



Mite 1 Skills Practice Plan #4

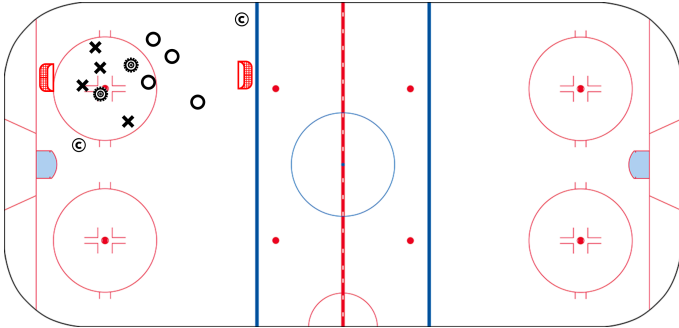
Duration: 60 mins

Start with Soccer Cross Ice

0 mins

Soccer

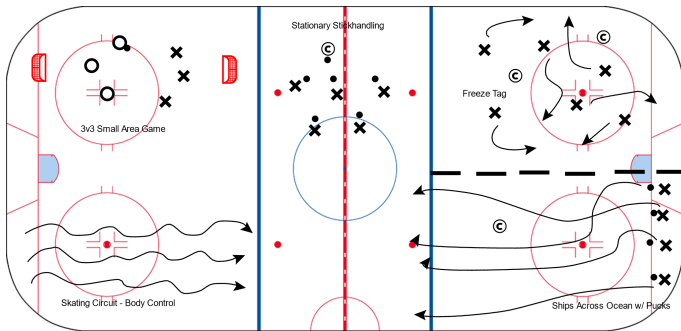
10 mins



There are a couple variations. Try to have at least two soccer balls on hand. If the number of athletes at your station is greater than 6, use two balls. This allows the players that are not as good to get time with the ball.

Variations include:

- Players use their feet to kick/pass ball.
- Players pick up the ball and pass it with their hands to each other, similar to Ultimate game.



Skating Circuit - Body Control

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

3v3 Small Area Game

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.

Stationary Stickhandling - Teach Mechanics

Work on stationary stickhandling for 4 minutes, then move to keep away from coaches, knock out, or sharks and minnows for the remainder of the time.

Players face the coach and get into a good hockey stance to begin. Do each drill for time or repetitions. If doing for time, give the kids 30 seconds to work on each exercise. With younger players, if you've exhausted the drills or their attention spans, move to a game of knockout toward the end of the drill. Stickhandling variations include:

- 1) Quick handles - forehand side, front, backhand side
- 2) Forehand extensions
- 3) Backhand extensions
- 4) Toe Pulls
- 5) Toe Pulls to backhand extension
- 6) Backhand present + pull back
- 7) Short fake extension to backhand, full wide extension to forehand
- 8) Short fake extension to forehand, full wide extension to backhand

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.

Ships Across the Ocean w/ Pucks

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.

****Play Asteroids to Finish**

Players line up on goal line. Coaches line up on opposite walls with plenty of pucks.

On coach's whistle, players skate from the goal line to the blue line, avoiding pucks being shot (low velocity) across the ice. If a player is touched by a puck, he/she is out. Last player standing wins!

Play Asteroids to Finish

10 mins