

Intermediate Mites Practice Three

Saturday, December 01, 2007 8:00 PM - 8:00 PM Velocity

Practice #3 - IM Mites
 90 Minutes Shared Ice
 24 players
 Velocity Hockey Center

First 5 minutes of practice, players can skate around while coaches meet in center ice and go over practice plan

Edges Warm-Up - 10 minutes

8:00 - 8:00

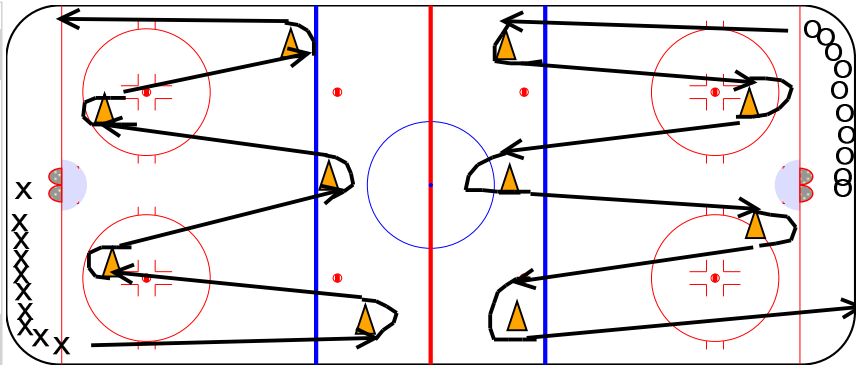
1/2 in each end

- go for quality, not speed - do each a few times

1 = go through cones lifting leg closest to cone (inside edge)

2 = go through cones lifting leg away from cone (now on outside edge)

3 = repeat 2, with a big x-over setting foot down quietly on ice



Stations (ability group) - 36 min

8:00 - 8:00

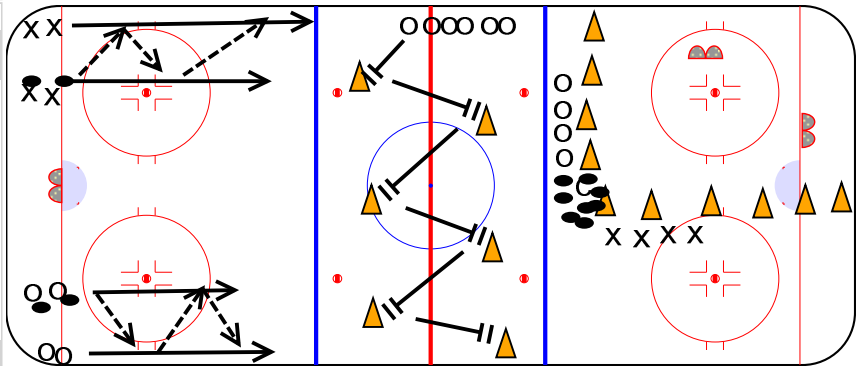
near zone = 2 on 0 passing w/movement

- talk about "leading" partner w/pass (as they get better, you could have them go around entire zone - just start all from one corner)

middle zone = stops

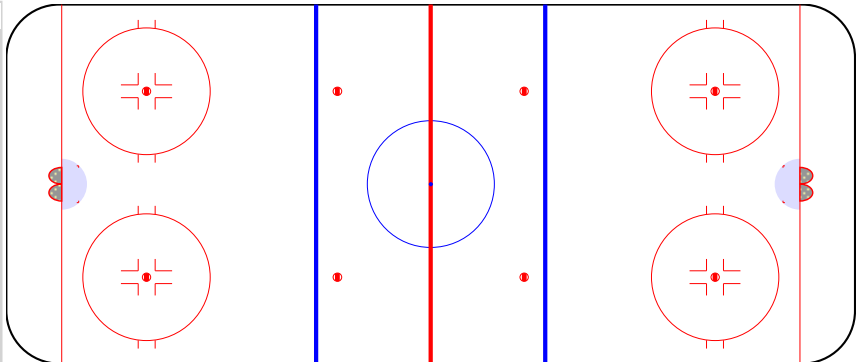
- face same way to get practice on both sides
 - if time, you could do relays with stops, Red Light-Green Light

far zone = small area game - 2 on 2 or 1 on 1 in tight quarters



Free Time - 10 minutes

8:00 - 8:00



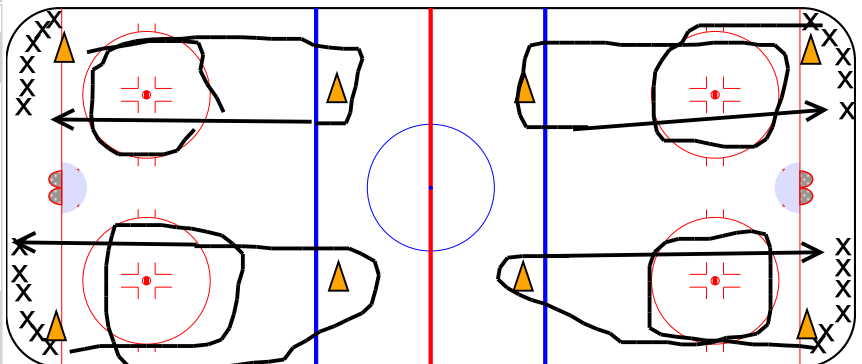
Relay Race - 10 minutes

8:00 - 8:10

1 - crossovers around circle, turn around cone sprint back - 2nd players leaves when first crosses goal line

2 - do same but with forward-backward transition and backwards to line

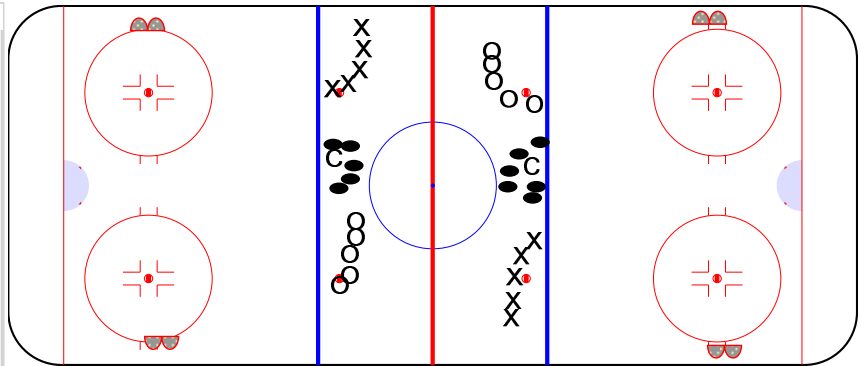
3 - put your own twist on things



Intermediate Mites Practice Three

2 vs 2 cross-ice games - 10 min

8:10 - 8:20



Shootout - if time

8:20 - 8:27

- 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

