



Mite 2 Skills Practice Plan #3

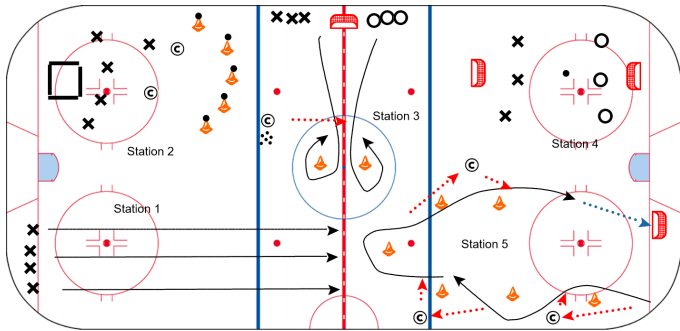
Duration: 60 mins

Start with Soccer Cross Ice Games

10 mins

Mite 2 Skills Practice Plan #3

40 mins



Station 1: Beginner Skating Circuit #3 (Backward Skating Focus)

- Backward Swivels 2. Backward One Foot C Cuts 3. Backward Squat Glides 4. Backward Skating Races 5. Forward Swivels 6. Forward Skiers 7. Drop to Knees Get Up 8. Jumps

Station 2: Star Wars

Star Wars Game. Place four rink dividers in a box as shown, in order to create "EARTH". Place pucks on top of five cones as shown. Coach places his glove at the end of his hockey stick in order to create "Light Sabre". Players must start in Earth. The object is to retrieve each of the five pucks and return them to Earth without being tagged by coach's Light Sabre. If a player is tagged, they must return puck to top of cone.

Station 3: 1v1 Races

There are a ton of 1v1 race variations. Have the athletes sprint to the inside of the cone and then skate around to the outside of the cone so they avoid running into each other at the top. Variations include: 1) forward skate and power turn around cone 2) backward skate and open up around cone 3) forward skate, drop to knees, get up, and power turn around cone 4) start on stomach and sprint up and around cone 5) hook and ladder around cone.

To help save the ice, start the cones lower in the zone and slowly move them up every 5 minutes or so.

Station 4: 3v3 Small Area

There are many different variations of 3v3 small area games we can do with mite hockey players. We can do cross-ice or use 1/4 of the ice. With the nets, we can have them facing each other, facing away from each other, and we can put dividers in front of them so that athletes must lift puck to score. 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.

Station 5: Weave & Pass

Set up cones where players will weave through them and place coaches throughout the drill. Players must pass to the coach and receive the pass back while weaving through the cones. Place a net at the end of the drill for the players to shoot on.

Finish with Two Half Ice 4v4 Games

10 mins