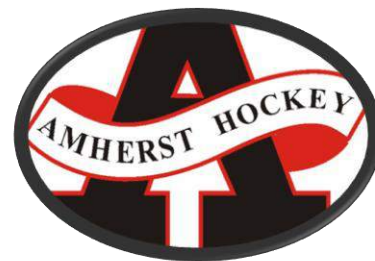


Practice Session #1  
Mites 8U (2005/2006)

Skill of the week: FORWARD CROSSOVER

KEY ELEMENTS

- Stress the importance of inside skate driving underneath (crossunder)
- Outside skate, push off inside edge, then pick up skate and crossover knee-over-knee with inside skate
- Inside skate, push under with outside edge as outside skate crosses over
- Knee of gliding leg is bent



Warm-up (8-10 minutes)

Skating Warm-up at both ends:

4 to 5 lines to the blueline and back

Repetitions to include:

- edge control
- ready position
- forward start
- forward stride
- control stop (two-foot snowplow, one-foot, snowplow)
- backward skating
- backward stop
- control turn
- forward crossover
- pivots

Gather in the middle, split into 4 stations.

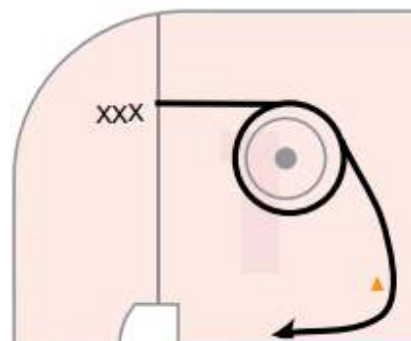
Each station 8 mins each. 8 x 4= 32 mins

Station 1: Whirlwind and shoot

stickhandle while skating around the circle, crossovers with puck & shoot

Station #2 Puck Control

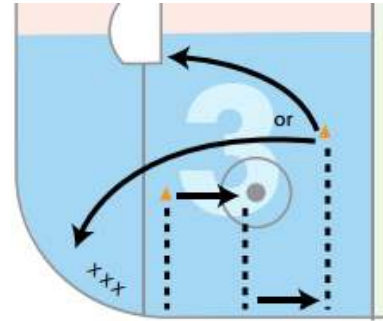
Players skate with puck through slalom and finish off with a shot on goal



### Station #3- Standing crossovers

start in ready position

- crossovers to cone
- forwards to dot
- crossovers to boards
- forwards to blue line
- crossovers to cone
- forwards to the corner or shoot on net if skating with pucks



### Station #4- 1v1 Keep Away

Have players play 1v1 keep away in a tight area.

Have multiple 1v1's going at once to encourage playing in traffic areas.

Last 8-10 minutes- 3 v 3 tennis ball hockey (All three zones)

Needs- 6 nets, pucks, 10 cones, 3 tennis balls