

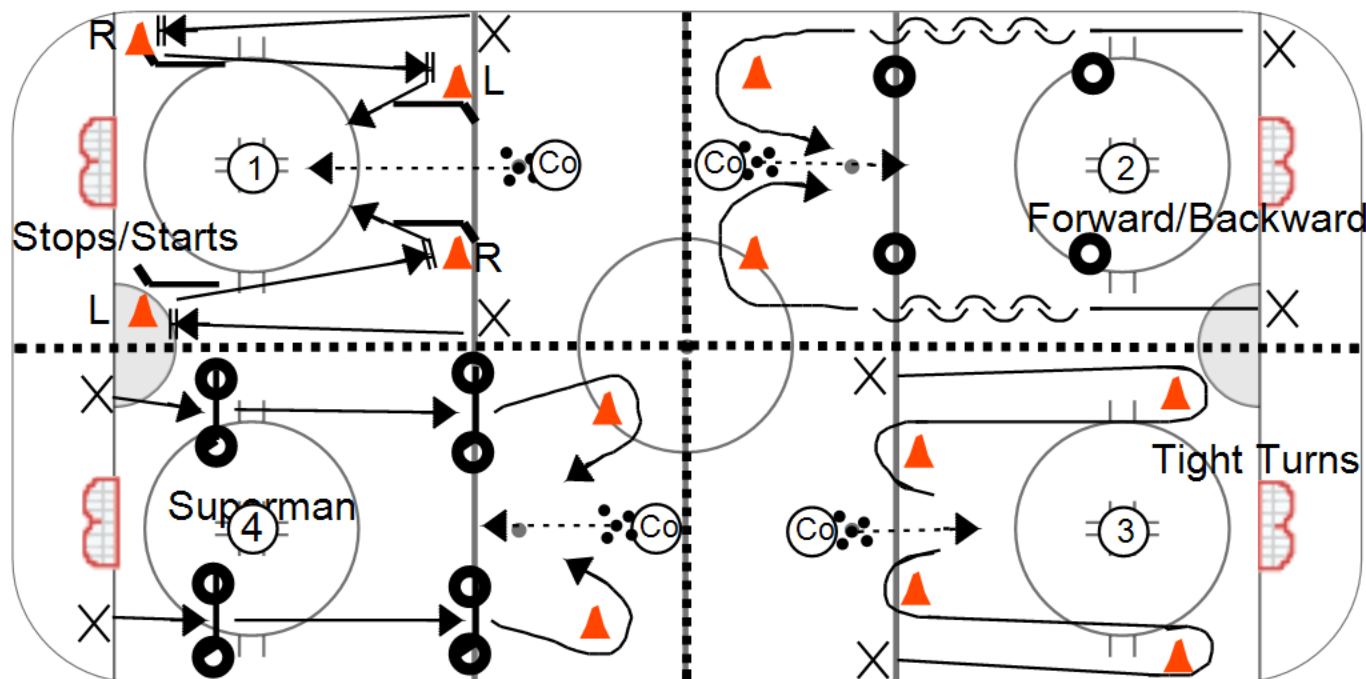
Category #1 : Mite Development 4 Stations

Title : Competitive Skating

Category #2 : December 4

Content elements :

Components:



Key points :

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|--|--|---|--|
| 1. stopping and starting with same skate edge. | 2. always remember to face tire during transition. | 3. tight turns, and stress outside edge work. | 4. Quick down up when clear the tires. |
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Description

Station 1-- stops and starts- lines up at the blueline, coach has pucks at the face off dot, players move when coach taps stick/says go. Players skate down to the cones, the stop looking at pad- then skate to next cone stopping facing pad, then race for a puck that coach puts out in front of them. Player has to finish at net, winner of puck and chaser.

Station 2--forward and backward- lines are on the goal line, coach has pucks out in NZ area almost to redline, players move when coach taps stick/says go, player skates out to tire, face tire and turn backwards, backward skate to next tire, at tire face and turn forward skate up to the cone and then turn and race for a puck that coach puts out in front of them. Player has to finish at net, winner of puck and chaser.

Station 3--right/left turns-lines up at the blueline, coach has pucks at the face off dot, players move when coach taps stick/says go. Player skates down the the cone and turns, then comes back up the cone and turns, then race for a puck that coach puts out in front of them. Player has to finish at net, winner of puck and chaser.

Station 4--superman dives- lines are on the goal line, coach has pucks out in NZ area almost to redline, players move when coach taps stick/says go. Player skates to first set of tires and pads, dives on stomach, gets up right away, skates to next set of tires dives on stomach, gets up and goes to cone and turns to race for puck that coach puts out in front of them. Player has to finish at net, winner of puck and chaser.