

Mini Mites Practice Four

Saturday, December 08, 2007 8:00 PM - 8:00 PM

Practice #4 - MM
 Shared Ice - 24 players
 60 minutes
 Velocity Hockey Center

Coaches gather at center ice for the first few minutes of practice to ensure everyone understands practice

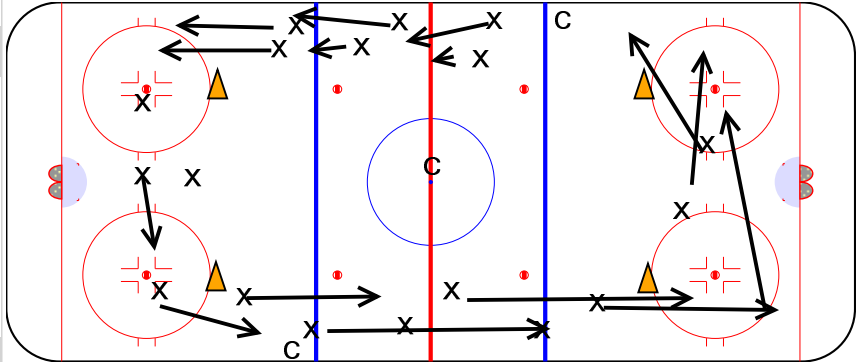
Ikola Edina East Warm-up - 6 min

8:00 - 8:10

Players skate laps around cones and on each whistle follow coaches' modeling and directions

- 1 - 1/2 speed
- 2 - jump the blue lines
- 3 - sprint blue-blue
- 4 - touch a knee on a blue line w/out falling down

Helpful to have at least 1-2 coaches skating around to show the kids what to do



Stations - 30 minutes (ability group for this)

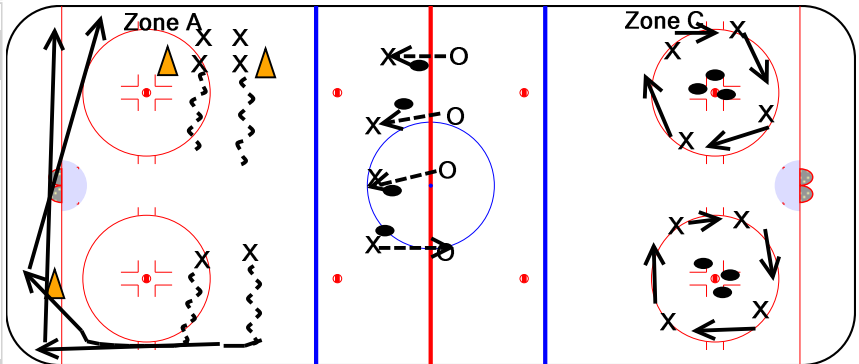
8:10 - 8:20

Zone A = Backward Skating

- review posture/stance for backward, in stance rock back and forth, practice pinching penny between big toes (make an A with feet), now rock back and forth with toes pointing to each other
- rock to move or cut small C in ice (not full C)

Middle Zone = passing w/partner (close)

Zone C = Musical Pucks Game - skate around circle, on whistle players try to get a puck and get out of circle with it. One with no puck, has to sit out - keep going until down to just one puck and 2

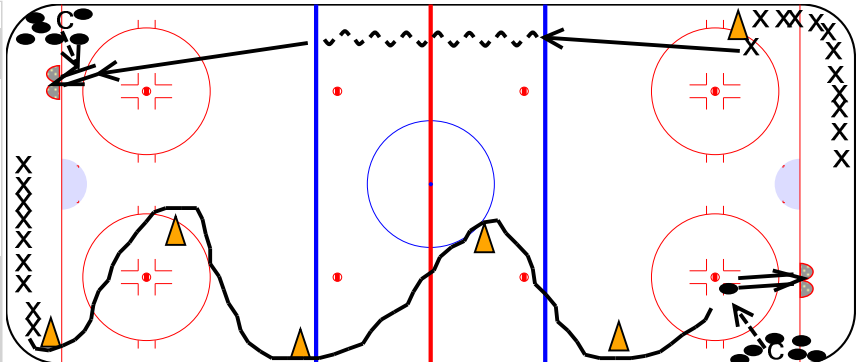


Full- Ice Drill - 15 minutes

8:20 - 8:30

- One side = turns around cones, end with pass from coach and shot (have coaches modeling and checking for good form on hockey turns)

- Other side = good start, sprint to blue line, backwards blue to blue, pivot and skate in for shot on net



Game - Cops and Robbers - 5 min

8:30 - 8:40

Coaches are "Cops" and trying to catch kids. If a kid is tagged by a coach, they go into makeshift jail at center ice. They only have to stay there for 10 seconds (just count to 10) and then they leave and start buzzing again

NOTE: circles are safe zones but kids can only stay there for 5 seconds. After that, they have to leave safety of circle and buzz around again. Coaches - they more fun you have with this, the more fun it is for kids.

