

Upper Mites Practice Three

Saturday, December 01, 2007 8:00 PM - 9:30 PM

Dec. 1st/2nd weekend

90 minutes

Shared ice @ Velocity

24 players

- 1st five minutes, coaches gather at center ice to discuss practice, who's leading drills etc.

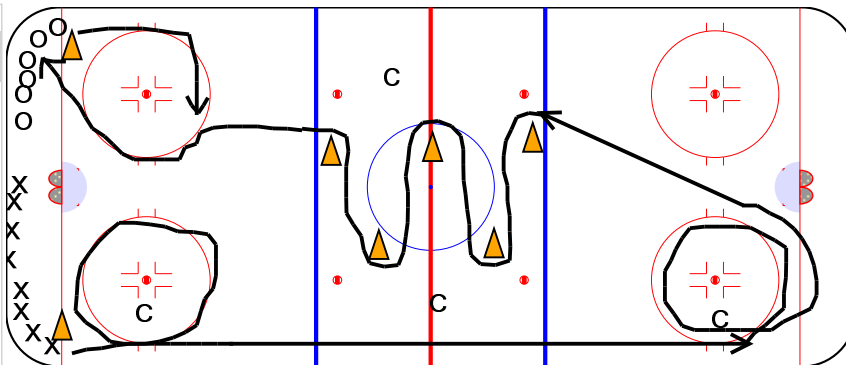
Barteux Set-Up - 12 minutes

8:00 - 8:05

- around circles, balanced crossovers
- through cones:
- tight turns...progress into long, exaggerated crossovers

- Start in corner 1, then corner 2, then 3, then 4 - regardless of corner, drill follows same pattern

- As kids get better at this, later in year add pucks or add wrinkles like backwards between blues, c-cuts around circles etc.

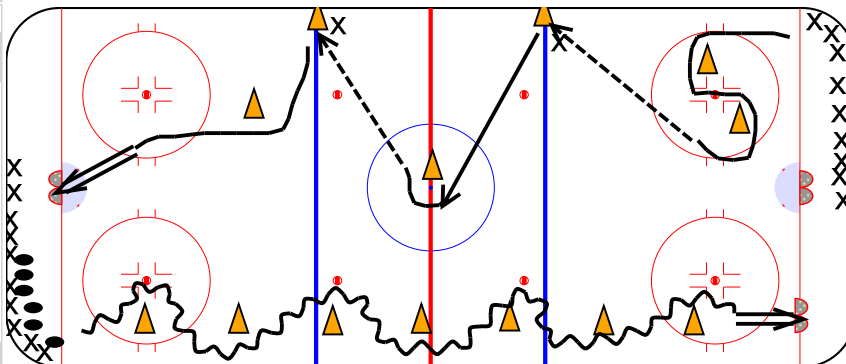


The Richter Replacement - 15 min

8:05 - 8:15

Side with cone line = players zig zag cones, handling the puck with head up (variation, make players start over if they look up before blue)...end with shot on net

Passing Side = player scoots cones and then fires pass to player on blue line. That player steps off boards - sprints to cone and then fires to player on next blue line. That player then sprints around cone and in for a shot on net

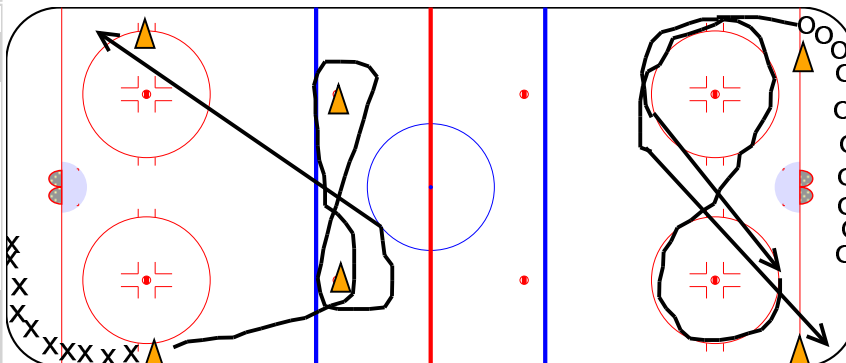


Overspeed skating in each end - 10 min

8:15 - 8:25

Go 3 players at a time in near end with cones, 2 players at a time in figure 8 end.

- overspeed drill, have kids go hard and stay on them for good form.
- can do with and without pucks
- have players go at least once on each side.
- try to have players do each drill in their end

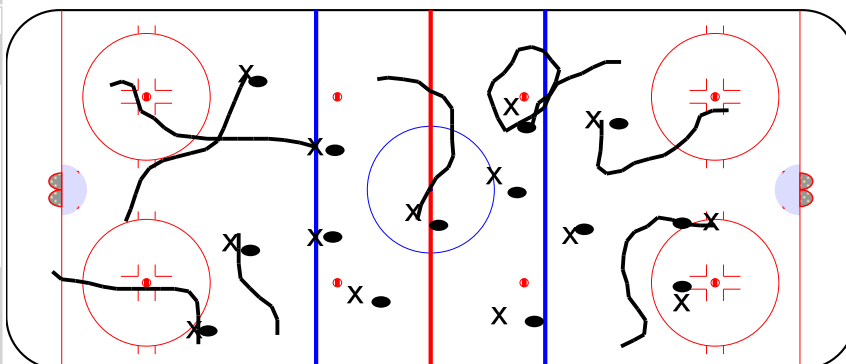


Chaos - 5 min

8:25 - 8:35

Have players skate around the ice in any direction with a puck.

-Encourage players to be creative with puck and try new moves
- Add wrinkles (i.e. on whistle have players find a circle or drop to knees and keep stickhandling)

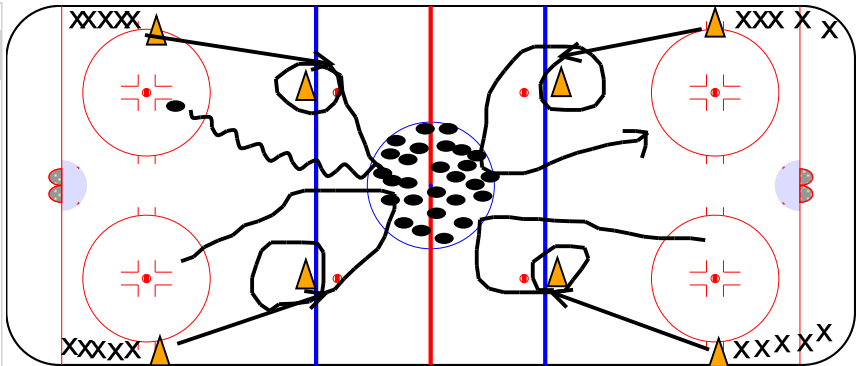


Upper Mites Practice Three

Mill Drill - relay - 10 minutes

8:35 - 8:45

- players divided into 4 teams
- all pucks in center ice...get lots of pucks
- 1st kid from each line sprints to cone does a 360 around it, picks up puck from center and puts it into circle closest to their line
- As soon as puck is in circle, the next player goes and so on and so on, until all pucks are in circles
- Object is to be team that has the most pucks in their circle
- variations (go backwards part of it, jump over

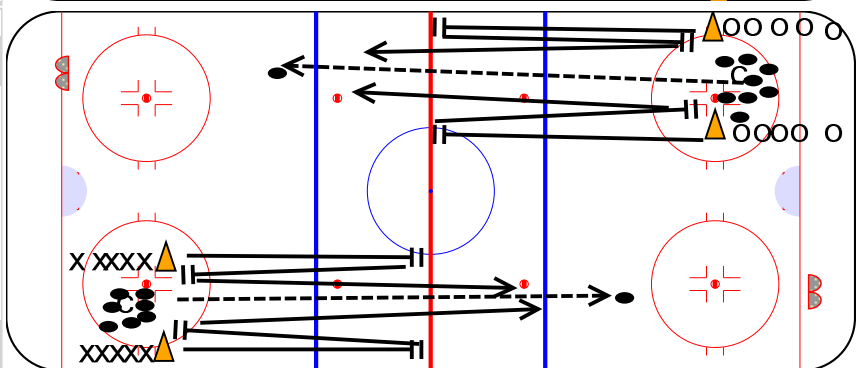


Stops race - 12 minutes

8:45 - 8:55

Player 1 races against other line's player 1

- players must stop facing their opponent so they get a stop in on both skates
- once players get back for 2nd stop by coach, coach flips a puck out for kids to race to
- first to the puck tries to score
- when rush is done, go into opposite corner and repeat



2 on 0 into 2 vs 2 Cross-ice - 15 minutes

8:55 - 9:05

- 2 players from one side go against 2 from other side
- On signal, 2 players must complete 2-3 passes to each other and then score on next OPPOSITE from where their line is.
- As soon as your puck is in net, you may go steal your opponents and then try to score on YOUR ORIGINAL net.
- If both teams score right away on their net, I like to throw a 3rd puck in so they get at least one 2 vs. 2 battle

