

Mini Mites Practice One

Saturday, November 10, 2007 8:00 PM - 8:00 PM

NOTE: For practice one, each team will have the ice to itself. For all of your other practices this year, you'll be sharing the ice with another squad.

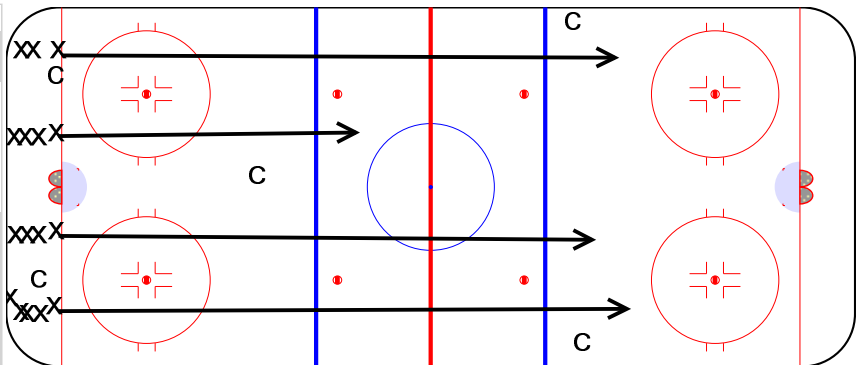
Practice #1 - MM
12-13 players
60 minutes

Spend first 5 minutes on review of whistle, expectations, getting up, etc. etc. Make sure they're comfortable and at ease - some will

4 Line Skating - 12 minutes

8:00 - 8:10

- 1- Scooter 1-leg pushes in balance
- 2- Push-Touch-Glide in balance
- 3 - Inside edges - take your time, balance
- 4 - V start, sprint to near blue, glide down
- 5 - Superman dive at far blue

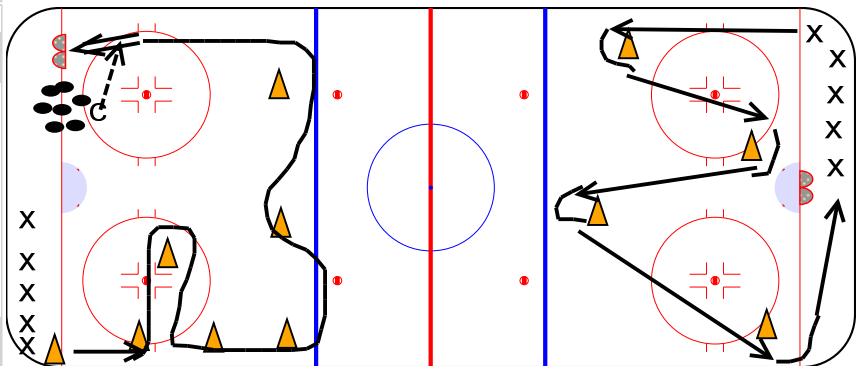


2 Stations - ability group for this - 20 min

8:10 - 8:20

- About 10 minutes doing each drill
- **near zone = obstacle course**, feel free to adjust to meet the needs of your group
- **far zone = edges**

 - 1 - no sticks and turns around cones
 - 2 - no sticks and lift inside leg - go around on outside leg (inside edge) - don't race, balance and good form
 - 3 - sticks and do hockey turns

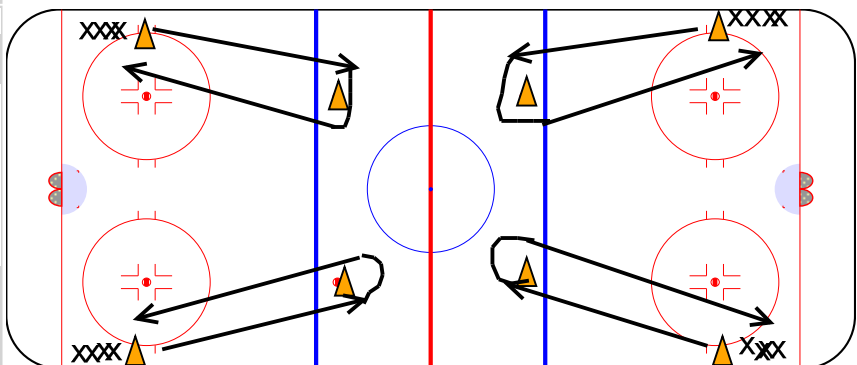


Relay Races - 8 min

8:20 - 8:30

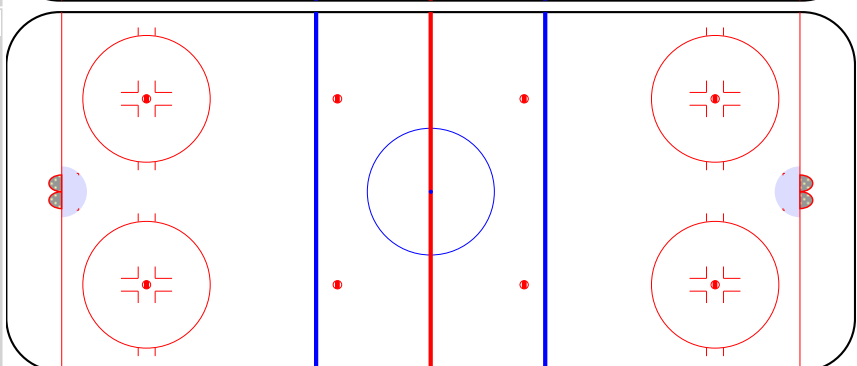
teams should be equal in talent

- 1 - sprint, turn around cone, come back and high five player #2
- 2 - add your own variation (360, sprint to cone and touch with hand - sprint back)



Free Time - 5 min

8:30 - 8:40



Mini Mites Practice One

Races - 10 min

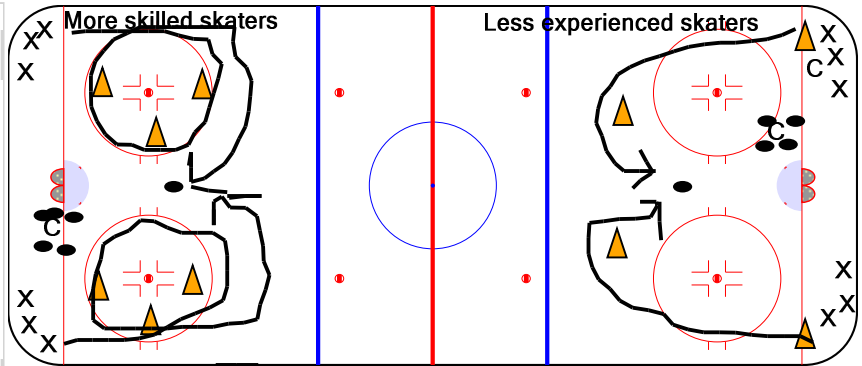
8:40 - 8:50

1/2 in each end

ability group this

- first around circle and to puck wins and gets puck

- for less experienced kids or ones that will rarely win a race, throw them a biscuit at the end of the race



If time, game of Freeze Tag in one end

8:50 - 9:00

