



Mite 2 Skills Practice Plan #2

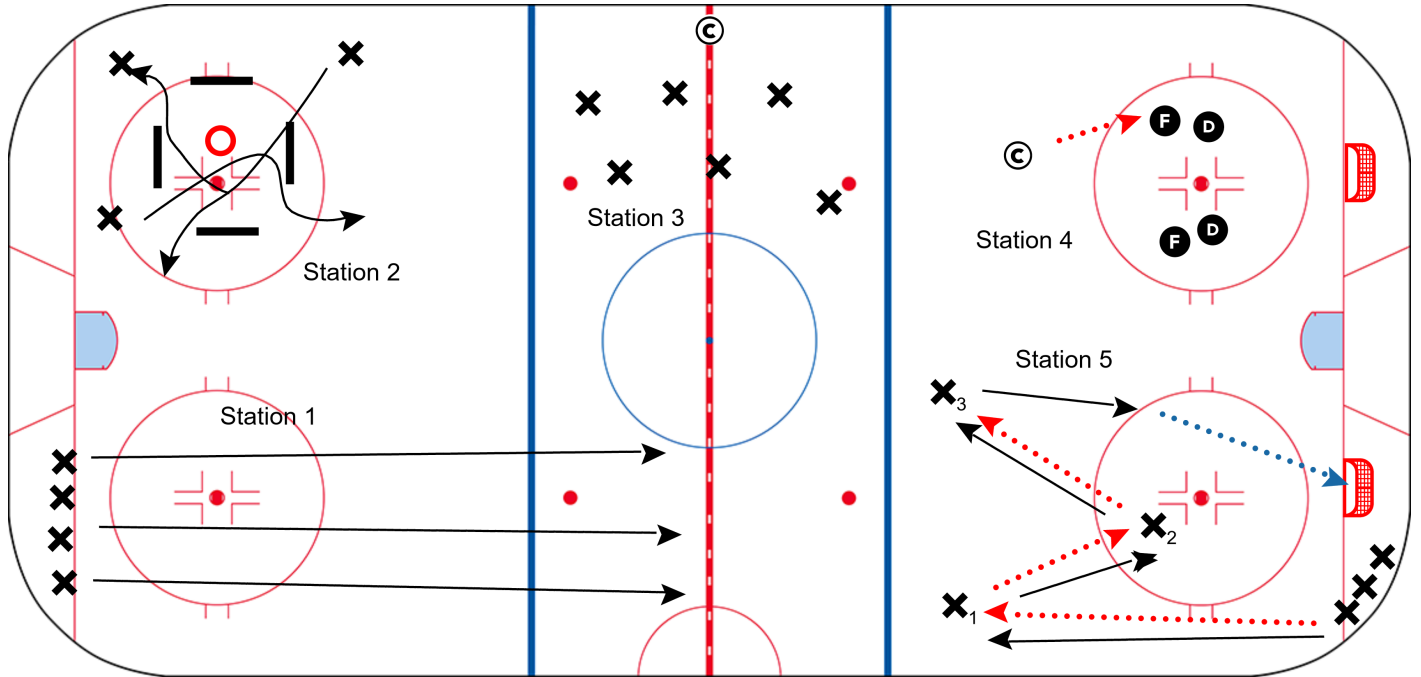
Duration: 60 mins

Ships Across Ocean to Start

10 mins

Mite 2 Skills Practice Plan #2

40 mins



Description

Station 1: Beginner Skating Circuit #2 (Stopping Focus)

- Skiers 2. One legged strides 3. Races 4. Shave ice for 10 seconds on each foot in place 5. Pizza stops 6. One-foot stops **follow progression on the learning to stop teaching guide

Station 2: Divider Box Tag

Put the dividers into a square. Keep about 10-15 feet open at each corner. O is in the middle. Xs are on the outside.

Tag Version: O is trying to tag an X. The Xs have to skate into the box and then skate out. They can jump over a divider.

Keep Away Version: O is trying to steal a puck from one of the Xs. The Xs have to skate through one corner and then back out through another without losing their puck. If O gets the puck, he then becomes an X and the X that lost the puck becomes an O.

Station 3: Stationary Stickhandling

Practice puckhandling for 4-5 minutes, then move to chaos, coaches try to knock puck off players stick, knock out game, or sharks and minnows.

Players face the coach and get into a good hockey stance to begin. Do each drill for time or repetitions. If doing for time, give the kids 30 seconds to work on each exercise. With younger players, if you've exhausted the drills or their attention spans, move to a game of knockout toward the end of the drill.

Stickhandling variations include:

- 1) Quick handles - forehand side, front, backhand side
- 2) Forehand extensions
- 3) Backhand extensions
- 4) Toe Pulls
- 5) Toe Pulls to backhand extension
- 6) Backhand present + pull back
- 7) Short fake extension to backhand, full wide extension to forehand
- 8) Short fake extension to forehand, full wide extension to backhand

Station 4: Offense/Defense Game

Forwards are trying to score. In Version 1, defense score by passing a puck to the coach on the tape. In Version 2, the defense score by skating through one of the two gates at the top of the zone. If the defense score, the coach should pass another puck into play to the forwards. Continue the game for 30-40 seconds.

Station 5: Shuttle Pass Follow & Shoot

Player in line passes to X1, then follows his pass out to that position. X1 receives pass and passes to X2 and follows his pass to that position. X2 passes to X3 and follows his pass. X3 receives the pass and goes in to shoot on the goalie.

