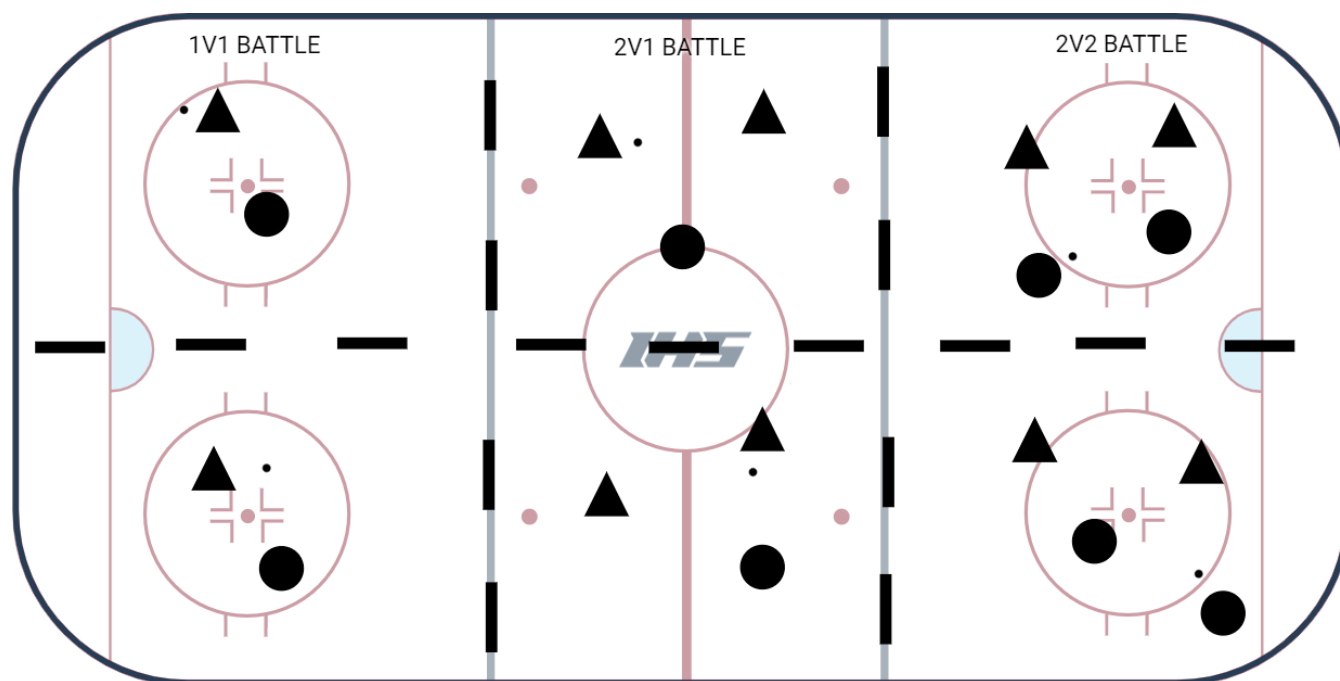


Mite 3 - Mite 4 Battle Day



Description

Battle Day is exactly that.....6 stations of Puck Battles.

This drill is progressive each station will cycle through all 3 rounds. Match players with like skill as much as possible.

1st Round - 1v1 - rotate who has the puck. If you have the puck, protect it. If you don't have the puck, try and take it away from the opponent and gain possession. If the player without the puck is getting it too easily, have them hold their stick upside down to allow the player with the puck more time to control it.

2nd Round - 2v1 - For teams with the puck, if you are the player with possession of the puck, protect it while continuing to move your feet. If your teammate has the puck, and you don't, GET OPEN! Work back towards your teammate and help them out. This is called "Puck Support". If you are the 1 player, pressure the player with the puck while also making sure they can't get a pass off. Discuss pressure vs. contain situations.

3rd Round - 2v2 - For teams with the puck, if you are the player with possession of the puck, protect it while continuing to move your feet. If your teammate has the puck, and you don't, GET OPEN! Work back towards your teammate and help them out. This is called "Puck Support". If you do not have the puck, get it from the other team. Discuss 2 person forecheck, pressure vs. contain situations.