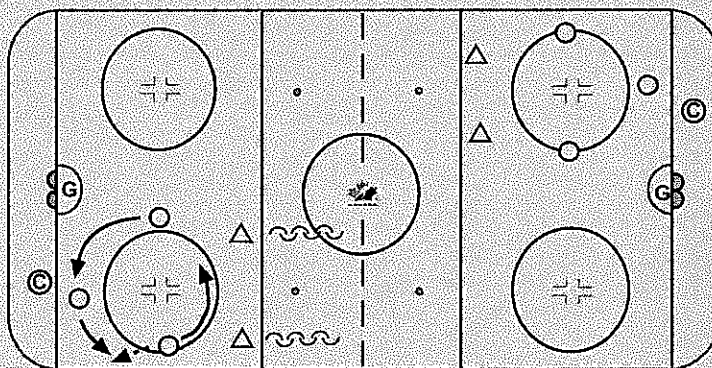
10 MIN LADDER/SWING DRILL

- 1 shooter at each blue line ready to go in and shoot on net.
- ○1 at hash mark at opposite ends.
- ○2 at bottom of center ice circle on both sides.
- Shooter goes in and shoots on net then goes to corner to pick up puck.
- ○1 times his skate and curls to mid ice for a pass from the shooter.
- ○2 is also timing his skate and is coming down to top of circle and curling towards the boards for a pass from ○1.
- Both ends at the same time.



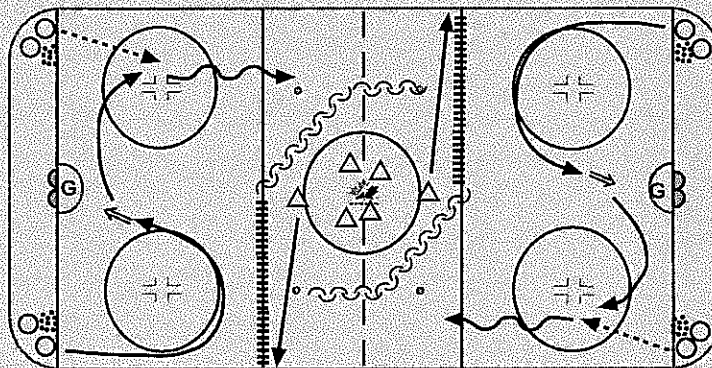
10 MIN CYCLE ATTACK 3 ON 2

- 3 fws start around circle, 2 D just inside blue line.
- On whistle, 3 fws cycle puck, on coaches signal, they attack net, then pick up second puck and attack 3 on 2 to far end.
- Both ends at same time, must stay on own half of ice until centre rd line, then can spread out.



10 MIN OLYMPIC 1 ON 1

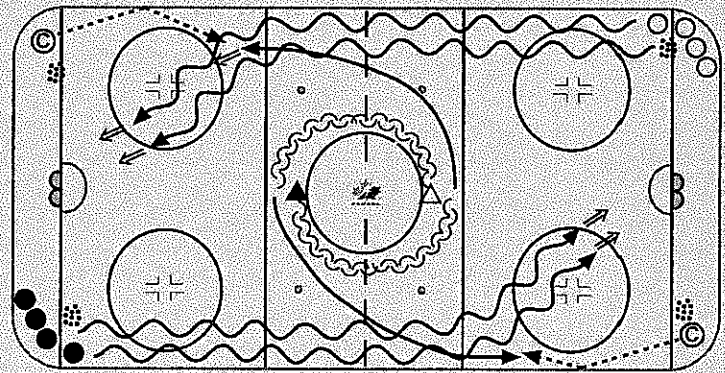
- Forwards in all 4 corners, D at centre ice. On whistle D skates to side boards, touches with stick, lateral crossovers (or bwds) back to centre to play oncoming forward back 1 on 1.
- Defense must move feet quick.
- Forwards must attack with speed.
- Turn into 2 on 1 or 2 on 2 from each direction by adding second forward and / or second D.



5 MIN

2 ON 0 WITH POINT SHOT

- Pucks in all 4 corners.
- Forwards in opposite corners.
- Coach in opposite corners.
- On whistle, 2 forwards with pucks skate down the boards, shoot and stay in front of the net.
- At the same time Δ at centre ice pivots forwards and backwards around circle then skates to blue line to receive puck from coach and finishes with a shot on net with forwards screening / deflecting.
- Players from both ends go at the same time on the whistle.



15 MIN

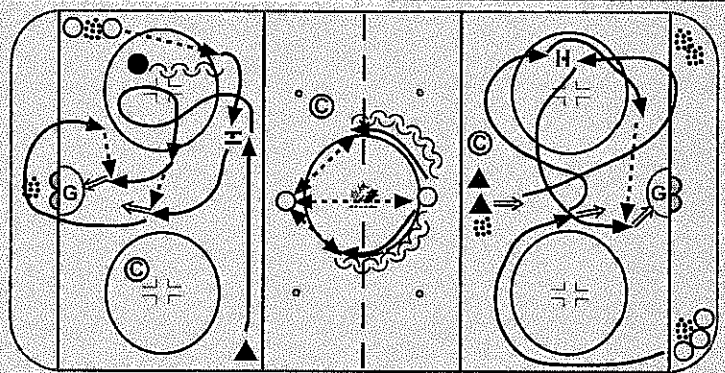
SKILLS STATIONS

1. SHOOTING / SCORING - 3 SHOT DROP AND MOVE

- Players in corner with pucks. D just inside blueline on far side. On whistle, 1st fwd from corner, skates bwd and receives pass from 2nd player in line. D skates across blueline, receives drop pass from 1st fwd. 1st fwd moves toward the net, while D delays and then makes a backdoor pass to 1st fwd. After shot, 1st fwd skates behind net, picks up a puck and passes to D for 2nd shot.

2. PASS AND MOVE

- One skater at top of circle, acts as passer. Skater starts at bottom of circle. On whistle, skater must skate to either side of the circle pass to receiver, get puck back and then skate to bottom of circle, pass / receive and then to opposite side and pass / receive.

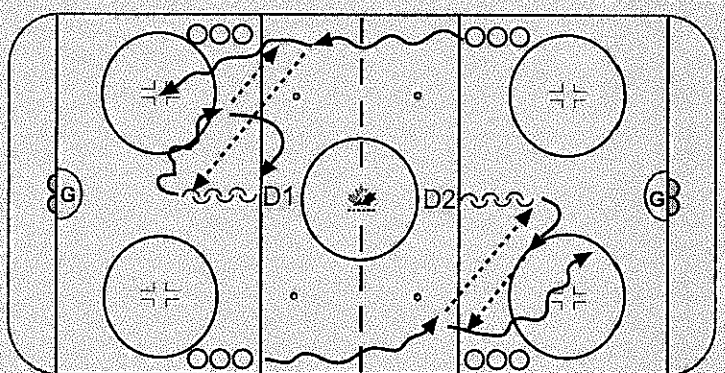
**3. SHOOTING / SCORING - 3 SHOT DROP / SUPPORT**

- D start in middle of ice just inside blueline, Fwds in corners. On whistle, D starts play with shot on net, Fwd follows from corner with 2nd shot. D then retrieves puck from corner, skates up ice and drops to Fwd who skates around top of opposite circle after shot. D heads to net to get backdoor pass from fwd. Alternate sides.

10 MIN

NZ UP - 1 ON 0

- D1 and D2 on blue line in middle.
- D receives pass from forward skating toward them.
- Fwd then skates to support for return pass, then skates down for shot - STOP AT NET AFTER SHOT
- D gets back to middle and looks for pass from other side.

**KEY EXECUTION POINTS**

- Players sprint to puck in straight line
- Stop and quickly go back

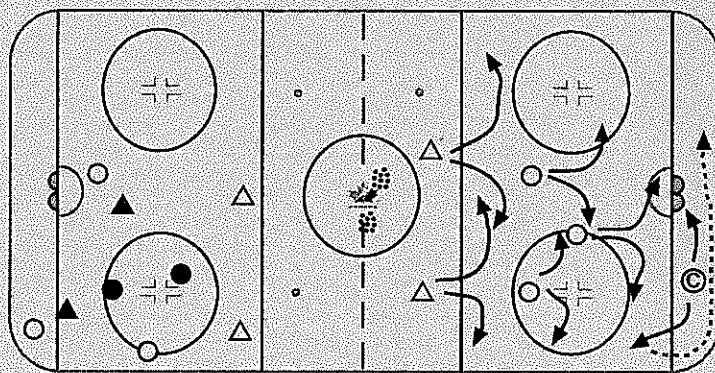
15 MIN OFFENSIVE TACTICS

1. FORECHECK

- 1-2-2 forecheck
- Coach carries puck around outside of boards and forecheckers have to react by staying in formation to where the puck goes.

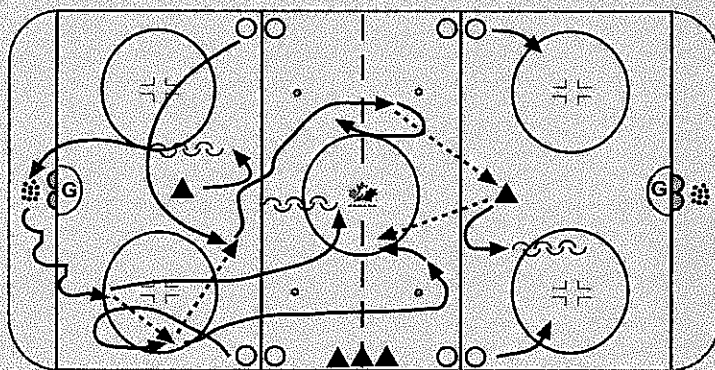
2. OFFENSE / DEFENCE

- Offensive zone puck movement / cycle. Have offensive players pass puck around from person to person-
- Defense must move into position to cover defensively, but not take away puck until coach says go - to play it live



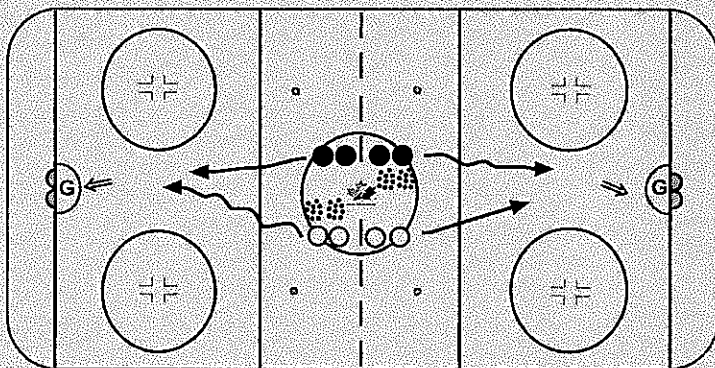
10 MIN CONTINUOUS 2 ON 1

- D picks up puck behind net, passes to forward on the wall, other forward takes off far wall at the same time.
- Fwds, support puck and skate up ice 2 on 0
- Fwd with puck passes to far D, fwds then re-group - 1 stretch, 1 low, D can pass to either to go back on original D 2 on 1.
- D who started regroup then retreats to own end to start sequence from the other end



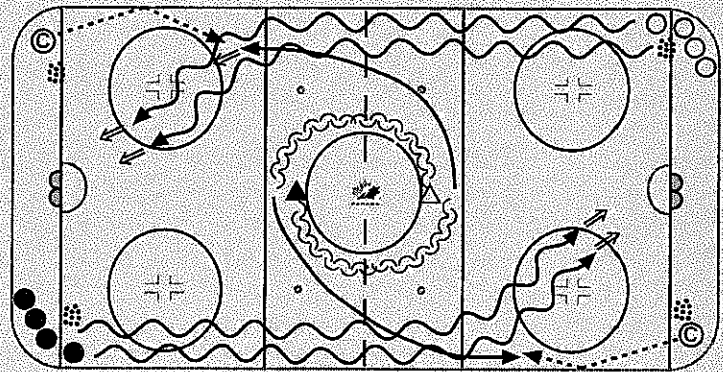
5 MIN BACKCHECK SHOOTOUT

- Players line up in two lines at centre - both directions.
- Players in left line down on one knee, players in right line have puck
- When coach says go, player with puck has to drive net while protecting the puck, player without puck has to try and get puck away.
- Alternate lines



5 MIN 2 ON 0 WITH POINT SHOT

- Pucks in all 4 corners.
- Forwards in opposite corners.
- Coach in opposite corners.
- On whistle, 2 forwards with pucks skate down the boards, shoot and stay in front of the net.
- At the same time Δ at centre ice pivots forwards and backwards around circle then skates to blue line to receive puck from coach and finishes with a shot on net with forwards screening / deflecting.
- Players from both ends go at the same time on the whistle.

**15 MIN SKILLS STATIONS****1. SHOOTING / SCORING - DOWN LOW PLAY**

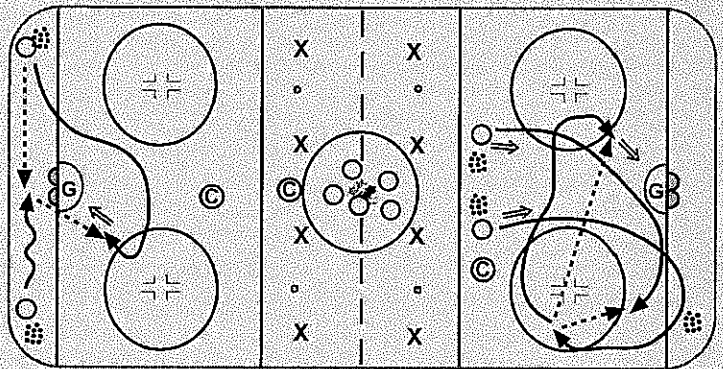
- Players in opposite corners with pucks. On whistle, both players skate towards the back of net, player with puck, makes pass, then moves to net front. Other player then has to make pass from behind net.

2. PUCK CONTROL

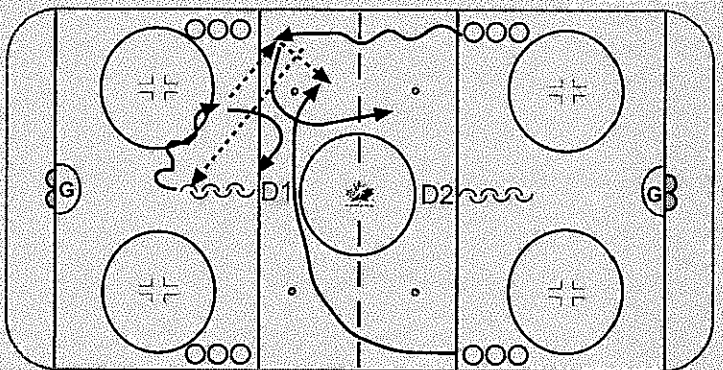
- Place pylons in a straight line as shown. Players get pucks and randomly make moves around each pylon. Encourage, quickness, agility and deception

3. SHOOTING / SCORING - 2 SHOT DROP TO BACK DOOR

- 2 lines in middle of ice, just inside blueline. Each player goes in for shot on net, player closest to boards, skates to corner, picks up a puck, and drops it to the 2nd player who follows for support. 2nd player then passes to first player for a backdoor play

**10 MIN NZ UP - 2 ON 0**

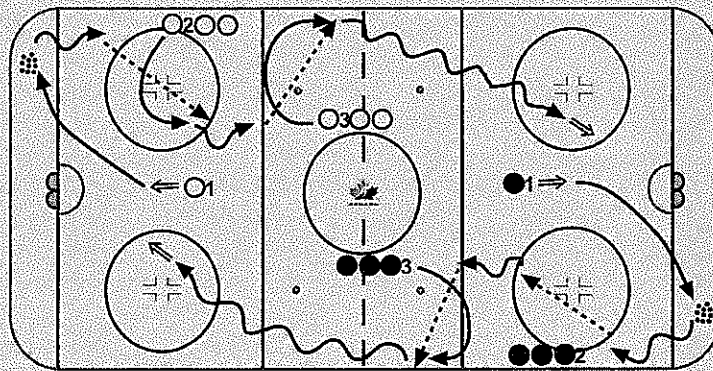
- Same as above except 2 fws skate toward D.
- F1 moves puck to D1 and gets return pass.
- F2 provides middle support to D1 and low support, with speed, to F1.
- F1 can chip puck to F2 or give a direct pass.
- F's go down 2 vs 0 while 2 F's leave from the other blue lines.

**KEY EXECUTION POINTS**

- D move your feet
- F2 get over to provide middle support below F1

10 MIN LADDER/SWING DRILL

- 1 shooter at each blue line ready to go in and shoot on net.
- ○1 at hash mark at opposite ends.
- ○2 at bottom of center ice circle on both sides.
- Shooter goes in and shoots on net then goes to corner to pick up puck.
- ○1 times his skate and curls to mid ice for a pass from the shooter.
- ○2 is also timing his skate and is coming down to top of circle and curling towards the boards for a pass from ○1.
- Both ends at the same time.



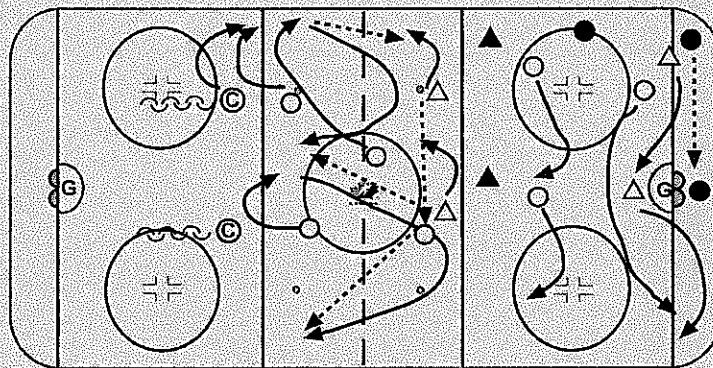
15 MIN FORECHECK/D ZONE COVERAGE

D ZONE COVERAGE

- Attacking team moves puck from corner, to behind net, to other corner, to point, Defenders rotate - wingers stay above ringette line.

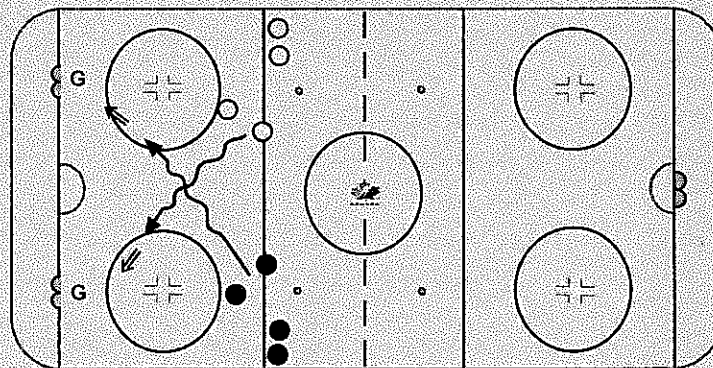
NZ FORCHECK / OFFENSIVE ZONE FORECHECK.

- Start with pass to coach, turns to outside, near side forward, takes body on wall, Centre comes in for support gets puck, and passes back to D. D to D pass, weak side winger curls for far boards receives pass, dumps in far corner, repeat forecheck in Offensive zone, pass back to D.



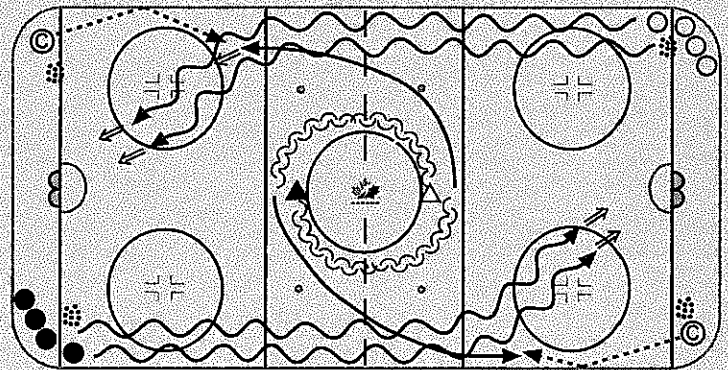
5 MIN 2 ON 2 STEAL PUCK

- Place nets at one end on the goal line.
- 2 skaters from each line have to skate cross ice to score on the diagonal goal.
- If one team scores first, they can go and try to steal the puck from the other team and score twice.
- Play to 10



5 MIN 2 ON 0 WITH POINT SHOT

- Pucks in all 4 corners.
- Forwards in opposite corners.
- Coach in opposite corners.
- On whistle, 2 forwards with pucks skate down the boards, shoot and stay in front of the net.
- At the same time Δ at centre ice pivots forwards and backwards around circle then skates to blue line to receive puck from coach and finishes with a shot on net with forwards screening / deflecting.
- Players from both ends go at the same time on the whistle.



15 MIN SKILLS STATIONS

1. SHOOTING / SCORING – PASS AND SHOOT

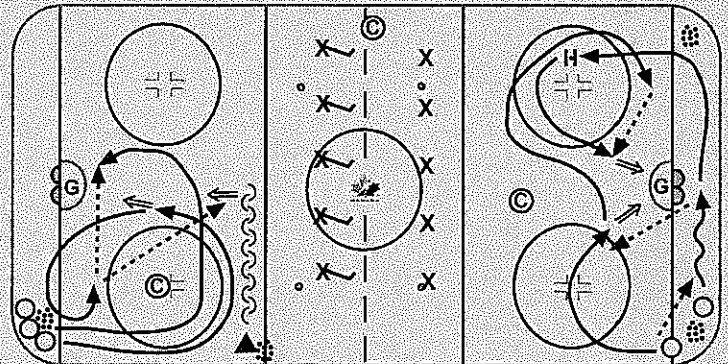
- Fwds in corner with puck – D along boards at blueline with pucks. Fwd skates along top of circle, takes shot on net – stays net front. D walks along blueline and shoots when in the middle of the ice. 2nd fwd leaves corner and goes to net front, 1st forward leaves net front, picks up second puck and passes to either the fwd in net front of to D at point.

2. PUCKHANDLING – AGILITY STICKS

- Place pylons or sticks on pylons in NZ and have the players work on quick hands / moves / deception

3. SHOOTING / SCORING – GIVE AND GO

- All fwds in same corner, pucks in both corners. 1st fwd walks up wall with puck, passes down low to 2nd fwd who skates behind net can pass out short side or carry around and pass from far side. After 1st shot,



low fwd picks up puck from far corner, walks up wall and drops puck to 1st fwd who slides over to support then receives pass back for 2nd shot on net.

10 MIN OFFENSIVE TACTICS

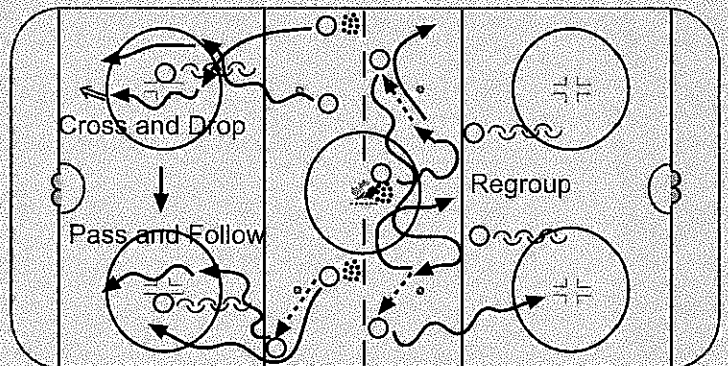
Divide players into two groups

1. NZ REGROUP

- Players in 3 lines at centre – puck carrier skates towards blueline, turns back and passes to team mate. Team mate then approaches blueline and does the same thing.
- Work on puck possession. When coach says GO – play live and attack net 3 on 0. Progress to 3 on 2 where D steps up to pressure at blueline forcing regroup.

2. ENTRIES

- Two lines outside the blueline at the dots on each side.
- Players alternate sides by entering zone 2 on 1 and

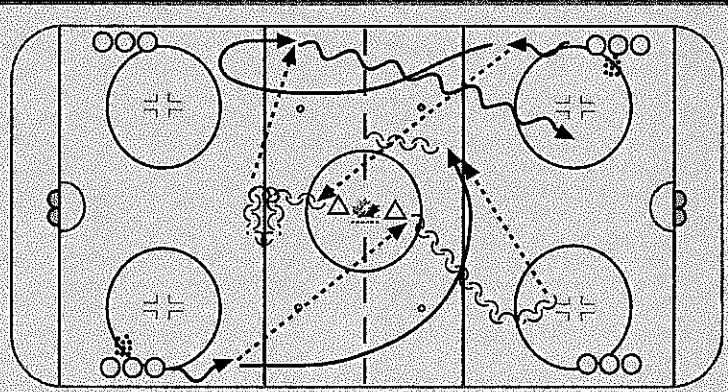


performing various moves to get open shot on net.

- Cross and Drop
- Pass and Follow
- 1 up

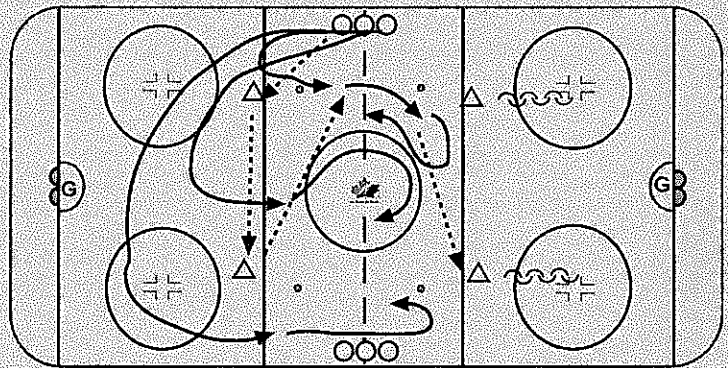
10 MIN NZ UP AND WHEEL

- Fwds on the wall at the hash marks in both ends. D in the centre circle.
- Progression 1 - On whistle, Fwd skates with puck towards D who starts skating bwds, makes pass, D transitions fwds and makes pass to Fwd who turns towards wall and then skates in for shot on net.
- Progression 2 - Fwd make pass to stationary D right away, D skates bwd with puck to own ends saving ice until Fwd is open to pick up miss in full stride in middle of the ice.
- Stop at net after shot. Both sides go at same time, can have D turn and play 1 on 1 coming from the other end.



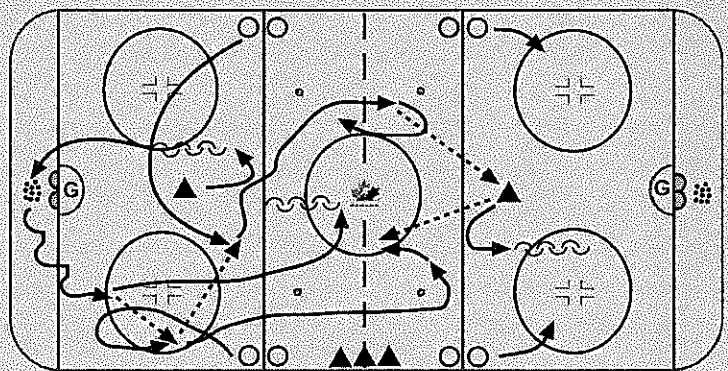
10 MIN NZ REGROUP ON WHISTLE

- Fwds start on boards at red line, D on blue line
- On whistle, first three Fwds start with first in line passing one of the D, who then makes a D to D pass to partner.
- 3 Fwds then fill lanes going up ice, receive pass from D and attack 3 on 2. If coach blows whistle, then fwds pass to opposing D, regroup and attack 3 on 2 back the other way.
- Every time, whistle is blown, a regroup is performed, finish with 5 on 2. Alternate sides.



10 MIN CONTINUOUS 2 ON 1

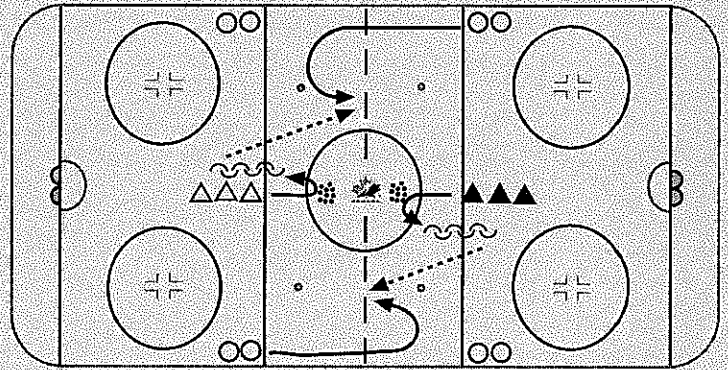
- D picks up puck behind net, passes to forward on the wall, other forward takes off far wall at the same time.
- Fwds, support puck and skate up ice 2 on 0
- Fwd with puck passes to far D, fwds then re-group - 1 stretch, 1 low, D can pass to either to go back on original D 2 on 1.
- D who started regroup then retreats to own end to start sequence from the other end



10 MIN

D MAN MOBILITY WARMUP

- Go both ends at same time, Sequence is Pass Left, Pass Right, D Skate
- Players start on 4 corners of Blue lines
- All the pucks are in the center circle.
- D start inside blueline in centre of ice
- D picks up puck, back peddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, back peddles to blue line and hits F from the right side with pass, touches up to blue line, picks up third puck and goes in for shot on net.
- Progression – Split the D side to side, so they alternate retrieving puck and make a D to D pass



15 MIN

SKILLS STATIONS

1. GOALIE OUTLET PASS

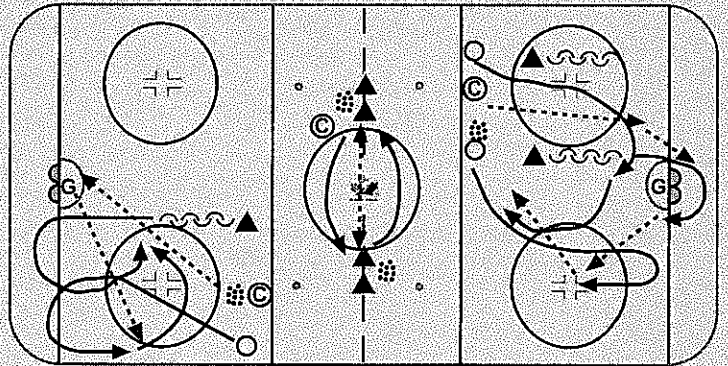
- Coach shoots puck on goal. Fwd along wall, swings down low to receive outlet pass from goalie. D retreats to play 1 on 1 from fwd who regroups after outlet pass.

2. QUICK SPRINT PASS

- Have players line up in 2 lines opposite each other on the circle. Players 1 touch pass and receive and skate to back of opposite line. Keep going until pass is missed then start over.

3. 2 ON 2 BREAKOUT / REGROUP

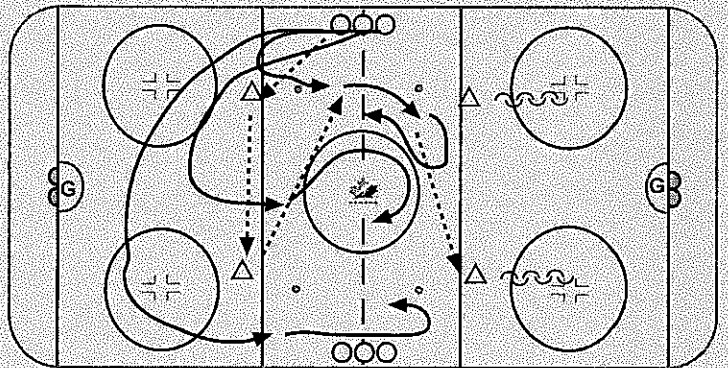
- Coach spots puck behind net for D to retrieve puck and make outlet pass to one of the 2 fwds. Fwds regroup and attack 2 on 2



10 MIN

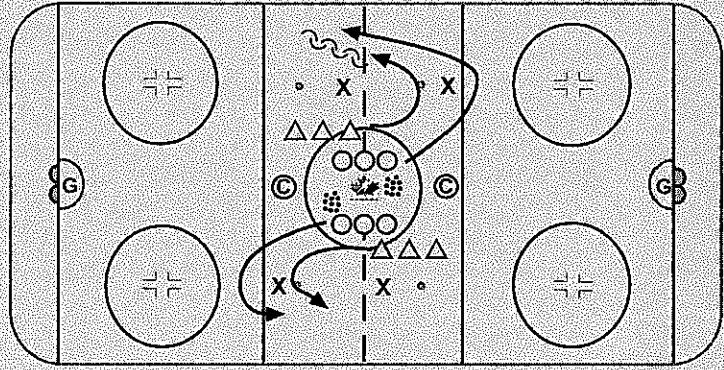
NZ REGROUP ON WHISTLE

- Fwds start on boards at red line, D on blue line
- On whistle, first three Fwds start with first in line passing one of the D, who then makes a D to D pass to partner.
- 3 Fwds then fill lanes going up ice, receive pass from do and attack 3 on 2. If coach blows whistle, then fwds pass to opposing D, regroup and attack 3 on 2 back the other way.
- Every time, whistle is blown, a regroup is performed, finish with 5 on 2. Alternate sides



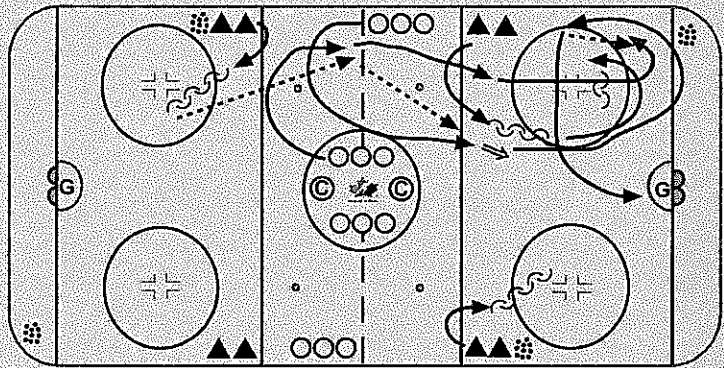
10 MIN 1 ON 1 NZ ANGLING

- D starts with shot on net, goalie spots puck to corner, D then breaks out 2 on 1, fwds regroup to far D, come back towards original end, regroup with original D and then attack 2 on 1.
- Go both sides at the same time. Can also add shot from D man to end sequence with fwds in front of the net.



10 MIN NEUTRAL ZONE SUPPORT - D FOLLOW

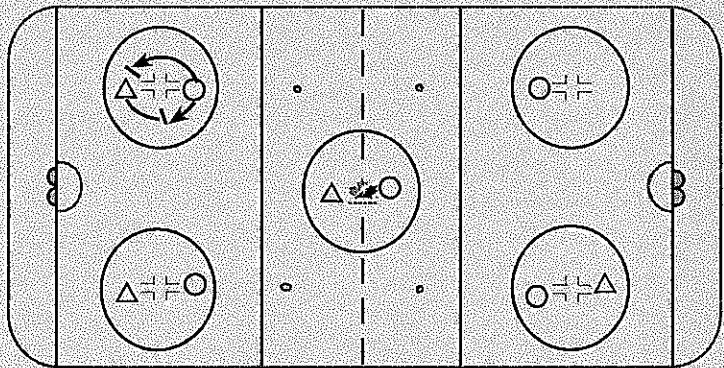
- D on wall at blue lines. Fwds make 2 lines - 1 at centre ice, other on the wall at centre red line.
- On whistle, D carries puck, tag up at blueline, then skates to middle to pass to one of the fwds.
- Fwd from middle, swings towards wall, wall fwd stretches to far blue line. D passes to wall side fwd who then 1 touches it to stretch fwd to go in 2 on 1 against D from far blueline who jumps in to play the 2 on 1. Offensive D follows up play into offensive zone.
- After original shot, 1 fwd skates to corner to pick up 2nd puck, 2nd fwd follows for cycle play who can then pass back to original fwd that is going to the net, or hit trailing D with pass for shot on net.



5 MIN BULL IN THE RING (MOVING CONTACT)

To introduce movement with contact, develop proper positioning and to reinforce driving through

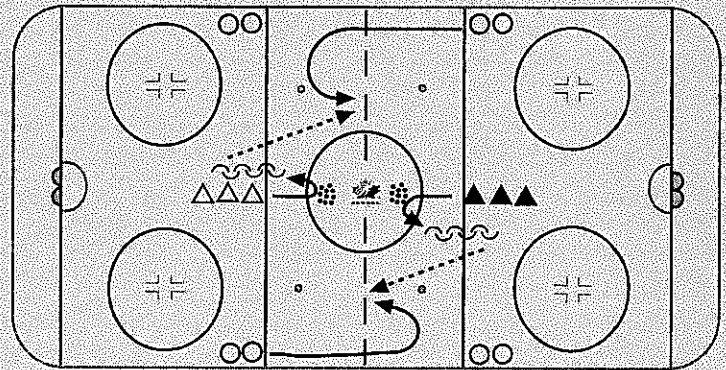
- No sticks
- On whistle ○ tries to drive though Δ to get to edge of circle
- Δ protects the path and attempts to drive ○ back
- Switch roles



10 MIN

D MAN MOBILITY WARMUP

- Go both ends at same time, Sequence is Pass Left, Pass Right, D Skate
- Players start on 4 corners of Blue lines
- All the pucks are in the center circle.
- D start inside blueline in centre of ice
- D picks up puck, back peddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, back peddles to blue line and hits F from the right side with pass, touches up to blue line, picks up third puck and goes in for shot on net.
- Progression – Split the D side to side, so they alternate retrieving puck and make a D to D pass



15 MIN

SKILLS STATIONS

1. SHOOTING / SCORING – DOWN THE WALL CYCLE

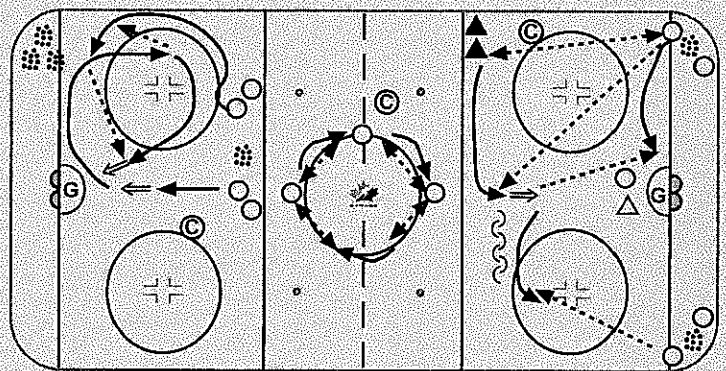
- 2 lines near blue line. Middle line shoots on net, then skates to corner to retrieve puck. Line closest to boards skates down wall, to pick up cycle pass from first forward, who then goes to the net for a return pass.

2. FACE THE PASSER

- 2 stationary passers on outside of circle. Skaters skate around the circle always facing the passers performing give and go. a) 1 Touch b) double pass c) add second skater

3. SHOOTING / SCORING – SHOT PASS

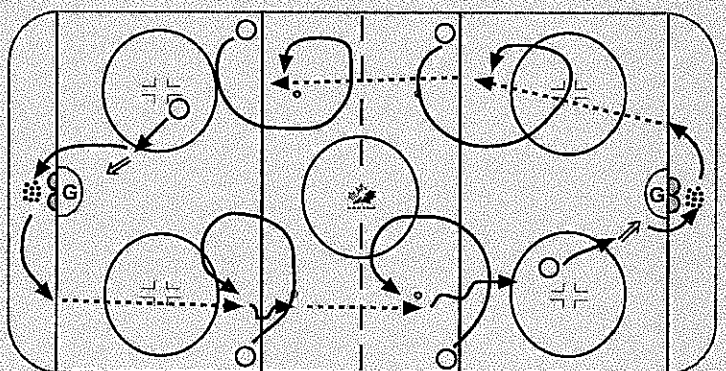
- Fwds in corners, D on wall at blue line. Fwd and D play give and go, D then skates to middle of ice, gets pass from F and performs shot pass wide of net so F can come out of corner to deflect. Perform the same from other side.



10 MIN

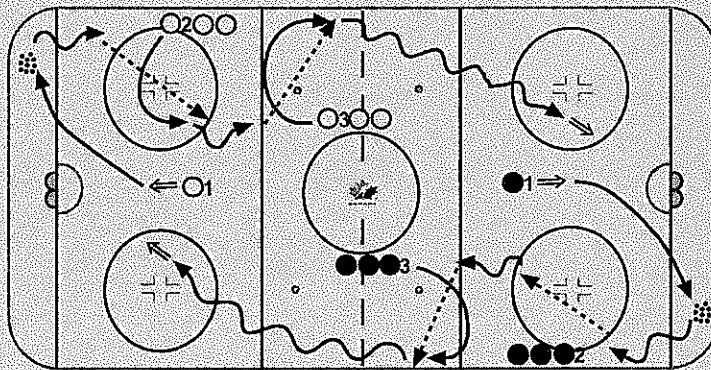
CONTINUOUS TIMING

- Start on boards at 4 blue lines.
- On whistle, first person from opposite ends starts by shooting on net.
- After shot, retrieve puck from behind net, next person on opposite blue line has to time the skate to get a pass in full stride, next person at the next blue line on the same side has to do the same.
- Can always circle towards the boards, or always circle towards middle



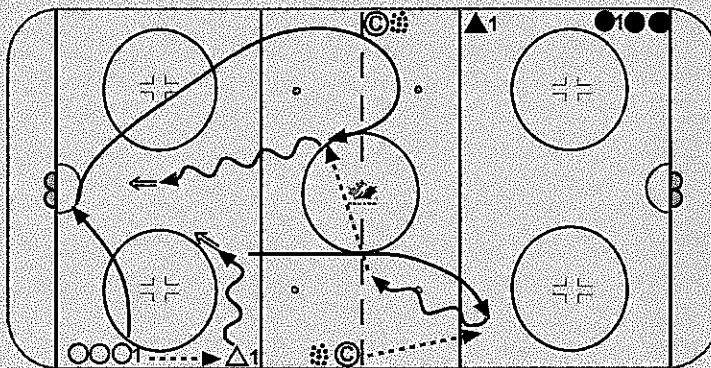
10 MIN LADDER/SWING DRILL

- 1 shooter at each blue line ready to go in and shoot on net.
- ○1 at hash mark at opposite ends.
- ○2 at bottom of center ice circle on both sides.
- Shooter goes in and shoots on net then goes to corner to pick up puck.
- ○1 times his skate and curls to mid ice for a pass from the shooter.
- ○2 is also timing his skate and is coming down to top of circle and curling towards the boards for a pass from ○1.
- Both ends at the same time.



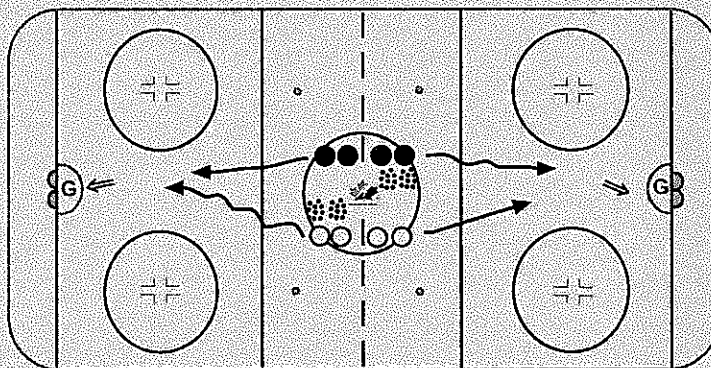
10 MIN PENETRATING PASS

- On coaches whistle ○1 passes to D1 who slides along blue line and shoots on goal.
- ○1 goes to net for a screen or tip.
- ○1 then skates out side zone, while D backpeddles, opens up and receives pass from coach as he skates forward, and hits ○1 with pass up the middle.
- Run out of both ends at the same time



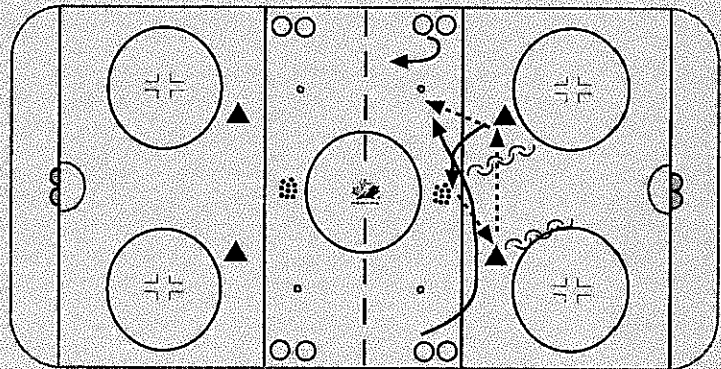
5 MIN BACKCHECK SHOOTOUT

- Players line up in two lines at centre – both directions.
- Players in left line down on one knee, players in right line have puck
- When coach says go, player with puck has to drive net while protecting the puck, player without puck has to try and get puck away.
- Alternate lines



10 MIN D MAN MOBILITY WARMUP 2

- Go both ends at same time, Sequence is Pass Left, Pass Right, D Skate
- Players start on 4 corners of Blue lines
- All the pucks are in the center circle.
- D start inside blueline in centre of ice
- D picks up puck, backpeddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, backpeddles to blue line and hits F from the right side with pass, touches up to blueline, picks up third puck and goes in for shot on net.
- Progression from D Man Mobility 1 - Split the D side to side, so they alternate retrieving puck and make a D to D pass

**15 MIN SKILLS STATION****1. SHOOTING AND SCORING - RIM PASS 1 TIMER**

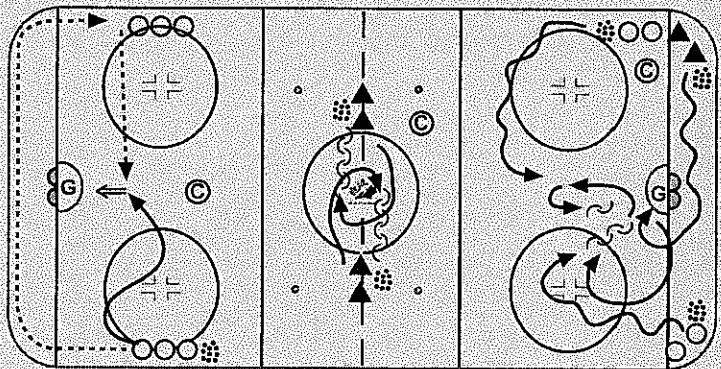
- Fwds on wall at hash marks on both sides of ice. Near side fwd rims puck to far side and heads to middle of ice for pass and shot on net. Passer heads to net for rebound.

2. DEFENCE TRANSITION PASSING

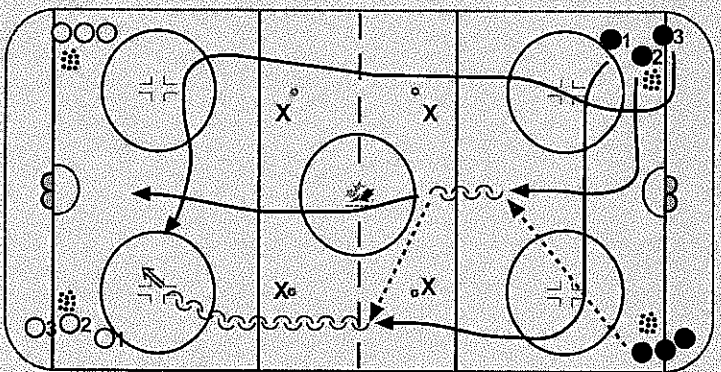
- D faces each other in neutral zone. Skate toward each other, pivot around each other and return to original place. Next rep do the same except pivot opposite directions. Add 1 puck / then add pass / then add 2 pucks / 2 passes.

3. SHOOTING AND SCORING - D 1 ON 1 / 2 ON 1

- Fwds in corners, D in one corner as well. D starts play by skating behind net and tries wrap around on goalie. After 1st shot, fwd from opposite corner attacks D 1 on 1. Then fwd from corner where D started attacks same D for 2 on 1

**10 MIN 3-0 MID LANE DRIVE**

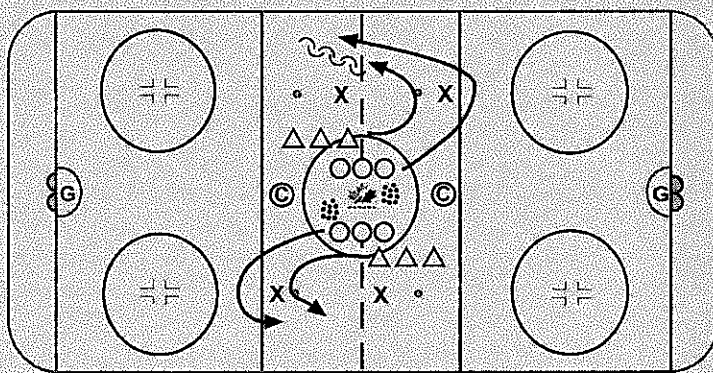
- Forwards and Defense line up in the corners.
- 3 players leave from one side and receives pass from other side.
- Make pass to middle attacker, get puck wide.
- Second attacker drives mid-lane and third attacker stays high.
- Get shot on net.
- Opposite corner at other end leaves once attacking team crosses blueline.

**KEY EXECUTION POINTS**

- Read and react with mid lane

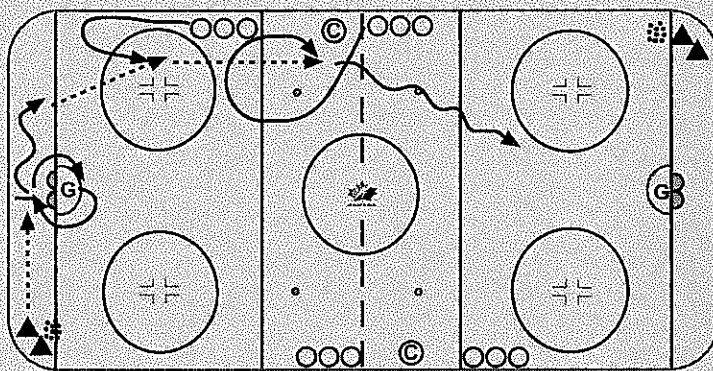
10 MIN 1 ON 1 NZ ANGLING

- D starts with shot on net, goalie spots puck to corner, D then breaks out 2 on 1, fwds regroup to far D, come back towards original end, regroup with original D and then attack 2 on 1.
- Go both sides at the same time. Can also add shot from D man to end sequence with fwds in front of the net.



10 MIN TIMING - GOALIE SET PUCK - OUTLET

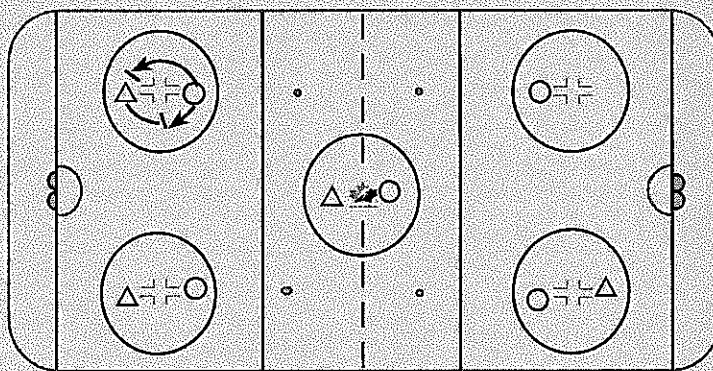
- D in corner spots puck behind net for goalie. Goalie sets puck for D who picks it up behind net and outlets to forward on wall.
- Second fwd from line at centre times skating route to receive pass in full stride and goes in for shot on net.
- 1st forward then goes to back of line at centre. Fwd that shoots stays at net for tip or rebound. Then goes to 1st line on opposite side.
- D follows play up ice, then transitions to play 1 on 1 coming back to original end



5 MIN BULL IN THE RING (MOVING CONTACT)

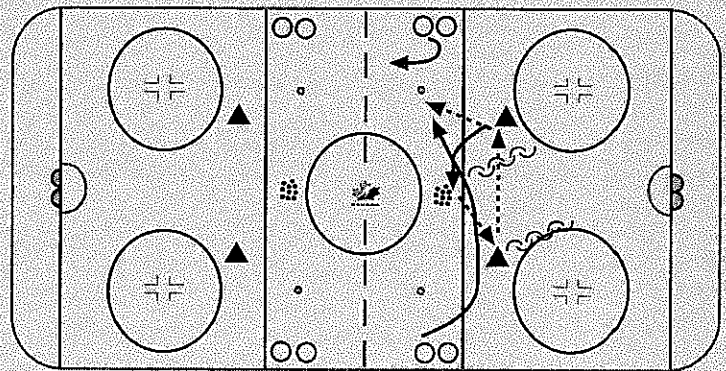
To introduce movement with contact, develop proper positioning and to reinforce driving through

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



10 MIN D MAN MOBILITY WARMUP 2

- Go both ends at same time, Sequence is Pass Left, Pass Right, D Skate
- Players start on 4 corners of Blue lines
- All the pucks are in the center circle.
- D start inside blueline in centre of ice
- D picks up puck, backpeddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, backpeddles to blue line and hits F from the right side with pass, touches up to blueline, picks up third puck and goes in for shot on net.
- Progression from D Man Mobility 1 – Split the D side to side, so they alternate retrieving puck and make a D to D pass

**15 MIN SKILLS STATIONS****1. SHOOTING / SCORING - D SHOOTING**

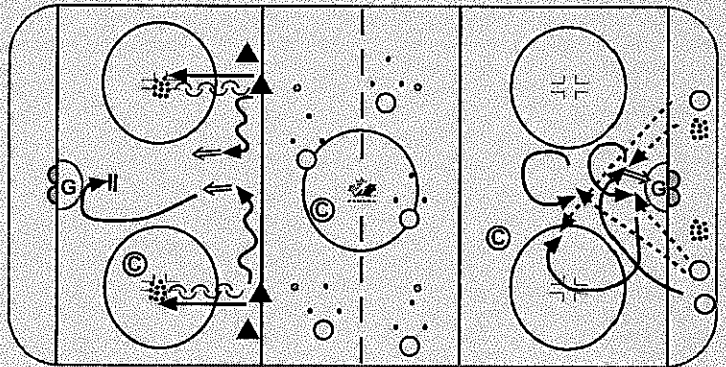
- Place pucks on dots inside circles, D at blue line.
- On whistle D skate fwd to retrieve puck, skate bwds to blueline, then sprint or drag puck to middle for shot on net. After shot, follow to net for rebound and tip or deflect next shot.

2. PUCK CONTROL - 3 PUCK STICKHANDLE

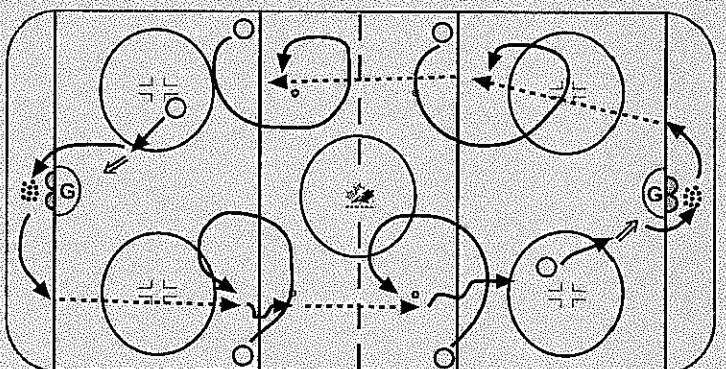
- Place 3 pucks in a triangle, and keeping feet stationary, work on quick hands.
- Can progress to skating while stickhandling around the 3 pucks

3. SHOOTING / SCORING - 4 SHOT SHOOTING

- Place 2 passers on either side of the net. Shooter skates from corner and receives total of 4 passes, 2 from each side alternating. After each shot, shooter must transition and skate away from net to get in position for next pass. Always face the passers.

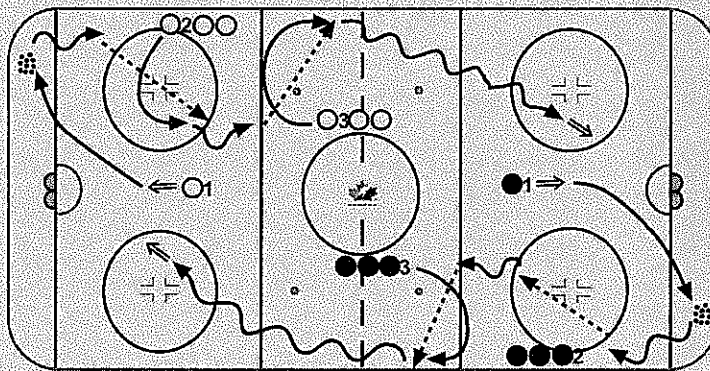
**5 MIN CONTINUOUS TIMING**

- Start on boards at 4 blue lines.
- On whistle, first person from opposite ends starts by shooting on net.
- After shot, retrieve puck from behind net, next person on opposite blue line has to time the skate to get a pass in full stride, next person at the next blue line on the same side has to do the same.
- Can always circle towards the boards, or always circle towards middle



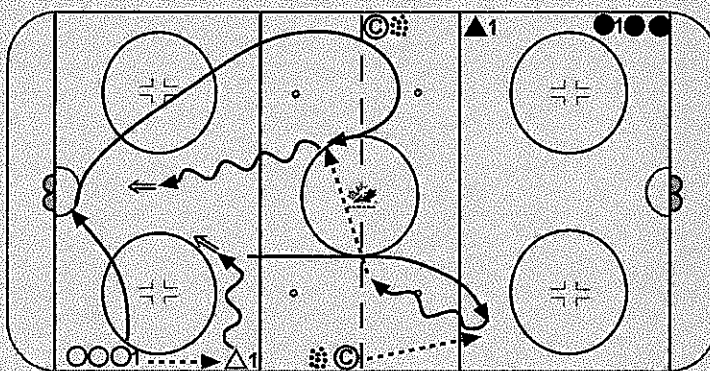
10 MIN LADDER/SWING DRILL

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- ○1 at hash mark at opposite ends.
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- Shooter goes in and shoots on net then goes to corner to pick up puck.
- ○1 times his skate and curls to mid ice for a pass from the shooter.
- ○2 is also timing his skate and is coming down to top of circle and curling towards the boards for a pass from ○1.
- Both ends at the same time.



10 MIN PENETRATING PASS

- On coaches whistle ○1 passes to D1 who slides along blue line and shoots on goal.
- ○1 goes to net for a screen or tip.
- ○1 then skates out side zone, while D backpeddles, opens up and receives pass from coach as he skates forward, and hits ○1 with pass up the middle.
- Run out of both ends at the same time



10 MIN 2 ON 1 REGROUP

- Fwds in Corner D at bottom of circle, and D outside blueline.
- D outside blue line starts play by moving to middle of ice for shot on net. 2 fwds from corner go to net, with defensive D trying to block them out and clear any loose puck from point shot.
- After shot, offensive D retreats to pick up puck spotted by coach. 2 net front forwards, clear zone to receive pass and then attack 2 on 1 against net front D
- Both ends at same time

