

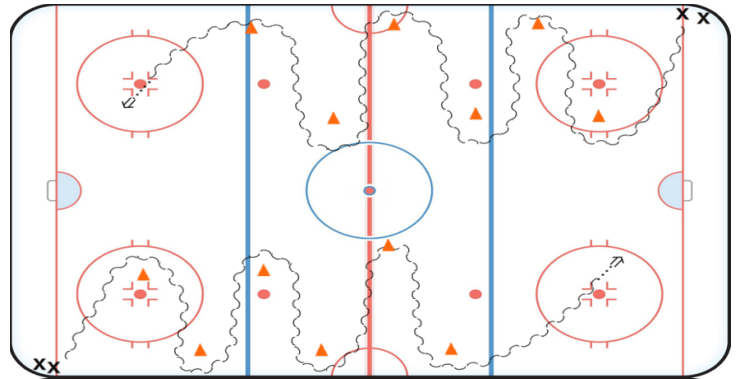
# PeeWee Tryout Skill Drills Practice Plan

Generated on Sep 3, 2024 by Hockey ClipPad.

Duration:

## Power Turns With Puck

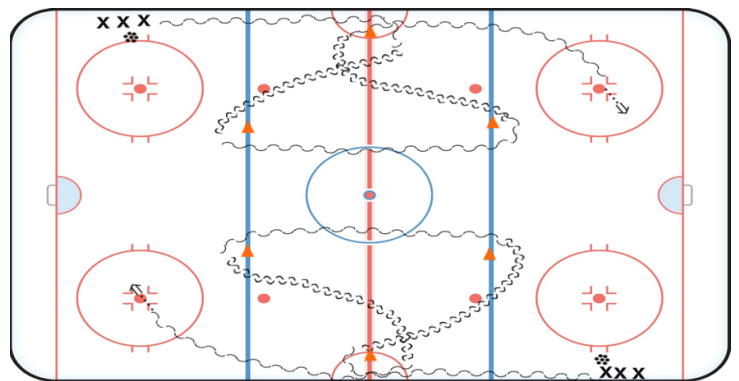
Skating around the cones performing a power turn at each cone carry a puck and skating in and taking a shot by the dot.



Duration:

## TRANSITIONS

Player will skate with puck to the 1st cone transition to backward, now skate backward to the next cone and transition back to forward, now skate to the furthest cone and transition again to backward, now skate backward to 1st cone and transition back to forward and skate to the far end and take a shot by the dot.

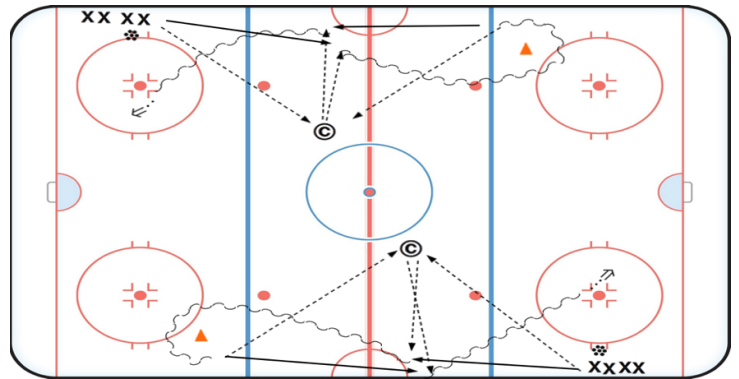


Duration:

## PASS, SKATE, RECEIVE X 2

Player will pass coach a puck, (based off of what hand they are it may be a backhand pass or forehand pass). After the pass is made the player will skate and get a pass back from coach then they will skate to the inside of the rink and skate around the cone and perform another pass to coach and then skate and get the pass back after you receive the pass back you skate in and shoot by the dot.

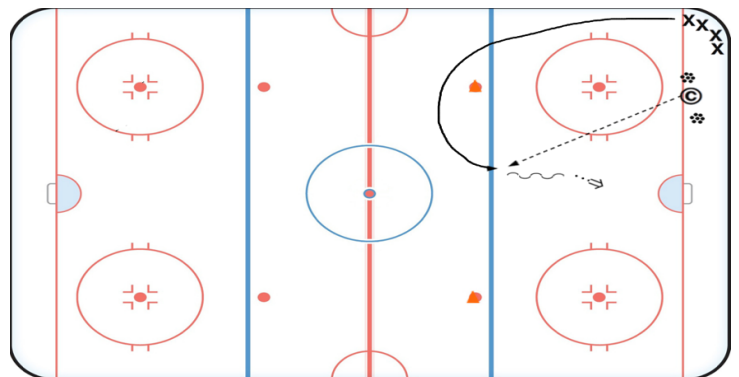
Each time the player goes they will perform 1 forehand pass and 1 backhand pass.



Duration:

## SKATE, RECEIVE and SHOOT

Player will skate around the cone toward the net, receive a pass from coach and then shoot the puck on the net.



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## Quick 2v1

2v1 -

Puck starts with F1 on whistle they pass to the D who then passes to F2 once F2 receives pass F1 and F2 attack 2v1 against the D who made the pass to F2.

