

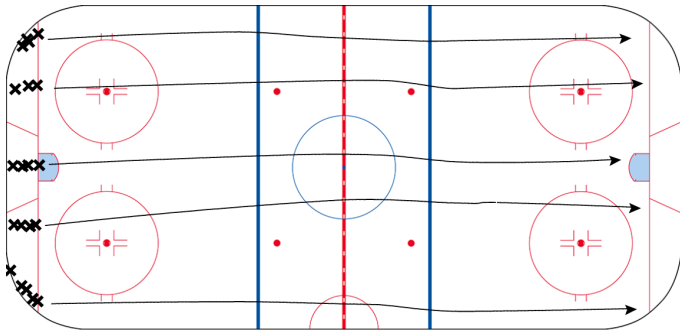


Upper Mite Skills Practice Plan #8

Duration: 60 mins

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.

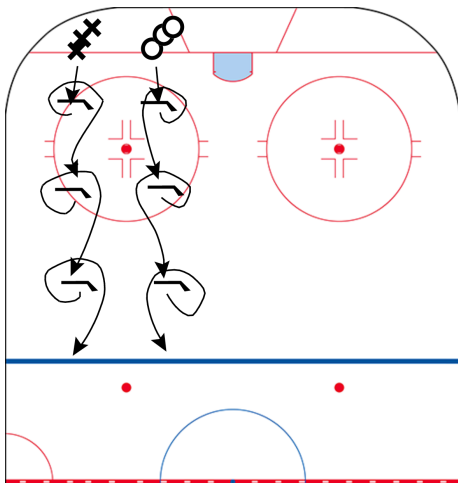
- Two Crossovers Each Direction (Forward)
- Squat Hold Glides
- Alternating Knee Drops
- Drop to Knees and 360s Twist
- SL Skater Squat Holds (1 rep per leg)
- Backward Skating + Knee Drops
- Squat Jumps over Blue and Red Lines
- Sprint to Blue, Superman, Get Up, Race through Far Blue
- Sprint to Blue,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

Split into the following five stations

0 mins

Three Stick Agility Sequence - Mites

8 mins

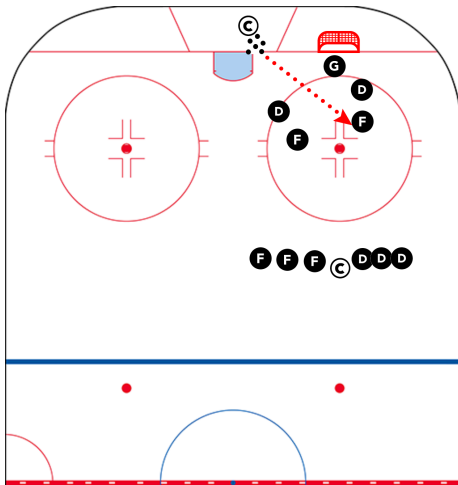


There are a TON of variations. Be creative and come up with new drills. Here are the ones drawn up:

- 1) Jump over stick, start crossovers to right (or left) and circle around to find your puck and sprint to opposing boards.
- 2) Jump over stick and land in hockey stop, cross over and jump back over the stick, find your puck and power turn out.
- 3) Power turn halfway around stick, then mohawk for the second 1/2 of turn.
- 4) Position the stick vertically. Sprint up right side, jump over stick to left side, and power turn around stick to right, then crossover around stick and sprint up to next stick.
- 5) Position the stick vertically. Transition around stick facing up ice the entire time.
- 6) Sprint up to the right side of stick. Lateral shuffle across stick to left. Stop. Lateral shuffle across divider to right.

Find Space Small Area 2v2

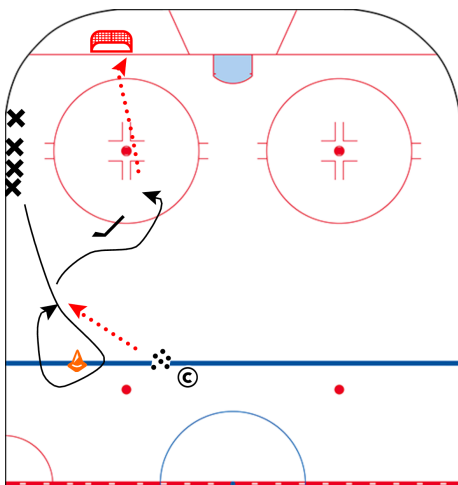
8 mins



One coach is behind the net with pucks. Two forwards and two defense are in front of the net. The forwards are trying to get open to receive a pass from the coach behind the net. Coaches should NOT pass the puck to the player unless they are moving to get open. Encourage the forwards to weave, switch, move with speed, and communicate when they are open and want a pass. Coaches should encourage both forwards and defense to keep their sticks on the ice. Defense should be directed to lift sticks and be aggressive on attacking the puck.

Hook and Ladder + Shot

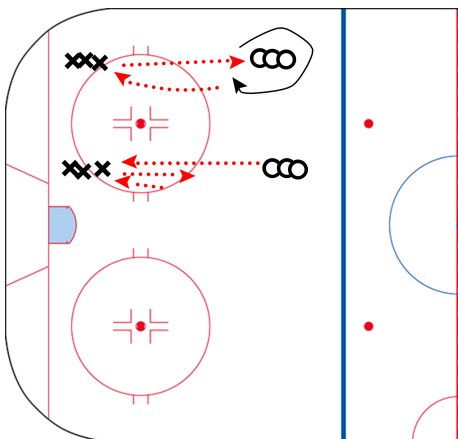
8 mins



X skates up to cone and hooks and ladders. X must call for it from coach. Catches pass and makes quick move at stick and then shoots. Focus on making sure X presents stick for pass correctly!

Islander Passing Sequence

8 mins

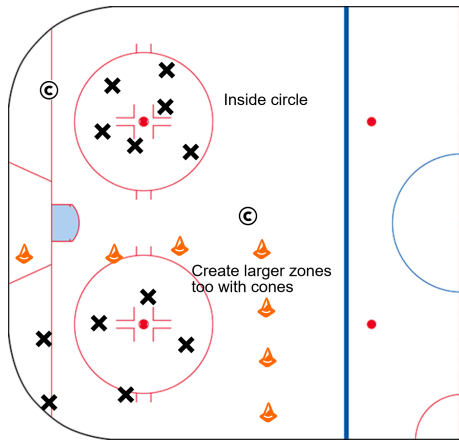


Athletes should be in groups of 4-6 and separated evenly on each side of the drill. You can also do this drill cross ice. There are a lot of variations. Below are three of our main variations that we use. Let the athletes practice each variation for 60-90 seconds.

- 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.

Knock Out Keep Away Game

8 mins



All players start in the circle with a puck. For the first 30 seconds, have them just skate around and work on their hands, keeping their heads up. Then on coach command, start the game. If a player loses their puck and it goes outside the circle, they are out. Last player with their puck in the circle wins.

Finish with Small Area Games

10 mins