

Practice Session #5

Mites 8U (2005/2006)

Skill of the week: BACKWARD CROSSOVERS

KEY ELEMENTS

- Illustration — crossover to left
- Command: PUSH:
 - thrust right leg to full extension, with inside edge
- Command: CROSS
 - Pick up right skate and crossover left skate
 - As right skate crosses over, roll left skate from inside edge over to outside edge to balance
- Command: REACH
 - After right skate crosses over, reach out (step out) sideways with left skate
- Keep chest and head erect, butt low

Warm-up (8-10 minutes)

Skating Warm-up at both ends:

4 to 5 lines to the blueline and back

Repetitions to include:

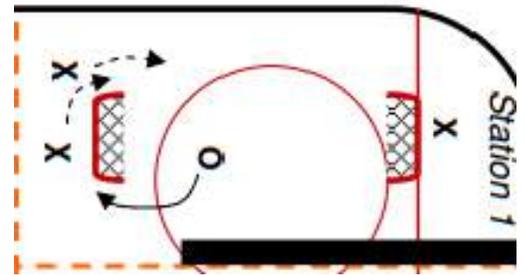
- edge control
- ready position
- forward start
- forward stride
- control stop
- backward skating
- backward stop
- control turn
- forward crossover
- pivots

Gather in the middle, split into 4 stations.

Each station: 7 to 8 minutes

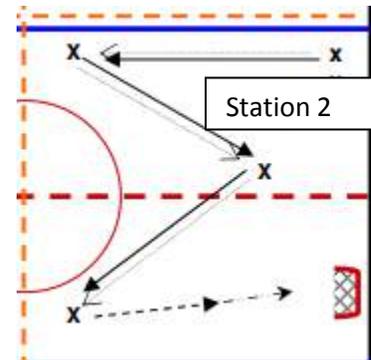
Station 1: Net Tag without and with Pucks

Player X attempts to evade player O using the nets or tires as a screen. This activity can be done with multiple players at the same time. Player X has puck, player O attempts to steal it.



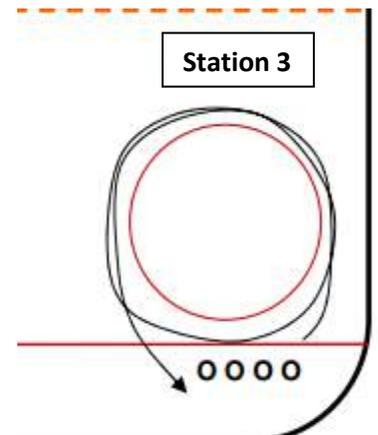
Station 2: Pass & Follow

Players pass the puck to the next player and then take that players spot. Sweep puck and show a good target for reception. Finish with a wrist shot on goal.



Station 3: Skating Technique Crossovers Forward and Backward

Work on skating technique. Each player skates two laps around the circle with the next player in line starting as player one passes in front on first lap. Coaches should work individually with players on technique as needed. Keep stick to the middle.



Station 4: 2v2 ringette with Coaches as Outlets (2 coaches)

Play 2v2 in a small area. Coaches are outlets below the goal lines and can't score only pass. Players in the middle must make a pass to their outlet man before they can score. Play 40 second shifts. Ringette recommended but pucks or ball works as well

Last 10 minutes: 3 v 3 cross ice

