

AYH Practice Session #10 (50-60 minutes)

Mites 8U (2005/2006)

Skill of the Week: 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

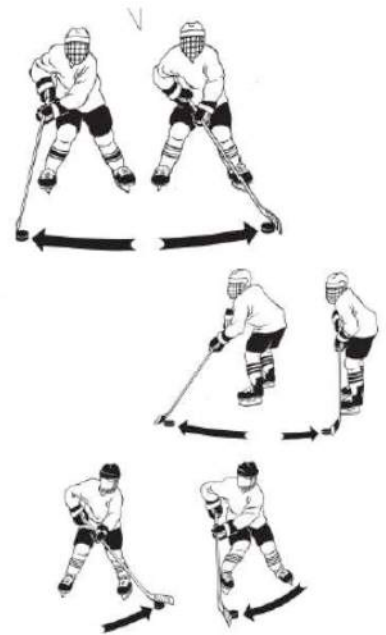
- Begin with moving the puck shoulder to shoulder
- Gradually move the puck to full range of extension, both to forehand and backhand side

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/Focused Edgework (12 minutes)

Skating Warm-up at both ends OR X ice:

Goalies – (Center ice OR one end) 8-9 min Iron Cross skating drills (shuffle, T-push, recoveries, butterfly/recovery, Backwards C cuts) , 3-4 minutes of pucks.

Skaters – (Goal Line to Blue-line OR X-ice) 4 to 5 lines of 4 players per line

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: 8 to 10 minutes

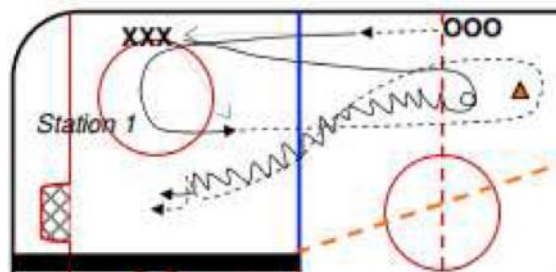
(Give 1st group extra 1-2 minutes to set up if needed)

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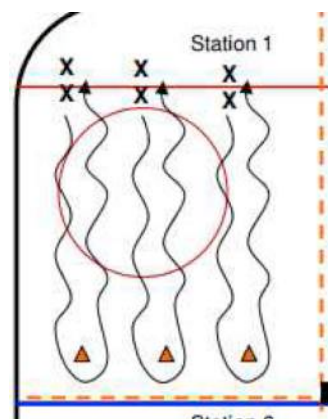
Station 1: 1v1 Gap Up

(Difficult- make adjustments for yellow/ green/ blue)
 Player O begins by skating down the boards and passing to Coach. Player O skates around the face-off dot and receive a return pass from Coach. O then skates back into NZ and around the cone. Player X gaps up to play 1v1 back. As the 1v1 crosses the blue line the next Player can start.



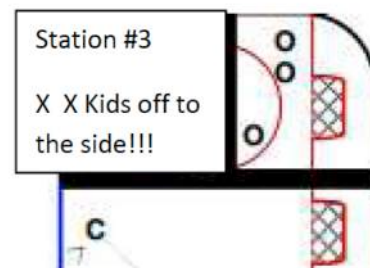
Station 2: Edges (ABCs)

Run on skates F/B, inside edges, outside edges, inside edges backwards, outside edges backwards, swizzles F/B, two foot jump forward to backwards & backwards to forwards (face same side), single leg step forward to backwards & backwards to forwards (face same side)



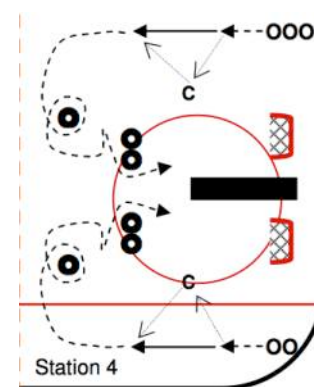
Station 3: Shooting Game Fun

(Remove the divider for non-Red players and take turns players should not be in the zone when others are shooting)
 Split into two teams. Play for 60 seconds. The O shoot as many pucks over the divider and into the other teams zone as possible within the time limit. The team with the most pucks in the other team's zone wins. To increase the difficulty you can add nets.



Station 4: Puck Control Give & Go (16.4)

Players give and go with the coach finishing with a FAKE and a SHOT ON GOAL. Have the players begin skating BEFORE making the pass to the coach. Pass and receive on the backhand when on the backhand side. Emphasis on heads up, carrying the puck up in front and controlling through turns. Challenge higher skilled players by adding forwards/backwards transitions and using the players at the give and go position.



Team Game: X-ice Obstacle Course Relay Races with pucks (Last 6-8 minutes) 5-6 players per team