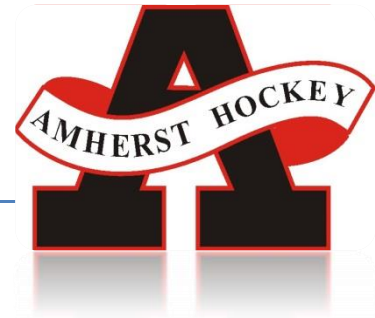


Practice Session #3

Mites 8U (2005/2006)



Diagrams for this practice can be found at:

<http://usahockey.cachefly.net/Coaching/PracticePlans/Squirts/Squirt.Practice3.4.pdf>

Skill of the week: **CONTROLLED HOCKEY STOP**

KEY ELEMENTS

- Stop In Ready Position
- Rotate hips quickly to 90 degrees
- Stop on inside edge, both skates
 - front (lead) skate, pushing down on inside edge
 - back (trailing) skate, pushing down on outside edge
- Bend the knees
- Skates shoulder width for stability
- Weight should be equally distributed on both skates
- Stop in ready position

Warm-up (8-10 minutes)

Skating Warm-up at both ends:

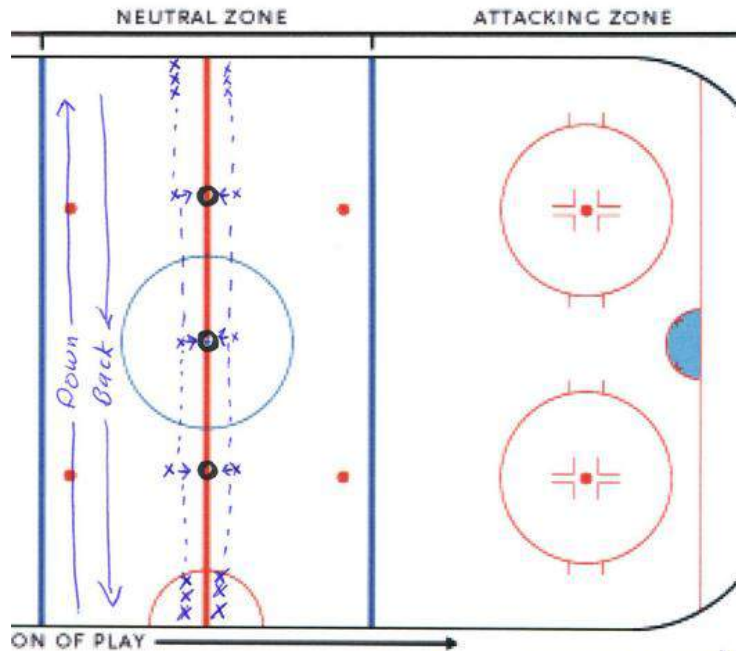
4 to 5 lines to the blueline and back

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: 7 to 8 minutes



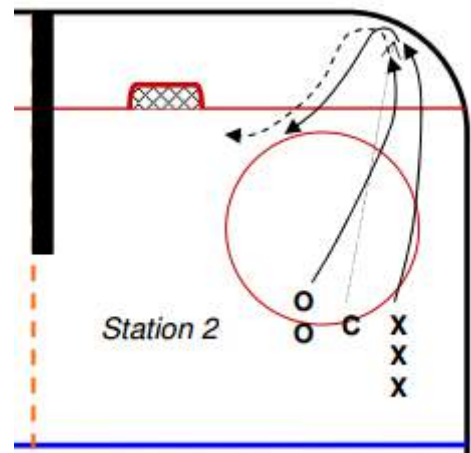
Phase 1 3-4 minutes (Left Side/Right Side Stops)

1. on the whistle first two kids skate and face their partner at the tire
2. Next whistle they go to the 2nd tire, Next two go to first.
3. Repeat all the way down then back with kids staying in their line.

Station #1- Stops and Starts (see diagram above)

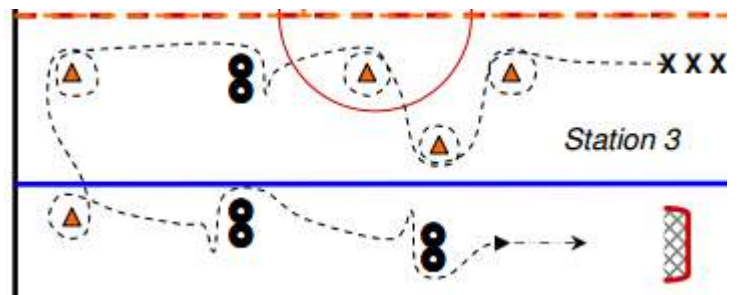
Station 2: 1v1 Corner "BATTLE" Drill

Inside line attempts to gain puck and attack the net while the outside line attempts to gain puck and carry it above the top of the circle. Use angling skills and encourage stick on puck.



Station 3: Puck Control – Deception

Players carry a puck through the designated course. Use a very wide dribble and fake at each set of tires and finish off with a shot on net. First fake wide to forehand, then fake wide to backhand. Coaches must hold the players accountable to exaggerate the fakes.



Station 4: Cops and Robbers

Players are in any of the 3 circles

Coaches or 2 designated players act as the police

Designate a corner as the jail

Players try and skate from one circle to another

The police try to catch them and throw them in jail

Players can only rest inside of circle for up to 15 seconds before they must attempt to get to a new circle

Last 10 minutes: 3 v 3 ringette/puck

