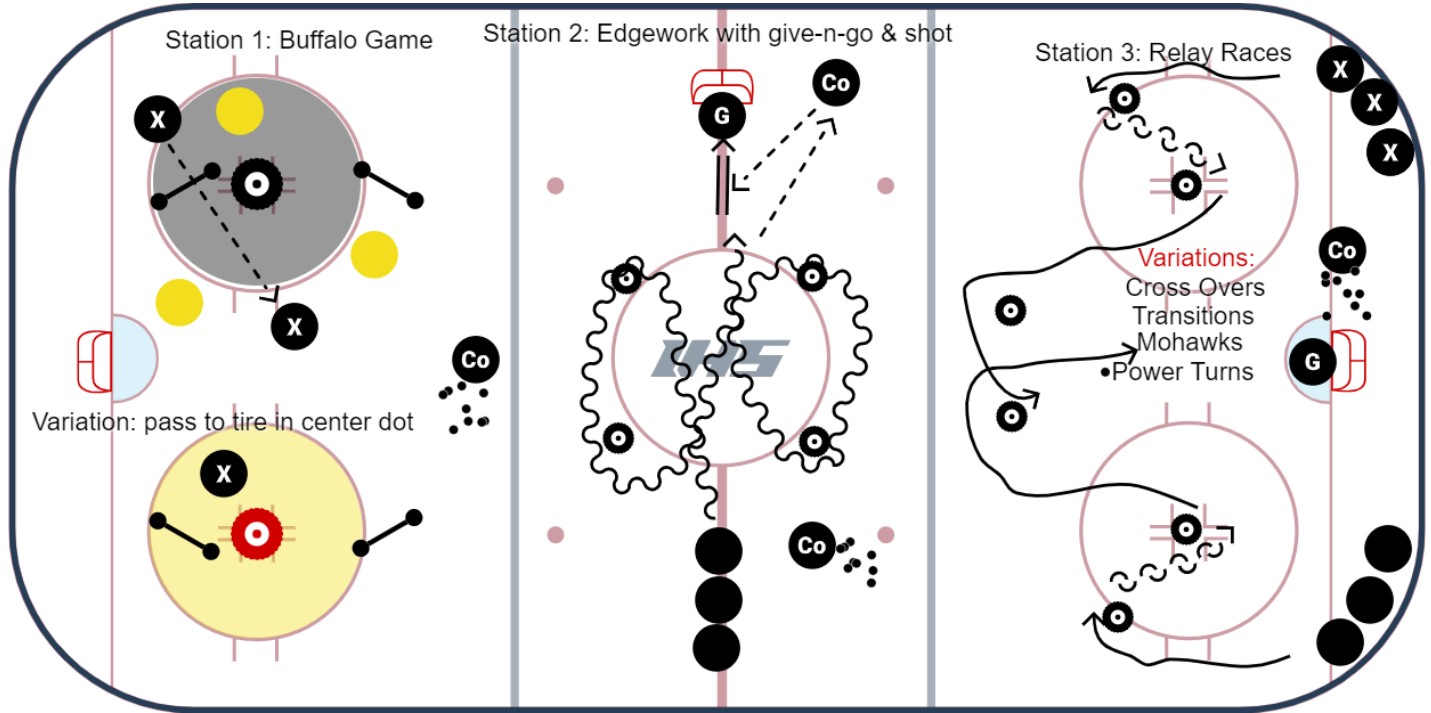




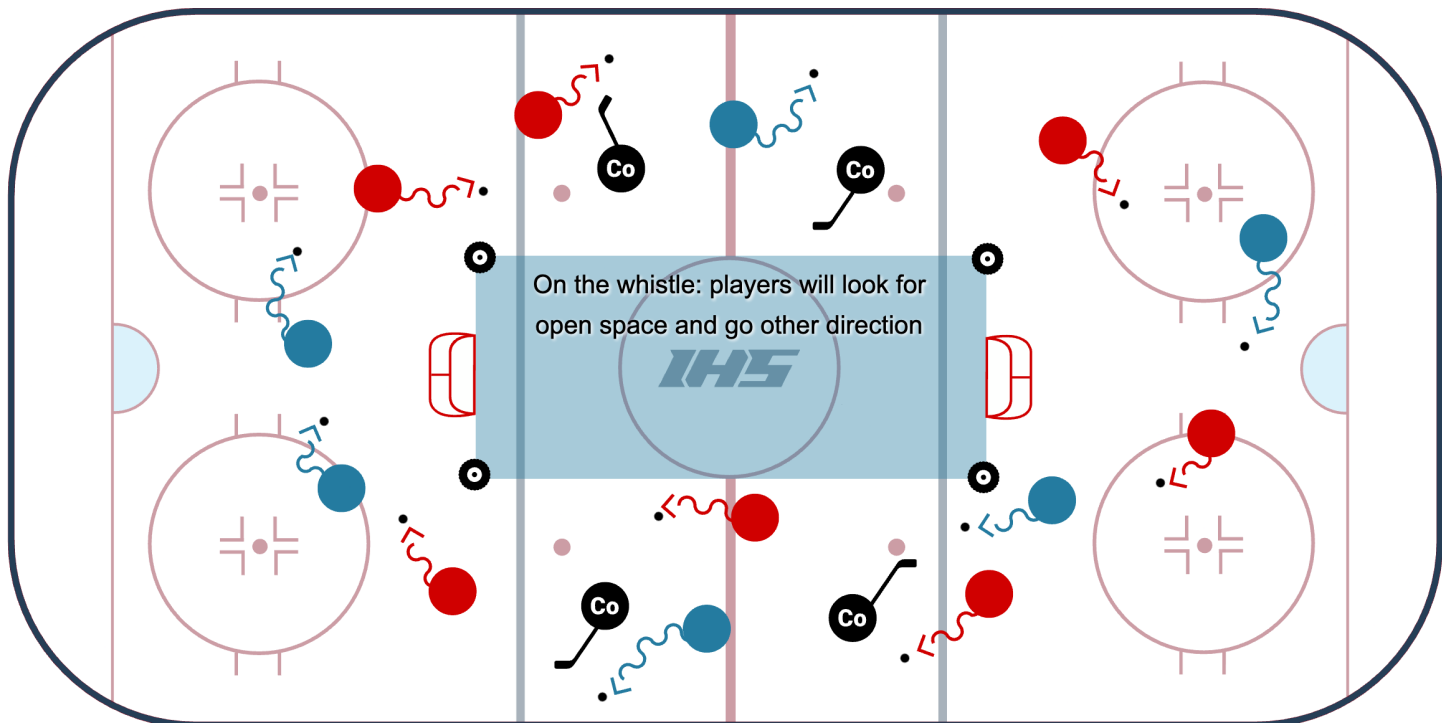
Mite Major - December 30 & 31

Sunday, December 31st, 2023

PRACTICE LAYOUT



Head Up Scan The Ice Warm-Up



Details::

The Head-Up Scan The Ice Warm-Up from Dwayne Blais of the NSDA is a simple yet highly effective warm-up drill that is great for all age levels. The goal of this warm-up activity is to get players in the habit of keeping their head up while they stickhandle so they can look for open ice and evade obstacles.

Setup

- Can be set up to be full-ice (like it is shown in the video) or half-ice.
- On the whistle, all players skate in the same direction.
- On the next whistle, players check their shoulders and turn to go in the opposite direction.
- Coaches can add obstacles (cones, sticks, tires) that players must stickhandle around, and coaches can also be obstacles (like shown in the video).

Coaching Points

- Players should practice keeping their head up!
- Players must shoulder check and look over their shoulder to determine where the open ice is.
- Coaches should encourage players to keep their head up as much as possible during practice. Players can't keep their head up in the game if they do not learn the skill at practice!

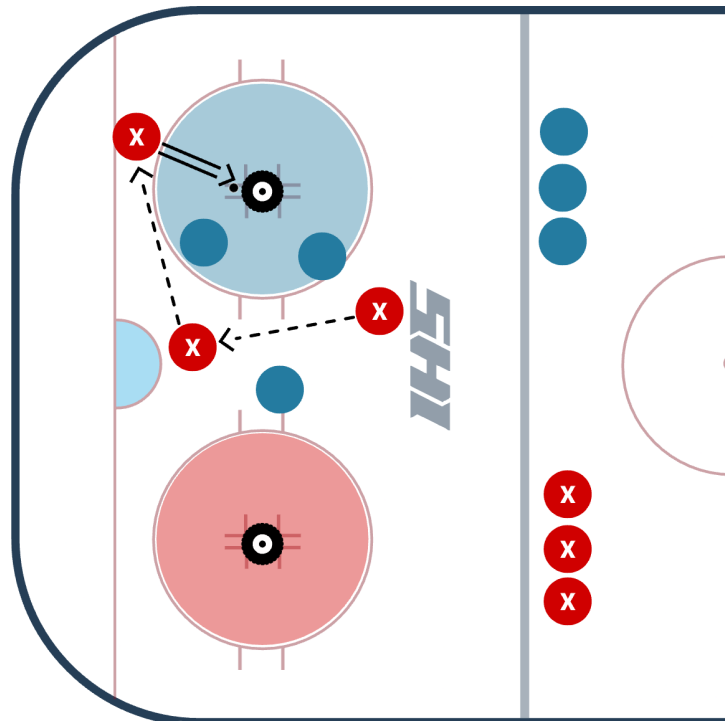
VARIATIONS

- Can be full ice, half ice, or in zone setup.
- The coach can blow the whistle to change directions every 10 - 20 seconds for younger age groups or every 3 - 5 seconds for higher-skilled groups.
- Can add obstacles and / or defenders that players need to be aware of and stickhandle around.

Length of Time: 10

Station Number: Warmup

Hit The Tire Passing Game With No Goalie



Details::

Hit The Tire Passing Game is a fun small area game that can be utilized when coaches want to work on passing and puck support concepts and/or there are no goalies available.

Setup

- Place a tire on each of the face-off dots inside of a zone.
- Play 3 v 3. The offensive team scores by hitting the tire in the opposite circle.
- Offensive team cannot enter the offensive circle, but the defensive team is allowed in the defensive circle.
- Object is to move the puck quickly to open up passing or scoring lanes.

Coaching Points

- Puck carrier should use deception, and tight turns to create space and passing lanes.
- Offensive players without the puck should jump to open space with their stick on the ice to support their teammate and be an outlet.
- Defensive players should keep their sticks on the ice to disrupt passing lanes and keep the offensive team to the outside.

Variations

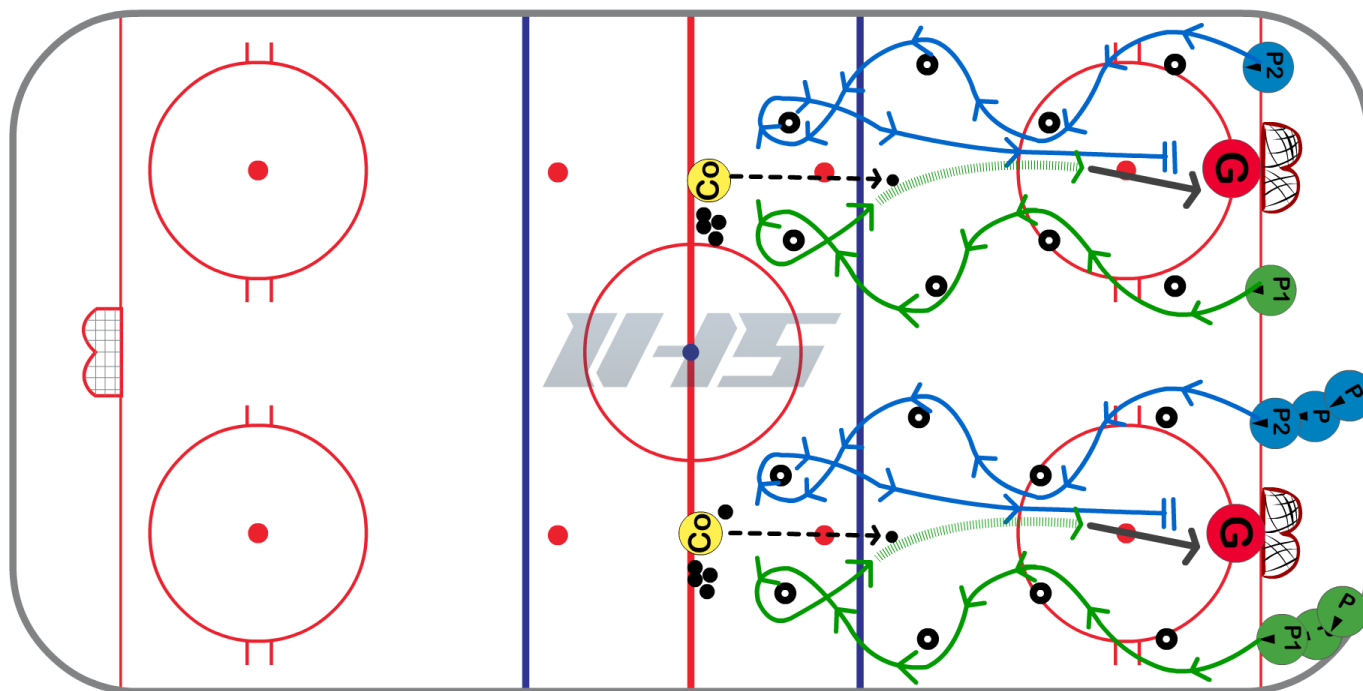
- For younger age levels that struggle to hit the tire, you can allow the offensive team inside the offensive zone circle.
- Coaches can call out Power Play and allow a team to have an extra player to make it a 4 v 3.

Length of Time: 10

Station Number: 1

Half Ice Slalom Races

Drill Image:



Details::

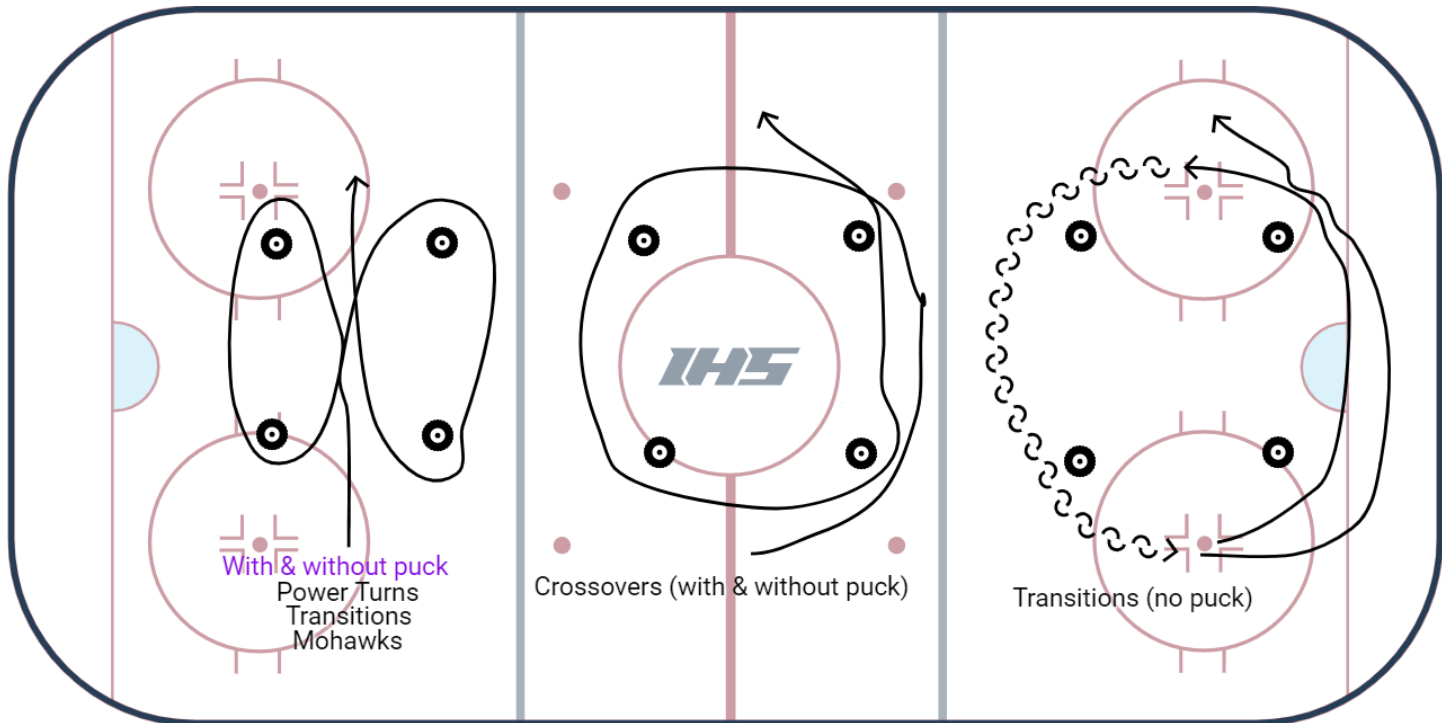
Add some competition to your practice with this drill while working on footspeed, agility, control turns, and scoring. If you have access to two nets then split your half of the ice into two equal sections as shown in the diagram. Line the nets up even with the face off dots and place one line on each side. The tires or cones should be set up as shown.

On the whistle players start by going to the outside of the first tire. At the last tire the players do a control turn all the way around the tire starting on the inside. The coach will play a 50/50 puck towards the net and the players will compete for the puck the first player to touch the puck is on offense and the second player becomes the defender and backchecks against the player with the puck.

Length of Time: 10

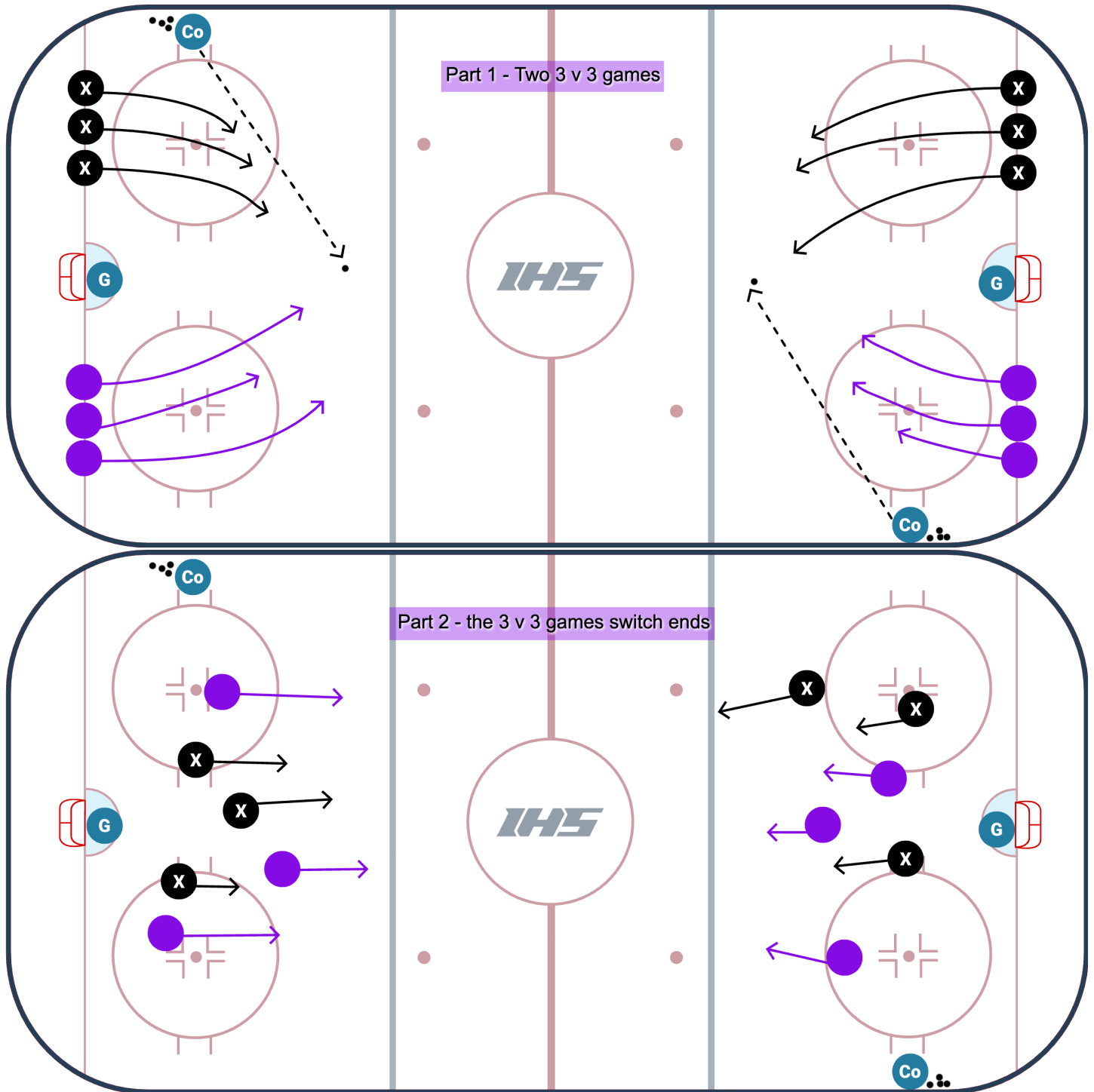
Station Number: 2

Warmups - Mite Preseason



Length of Time: 10
Station Number: 3

Ramsay 3 V 3 Race



Details::

Jason Lammers describes the Ramsay 3 V 3 Race. This competitive small area game incorporates racing to the puck to determine which team is on offense.

Setup

- Full ice setup with goalies in both nets.
- On each half of the ice, put 6 players on the goal line (so each side of the ice can play 3 V 3).
- On the whistle, the coach places a puck somewhere in the zone, and all 6 players race to the puck.
- Whoever gets the puck first, their team is on offense and the other team is on defense.
- Offense is trying to score. If the defense gets the puck, they work to keep puck possession before the next whistle.
- Play out 3 V 3 inside the blueline.
- On the second whistle, all 6 players on each half of the ice skate down to the other end of the ice to race for another puck. Coaches can have the players race for the previous puck that the other group was playing with, or the coach can collect the old puck and place it in a different part of the zone.
- Whoever gets that puck, their team is on offense and the other team is on defense.
- Keep score!

Coaching Points

- Race hard to get the puck!
- Offense - support your teammates and be an outlet when you do not have the puck
- Defense - keep sticks on the ice to block passing lanes
- Everyone - communicate with your teammates

Variations

- Can make this game 2 v 2, 3 v 3, or 4 v 4.
- Can create different variations within the game:
 - Can have the offensive team be all time offense and if the defense gets the puck, the defensive team tries to keep puck possession and they get a point if they make 4 consecutive passes.
 - Can have the offensive team start on offense if defense gets the puck they can tag up at the blue line and then that allows them to attack on offense.

Length of Time: 10

Station Number: Final Fun