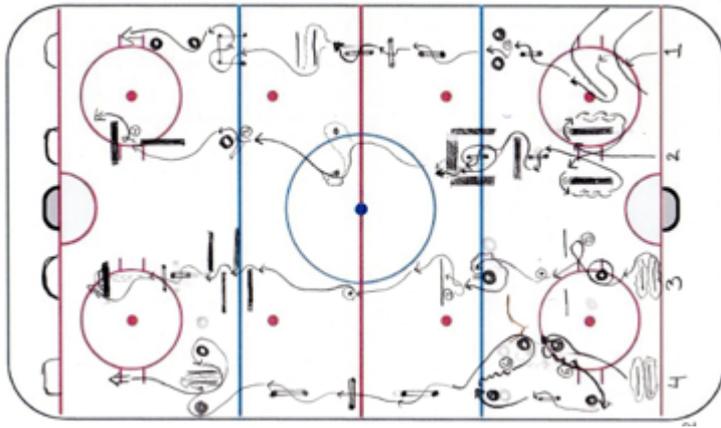


- - MITE

Russian Puck Skills (#2, 3, 4) & Goalie Time - 20 mins



<https://rb.gy/giaqsq>

Equipment needed: Nets-4: Shafts-14: Big Tires-5: Little Tires-8: Pugi Pucks-8: Ropes-2: Pads-12: Bridges-10: Rebounder-1

Lane 1.

- a) flip over rope b) tight turn c) thru bridge d) toe pull tire e) thru 3 bridges f) wide pull between shafts g) in->out->in shaft box h) weave & shoot

Lane 2.

- a) Figure-8 pads [mohawk->bwd] b) thru bridge c) tight cut pad d) thru bridge, tight turn, flip or deke pad e) figure-8 reach around pugi f) thru feet at tire g) around pad h) BH spin-o-rama i) score

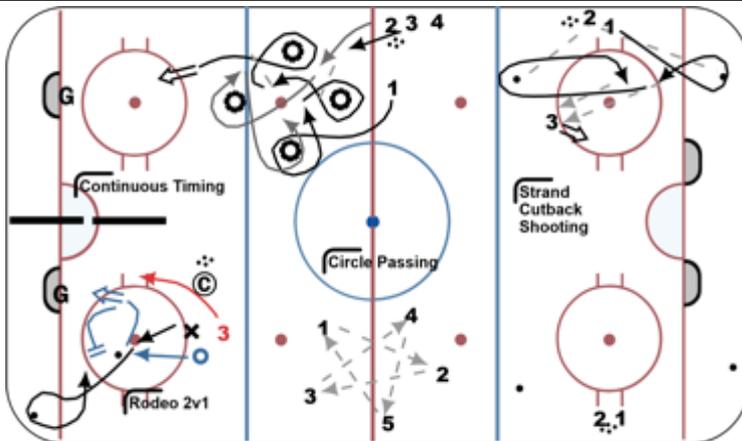
Lane 3.

- a) figure-8 hands thru shafts b) tight turn tire c) FH spin-o-rama d) dribble around pugi e) half-way around tire, stop BWD around f) thru feet g) dribble around pugi h) tight weave thru pads i) thru bridges j) self-pass k) score

Lane 4.

- a) figure-8 hands thru shafts b) transition around tire & escape c) repeat opposite direction d) thru bridges e) around tire & wide pull thru shafts f) repeat opposite direction g) score

Mite 3 2/25/2026 - 25 mins



Continuous Timing Passing - Tim Becker + 2

Players 1 & 2 start together; 2 starts with a puck. Both players go around random tire & pass the puck while entering the circle. Repeat two more times then; 1 receives pass & looks to shoot. While 2 is joined by 3 (who starts w/ a puck) for 3 more exchanges. 3 is joined by 4...

Strand Shooting - Thomas + 2

1 retrieves puck below the goal line, quick pass to 3 for shot. Then 1 retrieves 2nd puck above the top of the circle & attacks thru the dot to the net and finds 3 for shot. 3 must work above the 2nd puck to be an immediate option.

Circle Passing - Tyler G. + 1

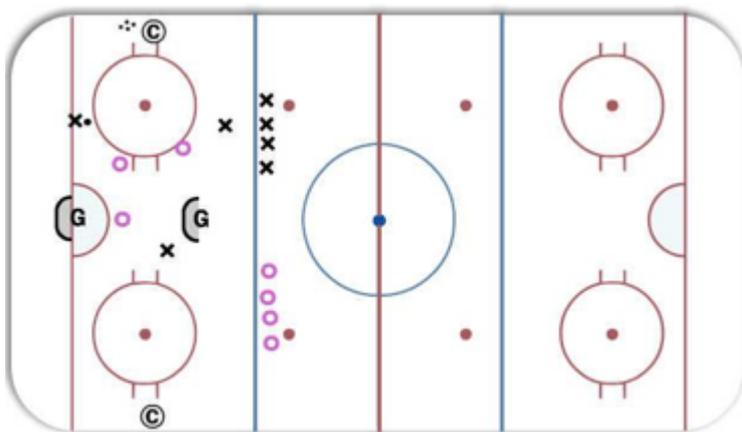
- 1) 1-2-3-4-5
- 2) 1-5 Two pucks (1 & 3 start with pucks)
- 3) Exchange; skate 2 strides toward any skater, pass & take their position. Receiver repeats to any skater.
- 4) Monkey-In-the-Middle

Rodeo 1v1, 2v1 - Matt L. + 1

Two players race for loose puck in the circle, play 1v1 protect for 5-8 seconds. Then the player with puck possession attacks the net with TOKEN pressure from player without the puck. After the shot, player without the puck grabs 2nd puck from the corner, #3 joins to make it a 2v1 vs. the player who shot the first puck.

The Coaches Site Link: <https://members.thecoachessite.com/video/in-zone-offence-situational-skills-with-luke-strand?t=453>
Video at 7:19

One Timer Game - 15 mins



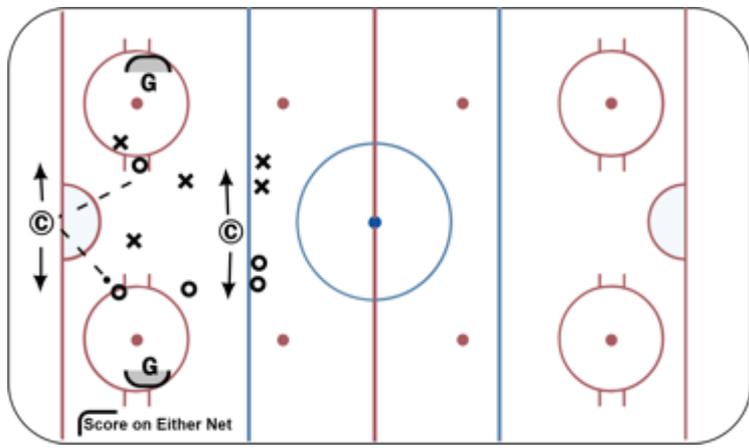
The game is played 3 vs. 3 with coaches on both sides of the boards for support. The coaches can skate up and down the boards (about 10 ft.) to get open, but they can't enter the play.

Players must pass to a coach to be able to go on offense. 2 points are rewarded for tips, 1-timers, & deflections. 1 point for any other goal.

Players from either team can pass to either coach throughout the game and they can score on either net to foster creativity and deception.

Losing team has 3 somersaults. FOCUS IS ON OFFENSIVE SIDE OF DRILL

Score on Either Net - 0 mins



Score on Either Net
Teams must pass to either coach before going on offense. Then teams can score on either net. Play mini games up to 2.