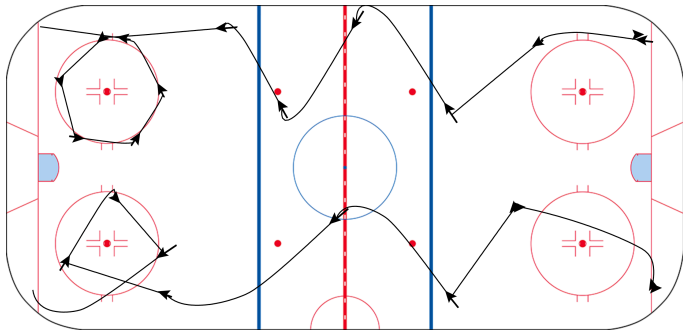




Upper Mite Skills Practice Plan #2

Two Corner Edge and Skating Warm Up 10 mins

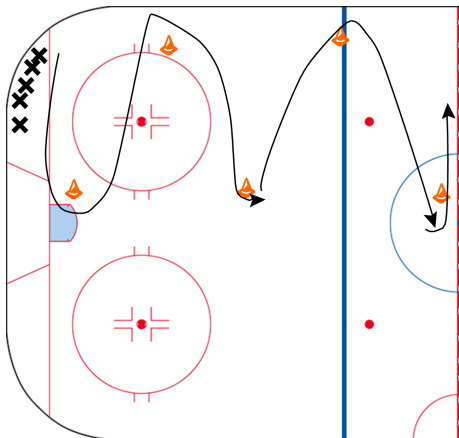


Have 3-4 players go each time in a group depending on numbers. We want 4-5 groups going, but no more than 5 to make sure the kids are moving fast. The next group goes immediately (no whistle) after the group in front of them gets around the circle. Variations are below:
 Around the circle - you can do 1) forward crossovers 2) transitions 3) mohawks 4) Boris jumps 5) backwards crossovers
 Up and down the ice you can do any edge pattern -inside edge, outside edge, mohawks, ETC. OR body control drills (i.e. drop to knees, alternate knee drops, etc).

Split into the following five stations 0 mins

Edge work circuit #2 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.

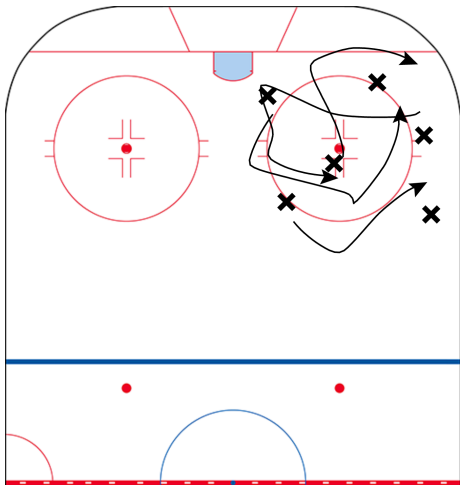
Skating Circuit #2 (repeat each drill 2x) - Power Turn Teaching Progression
 1. Inside Edge 2. Outside Edge or Crossovers 3. Power Turns 4. Stationary Edge Drops 5. Power Turns with Chest Turn Emphasis 6. Power Turns with Ankle Turn Initiation 7. If able, backward Power Turns
 Spend time going through 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

Ring of Fire

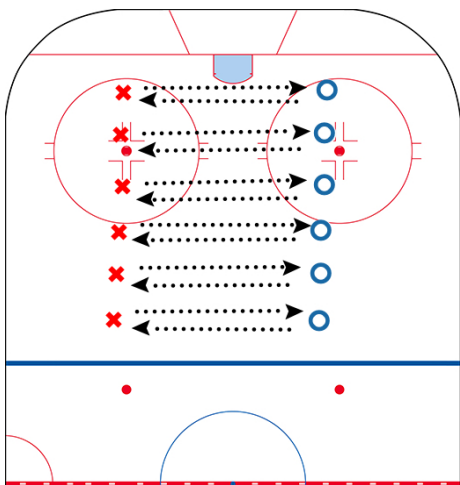
8 mins



Grab the ringettes. If you have 8 athletes in your station, give out 8 ringettes. Coaches provide light resistance. Then, take one ringette out every 20-30 seconds until there is only 2 ringettes left. Coaching point: teach athletes to lift the opponent's stick and use their body to win the ringette.

Partner Passing (Stationary)

8 mins



Setup: Players line up in pairs facing each other, approximately 25-40 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:

Forehand to forehand

Backhand to backhand

Forehand to backhand

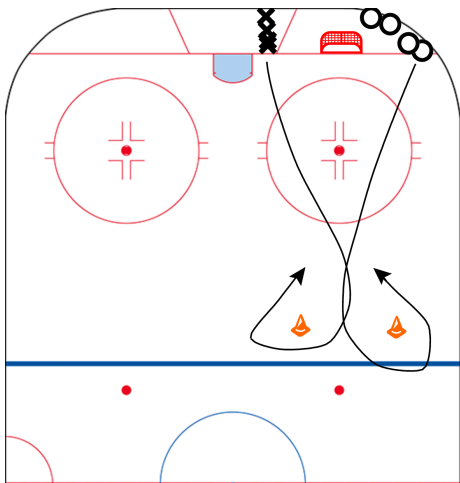
Backhand to forehand

Forehand to partner's skates (receiver accepts the pass in her skates, then kicks the puck up to her stick before sending a return pass)

GET CREATIVE!

1v1 Corner Races

8 mins

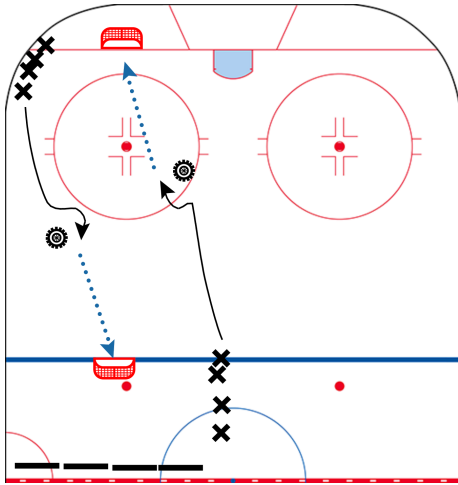


There are a ton of 1v1 race variations. Have the athletes sprint to the inside of the cone and then skate around to the outside of the cone so they avoid running into each other at the top. Variations include: 1) forward skate and power turn around cone 2) backward skate and open up around cone 3) forward skate, drop to knees, get up, and power turn around cone 4) start on stomach and sprint up and around cone 5) hook and ladder around cone.

To help save the ice, start the cones lower in the zone and slowly move them up every 5 minutes or so.

Quick Shift + Shot

8 mins



Players skate toward the tire or cone with the puck. When they get to the cone or tire, they make a quick move to the left or right and then shoot the puck. More advanced athletes can work on pulling the puck in and then shooting or pushing the puck away from the cone and shooting. More beginner athletes will simply extend the puck either direction and then shoot.

Finish with Small Area Games

10 mins