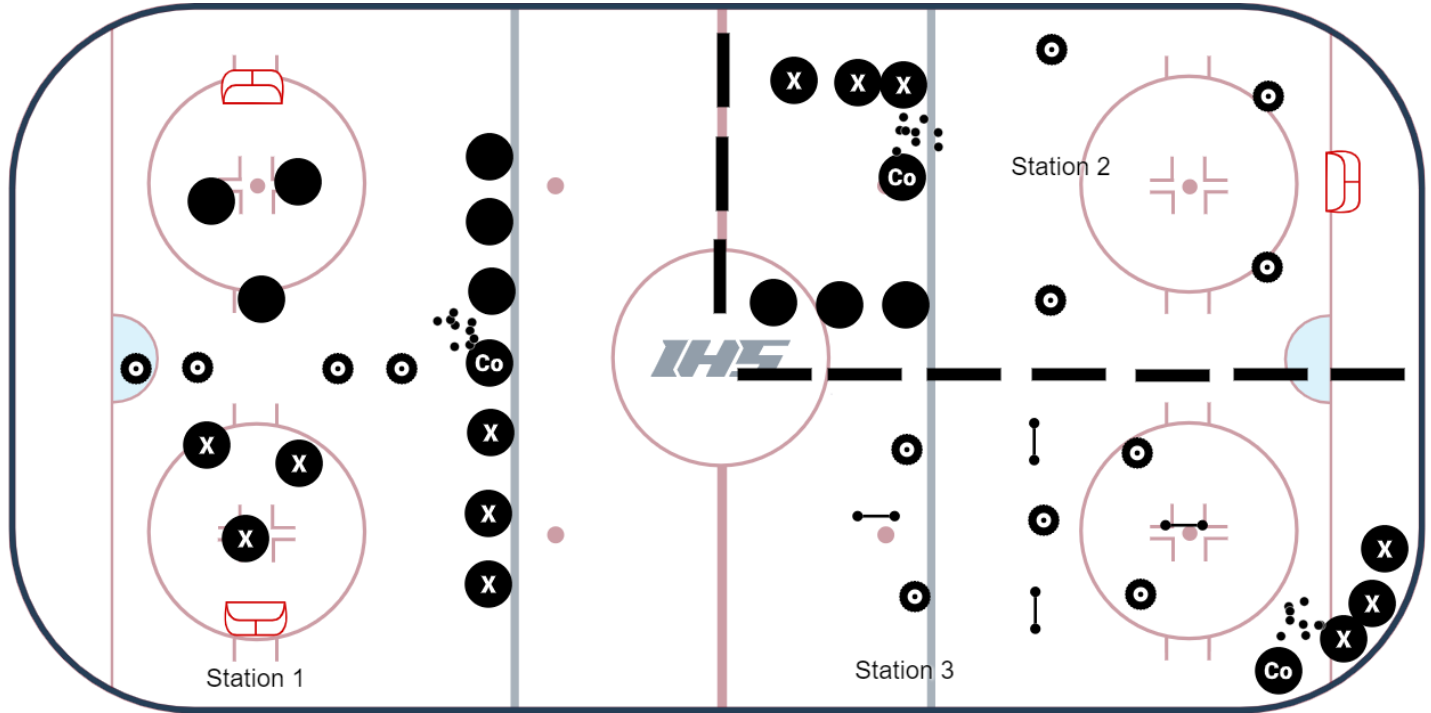


# 2023 Nov 11 & 12 Mite Major

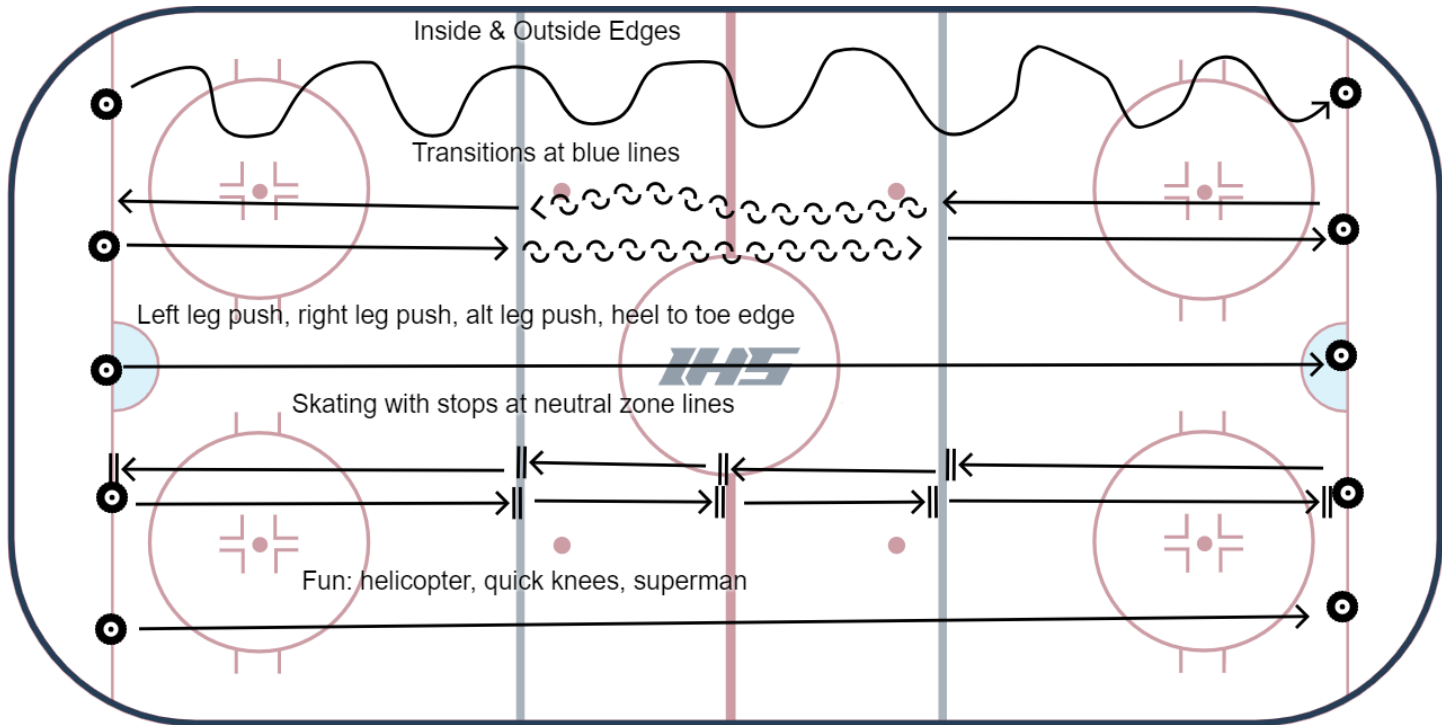


Friday, November 10th, 2023

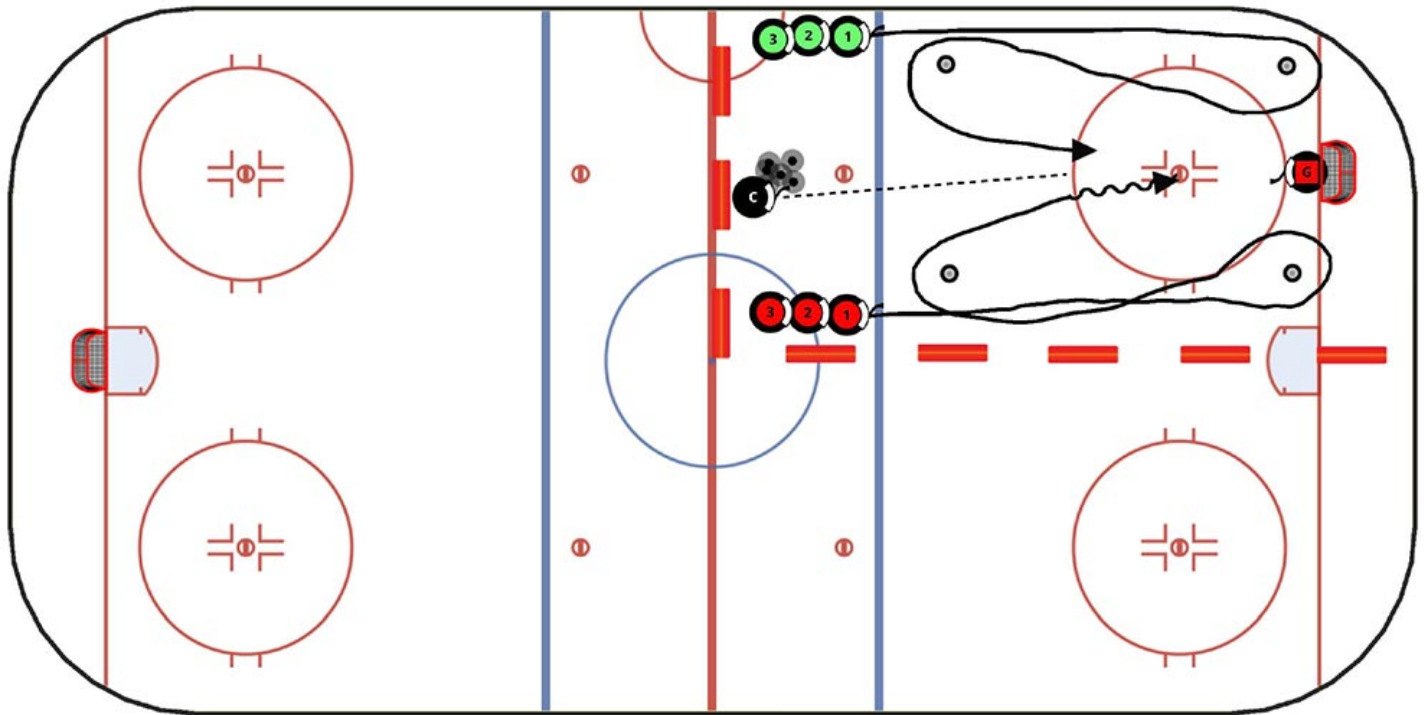
## PRACTICE LAYOUT



# Warmup Mite Line Skating



## Quarter Ice Puck Race #1



This race is ideal for a station based practice plan with four stations. It challenges players to work on tight control turns, quick starts, and forward skating.

### Setup

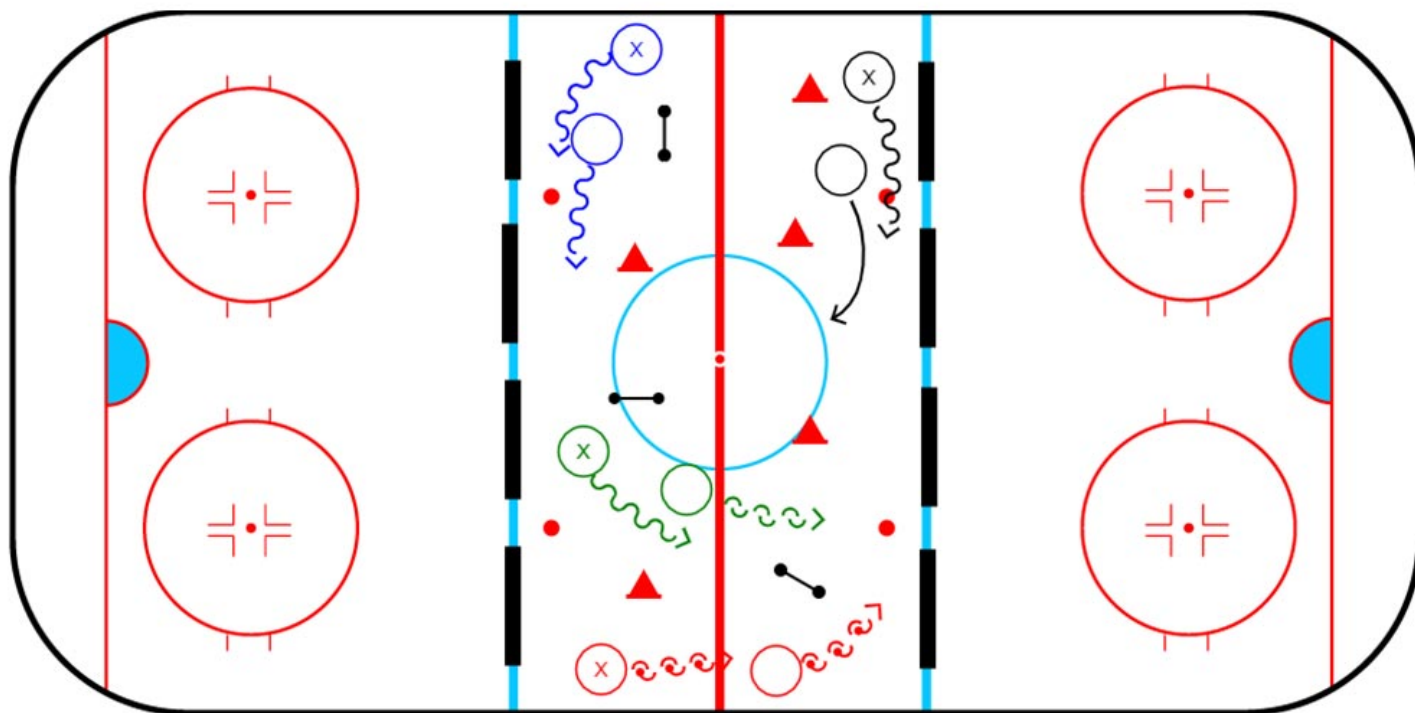
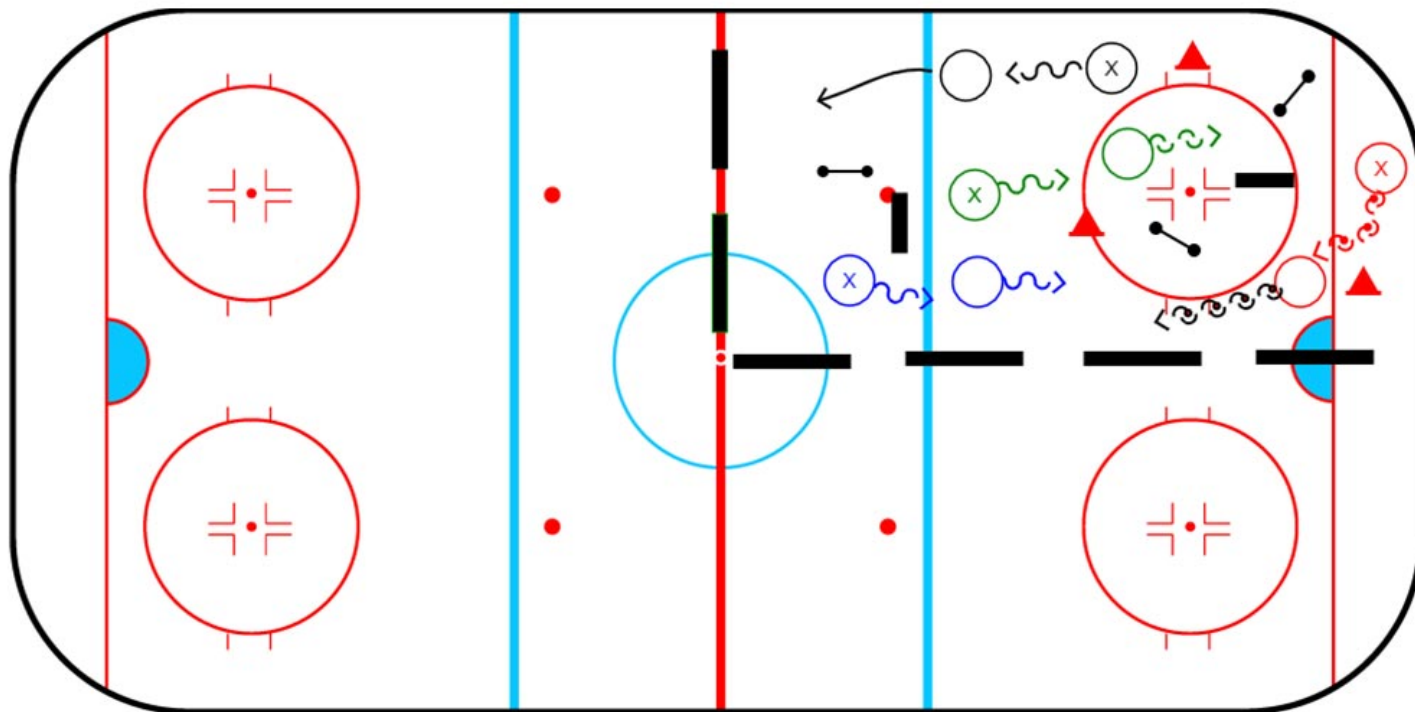
Place one tire/cone down close to the goal line and one out close to the blue line (please see the diagram). Split the players into two lines with each line on the outside of the tires. If possible try to match up players of similar abilities.

### The Race

In this race the players skate forwards the entire time. They do a tight control turn around the tire close to the goal line then another tight turn towards the middle of the ice around the next tire and then race for the puck.

**Credit:** Diagram and animation produced using Hockey Coach Vision.

## Chase the Rabbit Series - With Pucks



This activity works on puck control while skating forwards and backwards, awareness, agility, and creativity. There are 4 progressions and each progression is slightly more difficult. The fourth progression should be reserved for advanced players.

## Setup

This is a great station activity for 1/3 stations, 1/4 ice stations, and 1/6 ice stations. Depending on how difficult you wish to make it you can place objects like borders, cones, and tires scattered throughout the station. Pair up the players with partners of similar ability.

## How to Play

In each round one player is designated as the "Rabbit" and is chased / followed by their partner. Each round should last 30 - 45 seconds followed by a short rest. The next round players will swap positions.

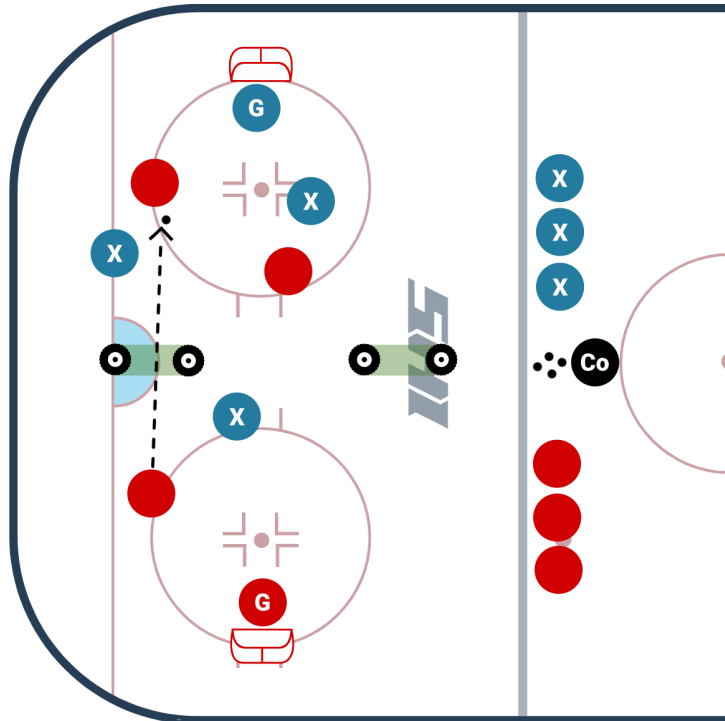
**Variation #1** - The "rabbit" has the puck and tries to stay away from the chaser with deceptive moves, quick stop and starts, changes of directions, tight control turns, and any other creative moves they can execute. The chaser does not try to steal the puck, just maintain a close distance.

**Variation #2** - Both players will have a puck. The same rules apply. The player chasing the rabbit tries to maintain a close distance and execute all of the moves made by the "Rabbit".

**Variation #3** - The "Rabbit" skates backwards without a puck. The chaser has a puck and tries to maintain a close distance to the "Rabbit" while they skate backwards.

**Variation #4** - Both the "Rabbit" and the chaser skate backwards with pucks. Requires both players to have awareness while maintaining puck control going backwards.

## Double Goals Game



Double Goals Game is a fun and competitive 3 vs. 3 small area game that allows players to score goals by passing through the gates, or scoring on a goalie.

A pass through the gate counts as 1 point (players can't pass through the same gate twice in a row) and a goal on the goalie counts as 3 points. The two options to score goals forces players to be creative and pick their heads up to be aware of their surroundings. Below we will list the setup, coaching points, and additional variations.

### Setup

- Set up two nets in a zone (as pictured in the diagram).
- Set up two "gates" in the middle of the ice (as pictured in the diagram) with cones or tires.
- Split up the teams and play 3 vs. 3 with 2 goalies. The game can be modified to be 2v2, 3v3, or 4v4.
- Keep score!! Teams can score 1 point if they pass through a gate (players can't pass through the same gate twice in a row). Goals on a goalie count as 3 points.

### Coaching Points

- Keep Your Head Up: This game is all about awareness. The offense needs to look to score in different ways and the defense needs to be aware of the gates in the middle of the ice.
- Communicate With Your Teammates: This is a fast-paced game and important for teammates to communicate with each other.
- Jump To Space: Offensive players need to work on jumping to open ice to be an option for their teammates.
- Keep Stick On Ice: Defense can block passes and angle with their stick on the ice, while offensive players can give teammates a target to pass to.
- Cheer! Players at the blueline should cheer on their teammates and help keep score.

## Variations

- Game can be setup to be 2v2, 3v3, 4v4 for cross-ice. Can also set up gates in the neutral zone for a full ice 5v5 game.
- Can require players to pass through a gate before they are allowed to shoot on net.
- Can also allow players to skate through a gate as a point.
- Can give different values for the goals (passing through a gate, skating through a gate, and scoring a goal are all ways to score points).
- Can make the gates larger for beginner players and smaller for higher skilled players.
- Can set the gates up in the Royal Road to encourage one time shooting for 2 point plays. View video of Double Gates - Royal Road.

## RELATED CONTENT

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- [5 Games With Gates to Develop Awareness](#)