

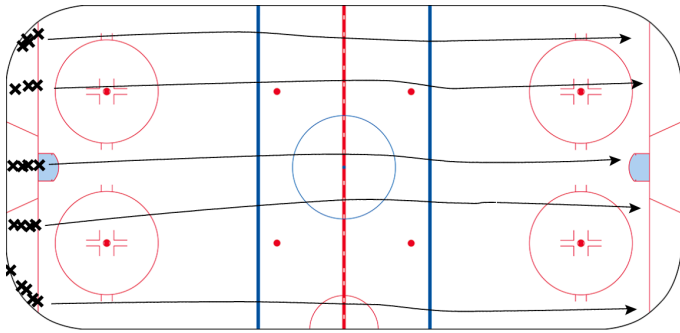


Upper Mite Skills Practice Plan #13

Duration: 60 mins

Upper Mite Line Body Control/Mobility 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.

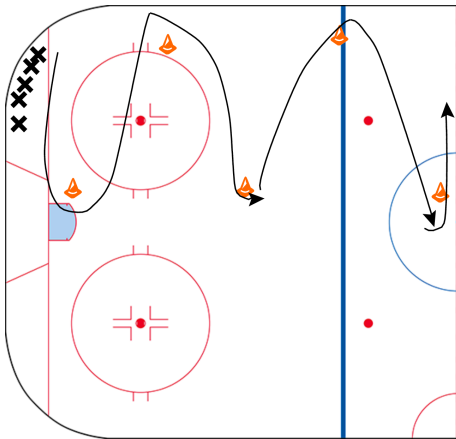
- Two Crossovers Each Direction (Forward)
- Squat Hold Glides
- Alternating Knee Drops
- Drop to Knees and 360s Twist
- SL Skater Squat Holds (1 rep per leg)
- Backward Skating + Knee Drops
- Squat Jumps over Blue and Red Lines
- Sprint to Blue, Superman, Get Up, Race through Far Blue
- Sprint to Blue, Superman + Log Roll, Get Up, Race through Far Blue
- Add any additional if time allows

Split into the following five stations

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

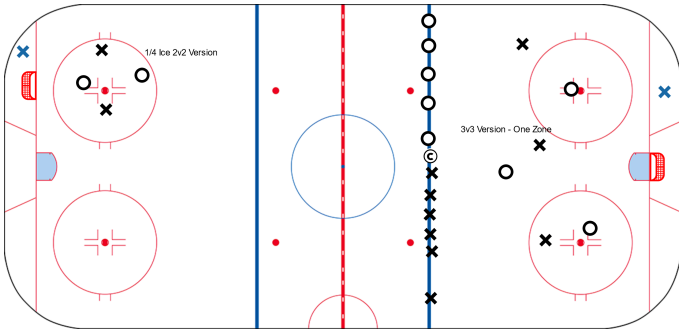
1. Backward Inside Edge
2. Backward Outside Edge
3. Mohawks
4. After watching initial round of mohawks, go through the teaching progression
5. Rocking Mohawks
6. Outside Edge Punch Stops

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

Gretzky 2v2 or 3v3 Behind the Net Outlet Game

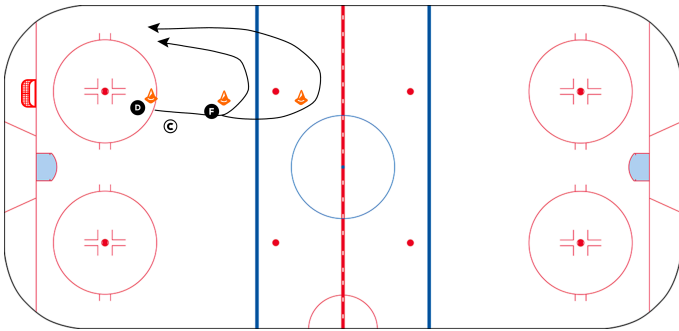
8 mins



Players in the game cannot go below the goal line to retrieve the puck. Last team to touch the puck is the team with possession. The X behind the net is neutral and will pass to whichever group has possession. One of the major focuses of this game is to encourage players to move without the puck. When the X behind the net receives the pass, the offensive team should move, run switches, etc to disorient the defenders. The X behind the net should move too but must stay below the goal line. Consider putting a time limit on how long the X can have the puck before passing with more advanced athletes.

Three Cone Angling Drill (1/4 Sheet)

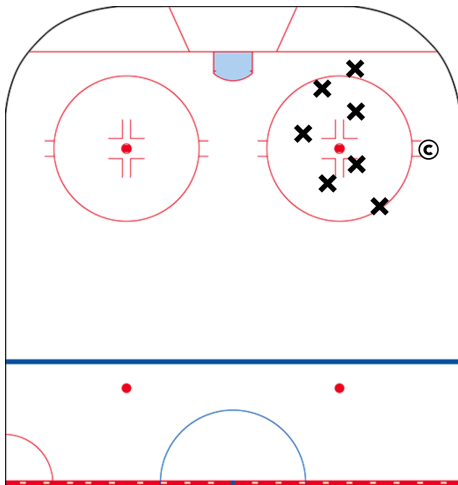
8 mins



F skates with the puck around the cone closest to the redline. D skates up and around the cone that F started next to. D's goal is to push F to the outside and not let F cut back in. D should NOT skate backwards. Do the drill on both sides if time permits. Focus on teaching the D to time their opponent, have their stick on ice toward middle to apply pressure to the F to skate to the outside. Failure in this drill for the D is allowing the F to skate to the middle and cut back in. It's better to have the forward skate around wide than cut in as in a game teammates can more easily react and defend a player skate along the perimeter than in the middle of the ice.

Stationary Stickhandling

8 mins

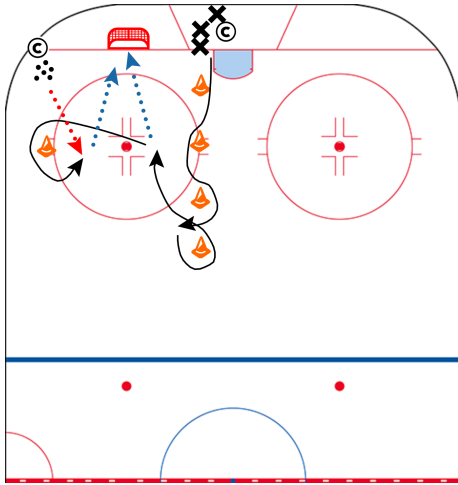


Stationary Puckhandling Exercises Include:

- Forehand extensions
- Backhand extensions
- Toe Pulls
- Toe Pull to Backhand
- Backhand Present + Pull back
- Backhand extensions
- Cross Toe Pulls
- Behind the back toe pulls

Weave Shots

8 mins



Players start by weaving through the four cones. They start on the outside of the cone and weave through, power turning at the last cone. After the player shoots, he skates to the cone at the hashmark and turns. Coach hits him with the pass and he shoots. The next athlete should go once the one in front shoots the first shot.

Finish with Small Area Games

10 mins