

# Upper Mites Practice Two

Saturday, November 17, 2007 12:00 AM - 1:30 AM Velocity

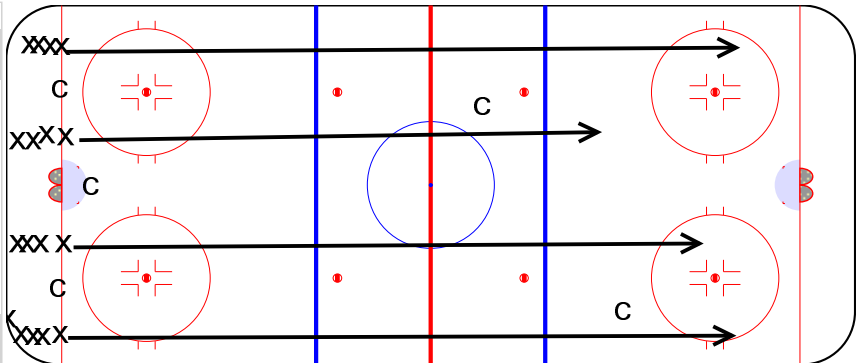
- First 5 minutes, coaches gather at center ice to determine which coaches are leading drills, stations, etc. and to ensure good flow to practice
- Players can skate around during this time

## 4 Line Skating Warm-Up - 12 min

12:00 - 12:12

For all skills, have kids go smooth and in balance

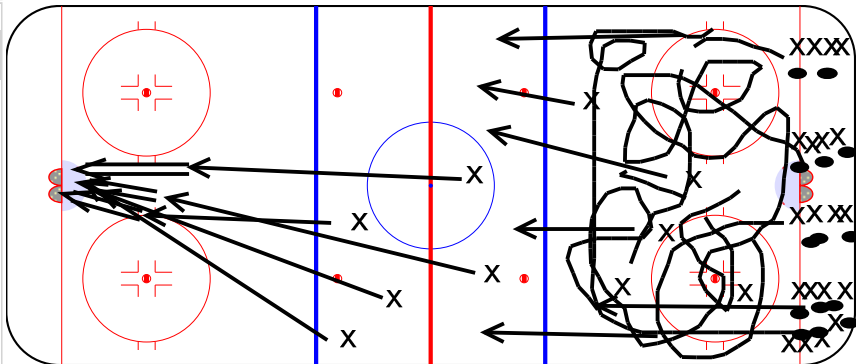
- 1st - Scooters...1 skate pushes
- 2nd - Push-Touch-Coast in balance
- 3rd - Inside edges (hold edge long time)
- 4th - Outside edges w/one crossover...try to have kids hold edge for 8 count
- 5th - knee touches to blue, sprint down



## Woogie 5 Line Warm-Up - 10 min

12:12 - 12:22

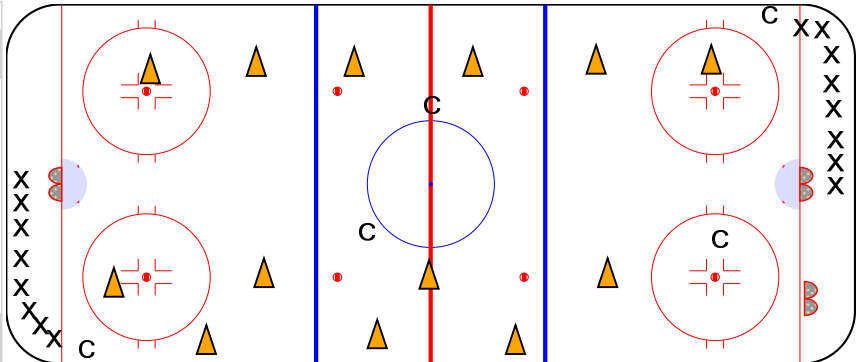
- 1 - On whistle, 1st player from each line buzzes around zone handling the puck with head up, trying moves, being creative etc.
- 2 - On next whistle, the 1st kids now enter the neutral zone and do same thing while the 2nd kids in line now go into near zone, and stickhandle around
- 3 - On next whistle, kids in neutral go in and score. Kids in near zone go into neutral and buzz. 3rd kid in line go buzz the near zone. REPEAT.



## Jaguar Zig Zag - 10 min

12:22 - 12:32

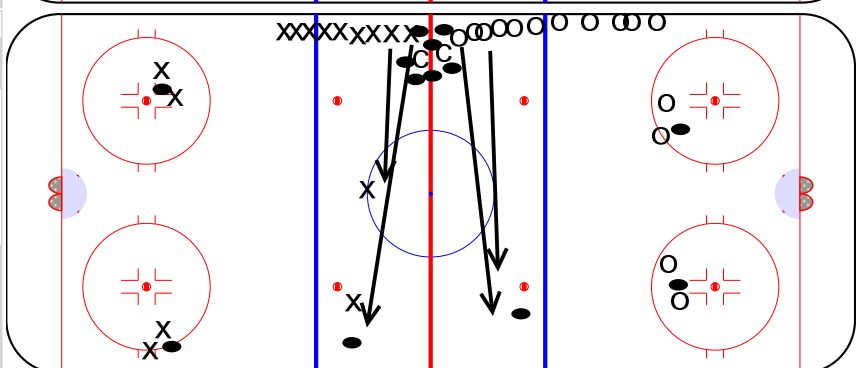
- 1/2 in opposite corners
- one side has cones in a straight line
- one side has cones in a zig zag fashion, that side can end with a shot on net if you need another wrinkle
- have players "overhandle" the puck
- work on stickhandling with head up
- build confidence and encourage kids to keep getting faster and faster



## 1 on 1 War on each 1/2 - 10 min

12:32 - 12:42

- 1/2 on each boards
- players have to stay in their end
- first 2 players go 1 on 1 against each other until the puck is in the net
- have 3 battles going on in each end at a time...so 12 kids should be battling at any time



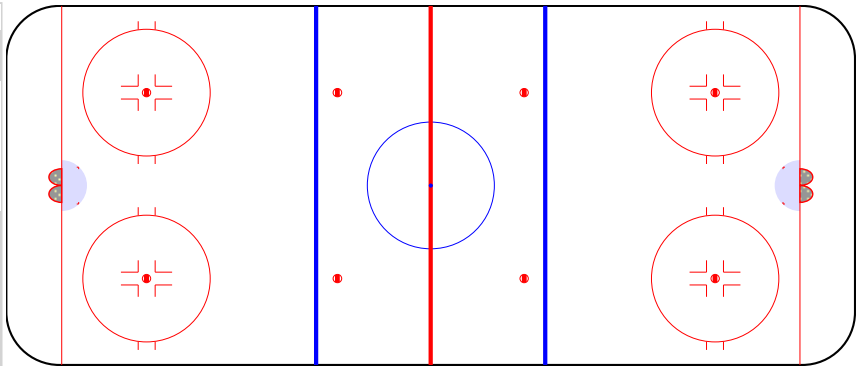
# Upper Mites Practice Two

## Free Time - 10 minutes

12:42 - 12:52

- free time with pucks, cones etc. out for kids to be creative.

- remind them about doing something to better themselves and to be safe



## Skills Stations - 30 min

12:52 - 1:22

### Zone A - Circle passing with PUGI pucks

1-pass randomly to others 2-tell kids pattern 3 - 2 pucks at once

### Middle Zone - Moving to space passing

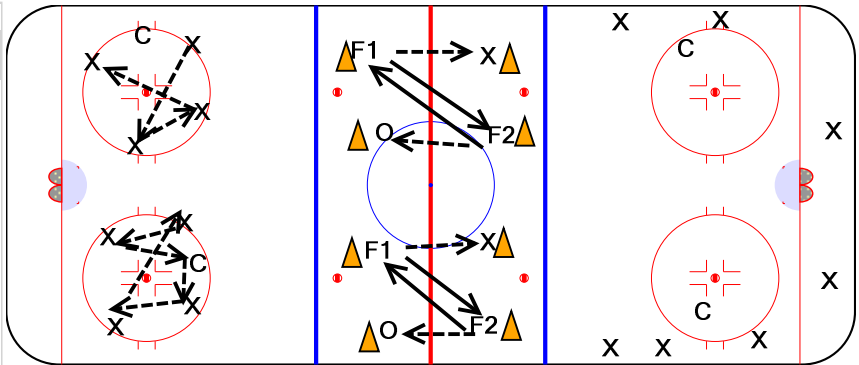
- F1 & F2 have pucks, pass to X & O

- F1 & F2 exchange positions

- F1 in a new spot, gets a pass from other player, F2 in new spot, gets pass from other player too

- X & O now exchange spots and get pass

**Zone B** - stationary wrist shot on boards



## 3 on 3 Cross-Ice in each zone - 8 min

1:22 - 1:30

- small nets in one end

- big net in other end with shooting boards up

