Ayr Flames Peewee Practice Plan

Date & Time: Sunday Sept 21st	Location:Ayr Arena	Practice #2

Objective:

To establish defensive zone system/breakout and flo

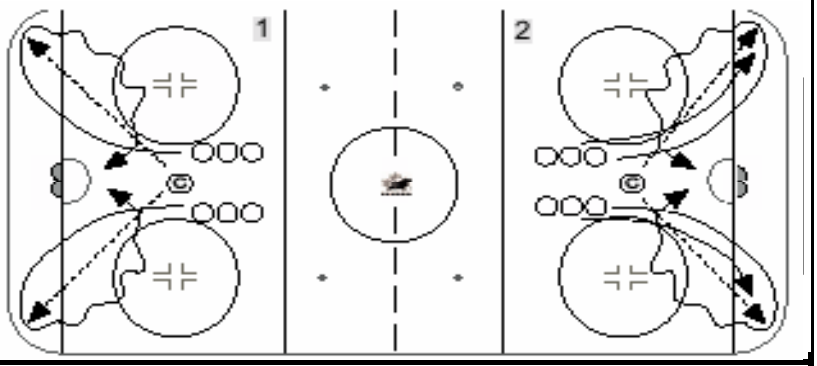
Skill Work		Team		Concepts	
	Skating	X	1 on 1	*Defensive*	
	Agility Work		2 on 0		Offensive Zone
	Puck Control		2 on 1	X	Neutral Zone
	Passing		2 on 2	X	Defensive Zone
	Shooting		3 on 0		
X	Checking		3 on 1	*Offensive*	
			3 on 2	X	Offensive Zone
	Rebound Ctrl		4 on 4	X	Neutral Zone
	Angles		5 on 4		Defensive Zone
			5 on 5		

Left Wing	Center	Right Wing

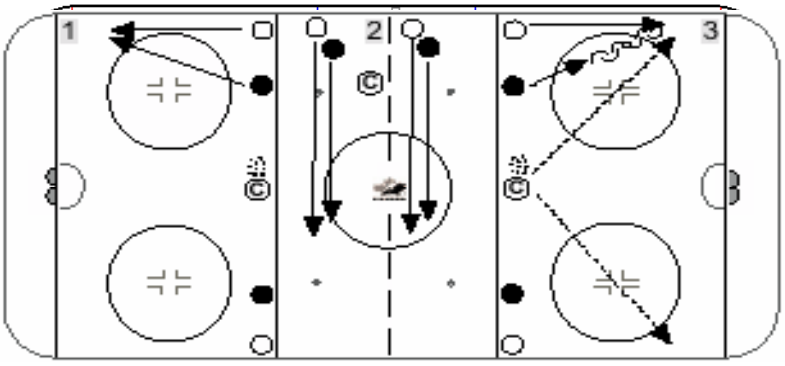
Lef Defense	Right Defense	Goalie

Small Games/Other:

Time	Activity/Drill Notes
	Same drill as B/C clinic except with shot at end. Warmup.
	1) skating forward " rubout" and take the puck.
	2) Def pos, outside shoulder of def. w/ inside shoulder of fwd.
	3) Def's helmet lines up with inside shoulder of attacker skating backward, forces player to move board side.

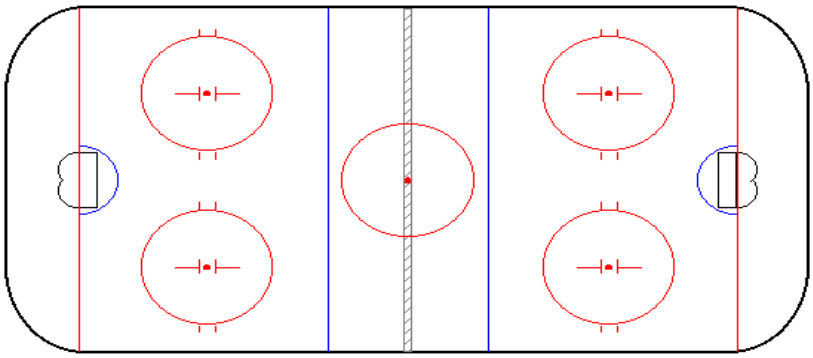


Drill Description:



Drill Description:

Open ice angling: Key to this drill is defensive positioning.



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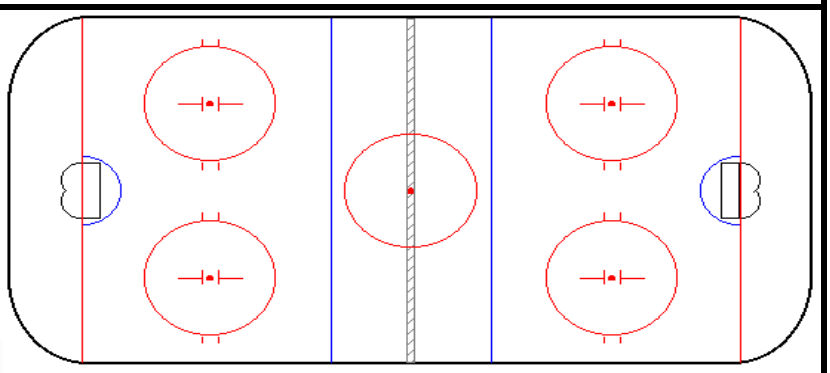

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