

Mini Mites Practice Three

Saturday, December 01, 2007 8:00 PM - 8:00 PM

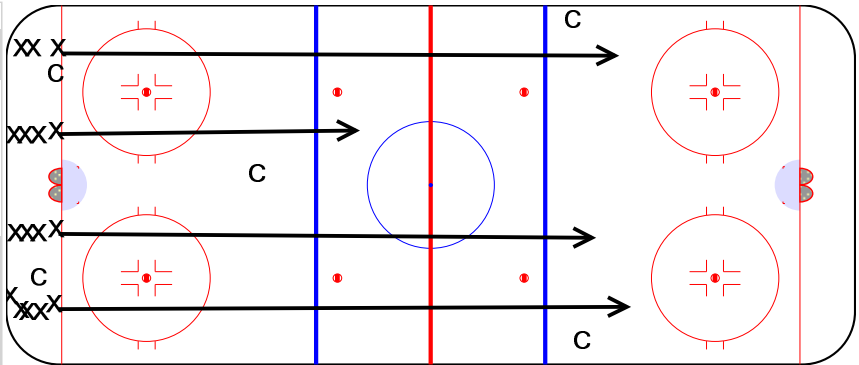
Practice #3 - MM
 24 players - shared ice
 60 minutes
 Velocity Hockey Center

First few minutes of practice, coaches gather at center ice to discuss practice

4 Line Skating - 15 minutes

8:00 - 8:10

- 1- Push-Touch-Glide in balance
- 2- Sprint and glide in hockey position
- 3 - Sprint and glide on one skate w/bent knee
- 4 - Skate to blue, touch knee w/out falling, keep skating
- 5 - Superman Dive



Stations - ability group - 30 minutes

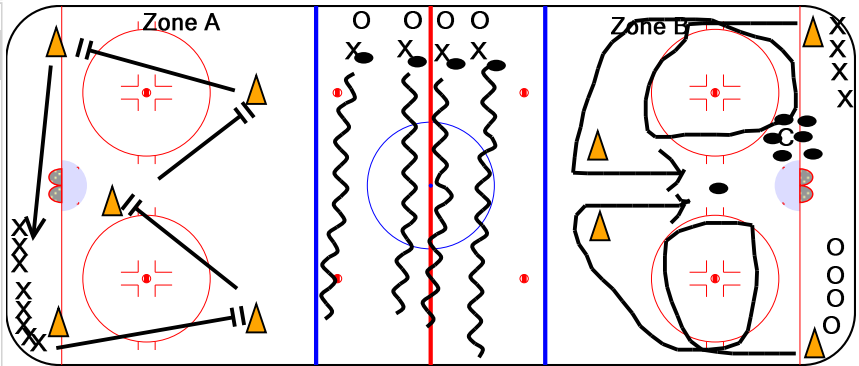
8:10 - 8:20

Zone A - stops
 - face same way to get practice stopping on both skates/feet

Middle Zone - pushing a puck

- 1 - 2 hand forehand carry
- 2 - 1 hand forehand carry
- 3 - more skilled groups, 1 hand backhand carry or pulls across body with head up

Zone C - races

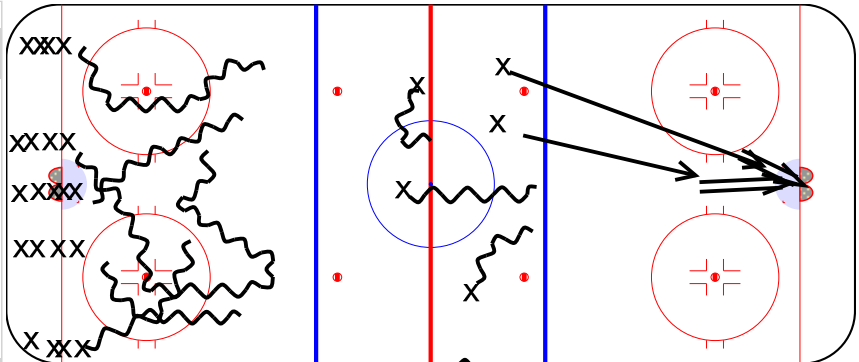


Jam the Zone - 8 min

8:20 - 8:30

- On whistle, 1st in each line stickhandles around zone Zone A
- On next whistle, that group moves to Zone B, controlling a puck AND the next player in line stickhandles around Zone A
- On next whistle, Zone B players go and shoot, Zone A players go to Zone B, and the next kids in line go to Zone A

NOTE: tell players to stay in far end after shooting - don't skate back!

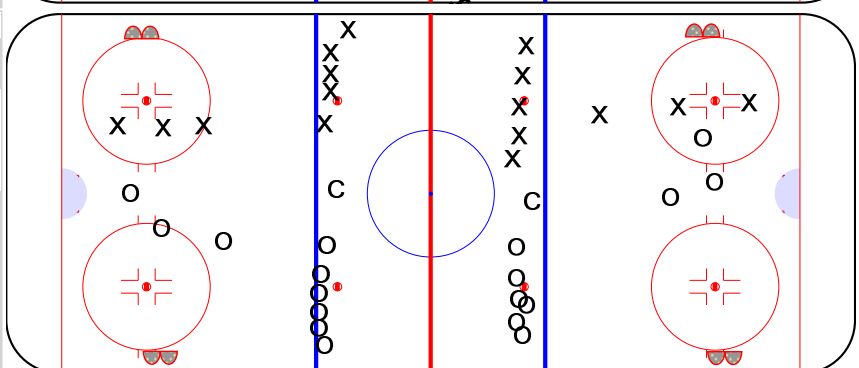


Cross-ice games in each end

8:30 - 8:40

2 on 2 or 3 on 3 in each end for about 50 second shifts

Ability group



Mini Mites Practice Three

8:40 - 8:50

