

MITE/SQUIRT PRACTICES

"Teaching Team Concepts and Systems Without Teaching Systems"

Teach...

Skill Development Emphasis

Offensive Attack Progression

Break-out Progression

Forecheck Progression

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Skill Development

As a coach your goal (responsibility, job, requirement, etc.) is to improve your players skills and to make sure they have fun, period.

Therefore, everything you do should revolve around this idea.

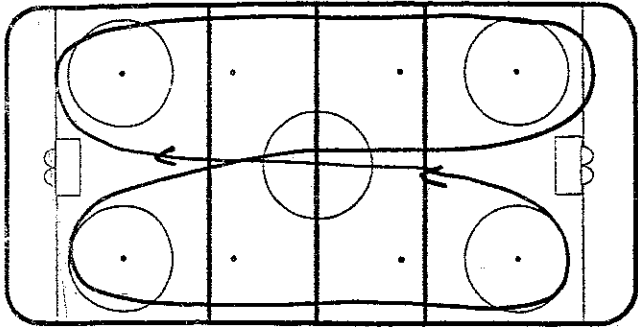
Coaching Approach:

1. Your primary emphasis is to teach, and teach skills. Try to understand that some teaching is allowing them to play without constant instruction. Emphasize quality over quantity.
2. Show your players you are having fun.

Practice Structure:

- Warm-up (Skating or Game)
- Station Work (Skill Development)
- Group Activity (Small Games or Fun Game)

Drill Name Skating Drill

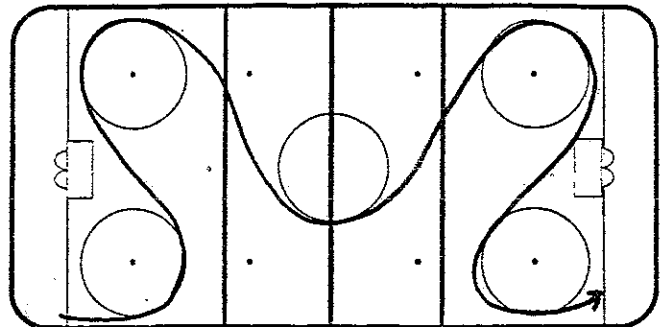


Instructions:

Agility in the middle
Quick-feet bottom of circles
Backwards on the outside (?)

Special Notes:

Drill Name Skating Drills

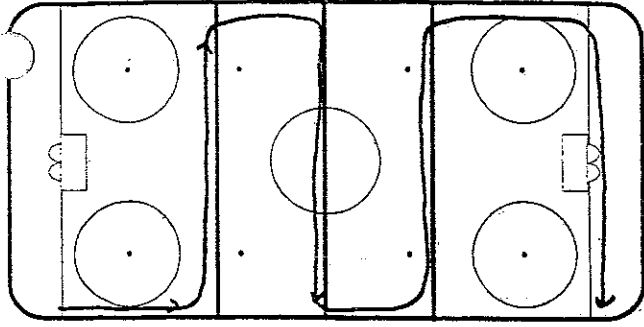


Instructions:

Forward (2-3 at a time)
- stick on ice, hands to middle
Backward
Forward - Backward pivots
Backward - Forward pivots

Special Notes:

Drill Name Skating Drills



Instructions:

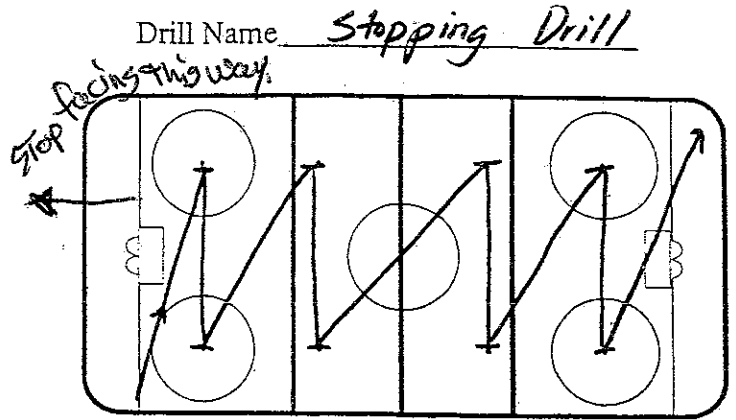
Forward skate
- give enough space

Opt.: Return right away

Forward up ice, Backward
across ice

Special Notes:

Drill Name Stopping Drill



Instructions:

Face the end of the rink that
you started at

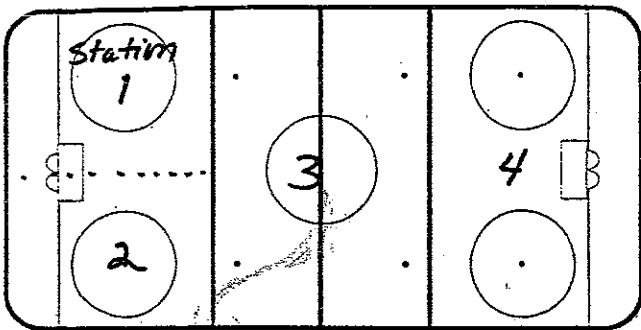
Emphasize twisting hips to start

Same pattern with control turns

- two hands on stick, stick on ice
- two blades on the ice
- lead with hands

Special Notes:

Drill Name Mite Practice
(60 min.)



Instructions:

10 Warm-up Skate/Agility

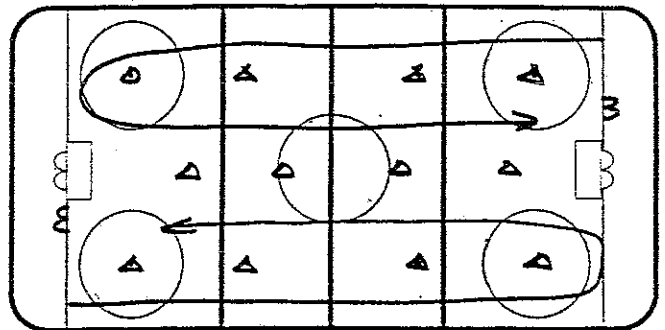
40 min. Stations (10 min. each)

- 1/4-ice: Stickhandling/Shooting
- 1/4-ice: 1on1 battles
- Neut. Zone: Skating Skill
- 1/3-ice: Passing

10 Fun Game

Special Notes:

Drill Name 4 lanes



Instructions:

Stickhandling, DeKing

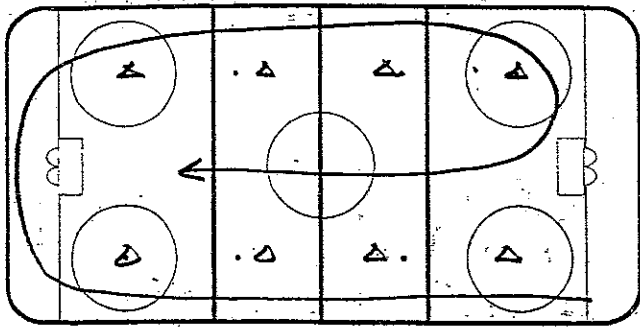
Board Passing

2-D Passing

1on1's (2-0 Down, 1-1 Back)

Special Notes:

Drill Name 3 Lanes



Instructions:

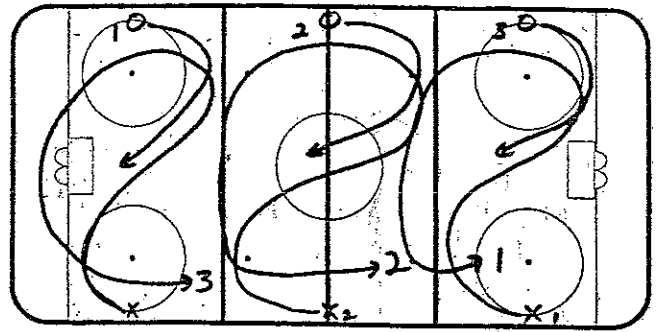
Stickhandling, Deking

Board Passing

2-0 Passing

Special Notes:

Drill Name 6-Player Shooting

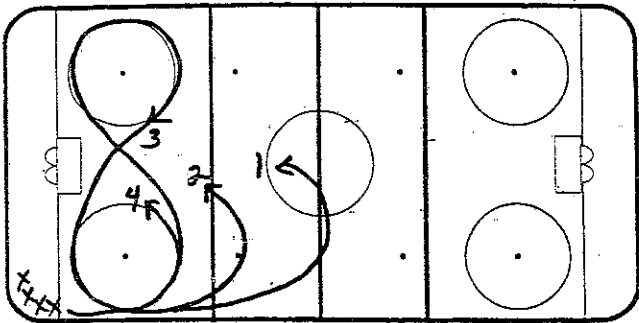


Instructions:

6 players on same whistle

Special Notes:

Drill Name Half-ice drill w/ turns



Instructions:

4 Players at once

1st - figure 8, out to red line

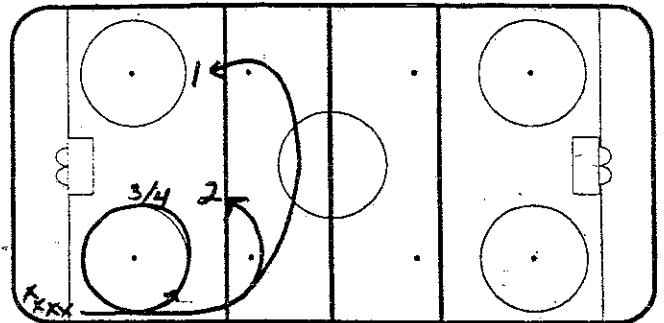
2nd - figure 8, out to blue line

3rd - figure 8

4th - half circle

Special Notes:

Drill Name Half-ice drills, w/ turns



Instructions:

4 Players at once

1st Player takes longest route

2nd Player skates circle and

closest dot

3rd Player skates circle (full)

4th Player skates circle (half)

Special Notes:

OFFENSIVE ATTACK

Offensive Attack Drill: A.B.C.

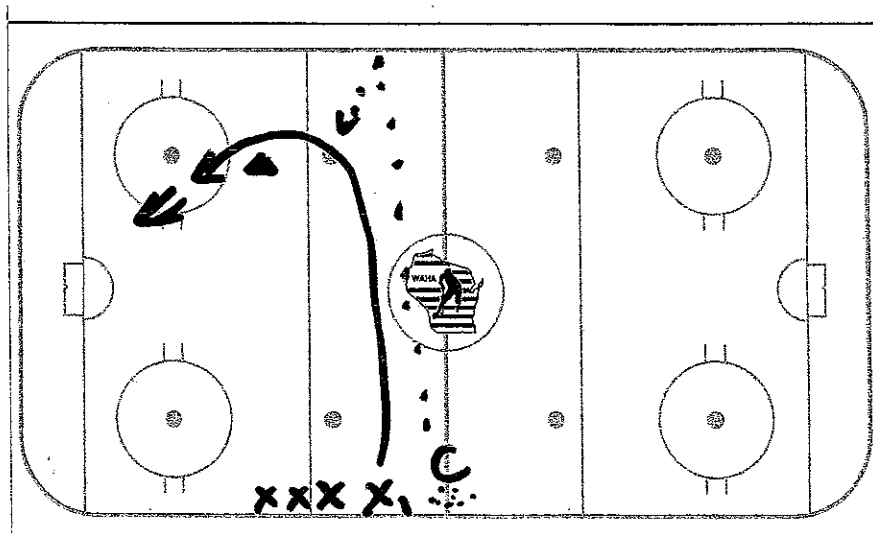
Step 1: A = ATTACK

Players are lined along the boards in both ends of the ice with the front of the lines at the red line. The pucks are at the red line and a Coach will monitor each line. An additional Coach should be in each end "coaching".

Coach shoots puck across the ice so that it sits around the neutral zone face-off spot. Option: players skate half way across the ice and shoot their own puck.

X1 skates full speed and picks up puck and attacks wide. When he gets into the circle he shoots a wrist shot and drives the net for a rebound before going back into line.

Keys: Attack Full Speed, shoot hard (no dekes!), and stop for a rebound.

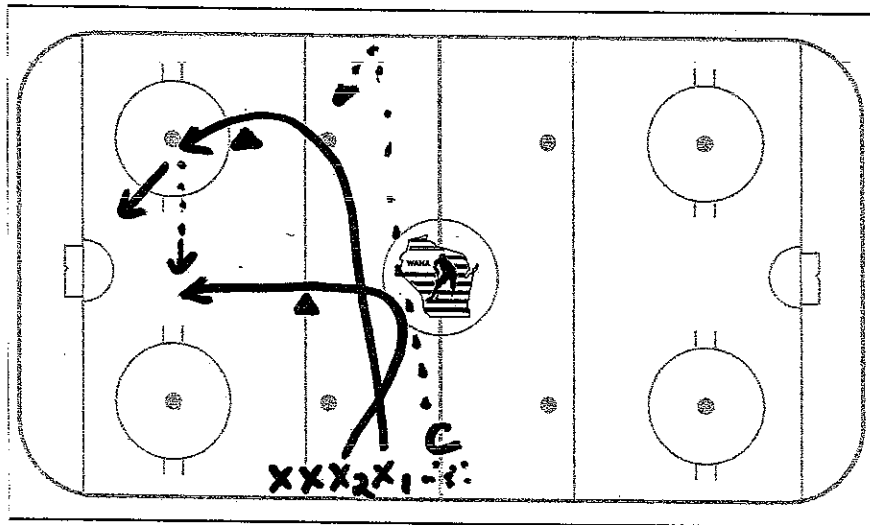


Step 2: B = BREAK (then BRAKES!)

X1 does same as he did in step 1 except he passes to X2 and then drives the net for a rebound or a return pass.

X2 follows X1 but swings into the center ice circle and times his break so that he is going full speed at the blue line and crosses the blue line a split second after X1 crosses the blue line. X2 breaks full speed to the net and provides a good target for X1. X2 may shoot or pass back to X1, but he must drive the net for a rebound and stop in front (brakes!).

Keys: Timing of X2, Target of X2, Pass from X1 must not be too close to the goalie; both players end up in front of the net.

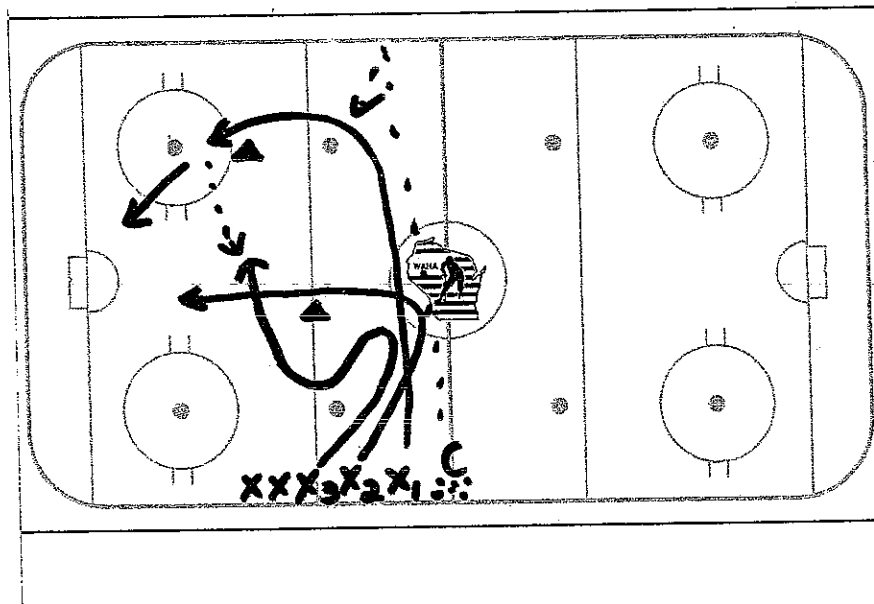


Step 3: C = COVER

X1 does the same as he did in step 2 except he passes to X3.
X2 does the same as he did in step 2.

X3 skates up to the red line and swings outside the near face-off spot and then swings into the high slot to receive a pass from X1. X3 then shoots (quickly) or passes to X1 or X2. X3 remains high so that he can "cover" for the other forwards if there were to be a turnover.

Keys: X2 must drive the net hard without getting the puck. X3 must release the puck quickly. X1 may have to adjust his hands to make a forehand pass behind him.



Step 4: Add a Coach as defender. Coach will deny the pass to X2 or X3 forcing X1 to make the right decision.

* Step 5: Competition (2 pucks)

On the whistle both ends race against each other. The first puck must have a pass to X3 before a shot can be taken. Play 3-0 until a goal is scored, then the players skate outside the cone on the near boards and pick up a 2nd puck which the Coach has placed in the center ice circle. The first player outside the zone is X1, the second player is X2, and the third is X3. The 2nd puck must be passed at least once before a shot is taken. Play 3-0 until a goal is scored and then sprint out to the blue line before the players at the other end do the same.

BREAK-OUT PROGRESSION

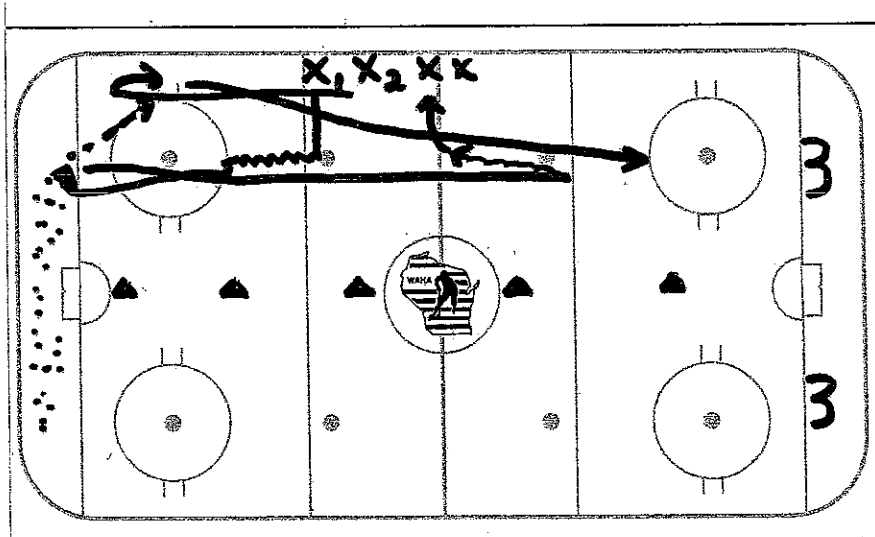
Breakout Drill

Step 1 Coach to Wing

Coach has pucks below the goal line. Players are lined up at the blue line at each side of the ice.

X1 skates to the hash marks and provides an up-ice target for the coach to pass to him. When X1 receives the pass he skates with the puck to the other end and shoots from the top of the circle and then drives the net for a rebound before returning to the same line. The next player starts when X1 crosses the first blue line.

Keys: Good Target. Older players can be taught to catch the pass while moving forward.



Step 2 Defenseman to Wing

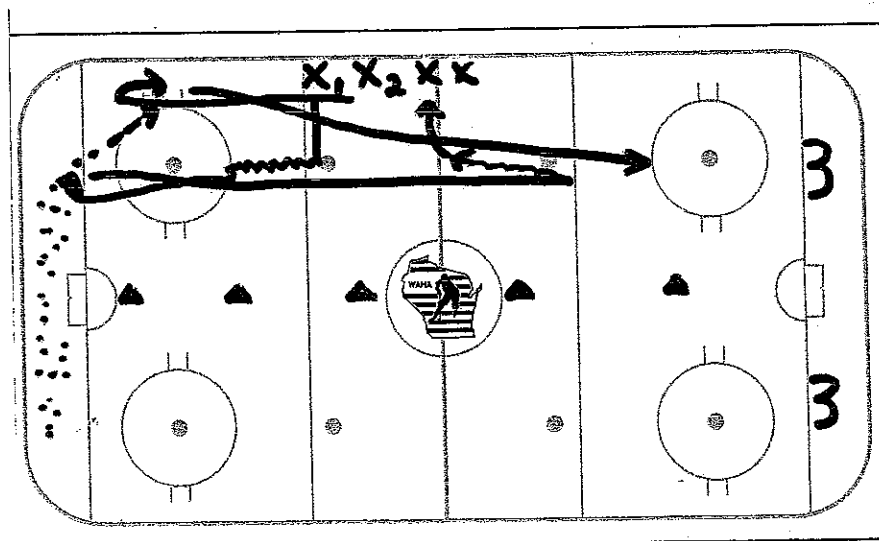
Pucks are scattered below the goal line. Cones divide the rink in two. Players are lined up as in Step 1.

X1 skates forward along the blue line to the face-off spot, then he pivots and skates backwards to the top of circle, then he turns and skates forward below the goal line to pick up a puck and passes to X2. Then he follows his pass and skates to the far blue line and spins into a backwards skate to the red line where he turns forward and gets back into the same line.

X2 leaves after X1 and skates to the hash marks to receive the pass as in Step 1. He then skates to the other end and shoots, follows for a rebound, and then skates behind the other net along the boards to get in to the other line.

The next two players begin after the first two players cross the blue line.

Keys: X1 must get around the puck and face up-ice as quickly as possible; X2 must have good timing and present a good target.

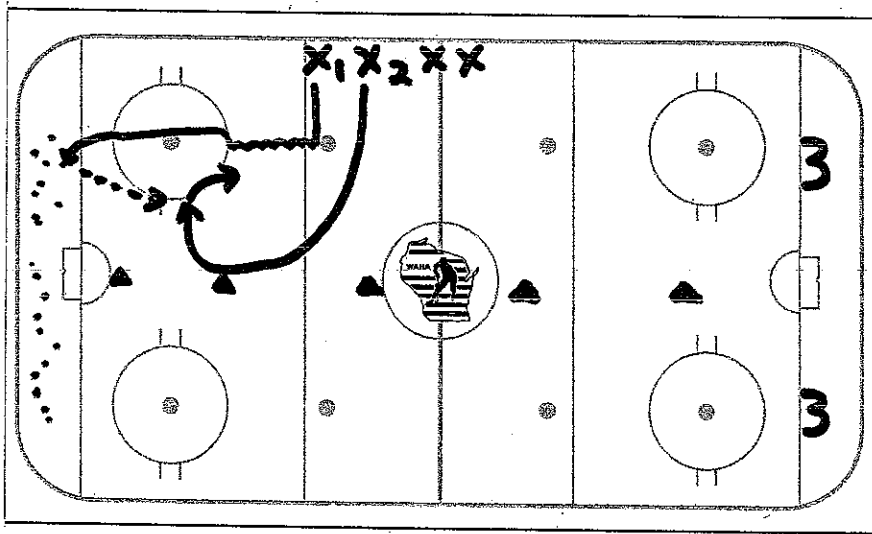


Step 3 Defenseman to Center

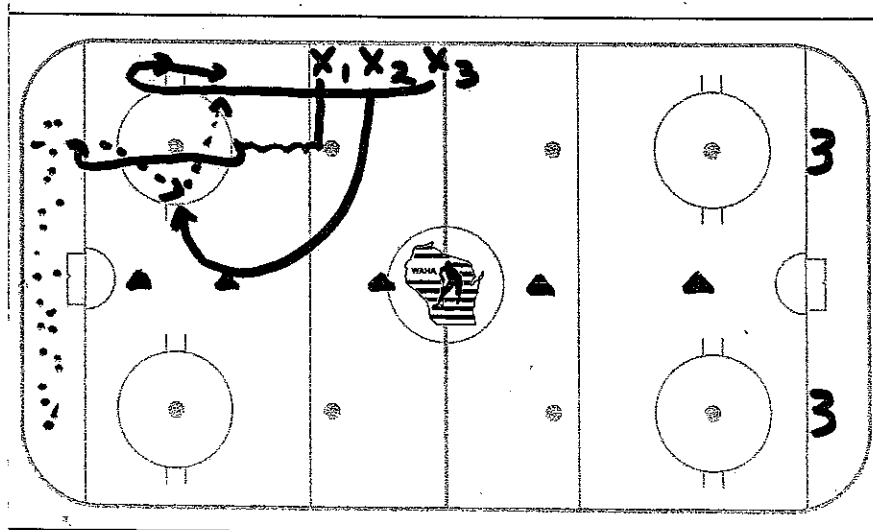
X1 does the same as in Step 2 except looks to make pass to a Center.

X2 follows X1 towards the middle of the ice and swings down the slot towards the hash marks and cuts across the circle to receive the pass skating laterally.

Keys: X2 skates good pattern, has good timing, and does not turn up-ice too quickly. Communication helps.



Step 4 Defenseman to Wing or Center (3 on 0)



Step 4 Defenseman to Wing or Center (3 on 0)

X1 does the same as in Step 2 and Step 3. (Defenseman)

X2 does the same as in Step 3. (Center)

X3 does the same as X2 in Step 2. (Wing)

X1 passes to either X2 or X3. The players go down the ice 2-0 with the Defenseman trailing as the 'Cover' player in a 3 on 0.

Step 5 Coach deny pass to Wing or Center

Same as Step 4 except the Coach follows the play in and denies the pass to one of the forwards forcing the defenseman to make the right choice.

Step 6 1 -1

Breakout the same as in Step 2 or Step 3.

X1 comes back into the zone forward and spins backwards to play the next forward 1-1.

Step 7 2-1

Breakout the same as in Step 4.

X1 comes back into the zone forward and spins backwards to play the next forwards 2-1.

Step 8 Competition (3 on 0)

On the whistle the first 3 players skate the breakout pattern, make 3 more passes, and play 3-0 at the opposite end until they score. The defenseman must stay at the top of the circle. If the puck goes below the goal line, the forwards must pass back to the defenseman. After they score, they must skate back to the center-ice red line before the players on the other side of the ice do. The whistle blows ending the race and starting the next race.

FORECHECK PROGRESSION

Forechecking Drill

Step 1 1 on 1 Competition (Without O1 cut back)

O1 starts with the puck and skates behind the net and tries to beat X2 out of the zone and shoot on the goal in the neutral zone.

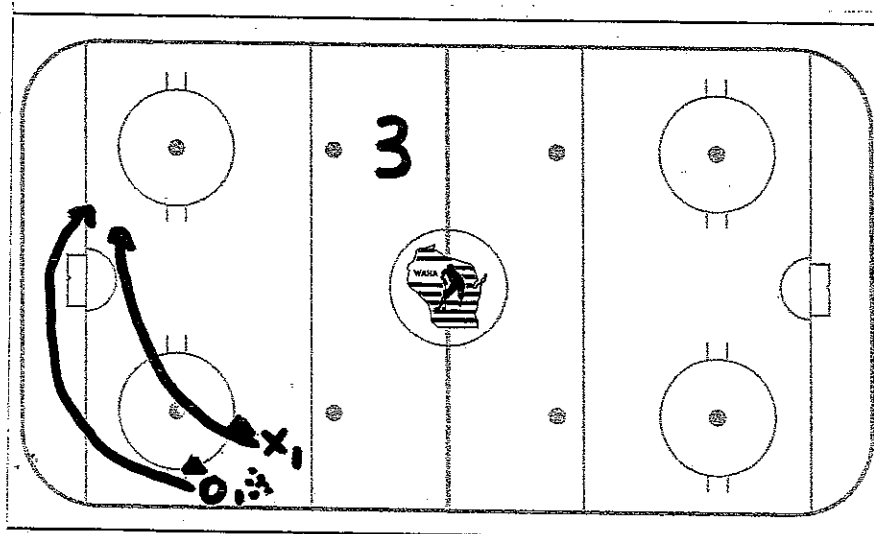
X1 starts at the same time as O1 and skates in front of the net and tries to angle O1 off the puck and shoot on the goal in the neutral zone.

The player who comes up with the puck tries to shoot, the other player backchecks.

Keys: X1 must meet O1 at the post and angle towards the corner. X1 cannot skate backwards.

Step 2 1 on 1 Competition (allow O1 to cut back)

Same drill but allow O1 to cut back behind X1 if X1 does not create the proper angle.



Step 3 2 on 1

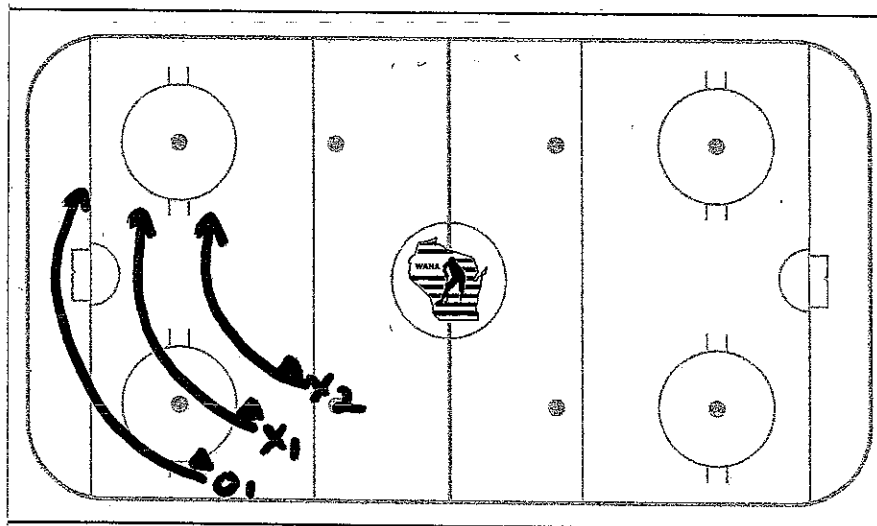
The net is placed in its normal spot.
Players will switch lines each time.

O1 does the same as in Step 1 and Step 2 (he is allowed to cut back)

X1 does the same as in Step 1 and Step 2.

X2 reads off X1 and provides support by picking up the loose puck if X1 is successful in angling O1, and by angling O1 himself if O1 beat X1.

Keys: X2 must be patient, react to X1. Stay further from the far boards than O1 so he cannot cut back on you.



Step 4 3 on 1

O1 does the same as in Steps 1, 2, and 3 (he is allowed to cut back)

X1 does the same as in Step 1,2, and 3.

X2 does the same as in Step 3.

X3 'covers' high in the slot and reacts to the play of X1 and X2. If they take the puck from O1, the puck is passed to X3 for a quick shot and rebound. If O1 beats X1 and X2, X3 must angle O1 off the puck.

