

Intermediate Mites Practice Five

Saturday, December 15, 2007 8:00 PM - 8:00 PM

Practice #5 - IM Mites
 90 Minutes Shared Ice
 24 Players
 Velocity Hockey Center

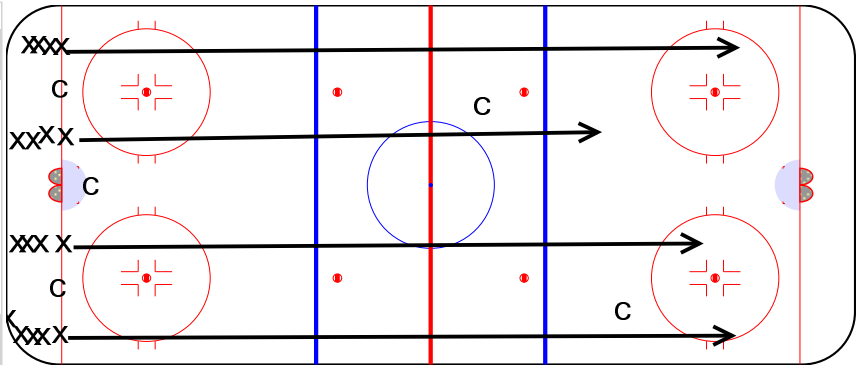
First 5 minutes of practice players can skate around while coaches gather at center ice and go over practice plans

4 Line Skating Warm-Up - 12 min

8:00 - 8:12

For all skills, have kids go smooth and in balance

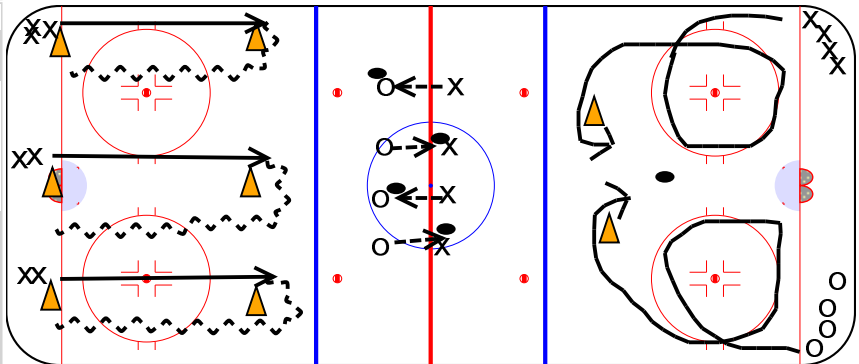
- 1st - Scooters...1 skate pushes
- 2nd - Push-Touch-Coast in balance
- 3rd - Inside edges (hold edge long time)
- 4th - Outside edges w/one crossover...try to have kids hold edge for 8 count
- 5th - knee touches to blue, sprint down



Stations - 36 min (ability group for this)

8:12 - 8:22

- near zone = transitions
- middle zone = passing with oversize Pugi pucks (they are in the locker by mailboxes - combo in head coach's binder)
- far zone = x-over races



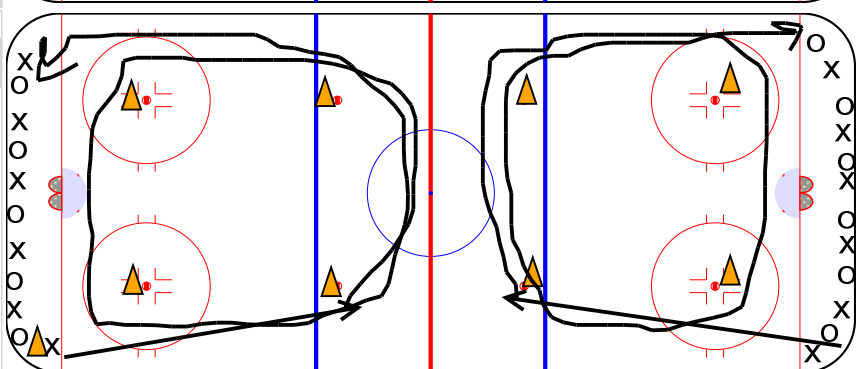
Rabbit and Coyote - 8 minutes

8:22 - 8:32

- 1/2 in each end
- 1st kid in line = rabbit
- 2nd kid = coyote

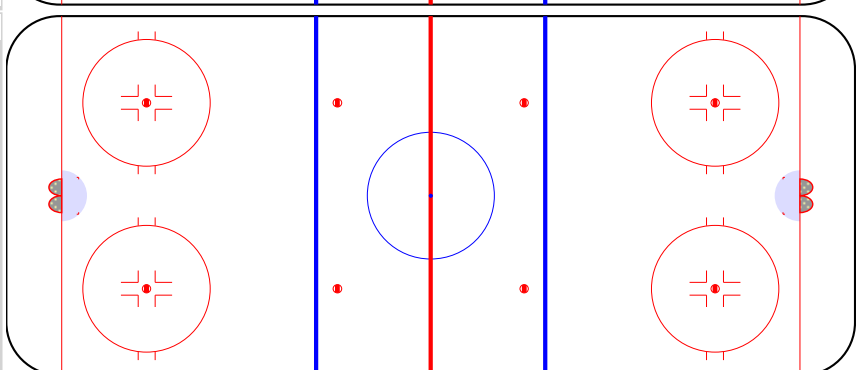
The coyote is starving and needs to catch his dinner - try to pair kids up with someone comparable in speed or else really stagger the starts to make it even

rabbit has to skate around 4 cones and get back to line before getting caught



Free Time - 8 minutes

8:32 - 8:42



Intermediate Mites Practice Five

4 Line Puck Relay - 12 minutes

8:42 - 8:52

You can either have all 4 lines going against each other OR you can have just the 2 lines in each end going against each other

- 1 - one player goes in 1-0, scores and skates back out and has to touch blue line
- 2- when player 2 touches blue, then players 1 & 2 go in 2-0 (must complete 2 passes) and score.
- 3 -players 1 & 2 loop back out, pick up another puck and go in and score on another 2-0 before other line

French Scrimmage for remainder

8:52 - 9:02

3 on 3

when players aren't going, have them on 1 knee

