

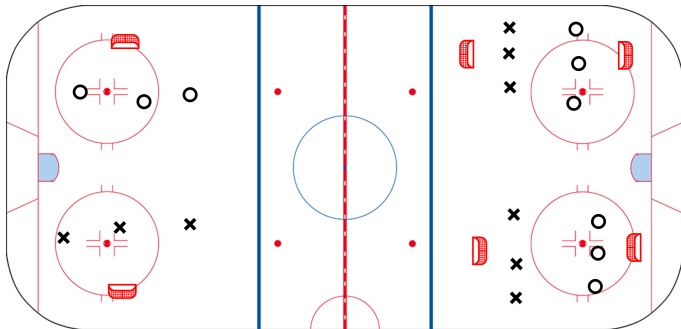


# Upper Mite Skills Practice Plan #11

Duration: 60 mins

## 3v3 Mite Small Area Game

10 mins



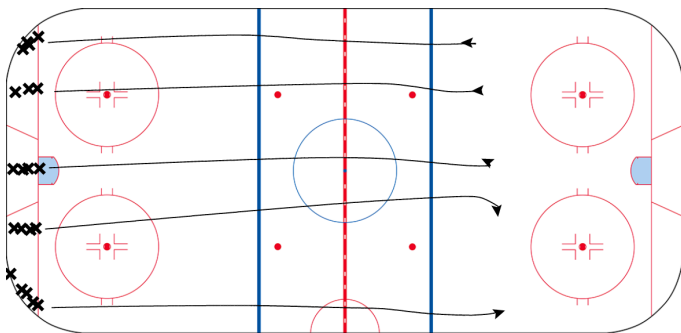
There are many different variations of 3v3 small area games we can do with mite hockey players. We can do cross-ice or use 1/4 of the ice. With the nets, we can have them facing each other, facing away from each other, and we can put dividers in front of them so that athletes must lift puck to score. If you have a larger group and are doing 4v4 and there is a wider skill gap among players, consider having the game utilize two pucks so that more kids can get touches and they spread out more.

Split into the following five stations

0 mins

## Upper Mite Line Backward Skating Circuit

8 mins

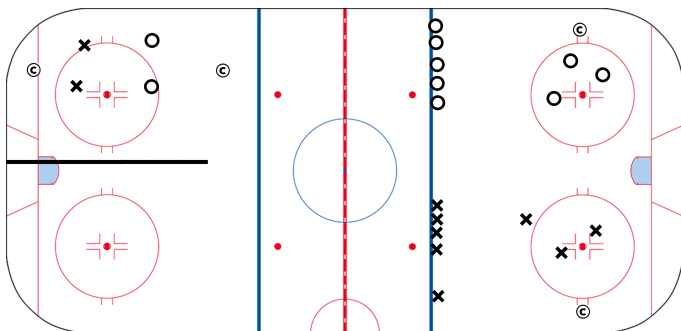


If goalies at practice, they can participate in these drills or they can use the top of circles down. Make sure to use divider pads to protect those working with the goalies.

- 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

## No Goalie - Wild Regroup / Outlet Game

8 mins



No Goalie Wild Regroup / Outlet Game

Version 1 - Corner Only - 2v2

Version 2 - Cross-ice - 2v2

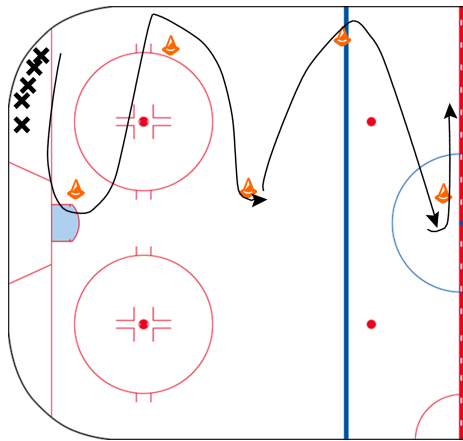
To "score", players pass to a coach. That team receives it back and then must get the puck to the opposite coach to score. They keep going back and forth to coaches. For more advanced teams, players must make 1 pass before giving the puck to the other coach.

### Key Points

Focus on moving puck quickly. Players should constantly be moving.

## Edge work circuit #3

0 mins



Skating Circuit #1 (repeat each drill 2x) - Edge and Stopping

1. Inside Edge
2. Outside Edge or Crossovers
3. Power Turns
4. One Foot Stops
5. Two Foot Stops

Spend time going through the inside or outside edge teaching progression, depending on the group's abilities.

Skating Circuit #2 (repeat each drill 2x) - Power Turn Teaching Progression

1. Inside Edge
2. Outside Edge or Crossovers
3. Power Turns
4. Stationary Edge Drops
5. Power Turns with Chest Turn Emphasis
6. Power Turns with Ankle Turn Initiation
7. If able, backward Power Turns

Spend time going through the power turn teaching progression. If group is doing well forwards, then focus more on the backward power turns.

Skating Circuit #3 (repeat each drill 2x) - Mohawk Focus

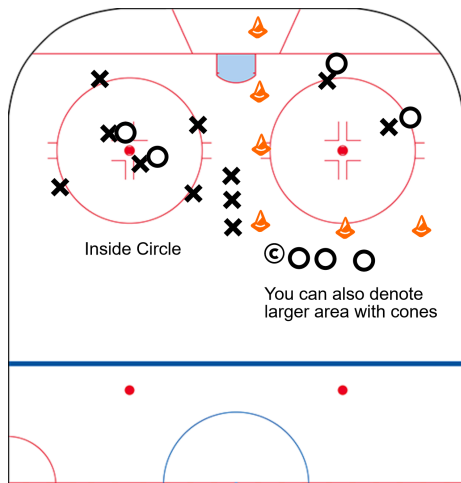
1. Backward Inside Edge
2. Backward Outside Edge
3. Mohawks
4. After watching initial round of mohawks, go through the teaching progression
5. Rocking Mohawks
6. Outside Edge Punch Stops

Skating Circuit #4 (repeat each drill 2x) - Edge work with pucks - perform all drills with pucks

1. Inside Edge
2. Outside Edge
3. Stationary Edge Drops
4. Power Turn
5. Mohawks

## Ringette 1v1s

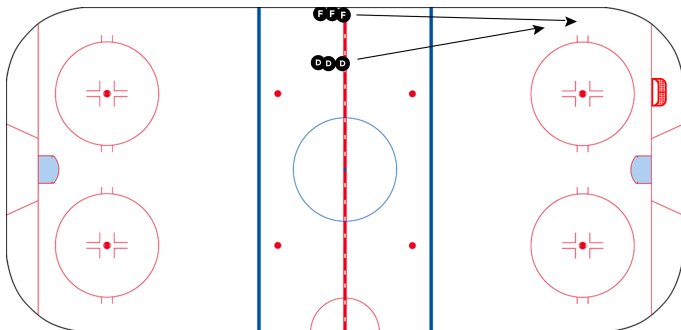
8 mins



Players make a circle. If more space needed, use dividers or cones to denote a larger area. Have one or two 1v1 battles going on in the circle at the same time - goal should be to have half the group battling 1v1 while the other group rests. Each 1v1 battle is for possession of one ringette.

## 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.