

# IM Mites Practice 29

Sunday, February 05, 2012 8:00 PM - 9:15 PM

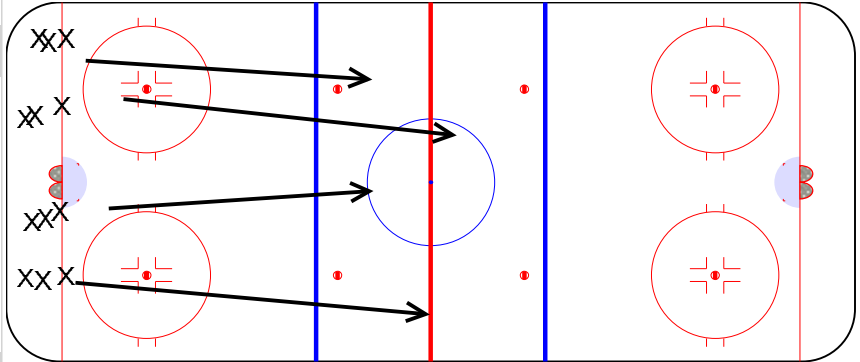
Velocity

## Line Skating 15-20 minutes

8:00 - 8:19

1. full speed x-overs 1 to left, 1 to right
  2. full speed x-overs, 2 to left, 2 to right
  3. backward x-overs, 1 to left, 1 to right.
- Emphasize knee bend, head/chest up, and reaching for the ice with your leg after setting skate
4. backwards x-overs 2 to left, 2 to right
  5. stops on blue lines and far goal line

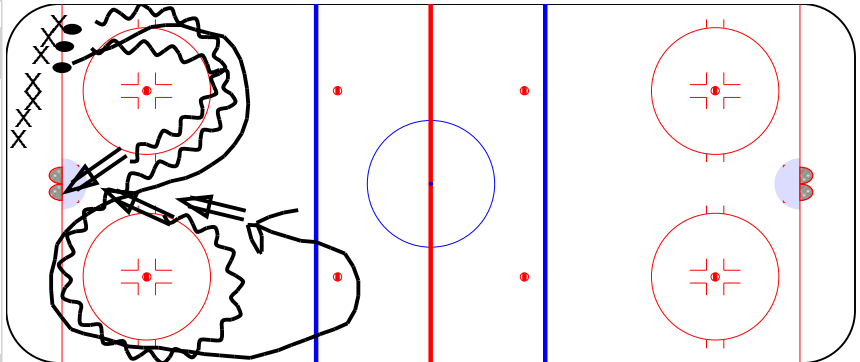
OR Coach choice based on what your team's needs are



## 1-2-3 Shooter

8:19 - 8:30

players start in corner with puck.  
 1st guy: goes around first circle and shoots on net.  
 2nd guy: goes around both circles and shoots on net.  
 3rd guy: goes around both circles and a cone at blue line and shoots.  
 It should time out so the goalie has time for all 3 shots. After 3 players go, then then line up in other corner. Stress players shoot with their feet moving and head up and from by the center of the



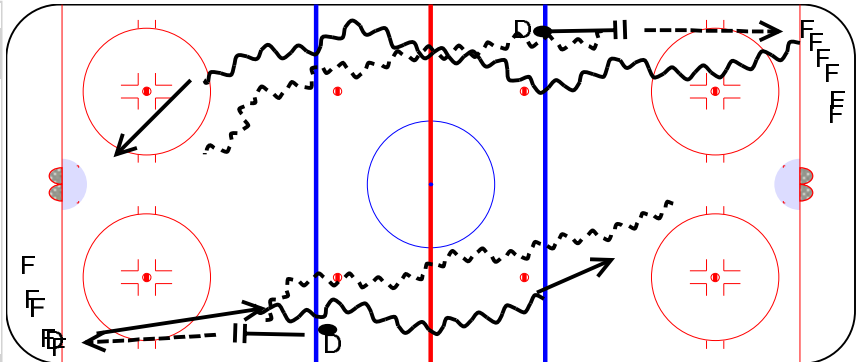
## 1 on 1's - same as previous practice

8:30 - 8:42

Forward - try to create space and make your move not too close to defender. If going wide, keep your feet moving and try to drive to the net

Defense: try to keep the forward to the outside and the "bad ice", tight gap with forward, and try to make the play at the blue line

D starts with pass to F. F then skates toward D who takes the 1 on 1 back down the ice. go out of both corners

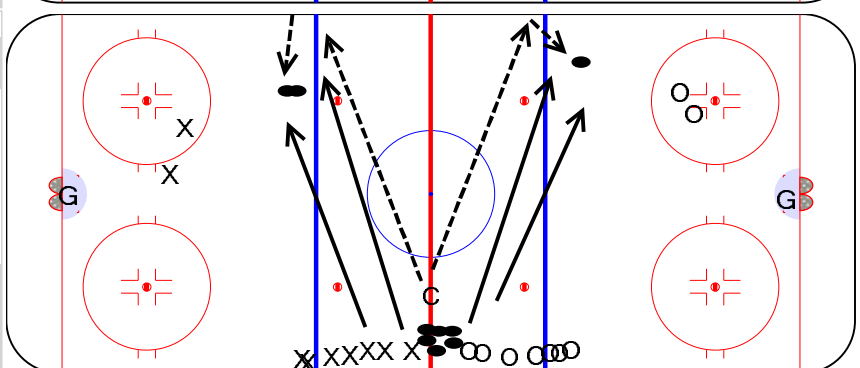


## 1 on 1 Battles on each 1/2 of the ice

8:42 - 8:52

ability group each end so you get even match-ups and mix up teams so they go against other color.

Have at least 2 battles going on at a time in each end. Players have to stay on their 1/2 of the ice. Keep head up as there are other players battling in same area.



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## Scrimmage last 15 minutes

8:52 - 9:10

3 on 3 or 4 on 4. Can do full ice or x-ice, coach choice

