



Mite 2 Skills Practice Plan #5

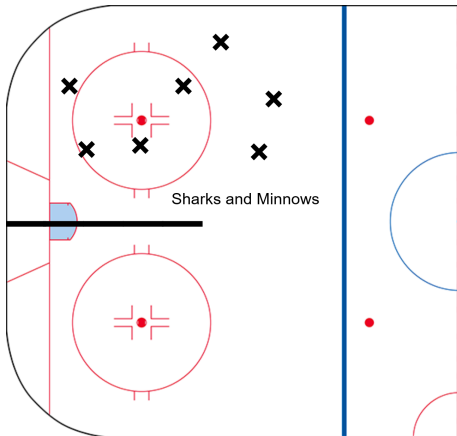
Duration: 60 mins

Start with Sharks and Minnows

0 mins

Sharks and Minnows

10 mins

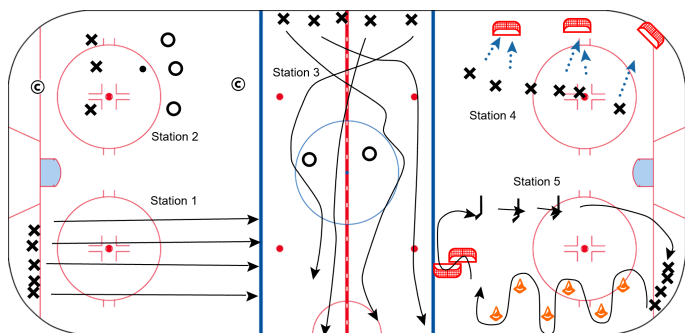


Start this by doing chaos stickhandling warm-up. Kids skate around with pucks and coaches provide light-moderate resistance.

THEN play the Sharks vs. Minnows game:

Designate 1 or 2 players to be the sharks to start the game. If they knock the puck off a minnows stick, the minnow becomes a shark. Last athlete standing wins.

Can also play knock out where all athletes are inside the circle. If your puck gets knocked out of the circle, you're done.

**Station 1: Beginner Skating Circuit #1 (Body Control Focus)**

- Swivels 2. Squat Glides (aka Race Cars) 3. One Foot Glides 4. Marching Soldiers 5. Supermans 6. Superman + Log Roll 7. Jumps 8. Races

Station 2: Wild Regroup Game

To "score", players pass to a coach. That team receives it back and then must get the puck to the opposite coach to score. They keep going back and forth to coaches. For more advanced teams, players must make 1 pass before giving the puck to the other coach.

Coaches should work to encourage players to move the puck as fast and often as possible. Reinforce concepts like supporting your teammate by getting to open ice. Encourage athletes to move around rather than stand still waiting for passes.

Station 3: Ships Across the Ocean

There are multiple variations of this game. You can do this game goal line to blue line or cross ice.

- Players do not have sticks. Xs have to sprint to the blue line to be safe. If they get tagged they become a tagger.
- Players have pucks. If their puck gets taken or knocked off their stick, they become the "sharks" in the middle of the ice.

Station 4: Half Moon Shooting

Place a couple nets in the area of the station. Have athletes spread out and face the net. Each athlete should get 10-12 pucks so make sure you have a lot of pucks on the ice for this drill. Athletes can shoot their pucks all at the same time. When they have all finished, bring the pucks back up to the top and start over. Focus on teaching form throughout the drill. Consider having players practice the correct form without a puck, acting as if they are shooting a real one on the net. Then have them use the pucks after they have shown you correct shooting form.

Station 5: Ghosts and Zombies Edges

Set up cones about 8 feet wide and zig zag them up to the blue. At the blue line, put two nets together so they overlap half. Lay down three sticks. Every time, the players will weave through the net and jump over the sticks as fast as they can. At the cones, start with inside edges on one foot, then move to two feet skiers (both inside and outside edge), and then stops at each cone. If players are more advanced, you can do outside edge, mohawks, backward inside edge, or backward outside edge.