



# Mite 2 Skills Practice Plan #6

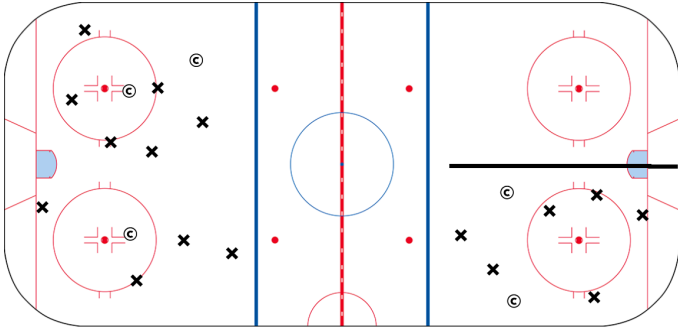
Duration: 60 mins

Start with Freeze Tag

0 mins

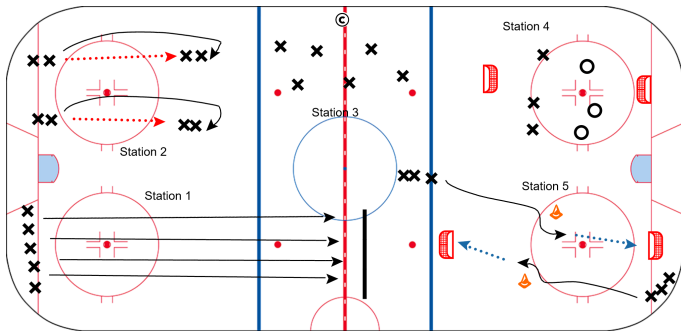
Freeze Tag

10 mins



Freeze Tag Variations Include:

- 1) Athletes must stop and freeze when tagged by the coach. If another athlete gives them a high five, they become unfrozen.
- 2) Athletes do the tagging and tag each other.
- 3) Athletes try to tag coaches. Coaches have to freeze if tagged. If another coach gives them a high five, they become unfrozen.

**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: Islander Passing**

Athletes should be in groups of 4-6 and separated evenly on each side of the drill. You can also do this drill cross ice. There are a lot of variations. Below are three of our main variations that we use. Let the athletes practice each variation for 60-90 seconds.

- O passes to X, X taps back to O, O taps back to X and moves to back of X line.
- O receives pass from X, skates around the O line, and makes hard pass to X. Make sure they go both directions.
- O passes to X, skates up, hooks and ladders, receives pass from X. O then passes back to O line. O hooks and ladders again, receives pass from O and then gives to X line. O skates to back of X line.
- Get creative on new variations.

**Station 3: Stationary Stickhandling**

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: 3v3 Small Area**

If you have a larger group and are doing 4v4 and there is a wider skill gap among players, consider having the game utilize two pucks so that more kids can get touches and they spread out more. Turn nets away from players if no goalies or obstacles to stop them.

**Station 5: Quick Shift + Shot**

Players skate toward the tire or cone with the puck. When they get to the cone or tire, they make a quick move to the left or right and then shoot the puck. More advanced athletes can work on pulling the puck in and then shooting or pushing the puck away from the cone and shooting. More beginner athletes will simply extend the puck either direction and then shoot.