

# Peewee Puck Control Drills

Friday, September 25, 2015 8:00 PM - 8:00 PM

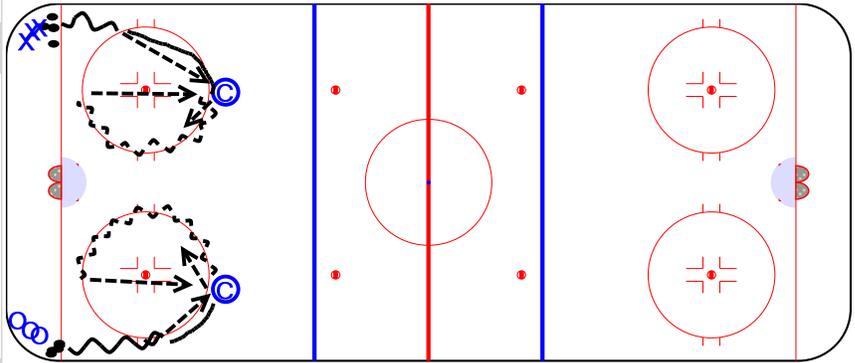
Note: Using any of the PEP Equipment are great for Puck Control Drills.

## Face the Clock w Pass

8:00 - 8:08

Set up as a station drill, the face-the-clock drill using two circles in one end. Player leaves the corner skating forwards, makes pass to coach at hashmark, completes forwards to backwards pivot at top of circle, receives a pass going backwards from coach and passes again to coach. Can perform one or two reps before next player goes. Run two drills simultaneously in each circle.

Key Points: Cross-overs with pucks, controlling



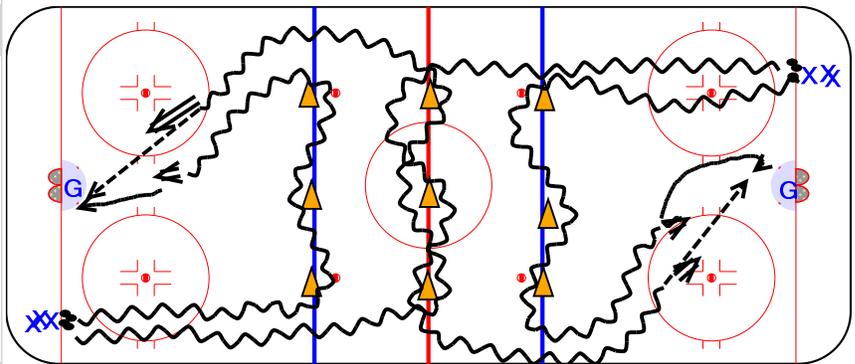
## Intersection Drill

8:08 - 8:18

Two players leave from each corner on whistle, first player goes to blue line cones, comes in and shoots. Then follows to net. Second player goes to red line cones, comes in and passes to first player beside net (or can shoot if goalie is cheating to pass).

Both corners go at the same time and rotate sides at pre-determined interval.

Key Points: Puck control, heads up shot / pass, follow to the net / rebound control for goalie.



## 3 Cone Drill with Pucks

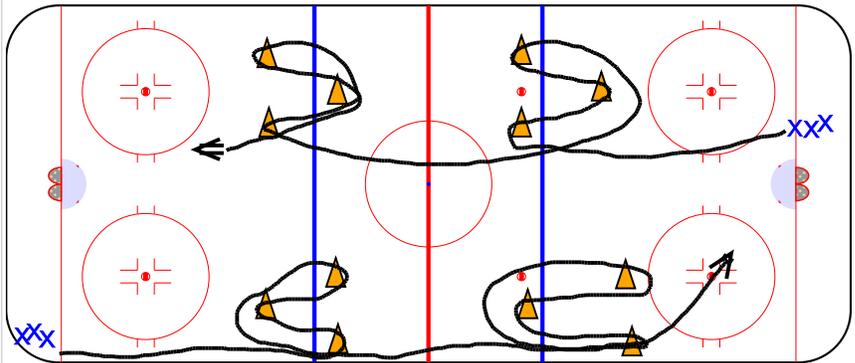
8:18 - 8:28

This drill focuses on tight turns and exiting the turn with a cross-over. The first player in line sprints to first cone and tight turns through all three cones and then goes into cross-overs to get to the next set of cones. The second player leaves, once the first player has passed through the first set of cones.

This can be strictly a skating drill or incorporate the drill with pucks with a shot on goal.

Be sure to set the drill up as shown, so that players are turning opposite direction on the other way down the ice.

This can also be used as a progression drill to utilize as pivoting around the three cones (Face the Clock).



# Peewee Puck Control Drills

## Inside-Out / Outside-Out

8:28 - 8:38

X accelerates through center circle, picks up puck and drives outside lane for shot on net.  
Inside-out: O picks up puck in Neutral zone, turns toward near side, accelerating to outside drive for shot.

Key Points: Full speed puck carrying on cross-over strides, tight turn and acceleration on inside-out. As player takes puck in NZ, next player begins. Exit tight turns with short, quick strides

