

Intermediate Mites - Practice One

Saturday, November 10, 2007 8:00 PM - 9:30 PM

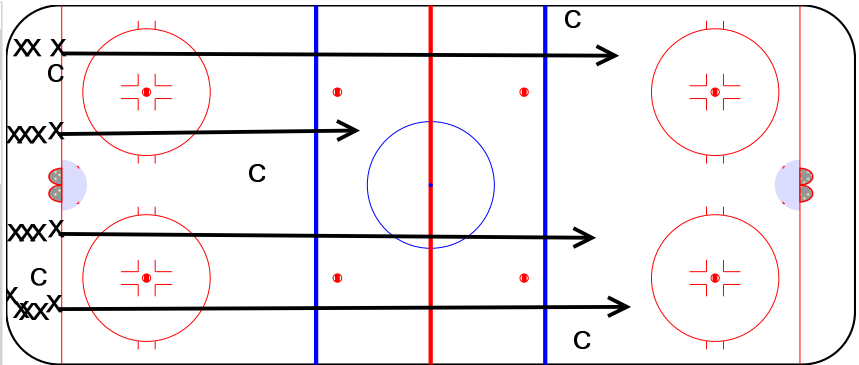
Practice #1 - IM Mites
 90 Minutes Shared Ice
 24 players
 Velocity Hockey Center

First 5 minutes of practice players can skate around while coaches gather at center ice and go over practice plan.

4 Line Skating - 10 minutes

8:00 - 8:10

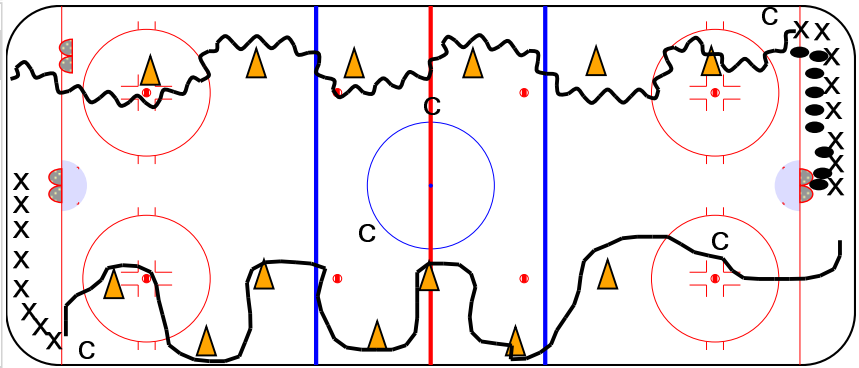
- 1- Scooter 1-leg pushes in balance
- 2- Push-Touch-Glide in balance
- 3 - Inside edges - take your time, balance
- 4 - V start, sprint to near blue, glide down



Jaguar Zig Zag Skate - 15 min

8:10 - 8:20

- 1/2 in opposite corners
- one side has cones in a straight line, stickhandle that side. Work on overhanding the puck, head up
- one side has cones in a zig zag fashion, that side works on edges. No pucks
- Have kids go through:
 - on inside edges
 - on outside edges
 - control turns
 - stops facing far end

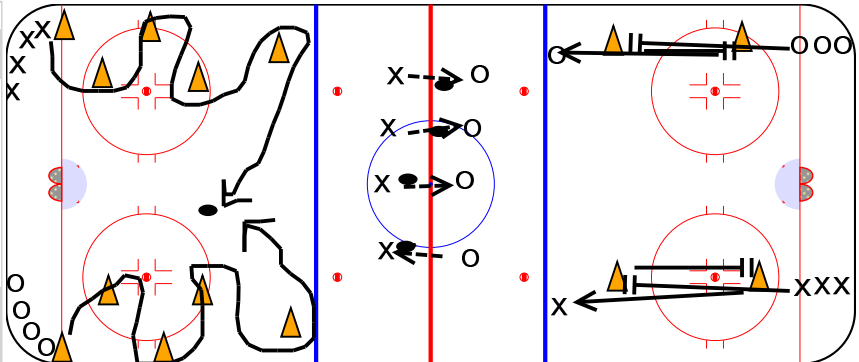


Stations - 36 min

8:20 - 8:30

- Near zone = races to puck
- Middle zone = partner passing
- Far zone = stops facing same way so kids get a stop in on both skates. If time permits, you could make this a race or do a stops game at end - Red Light/Green Light

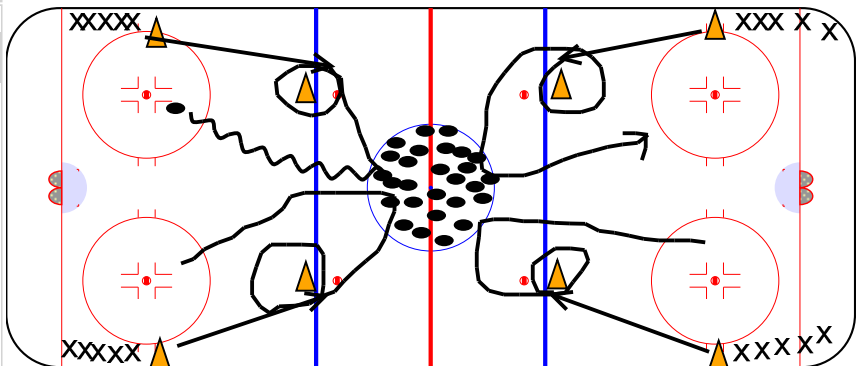
Make sure you ability group for these



Mill Drill - relay - 10 minutes

8:30 - 8:40

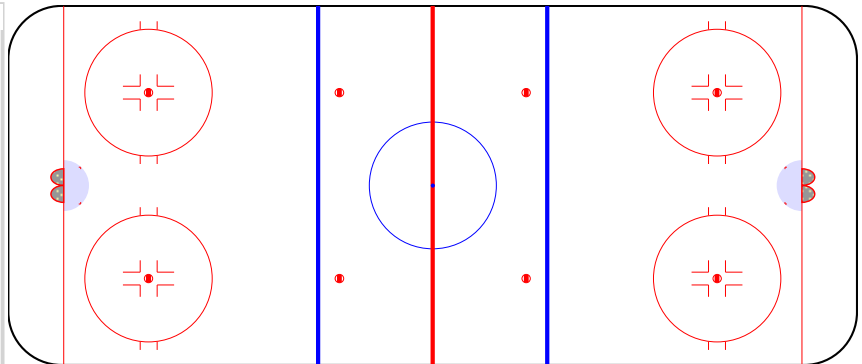
- players divided into 4 teams
- all pucks in center ice...get lots of pucks
- 1st kid from each line sprints to cone does a 360 around it, picks up puck from center and puts it into circle closest to their line
- As soon as puck is in circle, the next player goes and so on and so on, until all pucks are in circles
- Object is to be team that has the most pucks in their circle
- variations (go backwards part of it, jump over



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Free Time - 5 min

8:40 - 8:50



Split into ends - 16 minutes

8:50 - 9:00

1/2 in each end

- near zone = 1 vs. 1 all over the zone, play until the puck is in the net, then get back into line.

Have 3 pairs of kids battling at the same time (3 "1 on 1's" at the same time)

- far zone = 3 on 3 or 2 on 2 cross-ice game

Switch after about 8 minutes if you have time

