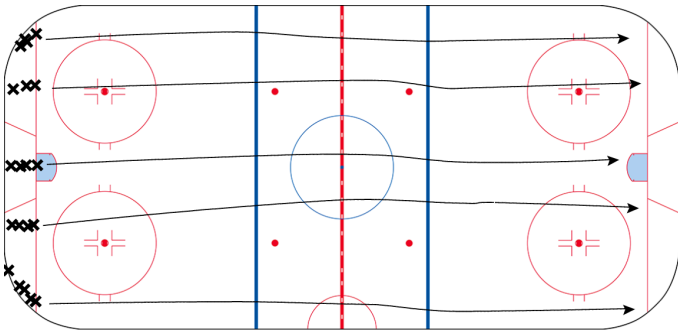




Upper Mite Skills Practice Plan #6

Upper Mite Line Body Control/Mobility Circuit

10 mins



If goalies at practice, they can participate in these drills or they can use the top of circles down. Make sure to use divider pads to protect those working with the goalies.

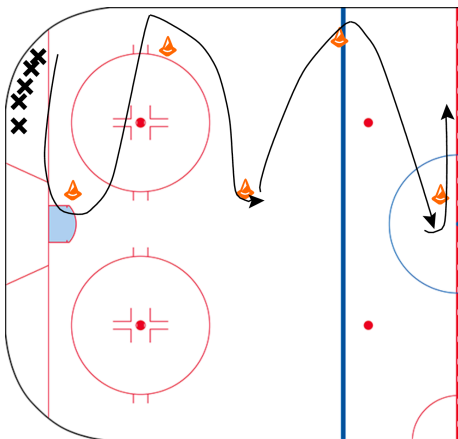
- Two Crossovers Each Direction (Forward)
- Squat Hold Glides
- Alternating Knee Drops
- Drop to Knees and 360s Twist
- SL Skater Squat Holds (1 rep per leg)
- Backward Skating + Knee Drops
- Squat Jumps over Blue and Red Lines
- Sprint to Blue, Superman, Get Up, Race through Far Blue
- Sprint to Blue, Superman + Log Roll, Get Up, Race through Far Blue
- Add any additional if time allows

Edge work circuit #4

0 mins

Upper Mite Edge Work Circuits

8 mins



Skating Circuit #1 (repeat each drill 2x) - Edge and Stopping

1. Inside Edge
2. Outside Edge or Crossovers
3. Power Turns
4. One Foot Stops
5. Two Foot Stops

Spend time going through the inside or outside edge teaching progression, depending on the group's abilities.

Skating Circuit #2 (repeat each drill 2x) - Power Turn Teaching Progression

1. Inside Edge
2. Outside Edge or Crossovers
3. Power Turns
4. Stationary Edge Drops
5. Power Turns with Chest Turn Emphasis
6. Power Turns with Ankle Turn Initiation
7. If able, backward Power Turns

Spend time going through the power turn teaching progression. If group is doing well forwards, then focus more on the backward power turns.

Skating Circuit #3 (repeat each drill 2x) - Mohawk Focus

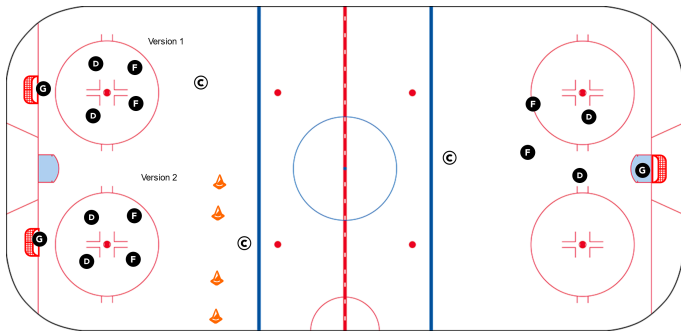
1. Backward Inside Edge
2. Backward Outside Edge
3. Mohawks
4. After watching initial round of mohawks, go through the teaching progression
5. Rocking Mohawks
6. Outside Edge Punch Stops

Skating Circuit #4 (repeat each drill 2x) - Edge work with pucks - perform all drills with pucks

1. Inside Edge
2. Outside Edge
3. Stationary Edge Drops
4. Power Turn
5. Mohawks

Offense/Defense 2v2

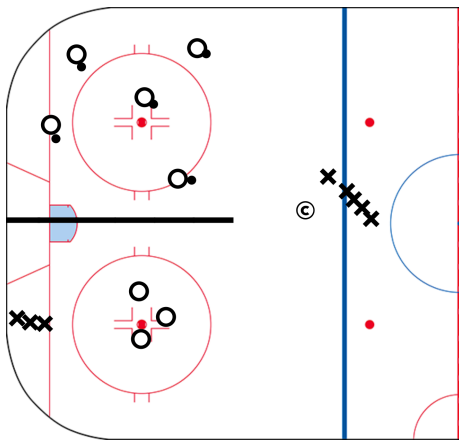
8 mins



Forwards are trying to score. In Version 1, defense score by passing a puck to the coach on the tape. In Version 2, the defense score by skating through one of the two gates at the top of the zone. If the defense score, the coach should pass another puck into play to the forwards. Continue the game for 30-40 seconds.

No Goalie - Relay Tag

8 mins



Team X sends one player in to the zone. That player must knock a puck off someone's stick and then sprint back, tag a teammate, and then the next X heads in. The coach times the process. Team X and O switch. The team to go the quickest wins.

Other Relay Tag Variations Include:

No sticks or pucks, just tag

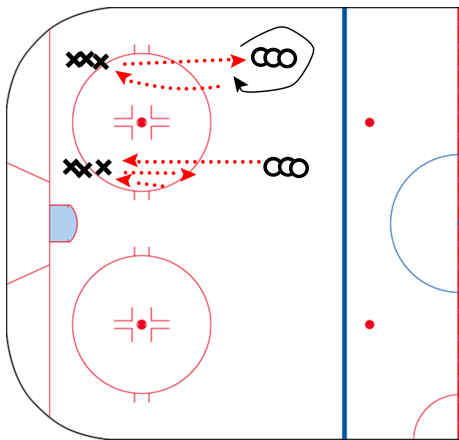
Players have puck and can pass. Multiple players go in and win puck, then sprint out. The team "tagging" has to do a certain number of turnovers before completing the game.

Key Points

Shrink the space as needed based on the size and speed of the players. You can also play this game with one team inside the circle and one team on the goal line.

Islander Passing Sequence

8 mins

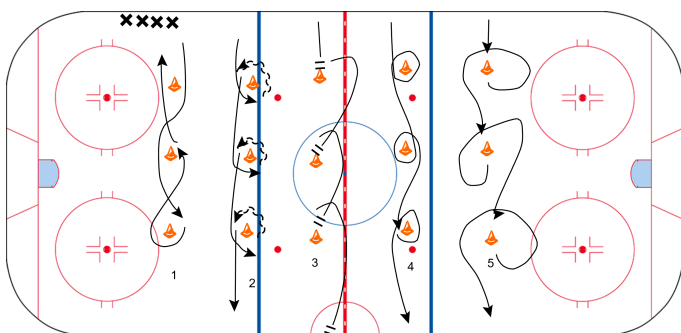


Athletes should be in groups of 4-6 and separated evenly on each side of the drill. You can also do this drill cross ice. There are a lot of variations. Below are three of our main variations that we use. Let the athletes practice each variation for 60-90 seconds.

- O passes to X, X taps back to O, O taps back to X and moves to back of X line.
- O receives pass from X, skates around the O line, and makes hard pass to X. Make sure they go both directions.
- O passes to X, skates up, hooks and ladders, receives pass from X. O then passes back to O line. O hooks and ladders again, receives pass from O and then gives to X line. O skates to back of X line.
- Get creative on new variations.

Three Cone Small Area Edge Work - Beginner Series

8 mins



Three Cone Small Area Agility Beginner Variations. There are many more variations. Consider adding a puck for more advanced groups.

- 1) Weave
- 2) Transitions around each cone
- 3) Stop and escape at each cone
- 4) Alternating power turns around each cone
- 5) Jump over cone, crossover around cone

