

MITE/U8 HOCKEY HOMEWORK

- Hopping on both feet
- Hopping on 1 foot
- Jumping side to side both feet (skiing)
- Jumping side to side 1 foot
- Jumping front and back
- Jumping alternating front/back, side to side
- Jumping hurdles
- Jumping rope
- Leap frog
- Skipping
- Grapevine
- Walking on tiptoes
- Balancing with feet together - eyes closed
- Balancing on 1 foot (eyes open, eyes closed; arms out, arms in)
- Walking on balance beam (or along tape line) - forward and backward
- Shooting (puck or ball) standing on both feet
- Shooting (puck or ball) standing on 1 foot
- Hand/eye coordination:
 - Balloon volleyball
 - Catch
 - Stick handling (stationary)
 - Kicking ball (as it is rolled to child)
- Sit ups
- Push ups
- Drop onto knees and get up without using hands - this can be done with shin pads on or on a bed with parental supervision. Advance by having the child try to get up both feet at once!
- Learning right and left

Games

1) Ships across the ocean

Works on changing positions rapidly, blocking skills, going outside your center of balance

2) Tag

Works on changing positions rapidly, blocking skills, going outside your center of balance

3) Tug-O-War (on ice)

Encourages edge use and preps for stopping

A) Start by having the kids face each other (skates toward center of rope).

This will show the kids how easy it is to be pulled forward.

B) Have them turn skates 90 degrees (parallel to center of rope) but child must try and stand up straight. This will teach them it is easy to fall forward.

C) Finally, have them turn the skates 90 degrees (parallel to center of rope) and tell the child to lean back (away from center of rope). Now the child can see how much using edges along with body positioning can help them to balance.

4) Dodge ball on ice

Addresses balance