



# Mite 1 Skills Practice Plan #6

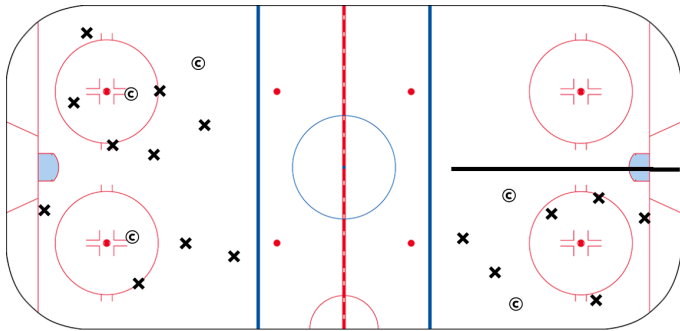
Duration: 60 mins

Start with Freeze Tag

0 mins

Freeze Tag

10 mins

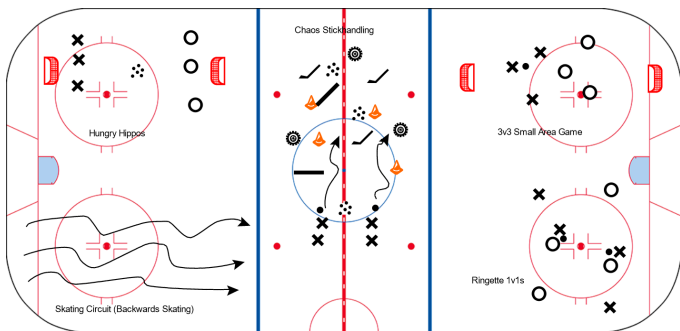


Freeze Tag Variations Include:

- 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.

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40 mins



### Skating Circuit (Bkwd Skating)

Backward Swivels, Backward One Foot C Cuts, Backward Squat Glides, Backward Skating Races, Forward Swivels, Forward Skiers, Drop to Knees Get Up, Jumps

### Hungry Hippos

Coach places a bunch of pucks in the middle. Make sure nets are turned away from middle. Players race to try to get as many pucks into the opposing net as possible. Coaches count up totals after the game finishes. Players can play offense (try to just carry pucks and pass them into net) or defensive (try to stop opposing team from scoring goals).

### Chaos Stickhandling

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.

### 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.

### Ringette 1v1s

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.

**\*\*Play 3v3 or 4v4 cross ice in each zone with multiple pucks to finish**

Finish with 3v3 or 4v4 Cross Ice in Each End

10 mins