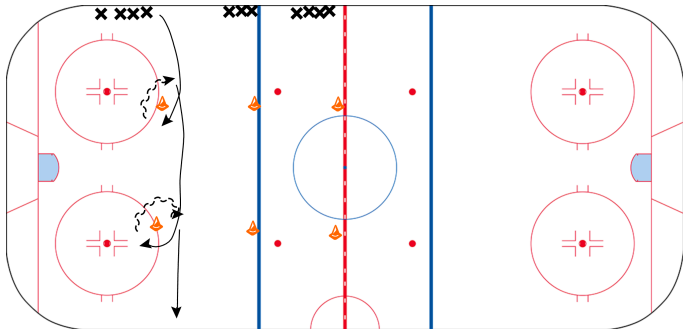




Upper Mite Skills Practice Plan #3

Cross Ice Transition Sequence 10 mins

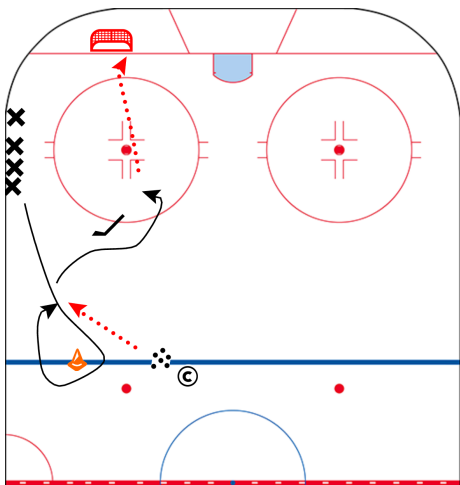


This circuit includes:

- 1) Transition with two crossunders while handling puck and keeping eyes up
- 2) Transition + Escape
- 3) Transition, Two Crossovers to middle, Fake Pass, Cut back with one crossover
- 4) Mohawks around cones
- 5) ETC

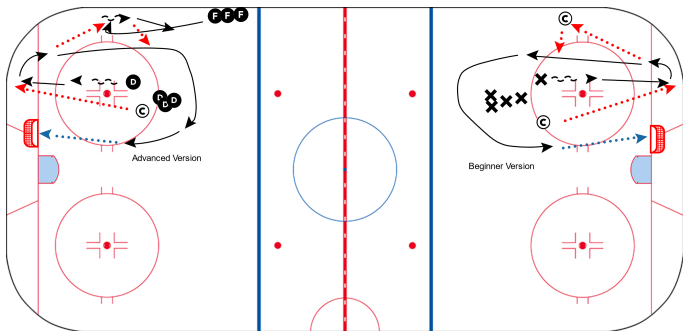
Split into the following five stations 0 mins

Hook and Ladder + Shot 8 mins



X skates up to cone and hooks and ladders. X must call for it from coach. Catches pass and makes quick move at stick and then shoots. Focus on making sure X presents stick for pass correctly!

Simplified Breakout (D to W) + Shot 8 mins



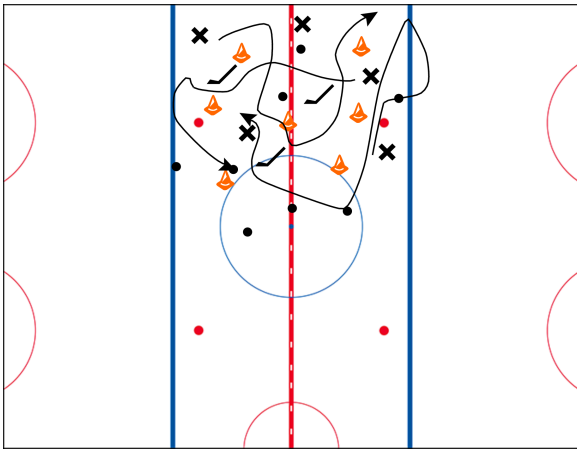
Beginner Version: Coach dumps puck. D starts backward and then opens up, finds puck, and passes to the Coach on the halfwall. Coach on the halfwall passes puck back to the D who goes up and around the line to shoot.

Advanced Version: D starts out backwards and then opens up and finds the puck that the Coach passed into the corner. D retrieves puck and passes to the Wing who performs a hook & ladder. The Wing taps the puck back to the middle for the D to pick up and skate in for shot. F then goes into D line. D then goes into F line.

Puck retrieval + the first pass is a key component of the breakout. Athletes need to execute this drill proficiently before being able to run breakouts efficiently.

Chaos Stickhandling - Mite 8U Version

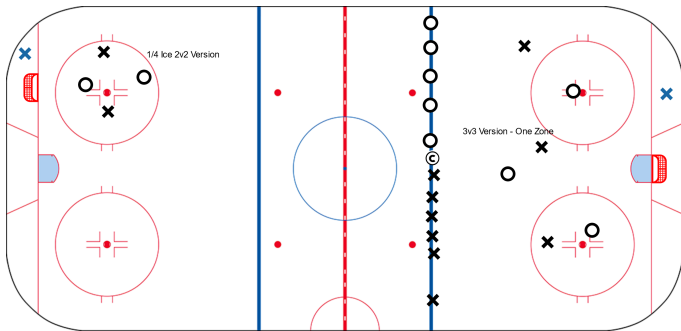
8 mins



- 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.

Gretzky 2v2 or 3v3 Behind the Net Outlet Game

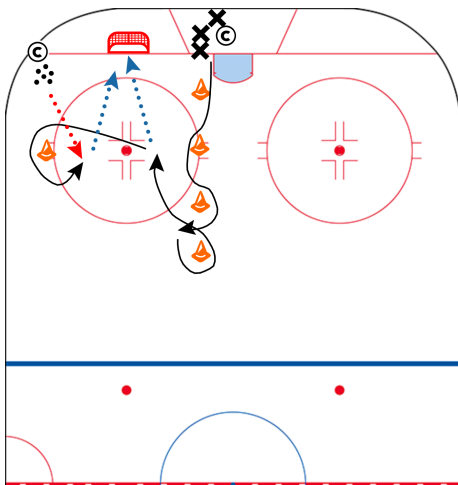
8 mins



Players in the game cannot go below the goal line to retrieve the puck. Last team to touch the puck is the team with possession. The X behind the net is neutral and will pass to whichever group has possession. One of the major focuses of this game is to encourage players to move without the puck. When the X behind the net receives the pass, the offensive team should move, run switches, etc to disorient the defenders. The X behind the net should move too but must stay below the goal line. Consider putting a time limit on how long the X can have the puck before passing with more advanced athletes.

Weave Shots

8 mins



Players start by weaving through the four cones. They start on the outside of the cone and weave through, power turning at the last cone. After the player shoots, he skates to the cone at the hashmark and turns. Coach hits him with the pass and he shoots. The next athlete should go once the one in front shoots the first shot.

Finish with Small Area Games

10 mins