

Practice Session #9

Mites 8U (2005/2006)

KEY ELEMENTS: Stickhandling

1. Wrist Roll and Cupping the Puck

- When moving the puck side to side, it is essential for the wrist to roll.
- When the wrists roll, it enables the blade of the stick to cup the puck.

2. Split Vision

- Also called peripheral vision, the ability to see the puck on the stick without looking directly at it
- Eyes are up, reading the options, indirectly see puck out of bottom of the eyes

3. Basic Dribbling Skills

Lateral Dribble

- Begin with moving the puck shoulder to shoulder
- Gradually move the puck to full range of extension, both to forehand and backhand side

Front to Back Dribble

- Move puck to side of body, do not turn body sideways
- Puck moves forward/backward along side of body
- Useful in protecting from stick check and setting up fake shot

Diagonal Dribble

- Movement of puck from front of body across diagonally to side
- Use to set up a shot and to dangle puck in front for a quick pull back

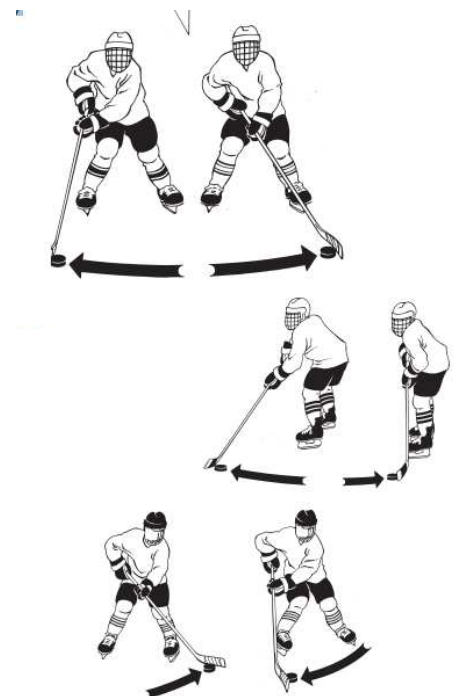
Warm-up (8-10 minutes)

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

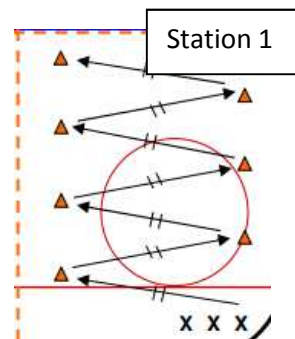


Gather in the middle, split into 4 stations.

Each station: 7 to 8 minute

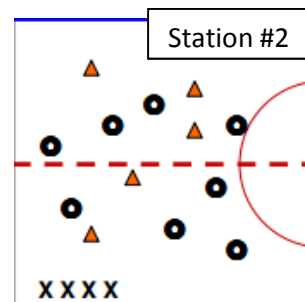
Station 1: Stops and Starts

Stop and start working on technique. Coaches should pull players aside and work individually with those who need instruction. Add some agility between cones like drop to knees and get up or carry pucks



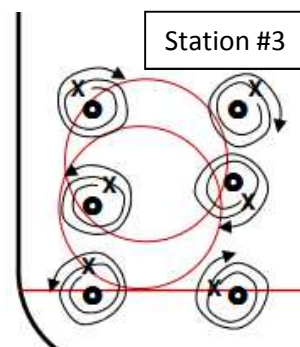
Station 2: Puck Control, Follow the Leader

Players go in pairs with multiple pairs involved at a time. Each player has a puck with the first player designating the course through the obstacles. The second player follows the path of the first player. Take turns as to who is leading.



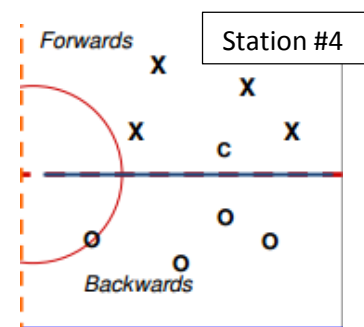
Station 3: Backwards Cross Overs

Players skate around tires working on cross-over skating technique. Keep stick to inside. Work both to the left and the right. Coaches should work individually with players that need technical instruction. Try with the puck for Reds or starting off on their stomachs.



Station 4: Forward & Backwards Tag (FUN STATION)

Use the center red line as the pivot point. Players can only skate forward on one side of the line and backwards on the other. Coach or designated tagger must try to tag all players. If tagged the player is frozen until a teammate skates a circle around them and sets them free.



Last 10 minutes: Cross Ice: Ball Hockey