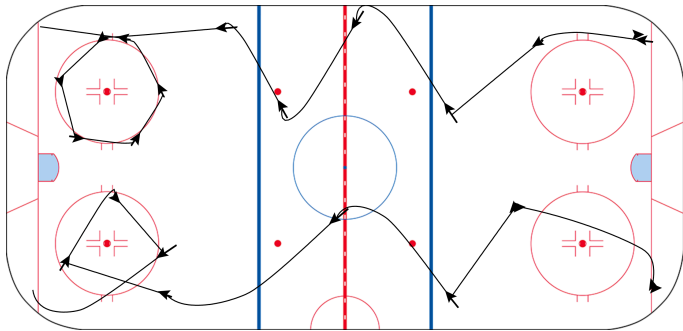




# Upper Mite Skills Practice Plan #12

Duration: 60 mins

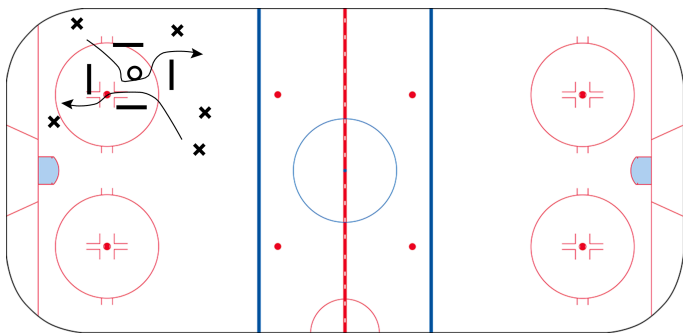
## Two Corner Edge and Skating Warm Up 10 mins



Have 3-4 players go each time in a group depending on numbers. We want 4-5 groups going, but no more than 5 to make sure the kids are moving fast. The next group goes immediately (no whistle) after the group in front of them gets around the circle. Variations are below:  
Around the circle - you can do 1) forward crossovers 2) transitions 3) mohawks 4) Boris jumps 5) backwards crossovers  
Up and down the ice you can do any edge pattern -inside edge, outside edge, mohawks, ETC. OR body control drills (i.e. drop to knees, alternate knee drops, etc).

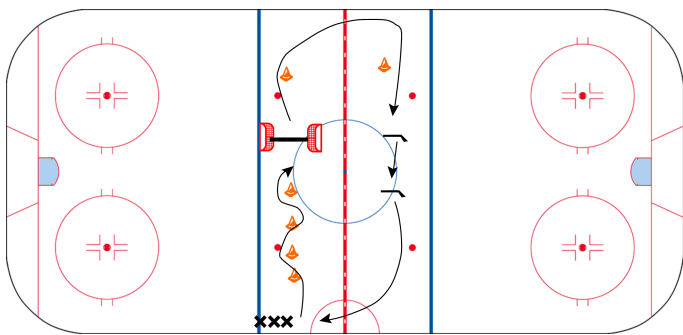
## Split into the following five stations 0 mins

## Divider Tag / Keep Away 8 mins



Put the dividers into a square. Keep about 10-15 feet open at each corner. O is in the middle. Xs are on the outside.  
Tag Version: O is trying to tag an X. The Xs have to skate into the box and then skate out. They can jump over a divider.  
Keep Away Version: O is trying to steal a puck from one of the Xs. The Xs have to skate through one corner and then back out through another without losing their puck. If O gets the puck, he then becomes an X and the X that lost the puck becomes an O.

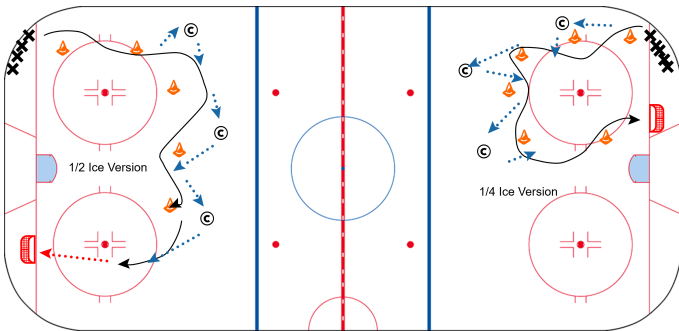
## Obstacle Course - Mites 8 mins



Create an obstacle course of any kind. In each obstacle course look to have jumps, slides, and quick turns / movements. Have the athletes do without a puck at first. If the course allows it, do it with a puck. To increase competitiveness, time each player through the course toward end of drill to see who is the fastest.

## Weave & Pass

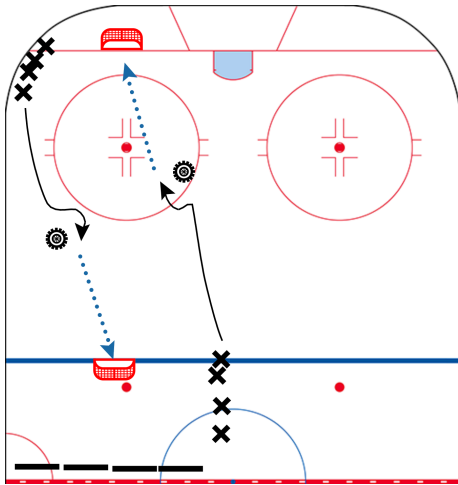
8 mins



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.

## Quick Shift + Shot

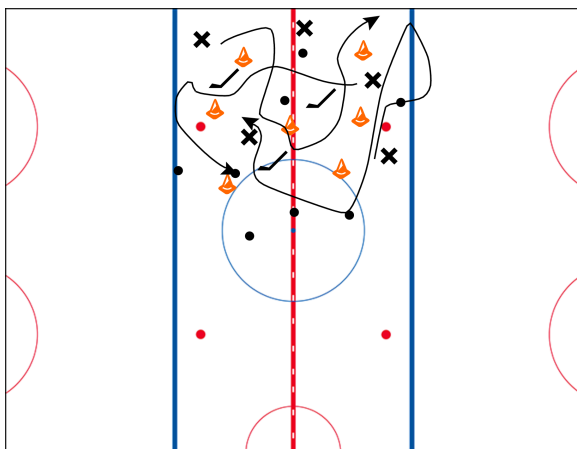
8 mins



Players skate toward the tire or cone with the puck. When they get to the cone or tire, they make a quick move to the left or right and then shoot the puck. More advanced athletes can work on pulling the puck in and then shooting or pushing the puck away from the cone and shooting. More beginner athletes will simply extend the puck either direction and then shoot.

## Chaos Stickhandling - Mite 8U Version

8 mins



- 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.

## Finish with Small Area Games

10 mins