

**SOUTH SAINT PAUL YOUTH
HOCKEY
MITE PRACTICE MANUAL**



The list below is the skill progressions list, these are the skills that we will work on with the mites, some of these skills we will work on during practice sessions and others will occur during games.

Individual Hockey Skills: Players will learn these skills

Goal: To master these drills before the player leaves the mite program

1. Skating

- Edge control
- Ready position
- Forward start
- Forward stride
- Control stop (two foot, snow plow, one foot)
- Backward skating
- Backward stop
- Control turn
- Forward crossover

2. Puck Control

- Lateral dribble
- Forward to backward dribble
- Diagonal dribble
- Attacking the triangle
- Forehand shift
- Accelerating with the puck

3. Passing and Receiving

- Forehand
- Backhand
- Receiving
- Eye contact

4. Shooting

- Wrist
- Backhand

5. Checking

- Poke check
- Hook check
- Lift the stick Check

Team Play

- Offense
- Defense

Character Development and Life Skills

1. Each player is part of a team
2. To have respect for their teammates, coaches, opponents, and parents
3. Team Rules
4. Self Control and Discipline
5. Always try their best
6. Respect for authority
7. The importance of a strong work ethic
8. Commitment to a team

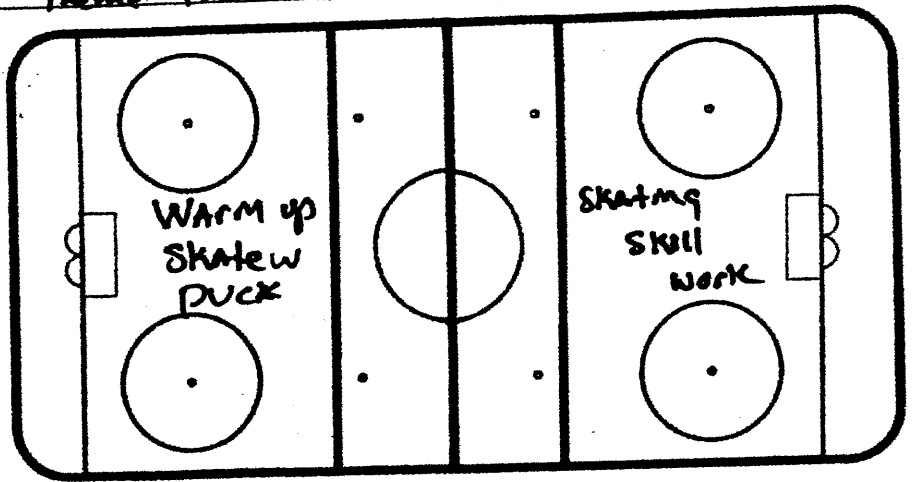
Mite Team Rules:

- Have Fun
- Work Hard and Always Try Your Hardest
- Good Listening

arm up skating – counter clockwise
 on the whistle turn towards the boards and
 take three quick steps. 5 minutes

Skating Skill Work-15 minutes

- Edges inside/out (C cuts, swizzles etc)
- Balance work (knee bends at the blue, touch the blue with each knee, lift one skate up off the ice)
- Stride work (push with one leg while the other gliding, stick on the ice, head up, alternate legs and then work on long strides)
- Stopping on the blue lines
- Crossovers
- Transition forward to backwards
- Backward skating



Station Work

Puck Control 10 minutes each station

Group A

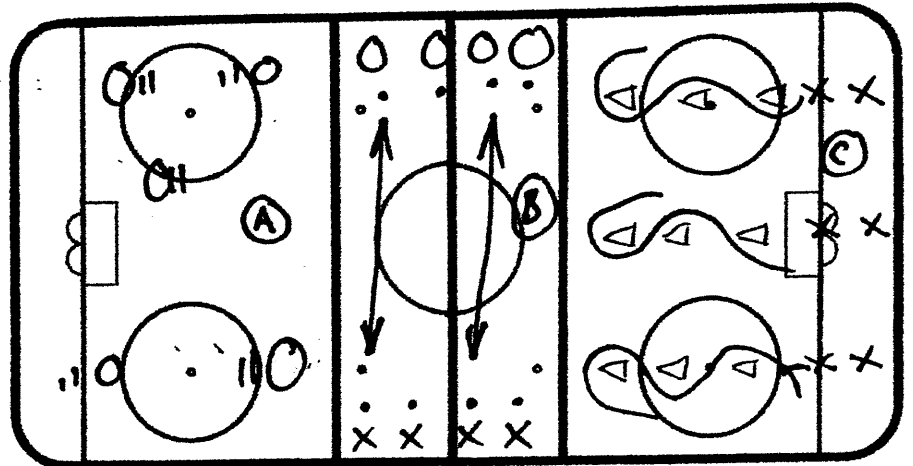
Stationary Puck Control work on
 lateral Dribble, forward to backward
 dribble, diagonal dribble, attacking the
 triangle, forehand shift.

Group B

Accelerating with the puck, heads up
 side to side

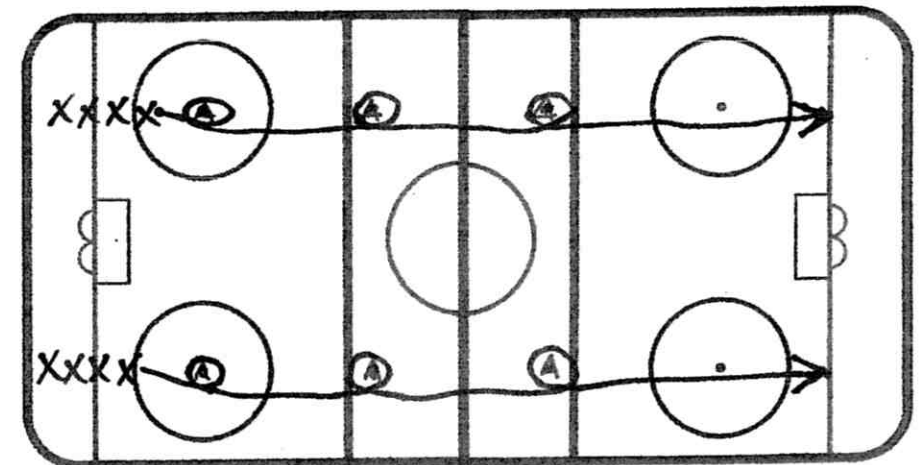
Group C

Obstacle course, weave through the
 cones



15 minutes

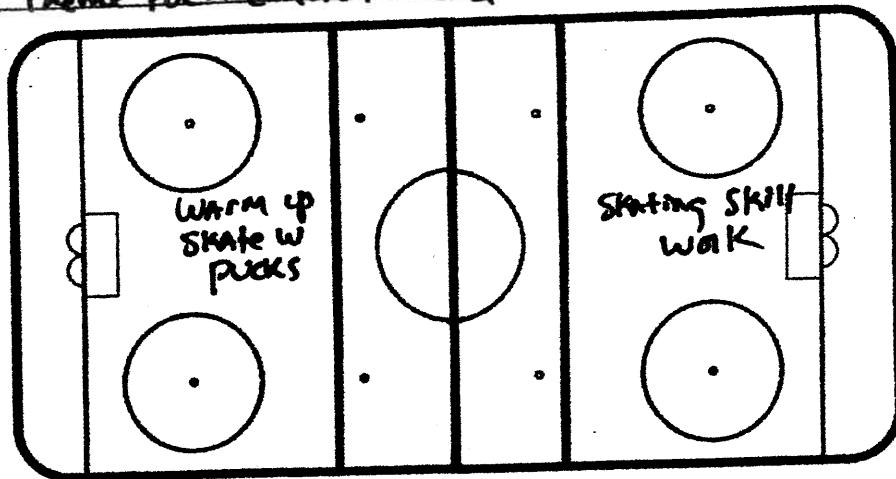
Two Lines each player with a puck,
 three cones skate hard to the cone do a
 controlled turn around the cone as tight to
 the cone as you can be, go around all
 three cones



Warm up skating – counter clockwise
 In the whistle turn towards the boards and
 take three quick steps. 5 minutes

Skating Skill Work-15 minutes

- Edges inside/out (C cuts, swizzles etc)
- Balance work (knee bends at the blue, touch the blue with each knee, lift one skate up off the ice)
- Stride work (push with one leg while the other gliding, stick on the ice, head up, alternate legs and then work on long strides)
- Stopping on the blue lines
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Station Work

Puck Control 10 minutes each station

Group A

Carry puck on the stick from goal line to blue line. Fore hand and backhand

Group B

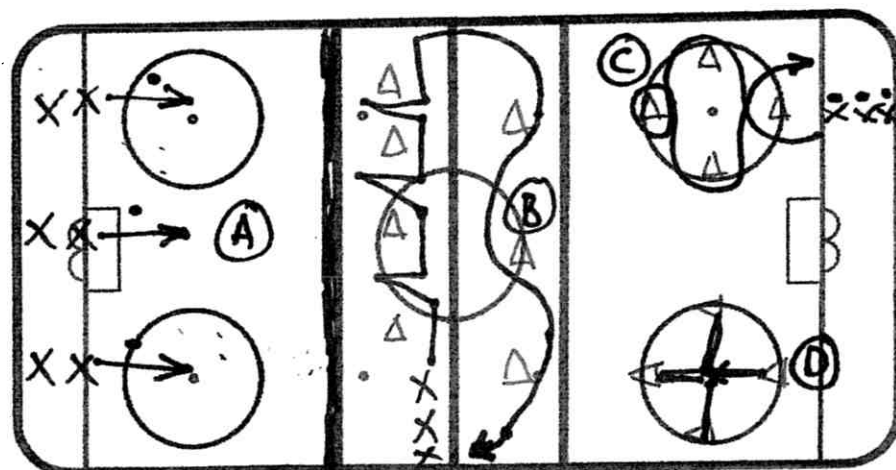
Obstacle Course player pulls puck in and out of cones then weaves through them on the other side of the red line.

Group C

Four cone puck-handling drill

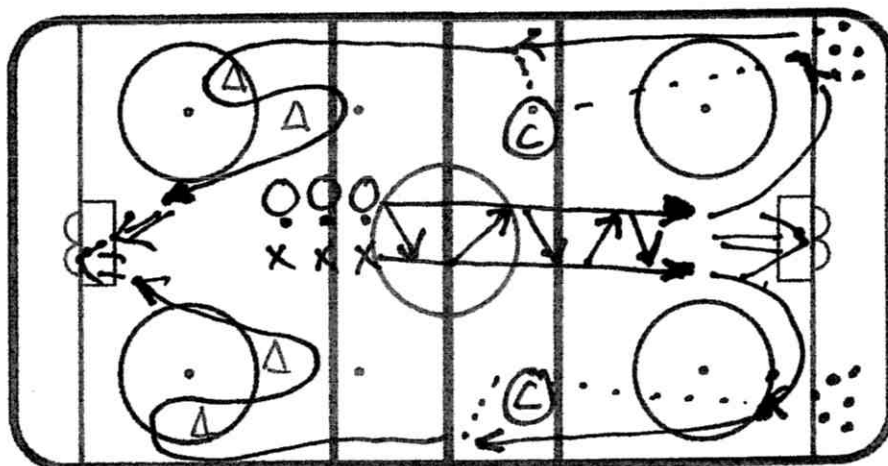
Group D

Puck control in the circle while skating at top speed, quick feet.



10 minutes

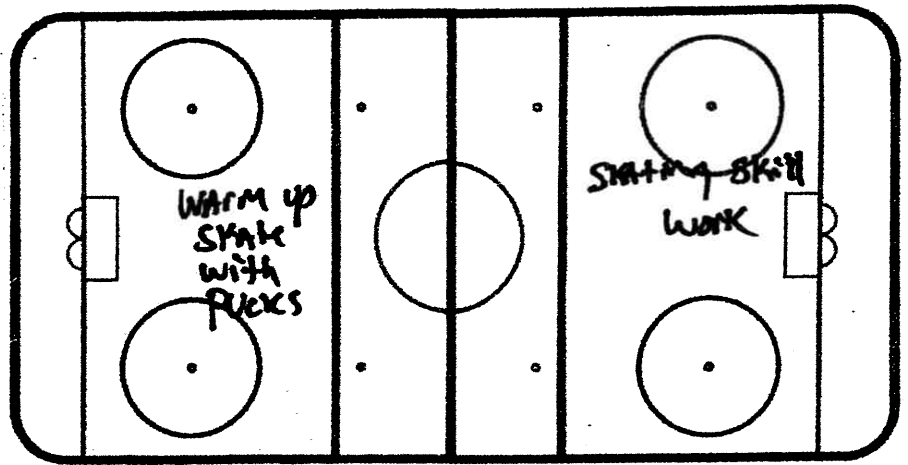
2 on 0 :pass back and forth take a shot
 both players peel off pick up a puck in
 the corner make a good pass to the
 coach skate hard and receive a pass
 back from you coach skate down to the
 cones and weave around cones and
 shoot on the net



Warm up skating – counter clockwise
 In the whistle turn towards the boards and
 take three quick steps. 5 minutes

Skating Skill Work-15 minutes

- Edges inside/out (C cuts, swizzles etc)
- Balance work (knee bends at the blue, touch the blue with each knee, lift one skate up off the ice)
- Stride work (push with one leg while the other gliding, stick on the ice, head up, alternate legs and then work on long strides)
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- Backward skating



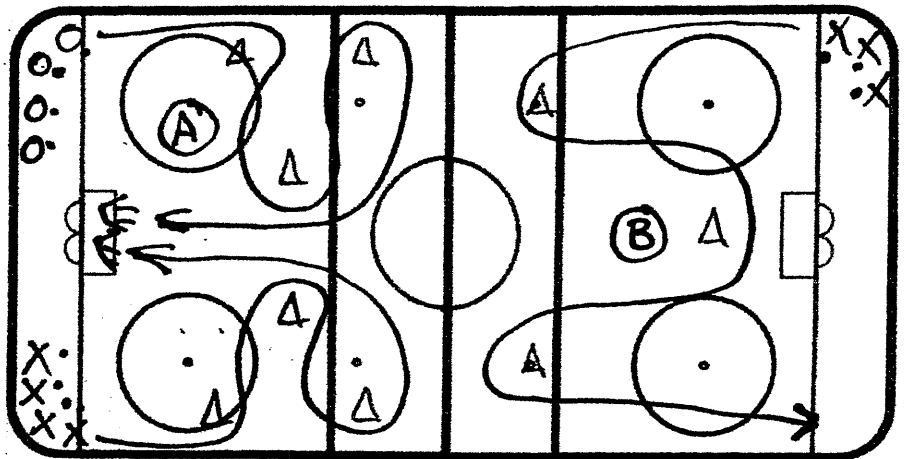
Puck Control 10 minutes

A) Puck Control Relay Race

Carry puck on the stick around the circles shoot on the net, you are racing the other side of the rink

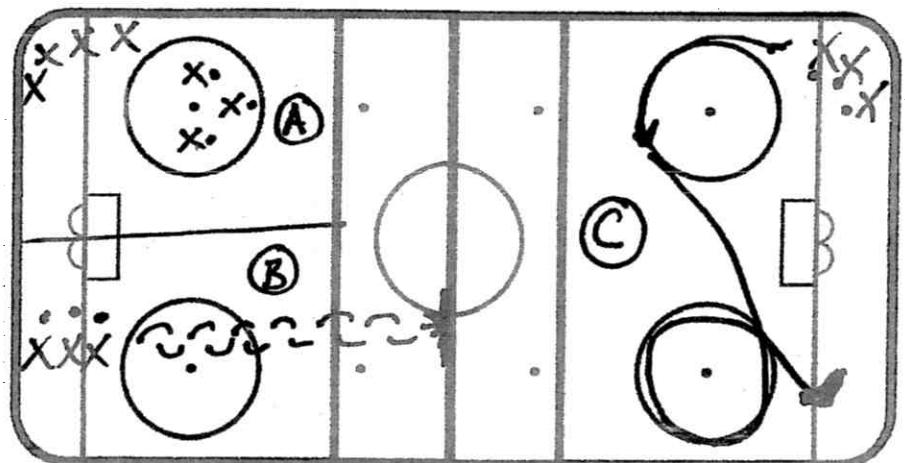
1 Minute

B) All Players skate with a puck, skate in and out of the zone in a form of an M



Stations 7 minutes Each Station

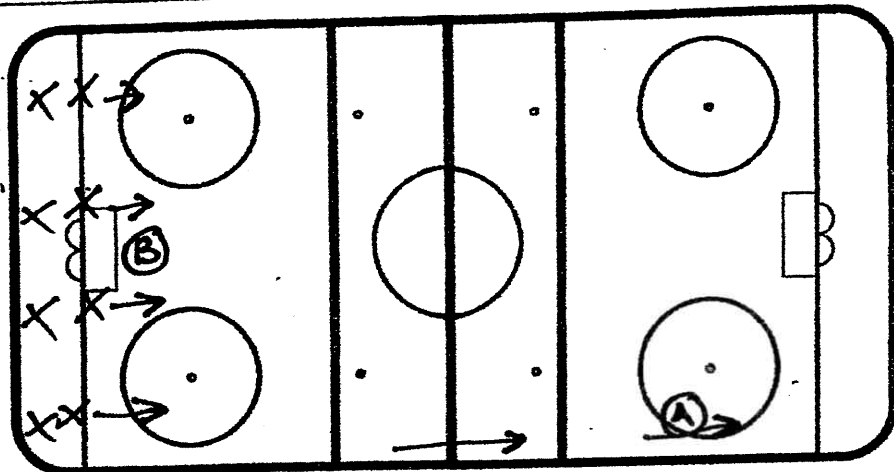
- Three or four players in the circle stick handling, heads up and control the puck, 30 seconds change players
- Backward skating with the puck goal line to red line
- Players start in the corner with a puck skate 1/2 around the first circle then all of the way around the second circle and end up in the opposite corner, repeat



Warm up skating – counter clockwise
On the whistle turn towards the boards and
take three quick steps. 5 minutes

Skating Skill Work-15 minutes

- Edges inside/out (C cuts, swizzles etc)
- Balance work (knee bends at the blue, touch the blue with each knee, lift one skate up off the ice)
- Stride work (push with one leg while the other gliding, stick on the ice, head up, alternate legs and then work on long strides)
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- Transition forward to backwards
- Backward skating



Station Work

7 minutes each station

Group A

Four Cone puck handling drill

Group B

Puck handling in the circle, forward to the top of the circle then backwards to the face off dot then forward to the side of the circle then backwards to the face off dot then forward to the other side then backwards to the face off circle then forward to the bottom of the circle then backwards to the face off dot.

Group C

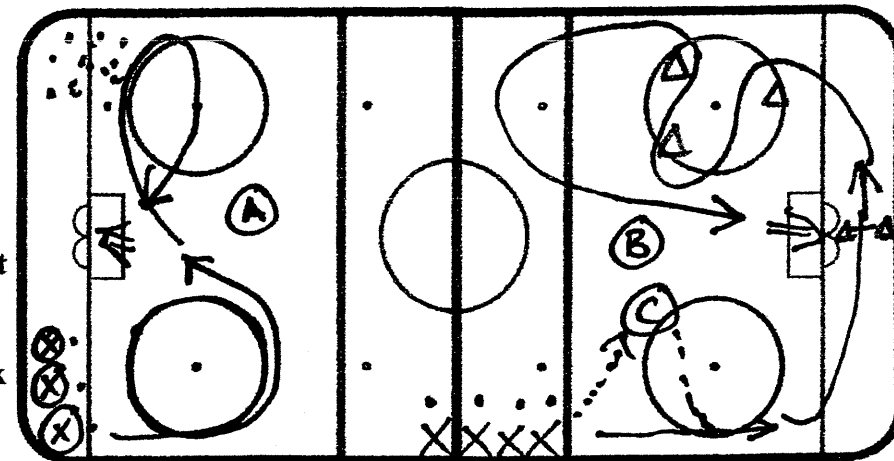
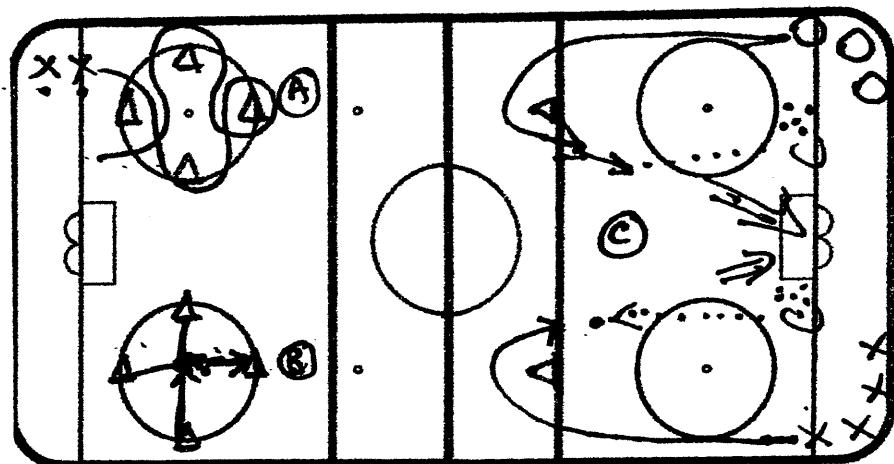
Two groups on one end of the ice skate around the cones perform a control turn with both feet on the ice catch a pass from the coach and shoot on the net.

Group A

Circle then shoot, pick up another puck in the opposite corner stick handle shoot on the net

Group B

Agility Course-Players start with a puck and pass it to the coach continue on receive a puck back from the coach, dive under the cones, control puck skate through the cones and shoot on the net



Warm up skating – counter clockwise
 On the whistle turn towards the boards and
 take three quick steps. 5 minutes

Skating Skill Work-15 minutes

- Edges inside/out (C cuts, swizzles etc)
- Balance work (knee bends at the blue, touch the blue with each knee, lift one skate up off the ice)
- Stride work (push with one leg while the other gliding, stick on the ice, head up, alternate legs and then work on long strides)
- Stopping on the blue lines
- Crossovers
- Transition forward to backwards
- Backward skating

Group C Stationary triangle passing

Station Work

7 minutes each station

Group A

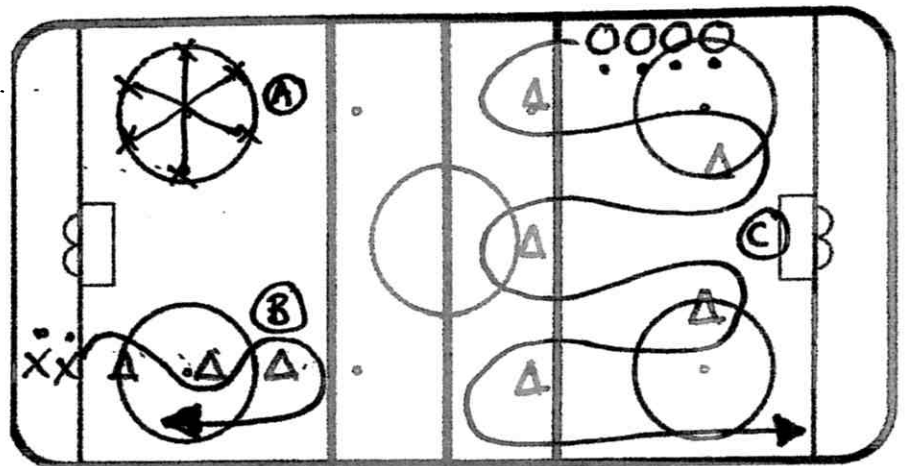
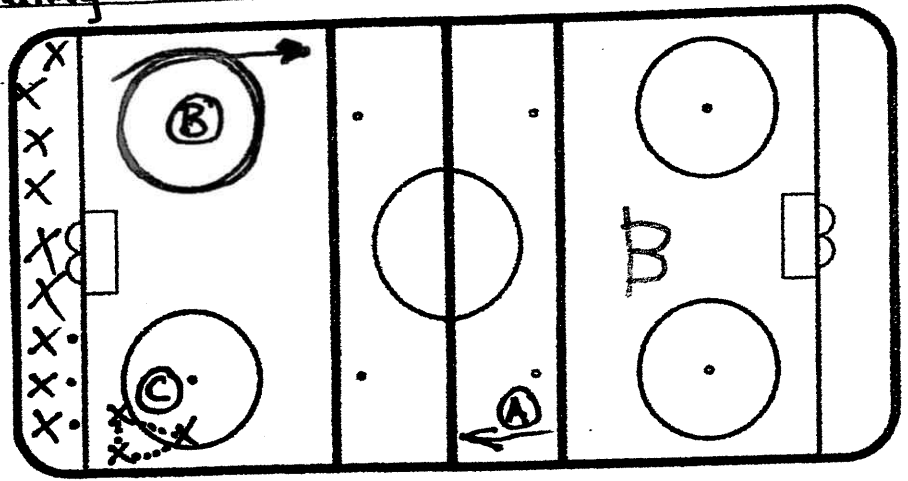
Passing in the circle,
 forehand/Backhand

Group B

Skate/weave with the puck through the
 cones

Group C

Zig Zag Control turns around cones
 with both feet on the ice handle the
 puck

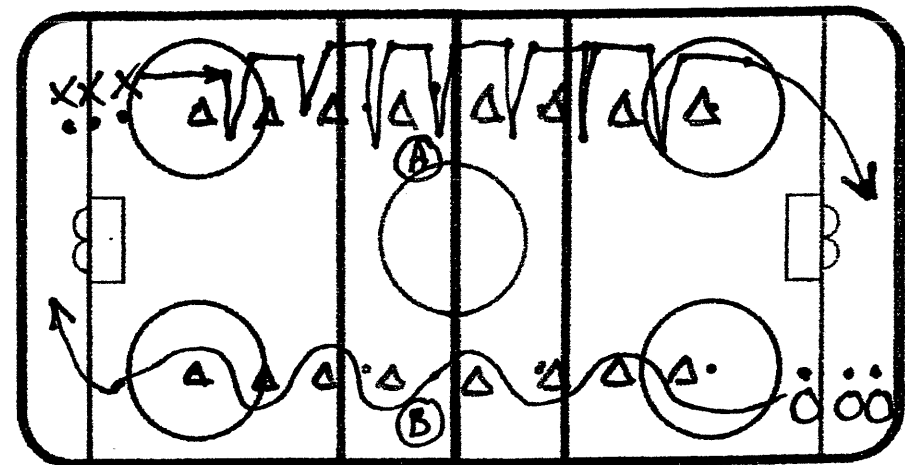


Group A

Fake and Pull puck on the cones

Group B

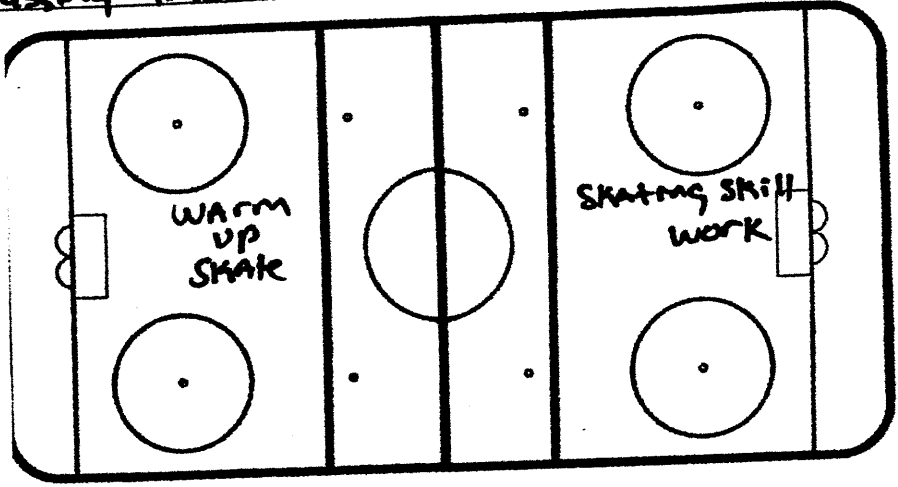
Cone weave with puck



Warm up skating – counter clockwise
 On the whistle turn towards the boards and take three quick steps. 5 minutes

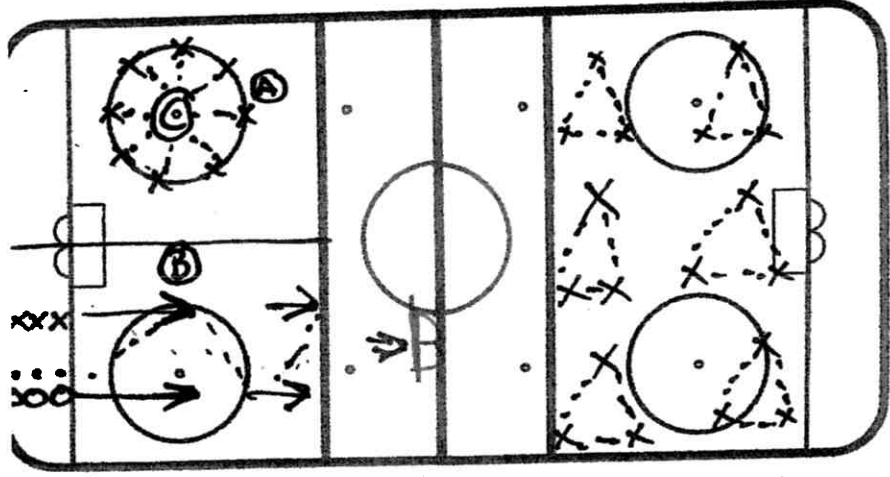
Skating Skill Work-15 minutes

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- Crossovers
- Transition forward to backwards
- Backward skating



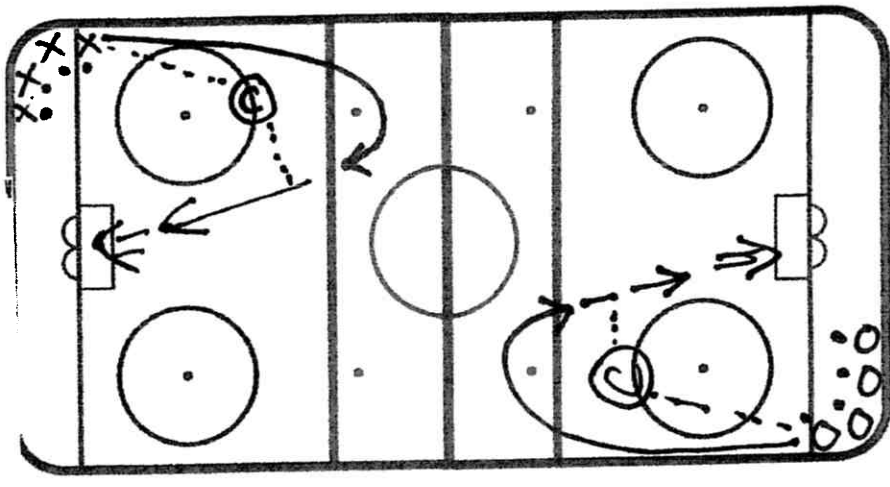
Stations 10 minutes each station then rotate

- Stationary Passing around the circle coach in the middle
- 2 on 0 passing shoot on the net then skate back hard
- Stationary Triangle Passing



Give and Go with a coach and then shoot: 10 minutes

Break the players in two groups, the players will start in the corner with a puck, pass to the coach then skate hard around the dot outside the blue line then come in to the zone receive a pass back from the coach skate in and shoot on the net.

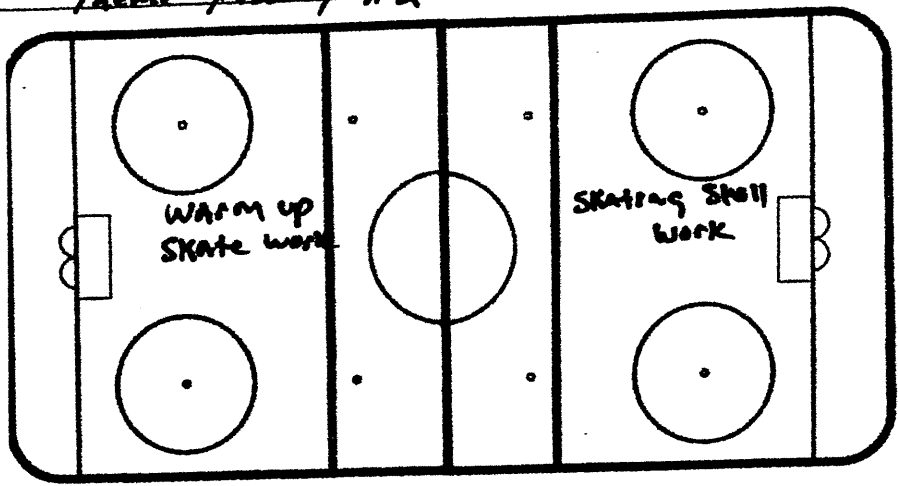


Description

Warm up skating – counter clockwise
On the whistle turn towards the boards and take three quick steps. 5 minutes

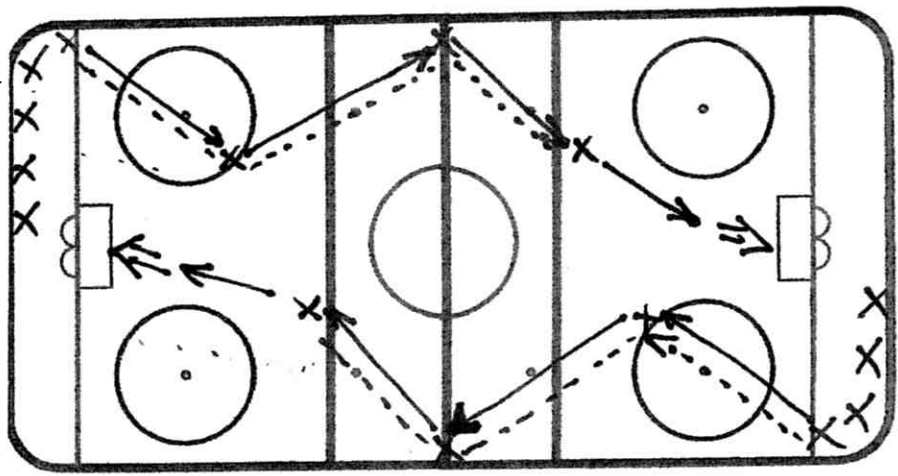
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- Transition forward to backwards
- Backward skating



Pass and Follow the Puck

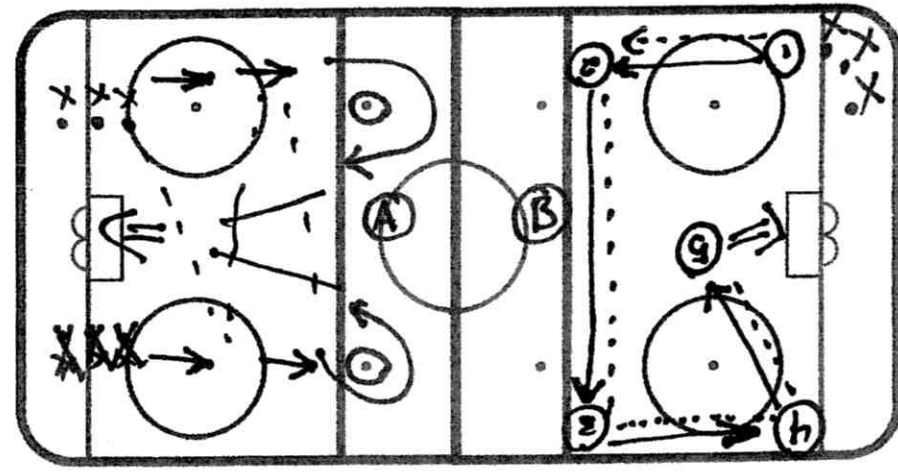
Divide the players into two groups and line them up in opposite corners place one player at the top of the circle, one on the red line and one at the far blue line to begin. The first player passes it and follows his pass by skating where he or she passed the puck 10 minutes



2 on 0 out of the zone coach will blow the whistle on offside: 10-15 minutes

Group A- Players pass back and forth until they are near the blue line, go around the tire and stay on sides pass back and forth then shoot on the net

Group B form a square with four players and one in the middle (in the slot) pass and follow your pass, middle player shoots on the net

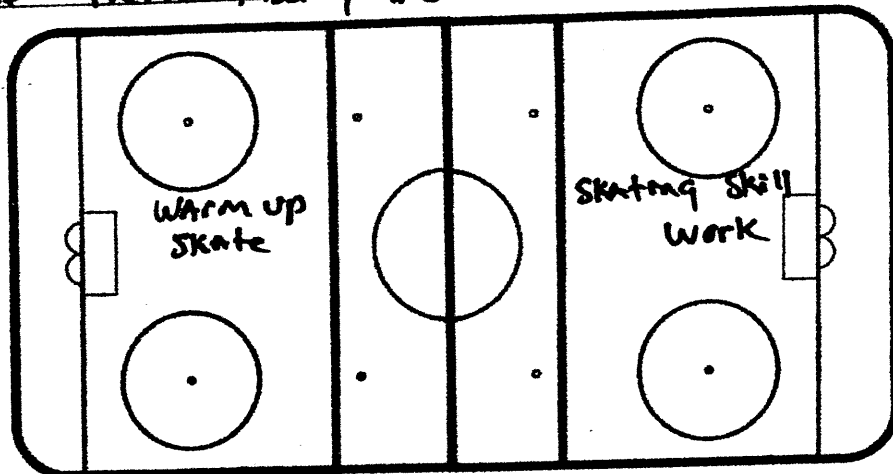


Description _____

Warm up skating – counter clockwise
 On the whistle turn towards the boards and take three quick steps. 5 minutes

Skating Skill Work-15 minutes

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Station Work

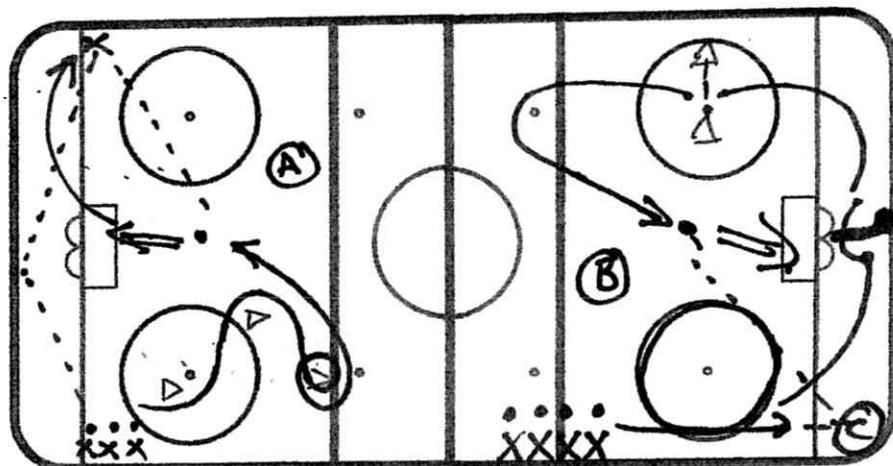
Divide the group into two stations 10 minutes at each station.

Group A

Players make a bounce pass to the coach to start the drill behind the net then takes off and skates through the cones and receives a pass back from the coach and shoots on the net.

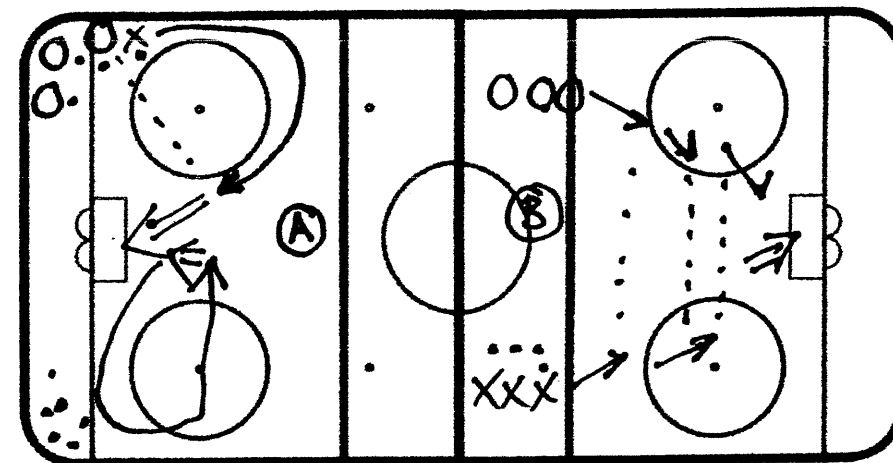
Group B

Obstacle course/Agility Skate with a pass and a shot. Players line up on the boards do crossover's around the circle with the puck then pass to the coach, continue to skate and jump over the stick on the ice behind the net continue to skate slide under the stick on cones get up skate outside the zone then receive a pass back from the coach and shoot on the net



Give and go and 2 on 0

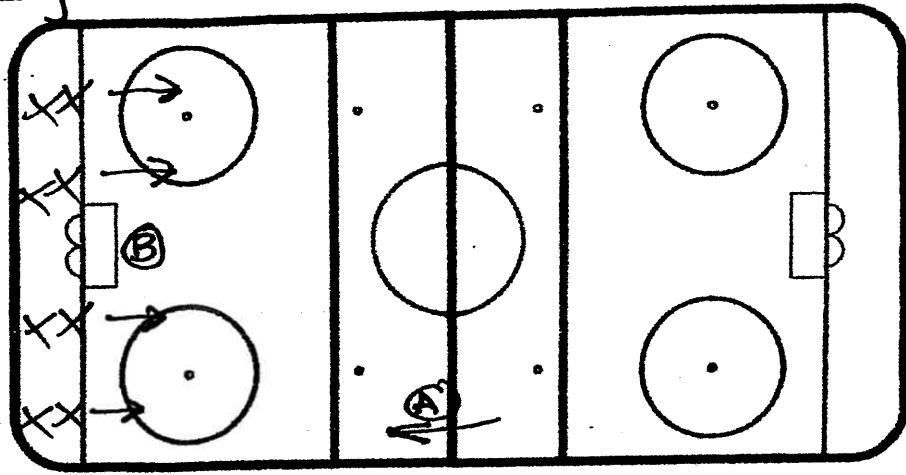
5 Minutes: Pass and go with a shot and 2 on 0 shoot on the net



Warm up skating – counter clockwise
On the whistle turn towards the boards and take three quick steps. 5 minutes

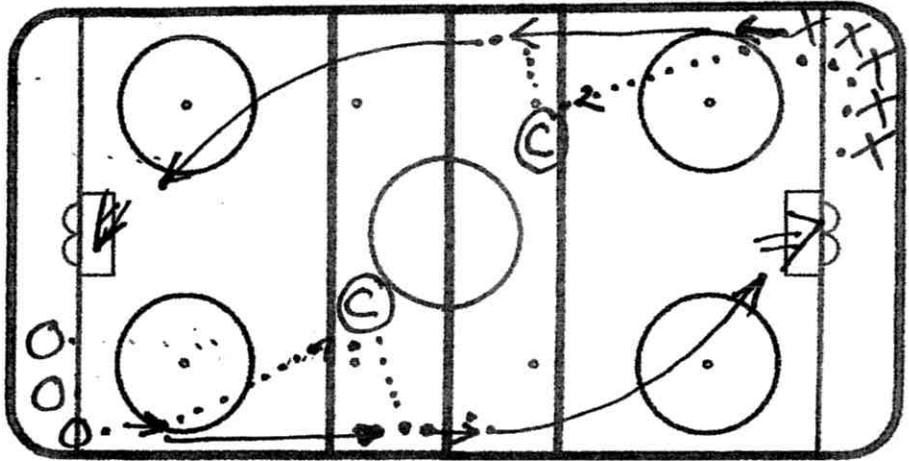
Skating Skill Work-15 minutes

- Edges inside/out (C cuts, swizzles etc)
- Balance work (knee bends at the blue, touch the blue with each knee, lift one skate up off the ice)
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- Crossovers
- Transition forward to backwards
- Backward skating

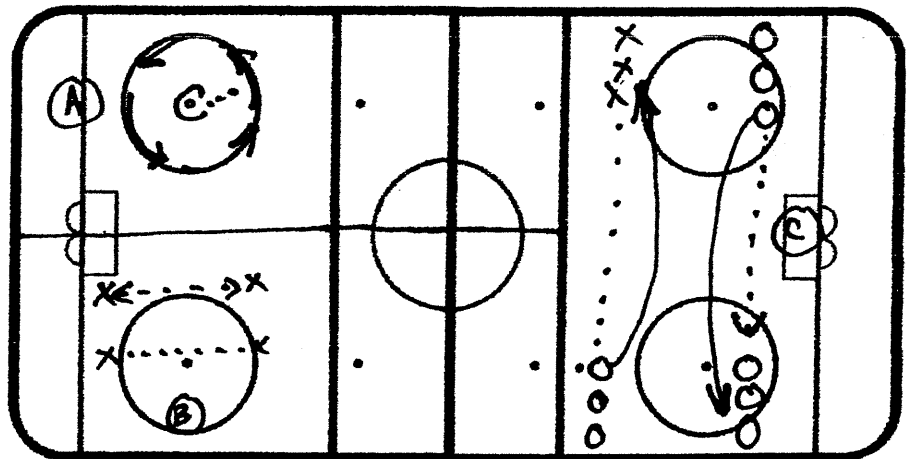


Station Work
Receive/Pass/Shoot on the net 10 Minutes

Players are in the opposite corners of the rink, coaches (2) are on the face off dot outside the blue lines, players start by skating a few steps make an accurate pass to the coach then receives a pass back from the coach and goes in to score on the net.



- Group A
Passing on the move= Players start on the circle and pass the puck to the coach in the middle of the circle while moving
- Group B
Stationary Passing to another player
- Group C
Follow your pass
Four lines of players pass to the other side then skate as fast as you can to the other side.



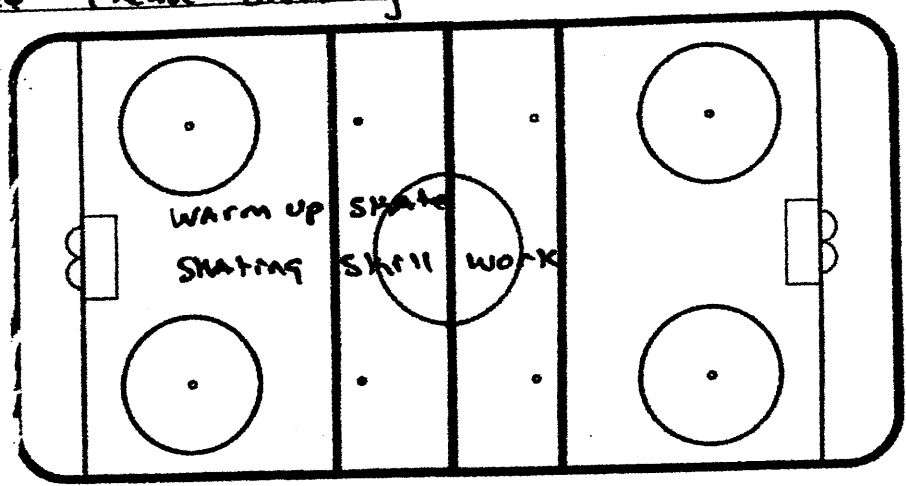
System/Drill Mites Practice Theme Skating

Description

arm up skating – counter clockwise
 a the whistle turn towards the boards and take
 ree quick steps. 5 minutes

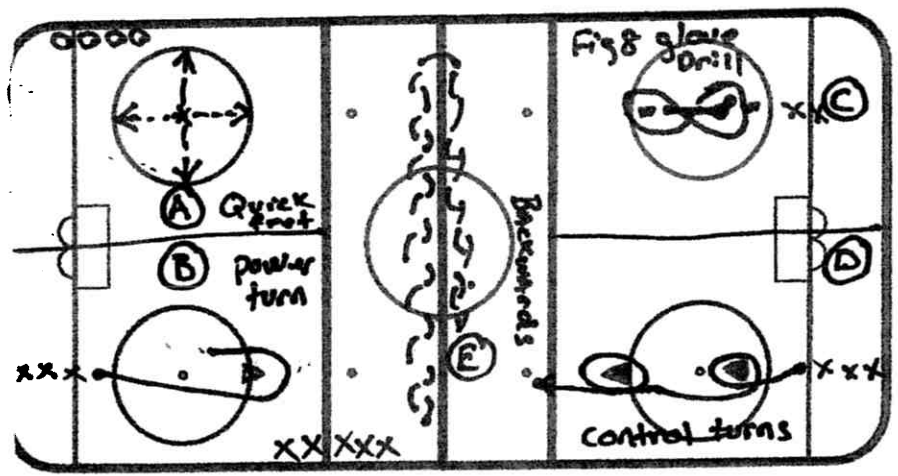
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- Crossovers
- Transition forward to backwards
- Backward skating



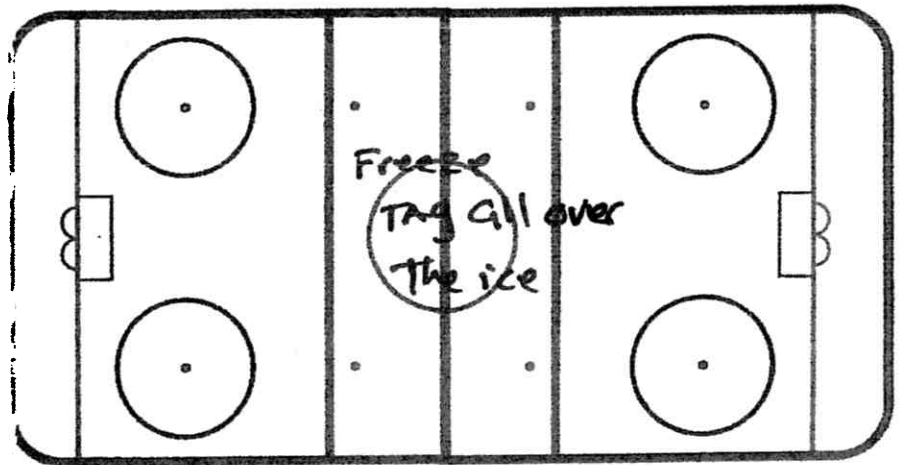
tations 7 minutes each station then
 otate

- A) quick feet, player starts on the face off dot on the whistle moves forward to the top then backwards to the dot then sideways to the circle then backward to the dot, etc
- B) Power turns around cone or glove
- C) Figure eight around and over stick pick up gloves then set back down
- D) Escape move around the cones
- E) Backwards skating, use the red line the foot closest to the red line stays stationary, the other foot makes backwards "c" cuts then change sides of the red line and do the other foot on the way back



Freeze Tag: 5 minutes

Players skate around and the coaches tag the players, once the coach tags a player they are frozen in place until another team mate slides between their legs then both players are free to skate again



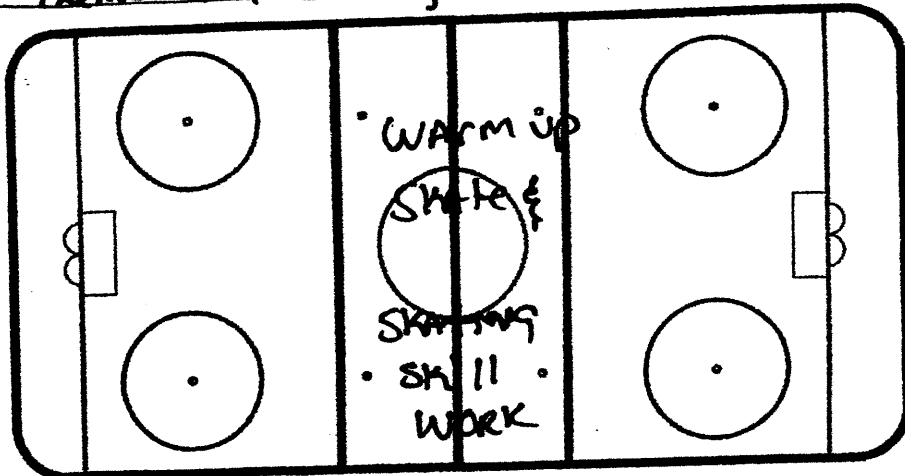
Notes/Comments _____

Description

Warm up skating – counter clockwise
 On the whistle turn towards the boards and take
 three quick steps. 5 minutes

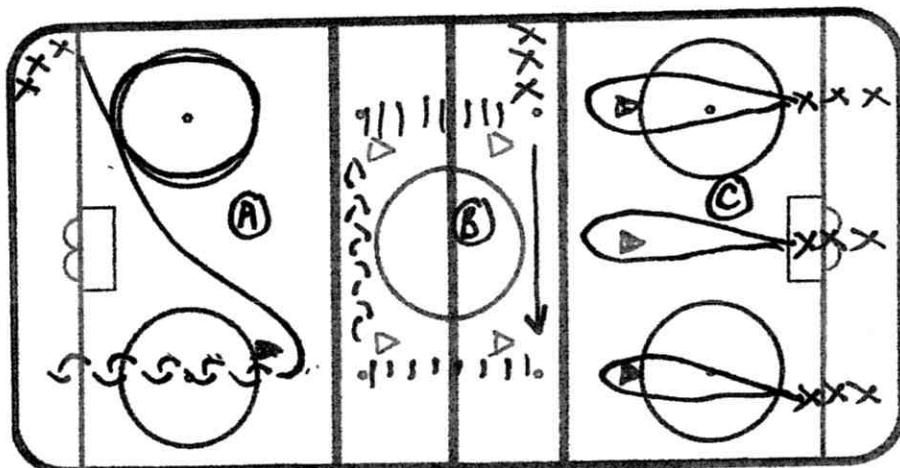
Skating Skill Work-15 minutes

- Edges inside/out (C cuts, swizzles etc)
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 strides
- Stopping on the blue lines
- Crossovers
- Transition forward to backwards
- Backward skating



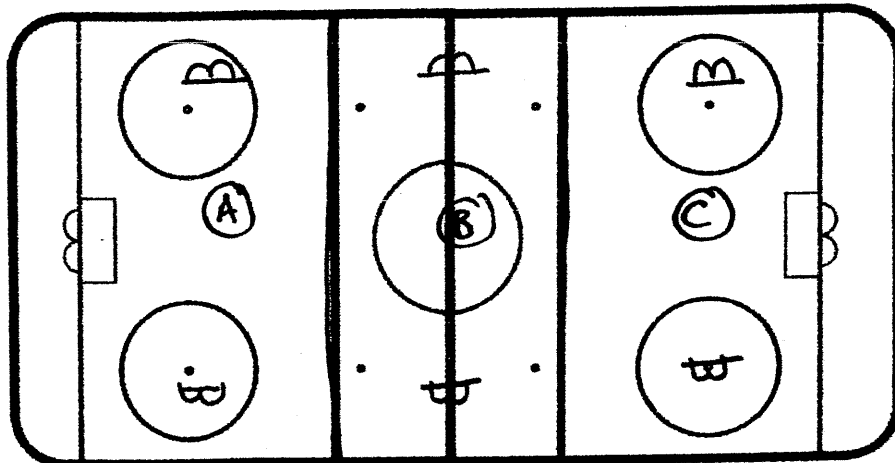
Stations 10 minutes each station then
 rotate

- Crossovers around the circle then
 around the cone turn to
 backwards and skate backwards
 to the goal line
- 4 Cones in a square at center ice
 players skate as fast as they can to
 the first cone then lateral
 movements to the next cone skate
 backwards to the third cone then
 lateral movements to the last cone
- Power turns around cone or glove
 with a puck



Cross Ice games: 10 minutes

30-45 second shifts, use cones or tires for
 nets



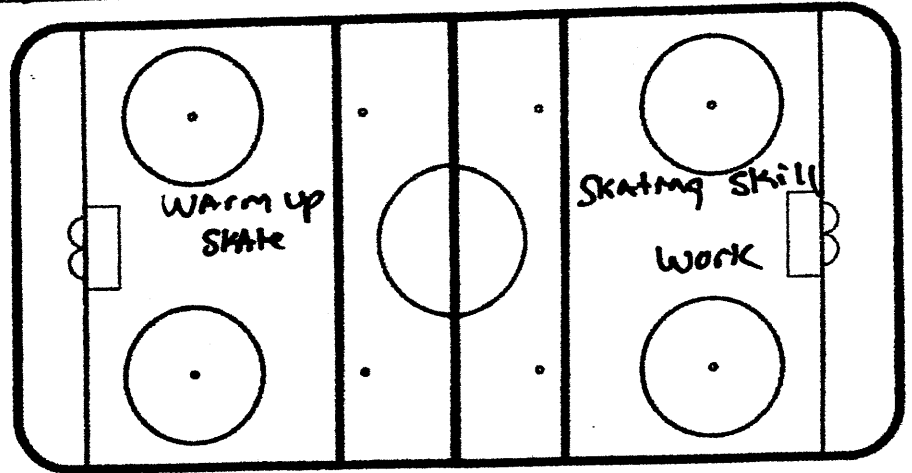
Notes/Comments

Description _____

Warm up skating – counter clockwise
 the whistle turn towards the boards and take
 8 quick steps. 5 minutes

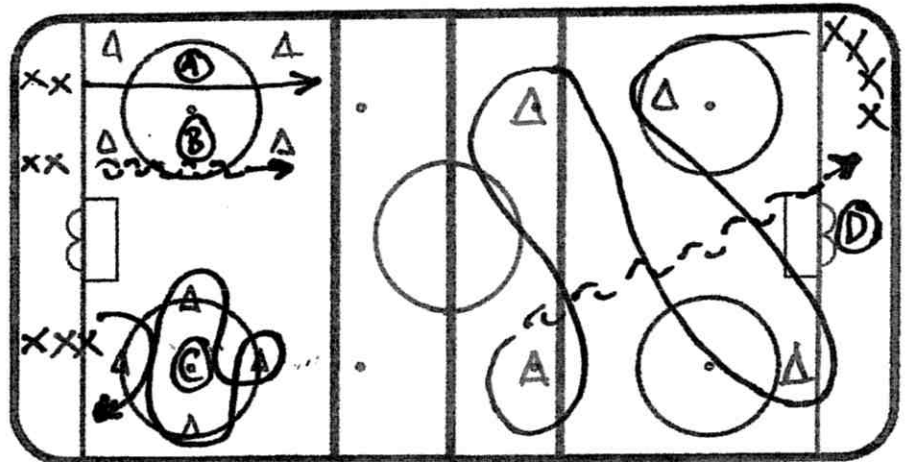
Skating Skill Work-15 minutes

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- Backward skating



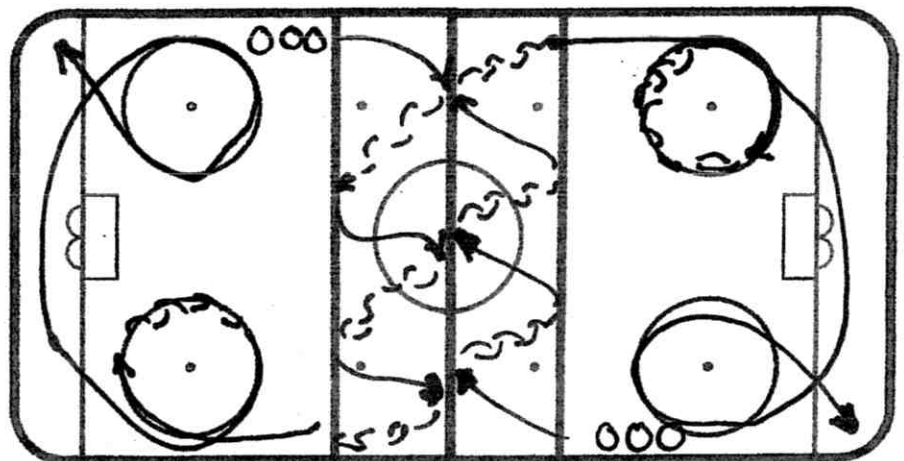
Stations 7 minutes each station then
 skate

- Acceleration Forward between cones quick feet.
- Acceleration backwards
- Four cone circle Puck handling Pattern Control turn around cone 1,3 and 4 escape move around cone 2
- Skate around cones and on the fourth cone turn backwards and skate all the way in



Agility Course Forward/Backward Skate
 Relay Race: 12 minutes

Players start before the blue line forward
 the red line backward to the blue line
 forward to the red line then backwards to
 the blue line around the circles then to the
 other circle and end up in the corner.



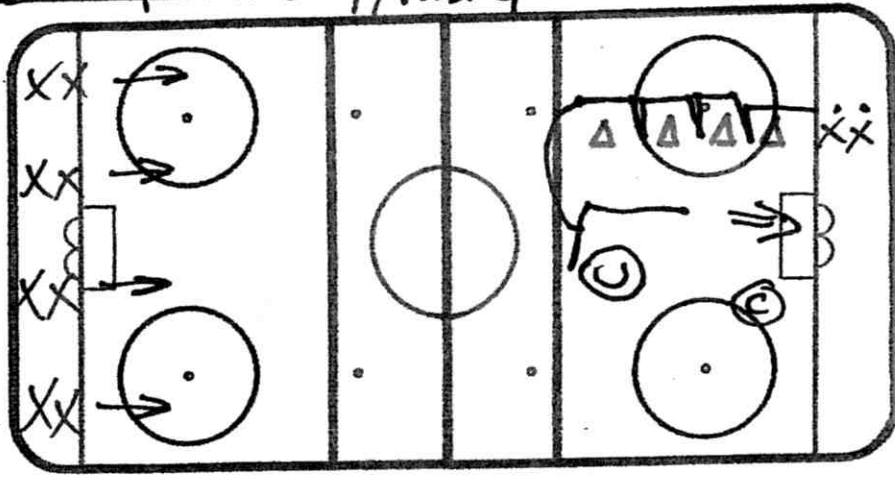
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Description

Warm up skating – counter clockwise
On the whistle turn towards the boards and take three quick steps. 5 minutes

Skating Skill Work-15 minutes

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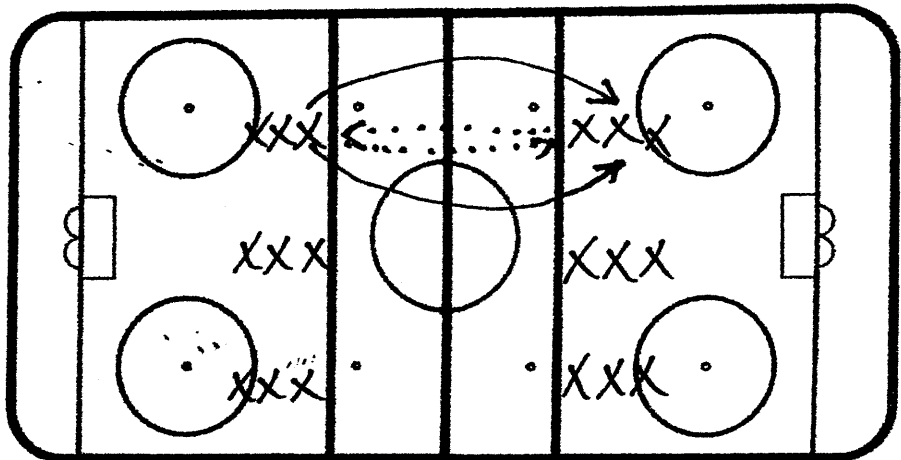


C. Puck Control- 8-10 Minutes
Both ends of Ice Puck Control, pull puck in and out of cones and coach and shoot on the net

Station Work

Shooting 5 Minutes

Shooting all over the ice, wrist and Backhand shots against the boards



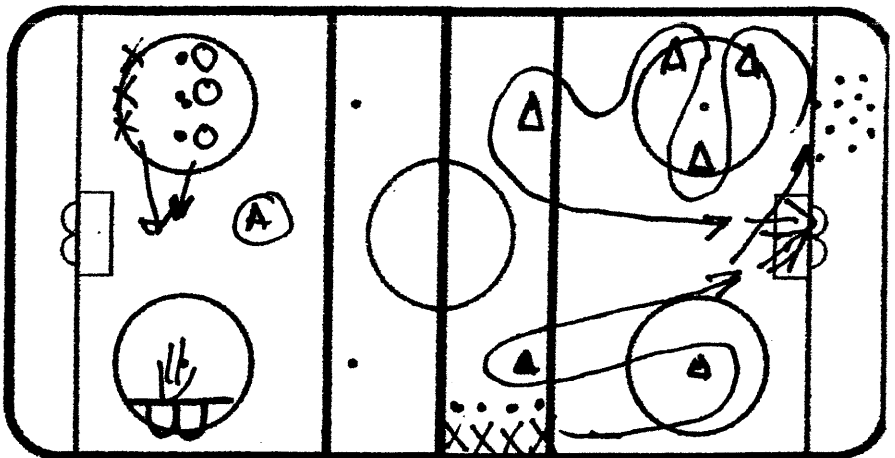
Passing Relay Give and Go six lines 10 Minutes

Group A

One on One Competition for the Puck
Coach slides the puck in the middle players go hard for it, the first one to the puck shoots on the net the other player tries to stop them.

Group B

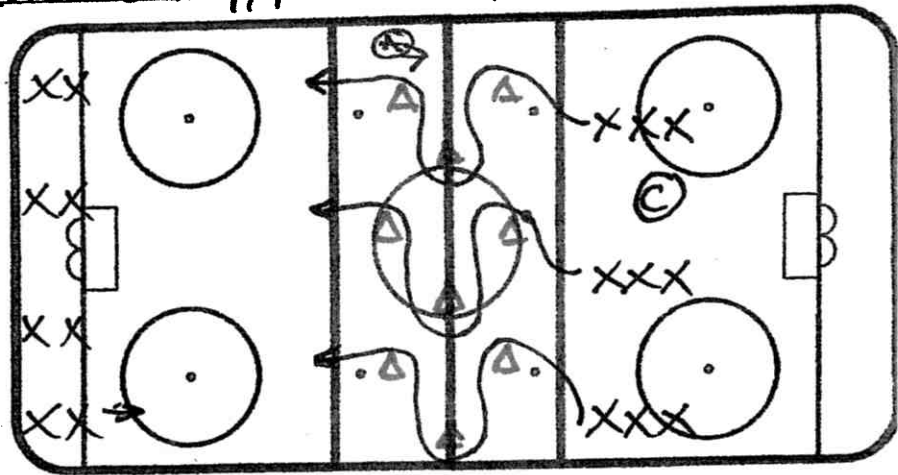
Agility Course with Two Shots, Players start at the blue line go around the cone in the circle then out of the zone, then back in shoot, pick up a puck weave through the cones, shoot on the net



Warm up skating – counter clockwise
On the whistle turn towards the boards and take three quick steps. 5 minutes

Skating Skill Work-15 minutes

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C Inside/Outside Edges-Stay low in power stance, two hands on sticks

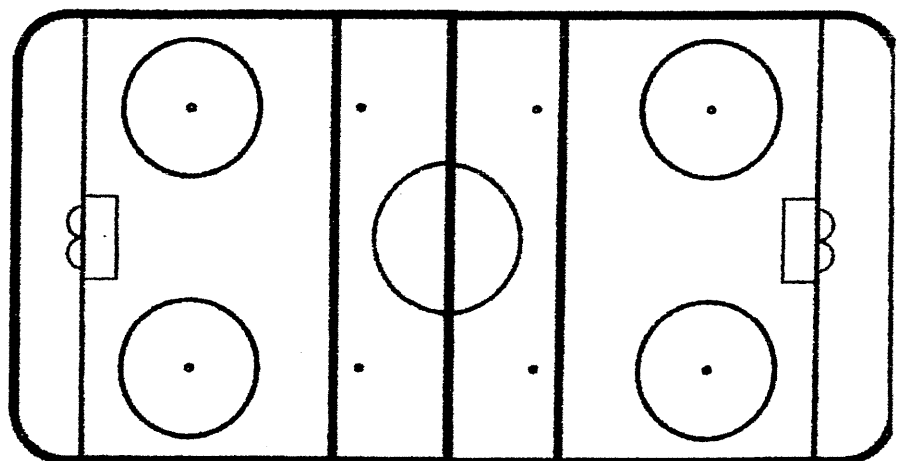
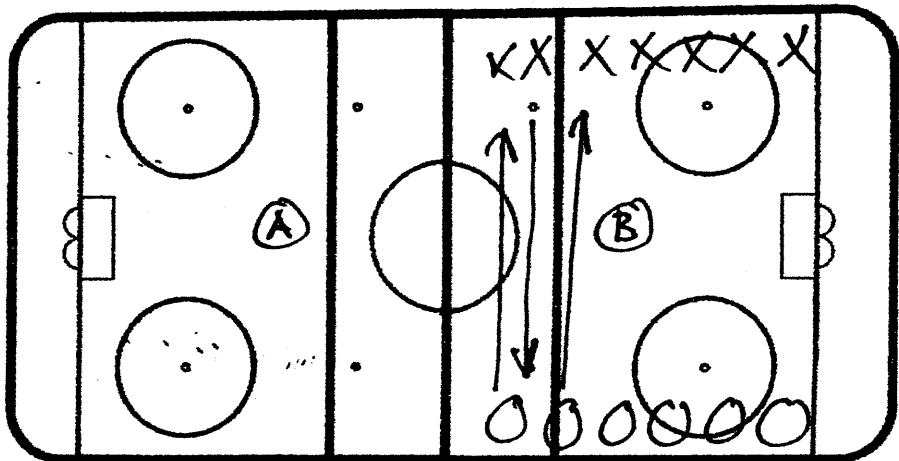
Station Work

Receive/Pass/Shoot on the net 10 Minutes

A. Puck handling Basic Movements

- Short and wide
- Front/back
- Diagonal
- Pull stick short then pull as far wide as possible to one side

B. Puck handling in 2 Directions-Heads up

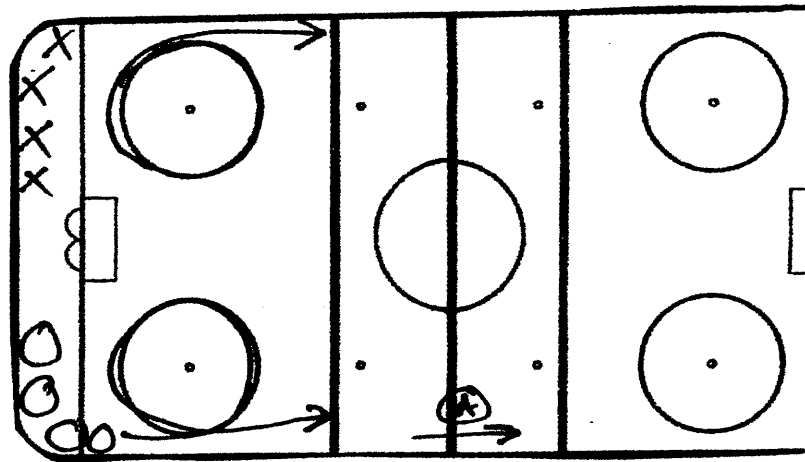


Mite Practice Review Skating

Warm up skating – counter clockwise
On the whistle turn towards the boards and take three quick steps. 5 minutes

Skating Skill Work-15 minutes

- Edges inside/out (C cuts, swizzles etc)
- Balance work (knee bends at the blue, touch the blue with each knee, lift one skate up off the ice)
- Stride work (push with one leg while the other gliding, stick on the ice, head up, alternate legs and then work on long strides)
- Stopping on the blue lines
- Crossovers
- Transition forward to backwards
- Backward skating



Station Work

8 minutes each station

Group A

Control Turns, skates on ice, work in both directions

Group B

Crossovers, work in both directions

Group C

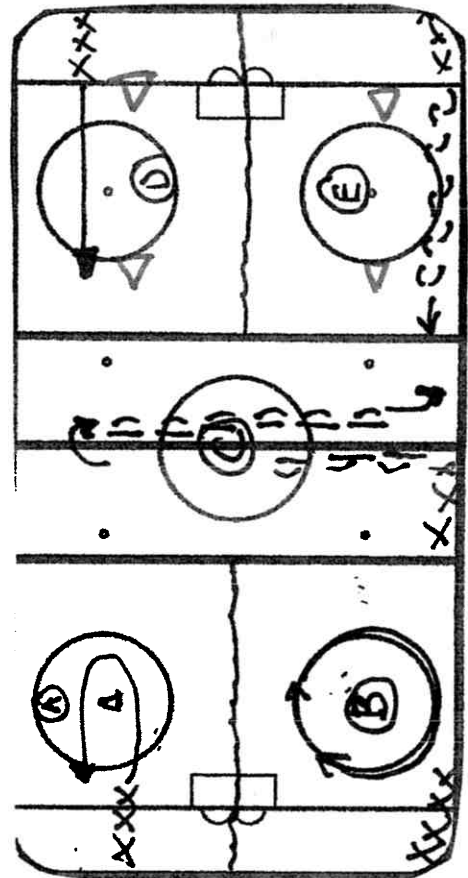
Backwards skating on the red line (left foot) the foot closet to the red line stays stationary the right skate makes C cuts then turn on the end and change feet and go back with the right foot still and the left foot making c cuts

Group D

Acceleration from cone to cone (60 ft) forward skating

Group E

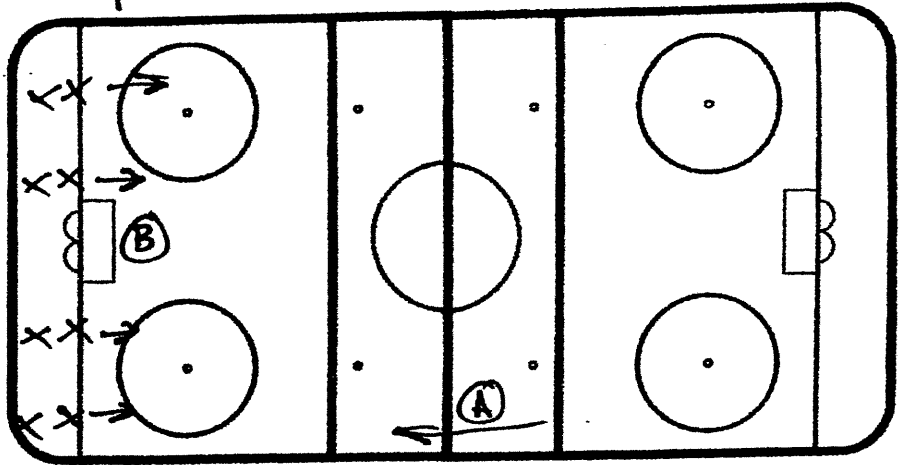
Acceleration from cone to cone (60ft) backwards skating



Warm up skating – counter clockwise
 On the whistle turn towards the boards and
 take three quick steps. 5 minutes

Skating Skill Work-15 minutes

- Edges inside/out (C cuts, swizzles etc)
- Balance work (knee bends at the blue, touch the blue with each knee, lift one skate up off the ice)
- Stride work (push with one leg while the other gliding, stick on the ice, head up, alternate legs and then work on long strides)
- Stopping on the blue lines
- Crossovers
- Transition forward to backwards
- Backward skating



Station Work

8 minutes each station

Group A

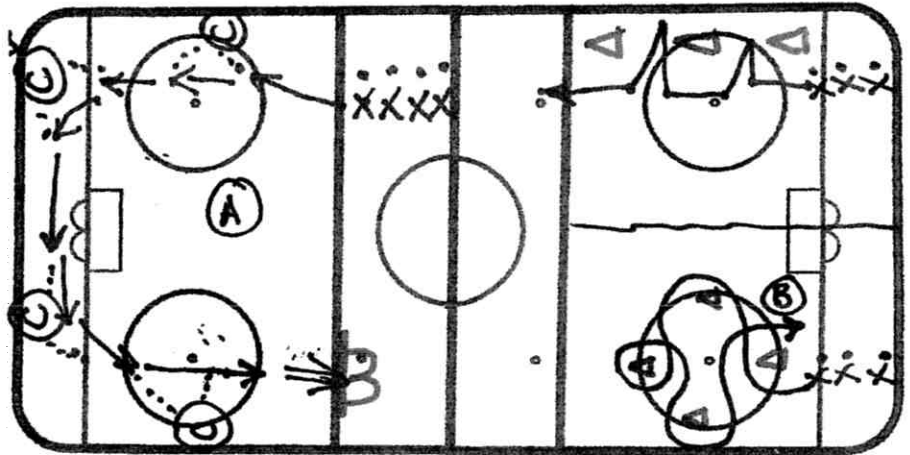
U shape passing drill, coaches or players (4) on the boards players skate with the puck pass to the coach/player then receive a pass back and keep going through the course and shoot on the net.

Group B

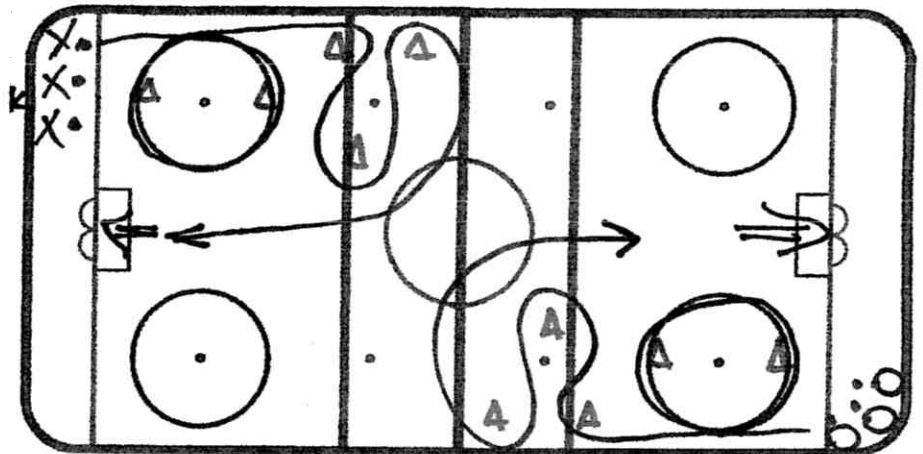
Four cone skating with a puck, two control turns and one escape move

Group C

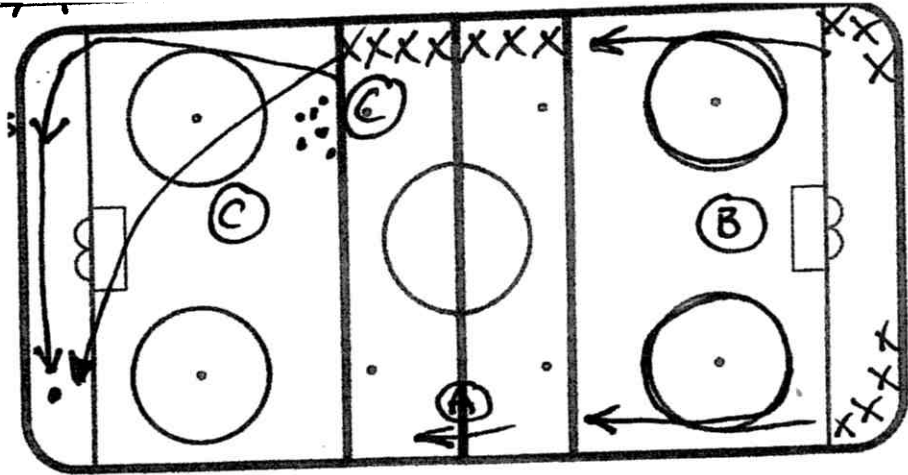
Stick handling in and out of the cones



Two groups circle crossovers with a puck do three control turns around cones and shoot on the net



arm up skating – counter clockwise
 1 the whistle turn towards the boards and
 ke three quick steps. 5 minutes

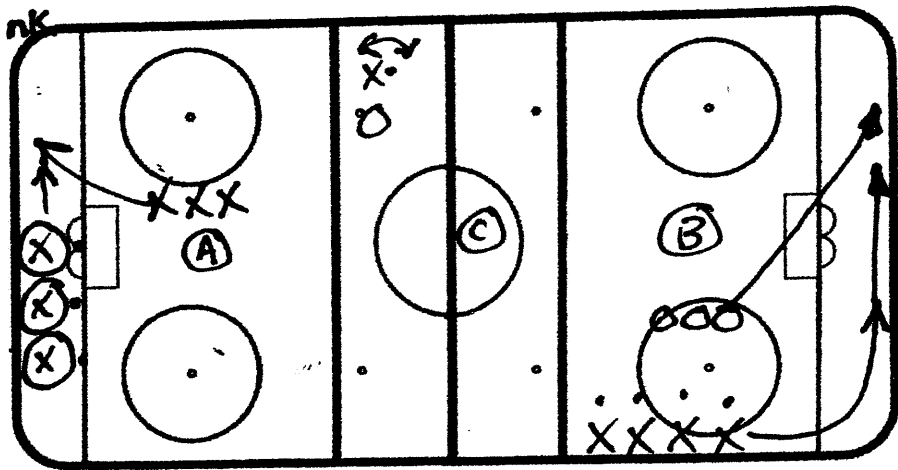


Skating Skill Work-15 minutes

- Edges inside/out (C cuts, swizzles etc)
- Balance work (knee bends at the blue, touch the blue with each knee, lift one skate up off the ice)
- Stride work (push with one leg while the other gliding, stick on the ice, head up, alternate legs and then work on long strides)
- Stopping on the blue lines
- Crossovers
- Transition forward to backwards
- Backward skating

Group C -5 minutes

Using the boards teach the players to not
 chase the puck but rather take a good
 angle at the puck



Station Work

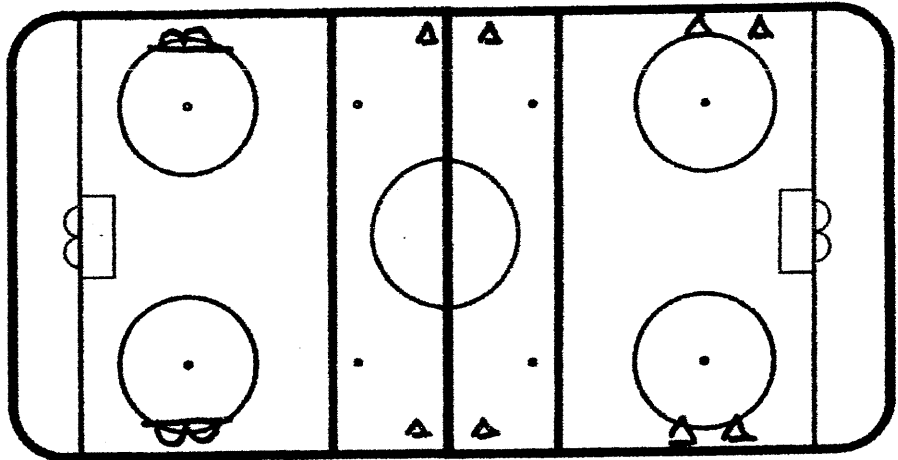
10 minutes each station

Group A

Two lines one behind the net the other
 in front of the net, the player behind the
 net begins to skate the player in front
 cuts him/her off in the corner.

Group B

Angling to the puck, two lines one on
 the boards one in the face off circle the
 group on the boards carries the puck
 behind the net the players in the other
 line cut the player with the puck off
 before they can come out from behind
 the net

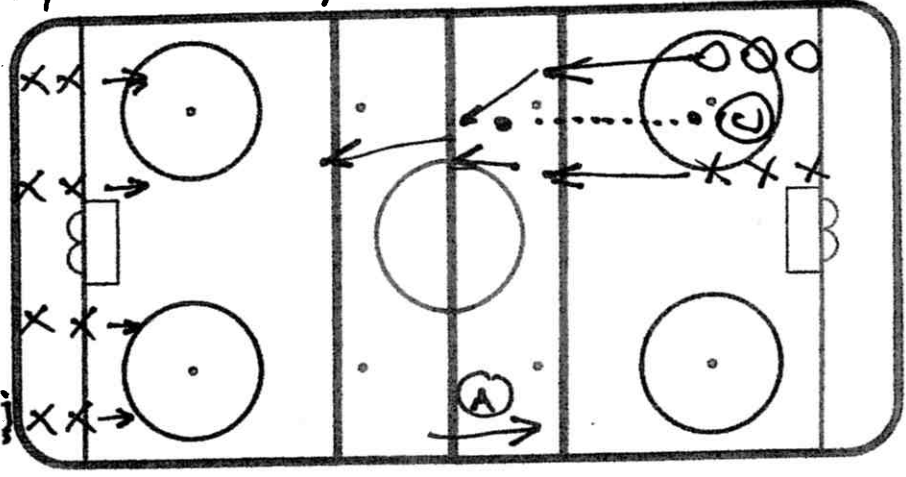


Three Cross Ice Games -10 Minutes

System/Drill Angling / Body Positioning Practice 2

Warm up skating – counter clockwise
 On the whistle turn towards the boards and take three quick steps. 5 minutes

- Skating Skill Work-15 minutes
- Edges inside/out (C cuts, swizzles etc)
 - Balance work (knee bends at the blue, touch the blue with each knee, lift one skate up off the ice)
 - Stride work (push with one leg while the other gliding, stick on the ice, head up, alternate legs and then work on long strides)
 - Stopping on the blue lines
 - Crossovers
 - Transition forward to backwards
 - Backward skating

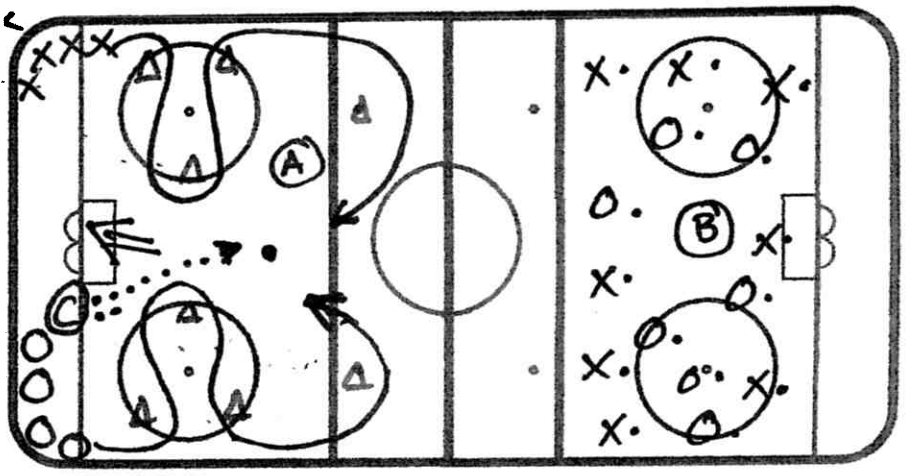


Group C One on One body positioning
 2 groups opposite corners of the ice, two lines of players coach in the middle shoots the puck ahead player compete for the puck, player that wins the battle shoots on the net, the other player works at taking it away

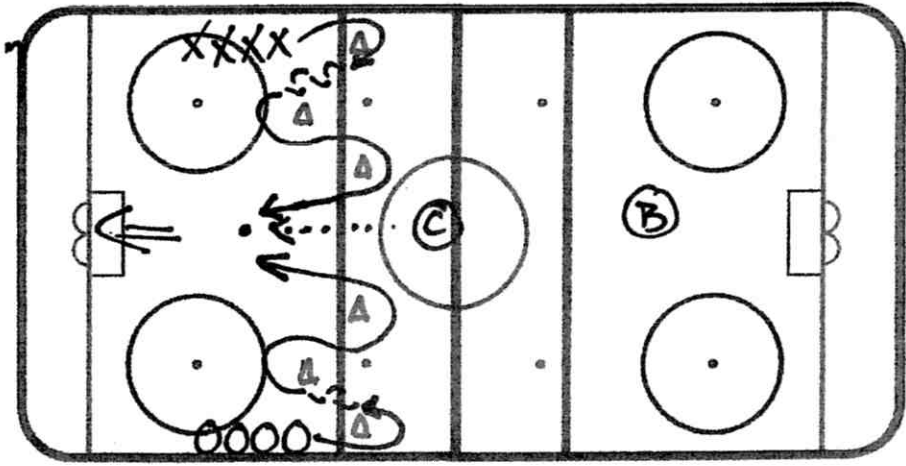
Station Work
 10 minutes each station

Group A
 Two lines in the corners skate the agility course coach slides the puck to the middle first player to the puck is offensive the second is trying to take the puck away

Group B
 Everyone stick handling in zone, work on all types of puck control



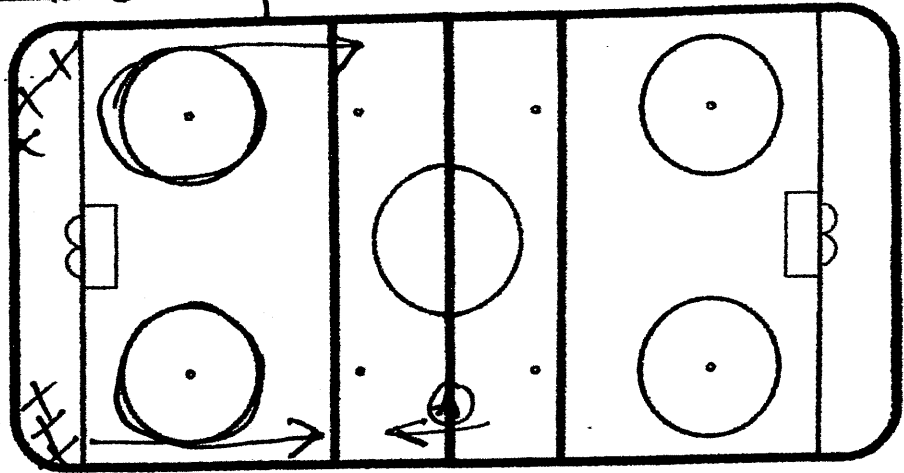
Group A
 Zig Zag one on one competitive forward/backward skating competition drill
 Group B
 Freeze Tag



Warm up skating – counter clockwise
On the whistle turn towards the boards and take three quick steps. 5 minutes

Skating Skill Work-15 minutes

- Edges inside/out (C cuts, swizzles etc)
- Balance work (knee bends at the blue, touch the blue with each knee, lift one skate up off the ice)
- Stride work (push with one leg while the other gliding, stick on the ice, head up, alternate legs and then work on long strides)
- Stopping on the blue lines
- Crossovers
- Transition forward to backwards
- Backward skating



Station Work

8 Minutes each station

Group A

Forward skating to the cone then transition to backwards, keep upper body still

Group B

Wide long crossunders around the circle try to get the skater to make long strides instead of shorter strides

Group C

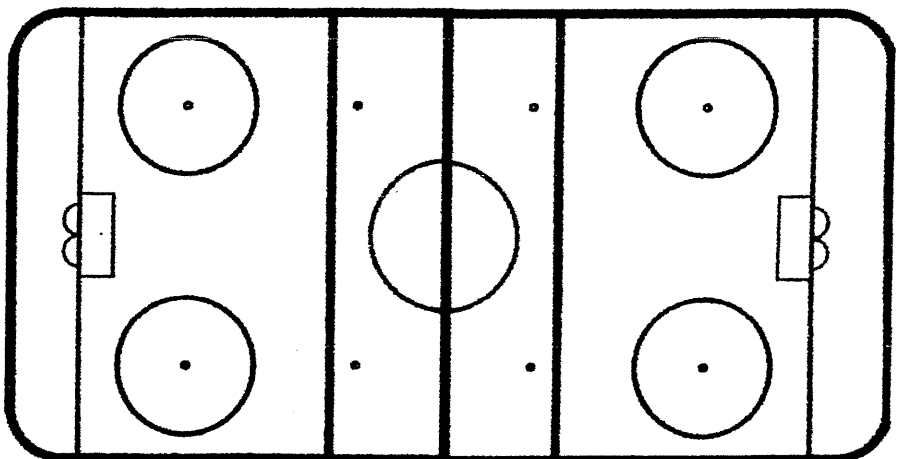
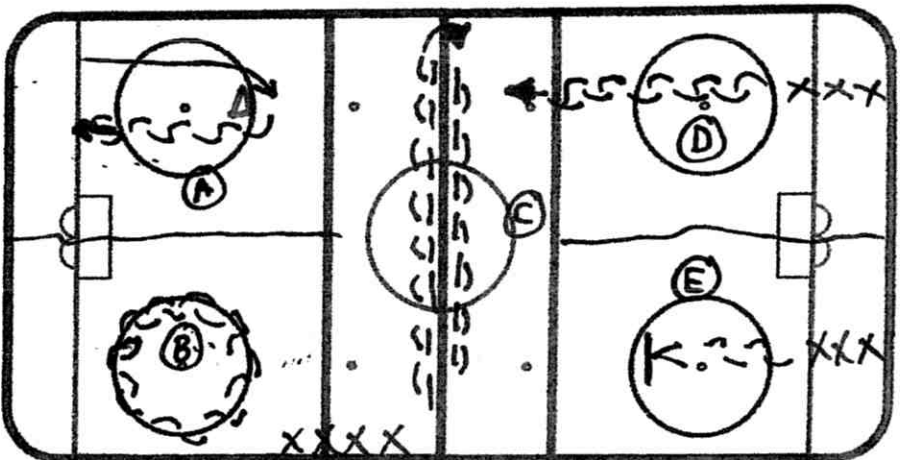
Players line up on the boards the foot closet to the red line stays stationary the other foot makes c cuts then once you get to the end of the red line go the other way changing feet.

Group D

Backward's C cuts

Group E

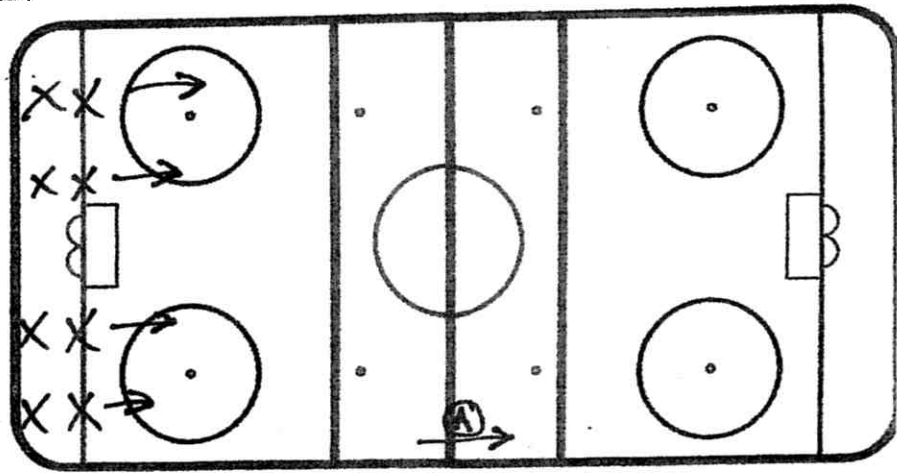
Backwards skating with a backwards stop then forward



Warm up skating – counter clockwise
 On the whistle turn towards the boards and
 take three quick steps. 5 minutes

Skating Skill Work-15 minutes

- Edges inside/out (C cuts, swizzles etc)
- Balance work (knee bends at the blue, touch the blue with each knee, lift one skate up off the ice)
- Stride work (push with one leg while the other gliding, stick on the ice, head up, alternate legs and then work on long strides)
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- Crossovers
- Transition forward to backwards
- Backward skating



Station Work
 8-10 minutes each station

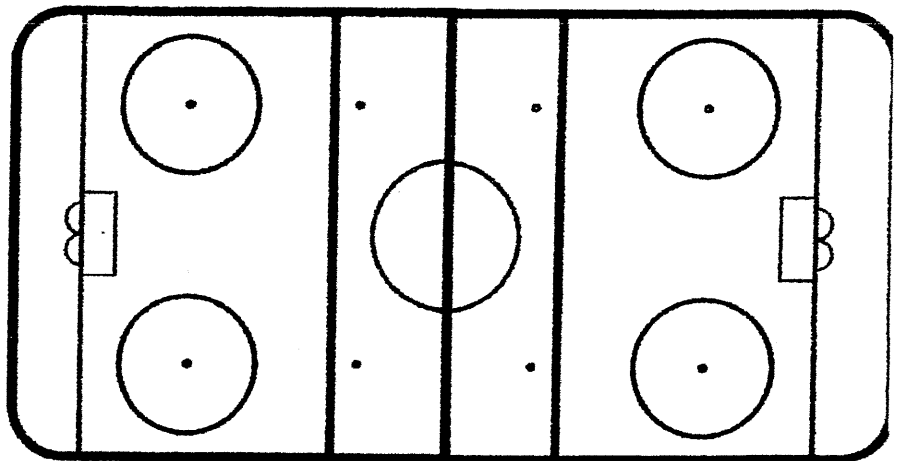
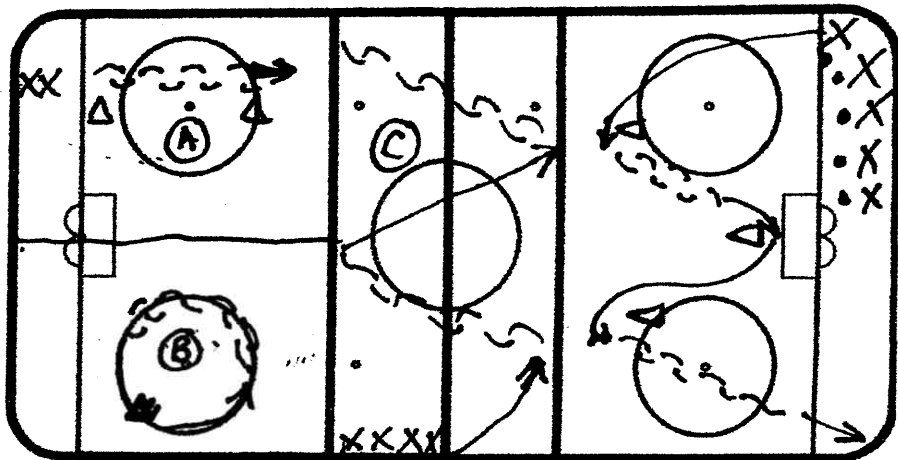
Group A
 Backwards Acceleration between cones

Group B
 Forward/Backwards Transition on the
 Circle during crossovers

Group C
 Start on blue line skate forward to the
 red line diagonally then backwards
 back to the blue line then forward then
 backwards

Group D
 Players start in the corner and skate
 forward to the first cone then transition
 backwards to the next cone then skate
 forward to the next cone then skate
 forward

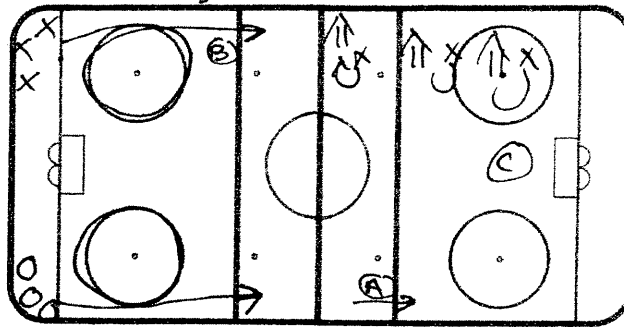
If time permits Cross ice games
 (3 games at one time)



Warm up skating – counter clockwise
On the whistle turn towards the boards and take three quick steps. 5 minutes

Skating Skill Work-15 minutes

- Edges inside/out (C cuts, swizzles etc)
- Balance work (knee bends at the blue, touch the blue with each knee, lift one skate up off the ice)
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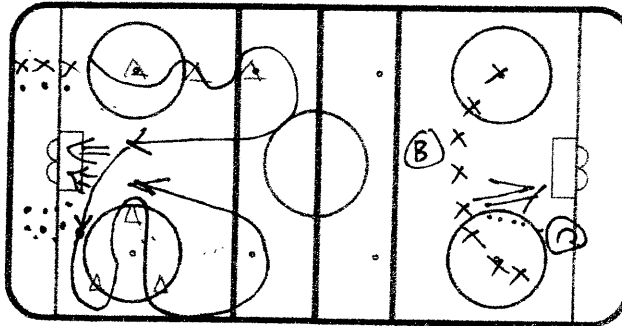


C, Shooting all over the ice against boards wrist and backhand shots only- 7 min

Station Work
10 Minutes each Station

Group A

Weave through the cones come in and shoot on the net, skate to the corner pick up another puck control turns around the cones outside the zone come in and shoot on the net



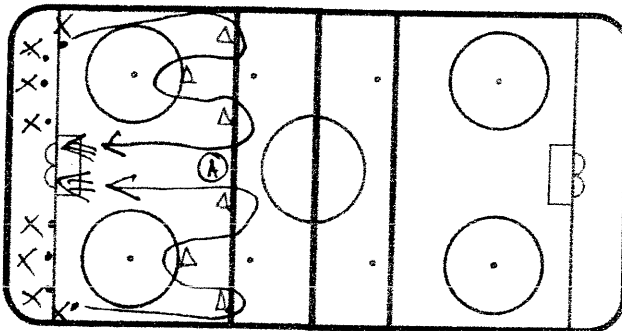
Group B

Shoot around, receive a pass from coach and shoot on the net (wrist shots)

Group A

Skate through the cones shoot on the net

If Time permits cross ice games

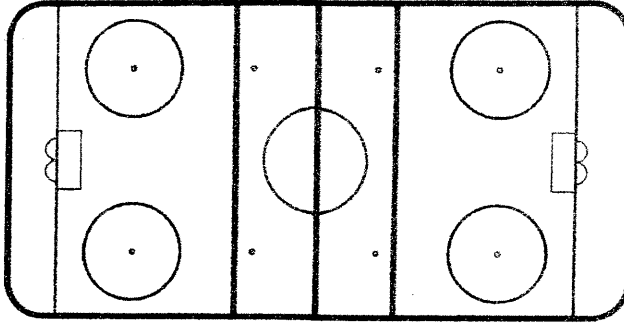


Description

Warm up skating – counter clockwise
On the whistle turn towards the boards and take three quick steps. 5 minutes

Skating Skill Work-15 minutes

- Edges inside/out (C cuts, swizzles etc)
- Balance work (knee bends at the blue, touch the blue with each knee, lift one skate up off the ice)
- Stride work (push with one leg while the other gliding, stick on the ice, head up, alternate legs and then work on long strides)
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- Crossovers
- Transition forward to backwards
- Backward skating



2on 0 pass back and forth shoot on net and hustle back to the line, change lines when you return from shooting, two groups on both ends of the ice

Group A

Three Player Jam the circles and 1,2 and 3 shoot

Group B

If Time permits cross ice games

