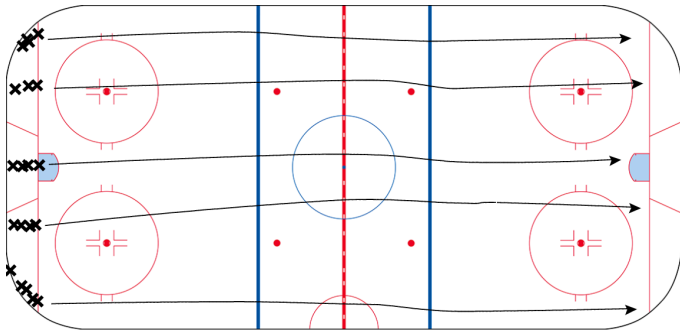




Upper Mite Skills Practice Plan #1

Upper Mite Line Body Control/Mobility Circuit

10 mins



If goalies at practice, they can participate in these drills or they can use the top of circles down. Make sure to use divider pads to protect those working with the goalies.

- Two Crossovers Each Direction (Forward)
- Squat Hold Glides
- Alternating Knee Drops
- Drop to Knees and 360s Twist
- SL Skater Squat Holds (1 rep per leg)
- Backward Skating + Knee Drops
- Squat Jumps over Blue and Red Lines
- Sprint to Blue, Superman, Get Up, Race through Far Blue
- Sprint to Blue, Superman + Log Roll, Get Up, Race through Far Blue
- Add any additional if time allows

Split into the following five stations

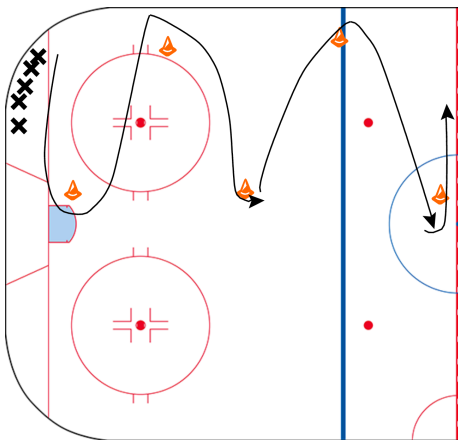
0 mins

Edge Work Circuit #1

0 mins

Upper Mite Edge Work Circuits

8 mins



Skating Circuit #1 (repeat each drill 2x) - Edge and Stopping

1. Inside Edge
2. Outside Edge or Crossovers
3. Power Turns
4. One Foot Stops
5. Two Foot Stops

Spend time going through the inside or outside edge teaching progression, depending on the group's abilities.

Skating Circuit #2 (repeat each drill 2x) - Power Turn Teaching Progression

1. Inside Edge
2. Outside Edge or Crossovers
3. Power Turns
4. Stationary Edge Drops
5. Power Turns with Chest Turn Emphasis
6. Power Turns with Ankle Turn Initiation
7. If able, backward Power Turns

Spend time going through the power turn teaching progression. If group is doing well forwards, then focus more on the backward power turns.

Skating Circuit #3 (repeat each drill 2x) - Mohawk Focus

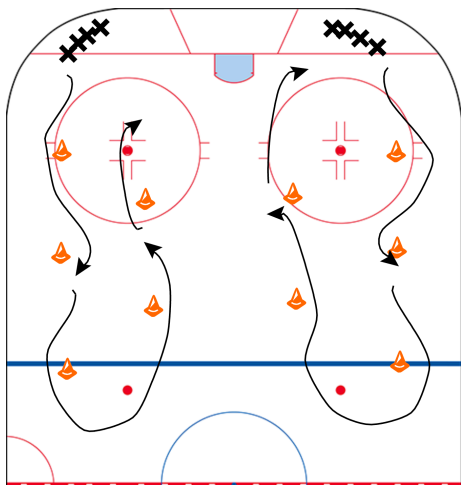
1. Backward Inside Edge
2. Backward Outside Edge
3. Mohawks
4. After watching initial round of mohawks, go through the teaching progression
5. Rocking Mohawks
6. Outside Edge Punch Stops

Skating Circuit #4 (repeat each drill 2x) - Edge work with pucks - perform all drills with pucks

1. Inside Edge
2. Outside Edge
3. Stationary Edge Drops
4. Power Turn
5. Mohawks

Long U Pattern - Stickhandling (1/2 Sheet, 1 Team)

8 mins

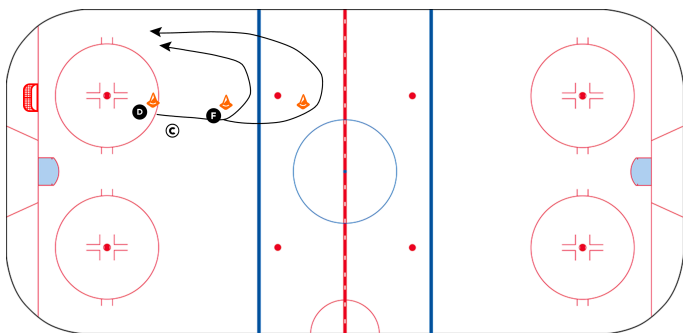


You can use cones, attack triangles, or other obstacles to create a long U shape in a corner of a zone. Players should perform a given stickhandling move at each cone, then go in and shoot. Have players do each variation at least two times and then move on. Variations include: Players face the coach and get into a good hockey stance to begin. Do each drill for time or repetitions. If doing for time, give the kids 30 seconds to work on each exercise. With younger players, if you've exhausted the drills or their attention spans, move to a game of knockout toward the end of the drill. Stickhandling variations include:

- 1) Forehand extensions
- 2) Backhand extensions
- 3) Toe Pulls
- 4) Toe Pulls to backhand extension
- 5) Backhand present + pull back
- 6) Short fake extension to backhand, full wide extension to forehand
- 7) Short fake extension to forehand, full wide extension to backhand

Three Cone Angling Drill (1/4 Sheet)

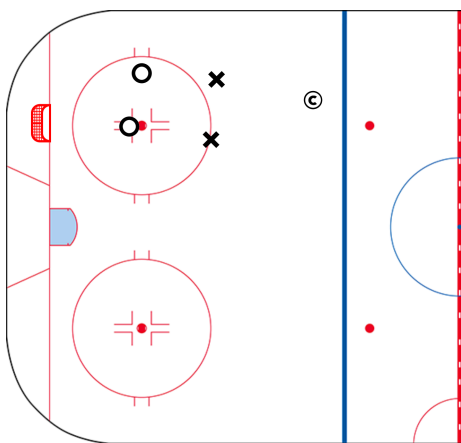
8 mins



F skates with the puck around the cone closest to the redline. D skates up and around the cone that F started next to. D's goal is to push F to the outside and not let F cut back in. D should NOT skate backwards. Do the drill on both sides if time permits. Focus on teaching the D to time their opponent, have their stick on ice toward middle to apply pressure to the F to skate to the outside. Failure in this drill for the D is allowing the F to skate to the middle and cut back in. It's better to have the forward skate around wide than cut in as in a game teammates can more easily react and defend a player skate along the perimeter than in the middle of the ice.

2v2 Tag Up

8 mins



2v2 Tag Up

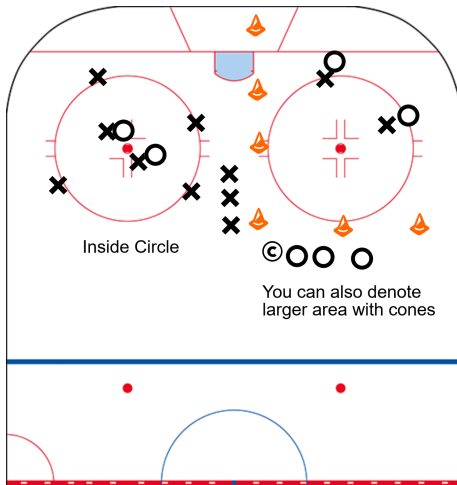
Pass up to coach to go on offense

2v2 Offense/Defense Game

Two players are designated as offense. Two players are designated as defense. Defense "score" by passing to coach. Coach keeps giving puck to the offensive team.

Ringette 1v1s

8 mins



Players make a circle. If more space needed, use dividers or cones to denote a larger area. Have one or two 1v1 battles going on in the circle at the same time - goal should be to have half the group battling 1v1 while the other group rests. Each 1v1 battle is for possession of one ringette.

Finish with Small Area Games

10 mins