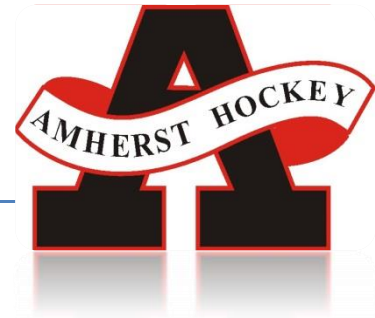


Practice Session #2

Mites 8U (2005/2006)



Diagrams for this practice can be found at:

[http://www.usahockey.com/uploadedFiles/USAHockey/new_york/Menu_ADM_Program/Landing_Pages/Squirt.Practice1\(1\).pdf](http://www.usahockey.com/uploadedFiles/USAHockey/new_york/Menu_ADM_Program/Landing_Pages/Squirt.Practice1(1).pdf)

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

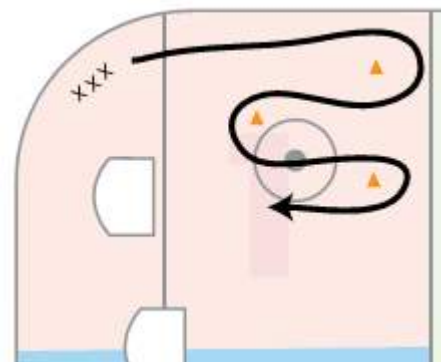
Repetitions to include:

- edge control
- ready position
- forward start
- forward stride
- control stop
- 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: Forehand weave

Skate with puck, try to keep the puck beside the body on the forehand side
weave through cones and shoot



Station #2- Stick Lines- MIDDLE SECTION

Players partner up as 3, stand 12-15 feet apart and pass the puck back and forth while skating back and forth between lines.

Station # 3- Combination skate

- around the circle
- standing crossovers across the blue line
- backwards to the corner

Station # 4 Tire Push Relay

Each player push a tire to touch the opposite boards and back. Players should focus on driving with their legs and using their inside edges to push the tires

Last 8-10 minutes- Agility Relay Races

Needs- 6 nets, pucks, 10 cones, 3 tires

