



Mite 1 Skills Practice Plan #1

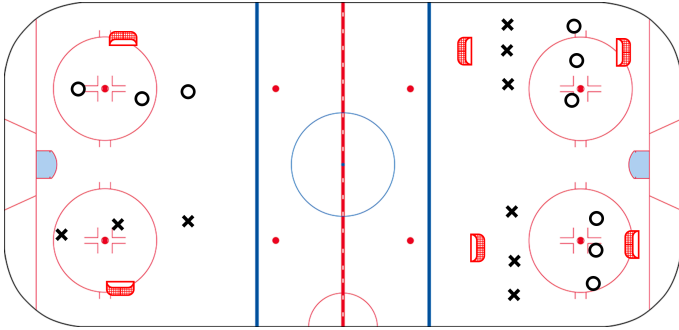
Duration: 60 mins

Begin with free play cross ice 3v3 / 4v4

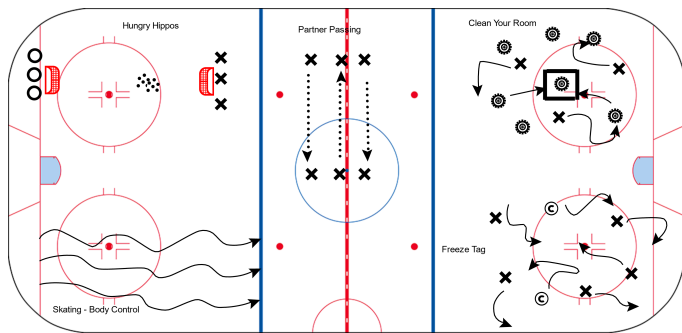
0 mins

3v3 Mite Small Area Game

10 mins



There are many different variations of 3v3 small area games we can do with mite hockey players. We can do cross-ice or use 1/4 of the ice. With the nets, we can have them facing each other, facing away from each other, and we can put dividers in front of them so that athletes must lift puck to score. If you have a larger group and are doing 4v4 and there is a wider skill gap among players, consider having the game utilize two pucks so that more kids can get touches and they spread out more.

Stations:**1) Skating Circuit - Body Control Drills:**

Swivels, Squat Glides (aka Race Cars), One Foot Glides, Marching Soldiers, Supermans, Superman + Log Roll, Jumps, Races

2) Hungry Hippos:

Coach places a bunch of pucks in the middle. Make sure nets are turned away from middle. Players race to try to get as many pucks into the opposing net asay possible. Coaches count up totals after the game finishes. Players can play offense (try to just carry pucks and pass them into net) or defensive (try to stop opposing team from scoring goals).

3) Partner Passing:

Set up: Players line up in pairs facing each other, approximately 15-40 feet away from one another (adjust distance according to player age/level). Each pair should have one or two pucks.

Drill progression: Players utilize the following passes. Give players 45 seconds or so to work on each time of pass. For very beginner mite players, consider having one coach pass with 2-3 players. This will help all the players get more repetitions in until they can make a greater percentage of the passes and catch a good percentage too.

- Catch forehand to pass forehand
- Catch backhand to pass backhand
- Catch forehand to pass backhand
- Catch backhand to pass forehand
- Catch in skates and pass with forehand

Get Creative!

4) Clean Your Room:

This is a particularly good game for new skaters. Toss all of the equipment out from a big bin. The group must pick up every item and return it to the bin / basket as fast as possible. After a couple rounds, time the group to see how fast they can do it!

5) Freeze Tag:

Freeze Tag Variations Include:

- 1) Athletes must stop and freeze when tagged by the coach. If another athlete gives them a high five, they become unfrozen.
- 2) Athletes do the tagging and tag each other.
- 3) Athletes try to tag coaches. Coaches have to freeze if tagged. If another coach gives them a high five, they become unfrozen.

****Play Ships Across the Ocean in each end cross ice to finish.**

There are multiple variations of this game. You can do this game goal line to blue line or cross ice.

- Players do not have sticks. Xs have to sprint to the blue line to be safe. If they get tagged they become a tagger.
- Players have pucks. If their puck gets taken or knocked off their stick, they become the "sharks" in the middle of the ice.