

# Intermediate Mites Practice Two

Saturday, November 17, 2007 8:00 PM - 9:30 PM Velocity

Practice #2 - IM Mites  
 90 Minutes Shared Ice  
 24 players  
 Velocity Hockey Center

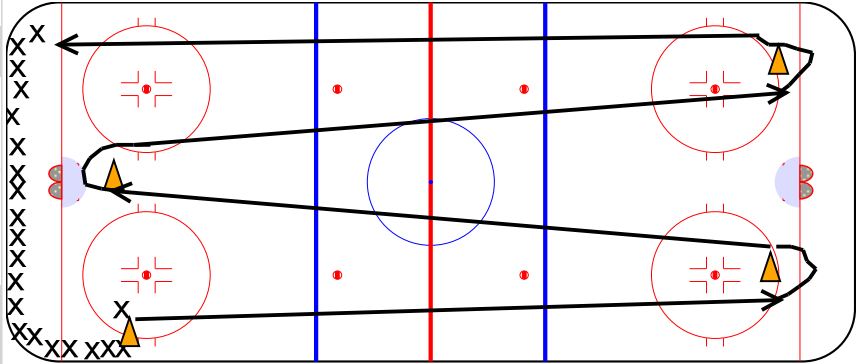
First 5 min. of practice let your players skate around while the coaches meet at center ice to go over practice plan

## Big M Warm-Up - 8 min

8:00 - 8:10

Do different things each time through:

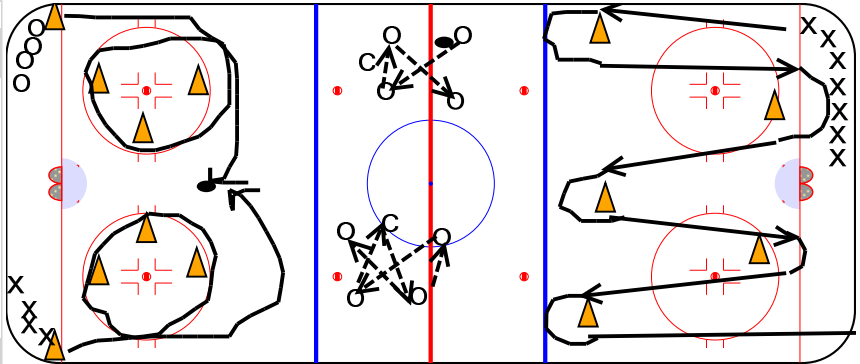
- forward with power turns
- forward 1/2 speed with big x-overs around cone
- forward, backward, forward, backwards to line
- jump blue lines
- keep 'em moving



## Stations - 36 minutes

8:10 - 8:20

- make sure you ability group for these
- near zone = races
  - middle zone = circle passing - forehands, skip one, patterns, monkey in middle
  - far zone - x-overs on circles
    - 1st do stationary x-overs
    - 2nd, go around cones on outside edge, big x-over
    - 3rd, if time do figure 8's, still 1/2 speed and in balance

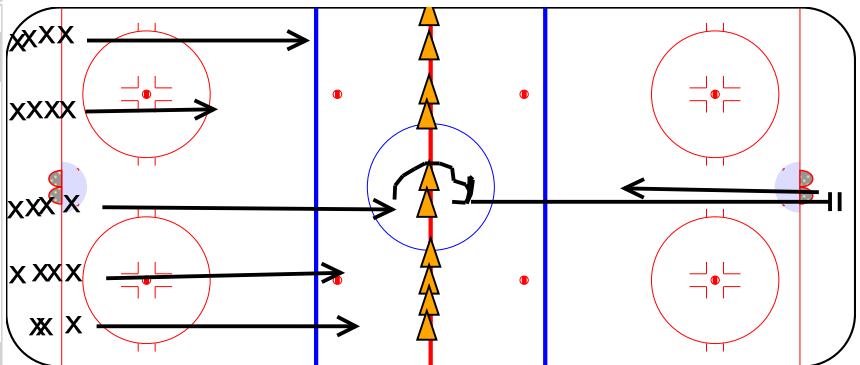


## Relay Races - 10 min

8:20 - 8:30

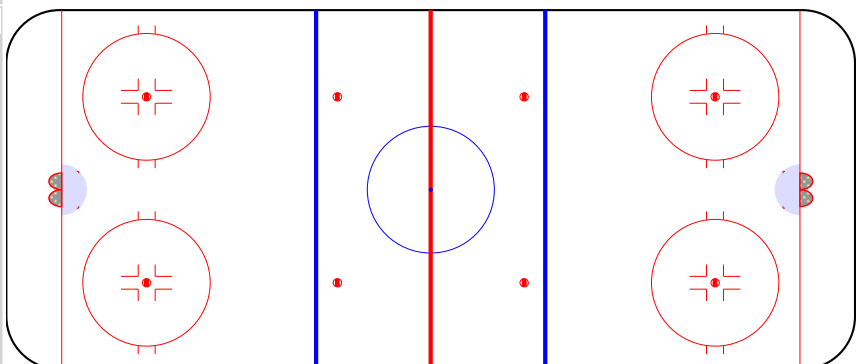
Feel free to make up your own too:

- sprint, hurdle stick placed on two mini cones, sprint to far wall, stop and repeat on way back - high 5 next player. 1st line done wins (have kids take knee when done)
- backwards to blue, pivot and hurdle stick, backwards to boards, backwards back to blue - pivot and hurdle stick - forward back to line



## Free Time - 8 min

8:30 - 8:40

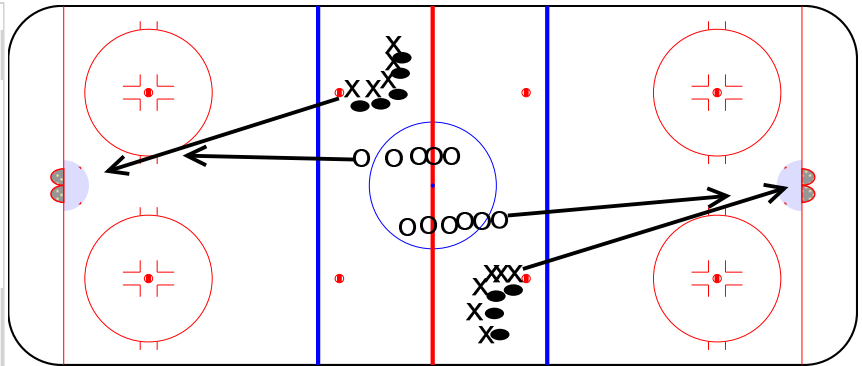


# Intermediate Mites Practice Two

## Shootout - 10 min

8:40 - 8:47

- on coach's signal, players take off to goal
- player with puck tries to score, while other player starts on one knee and backchecks
- if player takes puck away, that player is on offense
- use shooting boards
- once initial rush/shot is done, players go back to line



## Split into ends - 12 min

8:47 - 8:57

2 on 2 or 3 on 3 cross-ice

