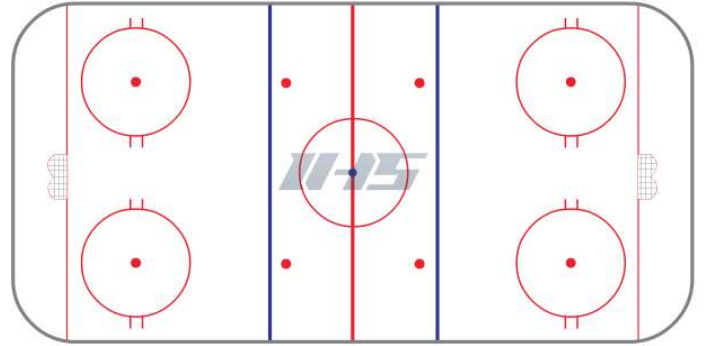


2023 Mite Preseason Day 1

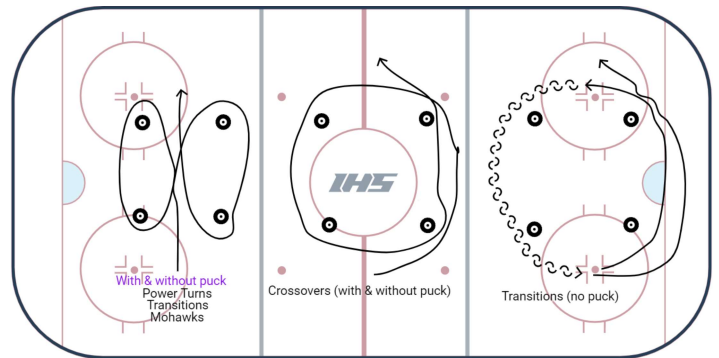


Monday, October 16th, 2023

PRACTICE LAYOUT

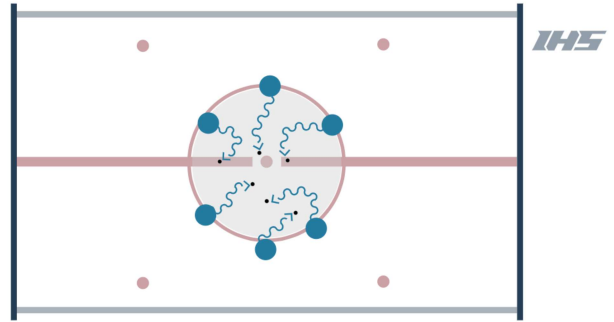


Warmups - Mite Preseason



King or Queen of the Hill Puck Control Drill

This is a fun drill to start or end practice with that is great for the U6 age levels all the way to the NHL. Players love this drill! It is also known as Knockout or King / Queen of the Ring if you only use circles. If you have more than 6 players you can start by increasing the boundaries to include the entire neutral zone. Once there are 6 players remaining then you can narrow the boundaries down to the circle.



Setup

Every player will have a puck to start and on the whistle players will skate around controlling the puck. The object of the game is to maintain control of your puck and be the last player to have control of your puck. As players skate around they will also try to knock other players pucks away. If you get your puck knocked away then you have to leave the playing area. The last player with control of their puck WINS!

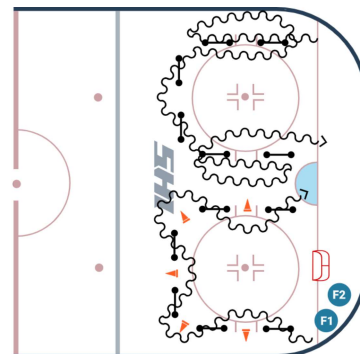
Watch the Colorado Avalanche perform this fun exercise below:

00:34

If you need further proof that this drill is great for all levels then watch this video of the Pittsburgh Penguins playing King of the Hill with the whole team in the neutral zone. This was during the Stanley Cup Playoffs when they won in 2017!

Station Number: 1 - scoreboard

Edgeboss Drills - Mite Preseason



Station Number: 2 - scoreboard

Tic Tac Toe Relay

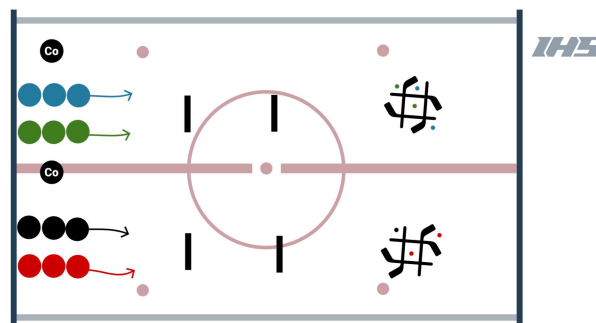
Tic Tac Toe Relay

Split up players into two teams. Have 4 of the players place their sticks down, in the shape of a Tic Tac Toe board. The rest of the players can place their sticks off to the side.

Set up a small "obstacle" course based on the skill you're working on (i.e. balance, edges, tight turns, etc.). On the whistle, one player from each team starts with their team object (e.g. puck, tennis ball, cone, etc) in their glove.

On the whistle, players take off through the obstacle course and place their team object on the Tic Tac Toe board. After placing their object, players race back to their line to tag the next player who then takes off, completes the skating route, and then places their object down. Teams continue to race and play a game of Tic Tac Toe until one team has won.

Station Number: 3 - Hayes Entry

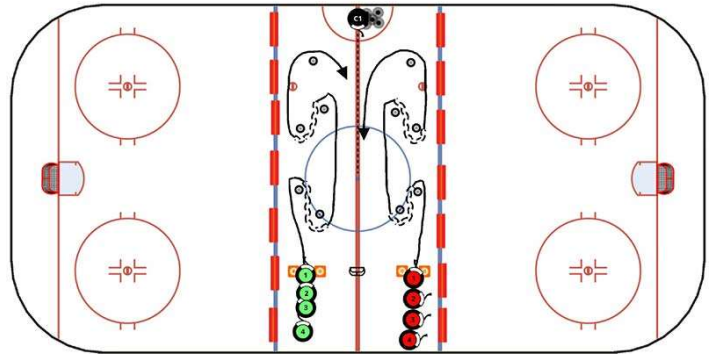


Neutral Zone Puck Races #6

This puck race focuses on quick forward to backward and backward to forward transitions. Players work on these skating fundamentals in the context of competition.

Setup

Please refer to the diagram to see where the tires/cones should be placed. The coach will have the pucks along the far wall. Try to match up players of equal ability. You can use mini nets or regular nets depending on if you have a goalie available.



How to play

On the whistle the first player from each line skates forwards to the tire, transitions backwards towards the other tire, and then quickly transitions forwards around the 2nd tire. Then they skate forward to the next set of tires and do the same thing. After the 2nd set of tires they skate forward to far tire do a tight control turn and race for the puck set out by the coach.

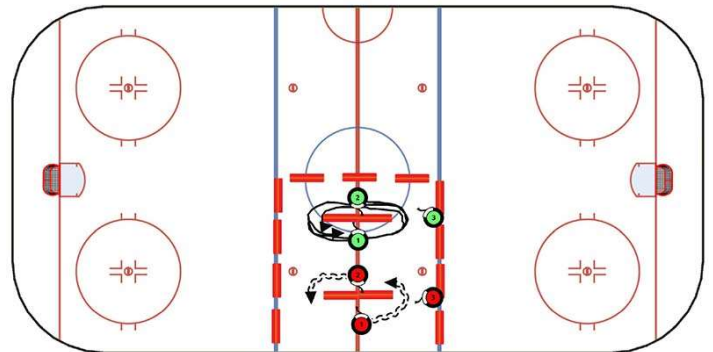
Station Number: 4 - Neutral Zone

Border Tag - Station

This is a great activity for station based practices. It works on agility, forward skating, backwards skating, forwards to backwards transition, and backwards to forwards transition.

Set Up

Place a border between two players. One player is designated as the "IT" player. Players do not use their sticks.



How the Game is Played

On the whistle the player designated as "IT" will try to tag the other player. They have to stay within a stick length of the border and cannot cross over the border, they have to skate around the border.

Progressions

1. Both players have to skate forwards
2. Both players have to skate backwards
3. Players skate forwards on one side of the border and backwards on the other side
4. Players have to skate heel to heel (otherwise known as open hips or mohawks)

Station Number: If room