

# IM Mites Practice 27

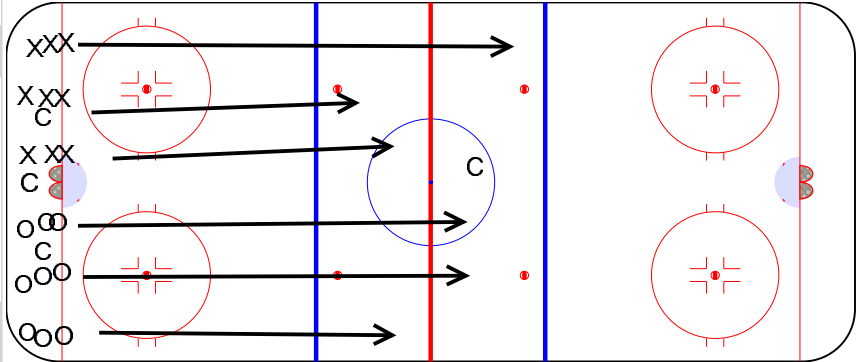
Velocity  
75  
approx: 20 players

Prior to practice, connect with the other team's head coach and make sure you are both on the same page heading into your practice...who is running what, who is placing pucks, etc.

Make sure to take time for short water breaks during practice

## Line Skating - 20 minutes

1. Inside edges - 2 lengths of the ice
2. Outside edges - 2 lengths of the ice...exaggerated x-overs
3. Full Speed x-overs....1 to the left, 1 to the right. "crossover - set, crossover - set" -
4. Full Speed x-overs...2 to the left, 2 to the right. "crossover, crossover - set. crossover, crossover - set" -
5. x-overs with pucks

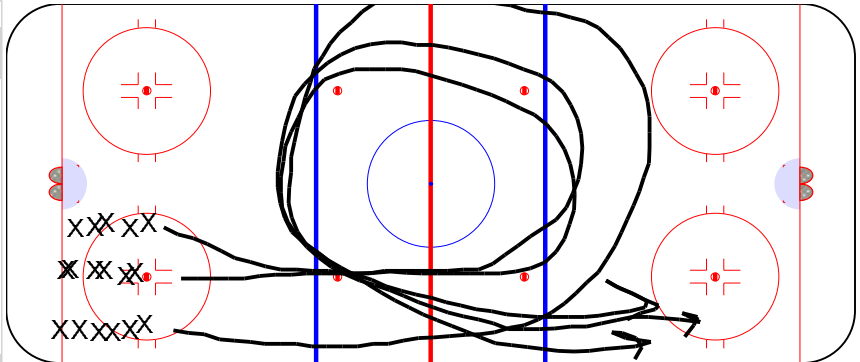


## Blatherwick Acceleration - 8 minutes

3 at a time, stagger their start.  
Feet crossing over all the time, don't set them.  
Start out 1/2 speed with long strides, slowly accelerate until skaters get back to the near blue and then they are going full speed.

Do without pucks, if time you could also do with pucks.

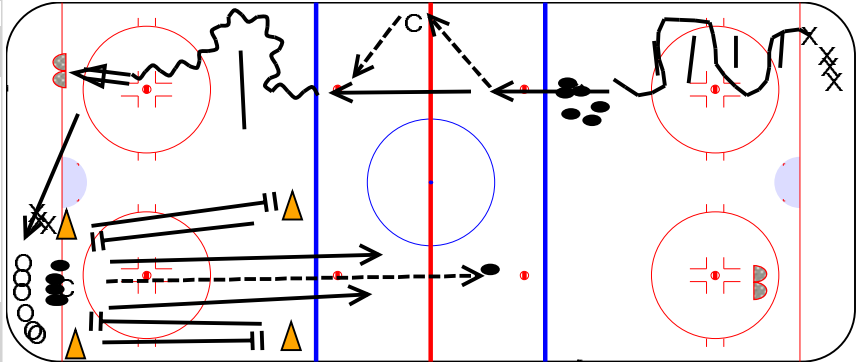
WATER BREAK AFTER THIS SKATE



## Full-Ice 1/2 and 1/2 - 12 minutes

Top Side: lay 4-5 sticks on the ice and kids do inside edges around/in-between them. Then pick up a puck and give and go with coach, wide pull on a triangle (or short bumper) and shot on net.

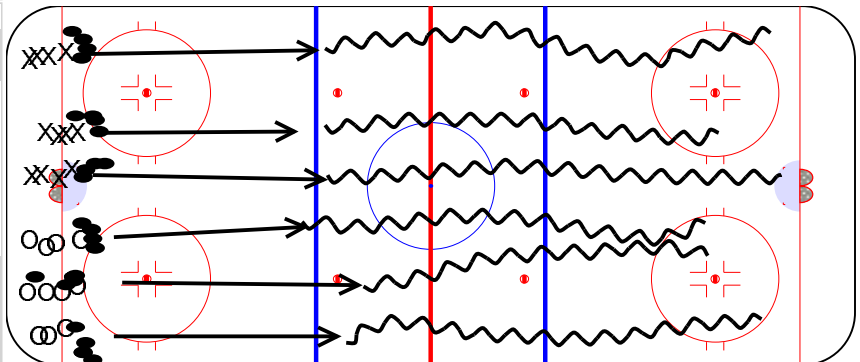
Bottom Side:  
Stops Race to puck. Stops facing inside toward opponent in race. Try to have kids of similar speed going against each other.



## Skating with Wrist rolls - 8 minutes

1. Sprint to blue, glide to far end doing wrist rolls in front of body
2. Sprint to blue, glide to far end doing wrist rolls to forehand side down length of ice

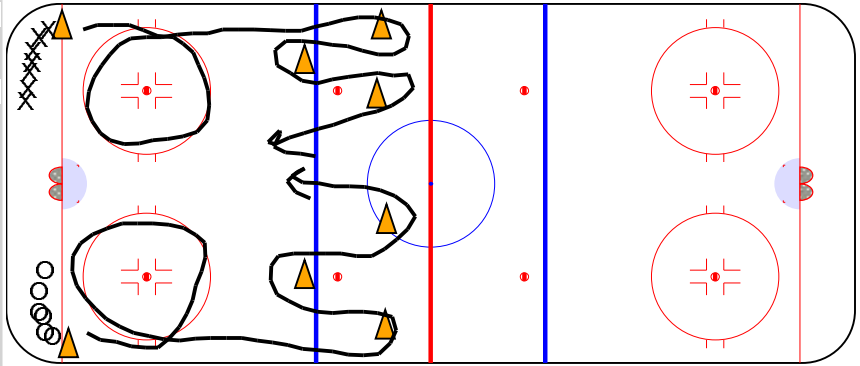
Keep pucks at front of line to help kids paying attention



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Races/Competition - 8 minutes

Do this or a favorite of your own



3 vs. 3 full -ice scrim for rest of time

