

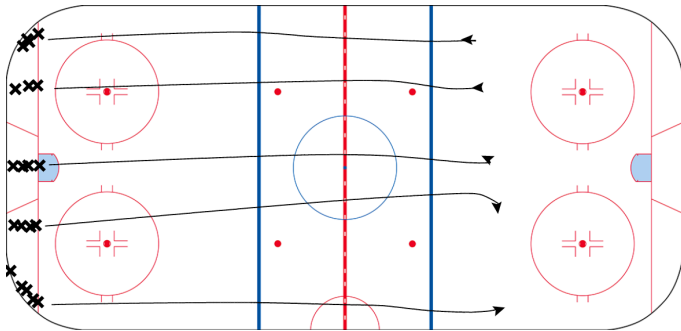


Upper Mite Skills Practice Plan #10

Duration: 60 mins

Upper Mite Line Backward Skating 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.

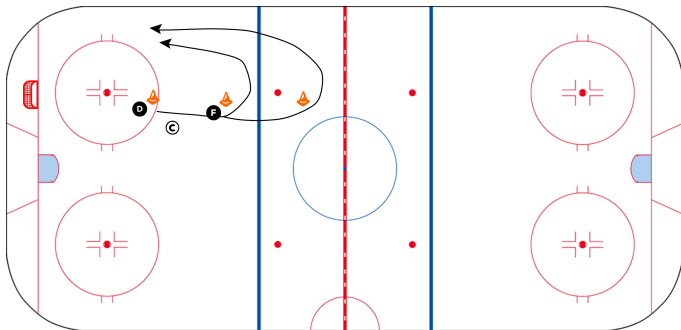
- Backward Swivels
- Backward In and Outs
- Backward One Foot C Cuts
- Smooth backward two foot c cuts
- Sprint forward, flip to backward at near blue and skating rest of way backward
- Backward skating + drop to knees on whistle throughout drill
- Backward crossovers - one each direction

Split into the following five stations

0 mins

Three Cone Angling Drill (1/4 Sheet)

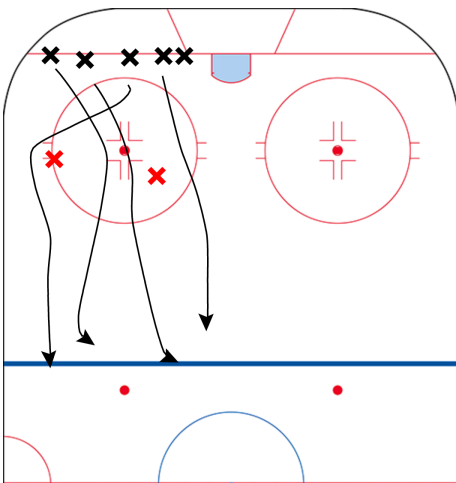
8 mins



F skates with the puck around the cone closest to the redline. D skates up and around the cone that F started next to. D's goal is to push F to the outside and not let F cut back in. D should NOT skate backwards. Do the drill on both sides if time permits. Focus on teaching the D to time their opponent, have their stick on ice toward middle to apply pressure to the F to skate to the outside. Failure in this drill for the D is allowing the F to skate to the middle and cut back in. It's better to have the forward skate around wide than cut in as in a game teammates can more easily react and defend a player skate along the perimeter than in the middle of the ice.

Ships Across The Ocean

8 mins

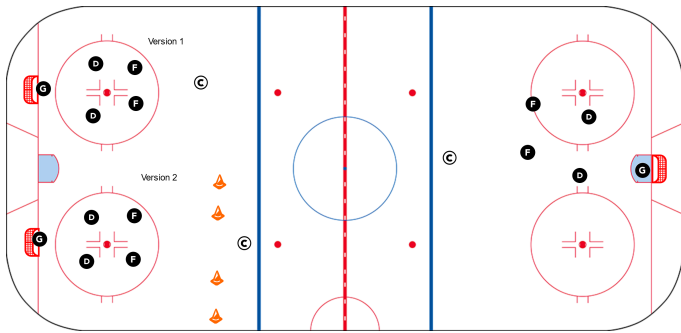


There are multiple variations of this game. You can do this game goal line to blue line or cross ice.

- 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.

Offense/Defense 2v2

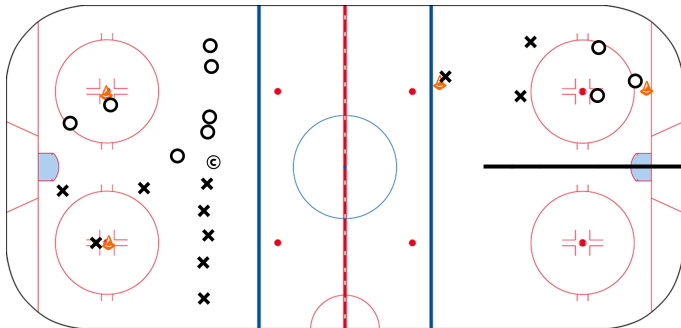
8 mins



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.

Continuous 3v2 Keep Away

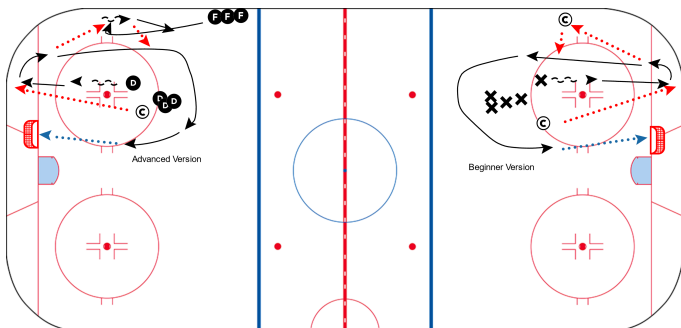
8 mins



Use cones or dots. Game starts 2v2. If Xs pass puck to their player on the cone, that player may activate into the area for 3v2 keep away. IF Os win the puck AND pass to their player on the cone, one of the X players must immediately skate to their cone. Players may not move from the cone to catch passes. Players may not guard the player on the cone.

Simplified Breakout (D to W) + Shot

8 mins



Beginner Version: Coach dumps puck. D starts backward and then opens up, finds puck, and passes to the Coach on the halfwall. Coach on the halfwall passes puck back to the D who goes up and around the line to shoot.

Advanced Version: D starts out backwards and then opens up and finds the puck that the Coach passed into the corner. D retrieves puck and passes to the Wing who performs a hook & ladder. The Wing taps the puck back to the middle for the D to pick up and skate in for shot. F then goes into D line. D then goes into F line.

Puck retrieval + the first pass is a key component of the breakout. Athletes need to execute this drill proficiently before being able to run breakouts efficiently.

Finish with Small Area Games

10 mins