



# PHASE IV

Phase IV of the Pee wee Manual is designed to assist coaches in developing practice plans for months four through six 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 January, February, and March:

Lesson 25	Lesson 25	Lesson 26	Lesson 27	Lesson 26	Lesson 27
Lesson 28	Lesson 26	Lesson 27	Lesson 28	Lesson 29	Lesson 28
Lesson 29	Lesson 30	Lesson 29	Lesson 30	Lesson 31	Lesson 30
Lesson 31	Lesson 32	Lesson 31	Lesson 32	Lesson 31	Lesson 32



**ICE OBJECTIVES****SKILL FOCUS****LESSON 25 OBJECTIVES**

1. Passing accuracy / passing reception
2. Give and go
3. Net Drive
4. 2 on 1's
5. Team tactics

- Pass / receive in stride
- Pass and move
- Puck support
- 3 man drive

**LESSON 26 OBJECTIVES**

1. 1 touch passing
2. Receiving in stride
3. Timing / transition
4. Forecheck / defensive zone coverage
5. Competition

- Passing / receiving
- Saucer pass, 1 touch passing
- Play away from the puck
- 1 on 1's / gap control
- Defensive positioning

**LESSON 27 OBJECTIVES**

1. 1 touch passing / puck support
2. Team tactics
3. Forecheck / D zone coverage
4. Regroups
5. Small area games

- Pass / receive in stride
- 2 on 2's
- Play away from the puck
- Puck support
- Competition

**LESSON 28 OBJECTIVES**

1. Passing support
2. Regroups / breakout
2. Checking
3. Forecheck / D zone coverage

- Flat passing
- Give and go, give and follow
- Play away from the puck
- Angling
- Scoring

**LESSON 29 OBJECTIVES**

1. Stick position on pass reception
2. Team tactics
3. Timing
4. Regroups

- Pass reception
- 2 on 2's
- Timing
- Stretch passing
- NZ regroup

**LESSON 30 OBJECTIVES**

1. Timing / support
2. Shooting / 1 timers
3. Transition
4. D shooting
5. Competition / conditioning

- Puck support
- Shooting / scoring
- Pass and move
- Scoring
- Agility skating / conditioning

**LESSON 31 OBJECTIVES**

1. Timing
2. Skills refinement
3. NZ regroup
4. Conditioning / competition

- Puck skills
- Puck support
- Agility skating
- 1 on 1 / puck battles

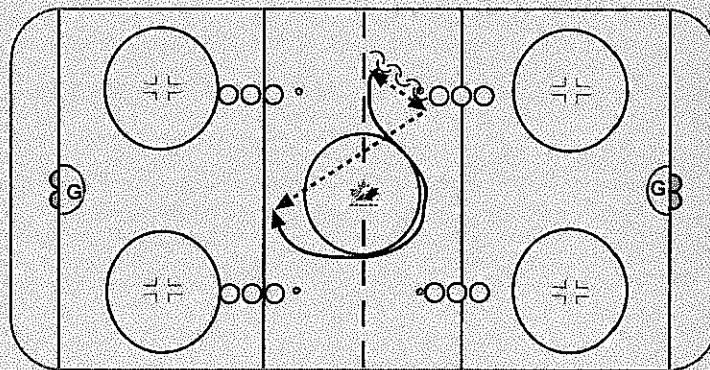
**LESSON 32 OBJECTIVES**

1. Puck support
2. Skills review
3. NZ transition
4. Timing / thinking
5. Agility conditioning / competition

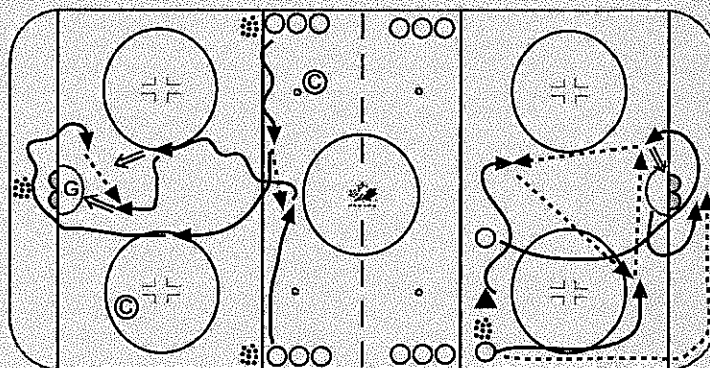
- Passing / receiving
- Agility / 1 timers
- Skate / pass / shoot
- Conditioning / competition

**10 MIN NZ SUPPORT WARMUP - A**

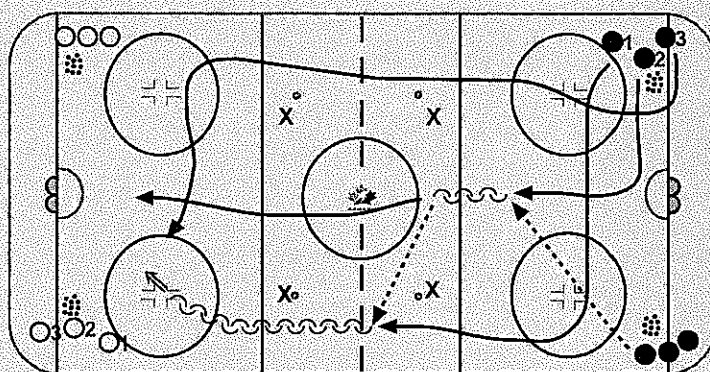
- Line up at each of the 4 dots in the neutral zone
- On whistle, first person in line from opposite corners back peddles, receives pass from next person in line, then 1 touches it back.
- Original skater then skates around bottom of circle towards far blue line to receive pass.
- On whistle skaters from opposite dots go.

**10 MIN 2 STATION SCORING - HALF ICE**

- Fwds on wall at blue line on opposite sides of ice. On whistle, fwd skate towards each other, make pass and cross outside blue line. Player with puck now shoots, second player drives behind net, picks up second puck and makes pass out front.
- Fwd rims puck around boards to behind net. Second fwd races in to retrieve puck. And can wrap, pass out to D or pass back door to fwd who started play.

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

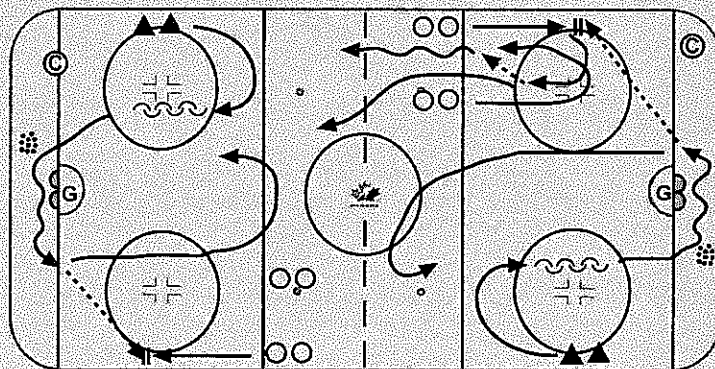
- Forwards and Defense line up in the corners.
- 3 players leave from one side and receives pass from other side.
- Make pass to middle attacker, get puck wide.
- Second attacker drives mid-lane and third attacker stays high.
- Get shot on net.
- Opposite corner at other end leaves once attacking team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

**KEY TEACHING POINTS**

- Read and react with mid lane.

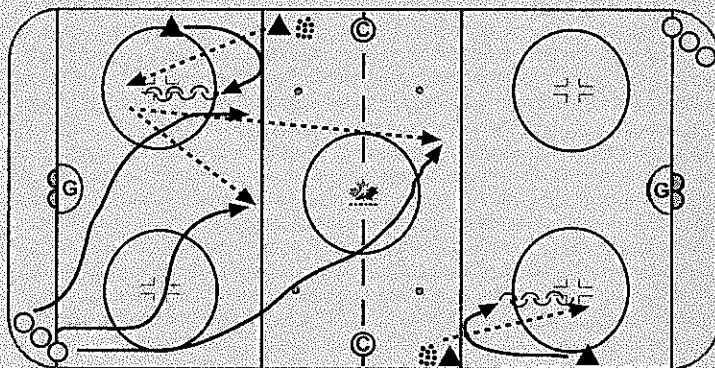
**10 MIN 2 ON 1 LONG**

- D on hash marks in end zone, at opposite ends and opposite sides of ice. Fwd in two lines just outside blue line.
- On whistle, D gap up to blue line, turn and skates below goal line to retrieve puck.
- Fwds then skate towards goal line to support D on outlet pass, swing to change lanes, receive pass and attack far end.
- After making outlet, pass, D must gap up to play 2 on 1 coming back. Both ends go at same time.



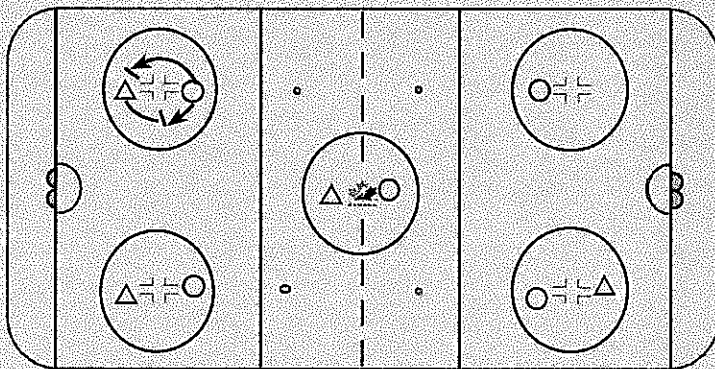
**10 MIN D TRANSITION - 3 MAN RUSH**

- D starts on hash marks, tags up to blue line and then transitions backwards to receive pass from D on blue line.
- 3 fwds from same end, opposite corner then take off filling lanes to get pass from original D.
- Both ends go at same time. After D make breakout pass, join rush up ice, pivot and retreat to play 3 on 1 from other end.
- Fwds stay on same half of ice until red line, then spread out.



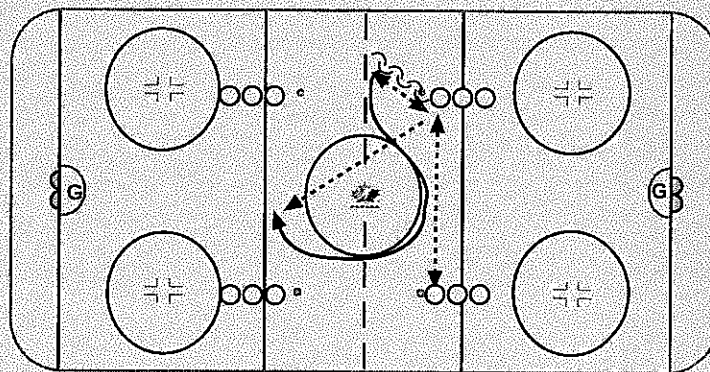
**10 MIN BULL IN THE RING (MOVING CONTACT)**

- 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 NZ WARMUP - B**

- Line up at each of the 4 dots in the neutral zone
- On whistle, first person in line from opposite corners backpeddles, receives pass from next person in line, then 1 touches it back.
- Person in line then passes along blue line to first person in adjacent line, who then gives it back.
- Original person skates across ice, below the centre circle, and cuts into the middle of the ice to receive pass from the original line in which they started. Accelerate once pass is received and go for shot on net.

**15 MIN SKILLS STATIONS**

- Organize into 3 groups, each group starts at a station and rotates after 5 minutes

**1. SHOOTING / SCORING - DOUBLE SHOT CORNER 2 PASS**

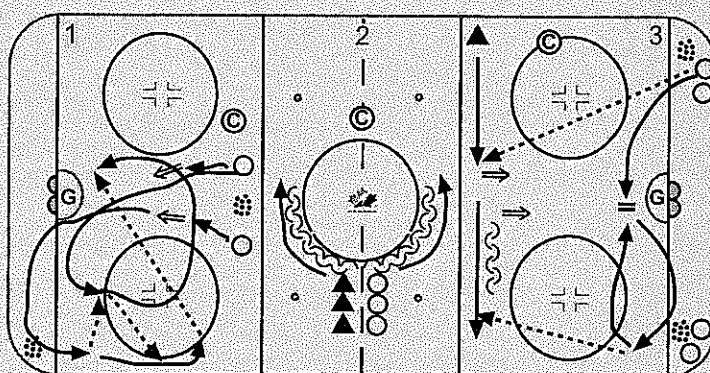
- Start with two lines near blue line. Each player goes in for shot. 1st player goes to corner to retrieve puck, and passes to 2nd player who comes in for support. 2nd player gives it back and heads to net for backdoor pass.

**2. ALARM CLOCK**

- Start with 2 players beside each other on circle, on signal they race forward to middle of circle, backwards to bottom, then forward to top of circle and backward back to bottom. Can also do with pucks

**3. SCREENS AND TIPS**

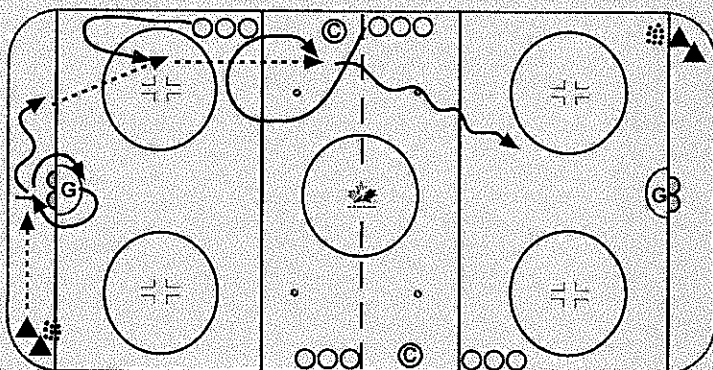
- Fwds in corner D on blue line, fwd passes to D who skates across blue line and shoots on net, fwd goes



for tip, then skates to opposite corner picks up a puck and passes to same D who drags puck to middle for 2nd shot. Alt sides

**10 MIN TIMING - GOALIE SET PUCK**

- 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



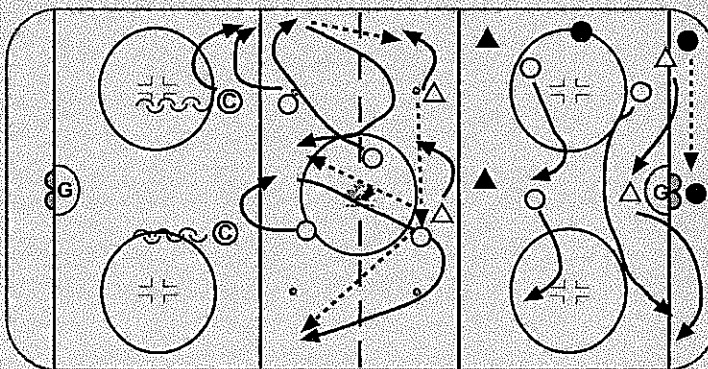
**10 MIN FORECHECK/D ZONE COVERAGE**

**D ZONE COVERAGE**

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

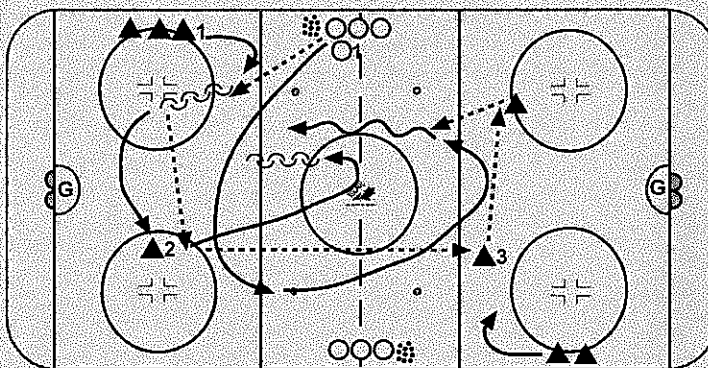
**NZ FORCHECK / OFFENSIVE ZONE FORECHECK.**

- 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.



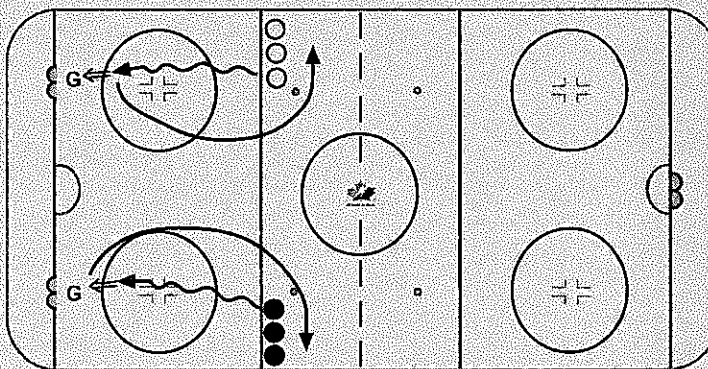
**10 MIN TRANSITION COUNTER ATTACK**

- D1 receives puck from regrouping fwd, makes pass to D2 - D 2 passes to D3.
- D2 has to follow F1 and close gap to play the 1 on 1 coming back
- D3 passes to original fwd who skates around centre circle to receive pass and go in for 1 on 1 against D2



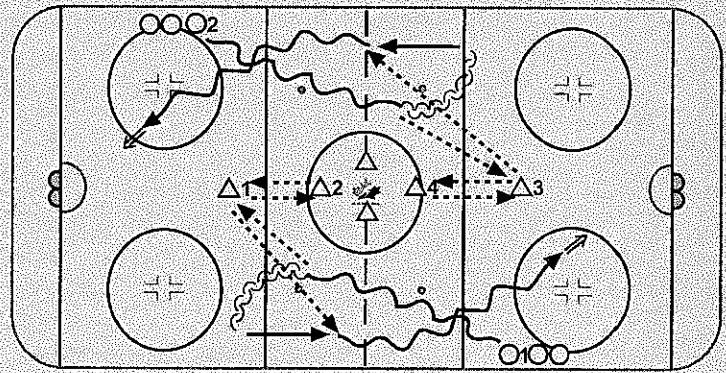
**5 MIN SIDE TO SIDE SHOOTOUT**

- Place nets at one end on the goal line. Have a shootout to 7 goals; first to score 7 wins.
- The next shooter cannot go until the previous shooter clears the zone across the blueline.



**10 MIN PLUNGER 1 TOUCH AND UP - A**

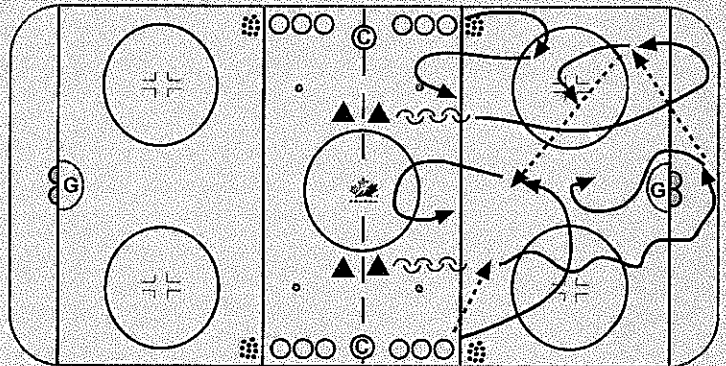
- ○1 passes to Δ1 and skates toward the far blueline pivoting backward to forward, keeping eye contact with Δ1.
- Δ1 passes to Δ2 then back to Δ1.
- Δ1 passes to ○1 who uses an open pivot to receive the pass up the boards.
- ○2 goes at the same time passing to Δ3.

**KEY TEACHING POINTS**

- Pass with feet moving
- Call for the puck
- Stop at the net after shot

**10 MIN HALF ICE - 2 ON 2 LONG**

- Fwds on wall at blueline, D in middle of ice at centre red line.
- D backpeddles towards own zone, Fwd passes puck to D who goes behind own net makes breakout pass to 1 of 2 forwards who then regroup to attack 2 on 1.
- Add 2nd D and 3rd fwd to make 3 on 2.
- Both ends at same time

**KEY TEACHING POINTS**

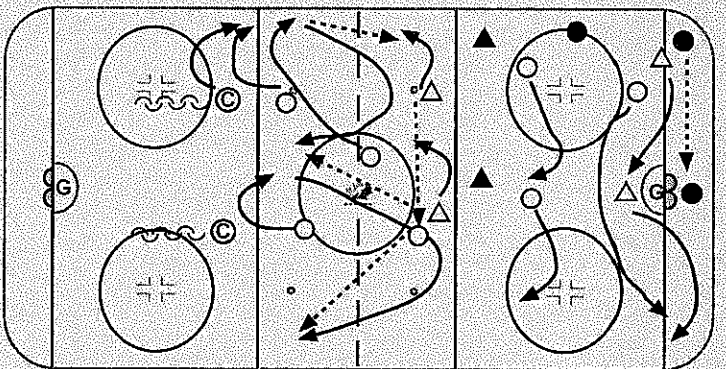
- Communication and good support on breakout.
- Crisp outlet pass/timing on regroup
- Low support

**10 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.

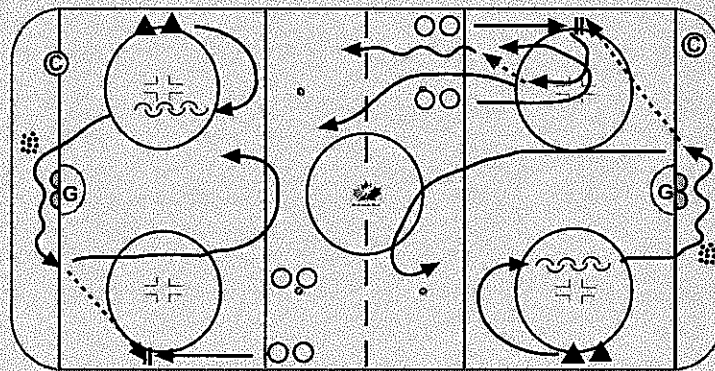
**NZ FORCHECK / OFFENSIVE ZONE FORECHECK.**

- 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.



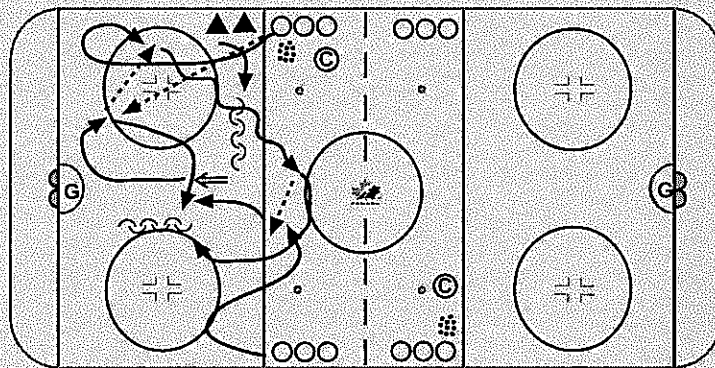
**10 MIN 2 ON 1 LONG**

- D on hash marks in end zone, at opposite ends and opposite sides of ice. Fwd in two lines just outside blue line.
- On whistle, D gap up to blue line, turn and skates below goal line to retrieve puck.
- Fwds then skate towards goal line to support D on outlet pass, swing to change lanes, receive pass and attack far end.
- After making outlet, pass, D must gap up to play 2 on 1 coming back. Both ends go at same time.



**10 MIN HALF ICE REGROUP - 2 ON 1**

- D on the wall just inside the blue line. Fwds on wall just outside blue line on both sides of the ice.
- D starts by skating to middle of the ice and takes shot on net. After shot, D skates toward bottom of circle and get pass from 1st fwd in line, D return pass to fwd who skates down wall to anchor for breakout pass.
- Fwd then skates outside zone, passes to fwd from opposite side of ice, both fwds regroup and attack D 2 on 1



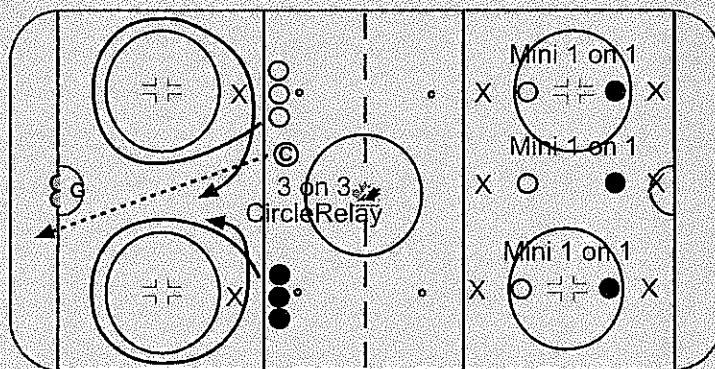
**10 MIN JEUX DANS DES ESPACES RESTREINTS**

**1. CIRCLE RELAY**

- Place 2 pylons on the ice as shown.

**2. MINI 1 ON 1**

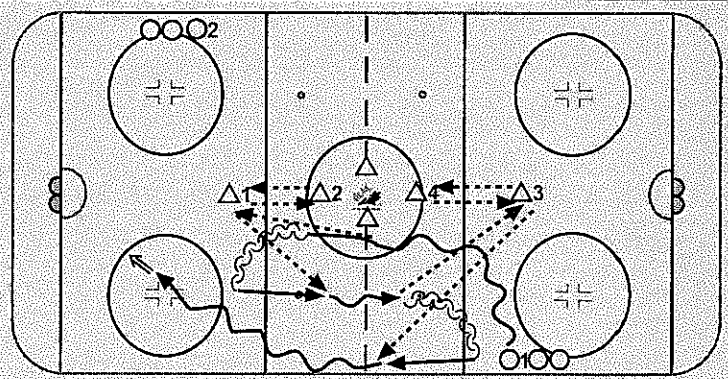
- 2 players face off with one puck and try to score by touching the puck to the pylon opposite them. Have to skate the puck to the pylon, can't shoot it at the pylon.
- Have 3 or 4 games going at once





**10 MIN PLUNGER 1 TOUCH AND UP - B**

- Pivoting backward to forward, keeping eye contact with  $\Delta 1$ .
- $\Delta 1$  passes to  $\Delta 2$  then back to  $\Delta 1$ .
- $\Delta 1$  passes to  $\odot 1$  who uses an open pivot to receive the pass up the boards.  $\odot 1$  then skates toward  $\Delta 3$  makes a pass, opens up, receives return pass and then skates for opposite net for shot.
- $\odot 2$  performs the same pattern on the opposite side

**KEY TEACHING POINTS**

- Eye on the passer
- Use open Mohawk pivoting technique to present a good target or a tight turn with head on a swivel.
- Encourage one-touch passing between defensemen while their feet are moving. Accelerate into the pass.

**15 MIN SKILLS STATIONS****3 PASS QUICK MOVEMENT**

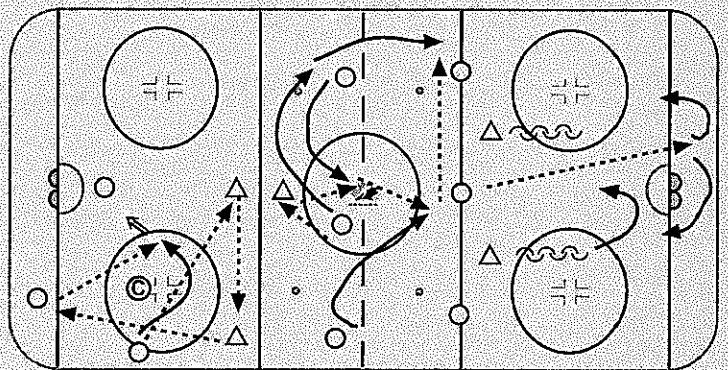
- Coach acts as defender. Start with puck on wall, can add cycle if desired. Repeat on other side after first shot.

**NEUTRAL ZONE REGROUP SUPPORT**

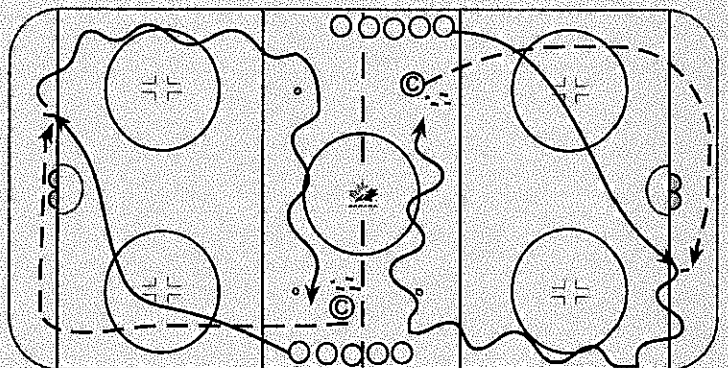
- 3 fwds, 1 D.
- Fwds weave through NZ with pass to D who then has to pass to one of the 3 fwds. Fwds must change lanes to support puck carrier

**3 SEQUENCE BREAKOUT**

- Quick Up - breakout - fwd tag blue line go dump in
- Over Pass - breakout - fwd tag blue line dump in
- Reverse - breakout - fwd tag blue line finish with 3 on 2

**10 MIN ANGLING - READ AND REACT TO THE GAME**

- Players will be able to read and react to the speed and route of the puck using the quickest most efficient route
- Coach rims the puck into the end zone, player reads the direction and speed of the puck to retrieve
- Player has head on a swivel to vacate zone and return to the back of the line



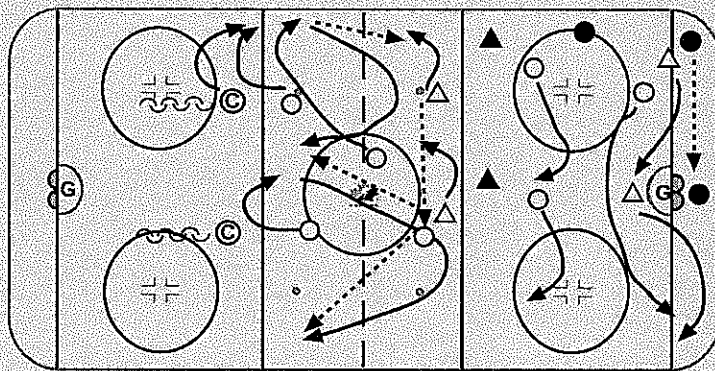
10 MIN FORECHECK/D ZONE COVERAGE

**D ZONE COVERAGE**

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

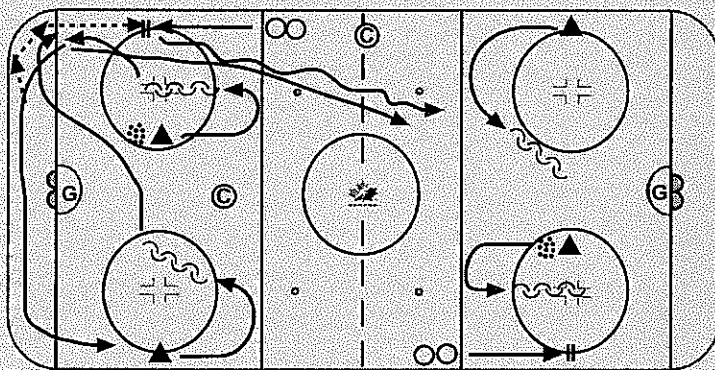
**NZ FORCHECK / OFFENSIVE ZONE FORECHECK.**

- 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.



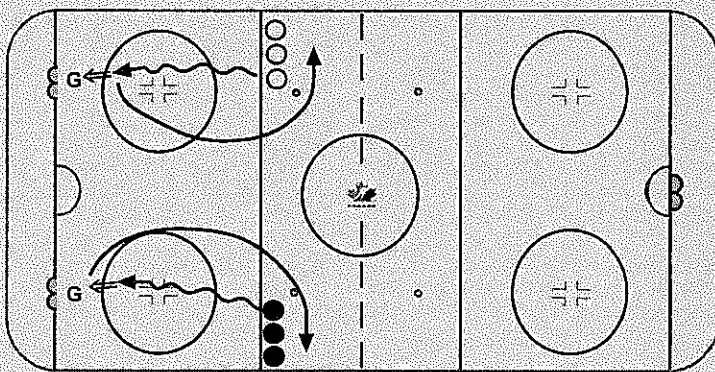
10 MIN CORNER REVERSE D MAN RUSH

- Fwds on wall at blue line on opposite sides and ends. D on wall at hashmarks on opposite sides and ends.
- First D starts with puck, skates towards corner then wheels behind the net. D from far side skates in front of net, calls for the reverse, receives pass, then passes to fwd who skates down wall to get outlet pass.
- Fwd then skates towards far end with D trailing play.
- Both ends at the same time.



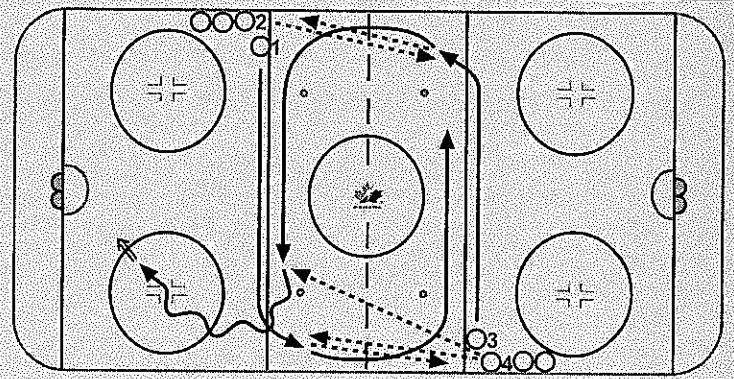
5 MIN SIDE TO SIDE SHOOTOUT

- Place nets at one end on the goal line. Have a shootout to 7 goals; first to score 7 wins.
- The next shooter cannot go until the previous shooter clears the zone across the blueline.



**10 MIN GREYHOUND**

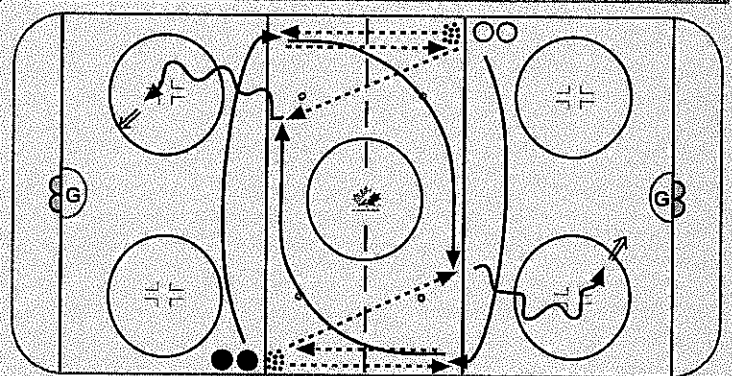
- ○1 and ○3 skate wide across the blueline.
- ○2 passes to ○3 and ○3 returns the pass.
- ○4 passes to ○1 and ○1 returns the pass.
- ○1 and ○3 stay wide then accelerate into mid-ice for a pass from their original line (○4 to ○3; ○2 to ○1).
- Drive wide for a shot.

**KEY TEACHING POINTS**

- One-touch passing. Show a target while moving to mid-ice.
- Skaters must save their ice and look back to their original line before accelerating with timing to receive the final pass. The passer must lead the receiver with the pass.

**10 MIN QUICK HIT WARMUP**

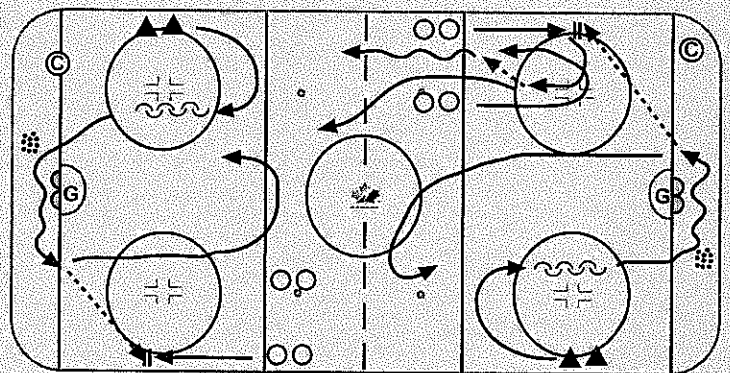
- Player ○1 pivots to backwards and receives a pass from the next player in line.
- Player ○1 immediately one-touches puck back to passer.
- Player ○1 then pivots to forward and receives 2nd puck from ●1 on opposite side.
- Player ○1 takes long warm-up shot on goal.
- As soon as 2nd pass is initiated, player ●1 on opposite side pivots to backwards and repeats the drill from the opposite side.

**KEY TEACHING POINTS**

- Rapid puck movement, soft hands, every contact before making return pass, face the puck - be an option.

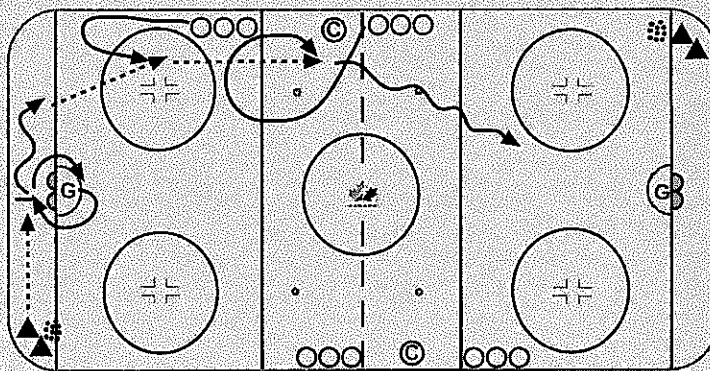
**10 MIN 2 ON 1 LONG**

- D on hash marks in end zone, at opposite ends and opposite sides of ice. Fwd in two lines just outside blue line.
- On whistle, D gap up to blue line, turn and skates below goal line to retrieve puck.
- Fwds then skate towards goal line to support D on outlet pass, swing to change lanes, receive pass and attack far end.
- After making outlet, pass, D must gap up to play 2 on 1 coming back. Both ends go at same time.



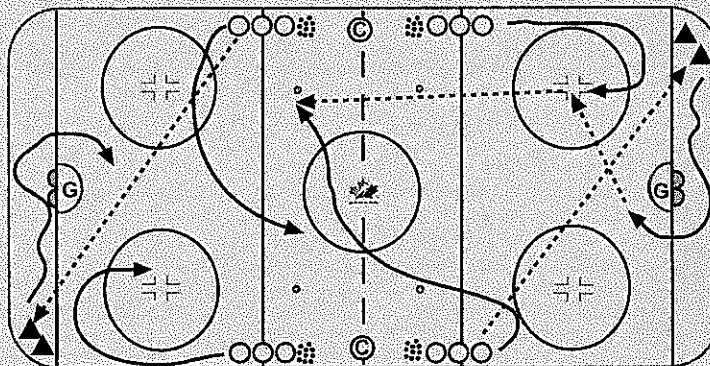
**10 MIN TIMING - GOALIE SET PUCK - OUTLET**

- 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



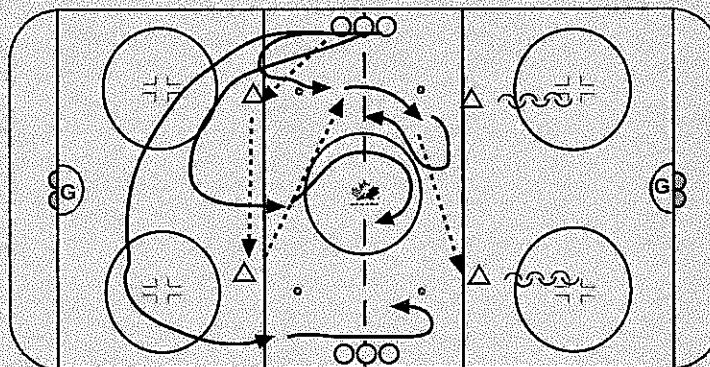
**10 MIN TIMING - SUPPORT AND STRETCH**

- D in opposite corners at opposite ends of ice. Fwds on wall at all four blue lines.
- On whistle, Far side fwd passes cross ice to D in corner, who then skates behind net. At same time, near side fwd skates down from blue line, and skates into position to support D with puck.
- D makes pass to near side fwd who then stretch passes to far original fwd who started play at the far dot, and skates hard to join rush.
- D must gap up to play fwd who received stretch pass. Both ends go at the same time.



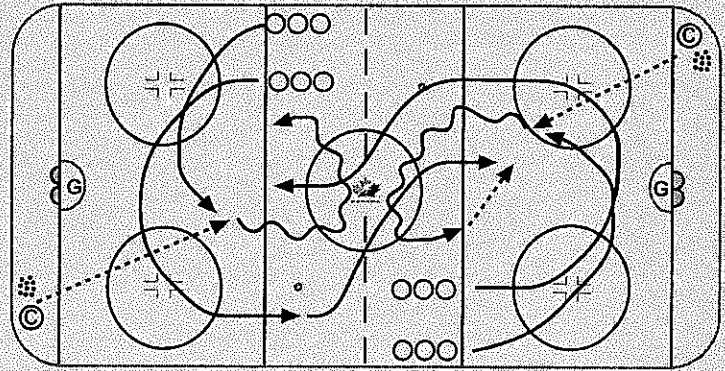
**10 MIN NZ REGROUP ON WHISTLE**

- 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 WARMUP WITH SUPPORT - A**

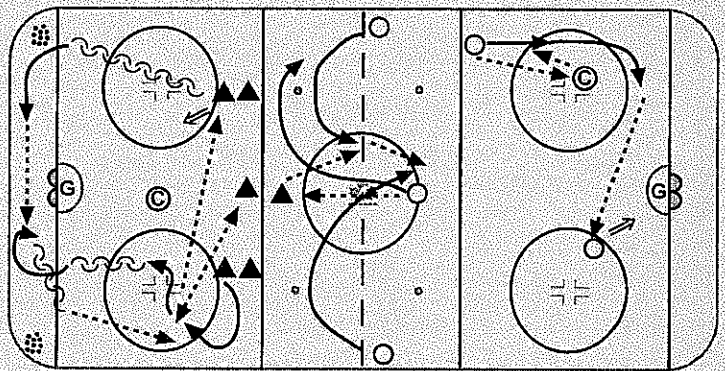
- Players form 2 lines at the bluelines on opposite sides of the rink. Coaches in corners with pucks at opposite ends of the rink.
- On whistle, first two players from each line skate towards coach. Coach passes to player on the inside who receives pass, and immediately passes to player coming from the other end who should get puck in full stride. Attack the net 2 on 0.
- Player on outside who does not receive pass, must time the skating route to attack 2 on 0.
- Call for passes, stop at net after shot, go on the whistle.

**15 MIN SKILLS STATIONS****1. PUCK RETRIEVALS****2. CREATIVITY DRILL**

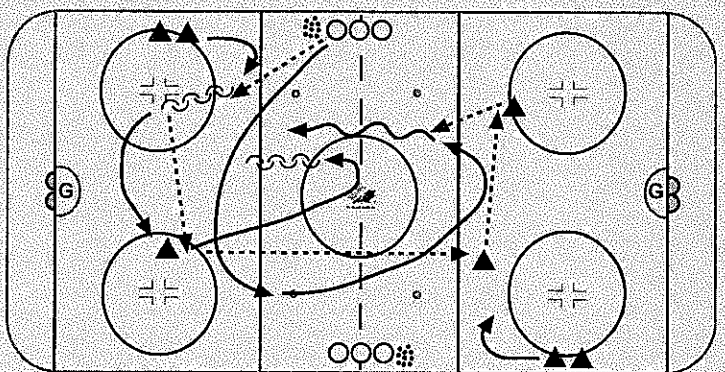
- add chaser to keep speed up.

**3. 3 ON 2 OFFENSIVE ATTACK.**

- Start with player behind net with pucks, 2 defensive players out in front. First offensive player from corner attacks net getting open for quick shot. After first shot, second forward receive pass from behind net walks out of corner and shoots or passes

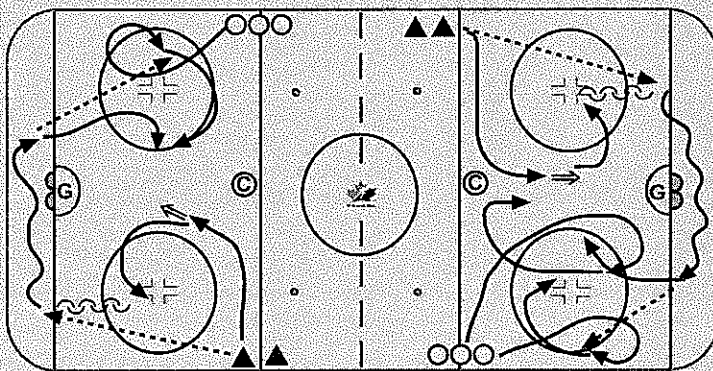
**10 MIN TRANSITION COUNTER ATTACK**

- D1 receives puck from regrouping fwd, makes pass to D2 - D2 passes to D3.
- D2 has to follow F1 and close gap to play the 1 on 1 coming back
- D3 passes to original fwd who skates around centre circle to receive pass and go in for 1 on 1 against D2



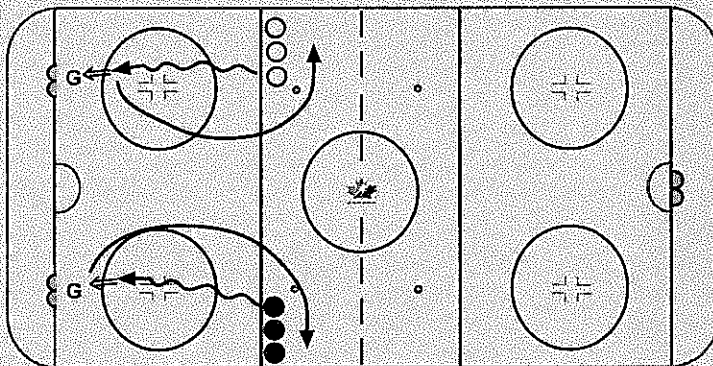
**10 MIN D SHOT 1 ON 1/D SHOT 2 ON 1**

- Both sides at the same time.
- Forwards start on centre circle / D start in corners
- On whistle D step up, receive pass from fwd, skates to boards for flat pass, in good support position. D receives pass, saves ice to give fwd time to get in position.
- Steps up passes to forward and follows play up ice, and then receives return pass from fwd who sprints to stretch to far blue line to receive stretch pass from D
- D once again follows pass up ice, closes gap and plays the 1 on 1 coming back



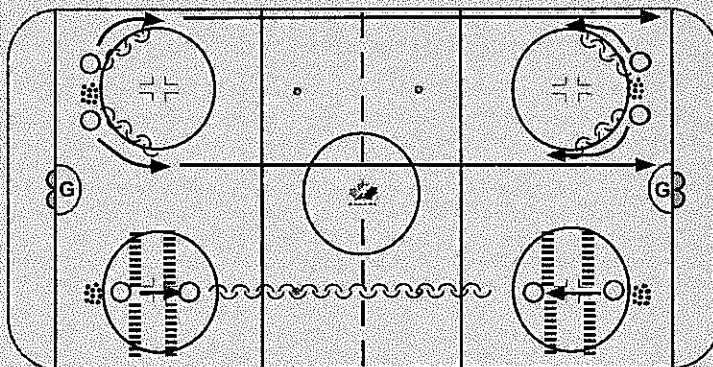
**5 MIN SIDE TO SIDE SHOOTOUT**

- Place nets at one end on the goal line. Have a shootout to 7 goals; first to score 7 wins.
- The next shooter cannot go until the previous shooter clears the zone across the blueline.



**10 MIN AGILITY/SKATING/CONDITIONING**

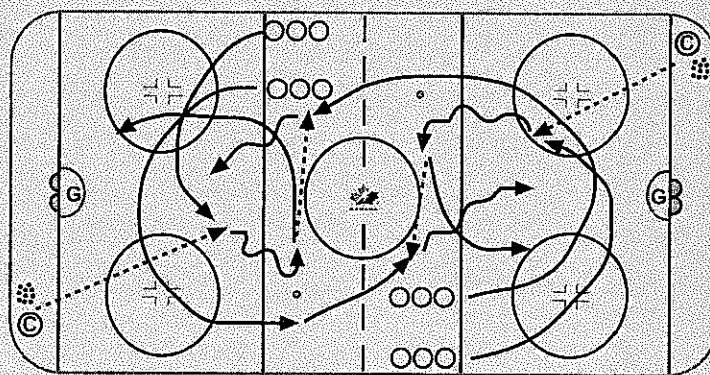
- Place players in 4 equal groups and line up the bottom of each end zone circle.
- 2 players per circle line up beside each other.
- On whistle the players each skate fwd to hash marks, bwd to bottom circle, fwd to top of circle, bwd to bottom of circle then fwd to far end.
- Add different skating skills in after each rep ie lateral crossovers.



10 MIN

## WARMUP WITH SUPPORT - B

- Players form 2 lines at the bluelines on opposite sides of the rink. Coaches in corners with pucks at opposite ends of the rink.
- On whistle, first two players from each line skate towards coach. Coach passes to player on the inside who receives pass, and immediately passes to player coming from the other end who should get puck in full stride. Attack the net 2 on 0.
- Player on outside who does not receive pass, must time the skating route to attack 2 on 0.
- Call for passes, stop at net after shot, go on the whistle.



15 MIN

## ATELIERS DES HABILETÉS

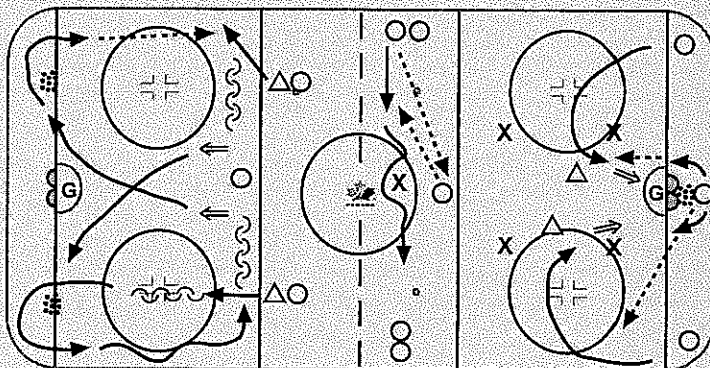
## 1. PUCK RETRIEVALS

## 2. CREATIVITY DRILL

- add chaser to keep speed up.

## 3. 3 ON 2 OFFENSIVE ATTACK.

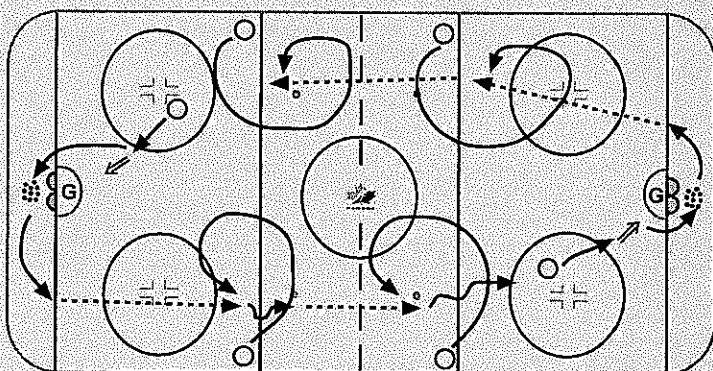
- Start with player behind net with pucks, 2 defensive players out in front. First offensive player from corner attacks net getting open for quick shot. After first shot, second forward receive pass from behind net walks out of corner and shoots or passes



10 MIN

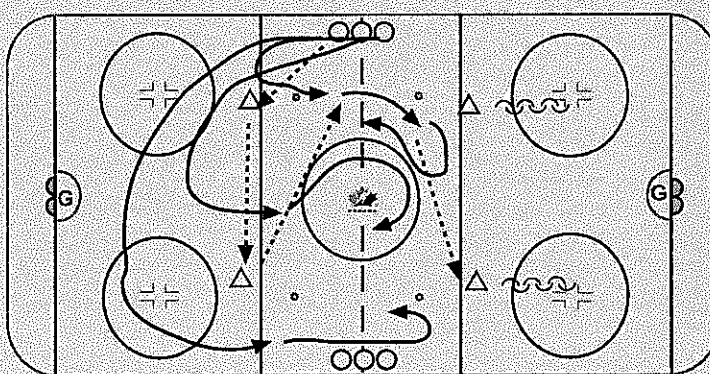
## CONTINUOUS TIMING

- 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



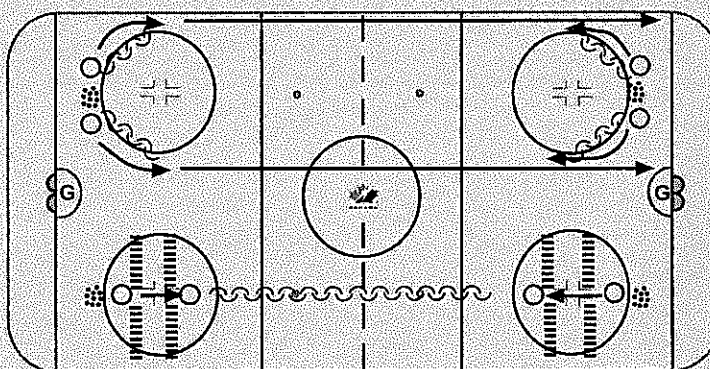
**10 MIN NZ REGROUP ON WHISTLE**

- 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.



**5 MIN AGILITY/SKATING/CONDITIONING**

- Place players in 4 equal groups and line up the bottom of each end zone circle.
- 2 players per circle line up beside each other.
- On whistle the players each skate fwd to hash marks, bwd to bottom circle, fwd to top of circle, bwd to bottom of circle then fwd to far end.
- Add different skating skills in after each rep ie lateral crossovers.



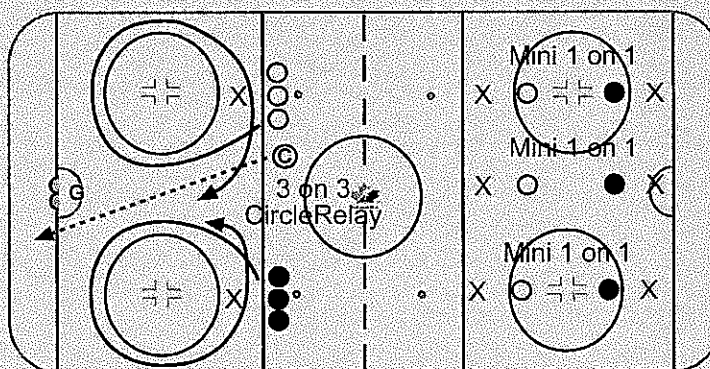
**10 MIN SMALL AREA GAMES**

**1. CIRCLE RELAY**

- Place 2 pylons on the ice as shown.

**2. MINI 1 ON 1**

- 2 players face off with one puck and try to score by touching the puck to the pylon opposite them. Have to skate the puck to the pylon, can't shoot it at the pylon.
- Have 3 or 4 games going at once

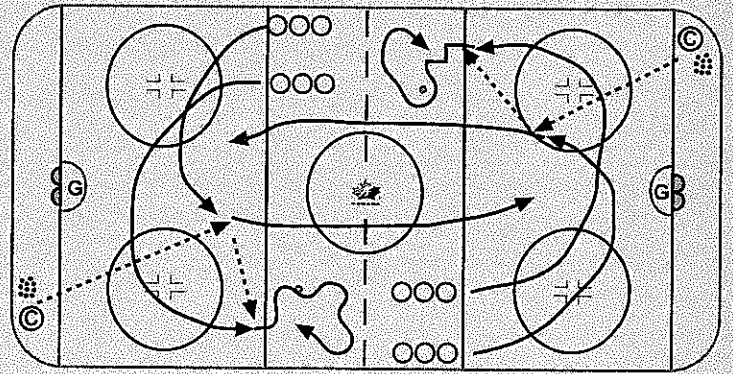




10 MIN

## WARMUP WITH SUPPORT - C

- Players form 2 lines at the bluelines on opposite sides of the rink. Coaches in corners with pucks at opposite ends of the rink
- Coach passes to player on the inside, who then passes to player on the outside.
- Player on the outside then delays, regroups and attacks the net 2 on 0 with player from other end.
- Call for passes, stop at net after shot, go on the whistle.



15 MIN

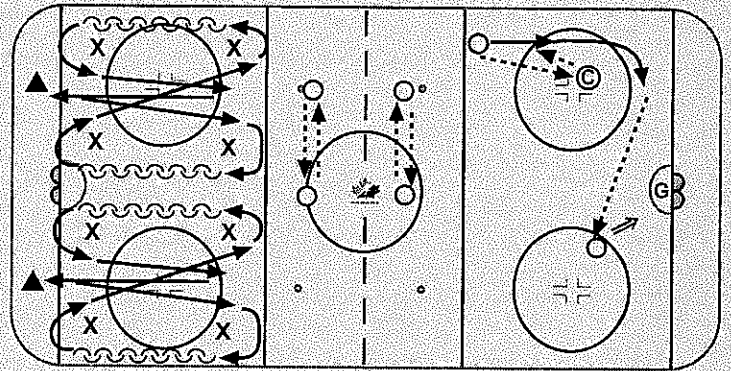
## SKILLS STATIONS

**1. D TRANSITION - WITHOUT A PUCK AND WITH PUCK**  
**2. PAIRS PASSING**

- 1 touch forehand
- 1 touch backhand
- receive forehand, pass back on backhand
- transition around partner
- telescoping

**3. SHORT DRIVE / PASS**

- Pass to coach, receive pass back, drive wide, pass to player in front for one timer, or pass back to passer if goalie cheats



10 MIN

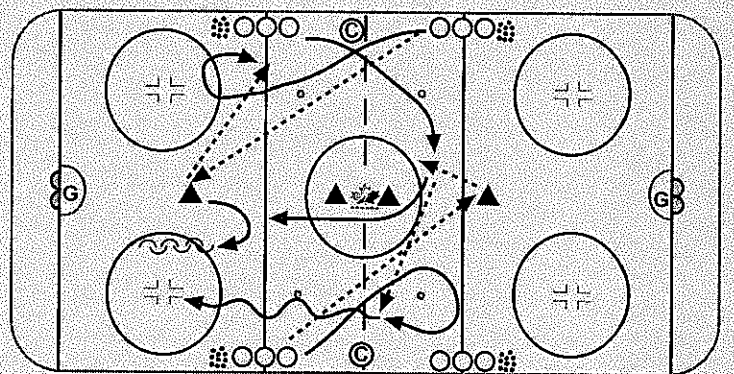
## NEUTRAL ZONE TRANSITION

**A) 1 ON 1**

- Defense starts in middle of ice, just inside the blueline. Fwds on wall at each of the 4 blue lines.
- On whistle, fwd skates towards D makes a pass, then opens up to receive return pass from D. Both ends at the same time.
- After making pass, D must transition to play the fwd coming from the other side on a 1 on 1.

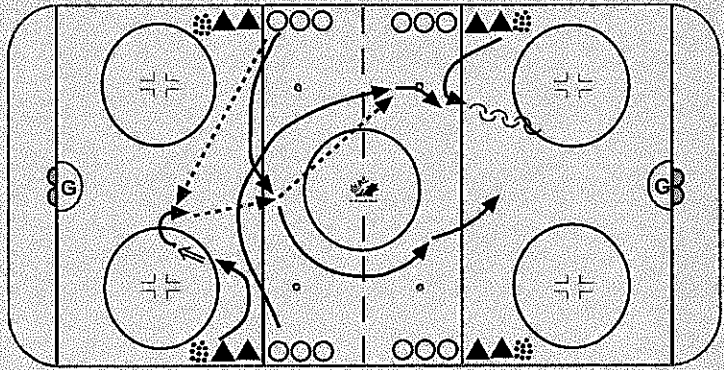
**B) 2 ON 1**

- Drill begins same as 1 on 1 except, when original fwd makes the first pass, a second fwd from the opposite side - far blue line jumps in the receive pass, from D then makes quick 1 touch to original fwd and joins rush for 2 on 1 to opposite end.
- Both ends at same time



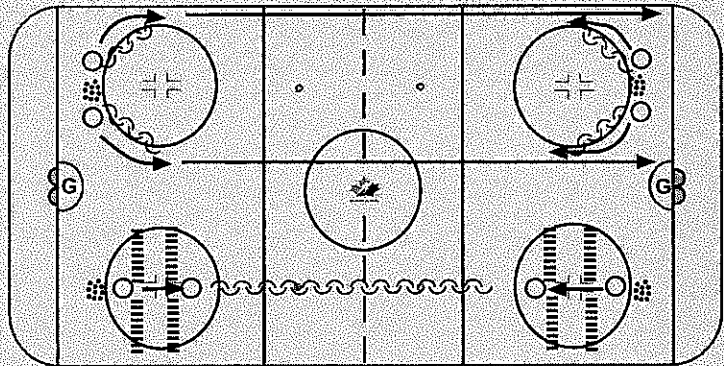
**10 MIN**    **TRANSITION 2 ON 1 CONTINUOUS**

- D on wall just inside each of the 4 blue lines. Fwds on wall just outside each of the 4 blue lines.
- On whistle, D jumps out with puck gaps up to blue line, pivots and takes shot on net. Fwd from opposite side, then passes to D who 1 touches it back. Fwd from near side, joins play by swinging through NZ zone to get pass from ○2. D3 jumps out to play 2 on 1.
- On each whistle, plays starts from a different blue line and rotates clockwise.



**5 MIN**    **AGILITY/SKATING/CONDITIONING**

- Place players in 4 equal groups and line up the bottom of each end zone circle.
- 2 players per circle line up beside each other.
- On whistle the players each skate fwd to hash marks, bwd to bottom circle, fwd to top of circle, bwd to bottom of circle then fwd to far end.
- Add different skating skills in after each rep ie lateral crossovers.



**10 MIN**    **SMALL AREA GAMES**

**1. CIRCLE RELAY**

- Place 2 pylons on the ice as shown.

**2. MINI 1 ON 1**

- 2 players face off with one puck and try to score by touching the puck to the pylon opposite them. Have to skate the puck to the pylon, can't shoot it at the pylon.
- Have 3 or 4 games going at once

