



Mite 2 Skills Practice Plan #4

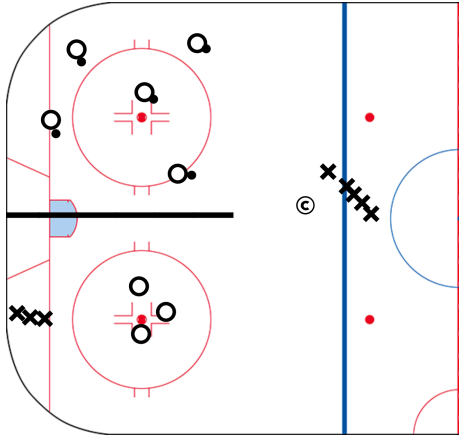
Duration: 60 mins

Play Relay Tag - Multiple Games Going at Once to Start

0 mins

Relay Tag

10 mins



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.

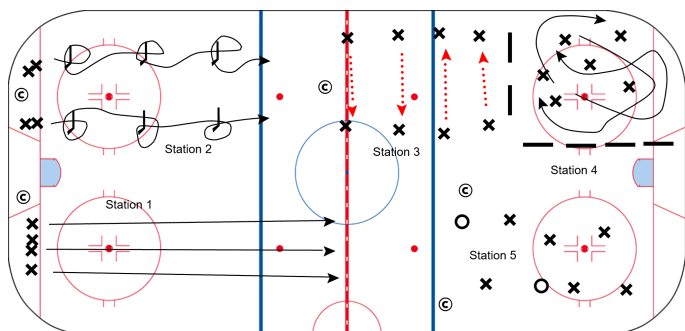
Other Relay Tag Variations Include:

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.

Key Points

Shrink the space as needed based on the size and speed of the players. You can also play this game with one team inside the circle and one team on the goal line.

**Station 1: Beginner Skating Circuit #4 (Stride and Edge Focus)**

- Race Cars – low squat 2. Left Foot Strides 3. Right Foot Strides 4. Two Foot Push Slow 5. Two Foot Push Fast. 6. Inside Edge Cuts 7. Swivels

Station 2: Stick or Divider Agility Circuit

- 1) Jump over stick, start crossovers to right (or left) and circle around to find your puck and sprint to opposing boards.
- 2) Jump over stick and land in hockey stop, cross over and jump back over the stick, find your puck and power turn out.
- 3) Power turn halfway around stick, then mohawk for the second 1/2 of turn.
- 4) Position the stick vertically. Sprint up right side, jump over stick to left side, and power turn around stick to right, then crossover around stick and sprint up to next stick.
- 5) Position the stick vertically. Transition around stick facing up ice the entire time.
- 6) Sprint up to the right side of stick. Lateral shuffle across stick to left. Stop. Lateral shuffle across divider to right.

Station 3: Partner Passing

Give players 45 seconds or so to work on each time of pass. For very beginner mite players, consider having one coach pass with 2-3 players. This will help all the players get more repetitions in until they can make a greater percentage of the passes and catch a good percentage too.

- 1) Catch forehand to pass forehand
 - 2) Catch backhand to pass backhand
 - 3) Catch forehand to pass backhand
 - 4) Catch backhand to pass forehand
 - 5) Catch in skates and pass with forehand
 - 6) Sauce passes on forehand
- GET CREATIVE!

Station 4: Ring of Fire

Grab the ringettes. If you have 8 athletes in your station, give out 8 ringettes. Coaches provide light resistance. Then, take one ringette out every 20-30 seconds until there is only 2 ringettes left. Coaching point: teach athletes to lift the opponent's stick and use their body to win the ringette.

Station 5: Freeze Tag

- 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.