

# ADVANCED MITE BOYS - FEBRUARY 18

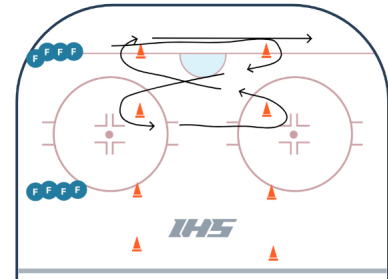


Tuesday, February 18th, 2025

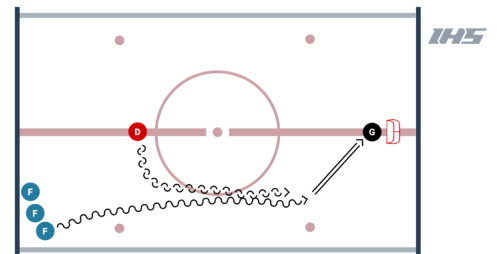
## Figure Eight 4 Cone Warm Up

### Details:

- Power Turns
- Transitions
- Mohawks
- Cross Overs
- Repeat with Pucks



## Neutral Zone Gap Control

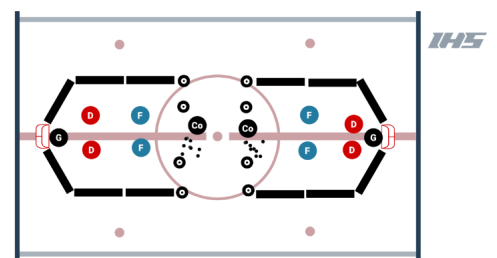


## Neutral Zone Protect the House

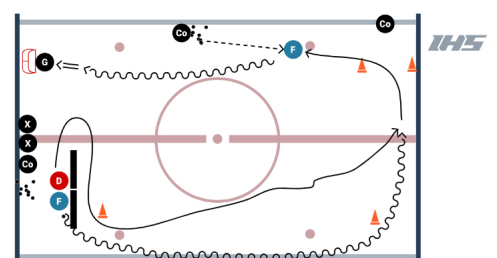
### Details:

Coach sets up 2 houses with border patrols

- 2 defense, 2 forwards
- Forwards: move puck, create shooting lanes & passing lanes and score
- Defense: block shots, take away shooting & passing lanes
  - In order to breakout you must skate puck through tires
- Coach: pass puck in to forwards if puck goes out of play, scored or defense throws puck out



## Neutral Zone Cross Ice Angling



# Wall Battle Drill

## Details:

1v1 Coach dumps puck against the board

- Battle not done until red or yellow player passes puck to coach on opposite side
- Player with puck (winner of battle) will then make a move on second coach and take a quick shot

