



Dodge County Youth Hockey
2019-2020
Termite Program

Overall goal:

The DCYH Mite program's overall goal is to provide a safe, fun, and nourishing hockey environment where young athletes can develop their skating techniques, hockey skills, teamwork, sportsmanship, and growth as individuals and a supportive member of an athletic team.

How we get there:

All levels will follow the general guidelines of the USA Hockey American Development Model (ADM). Here is a little more about the ADM from USA Hockey:

“USA Hockey’s American Development Model (ADM) is an athlete-centered, coach-enhanced ... framework that aims to help all individuals realize their athletic potential and utilize sport as a path toward an active and healthy lifestyle.”

ADM provides a focus on small area games and activities that keeps kids moving and involved in action. It provides for formal and informal development of skating and hockey skills in a fun and enjoyable environment. Small area games lead to more puck touches, changes in direction, skating, and skill usage

Termites (6U):

Fundamental Movement Skills

- Focus on Learn to Skate and then Learn to Play
- No formal competition (full or cross ice games)
- Emphasis with activity and small area games
- Fundamental skating (strides, edges, stopping, turning)
- Introduction of basic hockey skills (skating with stick, puck control, shooting)

Supermites (8U):

Developing ABCs

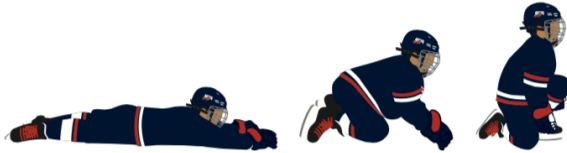
- Enhance skating skills (cross overs, backward cross overs, edges, transitions)
- Continue to grow basic hockey skills (skating, stickhandling, puck control, body contact)
- Focus on “Head Up” puck handling
- Competition at the puck: one-on-one battles, loose puck races
- Introduction of team setting: passing, support (moving to an open area)
- Goaltending opportunity for all skaters
- Cross Ice and half ice games (minimal full ice games)

Termite Practice #1: 11/2/19

NO STICKS!!**Equipment:** soccer/tennis balls, nets**Warm up:** Free play (5 mins)**Drills:** 7 minutes each (35 minutes)**DRILLS:** Groups stay in the same area for the duration of practice.***Drill 1: Getting Up*****(7 minutes)**

Briefly demonstrate proper technique of getting up. Have players fall to stomach and get back up into the basic hockey stance. Lie on stomach, elbows on ice with two hands straight out in front of body like superman. Using hands, move into kneeling position, place one skate on the ice and then stand up into a basic hockey stance.

Race: On coaches command, players crawl like a dog, log roll once each way and get up.

***Drill 2: Basic Stance & Walking*****(7 minutes)**

Part 1: Demonstrate and have players perform hockey stance.

Part 2: Players walk like a duck staying in the basic hockey stance.

Part 3: Rock forward onto toes and backward onto heels with knees bent while standing stationary.

Race: Duck walk forward to boards or blue line.

***Drill 3: Bending & Twisting*****(7 minutes)**

Divide players into two teams. Create two goals using nets or stacked tires.

Time to Clean Your Room: Players pick up soccer balls, tennis balls, ringettes, blue pucks, softballs, etc., and place them in designated goals within 2 minutes. Team with most objects in goals wins.

***Drill 4: Marching, Bend, Sit & Stand*****(7 minutes)**

Players perform stationary exercises to enhance balance.

Rag Doll: Bend over and touch toes with both hands.

Frog: Sit low in wide stance with knees bent, butt down and hands between legs.

Reach for the Sky: Raise arms above the head, wave hands side to side then place hands on helmet.

Frankenstein: March legs with arms held in front of body.

Soldier: March in place swinging arms.

Play Simon Says.

***Drill 5: Agility, Balance, Coordination*****(7 minutes)**

Simon Says: Players perform ABC's.

Stationary: March like Frankenstein, log roll, squat like a frog, rag doll, fall down and get up, kangaroo hop, hockey stance, hands in the air, dance.

Movement: Scurry like a mouse, take quick small steps or waddle like a penguin (arms out like wings) to destination.

**Group games:** Freeze Tag (10 mins); Pom Pom Pull away (10 mins)

Termite Practice #2: 11/9/19

NO STICKS!!**Equipment:** soccer/tennis balls, nets**Warm up:** Free play (5 mins)**Drills:** 7 minutes each (35 minutes)**DRILLS:** Groups stay in the same area for the duration of practice.***Drill 1: Getting Up*****(7 minutes)**

Briefly demonstrate proper technique of getting up. Have players fall to stomach and get back up into the basic hockey stance. Lie on stomach, elbows on ice with two hands straight out in front of body like superman. Using hands, move into kneeling position, place one skate on the ice and then stand up into a basic hockey stance.

Race: On coaches command, players crawl like a dog, log roll once each way and get up.

***Drill 2: Basic Stance & Walking*****(7 minutes)**

Part 1: Demonstrate and have players perform hockey stance.

Part 2: Players walk like a duck staying in the basic hockey stance.

Part 3: Rock forward onto toes and backward onto heels with knees bent while standing stationary.

Race: Duck walk forward to boards or blue line.

***Drill 3: Bending & Twisting*****(7 minutes)**

Divide players into two teams. Create two goals using nets or stacked tires.

Time to Clean Your Room: Players pick up soccer balls, tennis balls, ringettes, blue pucks, softballs, etc., and place them in designated goals within 2 minutes. Team with most objects in goals wins.

***Drill 4: Marching, Bend, Sit & Stand*****(7 minutes)**

Players perform stationary exercises to enhance balance.

Rag Doll: Bend over and touch toes with both hands.

Frog: Sit low in wide stance with knees bent, butt down and hands between legs.

Reach for the Sky: Raise arms above the head, wave hands side to side then place hands on helmet.

Frankenstein: March legs with arms held in front of body.

Soldier: March in place swinging arms.

Play Simon Says.

***Drill 5: Agility, Balance, Coordination*****(7 minutes)**

Simon Says: Players perform ABC's.

Stationary: March like Frankenstein, log roll, squat like a frog, rag doll, fall down and get up, kangaroo hop, hockey stance, hands in the air, dance.

Movement: Scurry like a mouse, take quick small steps or waddle like a penguin (arms out like wings) to destination.

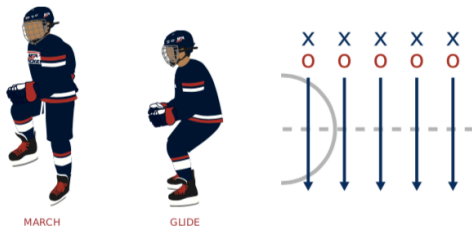
**Group games:** Freeze Tag (10 mins); Pom Pom Pull away (10 mins)

Termite Practice #3: 11/16/19

First day with Sticks!!**Equipment:** blue pucks, soccer/tennis balls, nets, tires/cones**Warm up:** 5 mins (put blue pucks on ice, let kids play. Ensure correct hand placement on sticks)**Drills:** 7 minutes each (42 mins)**DRILLS:** Groups stay in the same area for the duration of practice.**Drill 1: March with 2-Foot Glide****(7 minutes)**

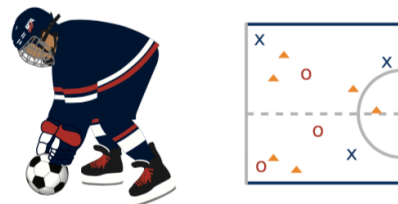
Divide players into Group 1 and Group 2. Players march forward 4-6 steps to generate momentum, bend knees and 2-foot glide, gliding as far as possible.

Game: who can march and glide the furthest.

**Drill 2: Soccer Hands****(7 minutes)**

Hand Ball Soccer: Use soccer balls. Divide players into two teams. Make three goals with cones. Start with three balls in play and add more if you have more than six players. One ball per every two players.

- Player dribbles ball by pushing ball on ice with hands.
- Players score by dribbling ball through two cones.
- No goaltending. Players can't use goal 2 times in a row.

**Drill 3: ABC's****(7 minutes)**

Walking Over Obstacles: Place sticks on the ice or use ice marker to draw lines in a ladder pattern. Have players perform agility skating skills either over or around the sticks/lines, skate around cone and return back to line. After performing each drill 2 times have players race.

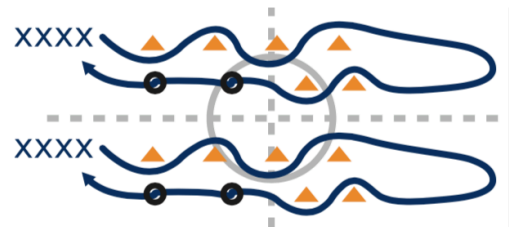
- Walk forward over each stick.
- Touch ice with hand between each stick.
- Walk around the sticks in an S formation.

*If you have 6-10 players, set up two lines.

**Drill 4: Relay Race****(7 minutes)**

As shown or create your own.

Variation: 360 around each obstacle.

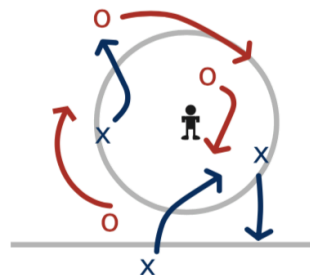
**Drill 5: Inside Edges****(7 minutes)**

Swizzles: Put heels together to form a V position. Using inside edges, push toes outward, then toes inward making toes touch. Make the shape of a fish. Repeat creating fish forward from one end of space to the other. Create fish around 5 small cones, skate hard around 6th cone and return to line.

(Lemons)

**Drill 6: Ball Tag****(7 minutes)**

Coaches throw tennis balls at players who attempt to dodge out of the way. If hit, the player must drop to their knees and get back up 3 times before they can rejoin the action.

**Group games:** Shark & Minnows: with pucks (remainder of time: 13 mins)

Termite Practice #4: 11/23/19

Equipment: blue pucks, soccer/tennis balls, nets, tires/cones

Warm up: 5 mins (put blue pucks on ice, let kids play. Ensure correct hand placement on sticks)

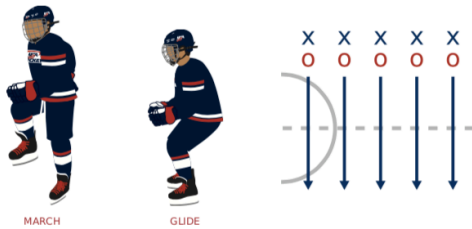
Drills: 7 minutes each (42 mins)

DRILLS: Groups stay in the same area for the duration of practice.

Drill 1: March with 2-Foot Glide**(7 minutes)**

Divide players into Group 1 and Group 2. Players march forward 4-6 steps to generate momentum, bend knees and 2-foot glide, gliding as far as possible.

Game: who can march and glide the furthest.

**Drill 2: Soccer Hands****(7 minutes)**

Hand Ball Soccer: Use soccer balls. Divide players into two teams. Make three goals with cones. Start with three balls in play and add more if you have more than six players. One ball per every two players.

- Player dribbles ball by pushing ball on ice with hands.
- Players score by dribbling ball through two cones.
- No goaltending. Players can't use goal 2 times in a row.

**Drill 3: ABC's****(7 minutes)**

Walking Over Obstacles: Place sticks on the ice or use ice marker to draw lines in a ladder pattern. Have players perform agility skating skills either over or around the sticks/lines, skate around cone and return back to line. After performing each drill 2 times have players race.

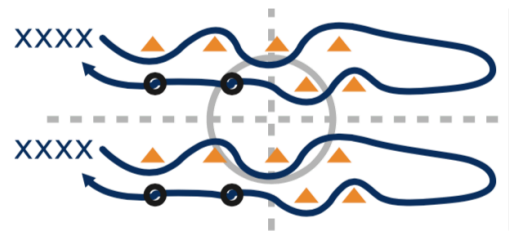
- Walk forward over each stick.
- Touch ice with hand between each stick.
- Walk around the sticks in an S formation.

*If you have 6-10 players, set up two lines.

**Drill 4: Relay Race****(7 minutes)**

As shown or create your own.

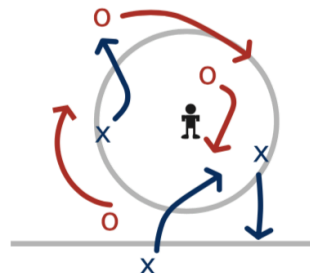
Variation: 360 around each obstacle.

**Drill 5: Inside Edges****(7 minutes)**

Swizzles: Put heels together to form a V position. Using inside edges, push toes outward, then toes inward making toes touch. Make the shape of a fish. Repeat creating fish forward from one end of space to the other. Create fish around 5 small cones, skate hard around 6th cone and return to line.

**Drill 6: Ball Tag****(7 minutes)**

Coaches throw tennis balls at players who attempt to dodge out of the way. If hit, the player must drop to their knees and get back up 3 times before they can rejoin the action.



Group games: Shark & Minnows (with pucks) or Freeze Tag (remainder of time: 13 mins)

Termite Practice #5: 11/30/19

Equipment: blue pucks, soccer/tennis balls, nets, tires/cones, rings

Warm up: 5 mins (put blue pucks on ice, let kids play. Ensure correct hand placement on sticks)

Drills: 7 minutes each (42 mins)

Drill 1: T-Push with 2-Foot Glide

(7 minutes)

Divide players into two groups.

Razor Scooter: Have players perform T-Push and 2-Foot Glide exercises pretending they are riding a scooter. Place the left skate behind the right skate, forming a "T". Bend knees, push down and out with left skate, gliding as far as possible on both skates. Repeat pushing with right skate. Arms are out pretending to hold handlebars.

Game: Who can push and glide the furthest.

**Drill 2: Edges**

(7 minutes)

2-Foot Glide Turns: Players take a few strides to gain momentum then work on glide turns up the ice around cones. Focus on bent knees, skates shoulder-width apart, head and shoulders initiate turn by leaning toward cone, lead with inside skate (make sure they do not drag toe around cone), when player reaches cone they turn toes, belly button and head towards next cone and skate to the next cone.

*Make sure to perform drill in both directions.

**Drill 3: Stopping**

(7 minutes)

1-Foot Snow Plow: Draw a smiley face for each player on the ice. Have players scrape off drawing with inside edge of the skate blade by turning heel out and toe in, pushing skate down and out toward 1:00 using inside edge.

Part 2: Have players take 4 strides or march forward 4 steps and 2-foot glide toward end of area. Turn toe in and heel out, push down and out with skate to stop. Keep weight on ball of foot to stop. Keep knees bent.

*Make sure to perform drill on both right and left skates.

Use cone/tire

**Drill 4: Obstacle Course**

(7 minutes)

Walking Over Obstacles: Place sticks on the ice or use ice marker to draw lines in a ladder pattern. Have players perform agility skating skills either over or around the sticks/lines, skate around cone and return back to line. After performing each drill 2 times have players race.

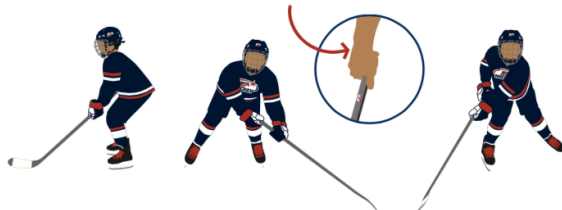
- Walk forward over each stick.
- Touch ice with hand between each stick.
- Walk around the sticks in an S formation.

*If you have 6-10 players, set up two lines.

**Drill 5: Skating with Ringette**

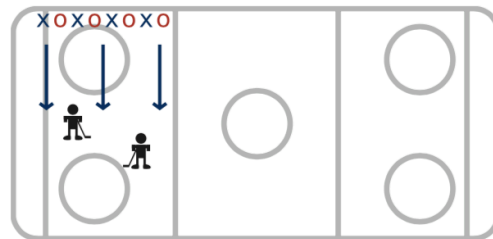
(7 minutes)

Players turn sticks over (with butt-end on ice) and skate across area moving ringette from left side to right side of the body. Alternate between narrow and wide movements.

**Drill 6: British Bulldog with Ringettes**

(7 minutes)

Players start at one end. 1 to 3 bulldogs (players or coaches) stand in the middle of the area. Players on the line try to skate with ringette to the other side of the area without losing ringette to the bulldog.



Group games: Red Light/Green Light & Pom Pom Pull-away (final 13 minutes)

Termite Practice #6: 12/7/19

Equipment: blue pucks, soccer/tennis balls, nets, tires/cones, rings

Warm up: 5 mins (put blue pucks on ice, let kids play. Ensure correct hand placement on sticks)

Drills: 7 minutes each (42 mins)

Drill 1: T-Push with 2-Foot Glide**(7 minutes)**

Divide players into two groups.

Razor Scooter: Have players perform T-Push and 2-Foot Glide exercises pretending they are riding a scooter. Place the left skate behind the right skate, forming a "T". Bend knees, push down and out with left skate, gliding as far as possible on both skates. Repeat pushing with right skate. Arms are out pretending to hold handlebars.

Game: Who can push and glide the furthest.

**Drill 2: Edges****(7 minutes)**

2-Foot Glide Turns: Players take a few strides to gain momentum then work on glide turns up the ice around cones. Focus on bent knees, skates shoulder-width apart, head and shoulders initiate turn by leaning toward cone, lead with inside skate (make sure they do not drag toe around cone), when player reaches cone they turn toes, belly button and head towards next cone and skate to the next cone.

**Make sure to perform drill in both directions.*

**Drill 3: Stopping****(7 minutes)**

1-Foot Snow Plow: Draw a smiley face for each player on the ice. Have players scrape off drawing with inside edge of the skate blade by turning heel out and toe in, pushing skate down and out toward 1:00 using inside edge.

Part 2: Have players take 4 strides or march forward 4 steps and 2-foot glide toward end of area. Turn toe in and heel out, push down and out with skate to stop. Keep weight on ball of foot to stop. Keep knees bent.

**Make sure to perform drill on both right and left skates.*

Use cone/tire

**Drill 4: Obstacle Course****(7 minutes)**

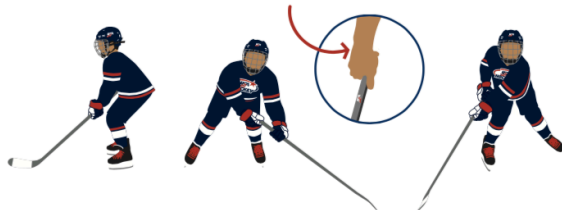
Walking Over Obstacles: Place sticks on the ice or use ice marker to draw lines in a ladder pattern. Have players perform agility skating skills either over or around the sticks/lines, skate around cone and return back to line. After performing each drill 2 times have players race.

- Walk forward over each stick.
- Touch ice with hand between each stick.
- Walk around the sticks in an S formation.

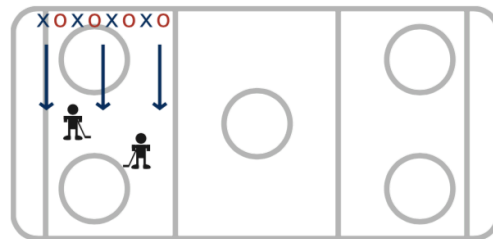
**If you have 6-10 players, set up two lines.*

**Drill 5: Skating with Ringette****(7 minutes)**

Players turn sticks over (with butt-end on ice) and skate across area moving ringette from left side to right side of the body. Alternate between narrow and wide movements.

**Drill 6: British Bulldog with Ringettes****(7 minutes)**

Players start at one end. 1 to 3 bulldogs (players or coaches) stand in the middle of the area. Players on the line try to skate with ringette to the other side of the area without losing ringette to the bulldog.



Group games:

Termite Practice #7: 12/14/19

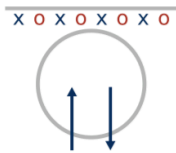
Equipment: blue pucks, soccer/tennis balls, nets, tires/cones, rings

Warm up: 5 mins (put blue pucks on ice, let kids play. Ensure correct hand placement on sticks)

Drills: 7 minutes each (42 mins)

Drill 1: Forward Stride and Stopping (7 minutes)

Players execute forward stride alternating legs to end of area and ending with a snow plow stop. Ensure that players are in hockey stance with knees bent and head and chest up when executing snow plow stop. With weight on right leg, turn left foot out slightly to the side, push down and to the side pressing the inside edge blade into the ice. Extend leg completely. Recover back to leg aligning the knees back into a hockey stance.



FORWARD STRIDE

SNOW PLOW STOP

Drill 2: Edges (7 minutes)

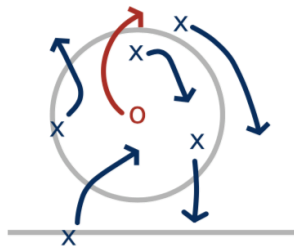
2-Foot Glide Turns: Players take a few strides to gain momentum then work on glide turns up the ice around cones. Focus on bent knees, skates shoulder-width apart, head and shoulders initiate turn by leaning toward cone, lead with inside skate (make sure they do not drag toe around cone), when player reaches cone they turn toes, belly button and head towards next cone and skate to the next cone.

**Make sure to perform drill in both directions.*



Drill 3: Freeze Tag (7 minutes)

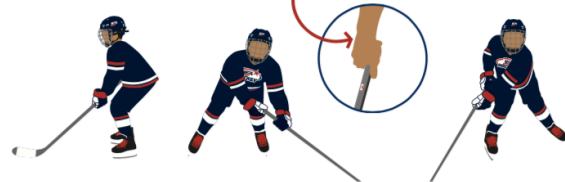
Select one player to be the tagger. When a player gets tagged they must stand still (frozen) until a teammate touches them to become free again.



Drill 4: Stationary Puck Handling (7 minutes)

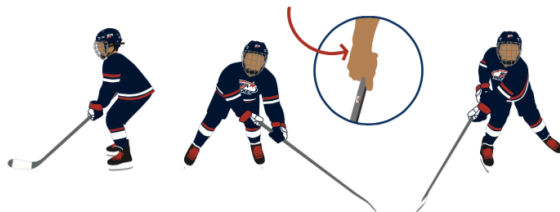
Players spread out in designated zone facing coach. Using the progression below, have players stickhandle with a puck. Emphasize stance, weight transfer and rolling of wrists.

- 30 seconds of tight dribbling (2 times)
- 30 seconds of wide dribbling (2 times)
- 30 seconds of dribbling on side of body (2 times)
- Stick handling with slow movement (2 times)



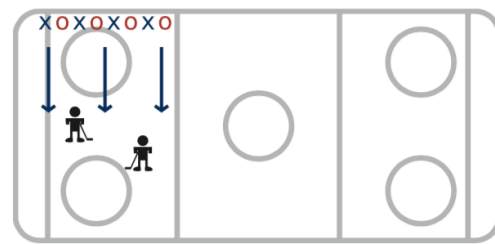
Drill 5: Skating with Puck (7 minutes)

Players move with puck and skate across area moving puck from left side to right side of the body. Alternate between narrow and wide puck movements.



Drill 6: British Bulldog with Blue Pucks (7 minutes)

Players start at one end. 1 to 3 bulldogs (players or coaches) stand in the middle of the area. Players on the line try to skate with a blue puck to the other side of the area without losing the puck to the bulldog.



Group games: Musical pucks (use face off circles, pucks in the middle [on less than # kids], skate around circle, on whistle, grab pucks. Player w/o is out. Repeat)

Termite Practice #8: 12/21/19

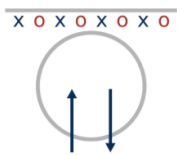
Equipment: blue pucks, soccer/tennis balls, nets, tires/cones, rings

Warm up: 5 mins (put blue pucks on ice, let kids play. Ensure correct hand placement on sticks)

Drills: 7 minutes each (42 mins)

Drill 1: Forward Stride and Stopping (7 minutes)

Players execute forward stride alternating legs to end of area and ending with a snow plow stop. Ensure that players are in hockey stance with knees bent and head and chest up when executing snow plow stop. With weight on right leg, turn left foot out slightly to the side, push down and to the side pressing the inside edge blade into the ice. Extend leg completely. Recover back to leg aligning the knees back into a hockey stance.



Drill 2: Edges (7 minutes)

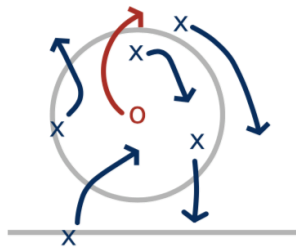
2-Foot Glide Turns: Players take a few strides to gain momentum then work on glide turns up the ice around cones. Focus on bent knees, skates shoulder-width apart, head and shoulders initiate turn by leaning toward cone, lead with inside skate (make sure they do not drag toe around cone), when player reaches cone they turn toes, belly button and head towards next cone and skate to the next cone.

**Make sure to perform drill in both directions.*



Drill 3: Freeze Tag (7 minutes)

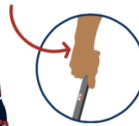
Select one player to be the tagger. When a player gets tagged they must stand still (frozen) until a teammate touches them to become free again.



Drill 4: Stationary Puck Handling (7 minutes)

Players spread out in designated zone facing coach. Using the progression below, have players stickhandle with a puck. Emphasize stance, weight transfer and rolling of wrists.

- 30 seconds of tight dribbling (2 times)
- 30 seconds of wide dribbling (2 times)
- 30 seconds of dribbling on side of body (2 times)
- Stick handling with slow movement (2 times)



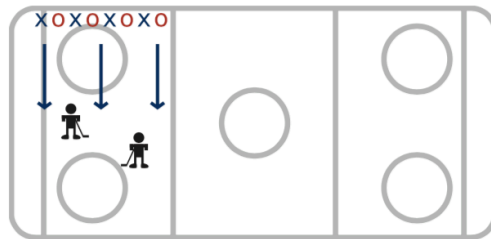
Drill 5: Skating with Puck (7 minutes)

Players move with puck and skate across area moving puck from left side to right side of the body. Alternate between narrow and wide puck movements.



Drill 6: British Bulldog with Blue Pucks (7 minutes)

Players start at one end. 1 to 3 bulldogs (players or coaches) stand in the middle of the area. Players on the line try to skate with a blue puck to the other side of the area without losing the puck to the bulldog.



Group games: Cross ice (last 13 minutes)

Termite Practice #9: 12/28/19

Equipment: blue pucks, soccer & tennis balls, tires, pads

Warm up: 5 mins (put blue pucks on ice, let kids play. Ensure correct hand placement on sticks)

Drills: 8 minutes each (48 mins)



STATIONS

On the whistle, players drop to knees and get up three times before changing stations.

Station 1: Ball Tag

(8 minutes)

Coaches throw balls at players who attempt to dodge out of the way. If hit, the player must drop to their knees and get back up 3 times before they can rejoin the action.

Station 2: Skating

(8 minutes)

2 foot glide, 2 foot glide with butt to heels, run on skates, glide & 2 foot jump, drop to knees & get up, drop to single knee and up alternate knees.

Station 3: Musical Tires

(8 minutes)

Players skate around the tires. On coach's signal players try and sit in the tire. Player that is not in tire is out. Take a tire out and start again until there is one player left. It is important to have multiple games going on at once so players are active.

Station 4: Mosh Pit

(8 minutes)

Split player in two teams, and fill the inside of the box with tennis balls or other lightweight object. On coaches signal player will skate through opening, grab one tennis ball, skate back out and place it in the tire. The team that has the most tennis balls in the tire wins.

Variation: If players are more advanced, close off openings and have them jump over barrier.

Station 5: Obstacle Course

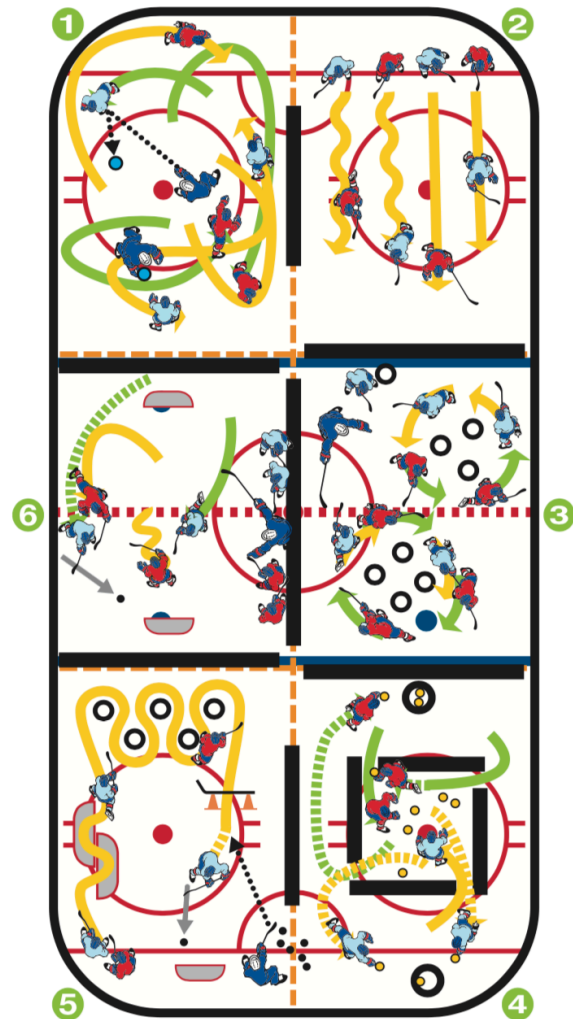
(8 minutes)

Players skate through the nets, weave through tires on inside edge, then finish by diving under stick (that is placed on top of 2 cones) and finish with a shot on net. Next player starts when first player gets to first tire.

Station 6: Hockey Game

(8 minutes)

In your area, play 2v2 hockey. Use tires or cones as goal markers if you do not have enough mini-nets.



Group game: Pom Pom Pull away (if able)

Termite Practice #10: 1/4/20

Equipment: blue pucks, soccer & tennis balls, tires, pads

Warm up: 5 mins (put blue pucks on ice, let kids play)

Drills: 8 minutes each (48 mins)



STATIONS

On the whistle, players drop to knees and get up three times before changing stations.

Station 1: Ball Tag

(8 minutes)

Coaches throw balls at players who attempt to dodge out of the way. If hit, the player must drop to their knees and get back up 3 times before they can rejoin the action.

Station 2: Skating

(8 minutes)

2 foot glide, 2 foot glide with butt to heels, run on skates, glide & 2 foot jump, drop to knees & get up, drop to single knee and up alternate knees.

Station 3: Musical Tires

(8 minutes)

Players skate around the tires. On coach's signal players try and sit in the tire. Player that is not in tire is out. Take a tire out and start again until there is one player left. It is important to have multiple games going on at once so players are active.

Station 4: Mosh Pit

(8 minutes)

Split player in two teams, and fill the inside of the box with tennis balls or other lightweight object. On coaches signal player will skate through opening, grab one tennis ball, skate back out and place it in the tire. The team that has the most tennis balls in the tire wins.

Variation: If players are more advanced, close off openings and have them jump over barrier.

Station 5: Obstacle Course

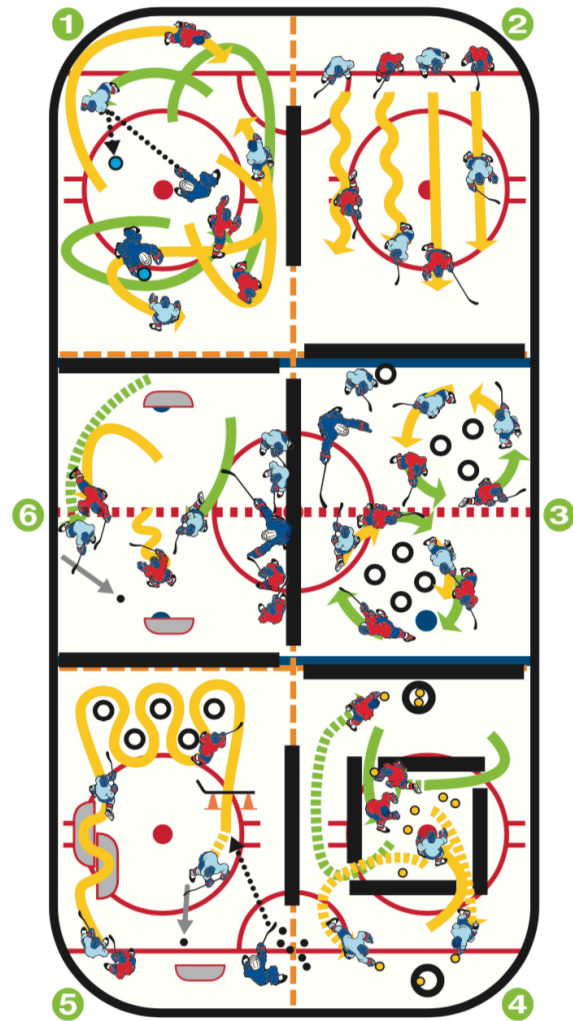
(8 minutes)

Players skate through the nets, weave through tires on inside edge, then finish by diving under stick (that is placed on top of 2 cones) and finish with a shot on net. Next player starts when first player gets to first tire.

Station 6: Hockey Game

(8 minutes)

In your area, play 2v2 hockey. Use tires or cones as goal markers if you do not have enough mini-nets.



Group games: Freeze tag (if able)

Termite Practice #11: 1/11/20

Equipment: blue pucks, tires

Warm up: 5 mins (put blue pucks on ice, let kids play)

Drills: 8 minutes each (48 mins)

STATIONS

On the whistle, players drop to knees and get up three times before changing stations.

Station 1: Sharks and Minnows (8 minutes)

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.

Station 2: Hit the Bucket (8 minutes)

Give players plenty of pucks and have them spread out around the outside of the face-off circle. Players try to pass or shoot the puck to hit and move the bucket, ball, ring, or whatever object is used. The objective is to move the object outside the circle. Position players perpendicular to the bucket so that they shift weight and sweep the puck.

Station 3: Chaos Puck Handling (8 minutes)

Players stickhandle skating around obstacles. All players are involved. 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 top of the stick like you would hold a hammer. Use ringette rings instead of pucks.

Station 4: Scatter Puck (8 minutes)

All players have a blue puck. Divide the players into 2 teams. Each team must stay on their designated half of the area. For 30 seconds players shoot blue pucks to the other team's side of the ice. Team with the least number of pucks on their side when time runs out wins. Repeat several times. **Coaching Point:** emphasize sweeping the puck.

Station 5: Hockey Game (8 minutes)

In area, play 2v2 hockey. Use tires or cones as goal markers if you do not have enough mini-nets.

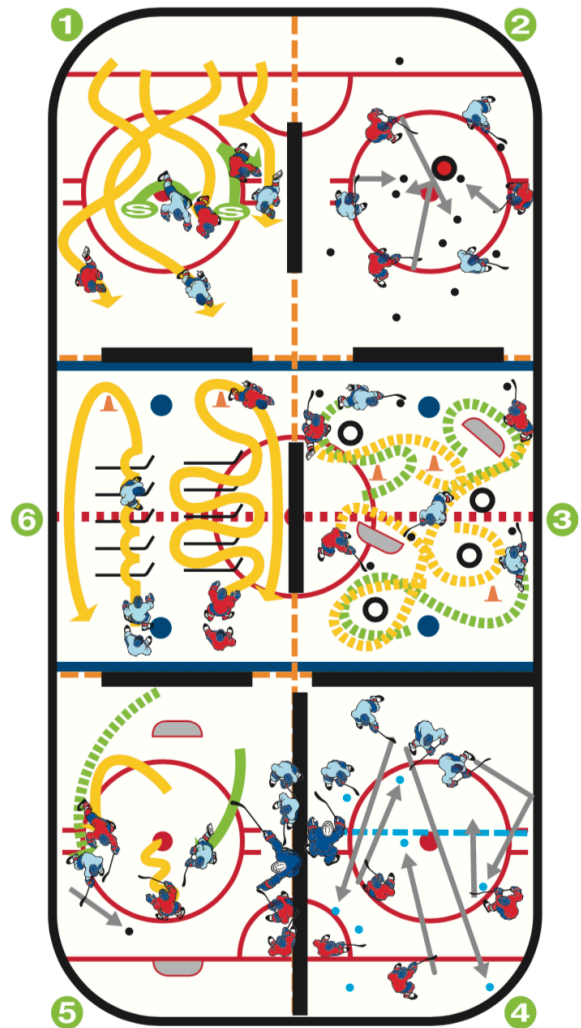
Station 6: ABC's – Obstacle Course (8 minutes)

Relay Race: Divide players into 2 teams. Lay sticks in suggested pattern.

Part 1: Have players walk laterally over each stick, glide turn around cone, forward stride back to line tagging next player. End with a snow plow stop.

Part 2: Players step over sticks, glide turn around cone and forward stride to line tagging next player.

Part 3: Players weave in and out of sticks. Glide turn around cone and forward stride to line.



Group games: Pom Pom pull away (if able)

Termite Practice #12: 1/18/20

Equipment: blue pucks, pads, tires**Warm up:** 5 mins (put blue pucks on ice, let kids play)**Drills:** 7 minutes each (42 mins)**Station 1: Agility Race Around Sticks****(7 minutes)**

Have players start by laying their sticks on the ice, or use an ice marker to draw lines. Have player race to the cone performing various agility and balance maneuvers around or over the sticks; 2-foot hops, single-foot hops, weave around the sticks, etc. Vary starting positions, from knees, on stomach, etc.

Station 2: Hit the Bucket**(7 minutes)**

Give players plenty of pucks and have them spread out around the outside of the face-off circle. Players try to pass or shoot the puck to hit and move the bucket, ball, ring, or whatever object used. Objective is to move the object outside the circle. Have players position sideways (perpendicular) to the bucket so that they shift weight and sweep the puck.

Station 3: Sharks and Minnows Tag**(7 minutes)**

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.

Station 4: Border Tag**(7 minutes)**

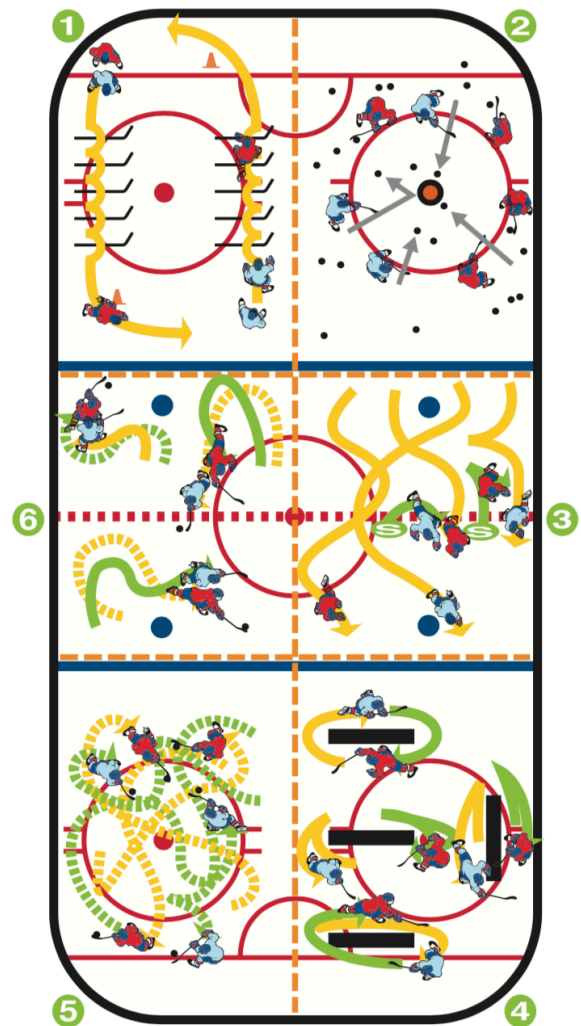
Players pair up starting on each side of a divider pad. One player is designated "IT" and tries to tag their partner. Once tagged, switch roles and repeat. Players are not allowed to step over the pads.

Station 5: Chaos Puck Control**(7 minutes)**

Every player has a puck. Players skate in a small area trying to avoid others. Players are not to shoot the pucks (the goal is to maintain possession). Encourage them to try different maneuvers and to weave around the other kids.

Station 6: 1v1 Keep-Away**(7 minutes)**

Have players play 1v1 keep-away in a tight area. Have multiple 1v1s going at once to encourage playing in traffic areas. Every 60 seconds, the players can rest by passing back and forth. Rest 30 seconds, then repeat.

**Group games:** Cross ice (remaining 13 minutes)

Termite Practice #13: 1/25/20

Equipment: blue pucks, pads, tires**Warm up:** 5 mins (put blue pucks on ice, let kids play)**Drills:** 7 minutes each (42 mins)**Station 1: Agility Race Around Sticks****(7 minutes)**

Have players start by laying their sticks on the ice, or use an ice marker to draw lines. Have player race to the cone performing various agility and balance maneuvers around or over the sticks; 2-foot hops, single-foot hops, weave around the sticks, etc. Vary starting positions, from knees, on stomach, etc.

Station 2: Hit the Bucket**(7 minutes)**

Give players plenty of pucks and have them spread out around the outside of the face-off circle. Players try to pass or shoot the puck to hit and move the bucket, ball, ring, or whatever object used. Objective is to move the object outside the circle. Have players position sideways (perpendicular) to the bucket so that they shift weight and sweep the puck.

Station 3: Sharks and Minnows Tag**(7 minutes)**

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.

Station 4: Border Tag**(7 minutes)**

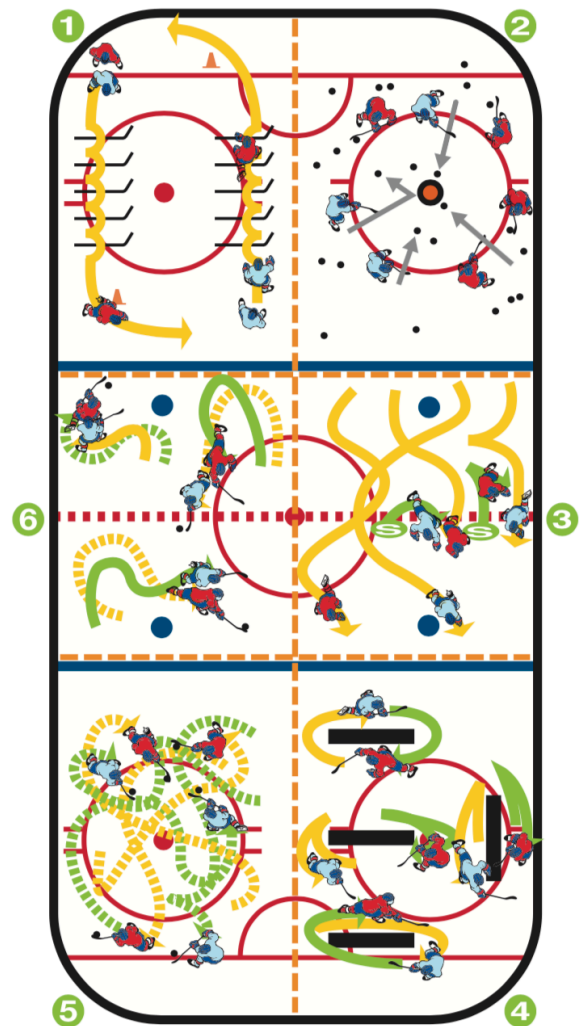
Players pair up starting on each side of a divider pad. One player is designated "IT" and tries to tag their partner. Once tagged, switch roles and repeat. Players are not allowed to step over the pads.

Station 5: Chaos Puck Control**(7 minutes)**

Every player has a puck. Players skate in a small area trying to avoid others. Players are not to shoot the pucks (the goal is to maintain possession). Encourage them to try different maneuvers and to weave around the other kids.

Station 6: 1v1 Keep-Away**(7 minutes)**

Have players play 1v1 keep-away in a tight area. Have multiple 1v1s going at once to encourage playing in traffic areas. Every 60 seconds, the players can rest by passing back and forth. Rest 30 seconds, then repeat.

**Group games:** Cross ice (remaining 13 minutes)

Termite Practice #14: 2/1/20

Equipment: blue pucks, pads, rings, tires

Warm up: 5 mins (put blue pucks on ice, let kids play)

Drills: 7 minutes each (42 mins)

Station 1: Skating (ABCs)

(7 minutes)

Have players continually move around the cones while changing movements on the fly. 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 and 1 backward, 2-foot power jumps, log roll to right, log roll to left. Have players stop and start at each cone.

Station 2: Freeze Tag

(7 minutes)

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

Station 3: Chaos Puck Control

(7 minutes)

Every player has a puck. Players skate around in a small area trying to avoid others. Players are not to shoot the pucks (the goal is to maintain possession). Encourage them to try different maneuvers and to weave around the other kids. After a while, coaches can jump in and try to steal pucks. (Coaches shouldn't overdo it; the goal is for players, not coaches, to control the puck.)

Station 4: Gunner's Alley

(7 minutes)

Divide players into two teams. Teams compete to pass pucks hitting the target (ring, ball, bucket) in an attempt to move the target across their opponent's line.

Station 5: 1v1 Hockey

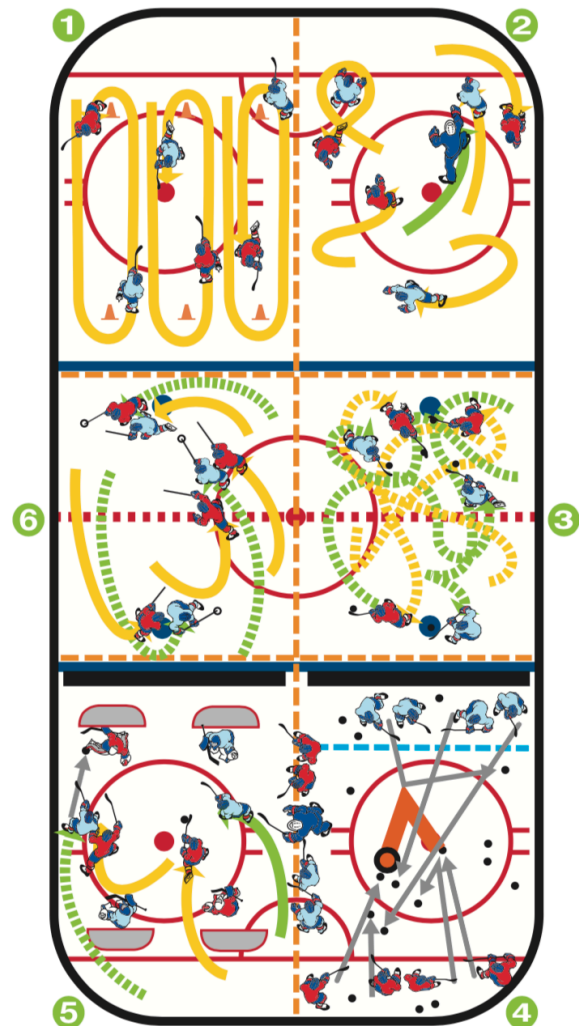
(7 minutes)

Keep two 1v1 hockey games going with a change of players every 40 seconds.

Station 6: Lord of the Rings

(7 minutes)

Start game with one less ring than the number of players. On the signal to start, the players attempt to grab a ring with their overturned stick and keep possession until the coaches single to stop. After each stoppage, remove a ring for the game.



Group games: Cross ice (remaining time, 13 minutes)

Termite Practice #15: 2/8/20

Equipment:**Warm up:** 5 mins (put blue pucks on ice, let kids play)**Drills:** 7 minutes each (42 mins)**Station 1: Skating (ABCs)****(7 minutes)**

Have players continually move around the cones while changing movements on the fly. 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 and 1 backward, 2-foot power jumps, log roll to right, log roll to left. Have players stop and start at each cone.

Station 2: Freeze Tag**(7 minutes)**

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

Station 3: Chaos Puck Control**(7 minutes)**

Every player has a puck. Players skate around in a small area trying to avoid others. Players are not to shoot the pucks (the goal is to maintain possession). Encourage them to try different maneuvers and to weave around the other kids. After a while, coaches can jump in and try to steal pucks. (Coaches shouldn't overdo it; the goal is for players, not coaches, to control the puck.)

Station 4: Gunner's Alley**(7 minutes)**

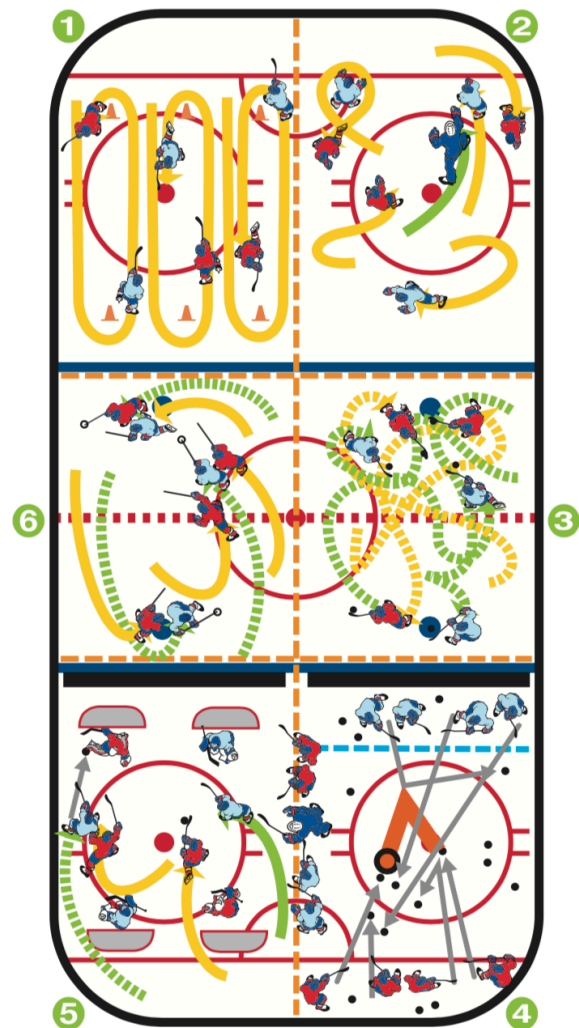
Divide players into two teams. Teams compete to pass pucks hitting the target (ring, ball, bucket) in an attempt to move the target across their opponent's line.

Station 5: 1v1 Hockey**(7 minutes)**

Keep two 1v1 hockey games going with a change of players every 40 seconds.

Station 6: Lord of the Rings**(7 minutes)**

Start game with one less ring than the number of players. On the signal to start, the players attempt to grab a ring with their overturned stick and keep possession until the coaches single to stop. After each stoppage, remove a ring for the game.

**Group games:** Cross ice (remaining time, 13 minutes)

Termite Practice #16: 2/15/20

Equipment: blue pucks, tires

Warm up: 5 mins (put blue pucks on ice, let kids play)

Group Skating: Red Light-Green Light (10 mins)

-focus on stopping

Drills: 7 minutes each (28 mins)

Station 1: Skating Edge Control (ABCs)

(7 minutes)

Divide the players and have them continually perform the movements around the cones, changing the activities on the fly. Swizzles, inside edges, outside edges, 2-foot slalom, inside edges pump, single-leg alternate edges, power jumps, swizzles out-jump-feet together. Practice the skill to the blue line and back.

Station 2: Sparta Tight Turns

(7 minutes)

Every player has a puck. Half of the players are stationary and the other half handles their pucks while trying to do tight turns around the stationary group. After 30 seconds, switch the groups. Stationary players can stickhandle as well.

Station 3: Tag with Both Feet on Ice

(7 minutes)

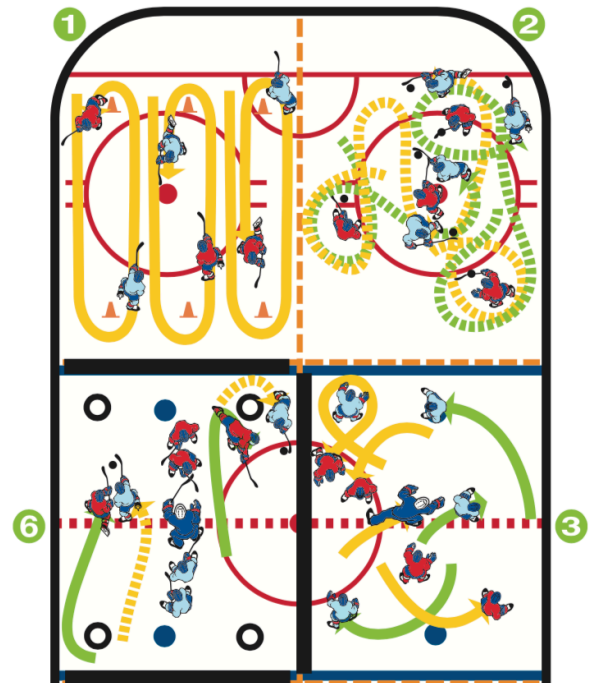
Players must push with inside edges and keep both feet on ice as they maneuver to escape the coach. If tagged, the tagged player drops to knees until a teammate skates a circle around him and is then set free.

Station 6: 1v1 or 2v2 Hit the Tire

(7 minutes)

Pass the puck off the tire to score. The coach can have two 1v1s or 2v2s going on at the same time.

around the stationary group. After 30 seconds, switch the groups. Stationary players can stickhandle as well.



-for station 2, can use tires for tight turns

Group games: Sharks and Minnows/ keep away with pucks

Termite Practice #17: 2/22/20

Equipment: blue pucks, tires, pads

Warm up: 5 mins (put blue pucks on ice, let kids play)

Drills: 7 minutes each (42 mins)

Station 1: Forward Cross-Overs

(7 minutes)

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.

Station 2: Net Tag

(7 minutes)

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.

Station 3: Guard the Gate

(7 minutes)

Set tires about 8 feet apart. Players are in pairs. The puck carrier must try to carry the puck through their set of tires. Defender tries to prevent that. On change of possession, the player roles change.

Station 4: 2v2 Tight Space

(7 minutes)

Play 2v2 and change on the whistle every 60 seconds.

Station 5: Chaos with Agility

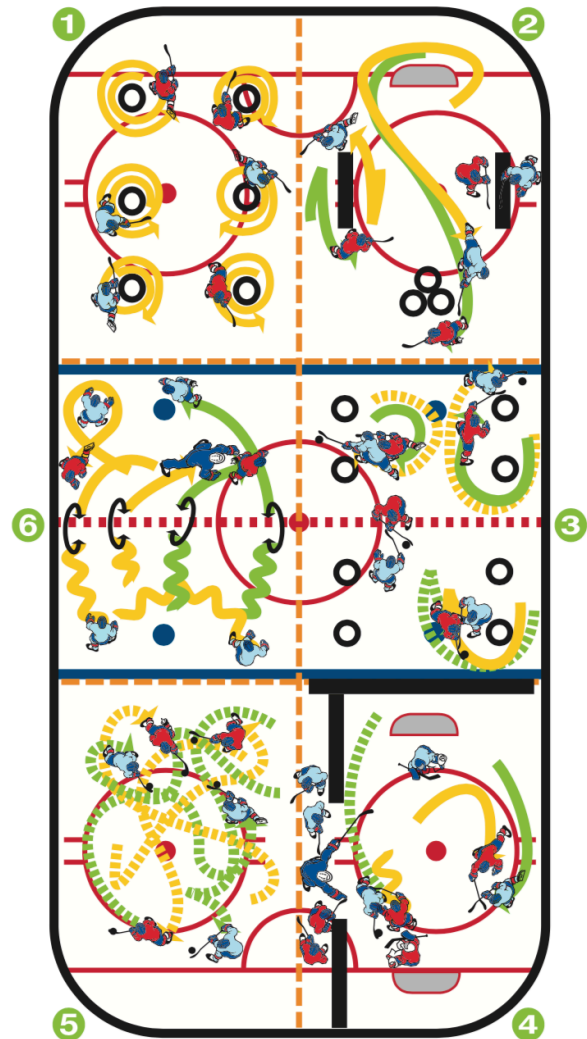
(7 minutes)

Every player has a puck. Players skate around in a small area trying to avoid others. Players are not to shoot the pucks (the goal is to maintain possession). Encourage them to try different maneuvers and to weave around the other kids. On signal from coach, players perform some agility skating; figure 8, stops and start both ways, inside edges, etc., then return to Chaos Puck Control.

Station 6: Forward and Backward Tag

(7 minutes)

Use the center red line as the pivot point. Players can only skate forward on one side of the line and backward on the other. Coach or designated tagger must try to tag all players. If tagged, the player is frozen until a teammate skates a circle around them and sets them free.



Group games: Pom Pom pull away, freeze tag (remaining 13 mins)

Termite Practice #18: 2/29/20. FINAL PRACTICE

Skills Showcase!!

Equipment: blue pucks, tires, pads, nets

Warm up: 5 mins (put blue pucks on ice, let kids play)

Divide into equal teams:

Relay races: 15 mins

1. Partner races (holding sticks)
2. Pushing tires
3. Fast with pucks

Obstacle course: 15 mins

1. Through nets
2. Step over sticks
3. Around tires
4. Under pads

Cross Ice: 15 mins