

Practice Session #7

Mites 8U (2005/2006)



Diagrams for this practice can be found at:

<http://assets.ngin.com/attachments/document/0042/1232/Practice20M.pdf>

Skill of the Week (Coaches are to Incorporate this skill into as many stations as possible):

FORWARD TO BACKWARD TURN (PIVIOT)

KEY ELEMENTS

- Right skate is off the ice, rotate hip and chest to the right
- Place the weight over the left skate
- Turn right skate 180 degrees in opposite direction, heel to heel in parallel position with left skate
- Continue to rotate hips and chest 180 degrees to face backwards and put right skate down
- Pick up left skate and turn it around facing backwards
- When turning skates, pick skates up, don't scrape the ice by trying to just spin

Warm-up (8-10 minutes)

Skating Warm-up at both ends:

4 to 5 lines to the blueline and back

Repetitions to include:

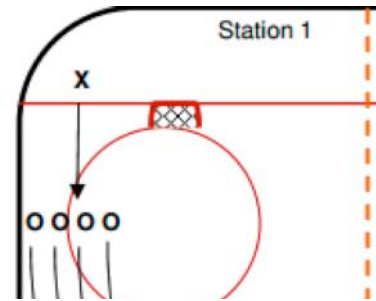
- edge control
- ready position
- forward start
- forward stride
- control stop
- backward skating
- backward stop
- control turn
- forward crossover
- pivots

Gather in the middle, split into 4 stations.

Each station: 7 to 8 minutes

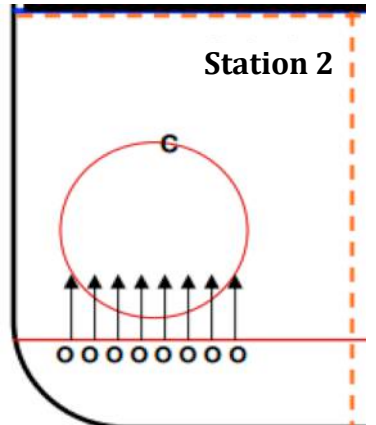
Station 1: Lap Race

The chaser begins at the behind the goal line and the rest of the group at the hash marks. On the whistle the group skates 2 laps around the nets. The chaser sees how many players he can lap before the race is over.



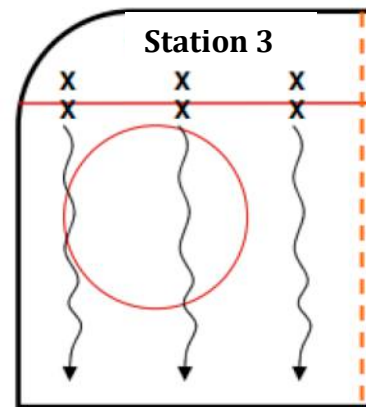
Station 2: Mr. Wizard (ABC's)

The coach points his stick (wand) and the players perform the appropriate agility. Straight up, forward skate. Point left, side step crossovers left. Point right, side step crossovers right. Point at ice, drop to knees and up. Point down ice, skate backwards



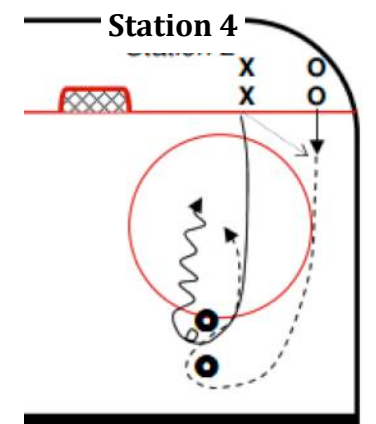
Station 3: ABCs with Puck Control

Perform activities while stick handling.
Alternating Inside Edge Rhythm.
Alternating C-Cut Forward.
Alternating C-Cut Backwards
Stick to alternating foot pass while skating.
Abbreviated Alternating crossover
Knee Drop Spin and Recovery.
Spread group out and have them sit down, stand up, lie down, stand up, etc, while handling the puck.



Station 4: 1v1 with F & D

Inside line passes to outside line and both players loop out around the tires. Outside player attacks back 1v1. Have player switch line so they play both forward and defensive positions. Encourage good stick and body position. Stick on puck, deny space to opponent.



LAST 10 MINUTES: RELAY RACES BY TEAM!!!!