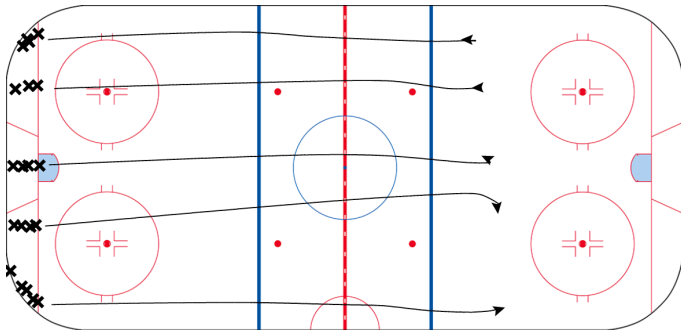




# Upper Mite Skills Practice Plan #5

## Upper Mite Line Edge Work Circuit

10 mins



If goalies at practice, they can participate in these drills or they can use the top of circles down. Make sure to use divider pads to protect those working with the goalies.

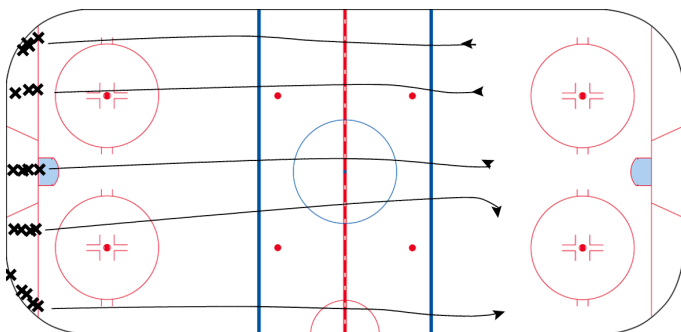
- Skiers
- In and Outs
- Inside Edge C Cuts
- Outside Edge C Cuts
- Power Turns (Top of Circles, Blue, Red, Blue, Top of Circles)
- Mohawks
- One Foot Stops (Top of Circles, Blue, Red, Blue, Top of Circles)

Split into the following five stations

0 mins

## Upper Mite Line Backward Skating Circuit

8 mins

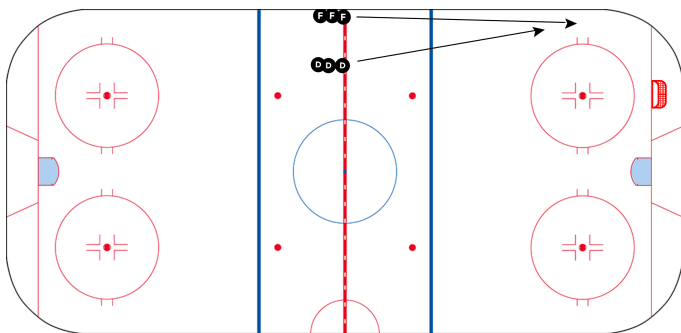


If goalies at practice, they can participate in these drills or they can use the top of circles down. Make sure to use divider pads to protect those working with the goalies.

- Backward Swivels
- Backward In and Outs
- Backward One Foot C Cuts
- Smooth backward two foot c cuts
- Sprint forward, flip to backward at near blue and skating rest of way backward
- Backward skating + drop to knees on whistle throughout drill
- Backward crossovers - one each direction

## Spitfire Angling #1 - Mites

8 mins



On the whistle, X's skate with puck along the wall and attempt to score on goalie in far zone. O's attempt to angle X's into boards.

For O's, the key points are:

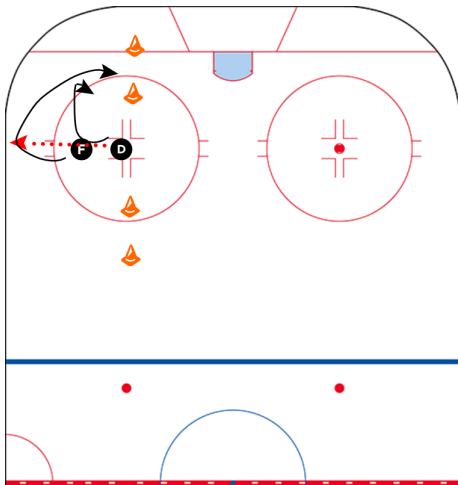
1. As they close the gap with X, approach from the rear and keep their stick slightly trailing so as to prevent X from cutting back into the middle.
2. Once O gets within one stick length, O skates through X's hands and attempts to take possession of the puck.
3. If O cannot get possession of puck, O's alternative goal is to ride X into the corner, completely preventing X from cutting into the middle lane of the ice.

For X's, the key points are:

1. Compete! Attempt to score on every repetition.
2. Take the middle of the ice if O does not prevent it.

## Cedar Rapids Gate Game

8 mins



### Cedar Rapids Gate Game

D Passes between F feet. Once F sees puck, he skates toward it and picks it up off the wall. F tries to drive low or high and get through a gate. D is trying to stop him. Once F gets through the gate, drill is done.

## Stationary Stickhandling

8 mins

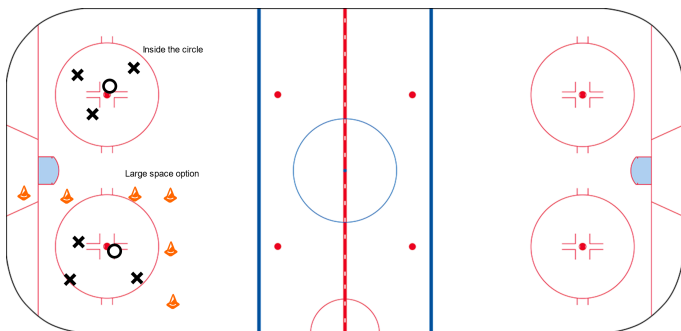


### Stationary Puckhandling Exercises Include:

- Forehand extensions
- Backhand extensions
- Toe Pulls
- Toe Pull to Backhand
- Backhand Present + Pull back
- Backhand extensions
- Cross Toe Pulls
- Behind the back toe pulls

## Keep Away 3v1

8 mins



The goal of this game is to work on passing under light pressure. The team with three players should possess the puck nearly the entire time by making quick and fast passes. Coaches should encourage the athletes to keep moving, support one another, and if an athlete with the puck becomes under duress, one of his teammates should skate toward him to help.

## Finish with Small Area Games

10 mins