

Intermediate Mites Practice Four

Saturday, December 08, 2007 8:00 AM - 8:00 AM

Practice #4 - IM Mites
 90 Minutes Shared Ice
 24 players
 Velocity Hockey Center

First 5 minutes of practice players can skate around while coaches gather at center ice and go over practice plan

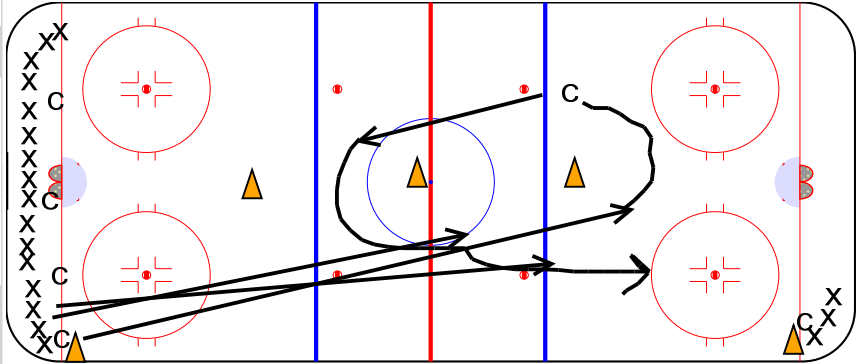
Manitoba 3 Cone Progression - 12 min

8:00 - 8:10

Focus on this is on quality reps, balance - not speed

- 1 = turns around 2 cones - both ways
- 2 = x-overs around 2 cones - both ways
- 3 = x-overs around/through in a figure 8 pattern

Have a coach lead skaters in groups of 4 to model correct balance/form



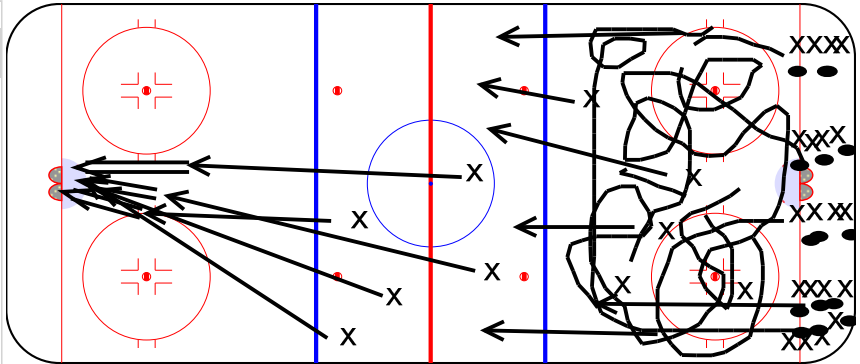
Woogie 5 Line Warm-Up - 10 min

8:10 - 8:20

1 - On whistle, 1st player from each line buzzes around zone handling the puck with head up, trying moves, being creative etc.

2 - On next whistle, the 1st kids now enter the neutral zone and do same thing while the 2nd kids in line now go into near zone, and stickhandle around

3 - On next whistle, kids in neutral go in and score. Kids in near zone go into neutral and buzz. 3rd kid in line go buzz the near zone. REPEAT.

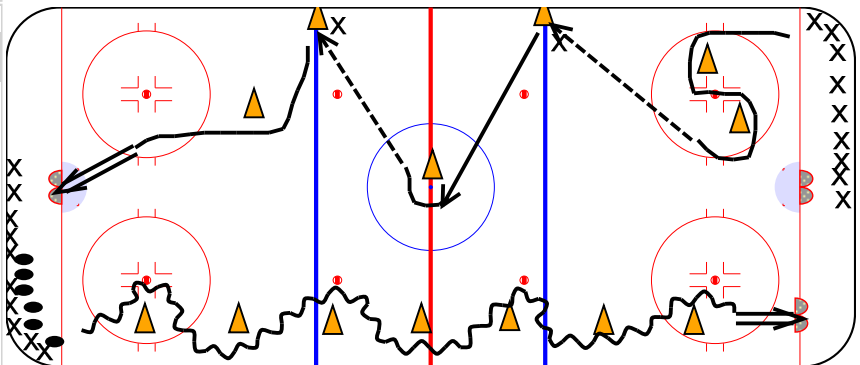


The Richter Replacement - 15 min

8:20 - 8:30

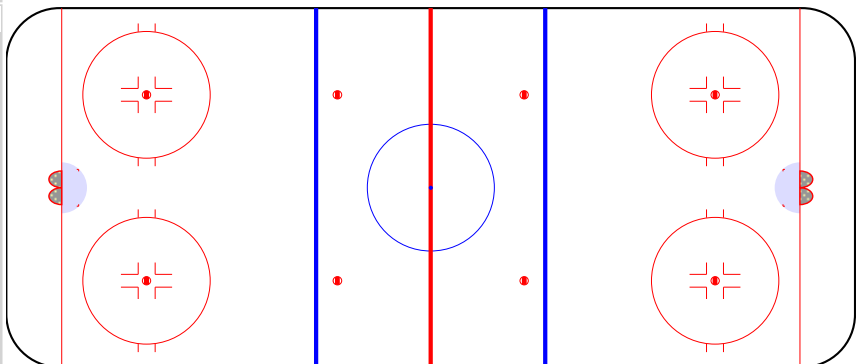
Side with cone line = players zig zag cones, handling the puck with head up (variation, make players start over if they look up before blue)...end with shot on net, or you could add give and go @ end

Passing Side = player scoots cones and then fires pass to player on blue line. That player steps off boards - sprints to cone and then fires to player on next blue line. That player then sprints around cone and in for a shot on net



Free Time - 10 min

8:30 - 8:40

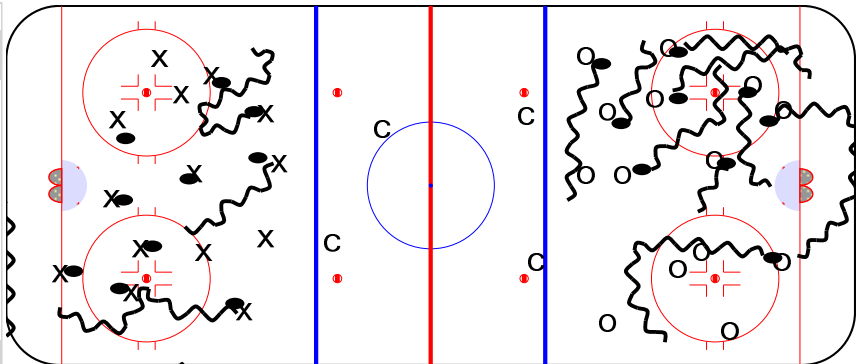


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Diminishing Pucks Game - 8 min

8:40 - 8:50

- Diminishing Pucks in each end
- 1/2 in each end
- all players start with a puck
- players skate around their zone with a puck on their stick
- as players are stickhandling, they try to also knock the puck off others sticks outside the blue line
- players that lose their pucks have to try and knock pucks off sticks of remaining players

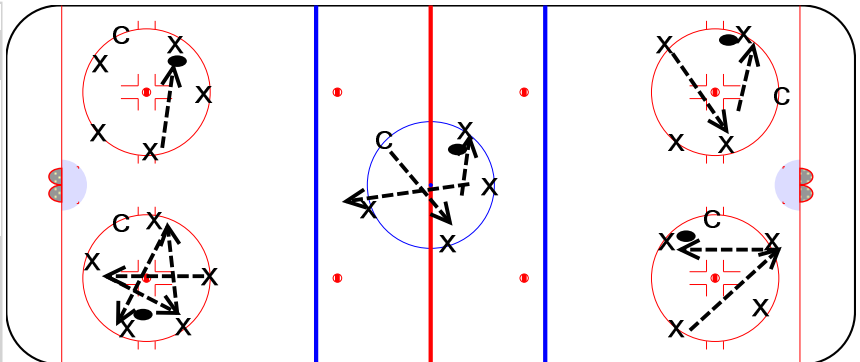


Circle Passing - 10 min

8:50 - 9:00

- 1 - forehand passes, head up Slide-Guide-Point
- 2 - forehand passes, skip a person
- 3 - make up your own pattern
- 4 - monkey in the middle

try to have a coach with each group



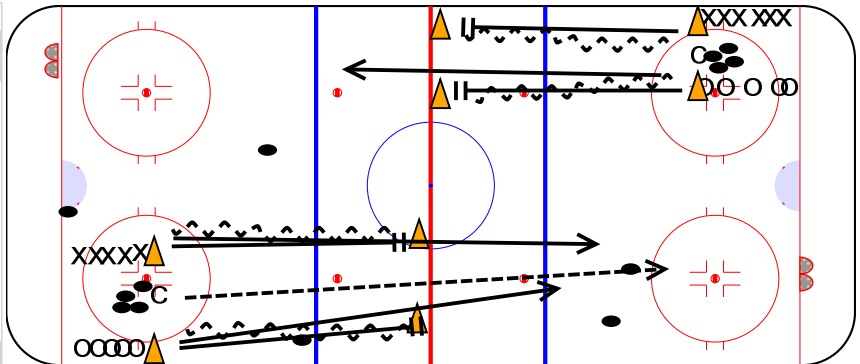
Transition Races - 10 min

9:00 - 9:10

forward to cone, transition and skate backward to starting cone, stop and race forward to the puck

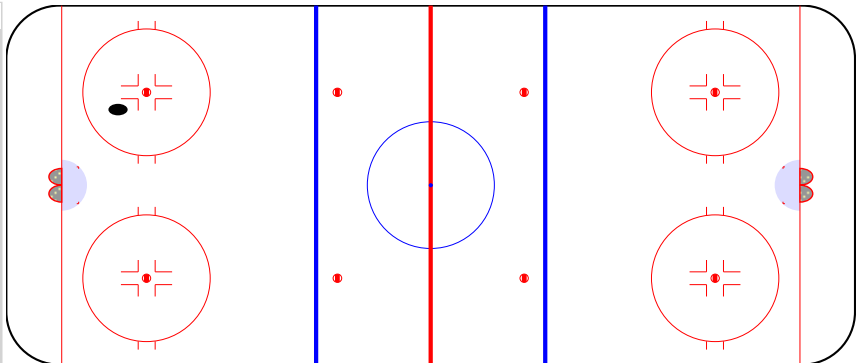
- try to match up kids evenly as they go through the drill

- after players end up with shot on net, they go into opposite corner's line (don't let them skate back through drill)



If time - 3 on 3 full ice

9:10 - 9:20



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9:20 - 9:30

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- after players end up with shot on net, they go into opposite corner's line (don't let them skate back through drill)

