

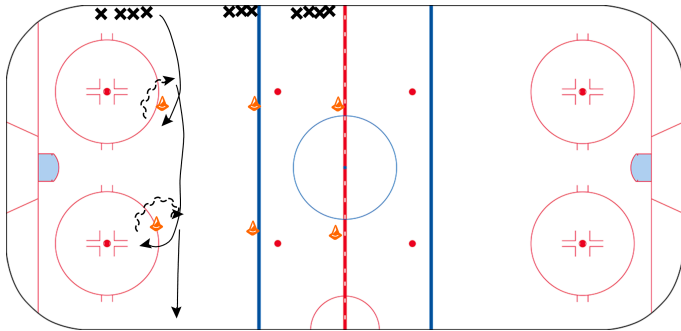


Upper Mite Skills Practice #14

Duration: 60 mins

Cross Ice Transition Sequence

10 mins



This circuit includes:

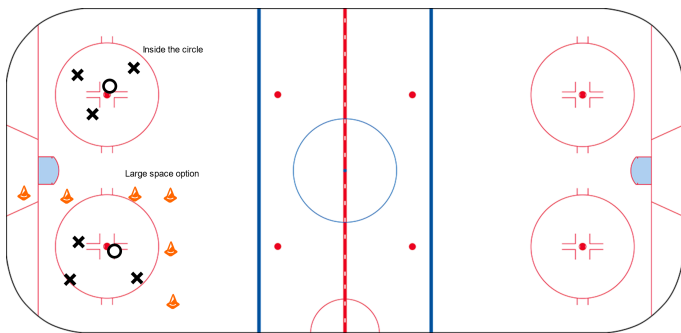
- 1) Transition with two crossunders while handling puck and keeping eyes up
- 2) Transition + Escape
- 3) Transition, Two Crossovers to middle, Fake Pass, Cut back with one crossover
- 4) Mohawks around cones
- 5) ETC

Split into the following five stations

0 mins

Keep Away 3v1

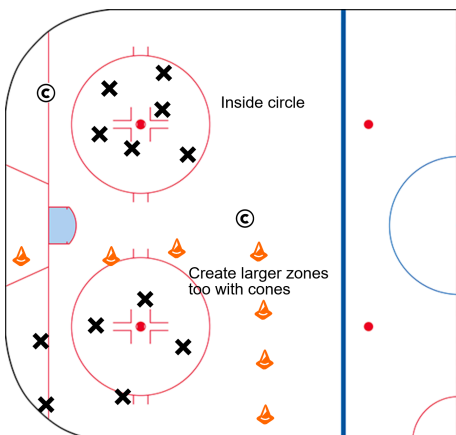
8 mins



The goal of this game is to work on passing under light pressure. The team with three players should possess the puck nearly the entire time by making quick and fast passes. Coaches should encourage the athletes to keep moving, support one another, and if an athlete with the puck becomes under duress, one of his teammates should skate toward him to help.

Knock Out Keep Away Game

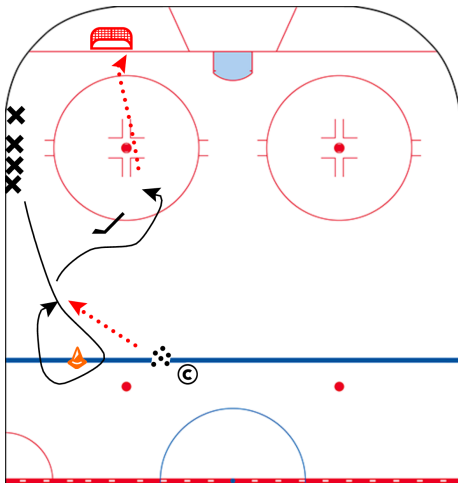
8 mins



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.

Hook and Ladder + Shot

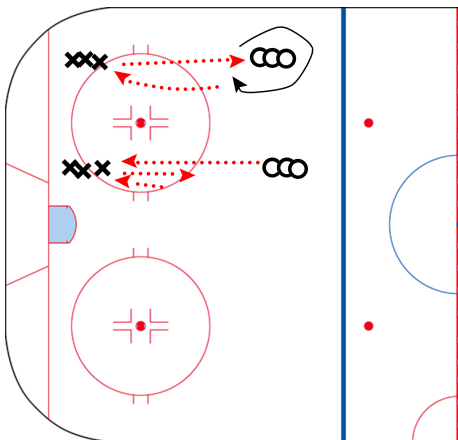
8 mins



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

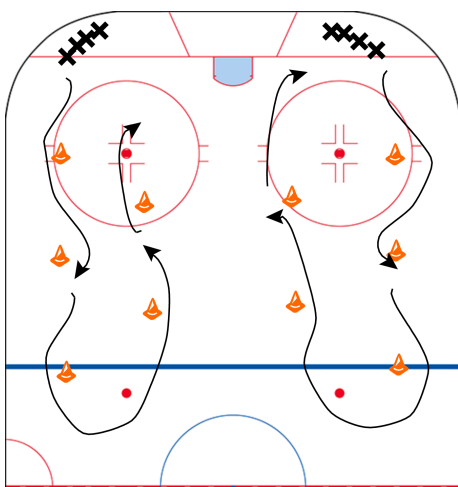


Athletes should be in groups of 4-6 and separated evenly on each side of the drill. You can also do this drill cross ice. There are a lot of variations. Below are three of our main variations that we use. Let the athletes practice each variation for 60-90 seconds.

- 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.

Long U Pattern - Stickhandling (1/2 Sheet, 1 Team)

8 mins



You can use cones, attack triangles, or other obstacles to create a long U shape in a corner of a zone. Players should perform a given stickhandling move at each cone, then go in and shoot. Have players do each variation at least two times and then move on. Variations include: Players face the coach and get into a good hockey stance to begin. Do each drill for time or repetitions. If doing for time, give the kids 30 seconds to work on each exercise. With younger players, if you've exhausted the drills or their attention spans, move to a game of knockout toward the end of the drill. Stickhandling variations include:

- 1) Forehand extensions
- 2) Backhand extensions
- 3) Toe Pulls
- 4) Toe Pulls to backhand extension
- 5) Backhand present + pull back
- 6) Short fake extension to backhand, full wide extension to forehand
- 7) Short fake extension to forehand, full wide extension to backhand

Finish with Small Area Games

10 mins