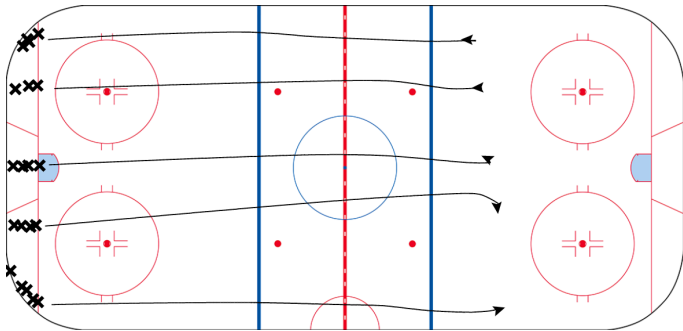




# Upper Mite Skills Practice Plan #4

## Upper Mite Line Puckhandling Circuit

10 mins



If goalies at practice, they can participate in these drills or they can use the top of circles down. Make sure to use divider pads to protect those working with the goalies.

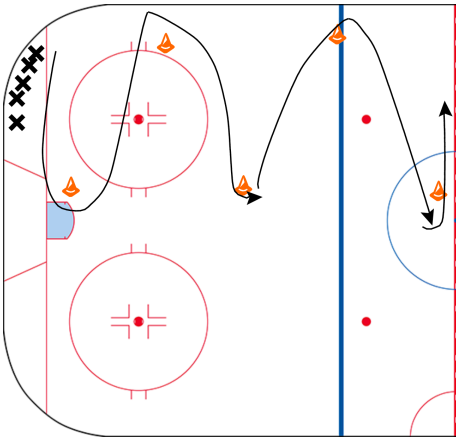
- Quick handles between the feet
- Quick handles on the forehand side
- Quick handles on the backhand side
- Forehand Extensions
- Backhand extensions
- Two Crossovers each direction
- One Crossover each direction
- Full speed with one hand on stick

## Edge work circuit #3

0 mins

## Upper Mite Edge Work Circuits

8 mins



Skating Circuit #1 (repeat each drill 2x) - Edge and Stopping

1. Inside Edge
2. Outside Edge or Crossovers
3. Power Turns
4. One Foot Stops
5. Two Foot Stops

Spend time going through the inside or outside edge teaching progression, depending on the group's abilities.

Skating Circuit #2 (repeat each drill 2x) - Power Turn Teaching Progression

1. Inside Edge
2. Outside Edge or Crossovers
3. Power Turns
4. Stationary Edge Drops
5. Power Turns with Chest Turn Emphasis
6. Power Turns with Ankle Turn Initiation
7. If able, backward Power Turns

Spend time going through the power turn teaching progression. If group is doing well forwards, then focus more on the backward power turns.

Skating Circuit #3 (repeat each drill 2x) - Mohawk Focus

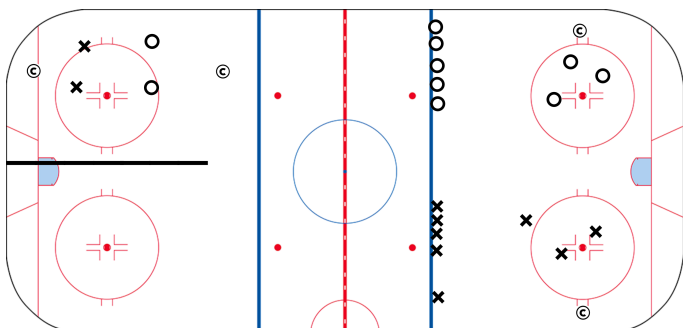
1. Backward Inside Edge
2. Backward Outside Edge
3. Mohawks
4. After watching initial round of mohawks, go through the teaching progression
5. Rocking Mohawks
6. Outside Edge Punch Stops

Skating Circuit #4 (repeat each drill 2x) - Edge work with pucks - perform all drills with pucks

1. Inside Edge
2. Outside Edge
3. Stationary Edge Drops
4. Power Turn
5. Mohawks

## No Goalie - Wild Regroup / Outlet Game

8 mins



No Goalie Wild Regroup / Outlet Game

Version 1 - Corner Only - 2v2

Version 2 - Cross-ice - 2v2

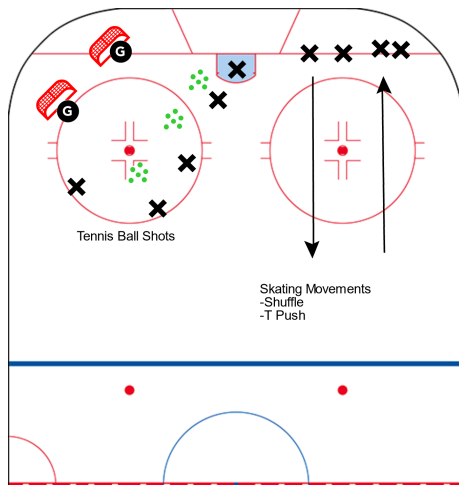
To "score", players pass to a coach. That team receives it back and then must get the puck to the opposite coach to score. They keep going back and forth to coaches. For more advanced teams, players must make 1 pass before giving the puck to the other coach.

### Key Points

Focus on moving puck quickly. Players should constantly be moving.

## Try Goalie - Tennis Ball Shooting

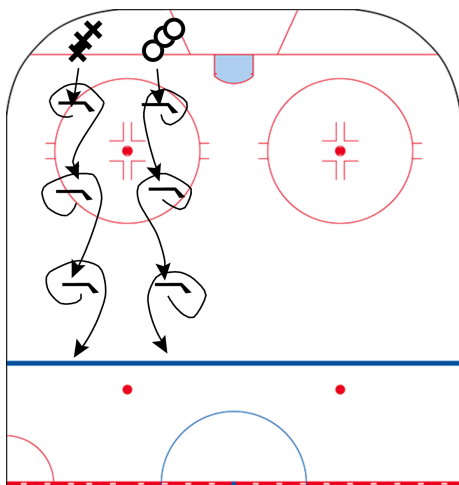
8 mins



During this Try Goalie - Tennis Ball Shooting station, try to identify athletes that seem interested in playing goalie. Start all the athletes out on the line. Show them how to do shuffles and t pushes. Have them hold their sticks as if they are goalies. Then set up a couple nets. Players can rotate through playing goalie while the other players shoot on them.

## Three Stick Agility Sequence - Mites

8 mins

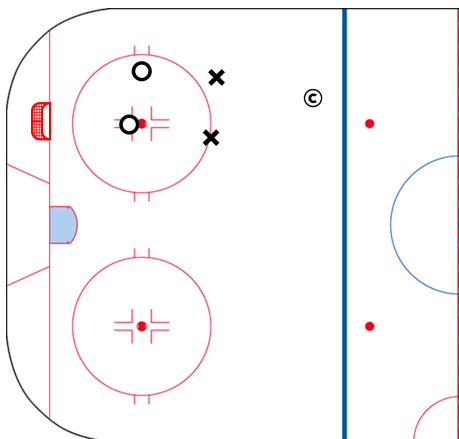


There are a TON of variations. Be creative and come up with new drills. Here are the ones drawn up:

- 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.

## 2v2 Tag Up

8 mins



### 2v2 Tag Up

Pass up to coach to go on offense

### 2v2 Offense/Defense Game

Two players are designated as offense. Two players are designated as defense. Defense "score" by passing to coach. Coach keeps giving puck to the offensive team.

## Finish with Small Area Games

10 mins