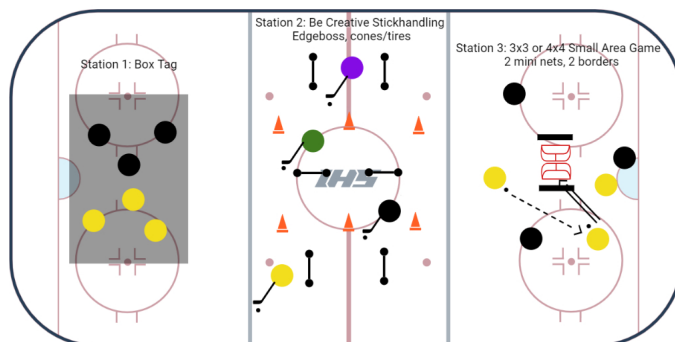


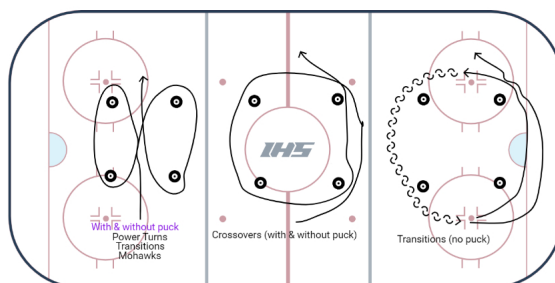
2023 MITE PRESEASON DAY 3



Tuesday, October 24th, 2023



Warmups - Mite Preseason



Be Creative! Puck Skills Station

This station drill actually works great for a wide range of age levels. Players can make it as tough and fun as their own imagination allows. To set up the station place a variety of cones, tires, sticks, and other props that may help promote fun and creativity. Divide the players into two groups so that the players are engaged for 30 seconds and have a 30 second rest. This will help them stay engaged and energized when they are doing the drill. If the intervals are too long they will slow down and become un-engaged in the drill.

Encourage the players to get creative as possible with the puck including but not limited to... Single shift moves, double shift moves, control turns around objects, transitioning forward to backward, transitioning backward to forward, using skates to control the puck, flip puck over objects, etc...

One variation can include one whistle within their 30 second interval. On the whistle each player must make eye contact with another player and exchange pucks, then go back to being creative with the puck.

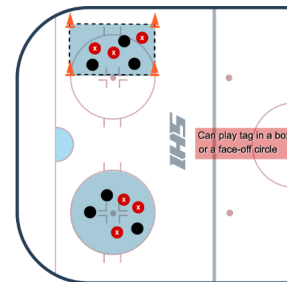


Box Tag

Box Tag is a fun game that naturally brings out edgework, and deceptive skills from the players as they try to evade being tagged.

Setup

- Create a space that the players must stay in, this can be a face-off circle, or a box (as shown in the video)
- On the whistle, one player works to tag the players inside the space. The last remaining player wins.



Coaching Points

- Encourage players to use deception, weight shifts, and tight turns to evade being tagged.

Variations

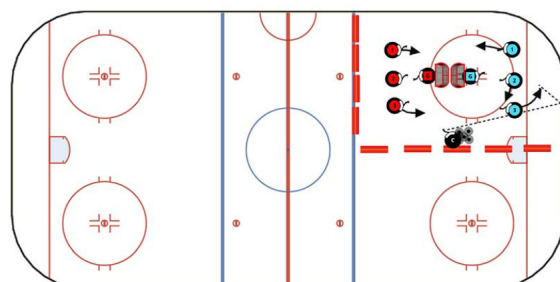
- Can set this up in different areas of the ice.
- Can make the space larger so players can get up to faster speeds.
- Can have more than one person tagging.

Back to Back Small Area Game

In this small area game you will place the nets back to back in the middle of the playing area. This version is played in small areas so it is intended for quarter ice or sixth ice stations. Depending on the amount of players you have you can do 3 vs 3, 2 vs 2, or even 1 vs 1.

How the Game is Played

Divide the players up equally and have them start on their own side. The coach will play a puck into the playing area and players compete for the puck. In this version there are no rules as to where players can go. They are simply trying to score on the opponents net. When a goal is scored the coach plays an new puck to the team that was just scored upon and they begin play. Play for about 90 seconds and blow the whistle for a shift change. If all the players are able to play then allow a 20 - 30 second rest and start another 90 second shift.



Credit: Animation and diagram produced using [Hockey Coach Vision](#)