

Practice Session #4

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:

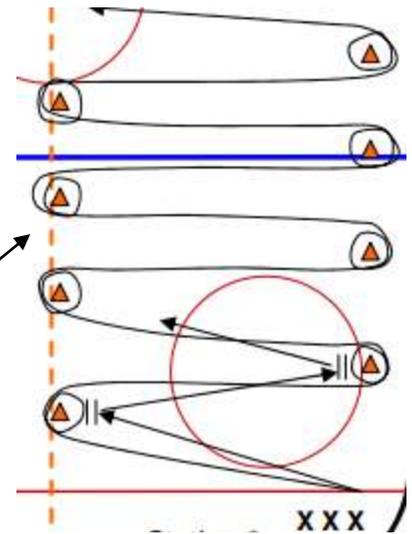
- edge control
- ready position
- forward start
- forward stride
- control stop
- backward skating
- backward stop
- control turn
- forward crossover
- pivot

Gather in the middle, split into 4 stations.

Each station: 7 to 8 minutes

Station 1: Skating (ABCs)

Have players put their sticks down in a row. They line up facing the sticks and perform a number of different agility movements running over the sticks. Run 1 foot over each stick, 2 feet together hop, step over sideways facing left and right, using edges to slalom between them.

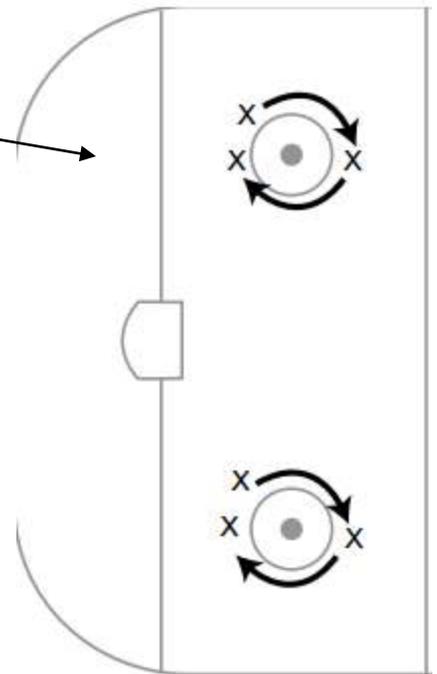


Station 2: Stops, Starts & Turns

Have players stop and start at each cone. Have them spray the cone with snow attempting to turn it white! Work on correct technique. Half way through, have the players carry pucks. Progress to tight turns.

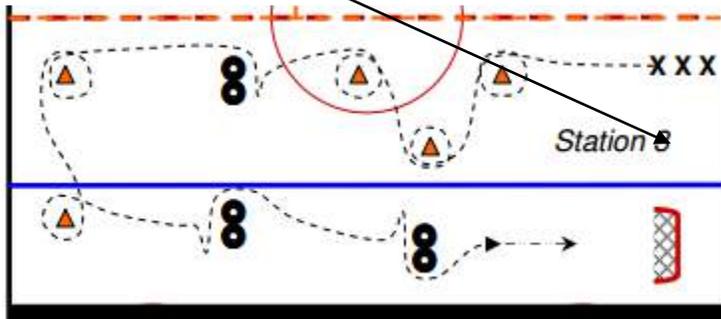
Station #3: Musical Pucks

Team split into 2 groups
Skate around circle X number of pucks are on center dot
On whistle, get to dot and grab a puck to get a point
*Can skate forwards and backwards in both directions



Station 4: Slalom Puck Control

Players carry a puck through a slalom course ending with a shot on net. Emphasize proper shooting technique at the end. This can be turned into a race to force speed



Last 10 minutes: Relay Races