



Mite 2 Skills Practice Plan #7

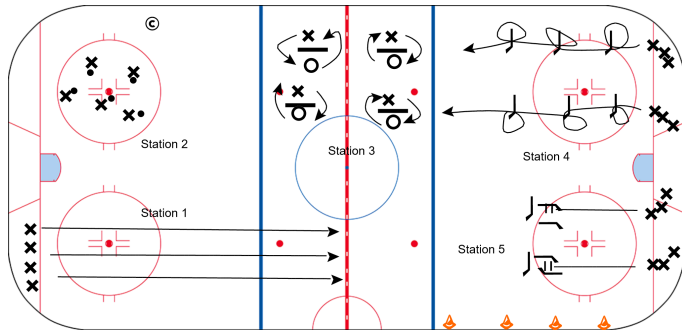
Duration: 60 mins

Start with Cross Ice 3v3 / 4v4

10 mins

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40 mins



Station 1: Beginner Skating Circuit #4

- Race Cars – low squat 2. Left Foot Strides 3. Right Foot Strides 4. Two Foot Push Slow 5. Two Foot Push Fast. 6. Inside Edge Cuts 7. Swivels

Station 2: Knock Out Game

All players start in the circle with a puck. For the first 30 seconds, have them just skate around and work on their hands, keeping their heads up. Then on coach command, start the game. If a player loses their puck and it goes outside the circle, they are out. Last player with their puck in the circle wins.

Station 3: One Divider Tag

Players face each in middle of divider or net. On whistle, one player is trying to tag the other. They can cut back and go different directions to try to tag the opposing player. Have the players reset and continually play for about 30 seconds, then start the next group. Try this where one player has a puck and the other player is chasing.

Station 4: Stick/Divider Agility Circuit

There are a TON of variations. Be creative and come up with new drills. Here are the ones drawn up:

- 1) Jump over stick, start crossovers to right (or left) and circle around to find your puck and sprint to opposing boards.
- 2) Jump over stick and land in hockey stop, cross over and jump back over the stick, find your puck and power turn out.
- 3) Power turn halfway around stick, then mohawk for the second 1/2 of turn.
- 4) Position the stick vertically. Sprint up right side, jump over stick to left side, and power turn around stick to right, then crossover around stick and sprint up to next stick.
- 5) Position the stick vertically. Transition around stick facing up ice the entire time.
- 6) Sprint up to the right side of stick. Lateral shuffle across stick to left. Stop. Lateral shuffle across divider to right.

Station 5: Park the Car + Red Light, Green Light

Park the Car: (No sticks) Skaters have to stop in the "garage" (use 3 sticks to create the garage) without crashing through the garage. Work on applying the snowplow, 1-foot stop, and 2-foot concept. Alternate stopping directions. If you do not have enough sticks, use cones to create a garage or other objects at the rink.

Red Light - Green Light: Always stop facing the cones.

Finish with Sharks and Minnows in Each End (with pucks)

10 mins