



Mite 1 Skills Practice Plan #2

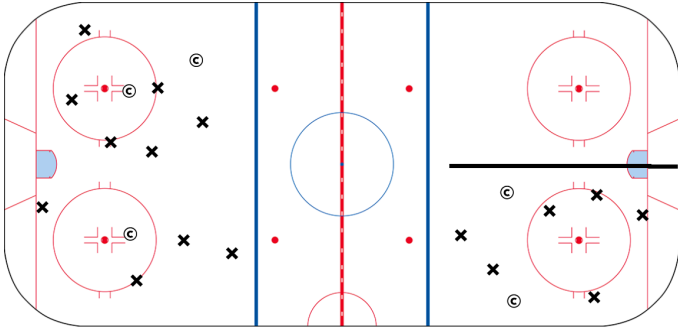
Duration: 60 mins

Start with Freeze Tag

0 mins

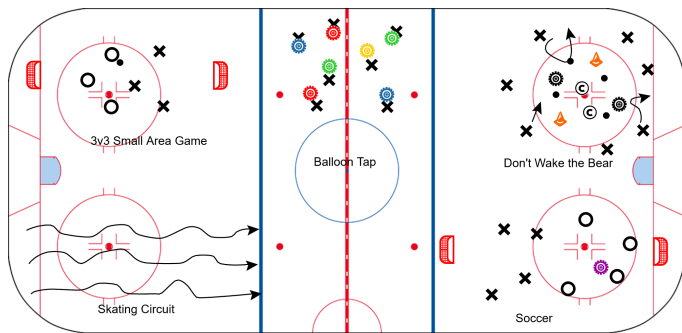
Freeze Tag

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.



Beginner Skating Circuit #2 (stopping focus)

Skiers, One legged strides, Races, Shave ice for 10 seconds on each foot in place, Pizza stops, One-foot stops **follow progression on the learning to stop teaching guide

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.

Balloon Tap

Each player gets a balloon and moves around keeping the balloon in the air by tapping it with their gloves. Have the players put their sticks down. More advanced beginner skaters can attempt to move while keeping the balloon in the air.

Don't Wake the Bear

Coaches are inside the circle with a bunch of stuff. Players are on the outside and they try to steal a piece of gear inside the circle. If tagged by a coach, the player must leave the circle and drop whatever they were able to grab. They can try again once they've gotten out of the circle.

Soccer

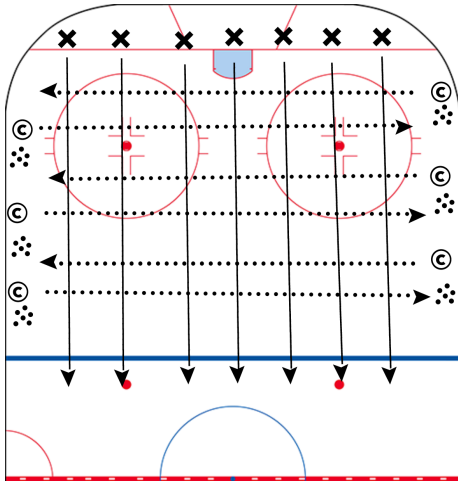
There are a couple variations. Try to have at least two soccer balls on hand. If the number of athletes at your station is greater than 6, use two balls. This allows the players that are not as good to get time with the ball.

Variations include:

Players use their feet to kick / pass ball.

Players pick up the ball and pass it with their hands to each other, similar to Ultimate game.

****Play Asteriods in Each End or Full Ice to Finish**



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!