



Peewee/12U Virtual Coaching Resources

Objective & Overview

- Provide players an opportunity to connect with teammates and stay engaged with hockey.
- Recommend 2 virtual sessions per week.
- Consider scheduling at typical practice times and keep them short (15-20 min).
- Parents must be included in the invitation and should be encouraged to join.
- Make them fun and focus mainly on the team relationships and connections.

Activity Name	Description
Question of the Day	Ask players to answer questions such as their favorite thing about hockey, favorite food, best thing about school, how many people are in their family, etc.
Team Trivia	Collect answers to questions in advance and have players guess who the answers belong to.
Hockey Trivia	Develop a list of hockey questions and test the team's hockey knowledge.
High School Q&A	Host a short Q&A with your local high school team's captains or leaders.
Highlight a Group	Take turns highlighting your forward lines, defense and goalies. Coaches can ask questions live or have players submit answers in advance.
Hockey & Heroes	Have each player share their favorite college or pro player or their favorite hero.
Coaches' Corner	Coaches highlight a hockey concept or habit.
SportsCenter Night	If you have game footage already, make a short highlight video that features all players.
Fun Video Night	Share a couple of short, humorous videos. (i.e. Dude Perfect video)
Who is That?	Have parents send a baby picture and have teammates try to guess who is in the picture.
Hockey Bingo	Create a bingo card where players complete activities or answer questions to mark a space.
Guest Speaker	Invite a hockey figure or successful person to join for a Q&A. Encourage players to prepare 1-2 questions but coach(es) should have questions prepared too.
Favorite Drill	Have each player draw up and share their favorite drill or small area game. Use one per practice when you return.
Posters	Each player creates a poster for a teammate to hang in the rink when you return.

For off-ice training ideas, visit www.minnesotahockey.org/playerdevelopment