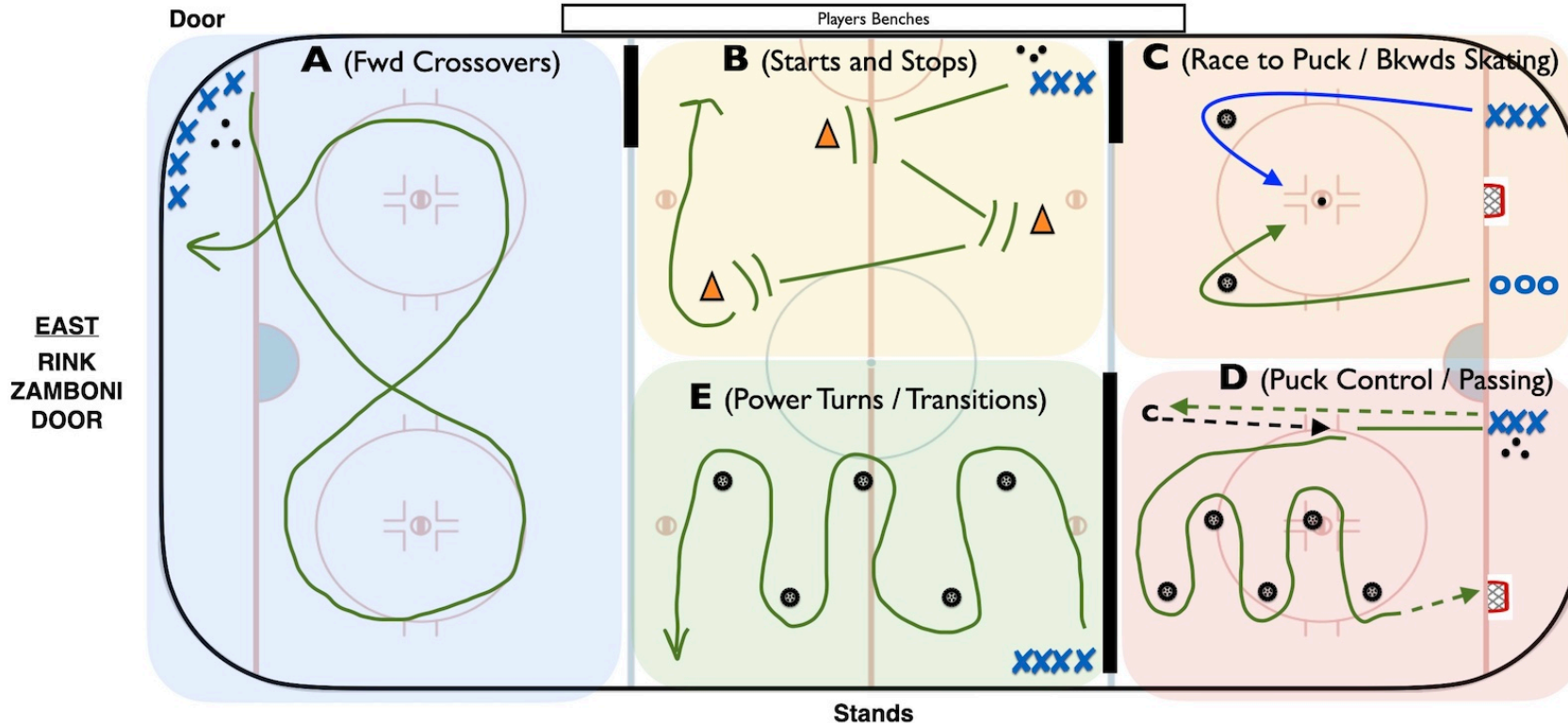


MITE/8U ASSESSMENT PLAN #1

THEME: "TESTING BASIC HOCKEY SKILLS"



Team First
Integrity
Grit
Engaged
Respectful



Before Stations

3-5 Min - Free Play

5 Min - Separate Into Stations

A - Forward Crossovers (7 min)

Will be graded:

1. Crossovers Without Puck
2. Crossovers With Puck

*Be sure to alternate sides

B- Starts and Stops (7 min)

Will be graded:

1. Starts & Stops Without Puck
2. Starts & Stops With Puck

*Face bleachers for every stop!!

*Be sure to alternate sides and shift cones accordingly.

C- Race To Puck / Bkwns Skating (7 min)

- Start out going forward (crossover start)
- Start out going backwards (c-cut)

Will be graded:

1. Winning Races (Speed, Grit)
2. Backwards Skating

D- Puck Control / Passing (7 min)

Players give and go pass to coach, weave through tires with puck and shoot.

Will be graded:

1. Passing and Receiving
2. Puck Control
3. Shooting

E- Power Turns / Transitions (7 min)

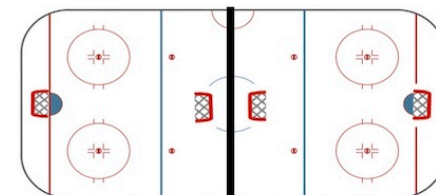
Will be graded:

1. Power turns
2. F/Bkwd transitions

After Stations

15 Min - Half Ice Games

Will be graded on: Game Play

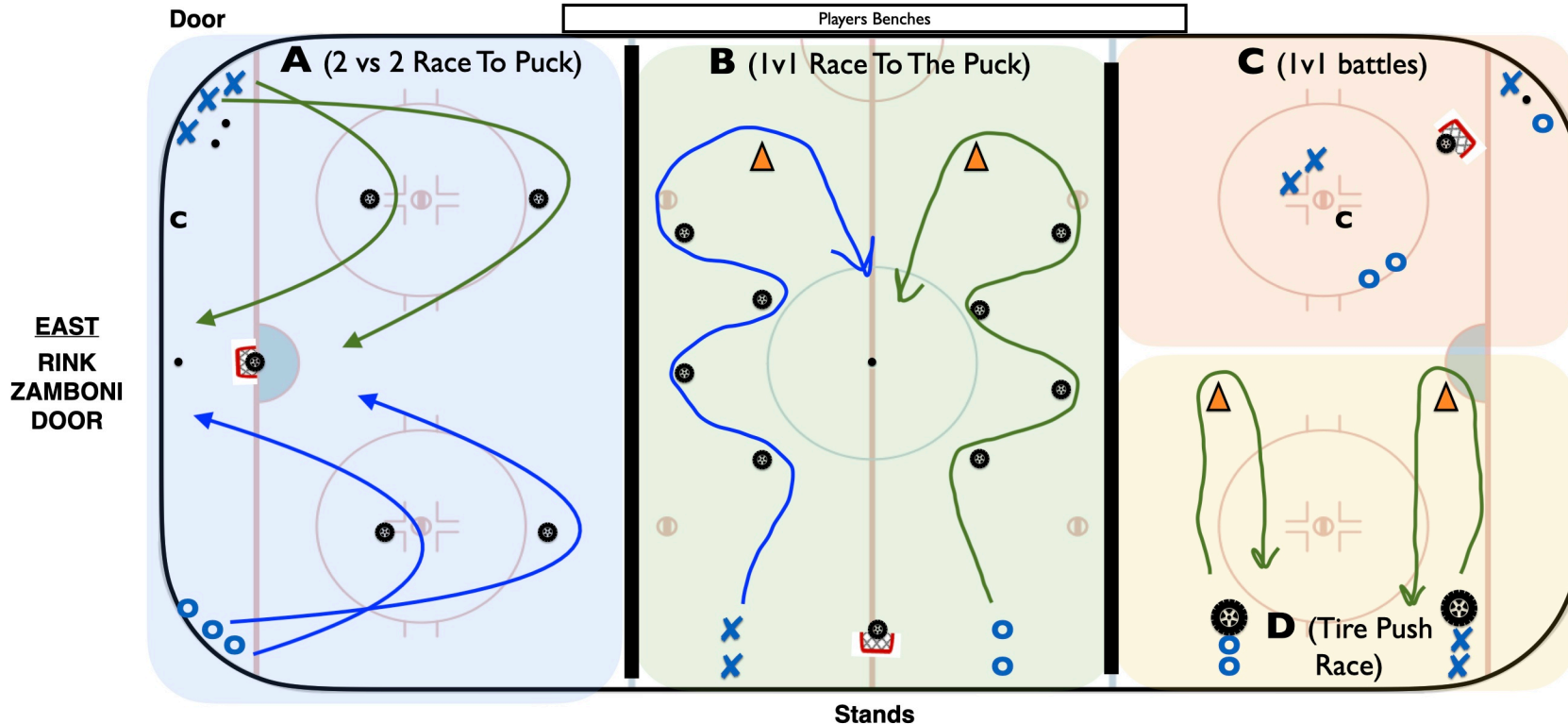


MITE/8U ASSESSMENT PLAN #2

THEME: "COMPETITION / PUCK BATTLES"



Team First
Integrity
Grit
Engaged
Respectful



Before Stations

3-5 Min - Free Play

5 Min - Stationary Passing

A - 2v2 Race To Puck (7 min)

Coach places puck behind the net. 1st player skates to first tire and battles for the puck behind the net. 2nd player in line skates around second and goes to the front of the net for a pass. Separate teams by helmet caps.

Skill: Speed, turns, battle and awareness

B- 1v1 Race To Puck (7 min)

Players weave through tires and around cone to the puck. Winner gets puck and shoots on net.

Skill: Speed, and puck battle

C- 1v1 Corner Battles (7 min)

Players battle for puck behind the net, gain possession and score.

Skill: Puck battles

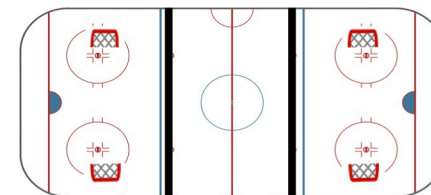
D- Tire Push Race (7 min)

Players race 1v1 pushing a tire around the cone and back.

Skill: Knee Bend, Grit

After Stations

15 Min - 3vs3 Cross Ice Games



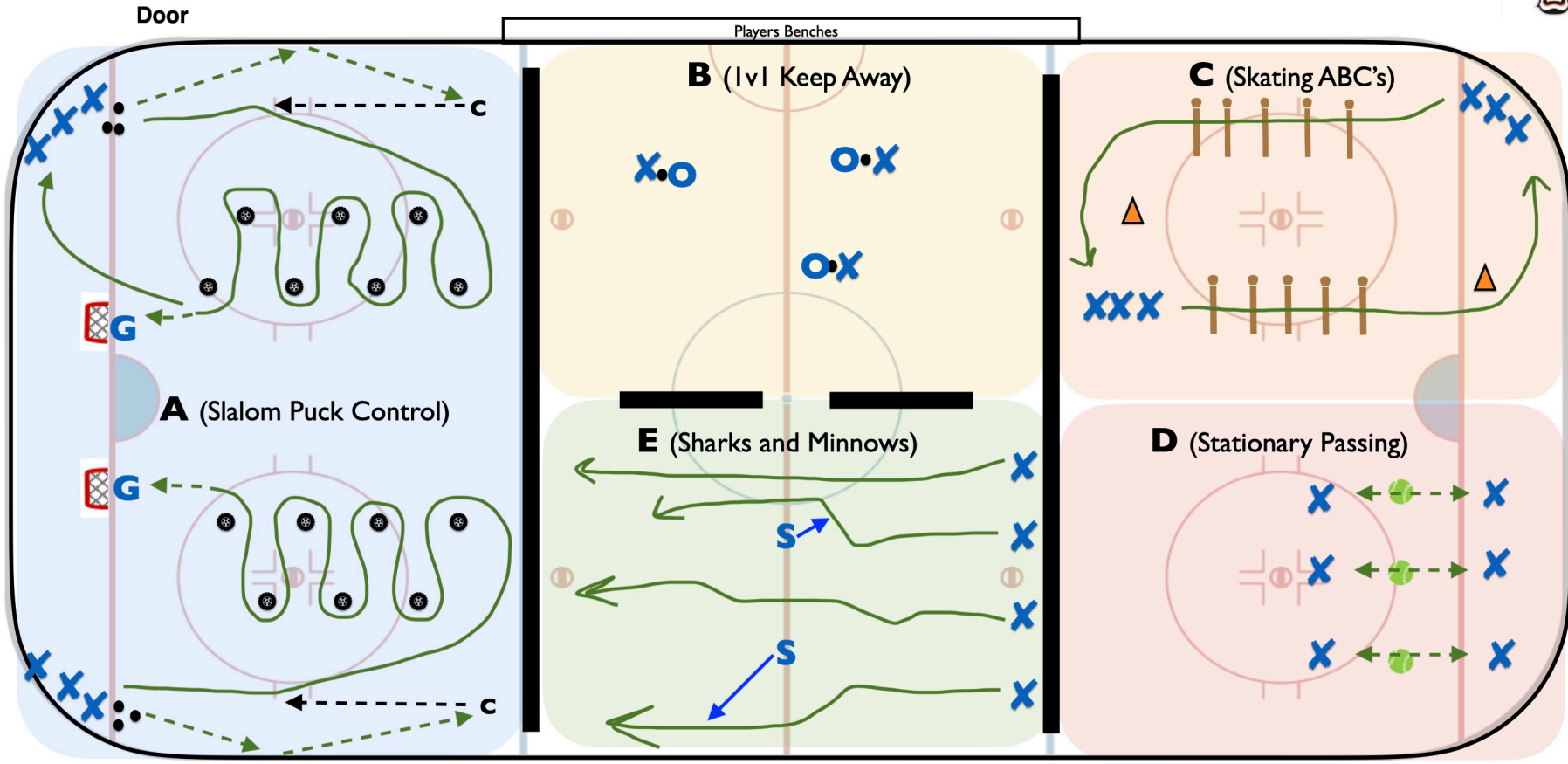
6 Min - Sharks and Minnows

MITE/8U PRACTICE PLAN #1 (Group 1 & 2)

THEME: "Skill Development/Ready Position"



Team First
Integrity
Grit
Engaged
Respectful



Before Stations

3 Min - Free Play

Scatter balls, pucks, etc. for players to enjoy playing with.

5 Min - Tiger Code / Split Up In Groups

Go over Tiger code in middle ice

A - Slalom Puck Control (6 min)

Give and go pass to coach off the boards. Players carry a puck through a slalom course ending with a shot on net. Emphasize proper shooting technique at the end. This can be turned into a race to force speed. **Skill: Ready position, edge control, puck control.**

B- 1v1 Keep Away (6 min)

Have players play 1v1 keep away in a tight area. Have multiple 1v1's going at once to encourage playing in traffic areas. Have players start with back to the puck in proper hockey position. **Skill: Competition / Critical Thinking**

C- Skating ABC's (6 min)

Players perform a number of different agility movements running over the sticks. Run 1 foot over each stick, 2 feet together hop, step over sideways facing left and right, or using edges to slalom between them. **Skill: Agility, balance, coordination.**

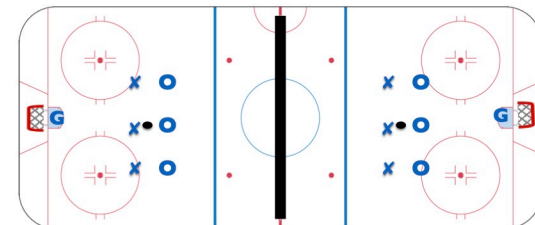
D- Stationary Passing (6 min)

Players partner up, stand 8-10' apart and pass the softball back and forth. Work on proper technique, emphasize keeping the hands away from the body and sweeping the puck. Players should stand sideways so that they pass cross body. Softballs will help force proper technique. **Skill: Forward passing**

E- Sharks and Minnows (6 min)

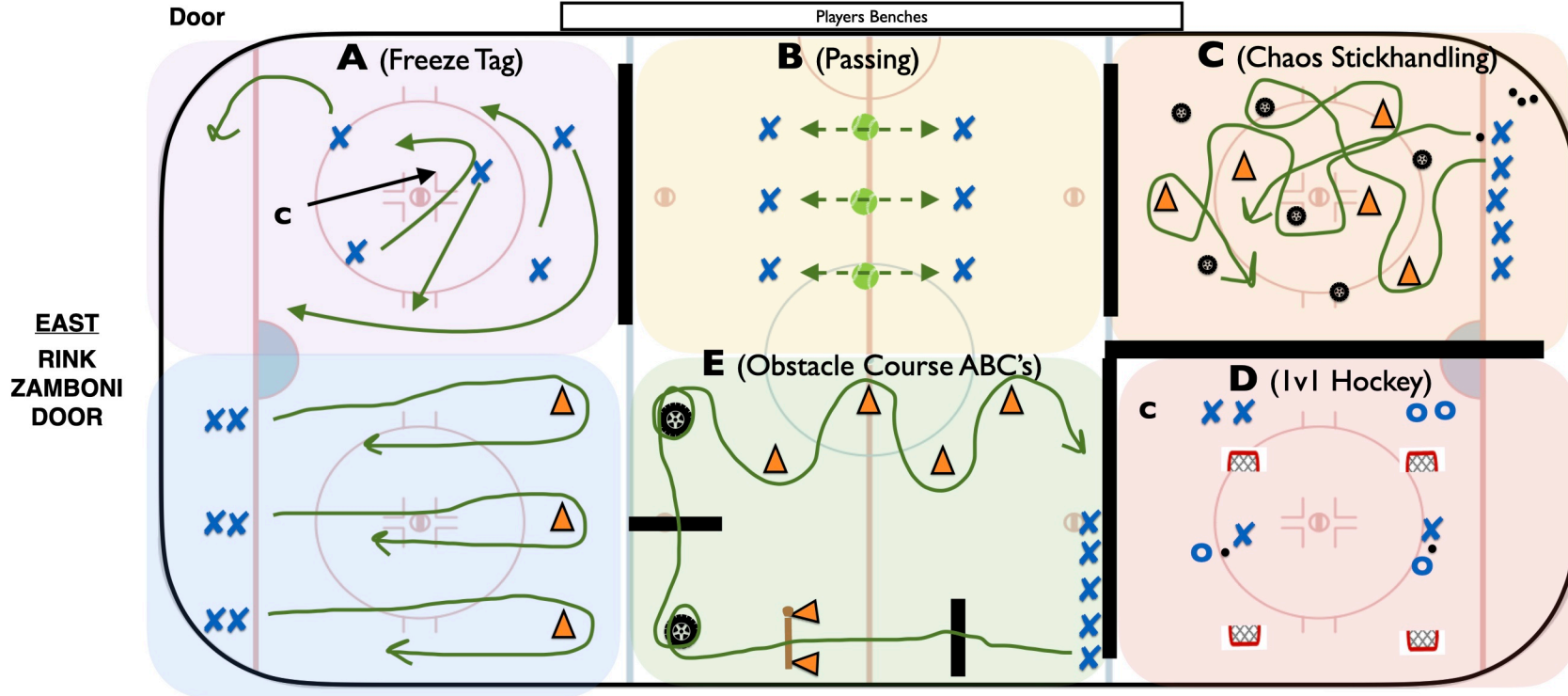
Two players are designated as the sharks to start. The minnows must skate from blue line to blue line without being tagged. If they are tagged, they become sharks too. Sharks start with back towards minnows. Minnows in ready position. **Skill: Ready position, edge control**

3v3 or 4v4 Half Ice Game (15 min)



MITE/8U PRACTICE PLAN #2

THEME: "SKILL DEVELOPMENT/FUN"



Warm Up - Puckhandling (5 min)

Players skate around the rink handling a puck. On whistle, they jump into the nearest circle and stickhandle, exit on next whistle and continue around the rink in the opposite direction.

Coaches use this time to set up stations

A - Freeze Tag

Coach tags or selected players do the tagging. The tagged player is frozen and stands in the hockey ready position until he is set free. The tagged player is set free when someone skates a circle around him.

B- Passing

Players practice passing technique on both the forehand and backhand. Players should be positioned so that they make the passes across their body. Sweep the ball when passing and keep the hands out away from the body. Use softballs to force proper technique.

C- Chaos Stickhandling

Players stickhandle skating around obstacles. All players are involved. The coach can switch to players going in pairs in a follow the leader setup. Check to see that each player is holding their stick properly. Hands about shoulder width apart and top hand at the end of the stick partially held in the palm with the V between thumb and forefinger on to of the stick like you would hold a hammer.

D- 1v1 Hockey

Keep two 1v1 hockey game going with a change of players every 30 seconds.

E- Obstacle Course (ABC's)

Have players begin obstacle course by starting on their knees, stomach, back, etc. Jump over obstacle, immediately followed by sliding under an obstacle. Include 360 degree turns and a slalom course. On all turns, lead with stick.

F- Skating (ABC's)

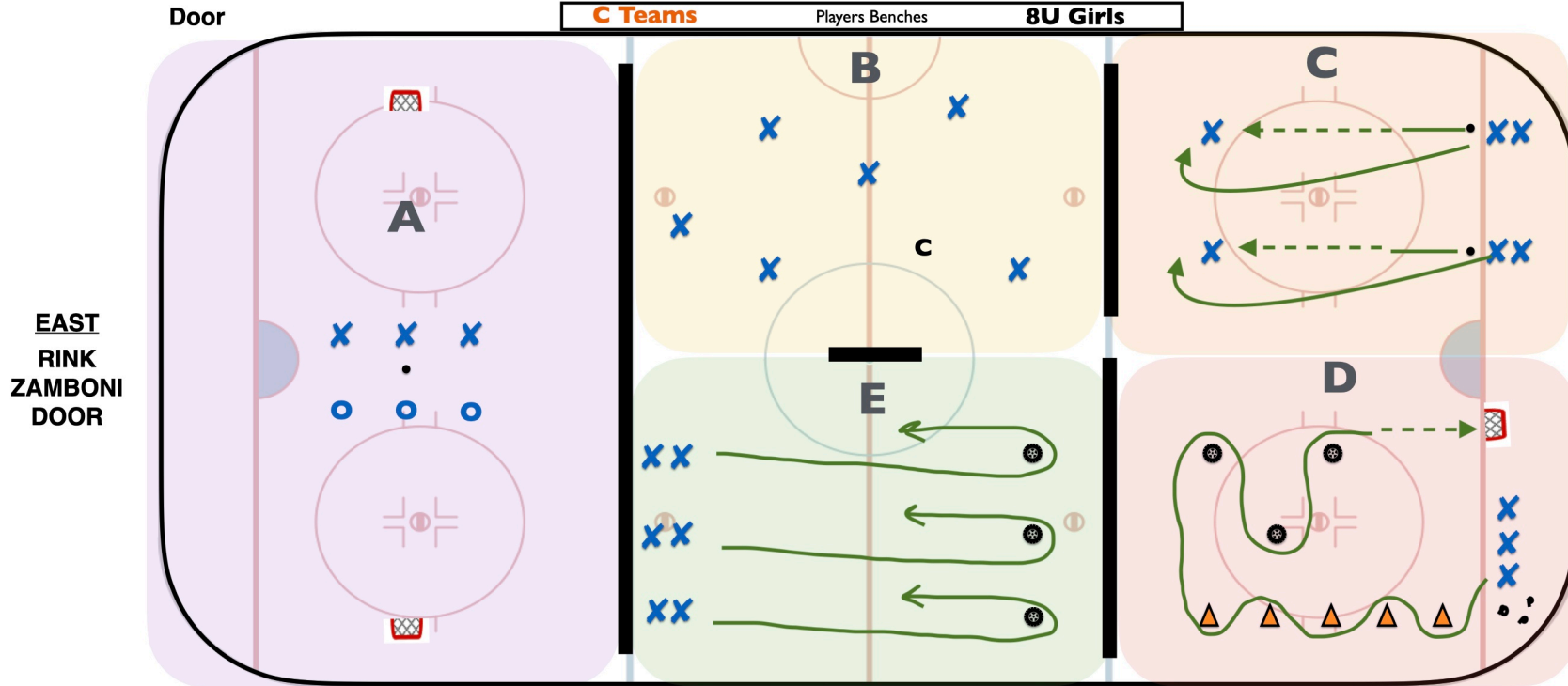
Run on skates, drop to knees, drop to single knee, drop to knees and spin 360, arm circles forward, arm circles backward, arm circles 1 forward & 1 backward, 2 foot power jumps, log role to right, log role to left. Practice the skill to the blue line and back.

Game - Pom Pom Pull Away (9 minutes)

Players must skate to opposite end of ice without being tagged by selected taggers. Once tagged players stand along boards. Last survivor wins.

MITE C/8U GIRLS PRACTICE PLAN #3

THEME: "SKILL DEVELOPMENT/FUN"



Warm Up - Passing with Coaches (7 min)

Players skate around the rink with puck and make passes to any coach. Coaches are stationed at various positions along the board. Other coaches setting up stations.

Skill: Passing and Receiving

Stations: 5 Stations x 8 minutes

On the whistle to change stations, players do 5 jumping jacks before moving on to the next activity. Players put water bottles on their team's bench.

A- 3v3 Cross Ice Game

Separate players by helmet caps. **Skill: Playing the game**

B- Tag with Both Feet on Ice

Players must push with inside edges and keep both feet on ice as the maneuver to escape the coach. If tagged the tagged player drops to knees until a teammate skates a circle around him and is then set free.

Skill: Edge control

C- Passing Shuttle

Player with puck skates 3 strides, passes to opposite line and then skates to the back of that line. Next the player with the puck skates 3 strides and passes to opposite line. Work both forehand passing and backhand passing. Remember to sweep puck. **Skill: Passing**

D- Puck Control

Slalom through cones and finish with wrist shot. For the more advanced players, stickhandle through the cones (or small tires) with the puck traveling on one side of the cone and the body on the opposite. This is good coordination drill for puck control. Check to see that each player is holding their stick properly and that two hands are used to stickhandle.

Skill: Puck Control, Shooting

E- Skating Edge Control (ABC's)

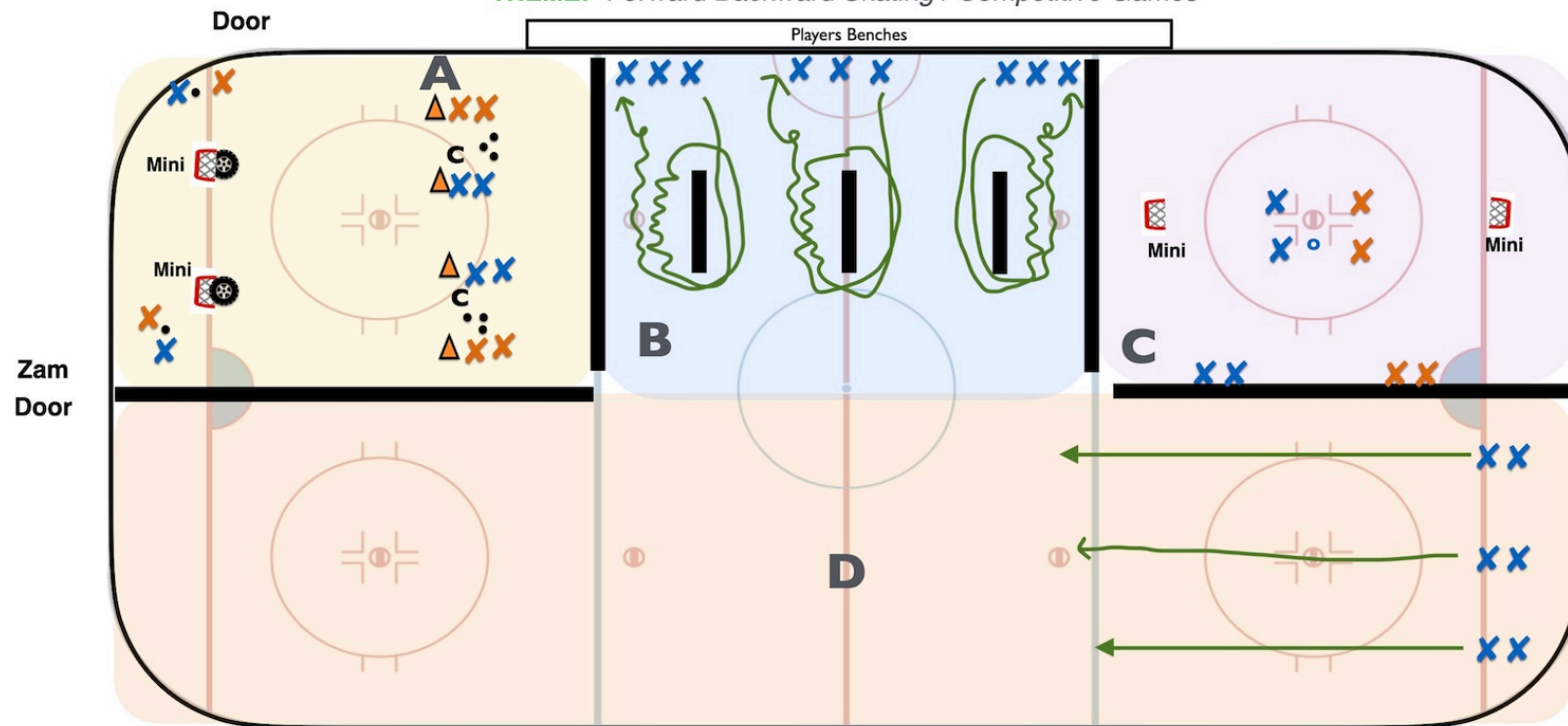
Swizzles, inside edges, outside edges, 2 foot slalom, inside edges pump, single leg alternate edges, power jumps, swizzles out jump feet together. **Skill: Skating Agility**

Game - 3 Puck Keep Away (7 minutes)

Coaches vs Players. Throw 3 pucks on the ice and play. **Skill: Puck control, passing, fun.**

MITE C/8U GIRLS PRACTICE PLAN #4

THEME: "Forward Backward Skating / Competitive Games"



Warm Up - (3 min)

A- 1v1 Hockey Battles (13 min)

Part 1 - Keep two 1v1 hockey game going with a change of players every 30 seconds.

Part 2 - If they get bored of this, finish off with a game of keep away. Orange vs. Blue

Skill: Passing, Playing the game

B- Forward Backward Transitions (13 min)

Part 1 - Forward backward transitions L,R. Make sure players pivot hips in correct direction. No swinging hips back and forth. Do 1 full circle around each time, then next player in line goes.

Part 2- Have them play 1v1 tag around the black barrier. Can't step over black barrier.

Skill: Transitions, backward skating.

C- 2v2 Ringette (13 min)

Players turn stick over to play 2v2 or 3v3 ringette for any group larger than 8 players. Switch shifts every 45 seconds. **Skill: Battling, body contact, stick strength.**

D - Bryan Osmondson - Skating (13 min)

Skating instructor Bryan Osmondson will run this skating station.

Skill: Forward and Backwards Skating

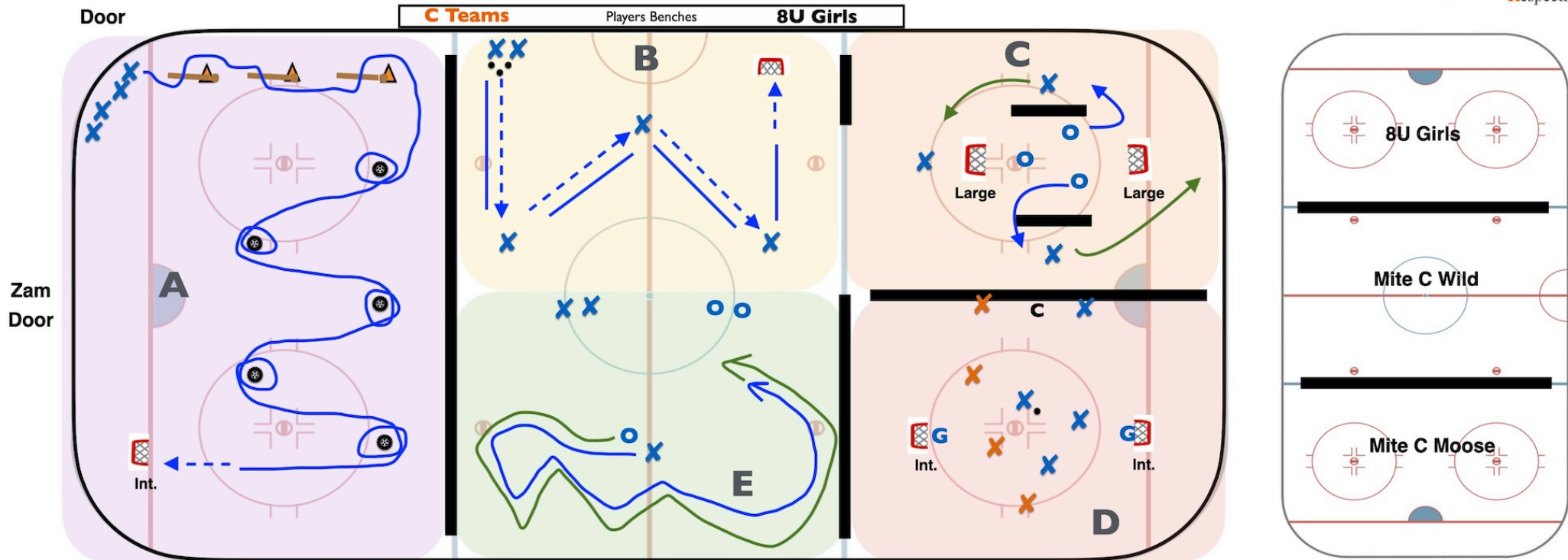
Sharks and Minnows

If there is time at end do sharks and minnows

Skill: Skating

MITE C/8U GIRLS PRACTICE PLAN #5

THEME: "SKILL DEVELOPMENT/FUN"



Warm Up - Passing with Coaches (3-5 min)

Players play with pucks, balls, rings

A- Puckhandling & Skating (7 min)

Make fakes and slide the puck by the attack triangles (use a stick on a tire and cone) then carry the using tight turns around the cones finishing with a shot on goal.

Skill: Puck control, attack triangles, tight turns

B- Pass & Follow (7 min)

Players pass the puck to the next player and then take that players spot. Sweep puck and show a good target for reception. Finish with a wrist shot on goal.

Skill: Passing, Shooting

C- Net Tag - (7 min)

Player X attempts to evade player O using the nets as a screen. Have multiple groups going at the same time. Encourage deception with stops and starts. Use other obstacles like dividers or sets of tires if you don't have enough nets. **Skill: Skating, angling, fun**

D- 2v2 or 3v3 Tight Space (7 min)

Play 2v2 or 3v3 and change on the whistle every 30 seconds.

Skill: Playing the game

E- Russian Shadows / follow the leader (7 min)

Two players go together and play follow the leader. Encourage them to be creative with their movements. Can carry pucks as well and can have multiple groups going at once. Works on skating, edges, agility, coordination, and balance.

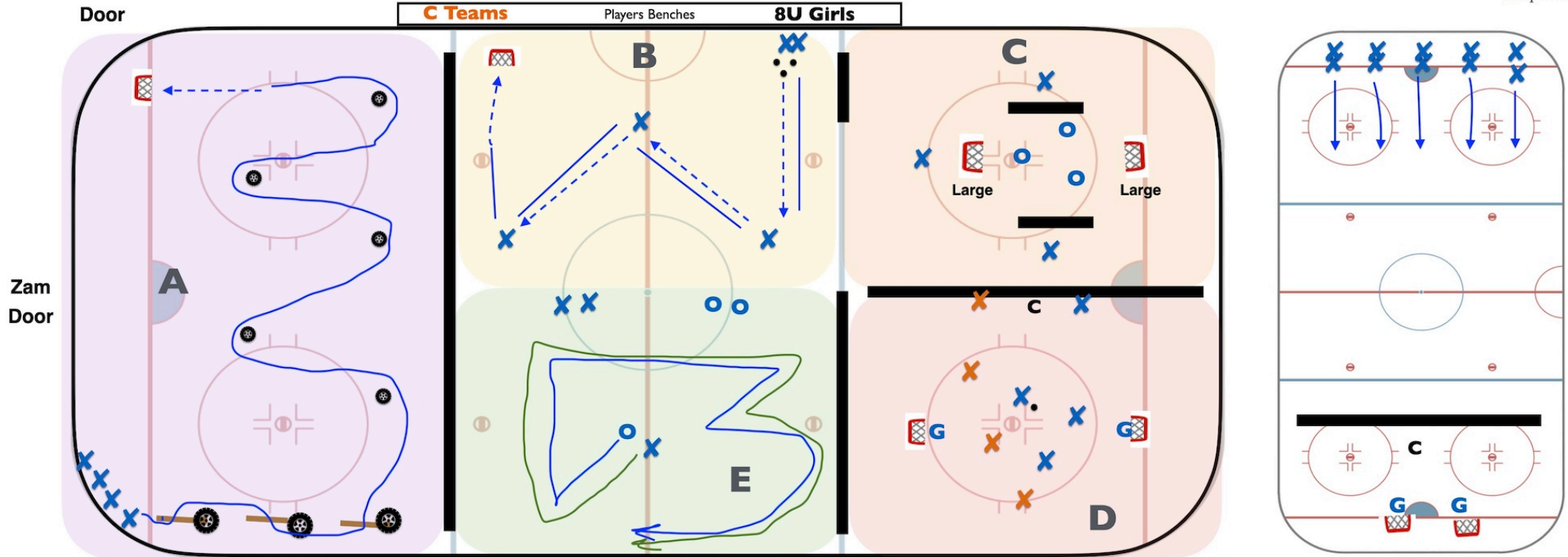
Skill: Skating agility, edges, coordination, and balance

Team Time (15 minutes)

Each team takes a 1/3 of the ice for team time. This time should include a cross ice or small area game of sorts. See diagram above.

MITE C/8U GIRLS PRACTICE PLAN #5.5

THEME: "SKILL DEVELOPMENT/FUN"



Warm Up - Passing with Coaches (3-5 min)

Players play with pucks, balls, rings

A- Puckhandling & Skating (7 min)

Make fakes and slide the puck by the attack triangles (use a stick on a tire and cone) then carry the using tight turns around the cones finishing with a shot on goal.

Skill: Puck control, attack triangles, tight turns

B- Pass & Follow (7 min)

Players pass the puck to the next player and then take that players spot. Sweep puck and show a good target for reception. Finish with a wrist shot on goal.

Skill: Passing, Shooting

C- Net Tag - (7 min)

Player X attempts to evade player O using the nets as a screen. Have multiple groups going at the same time. Encourage deception with stops and starts. Use other obstacles like dividers or sets of tires if you don't have enough nets. **Skill: Skating, angling, fun**

D- 2v2 or 3v3 Tight Space (7 min)

Play 2v2 or 3v3 and change on the whistle every 30 seconds.

Skill: Playing the game

E- Russian Shadows / follow the leader (7 min)

Two players go together and play follow the leader. Encourage them to be creative with their movements. Can carry pucks as well and can have multiple groups going at once. Works on skating, edges, agility, coordination, and balance.

Skill: Skating agility, edges, coordination, and balance

Skating Edgework (10 minutes)

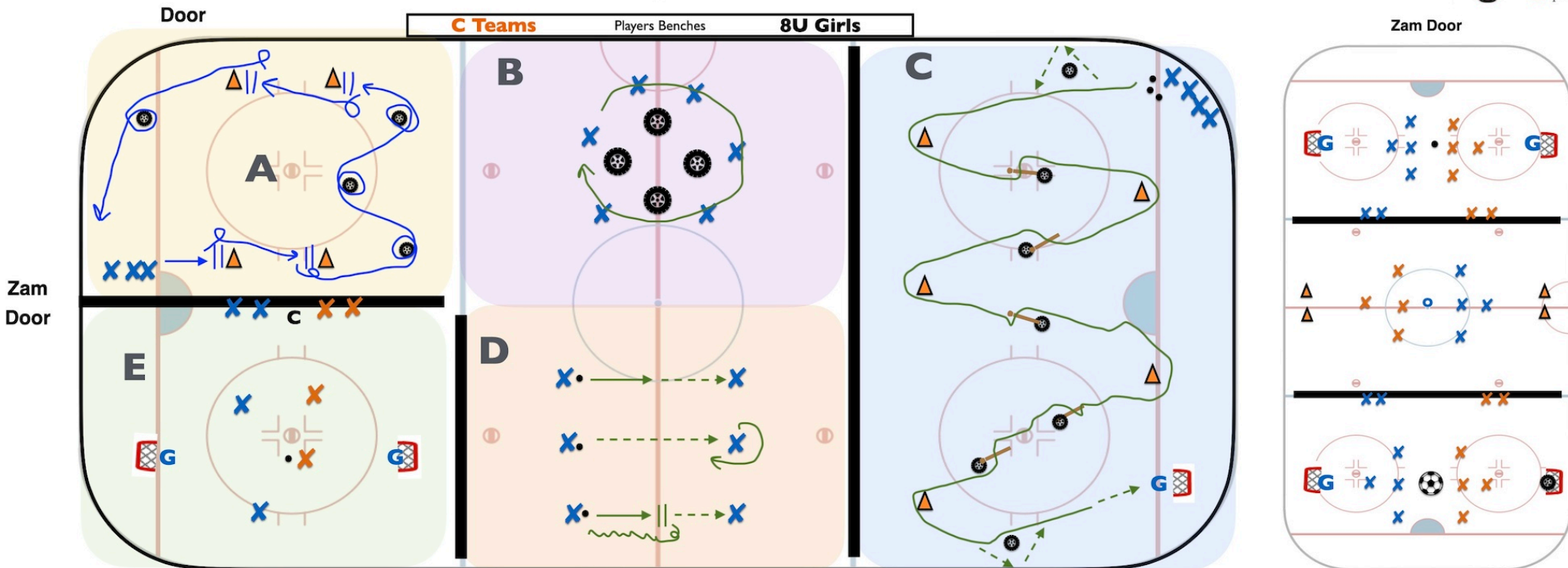
- Swizzels (inside edge) (2x)
- Slalom two feet - like skiing (2x)
- Inside edges backward (2x)
- Single leg inside/outside edge forward L/R (2x)
- Two foot power jumps (2x)
- One foot hop L/R
- Whatever else....

Goalies work with coach. Glove, blocker, pad, stick etc.

Sharks and Minnows (6 minutes)

MITE C/8U PRACTICE PLAN #6

THEME: "Skating, Puck Control"



Free Play - (3-5 min)

A- Obstacle Course (7 min)

Run obstacle course to focus on stops, starts, and tight turn skating skills. Once players begin, be active and assist individual players with skating technique. Keep stick under control and blade near ice. Follow stick through course. **Skill: Skating**

B - Crossovers Musical Chairs (7 min)

Forwards crossovers, backward crossovers, change direction around tires, then turn it into a musical tire game. Player's who don't get to sit on a tire before others have to do 2 pushups or something else.

Skill: Skating, crossovers, fun.

C- Puck Control (7 min)

Players bounce puck off boards, turn around cones, attack triangles (stick on tire), and shoot on net. Check to see that the players are holding their sticks properly, are making fakes, and sliding puck by the attack triangles.

Skill: Puck Control, Attack Triangles, Shooting.

D- Passing with Movement (7 min)

Pass forehand then backhand. Catch pass and spin 360. Skate forward and pass, stop and skate backwards to starting spot. **Skill: Passing**

E - 2v2 Score on Any Net (7 min)

Play 2v2 in 30 to 40 second shifts. Players can score on any net. The coach continues to spot puck into play after goals are scored until the shift time is complete. **Skill: Playing the game, fun!**

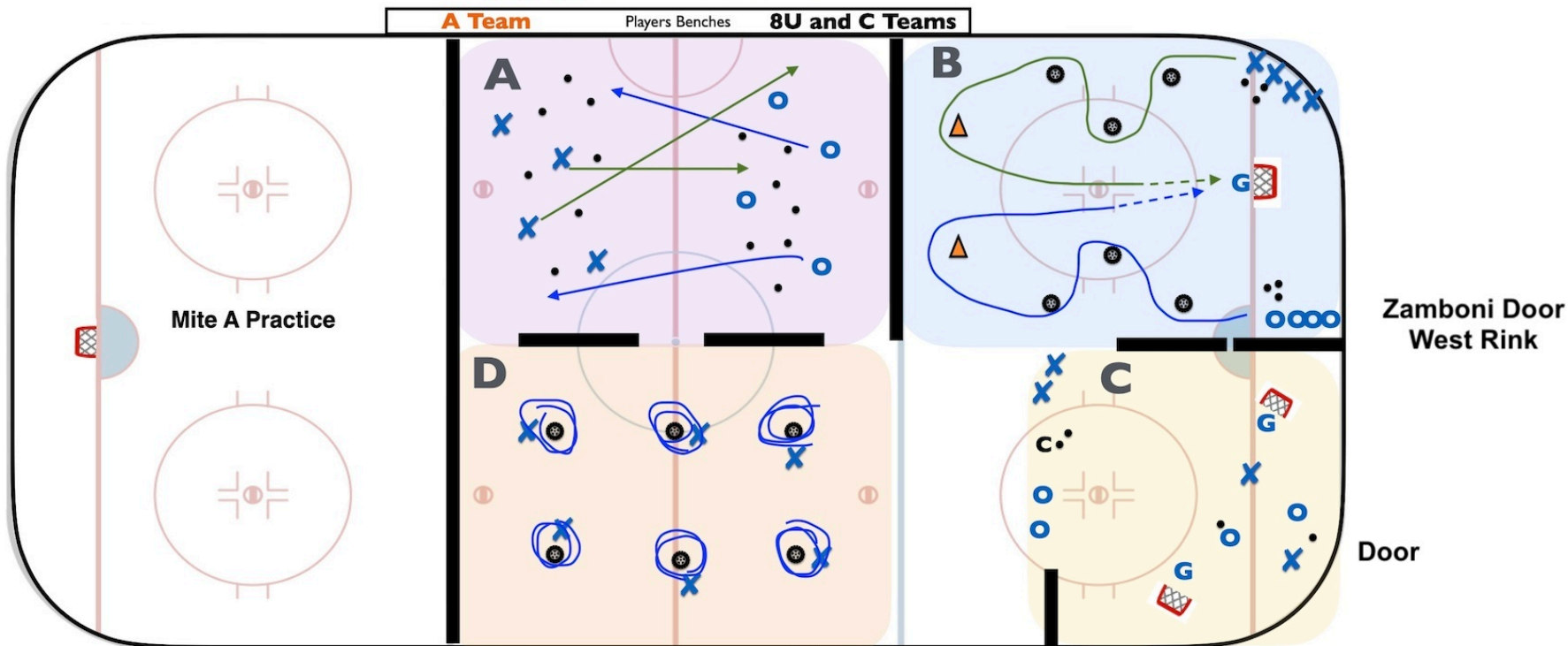
Cross Ice Games (20 minutes)

1. 4v4 Soccer Ball
2. 4v4 Ringette
3. 4v4 Hockey Puck

Skill: Playing The Game, Fun!

MITE C/8U PRACTICE PLAN #8

THEME: "Skill Development/Fun"



Free Play - (3 min)

A- Give Away Game (7 min)

Players split into 2 teams with one team on each side of the line. Players must stay on their own side. The players attempt to shoot as many pucks as possible into the other team's zone. On the whistle to end the game the team with the fewest pucks in their zone wins.

Part 2 - Stationary Passing (7 minutes)

Forehand, backhand, bullet pass (hard as possible).
Skill: **Passing, Shooting**

B- Puck Control Obstacle Course (7 min)

Players weave through tires with puck, power turn around cone and shoot on net. Stagger start times on each line.

Part 2 - Obstacle Race To Puck (7 min)

Keep same set up but now coaches place a puck on the face-off dot and player race to the puck to shoot and score. Skill: **Skating, Shooting, Puck Control**

C - 1v1 Corner Battles (7 min)

Coach keeps 2 1v1 corner battles going at the same time.

Part 2 - 2v2 Tight Space Game (7 min)

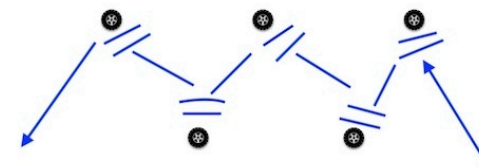
Coach now has players play 2v2 in same set tight space set up. Skill: **Battles, Puck protection**

D- Forward Cross Overs L/R (7 min)

Players skate around tires working on cross-over skating technique. Keep stick to inside and turn head and shoulders into the turn. Work both to the left and the right. Coaches should work individually with players that need technical instruction.

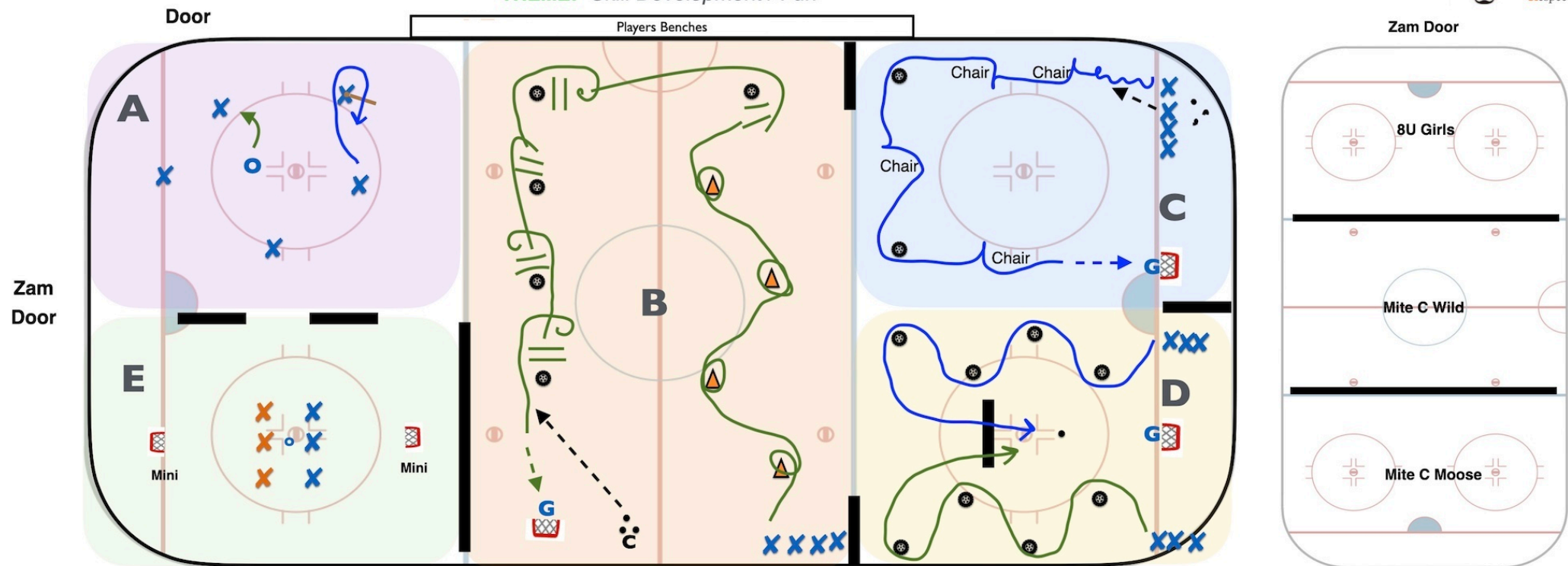
Part 2 - 5 Cone Stops (7 min)

Pull a tire out and adjust to a 5 tire set up for stops and starts at each cone working on technique (SEE BELOW). Coaches work individually with those that need help. Add in drop to knees between cones. Skill: **Stopping, Crossovers**



MITE C/8U GIRLS PRACTICE PLAN #9

THEME: "Skill Development / Fun"



A- Freeze Tag (7 min)

Once tagged the player drops to knees with stick out on ice. The player is unfrozen when a teammate skates a circle around him and jumps over his stick.

Skill: Skating agility, fun.

B- Obstacle Course ABC's (7 min)

Tight turns around cones, stop and escape at tires. Coach pass and player shoots. Half way through add pucks if ready. **Skill: Skating edges, puck control, shooting.**

C - Puck Control Fakes (7 min)

Begin by skating backwards and receiving a pass from the next player in line. Have players attempt a wide fake at each Chair. Emphasize exaggerated moves and putting the puck as wide as possible. Finish off with a shot on goal.

Skill: Puck control, wide reaches.

D- Loose Puck Races (7 min)

Players race for a loose puck and finish with a shot on goal. Vary course and add extra agility. Examples, start from knees or stomach, complete 360 around cone, jumps etc. Keep stick down and under control, lead with stick. **Skill: Skating, Competition, Shooting.**

E- 3v3 Ringette (7 min)

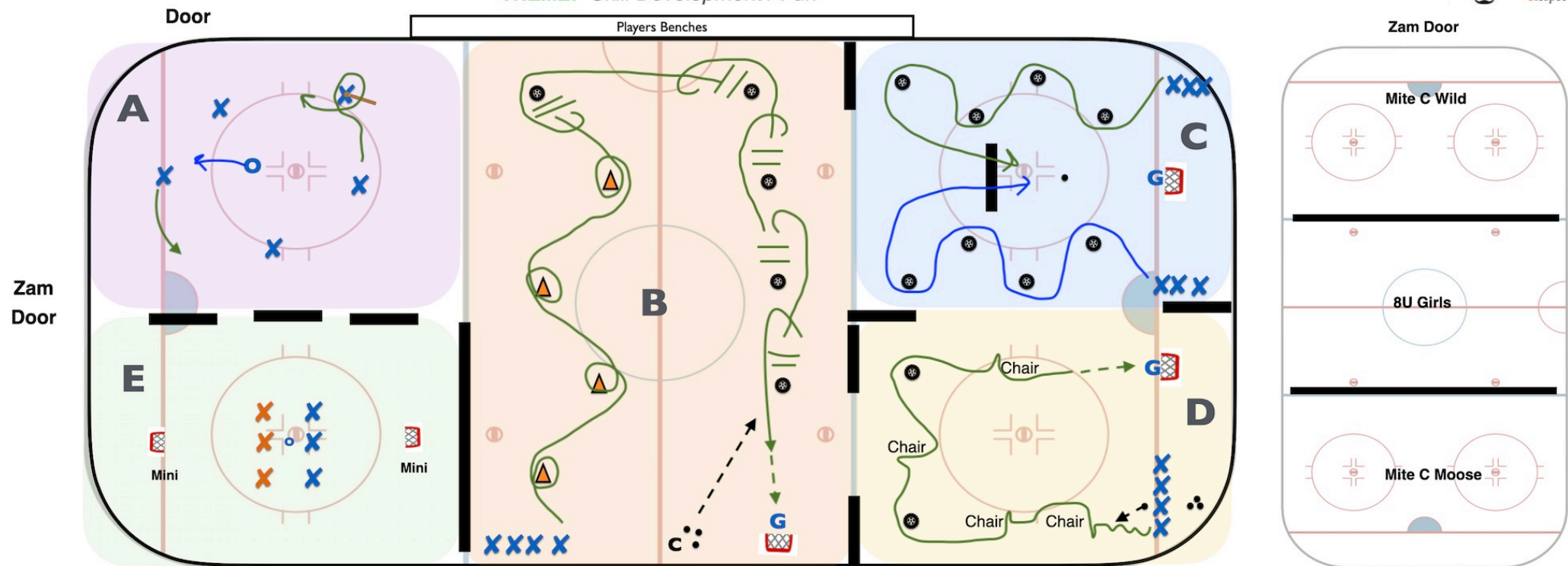
Play 3v3 tight space ringette. 40 second shifts and change. **Skill: Puck protection, stick lifts.**

Individual Team Time (20 minutes)

Each team takes a 1/3 of the ice to work on their own drills/games. Please see Diagram above for team location.

MITE C/8U GIRLS PRACTICE PLAN #9.5

THEME: "Skill Development / Fun"



A- Freeze Tag (7 min)

Once tagged the player drops to knees with stick out on ice. The player is unfrozen when a teammate skates a circle around him and jumps over his stick.

Skill: Skating agility, fun.

B- Obstacle Course ABC's (7 min)

Tight turns around cones, stop and escape at tires. Coach pass and player shoots. Half way through add pucks if ready. **Skill: Skating edges, puck control, shooting.**

C- Loose Puck Races (7 min)

Players race for a loose puck and finish with a shot on goal. Vary course and add extra agility. Examples, start from knees or stomach, complete 360 around cone, jumps etc. Keep stick down and under control, lead with stick. **Skill: Skating, Competition, Shooting.**

D - Puck Control Fakes (7 min)

Begin by skating backwards and receiving a pass from the next player in line. Have players attempt a wide fake at each Chair. Emphasize exaggerated moves and putting the puck as wide as possible. Finish off with a shot on goal.

Skill: Puck control, wide reaches.

E- 3v3 Ringette (7 min)

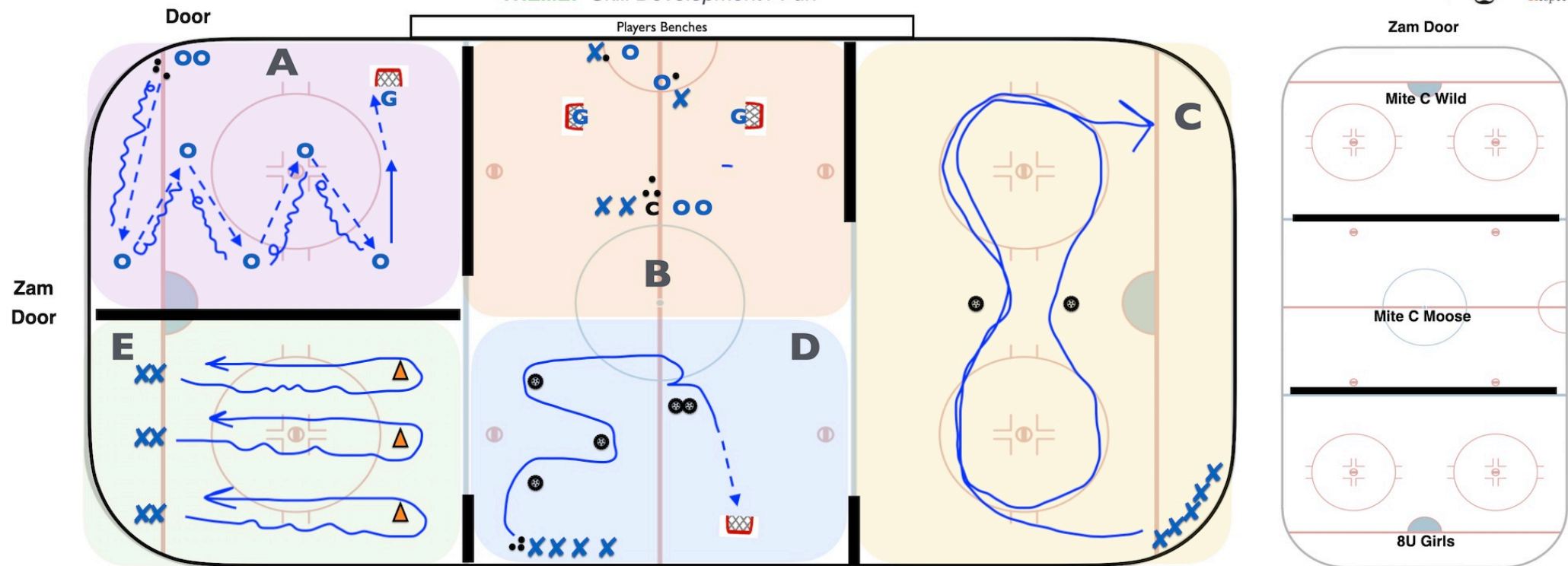
Turn stick over and play 3v3 tight space ringette. 40 second shifts and change. **Skill: Puck protection, stick lifts.**

Individual Team Time (20 minutes)

Each team takes a 1/3 of the ice to work on their own drills/games. Please see Diagram above for team location.

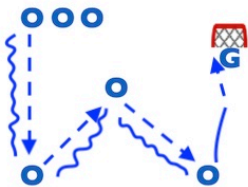
MITE C/8U GIRLS PRACTICE PLAN #10

THEME: "Skill Development / Fun"



A- Pass, Follow Pass (7 min)

Players make a pass to the next player in the chain and then follow their pass by pivoting and skating backwards to take the receiver's spot. Last player in the chain finishes off with a shot on goal. Alt: If 5 spots is too many use just 3 like below. **Skill: Passing, pivots, backwards skating.**



B - 1v1 X2 (7 min)

Play 1v1 in a tight space for 30 second shifts. Have two sets of 1v1's in play. **Skill: Puck battles, shooting.**

C- Peanut Drill (7 min)

Forwards crossovers, two hands on their stick and steer with stick on the ice (keep feet moving the whole time). Do it from both sides. **Skill: Crossovers, stick position.**

D - Puck Control, Fake & Shoot (7 min)

Players handle puck through obstacles. At the double tire the players must use an exaggerated fake before shooting on goal.

Skill: Puck control, shooting.

E- Edges ABC's (7 min)

Inside edges, outside edges, inside edges backwards, outside edges backwards, swizzles F/B, two foot jump forward to backwards & backwards to forwards (face same side), single leg step forward to backwards & backwards to forwards (face same side).

Skill: Skating.

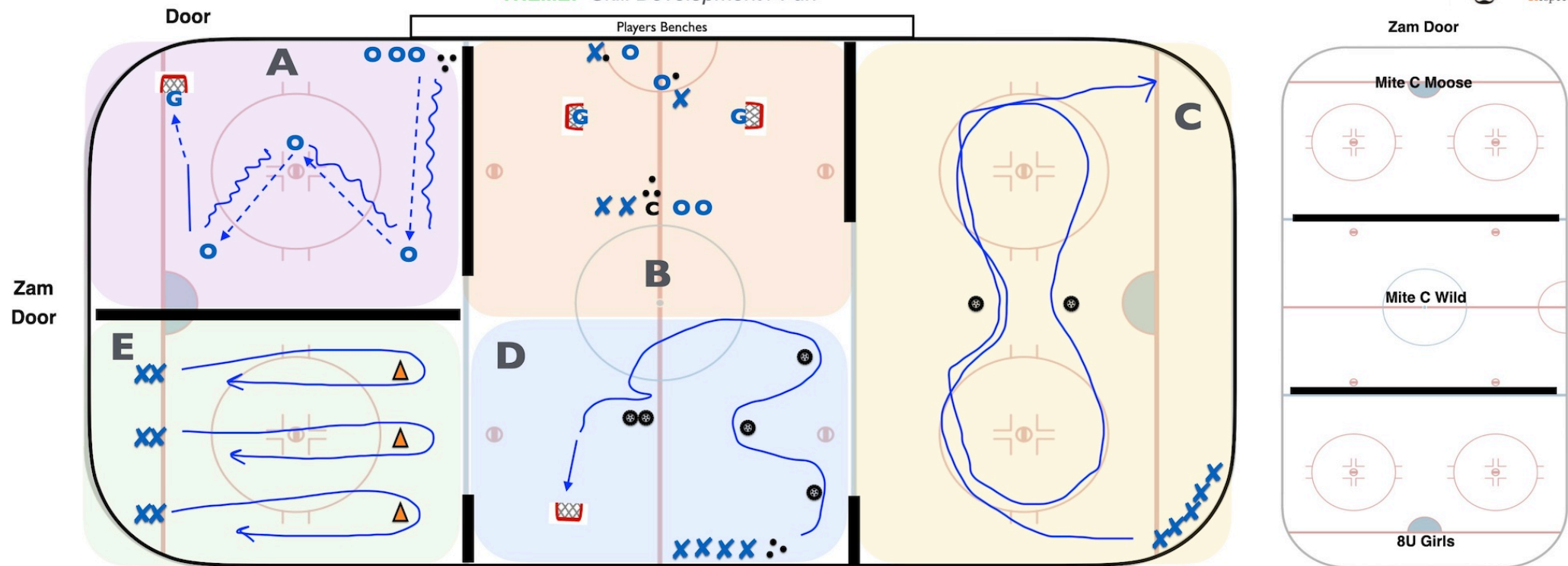
Individual Team Time (20 minutes)

Each team takes a 1/3 of the ice to work on their own drills/games. Please see Diagram above for team location.

BE SURE TO KEEP IT FUN BY INCLUDING GAMES!

MITE C/8U GIRLS PRACTICE PLAN #10.5

THEME: "Skill Development / Fun"



A- Pass, Follow Pass (7 min)

Players make a pass to the next player in the chain and then follow their pass by pivoting and skating backwards to take the receivers spot. Last player in the chain finishes off with a shot on goal. **Skill: Passing, pivots, backwards skating.**

B - 1v1 X2 (7 min)

Play 1v1 in a tight space for 30 second shifts. Have two sets of 1v1's in play. **Skill: Puck battles, shooting.**

C- Peanut Drill (7 min)

Forwards crossovers, two hands on their stick and steer with stick on the ice (keep feet moving the whole time). Do it from both sides. **Skill: Crossovers, stick position.**

D - Puck Control, Fake & Shoot (7 min)

Players handle puck through obstacles. At the double tire the players must use an exaggerated fake before shooting on goal.

Skill: Puck control, shooting.

E- Edges ABC's (7 min)

Inside edges, outside edges, inside edges backwards, outside edges backwards, swizzles F/B, two foot jump forward to backwards & backwards to forwards (face same side), single leg step forward to backwards & backwards to forwards (face same side).

Skill: Skating.

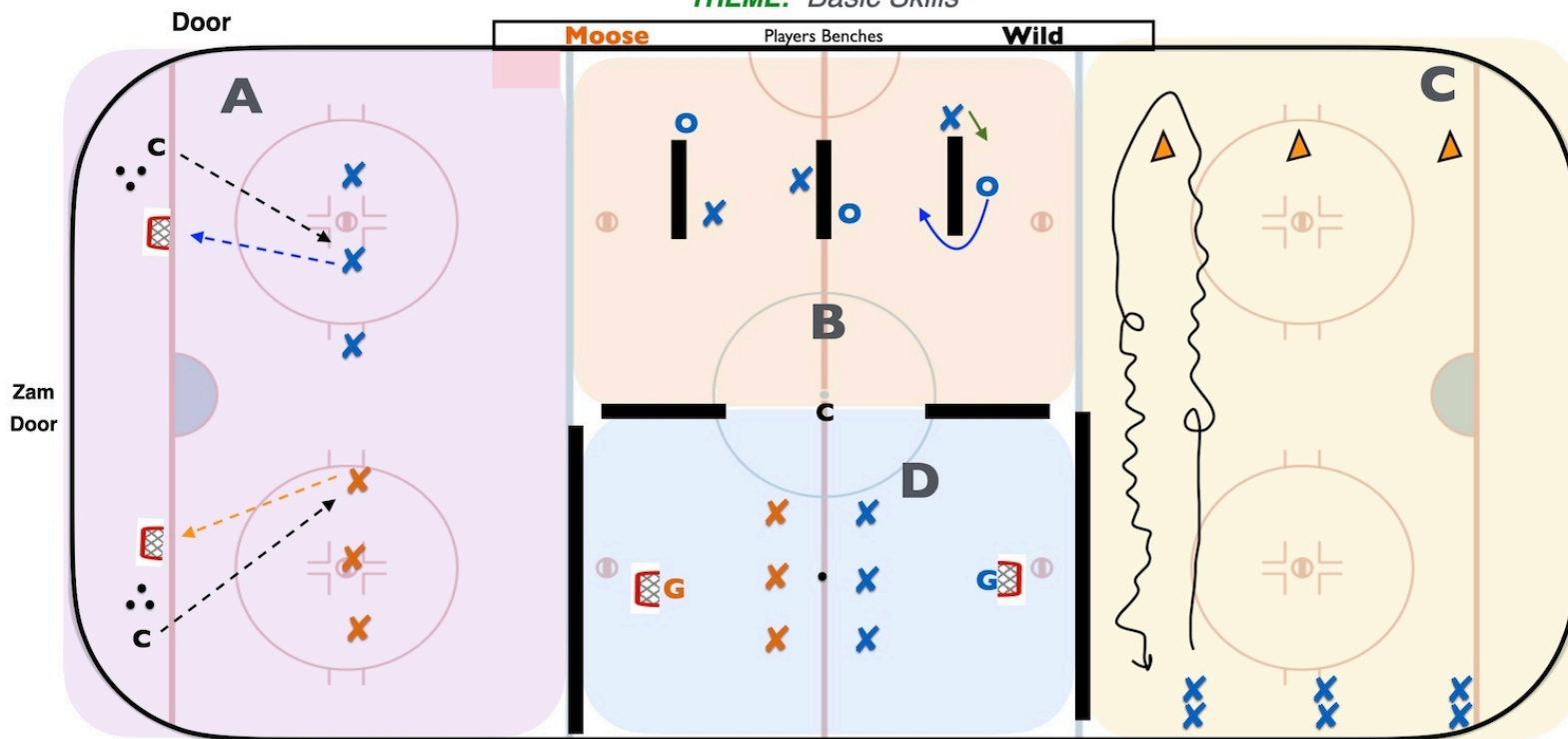
Individual Team Time (20 minutes)

Each team takes a 1/3 of the ice to work on their own drills/games. Please see Diagram above for team location.

BE SURE TO KEEP IT FUN BY INCLUDING GAMES!

MITE C PRACTICE PLAN #11

THEME: "Basic Skills"



A- Catch and Shoot (8 min)

Coaches rapidly pass pucks to the stationary players. Players catch the pass and immediately shoot on goal. Teach players to receive the puck and move their feet into shooting position without stickhandling.

Skill: Shooting.

B- Bumper Tag (8 min)

X's and O's play tag around bumper. Can't step over bumper. Encourage stops and starts. **Skill: Skating Agility.**

C- Forward & Backwards Pivots (8 min)

Work on skating technique, forwards to backwards and backwards to forwards pivots. Lead with stick. **Skill: Skating skills.**

D - 3v3 Tight Area Game (8 min)

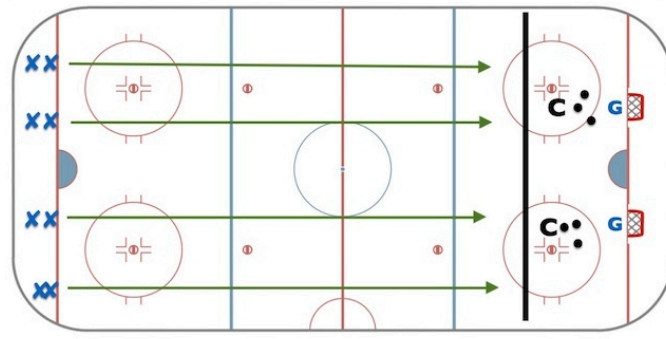
Play 3v3 or 2v2 in the confined space for 30 to 40 second shifts.

Skill: Playing the game.

Full Ice Skating (12 min)

Inside edges, outside edges, backwards, one leg pushes, swizzles, etc. (Goalies work with coaches)

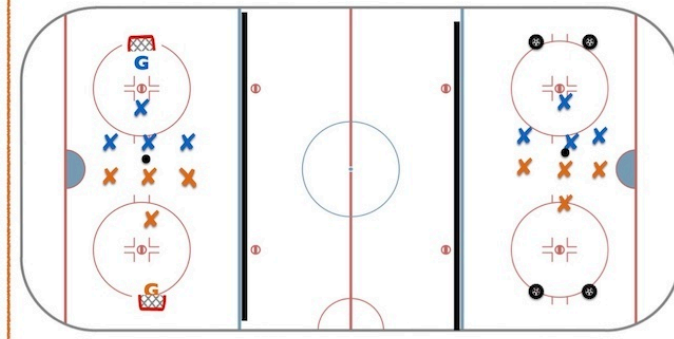
Skill: Skating.



Cross Ice 4v4 (12-15 minutes)

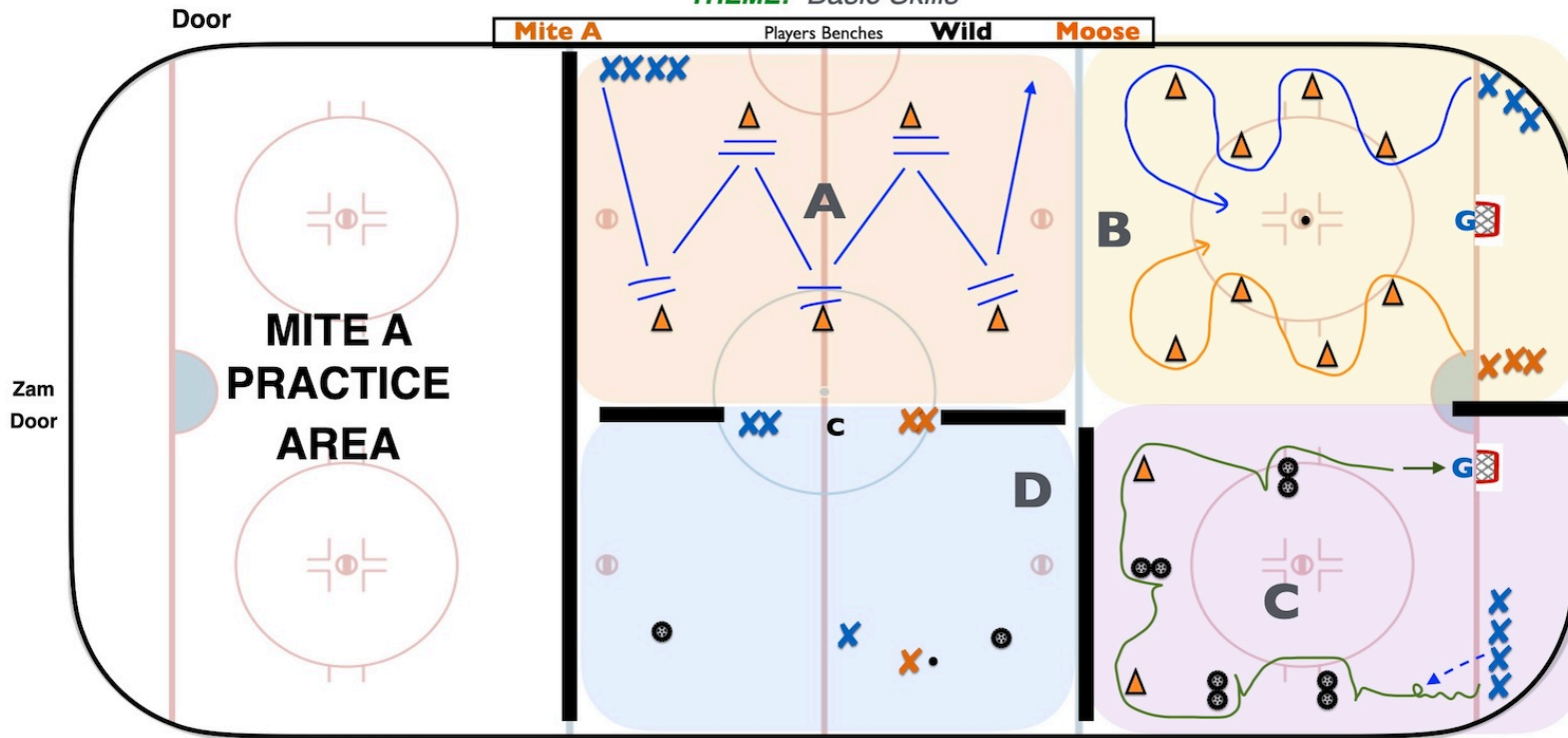
Play 2 cross games. Side without goalies players have to pass it off one of the tires to score a goal.

Skill: Playing the game.



MITE C PRACTICE PLAN #12

THEME: "Basic Skills"



A- Stops and Starts (8 min)

Stop & start at each cone working on technique. Coaches work individually with those that need help. Add in drop to knees between cones.

Skill: Stopping.

D - 1v1 or 2v2 Hit the Tire (8 min)

Pass the puck off the tire to score. The coach can have two 1v1's or 2v2's going on at the same time.

Skill: Playing the game.

B- Loose Puck Races - ABC's (8 min)

Players race for a loose puck and finish with a shot on goal. Vary course and add extra agility. Examples, start from knees or stomach, complete 360 around cone, jumps etc. Keep stick down and under control, lead with stick. **Skill: Skating Agility.**

Skating (10 min)

Inside edges, outside edges, backwards, one leg pushes, swizzles, etc. (Goalies work with coaches)

Skill: Skating.

Cross Ice 4v4 (12-15 minutes)

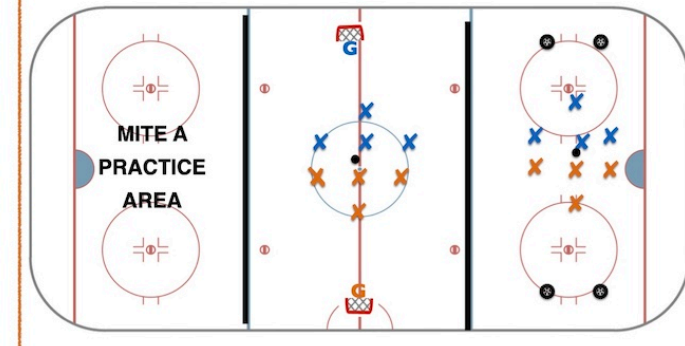
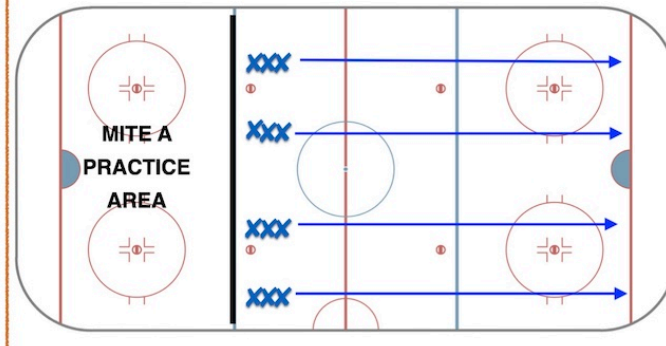
Play 2 cross games. Side without goalies players have to pass it off one of the tires to score a goal.

Skill: Playing the game.

C- Puck Control Fakes (8 min)

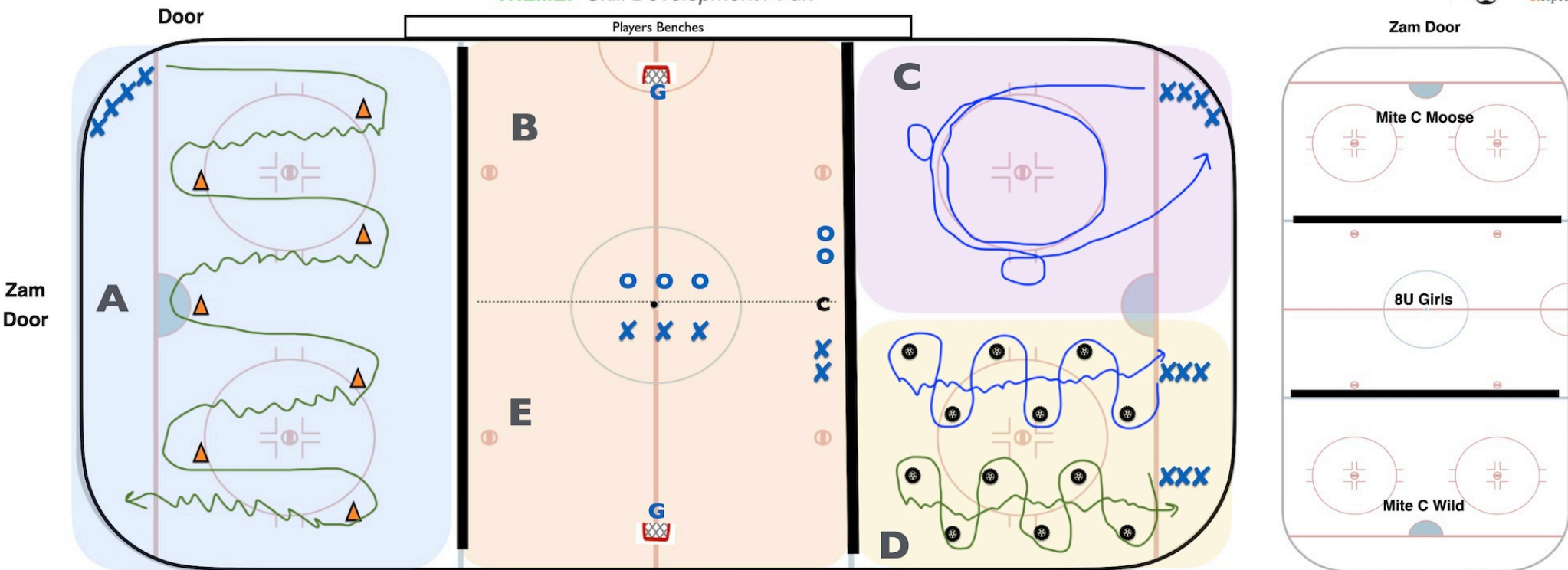
Begin by skating backwards and receiving a pass from the next player in line. Have players attempt a wide fake at each set of double tires. Emphasize exaggerated moves and putting the puck as wide as possible. Finish off with a shot on goal.

Skill: Puck Control.



MITE C/8U GIRLS PRACTICE PLAN #13

THEME: "Skill Development / Fun"



A - Transition Skating (7 min)

Skate forwards to the first tire and pivot to backwards, continue to the next tire and pivot to skating forwards. Continue through the course. Make sure to switch to the other side so players practice pivoting to both left and right. Coaches should work individually with players who need technical help. **Skill: Pivots, backward skating.**

B - Cross Ice Game 3v3 (7 min)

Play 3v3 cross ice. 45 second shifts. Station B and E are joined together so players will hit this station twice during the practice. **Skill: Playing the game.**

C - Forward Crossovers with Tight Turn (7 min)

Players skate two laps around the circle using cross overs. On a cue from the coach the player cuts back using a tight turn to the outside completing a 360 degree turn and then continues on with the crossovers. **Skill: Crossovers, tight turns.**

D - Skating Agility Race (7 min)

Divide into teams and race through the slalom course. Return down the middle backwards. After a couple of races add in pucks. Switch sides half way through. **Skill: Skating agility, backwards skating, puck control.**

E - Cross Ice Game 3v3 (7 min)

Play 3v3 cross ice. 45 second shifts. Station B and E are joined together so players will hit this station twice during the practice. **Skill: Playing the game.**

Individual Team Time (20 minutes)

Each team takes a 1/3 of the ice to work on their own drills/games. Please see Diagram above for team location.

***Should include some kind of shooting, passing, or puck control drill/games.**