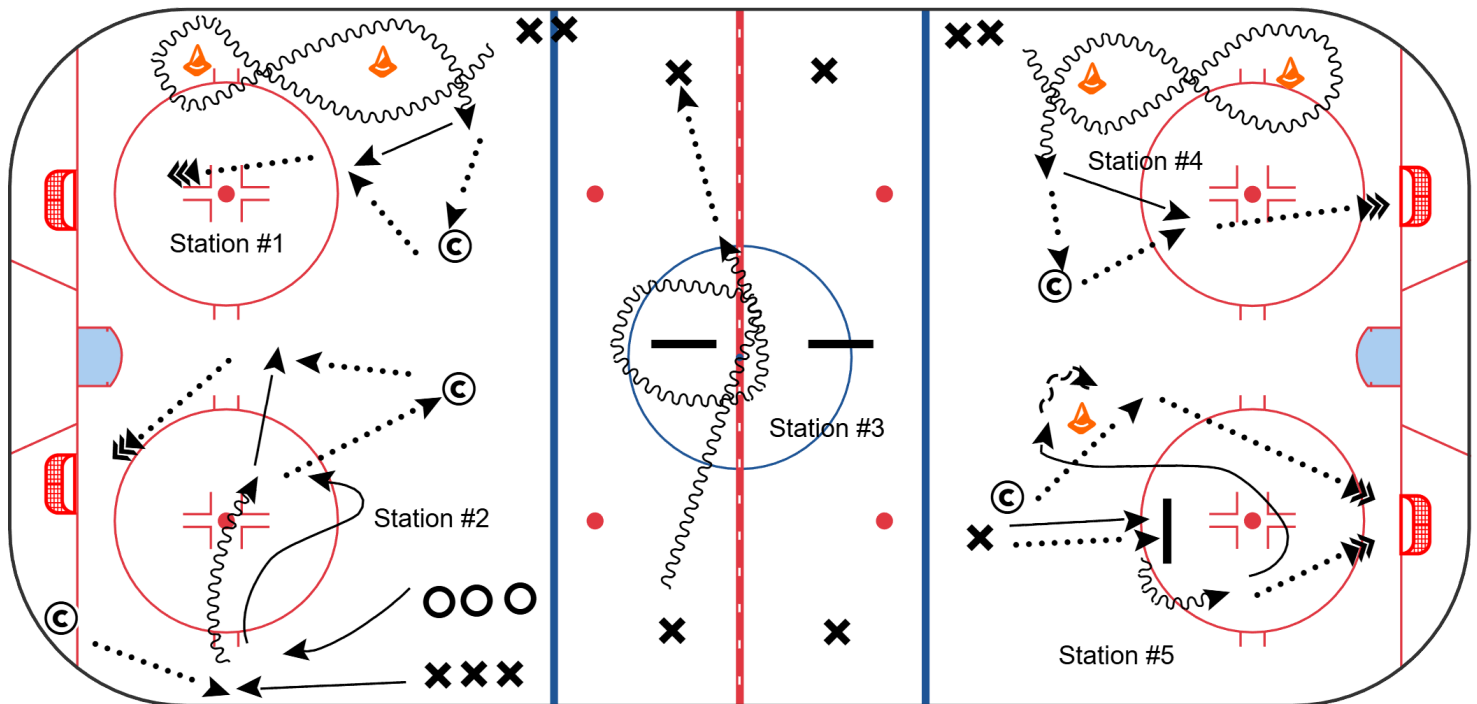


Adv Mite 8U Skills Stations 12/17



Description

Station #1:

Player skates to the inside of the ice first, power turns with a puck towards the middle of the ice, then comes back up and around and turns toward middle on top cone, give and go with coach, shot on the net.

Station #2:

1v1 Competition drill. Players skate down the wall, and coach chips puck along the boards. Players have to fight for it, then pass to the OTHER coach standing high and in the middle. Whoever passes it to the coach, get open and get pass back, and 1v1 to the net.

Station #3:

Depending on numbers, set up either 1 or 2 black divider pads in the middle. Players complete various patterns and stickhandling around the pads, before passing to the opposite line. Then the opposite player comes back and does the same thing. Continuous puck handling and passing

Station #4:

Same as station #1, but the other side.

Station #5:

Player first throw a puck off a black divider, picks it up and carries it to the right (in this diagram) and shoots it. Immediately after the shot player needs to continue skating and j-hooking (opening up) around the cone for a pass from the coach and a second shot.