

Mini Mites Practice Two

Saturday, November 17, 2007 8:00 PM - 8:00 PM

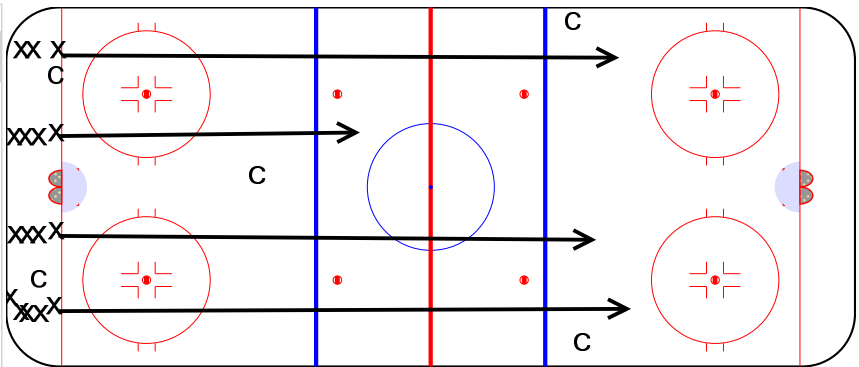
Practice #2 - MM
 Shared Ice
 24 players
 60 minutes
 Velocity Hockey Center

First few minutes of practice the players skate around and coaches gather at center ice to discuss practice

4 Line Skating - 15 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, 2 skates
 - 5 - Sprint - glide on 1 skate
 - 6 - Superman dives
- Assistants really need to help in line
 - NOTE: you could ability group this a bit too so 1-2 lines could be doing things at a different clip to fit their abilities



Stations - ability group for this - 30 min

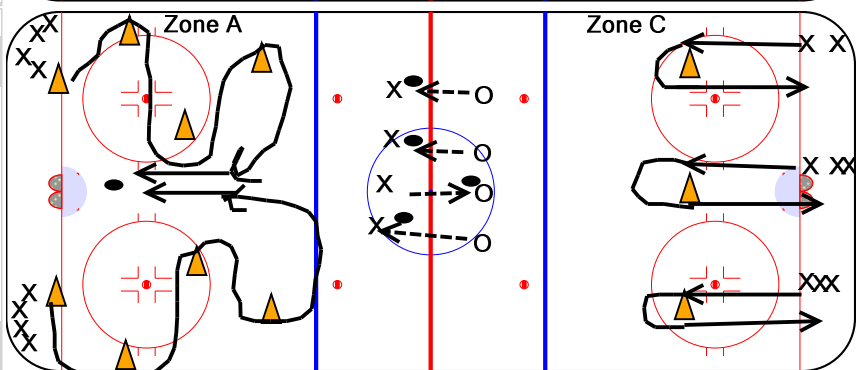
8:10 - 8:20

Zone A - races, player starts on their knees, keep at least 4 kids moving at a time.

Middle Zone - passing with partner

Zone C - hockey turns

- to left, to right
- on one skate (inside and outside edge)
- relay race if time?

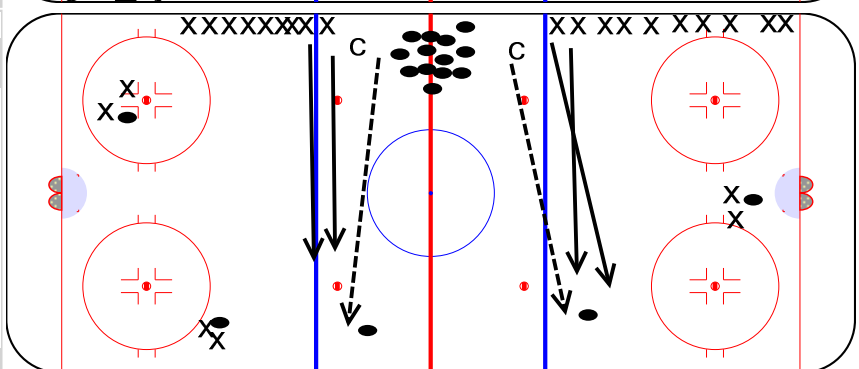


1 on 1 Battle - 10 min.

8:20 - 8:30

- 1 on 1 in each end
- Coach shoots puck off far boards or just a bit in front of line - the first 2 players battle for the puck and see who can score first.
 - As soon as the puck is in the net, both players come back into the line to go again.
 - Have at least 3 pairs going in each end at a time (6 kids)

ABILITY GROUP FOR THIS GAME



Free Time - 4 min

8:30 - 8:40

