

Mini Mites Practice Five

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

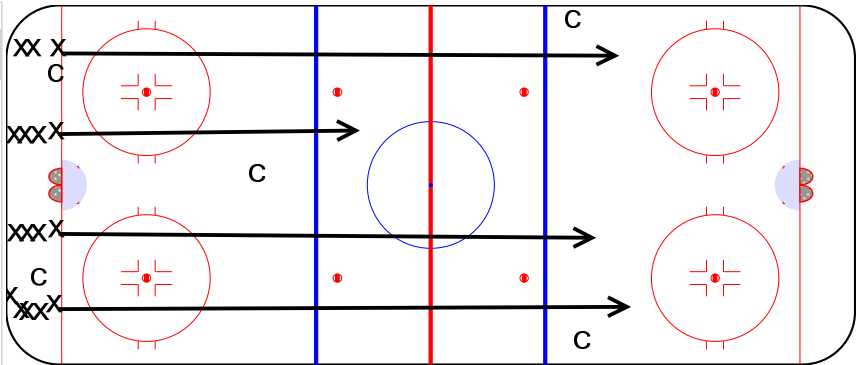
Practice #5 - MM
 Shared ice practice
 24 players
 60 minutes

First few minutes of practice coaches gather at center ice and review practice plan to ensure a smooth practice

4 Line Skating - 15 minutes

8:00 - 8:10

- 1 - Push-Touch-Glide in balance
 - 2 - Inside edges - take your time, balance
 - 3 - V start, sprint to near blue, glide down, 2 skates
 - 4 - Sprint - glide on 1 skate
 - 5 - Knee touches to blue line, sprint down
 - 6 - Sprinting and spinning around on blues
- 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

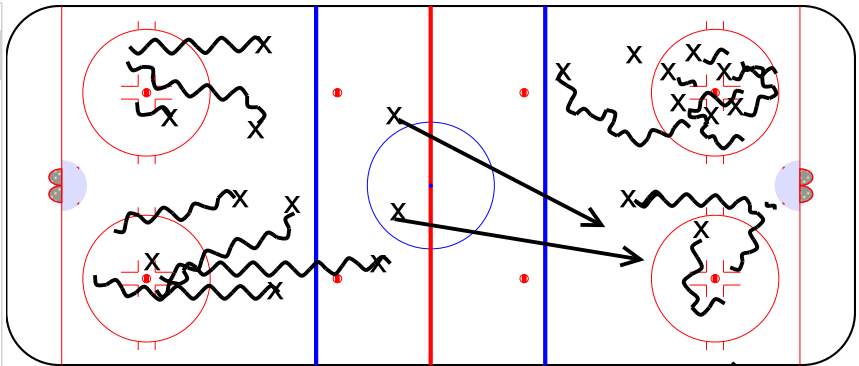


Jam the Circles - 8 minutes

8:10 - 8:20

- Players skate around 1/2 speed handling the puck
- On whistle, players have to sprint with puck to a circle and stickhandle inside it until the next whistle
 - Continue to skate around entire ice...whistle blows, players get into circle

Encourage creativity, trying moves, head up, overhandling the puck..don't just skate to a circle



1/2 in each end - ability group - 20 min

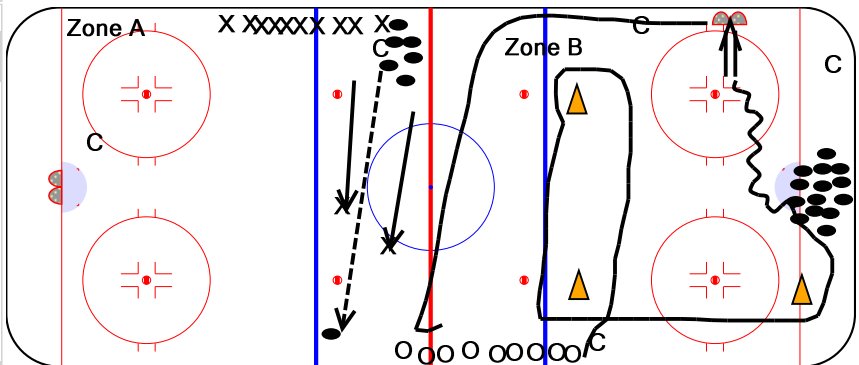
8:20 - 8:30

Zone A = 1 on 1

- 1st 2 players in line battle for puck and to be the first to score. After scoring, back into line. Stay on your 1/2 of the ice
- Have at least 2-3 pairs of players going at a time at all times.

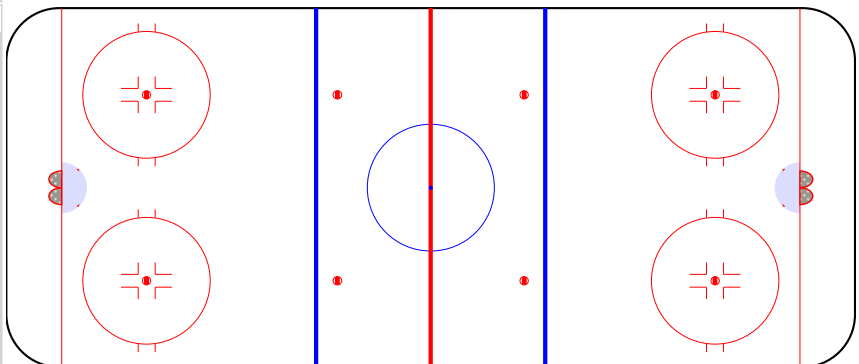
Zone B = Willmar Twist/Turn

- Work on tight, solid, hockey turns
- Variation - could make kids do stops at cones
- DO BOTH ENDS, OR KEEP KIDS IN SAME END AND SWITCH DRILLS



Free Time - 5 minutes

8:30 - 8:40



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Stick Relay - 6-8 minutes

8:40 - 8:50

- Player 1 skates to player 2 and hands them stick.
- Player 2 carries player 1's stick, their own and hand them to player 3 in opposite line.
- Player 3 now carries 3 sticks to player 4 and hands them all to them...and so on and so
- 1st line with all sticks back wins!

For first time, try to keep groups with only 4-5 players in them (so there aren't too many sticks to carry)

