

Upper Mites Practice One

Nov. 10-11 weekend
 90 Minutes
 Shared ice @ Velocity
 24 players

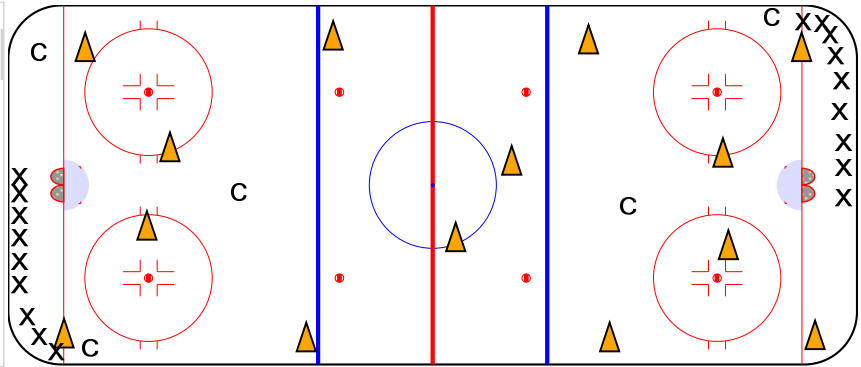
*First 5 minutes players can skate around while coaches gather at center ice to review practice plan, confirm who's leading, placement of coaches etc. etc.

Balance and Edgework Warm-up - 15 min

Stress being in perfect balance entire time
 Focus on good form

1/2 in opposite corners (each lap do different skill)

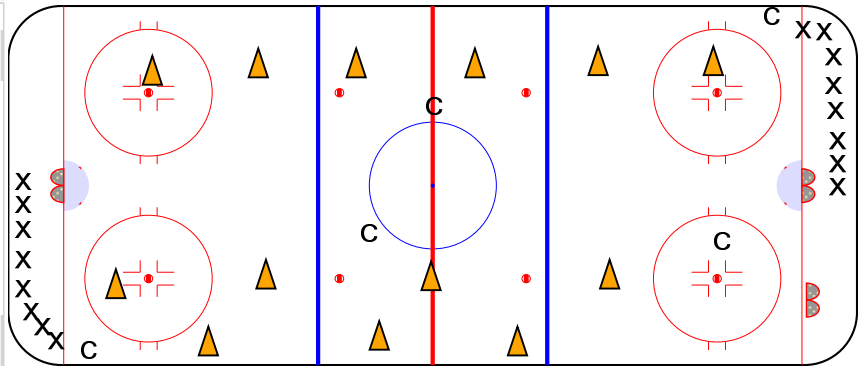
- 1st- inside edge of outside skate (life leg by cone)
- 2nd - outside edge of inside skate
- 3rd - outside edge with inside skate, crossover outside skate and set down in perfect balance
- 4th - outside edge, hold and push under



Jaguar Zig Zag - 10 min

1/2 in opposite corners

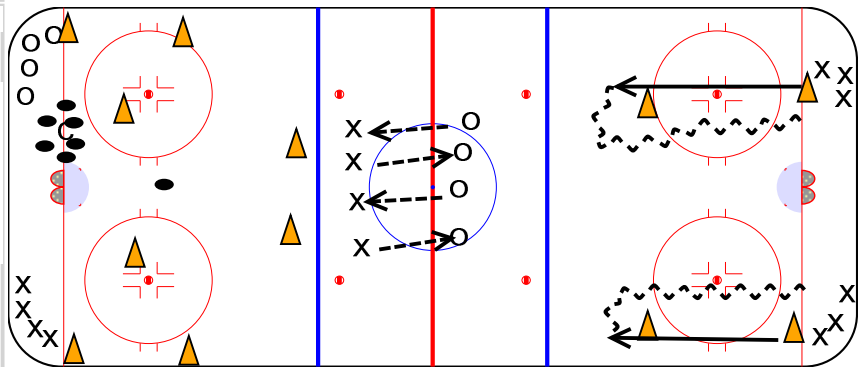
- one side has cones in a straight line
- one side has cones in a zig zag fashion, that side can end with a shot on net if you need another wrinkle
- have players "overhandle" the puck
- work on stickhandling with head up
- build confidence and encourage kids to keep getting faster and faster



Skills Stations - 25 min

Rotate after about 8 minutes

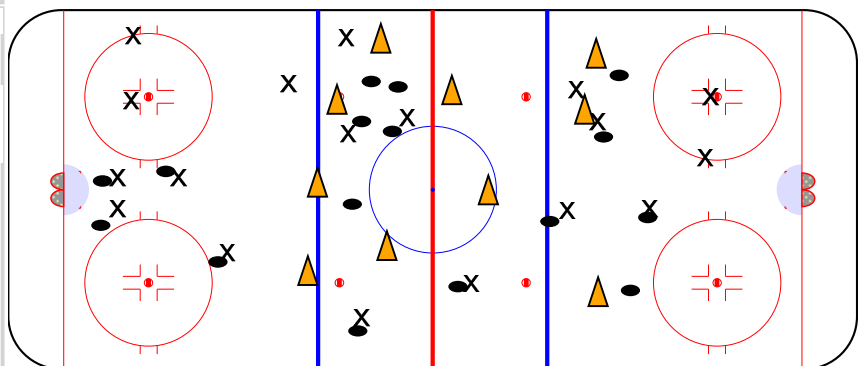
- Zone A - Races to puck - work on edges
- Middle Zone - Stationary passing, forehand (backhand if time)
- Zone B - Transition skating - forward to backward



Free Time.. (about 60 minutes into practice)

Free time with pucks, cones strewn about ice

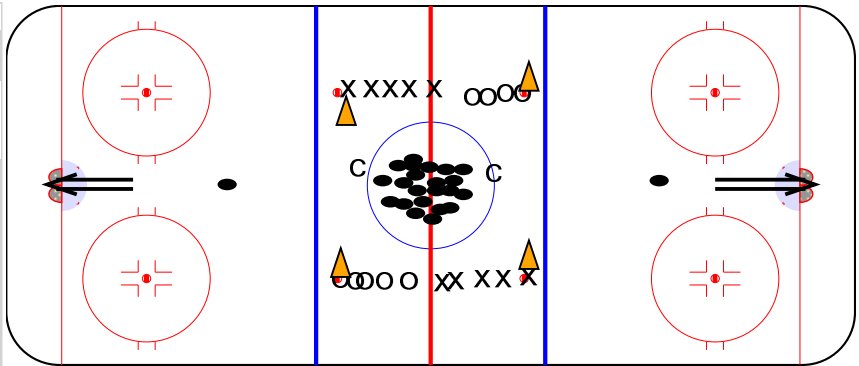
Kids just need to have fun, be creative, and safe



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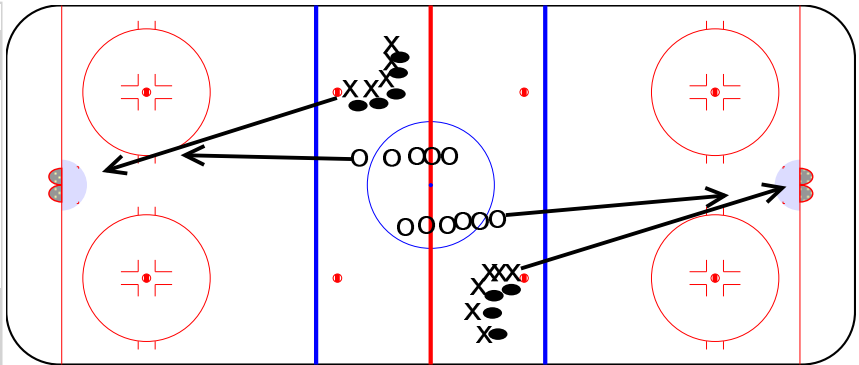
Into zone crossovers race - 10 min

- full speed crossovers around circle
- first to puck gets to shoot
- have 4 kids moving at a time in each end



Shootout - 7 min

- 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



cross-ice in each end - 10 min

- do 2 vs 2 or 3 vs 3

