

# Power skating Week 1 Mites, 8U, Squirts, 10U

Monday, November 1, 2021 12:57 PM

Skills and Concepts-Stride, edges, knee bend, form

## Practice Plan

### Warm up and Stretch:-15

Moving stretches  
Knee up  
Foot Drag  
Side and Toe  
Torso twist  
Shoulder Twist  
Stationary Stretches-Center Ice  
Runners Stretch  
Hip/Glute  
March on Toes  
Knee touches/Taps  
Roll on Edges  
Deep bend 2 ft Jumps  
1 ft. jumps

### Stride

-emphasize long stride and deep knee bend-NO BOBBING UP AND DOWN

### Iso-FWD

One Leg Push  
Two Leg Push

### Iso-BKWD

One Leg Push  
Two leg Push

### Edges

-emphasize knee bend and strength

Stand still roll on edges

C-Cuts-  
FWD-Single,  
Double

Inside Edges

Outside Edges

### Agility/Balance

-emphasize hockey Position

Pivot F/B - Strait Line

Glide-1 foot, 2 foot and dip

Jumps-2 Foot

### Stops and Starts

-emphasize 3 quick strides Out of the hole then long after that

FWD: V" "Quick Starts"

BKWD: C-Cut Start

Hockey Stops

### 4 Line skate:-20

#### Edges

C-Cuts-Single  
C-Cuts-Double  
Inside Edges  
Outside Edges

#### Stride

Iso-Single  
Iso-Double

#### Starts and Stops

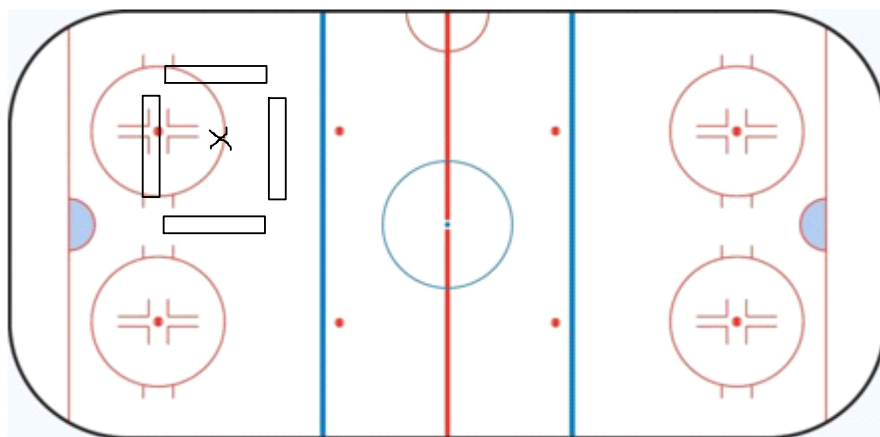
Quick Starts/V-starts  
Stop at each line then quick start again on whistle  
Quick start into LONG stride  
Quick start and stop relay to blue and back

### Game:-10

#### Agility

#### Box Tag

1 or 2 Players in middle are "it"- others have to skate or jump over barriers into box and get back out as many times as possible without getting tagged.



# Power Skating Week 2 Mites/8U/10U/Squirts

Saturday, November 6, 2021 9:04 AM

## Skills and Concepts-Agility and Balance and Edges

### Practice Plan

#### Warm up and Stretch-:10

Moving stretches  
Knee up  
Foot Drag  
Side and Toe  
Torso twist  
Shoulder Twist  
C-cuts-double  
Stationary Stretches-Center Ice  
Runners Stretch  
Hip/Glute

#### 4 Line skate-:25

Agility and Balance  
March on Toes  
2-ft glide and dip  
2-ft jump  
1-ft Jump  
1-Knee touches-as many as possible  
b/w blue lines

#### Edges

Inside Edges  
Outside Edges

#### Stride

BK Starts-C-cut only  
BK-Iso-Single  
BK-Iso-Double

#### Partner Games-:10

lay sticks down end to end  
Starts and Stops-mirror partner one on each side of stick  
Partner Tag around sticks-start at each end-Keep both feet on ice  
Fwd  
Bk

#### Stride

-emphasize long stride and deep knee bend-NO BOBBING UP AND DOWN  
Iso-BKWD  
One Leg Push  
Two leg Push

#### Edges

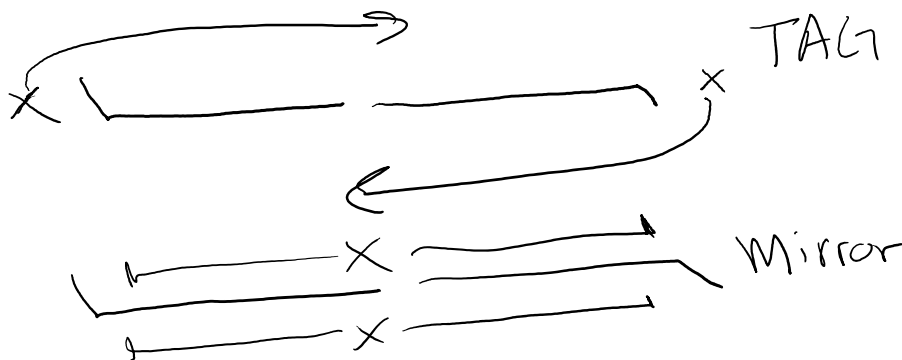
-emphasize knee bend and strength  
C-Cuts-BKWD  
Inside Edges  
Outside Edges

#### Agility/Balance

-emphasize hockey Position  
Ankle strength-walk, march, run on toes, hands above head  
Glide-1 foot, 2 foot and dip  
Jumps-2 Foot-with deep knee bend and then knee tuck  
1 ft  
Knee touches-as many as possible-tap tap tap tap

#### Stops and Starts

BKWD: C-Cut Start  
Hockey Stops-BK  
Quick starts and stops  
In partner mirror game



# Power Skating Week 3 Mites/8U/10U/Squirts

Saturday, November 6, 2021 9:51 AM

## Skills and Concepts-Turns, Crossovers

### Practice Plan

#### Warm up and Stretch-17

- Moving stretches
  - Knee up
  - Foot Drag
    - Side and Toe
  - Torso twist
  - Shoulder Twist
- Agility/Balance
  - Deep glide-2ft-whistle 1 Down
  - Whistle 2 jump up
  - With knee tuck
  - 1ft glide-up and down
  - on whistle
  - Knee taps on whistle
  - Keep doing till next whistle

#### Edges

- Inside edges
- Outside edges

#### 4-Corners-17

##### Edges/Turns

- End1
  - Glide turn race
  - Fwd only
  - Bk to Fwd
- End 2
  - Power turn race
  - Half
  - Full**

#### Relay-10

- Net push relay
- Side A vs Side B
- 2 players skates the net to other end and pass it off to the next two players in line

#### Turns and Edges

Emphasize deep knee  
Bend and strength

Two feet on turns

No toe dragging

Quick feet out of  
Turns is critical-just  
like quick starts

#### Agility/Balance

-emphasize hockey  
Position

Glide-1 foot, 2 foot and dip

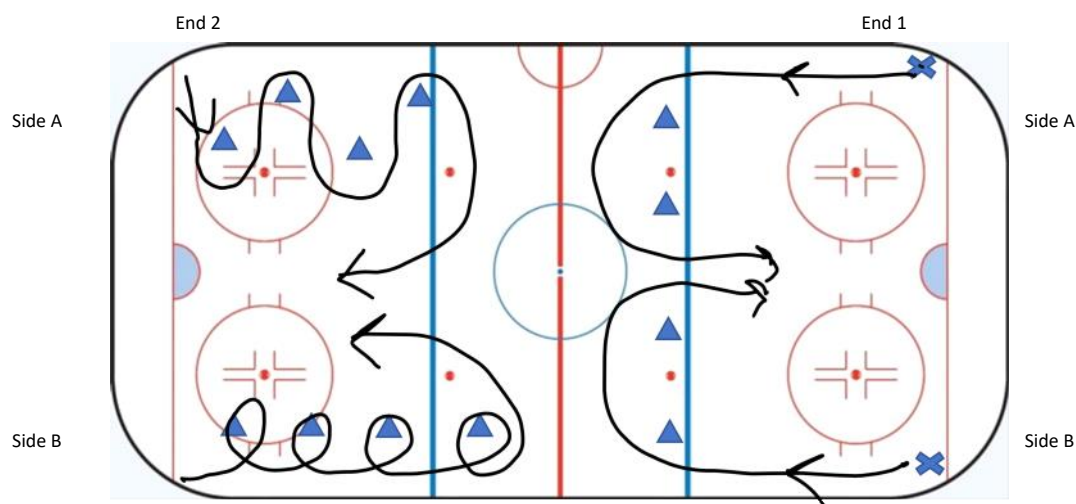
Jumps-2 Foot

#### Stops and Starts

-emphasize 3 quick strides  
Out of the hole then long after that

FWD: V" "Quick Starts"

BKWD: C-Cut Start



# Power Skating Week 4 Mites/8U/10U/Squirts

Saturday, November 6, 2021 10:35 AM

## Skills and Concepts-Agility

### Practice Plan

#### Warm up and Stretch:-17

- Moving stretches
- Knee up
- Foot Drag
- Side and Toe
- Torso twist
- Shoulder Twist
- Stick kicks-fwd

#### Edges

- Inside edges
- Outside edges
- 2 ft slalom fwd
- 2 ft slalom bkw

#### Balance

- 1 ft glide
- 1 ft fly glide

#### X-overs

- 3 quick each way
- And behind nets

#### 2 corners:17

##### Edges/Turns

- Side A vs. Side B
- Power turn fill ice race

##### Cross-overs

- Cross steps on all three lines
- Figure 8 on circle-Full-fwd

#### Circle Partner Races: 10

- Use all 5 circles-players pair up
- Start on opposite side of circle
- Try to catch partner-no cheating

#### Turns and Edges

- Emphasize deep knee
- Bend and strength

Two feet on turns

No toe dragging

Quick feet out of  
Turns is critical-just  
like quick starts

#### Agility/Balance

- emphasize hockey  
Position

Glide-1 foot, 2 foot and dip

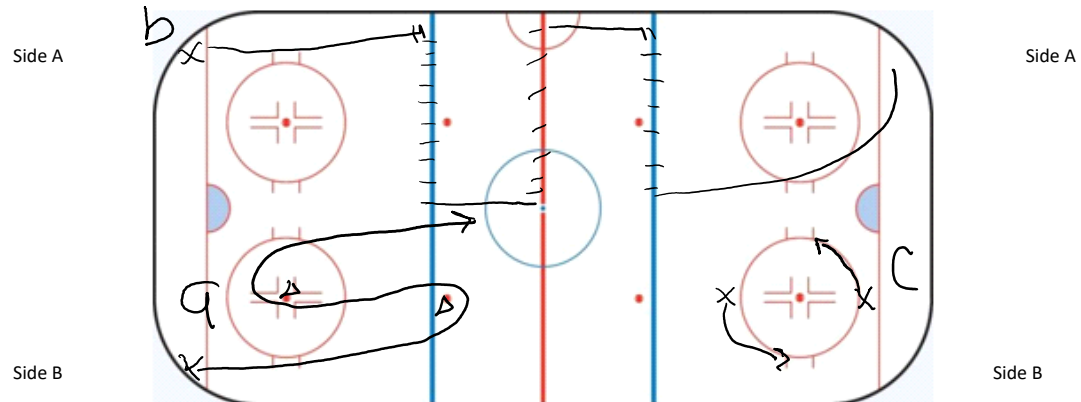
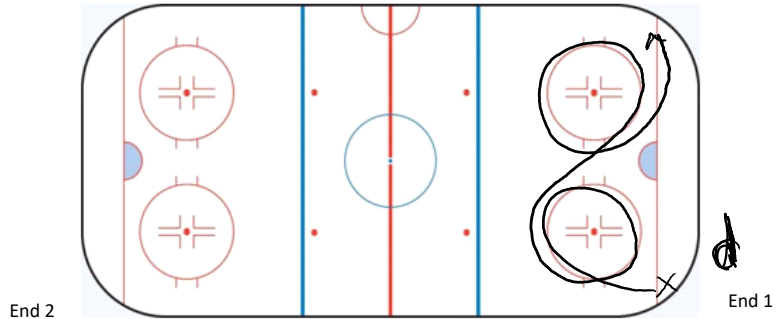
Jumps-2 Foot

#### Stops and Starts

- emphasize 3 quick strides  
Out of the hole then long after that

FWD: V" "Quick Starts"

BKWD: C-Cut Start



# Power Skating Week 5 Mites/8U/10U/Squirts

Saturday, November 6, 2021 12:56 PM

## Skills and Concepts-Backwards

### Practice Plan

#### Warm up and Stretch--17

Moving stretches  
 Knee up  
 Foot Drag  
 Side and Toe  
 Torso twist  
 Shoulder Twist  
 Edges  
 Crossovers behind net  
 Cross steps b/w Blues  
 Face middle  
 Inside edges  
 Outside edges  
 2 ft. Slalom-fwd  
 Stationary Stretches-Center Ice  
 Runners Stretch  
 Hip/Glute  
 Knee touches/Taps

#### 4 Line skate--17

##### Stride

BKWD Iso-Single  
 BKWD Iso-Double

##### Starts and Stops

Quick Starts-C-cut Bkwd  
 Stop at double whistle, go on  
 Single whistle  
 Quick start and stop relay to blue and back

##### Agility

F/B Pivots-strait line  
 f/B pivot-rev. direction

#### Game--10

Bkwd Jailbreak tag (cops and robbers)  
 Net is jail-two or so kids are "it"  
 or "cops" they must tag all  
 players and put in jail-new  
 players are it next round

#### Stride-BKWD

-emphasize long push  
 and deep knee bend-  
 NO BOBBING UP AND  
 DOWN

#### Iso-BKWD

One Leg Push  
 Two leg Push

#### Edges

-emphasize knee  
 bend and strength

Inside Edges

Outside Edges

#### Agility/Balance

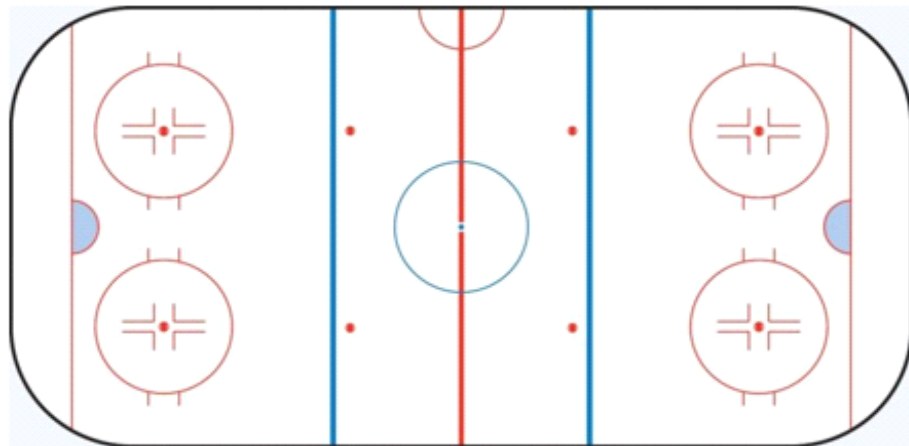
-emphasize hockey  
 Position

Pivot F/B - Strait Line

#### Stops and Starts

BKWD: C-Cut Start

BKWD Stops



# Power Skating Week 6 Mites/8U/10U/squirts

Saturday, November 6, 2021 1:12 PM

## Skills and Concepts-Crossovers

### Practice Plan

#### Warm up and Stretch-:15

Moving stretches  
Knee up  
Foot Drag  
Side and Toe  
Torso twist  
Shoulder Twist

#### Agility

Backwards B/W Blues-  
face middle on transition  
Fwds B/W blues-bkwd x-overs  
Behind net

#### Stationary Stretches-Center Ice

Runners Stretch  
Hip/Glute  
Knee touches/Taps

#### Partner games:10

##### Agility

Cross step mirroring  
F/B mirroring

#### 2 Corners:10

Figure 8 BKWD x-overs  
BKWD Partner Chase around Circle

#### Game-:10

Relay 4 lines  
BKWD Chariot Races

#### Stride-BKWD

-emphasize long push  
and deep knee bend-  
NO BOBBING UP AND  
DOWN

#### BKWD x-overs

Emphasize pulling  
leg under with  
strong toe push

#### Agility/Balance

-emphasize hockey  
Position

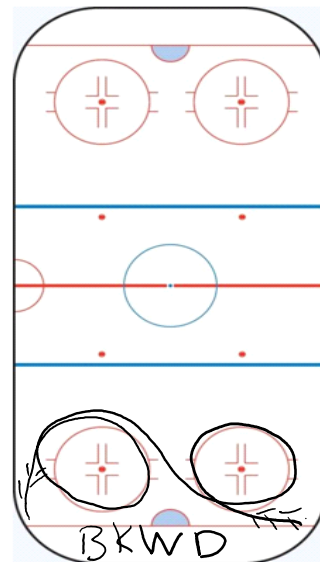
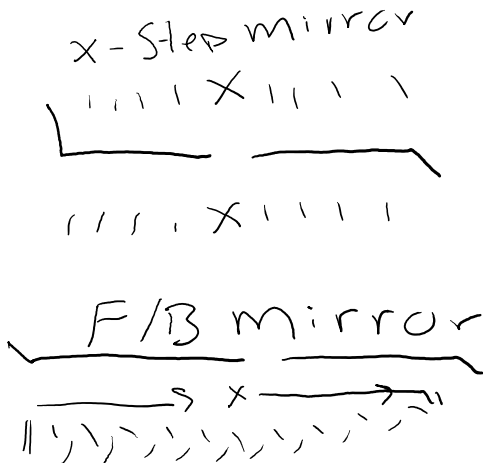
Pivot F/B - Strait Line

Pivot F/B-change direction  
-emphasize but first when  
going F-B transition

#### Stops and Starts

BKWD: C-Cut Start

BKWD Stops



# Power Skating Week 7 Mites/8U/10U/squirts

Saturday, November 6, 2021 1:37 PM

## Skills and Concepts-Pivots

### Practice Plan

#### Warm up and Stretch-:10

- Moving stretches
  - Knee up
  - Foot Drag
  - Side and Toe
  - Torso twist
  - Shoulder Twist
- Edges
  - Inside edges
  - Outside edges
  - Iso Fwd Strides
- Stationary Stretches-Center Ice
- Runners Stretch
- Hip/Glute
- Knee touches/Taps

#### 2 Corners-25

- Agility-using Circles
  - Figure 8-FWD
  - Figure 8-BKWD
  - Figure 8-face the flag
  - Figure 8-pivot facing middle
  - 4 x per circle

#### Agility and speed

- 2 corner Race
- Pivot top and bottom around
- Circle and race for puck

#### Game-:10

- Pick up puck race
- Each team must retrieve puck from circle at other end
- Must go backwards on way Back
- Everyone goes at same time

#### Stride-BKWD

- emphasize long push and deep knee bend-
- NO BOBBING UP AND DOWN
- Iso-FWD
  - One leg push
  - Two leg push

#### Edges

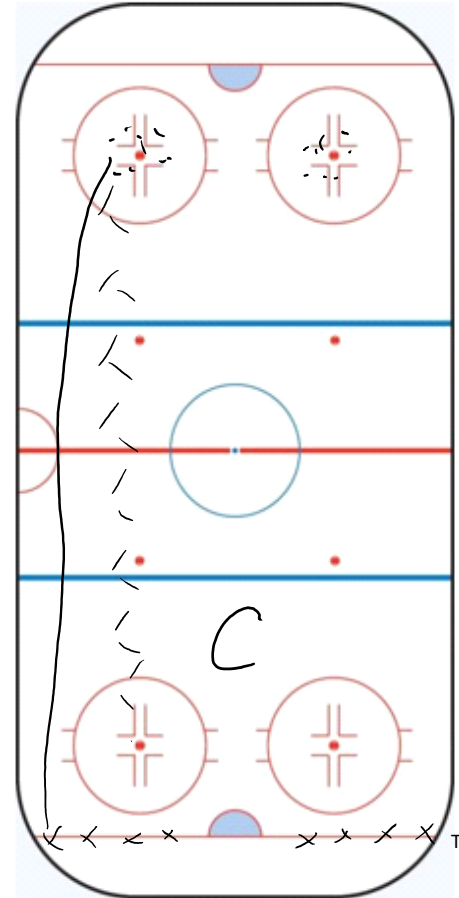
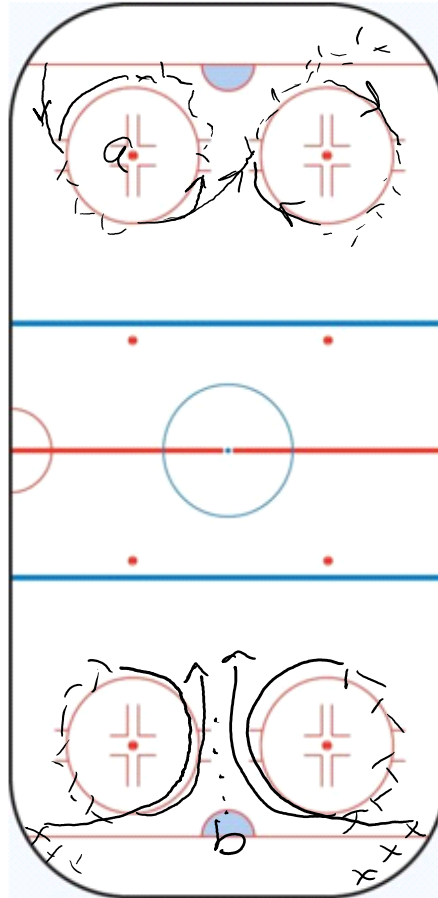
- emphasize knee bend and strength
- Inside Edges
- Outside Edges

#### Agility/Balance

- emphasize hockey Position
- emphasize throwing hips
- First on Transition F-B
- Quick feet-explode out after B-F

#### Stops and Starts

- BKWD: C-Cut Start
- BKWD Stops



team A

Team B

# Power Skating Week 8 Mites/8U/10U/squirts

Saturday, November 6, 2021 2:05 PM

## Skills and Concepts-Pivots/Turns

### Practice Plan

#### Warm up and Stretch--10

- Moving stretches
  - Knee up
  - Foot Drag
  - Side and Toe
  - Torso twist
  - Shoulder Twist
- Edges
  - Inside edges
  - Outside edges
  - 2 foot slalom
- Pivots
  - Pivot every whistle-strait
  - Pivot every whistle-change direction
- Stationary Stretches-Center Ice
  - Runners Stretch
  - Hip/Glute
  - Knee touches/Taps

#### Stride-BKWD

- emphasize long push and deep knee bend- NO BOBBING UP AND DOWN

#### Iso-BKWD

- One Leg Push
- Two leg Push

#### Edges

- emphasize knee bend and strength

Inside Edges

Outside Edges

#### Agility/Balance

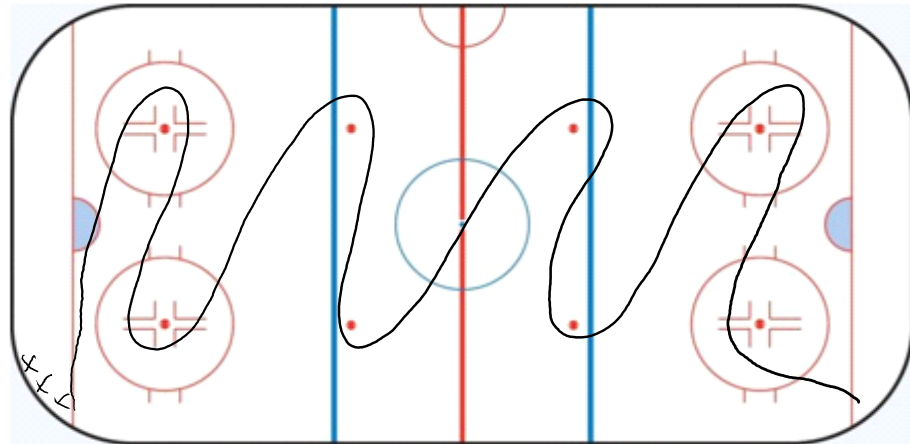
- emphasize hockey Position

Pivot F/B - Strait Line

#### Stops and Starts

BKWD: C-Cut Start

BKWD Stops



#### 8 dots: 12

- Stride, starts, agility, edges
- Fwd
- BKWD
- F-B
- Mowhawk

#### Partner Mirror and chase: 12

- Mirror with Pivots- get creative-try to trick partner
- Chase-FWD-work on pwr turns

#### Game--10

- Relay-360 turns
- 4 lines-360 at each line
- touch end boards-strait back

# Power Skating Week 9 Mites/8U/10U/squirts

Saturday, November 6, 2021 2:24 PM

## Skills and Concepts-Starts and stops

### Practice Plan

#### Warm up and Stretch--12

- Moving stretches
  - Knee up
  - Foot Drag
  - Side and Toe
  - Torso twist
  - Shoulder Twist
- Edges
  - Inside edges
  - Outside edges
- Stride
  - Iso-FWD-1 leg
  - ISO-BKWD-1 Leg
- Stationary Stretches-Center Ice
  - Runners Stretch
  - Hip/Glute
  - Knee touches/Taps

#### Stride-BKWD

-emphasize long push  
and deep knee bend-  
NO BOBBING UP AND  
DOWN

Iso-FWD/BKWD  
One Leg Push

#### Edges

-emphasize knee  
bend and strength

Inside Edges

Outside Edges

#### Agility/Balance

-emphasize hockey  
Position

#### Stops and Starts

BKWD: C-Cut Start

BKWD Stops

FWD: 3 quick strides

Hockey stops-emphasize to  
Stop fast  
2ft vs 1 ft stops

#### 4 Line skate--12

##### Starts and Stops and Agility

- Quick Starts-fwd
  - Hockey Stop at double whistle, go  
on Single whistle
  - Single ft stop on double whistle
- Quick Start-BKWD
  - BKWD stop at double whistle go  
on single

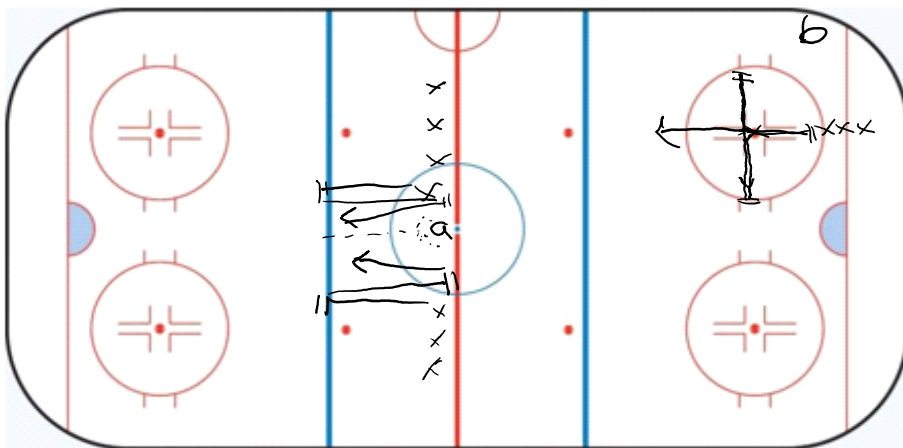
a Race-lines on red lines-Blue-Red-race  
For puck

#### Iron Cross--12--: stops and starts, no turns

- Iron Cross-FWD
- Iron Cross-BKWD

#### Game--10

Partner Mirror stops and starts



# Power Skating Week 10 Mites/8U/10U/Squirts

Saturday, November 6, 2021 2:44 PM

## Skills and Concepts-Starts and stops

### Practice Plan

#### Warm up and Stretch-:12

Moving stretches  
Knee up  
Foot Drag  
Side and Toe  
Torso twist  
Shoulder Twist  
Stride  
Iso-FWD-1 leg  
ISO-BKWD-1 Leg  
Agility  
Knee Taps  
High kicks  
Stationary Stretches-Center Ice  
Runners Stretch  
Hip/Glute

#### Stride-BKWD

-emphasize long push  
and deep knee bend-  
NO BOBBING UP AND  
DOWN

Iso-FWD/BKWD  
One Leg Push

#### Edges

-emphasize knee  
bend and strength

Inside Edges

Outside Edges

#### Agility/Balance

-emphasize hockey  
Position

#### Stops and Starts

BKWD: C-Cut Start

BKWD Stops

FWD: 3 quick strides

Hockey stops-emphasize to  
Stop fast  
2ft vs 1 ft stops

#### 4 Line skate-:12

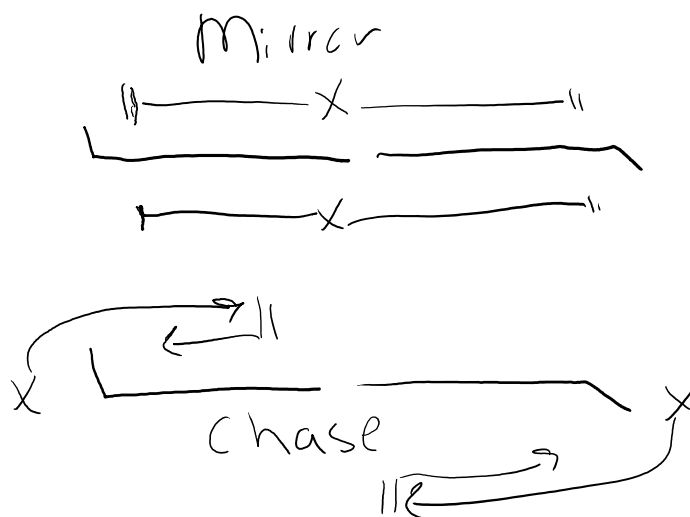
Starts and Stops and Agility  
Follow the stick-only FWD and BKWD  
no x-steps

#### Partner mirror and chase: 12

Mirror-fwd-one foot stops only  
Chase-can stop and go the other way if  
want

#### Game-:10

Snow cone competition  
Which line can get the most snow  
on their cone-set con at top of  
circle-one at a time



# Power Skating Week 11 Mites/8U/10U/squirts

Saturday, November 6, 2021 3:03 PM

Skills and Concepts-Power, Stride, edges, knee bend, form

## Practice Plan

### Warm up and Stretch-:15

Moving stretches  
 Knee up  
 Foot Drag  
 Side and Toe  
 Torso twist  
 Shoulder Twist  
 EDGES/Strides  
 Inside/outside edges  
 C-Cuts-FWD single, double  
 ISO-FWD, BKWD single double  
 Stationary Stretches-Center Ice  
 Runners Stretch  
 Hip/Glute  
 Knee touches/Taps  
 Deep bend 2 ft Jumps  
 1 ft. jumps

### 4 Line skate-:20

#### Stride

Jump stride  
 2 Foot jump-on whistle  
 5 strides then dip, 2ft jump  
 On whistle back into a dip

#### Edges

C-cuts around circle  
 FWD  
 BKWD  
 Partner chase

#### Intervals-laps

Iso-Fwd-single leg push-30 on 30 off  
 \*no bobbing\*  
 Iso-BKWD if time allows

### Game-:10

#### Agility

Box Tag-can't lift feet off ice except to jump over barrier  
 1 or 2 Players in middle are "it"-  
 others have to skate or jump over barriers into box and get back out as many times as possible without getting tagged.

### Stride

-emphasize long stride and deep knee bend-NO BOBBING UP AND DOWN

#### Iso-FWD

One Leg Push  
 Two Leg Push

#### Iso-BKWD

One Leg Push  
 Two leg Push

### Edges

-emphasize knee bend and strength

C-Cuts-FWD-Single, Double

Inside Edges

Outside Edges

### Agility/Balance

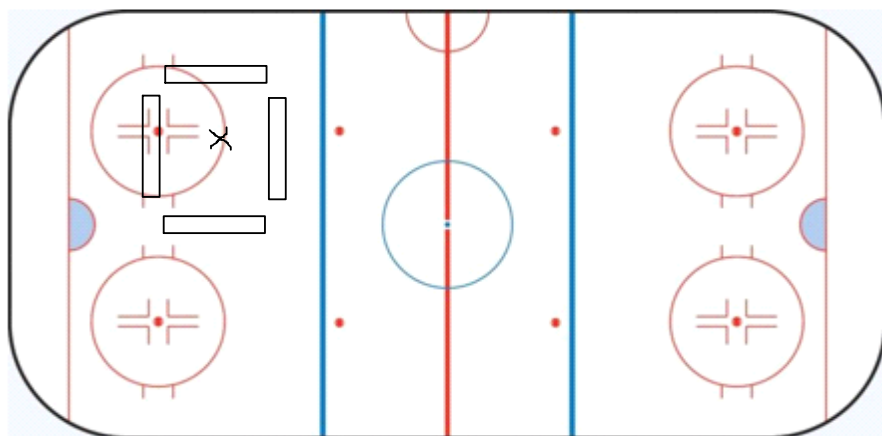
-emphasize hockey Position

Glide-1 foot, 2 foot and dip

Jumps-2 Foot

### Stops and Starts

-emphasize 3 quick strides  
 Out of the hole then long after that



# Power Skating Week 12 Mites/8U/10U/squirts

Saturday, November 6, 2021 3:31 PM

Skills and Concepts-Power,Agility and Balance and Edges

## Practice Plan

### Warm up and Stretch-:10

Moving stretches  
Knee up  
Foot Drag  
Side and Toe  
Torso twist  
Shoulder Twist  
Edges  
C-cuts-double  
Inside/Outside edges  
Stationary Stretches-Center Ice  
Runners Stretch  
Hip/Glute

### Stride

-emphasize long  
stride and deep knee  
bend-NO BOBBING UP  
AND DOWN

Power

### Edges

-emphasize knee  
bend and strength

Inside Edges

Outside Edges

### Agility/Balance

-emphasize hockey  
Position

Ankle strength-walk,  
march, run on toes, hands  
above head

Jumps-2 Foot-with deep  
knee bend and then knee  
tuck

### Stops and Starts

Quick starts and stops

### Stick on ICE:15

#### Agility and Balance

SOLO  
Step over stick lateral  
Step over stick lateral TOES ONLY  
2 ft jump lateral over stick  
1 ft. jump lateral over stick(russian  
jumps)  
Cross step over stick

### Partner: 10

Mirror  
Cross steps  
Partner Push  
Push partner cross ice  
While they snowplow backward

### Game: 10

#### Net races

2 player push net length of ice to  
teammates at other end

# Power Skating Week 13 Mites/8U/10U/squirts

Saturday, November 6, 2021 3:51 PM

## Skills and Concepts-Turns, Crossovers

### Practice Plan

#### Warm up and Stretch-17

Moving stretches  
Knee up  
Foot Drag  
Side and Toe  
Torso twist  
Shoulder Twist

#### Agility/Balance

-Deep glide-2ft-whistle 1 Down  
Whistle 2 jump up  
With knee tuck  
-1ft glide-up and down  
on whistle  
-Knee taps on whistle  
Keep doing till next whistle

#### Edges

-Inside edges  
-Outside edges

#### 2-Corners-17

##### Edges/Turns

Full Ice Race Side A vs B

a -Circle, 360, 360 circle, backwards  
down middle-switch lines  
b -Figure 8, then all the way down  
around the cone and backwards  
down middle.  
-Same as last one but start  
backwards

#### Race-10

Jail break tag

Fwd-can't lift feet off ice-c-cuts  
only

#### Turns and Edges

Emphasize deep knee  
Bend and strength

Two feet on turns

No toe dragging

Quick feet out of  
Turns is critical-just  
like quick starts

#### Agility/Balance

-emphasize hockey  
Position

Glide-1 foot, 2 foot and dip

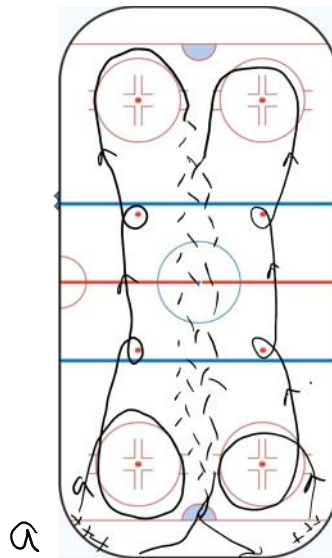
Jumps-2 Foot

#### Stops and Starts

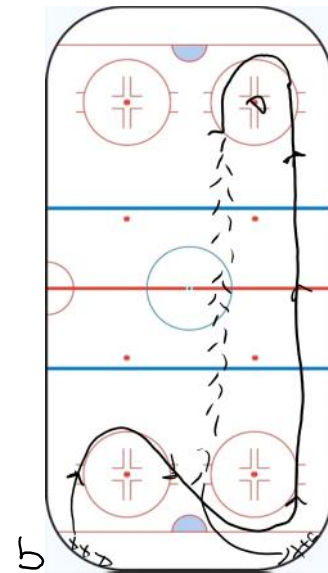
-emphasize 3 quick strides  
Out of the hole then long after that

FWD: V" "Quick Starts"

BKWD: C-Cut Start



Side A



Side B

Side B

Side B

# Power Skating Week 14 Mites/8U/10U/Squirts

Saturday, November 6, 2021 4:15 PM

## Skills and Concepts-Agility, Crossovers

### Practice Plan

#### Warm up and Stretch:-17

Moving stretches  
Knee up  
Foot Drag  
Side and Toe  
Torso twist  
Shoulder Twist  
Stick kicks-fwd

#### Edges

-Inside edges  
-Outside edges  
-2 ft slalom fwd  
-2 ft slalom bkw

#### Balance

-1 ft glide  
-1 ft fly glide

#### X-overs

-3 quick each way  
And behind nets

#### Crossovers

-emphasize stick on ice  
-strong push with toes, fwd and bkw

#### Turns and Edges

Emphasize deep knee  
Bend and strength

Two feet on turns

No toe dragging

Quick feet out of  
Turns is critical-just  
like quick starts

#### Agility/Balance

-emphasize hockey  
Position

#### Stops and Starts

-emphasize 3 quick strides  
Out of the hole then long after that

FWD: V" "Quick Starts"

BKWD: C-Cut Start

#### Circles/Iron Cross

##### Agility

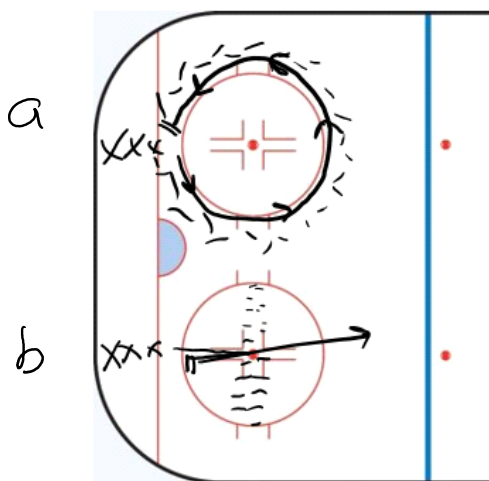
Iron cross with cross steps, fwd, bkw

##### Cross-overs

Around circle forwards stop then  
backwards back again

#### Circle Partner Races: 10

Use all 5 circles-players pair up  
Start on opposite side of circle  
Try to catch partner-no cheating



# Power Skating Week 15 Mites/8U/10U/Squirts

Saturday, November 6, 2021 4:34 PM

Skills and Concepts-Backwards, crossovers, pivots

## Practice Plan

### Warm up and Stretch-:15

Moving stretches

Knee up

Foot Drag

Side and Toe

Torso twist

Shoulder Twist

Edges

Crossovers behind net

Cross steps b/w Blues

Face middle

Inside edges

Outside edges

Stationary Stretches-Center Ice

Runners Stretch

Hip/Glute

Knee touches/Taps

### Stride-BKWD

-emphasize long push  
and deep knee bend-  
NO BOBBING UP AND  
DOWN

Iso-BKWD

One Leg Push

Two leg Push

### Edges

-emphasize knee  
bend and strength

Inside Edges

Outside Edges

### Agility/Balance

-emphasize hockey  
Position

Pivot F/B - Strait Line

Pivot F/B-change direction  
-emphasize to throw  
hips/butt first when F-B

### Stops and Starts

BKWD: C-Cut Start

BKWD Stops

a

### 2-Corners: 7

Stride-Down and Back

BKWD Iso-Single

BKWD Iso-Double

c

### BKWDs x-overs: 7

Circle, skate, circle, all the way back

Switch lines

b

### Snake the Blue lines:7

BKWD snake the blue lines

Pivot snake the blue lines

Start BKWD, Fwd on the lines

Start FWD, Bkwd on the lines

### Game-:10

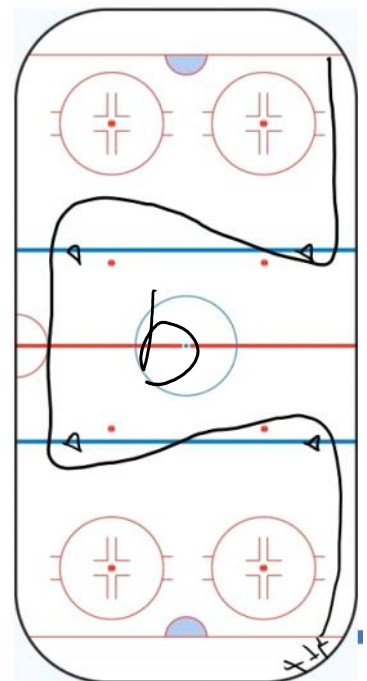
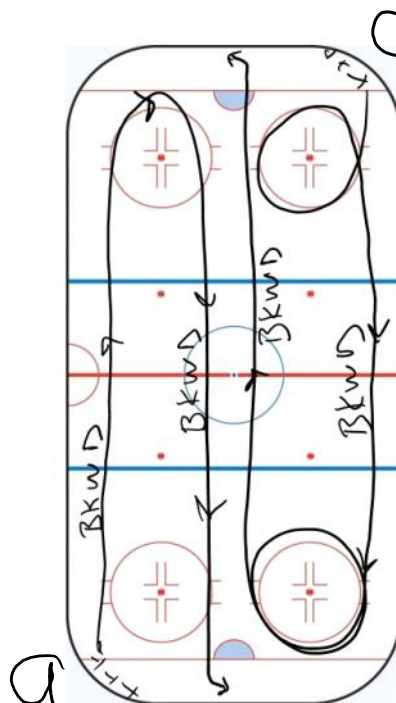
Bkwd Jailbreak tag (cops and robbers)

Net is jail-two or so kids are "it"

or "cops" they must tag all

players and put in jail-new

players are it next round



# Power Skating Week 16 Mites/8U/10U/squirts

Saturday, November 6, 2021 5:04 PM

## Skills and Concepts-Crossovers

### Practice Plan

#### Warm up and Stretch-:15

Moving stretches  
Knee up  
Foot Drag  
Side and Toe  
Torso twist  
Shoulder Twist

#### Agility

Backwards B/W Blues-  
face middle on transition  
Fwds B/W blues-bkwd x-overs  
Behind net

#### Stationary Stretches-Center Ice

Runners Stretch  
Hip/Glute  
Knee touches/Taps

#### Partner games:10

##### Agility

Cross step mirroring  
F/B mirroring  
BKWD Chase

#### 2 Corners:10

Full ice 5 circles  
BKWD  
FWD  
Face the Flag

#### Game-:10

Relay 4 lines  
BKWD Chariot Races

#### Stride-BKWD

-emphasize long push  
and deep knee bend-  
NO BOBBING UP AND  
DOWN

#### BKWD x-overs

Emphasize pulling  
leg under with  
strong toe push

#### Agility/Balance

-emphasize hockey  
Position

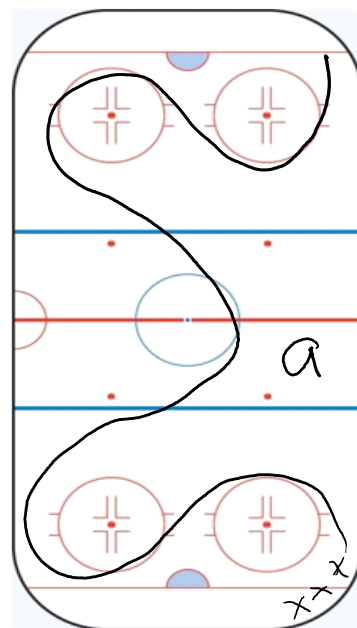
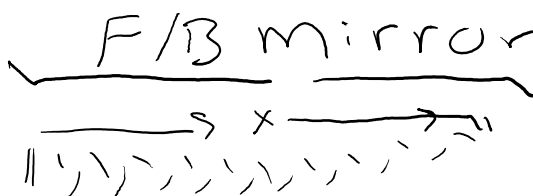
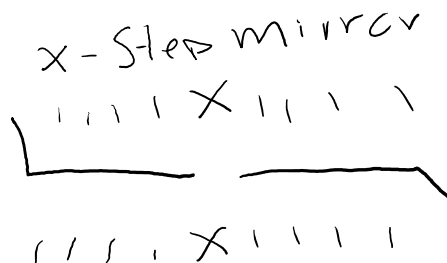
Pivot F/B - Strait Line

Pivot F/B-change direction  
-emphasize but first when  
going F-B transition

#### Stops and Starts

BKWD: C-Cut Start

BKWD Stops



# Power Skating Week 17 Mites/8U/10U/squirts

Saturday, November 6, 2021 5:18 PM

## Skills and Concepts-Pivots

### Practice Plan

#### Warm up and Stretch-:10

- Moving stretches
- Knee up
- Foot Drag
- Side and Toe
- Torso twist
- Shoulder Twist

#### Edges

- Inside edges
- Outside edges
- Iso Fwd Strides
- 2 ft. jumps over all 3 lines
- Stationary Stretches-Center Ice
- Runners Stretch
- Hip/Glute
- Knee touches/Taps

#### 4-Lines (5 or 6 cones each line) -15

##### Agility-

- Weave-FWD, BKWD
- Pivot at each cone-strait-face the cone
- Pivot-change direction at each cone
- Same with Pucks

#### 2 Corners-10

##### Agility and speed

- 2 corner Race
- Pivot top and bottom around
- Circle and race for puck

#### Game-:10

##### Pick up puck race

- Each team must retrieve puck from circle at other end
- Must go backwards on way Back
- Everyone goes at same time

#### Stride-BKWD

- emphasize long push and deep knee bend-
- NO BOBBING UP AND DOWN
- Iso-FWD
- One leg push
- Two leg push

#### Edges

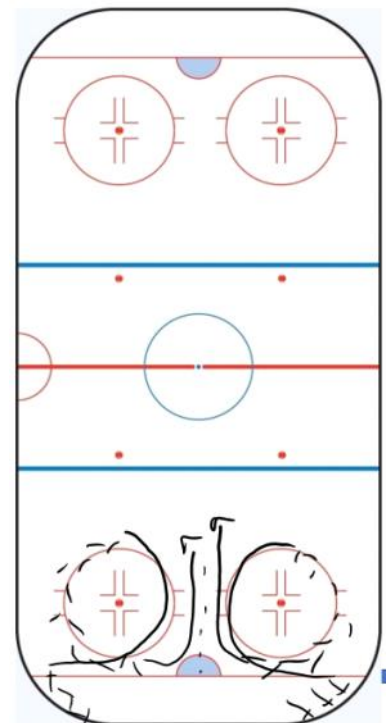
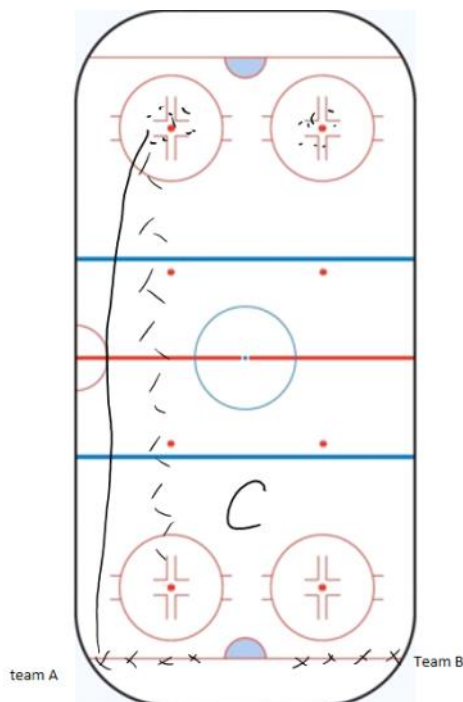
- emphasize knee bend and strength
- Inside Edges
- Outside Edges

#### Agility/Balance

- emphasize hockey Position
- emphasize throwing hips
- First on Transition F-B
- Quick feet-explode out after B-F

#### Stops and Starts

- BKWD: C-Cut Start
- BKWD Stops



# Power Skating Week 18 Mites/8U/10U/squirts

Saturday, November 6, 2021 5:34 PM

## Skills and Concepts-Pivots/Turns

### Practice Plan

#### Warm up and Stretch--10

- Moving stretches
  - Knee up
  - Foot Drag
  - Side and Toe
  - Torso twist
  - Shoulder Twist
- Edges
  - Inside edges
  - Outside edges
  - 2 foot slalom
- Pivots
  - Pivot every whistle-strait
  - Pivot every whistle-change direction
- Stationary Stretches-Center Ice
  - Runners Stretch
  - Hip/Glute
  - Knee touches/Taps

#### 8 dots: 12

- Stride, starts, agility, edges
  - Fwd
  - BKWD
  - F-B
  - Mohawk

#### Partner Mirror and chase: 12

- Mirror with Pivots-
  - get creative-try to trick partner
- Chase-FWD-work on mohawk turns

#### Game--10

- Relay-360 turns
  - 4 lines-360 at each line
  - touch end boards-strait back

#### Stride-

- emphasize long push and deep knee bend- NO BOBBING UP AND DOWN
- Iso-
  - One Leg Push
  - Two leg Push

#### Edges

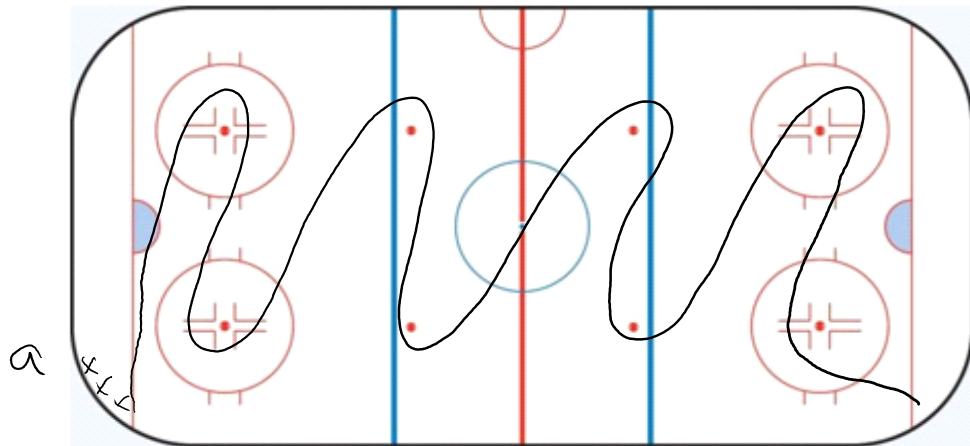
- emphasize knee bend and strength
- Inside Edges
- Outside Edges

#### Agility/Balance

- emphasize hockey Position
- Pivot F/B - Strait Line

#### Stops and Starts

- BKWD: C-Cut Start
- BKWD Stops



# Power Skating Week 19 Mites/8U/10U/squirts

Saturday, November 6, 2021 5:40 PM

## Skills and Concepts-Starts and stops

### Practice Plan

#### Warm up and Stretch-:12

Moving stretches  
Knee up  
Foot Drag  
Side and Toe  
Torso twist  
Shoulder Twist  
Stride  
Iso-FWD-1 leg  
ISO-BKWD-1 Leg  
Agility  
Knee Taps  
High kicks  
Stationary Stretches-Center Ice  
Runners Stretch  
Hip/Glute

#### 4 Line skate-:12

Starts and Stops and Agility  
Follow the stick-only FWD and BKWD  
with x-steps

#### Partner mirror and chase: 12

Mirror-fwd-one foot stops only  
Chase-can stop and go the other way if  
want

#### Game-:10

Box Tag

Stride-BKWD  
-emphasize long push  
and deep knee bend-  
NO BOBBING UP AND  
DOWN

Iso-FWD/BKWD  
One Leg Push

Edges  
-emphasize knee  
bend and strength

Inside Edges

Outside Edges

Agility/Balance  
-emphasize hockey  
Position

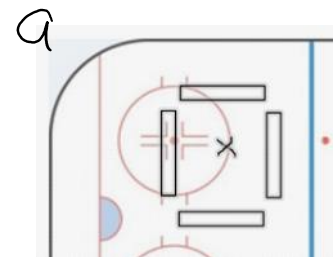
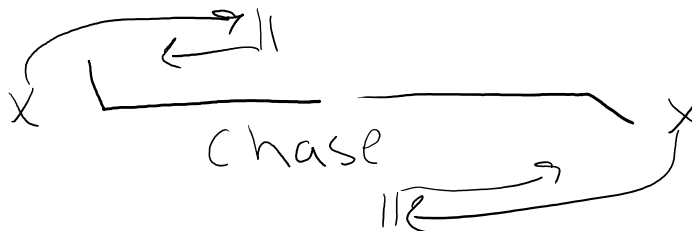
#### Stops and Starts

BKWD: C-Cut Start

BKWD Stops

FWD: 3 quick strides

Hockey stops-emphasize to  
Stop fast  
2ft vs 1 ft stops



# Power Skating Week 20 Mites/8U/10U/squirts

Saturday, November 6, 2021 5:44 PM

## **Warm up and Stretch-:15**

Moving stretches

Knee up

Foot Drag

Side and Toe

Torso twist

Shoulder Twist

Edges

Crossovers behind net

Cross steps b/w Blues

Face middle

Inside edges

Outside edges

2 ft. Slalom-fwd

Stationary Stretches-Center Ice

Runners Stretch

Hip/Glute

Knee touches/Taps

## **All Games-: 30**

Net push relay

Backwards jailbreak tag

Box Tag

Anything else they want