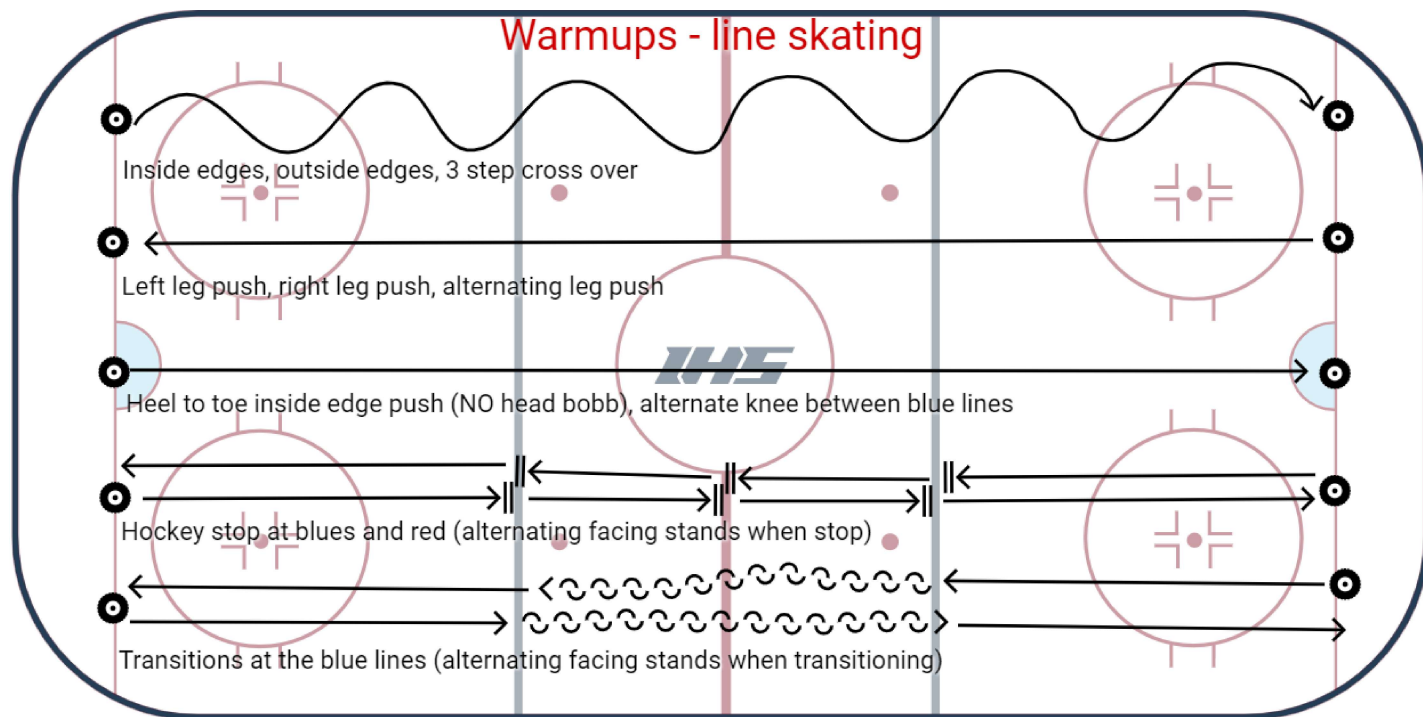


# 2023 Mite Preseason Day 2 - Oct 18

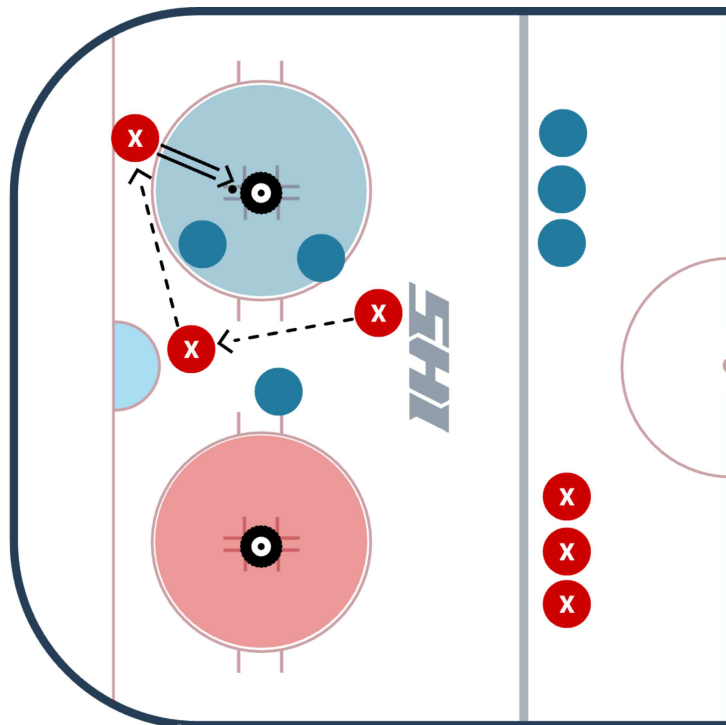


Wednesday, October 18th, 2023

## PRACTICE LAYOUT



## Hit The Tire Passing Game With No Goalie



Hit The Tire Passing Game is a fun small area game that can be utilized when coaches want to work on passing and puck support concepts and/or there are no goalies available.

### Setup

- Place a tire on each of the face-off dots inside of a zone.
- Play 3 v 3. The offensive team scores by hitting the tire in the opposite circle.
- Offensive team cannot enter the offensive circle, but the defensive team is allowed in the defensive circle.
- Object is to move the puck quickly to open up passing or scoring lanes.

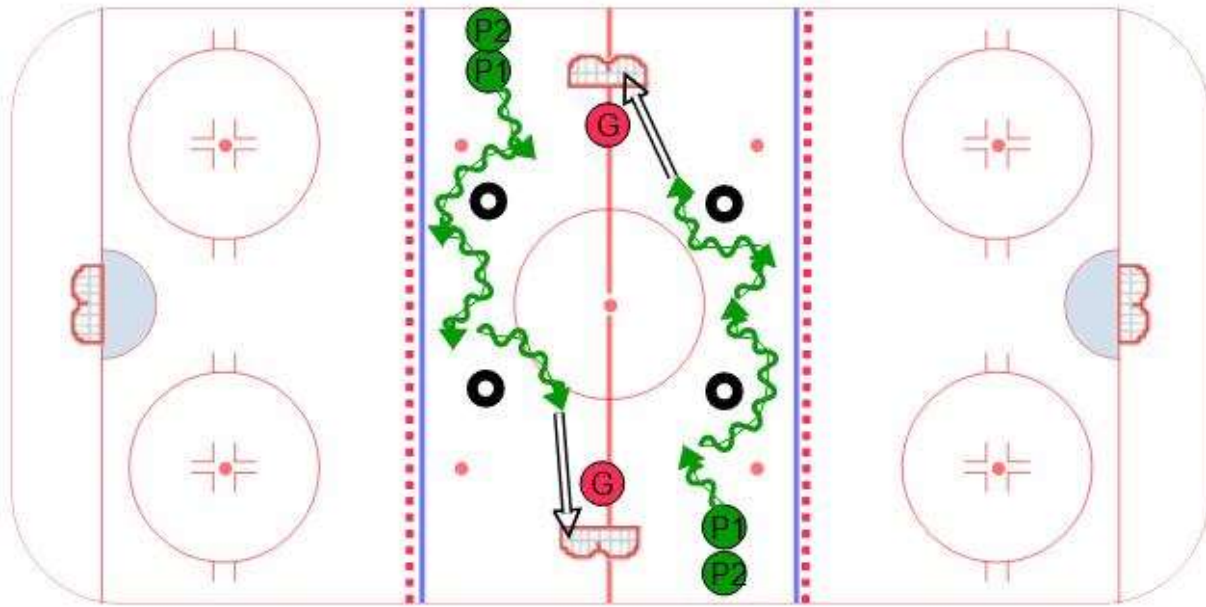
### Coaching Points

- Puck carrier should use deception, and tight turns to create space and passing lanes.
- Offensive players without the puck should jump to open space with their stick on the ice to support their teammate and be an outlet.
- Defensive players should keep their sticks on the ice to disrupt passing lanes and keep the offensive team to the outside.

### Variations

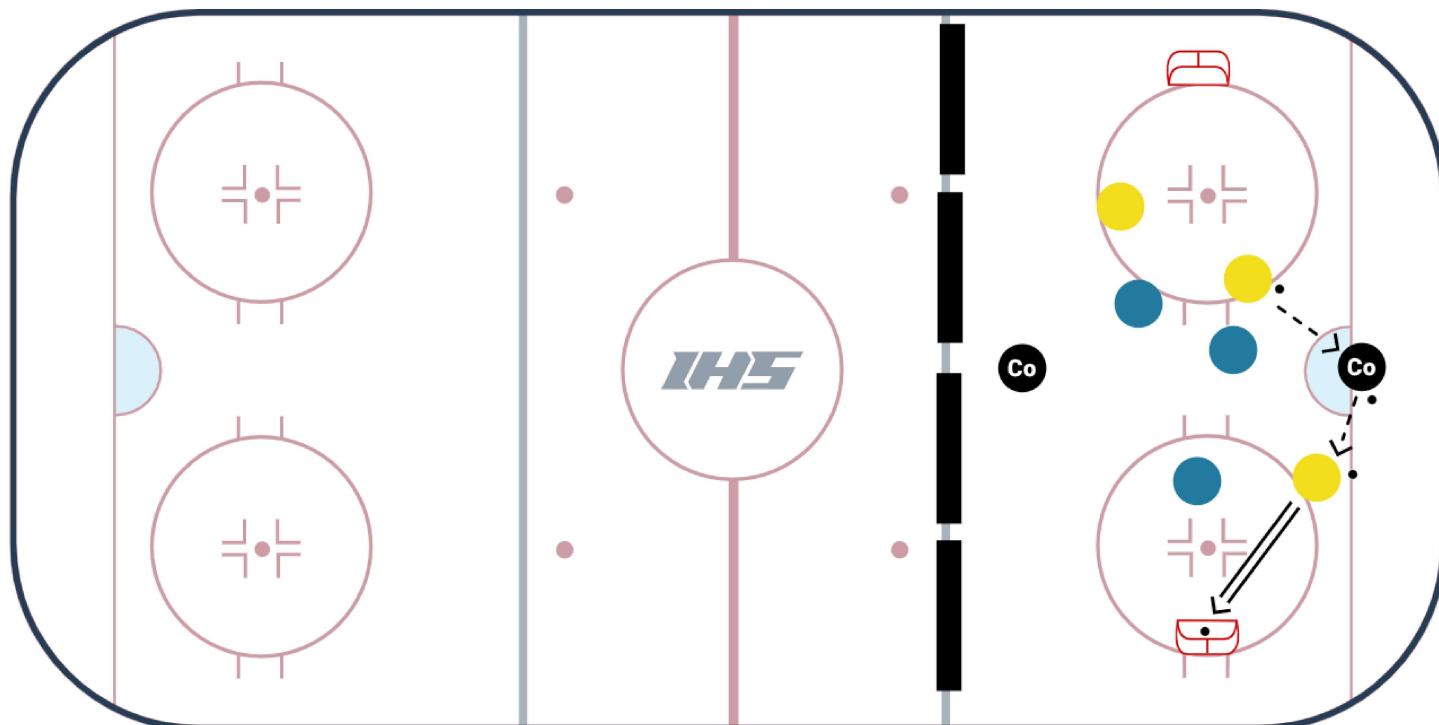
- For younger age levels that struggle to hit the tire, you can allow the offensive team inside the offensive zone circle.
- Coaches can call out Power Play and allow a team to have an extra player to make it a 4 v 3.

## Tire Moves



Here is a hockey drill that can be used for the younger players in a practice that set up for station drills. This drill can be used in the neutral zone using four tires (or cones) and two of the small nets. Arrange the tires as shown in the diagram with two lines, each off to the side of the net. Player 1 in each line will skate with the puck up to the first tire and make a single shift move to the outside. On the second tire they should make a single shift move to the inside and take a shot on the net. Therefore each player is making a move to their forehand and backhand sides. As players become more skilled you can use this same set up to work on other moves as well.

## 3 vs 3 with mini nets - small area (w/ coach outlet pass)



This is a simple 3 vs 3 small area game that is great for practices. The game uses mini nets instead of large nets with goalies.

### HOW THE GAME IS PLAYED

The coach starts the game by dumping a puck into the playing area. Three players from each team competes for the puck, before they can shoot they must make outlet pass to coach. If there is a change in possession the team in possession of the puck must pass to a coach prior to shooting. If one team scores into the other team's net then the coach dumps a new puck into play. The coach should let each group play for 60 - 90 seconds then blow the whistle. On the whistle the players go back to their line and the coach dumps a new puck into play for the new group of players.