

MITE 8 & UNDER

AMERICAN DEVELOPMENT MODEL

OFF ICE



AMATEUR HOCKEY ASSOCIATION ILLINOIS, INC.

MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL





AMERICAN DEVELOPMENT MODEL: 8 & UNDER – Mites
 “Agility, Balance, Coordination and Speed – The FUNdamental A, B, C’s”

Sample Off-ice Session for 8 & Under Mites (30 minutes)

Equipment:

Mats, soccer balls for each group, 2 – 2X4’s or 4X4’s, 4 cones

Warm-up (5/5)

Movement:

Jog, skip, cross-over, shuffle run for 1 minutes

Stationary:

- 6 – Arm circles forward and backward
- 6 – Arm circles 1 arm forward and 1 arm backward
- 6 – Hip rotations each direction
- 6 – Upper body twists

Bloody Knuckles with Partner:

2 players face each other with hands extended. One player has palms facing up and the other with palms facing down. The palms of their hands are touching. The player with hands on the bottom (palms up) quickly tries to slap the hands of the partner with hands on top.

Jog, skip, cross-over run while performing arm circles forward, backward and 1 arm forward and 1 arm backward for 1 minutes

Instant Challenge (2/7)

Frog Stand – see if any of the players can hold a frog stand for 10 seconds

Coordination (5/12)

Over-Under Relay – Divide players up into teams of 5 to 10 and players line up in a row facing the back of the player in front of them. The relay begins with the player in front passing the ball over his head to the player behind him. The next player passes the ball between his legs to the player behind him. This over and under pattern continues until the last player in line receives the ball. The last player in line then carries the ball to the front of the line and starts the process again. The first team to return the players to their original positions, wins.

Agility, Balance, Coordination and Speed (24/36)

Stations – 6 minutes at each station:

- 1) **Forward Roll:** Players perform a forward roll onto the mat.
- 2) **Balance beam:** Walk the length of the board without falling off. Walk forward, side step and then backwards.
- 3) **Cartwheels:** Players perform a cartwheel on the mat. Lead with both right and left hand.
- 4) **Agility Run:** Players run forward and backward around the cones always facing the same direction.

Cool Down (4/40)

End with a light stationary stretch.

