



# Mite 2 Skills Practice Plan #1

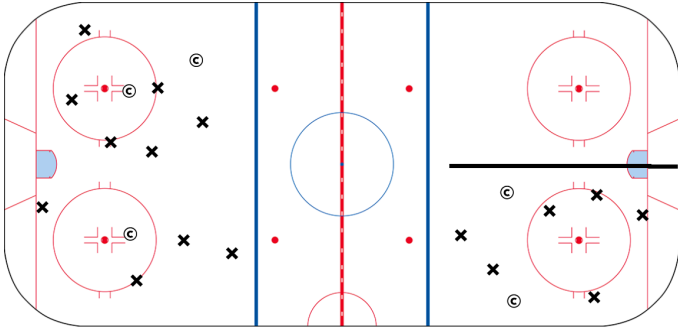
Duration: 60 mins

Start with Freeze Tag

0 mins

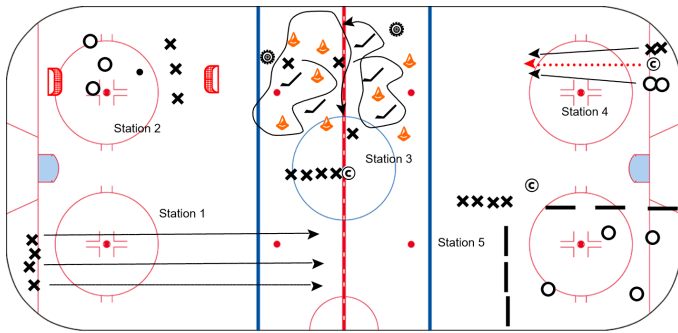
Freeze Tag

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 #1**

- Swivels 2. Squat Glides (aka Race Cars) 3. One Foot Glides 4. Marching Soldiers 5. Supermans 6. Superman + Log Roll 7. Jumps 8. Race

**Station 2: 3v3 Small Area Game**

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 3: Chaos Puckhandling**

- 1) Start by placing a bunch of items on the ground - cones, sticks, etc. Let the kids be creative and skate around and through the obstacle course.
- 2) Play keep away - coach tries to steal pucks from players as they skate around the obstacle course.
- 3) Start players on one side of the obstacles and have them go through to the other side as fast as they possibly can racing each other.

**Station 4: Tennis Ball Sprints**

Tennis Ball Sprint Variations:

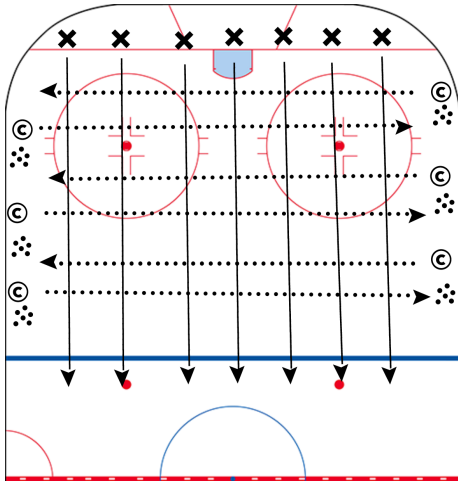
- Two players sprint to the ball, first one to get it wins.
- One player sprints to the ball and cannot let it bounce more than two times.
- Players start on their stomachs, on coach command they get up and sprint to catch the tennis ball.

**Station 5: Relay Tag**

Team X sends one player in to the zone. That player must knock a puck off someone's stick and then sprint back, tag a teammate, and then the next X heads in. The coach times the process. Team X and O switch. The team to go the quickest wins.

Other Relay Tag Variations Include:

- No sticks or pucks, just tag
- Players have puck and can pass. Multiple players go in and win puck, then sprint out. The team "tagging" has to do a certain number of turnovers before completing the game.



Players line up on goal line. Coaches line up on opposite walls with plenty of pucks.

On coach's whistle, players skate from the goal line to the blue line, avoiding pucks being shot (low velocity) across the ice. If a player is touched by a puck, he/she is out. Last player standing wins!