



# Mite 1 Skills Practice Plan #5

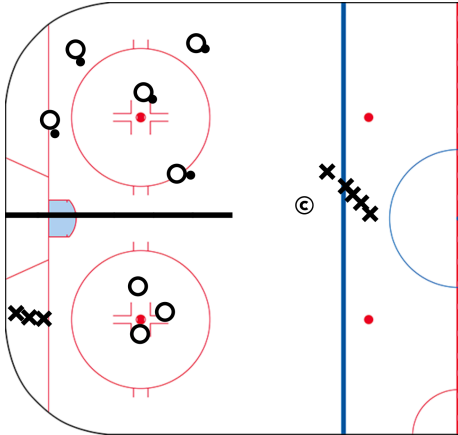
Duration: 60 mins

Start with Relay Tag Game

0 mins

Relay Tag

10 mins



Team X sends one player in to the zone. That player must knock a puck off someone's stick and then sprint back, tag a teammate, and then the next X heads in. The coach times the process. Team X and O switch. The team to go the quickest wins.

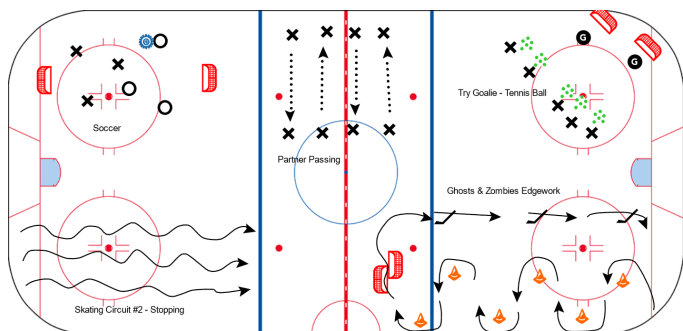
Other Relay Tag Variations Include:

No sticks or pucks, just tag

Players have puck and can pass. Multiple players go in and win puck, then sprint out. The team "tagging" has to do a certain number of turnovers before completing the game.

### Key Points

Shrink the space as needed based on the size and speed of the players. You can also play this game with one team inside the circle and one team on the goal line.



### Skating Circuit (stopping focus)

Skiers, One legged strides, Races, Shave ice for 10 seconds on each foot in place, Pizza stops, One-foot stops \*\*follow progression on the learning to stop teaching guide

### Soccer

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.

### Partner Passing

Set up: Players line up in pairs facing each other, approximately 15-40 feet away from one another (adjust distance according to player age/level). Each pair should have one or two pucks.

Drill progression: Players utilize the following passes. Give players 45 seconds or so to work on each time of pass. For very beginner mite players, consider having one coach pass with 2-3 players. This will help all the players get more repetitions in until they can make a greater percentage of the passes and catch a good percentage too.

Catch forehand to pass forehand

Catch backhand to pass backhand

Catch forehand to pass backhand

Catch backhand to pass forehand

Catch in skates and pass with forehand

Get Creative!

### Try Goalie - Tennis Ball Station

During this Try Goalie - Tennis Ball Shooting station, try to identify athletes that seem interested in playing goalie. Start all the athletes out on the line. Show them how to do shuffles and t pushes. Have them hold their sticks as if they are goalies. Then set up a couple nets. Players can rotate through playing goalie while the other players shoot on them.

### Ghosts & Zombies Edgework

Set up cones about 8 feet wide and zig zag them up to the blue. At the blue line, put two nets together so they overlap half. Lay down three sticks. Every time, the players will weave through the net and jump over the sticks as fast as they can. At the cones, start with inside edges on one foot, then move to two feet skiers (both inside and outside edge), and then stops at each cone. If players are more advanced, you can do outside edge, mohawks, backward inside edge, or backward outside edge.

### \*\*Ships Across the Ocean in each end cross ice to finish

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