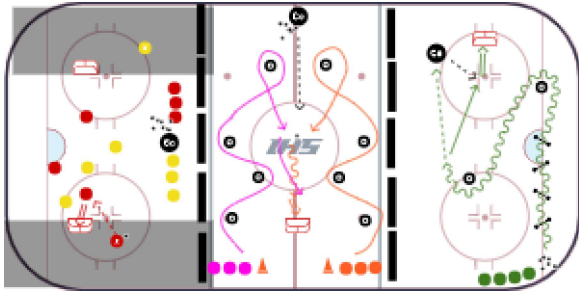


# 2023 Mite Preseason Day 5 - Oct 30

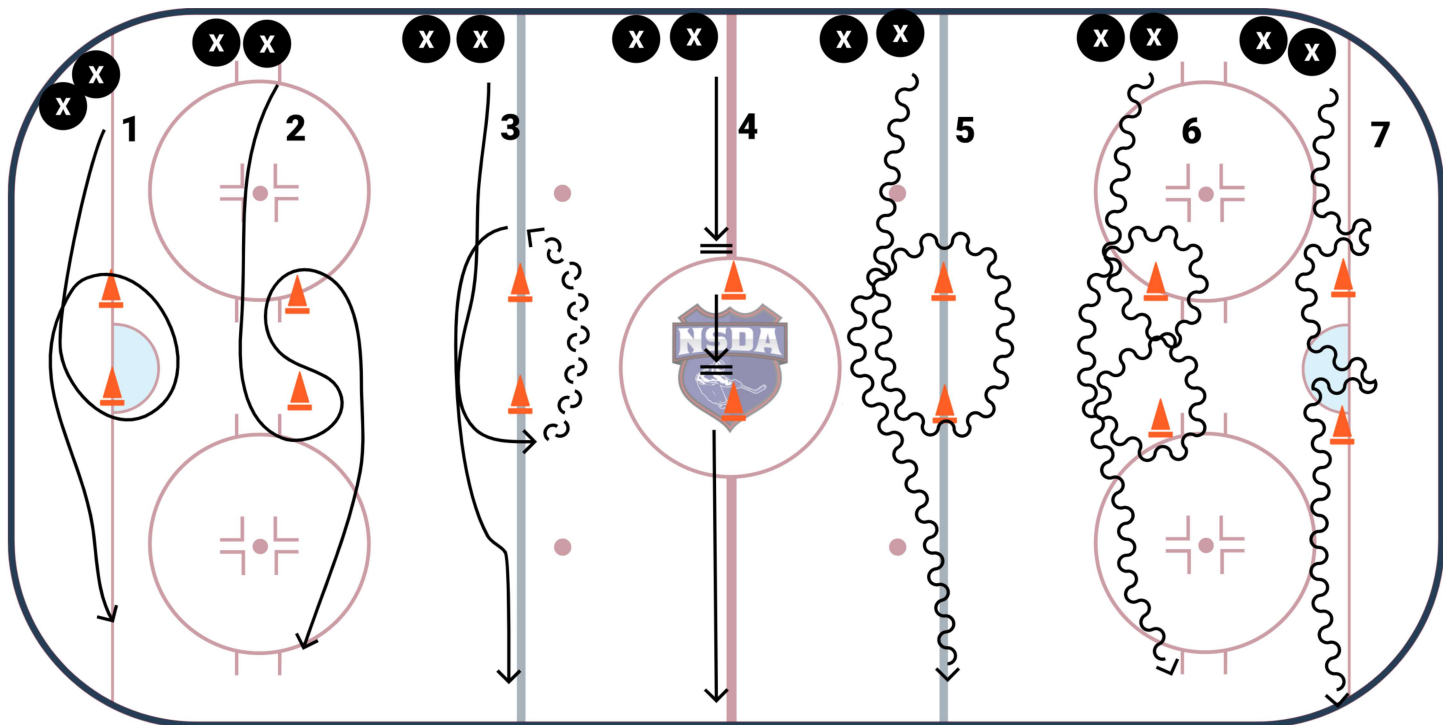


Monday, October 30th, 2023

## PRACTICE LAYOUT



## Warm-up off side wall (Progression)



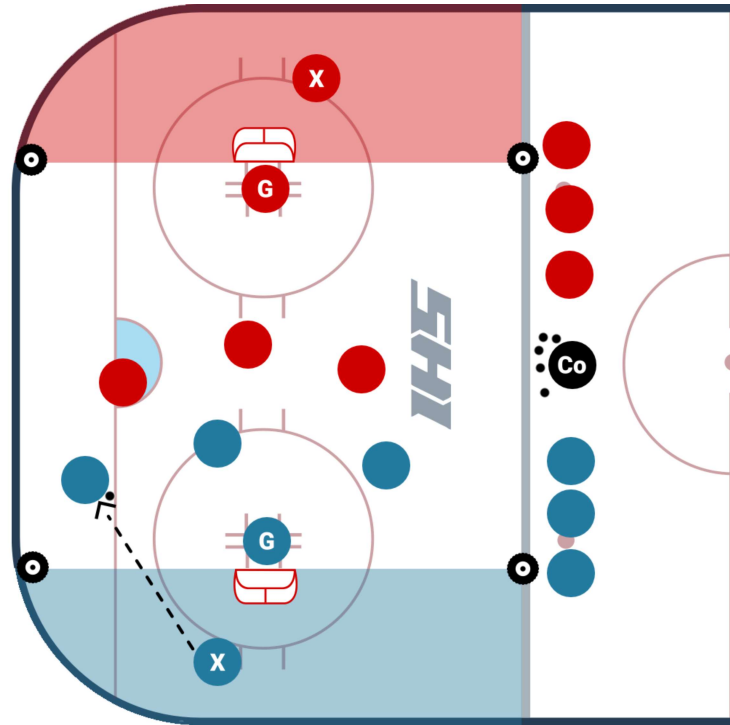
Line up players on goal line, hash marks, blue line, red line, blue line, hash marks, goal line

Begin with forward/backward skating

1. Cross overs around pylon
2. Figure 8 glide turns around cones
3. Transition turns around cones Frwd to Bkwd and Bkwd to Frwd
4. Side stops at cones (Left and Right side)
5. Cross overs around cones with puck
6. Figure 8 glide turns around cones with puck
7. Puck handling at cones (moves forehand to backhand and backhand to forehand)

**Length of Time:** 10-15 Minutes

## Bourque 3 on 3 Game



The Bourque 3 on 3 cross ice game is similar to the Gretzky Game but now the designated passers behind the nets are referred to as "Bourque." The "Bourque" is behind their own goal line and helps to initiate breakout passes to their teammates. It is important that players regroup to support their "Bourque."

## Game Rules

- Players must use their "Bourque" on a change of possession before making an attempt to score.
- Players may attack the other team's "Bourque" but they may not shadow them.
- Players that are playing in the 3 on 3 can go behind their own goal line to help out their own "Bourque".
- There is no limit to how often a team uses their "Bourque".
- Shifts should be 30 - 40 seconds to keep a good pace and high intensity.
- If a puck goes out of play, the coach can dump in a new one.

## Coaching Points

- Have the "Bourque" work on a good first pass.
- Use "false Information / deception" (fakes & looking off the pass) to get their players open.
- Players need to skate back to support their "Bourque."
- Fill three lanes and skate to open ice.

## VARIATIONS:

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- Can be 3 on 3 or 2 on 2.
- Can have 2 Bourque's to allow for D to D passes before the breakout starts.

## RELATED CONTENT:

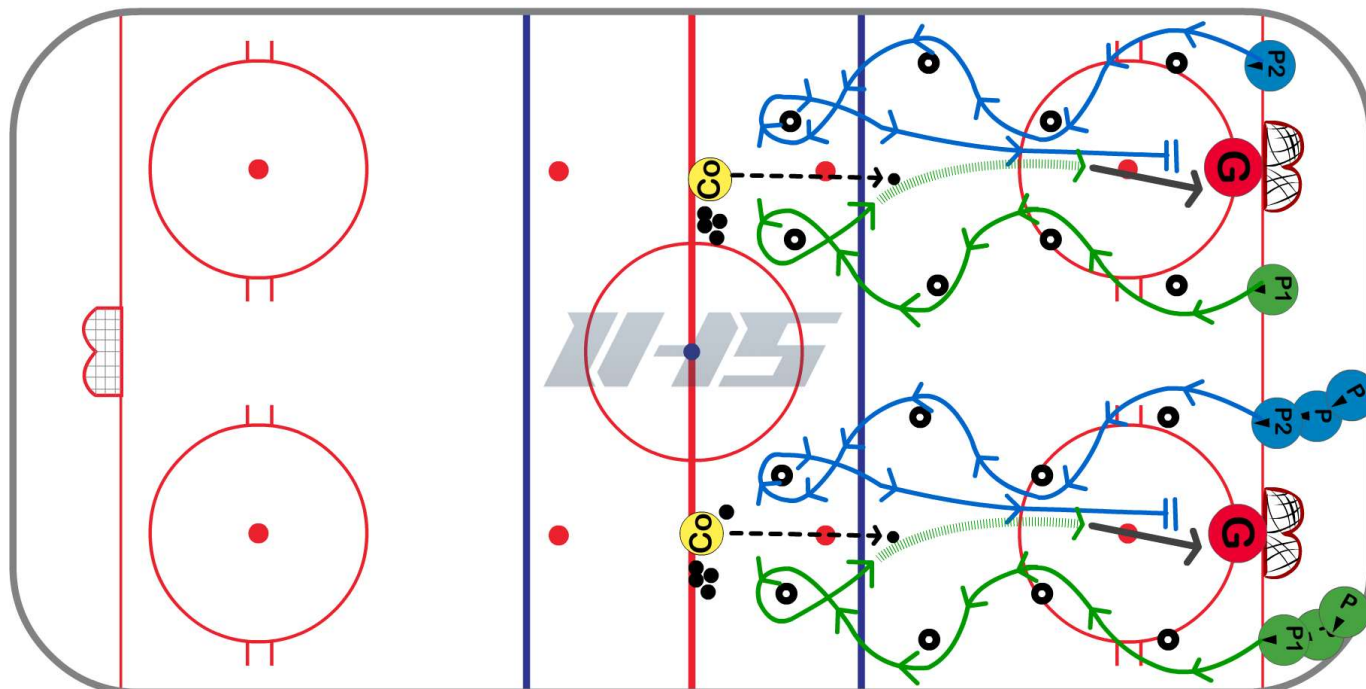
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- View 100+ Small Area Games
- 4 Different Gretzky Games

**Length of Time:** 10 Minutes

**Station Number:** 1 - Hayes Entry

## Half Ice Slalom Races



Add some competition to your practice with this drill while working on footspeed, agility, control turns, and scoring. If you have access to two nets then split your half of the ice into two equal sections as shown in the diagram. Line the nets up even with the face off dots and place one line on each side. The tires or cones should be set up as shown.

On the whistle players start by going to the outside of the first tire. At the last tire the players do a control turn all the way around the tire starting on the inside. The coach will play a 50/50 puck towards the net and the players will compete for the puck the first player to touch the puck is on offense and the second player becomes the defender and backchecks against the player with the puck.

**Length of Time:** 10 Minutes

**Station Number:** 2 - Center Ice

