

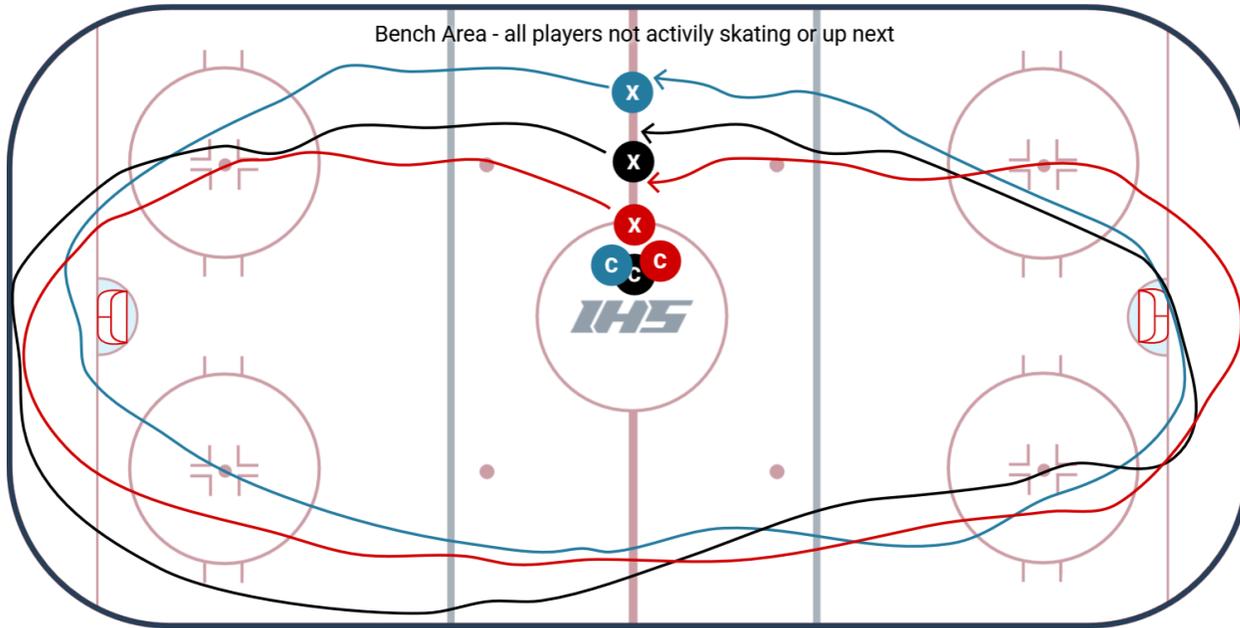
# Skills Competition Mite 3's, 4's and 8U's

## 1. Full Ice Skate

Players start at the red line. Multiple teams can skate at the same time – first players start at the same time. Players skate around both nets (move backs of nets up to goalline for slightly area due to multiple players at the same time).

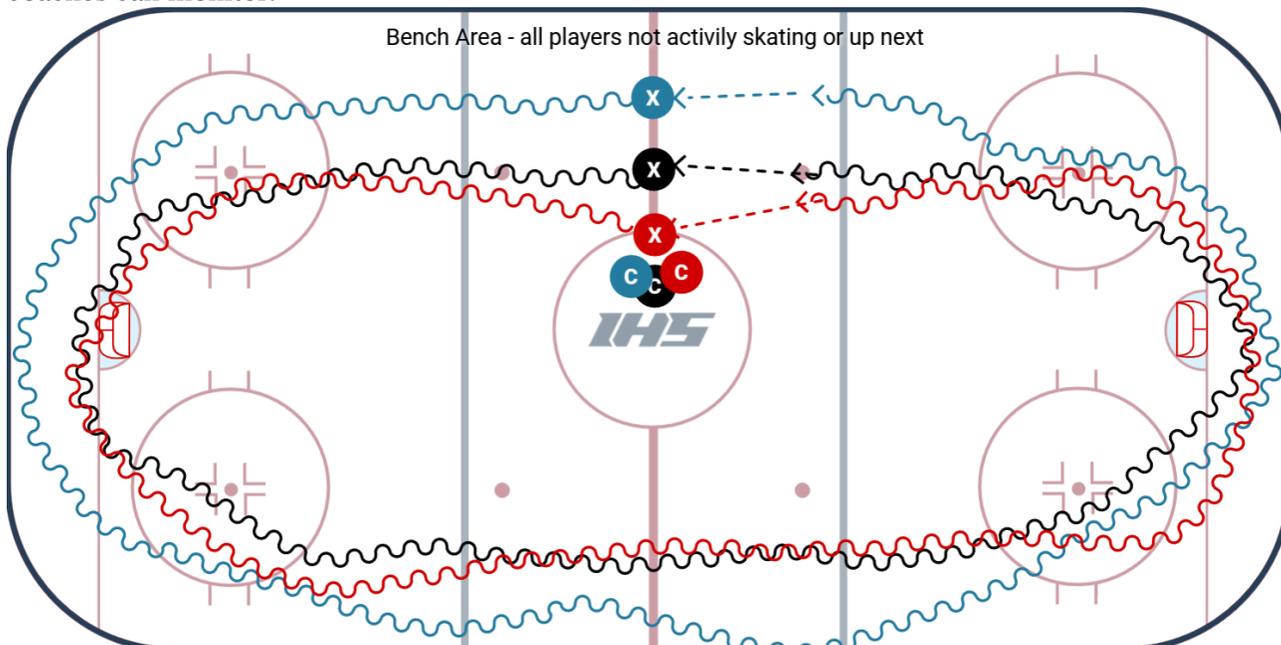
The next player up, stands on the red line near the boards ready to have their hand tagged by the skating player in order to start. At least one skate must be on the red line until hands are tagged. No early starts and encourage waiting players to be in the benches until they are the next player out. Next players out need to stay out of the way of other teams' players. Coaches to help manage. All players on the team must participate.

Coaches stop the clock after your last player crosses the red line. Record time and # of total skaters who participated.



## 2. Full Ice Skate With the Puck

Same drill as above, but players must have a puck with them the whole skate. Player needs to pass the puck to the next player once they hit the blue line. 2 second addition for players who pass prior to the blue line. Opposing team coaches can monitor.

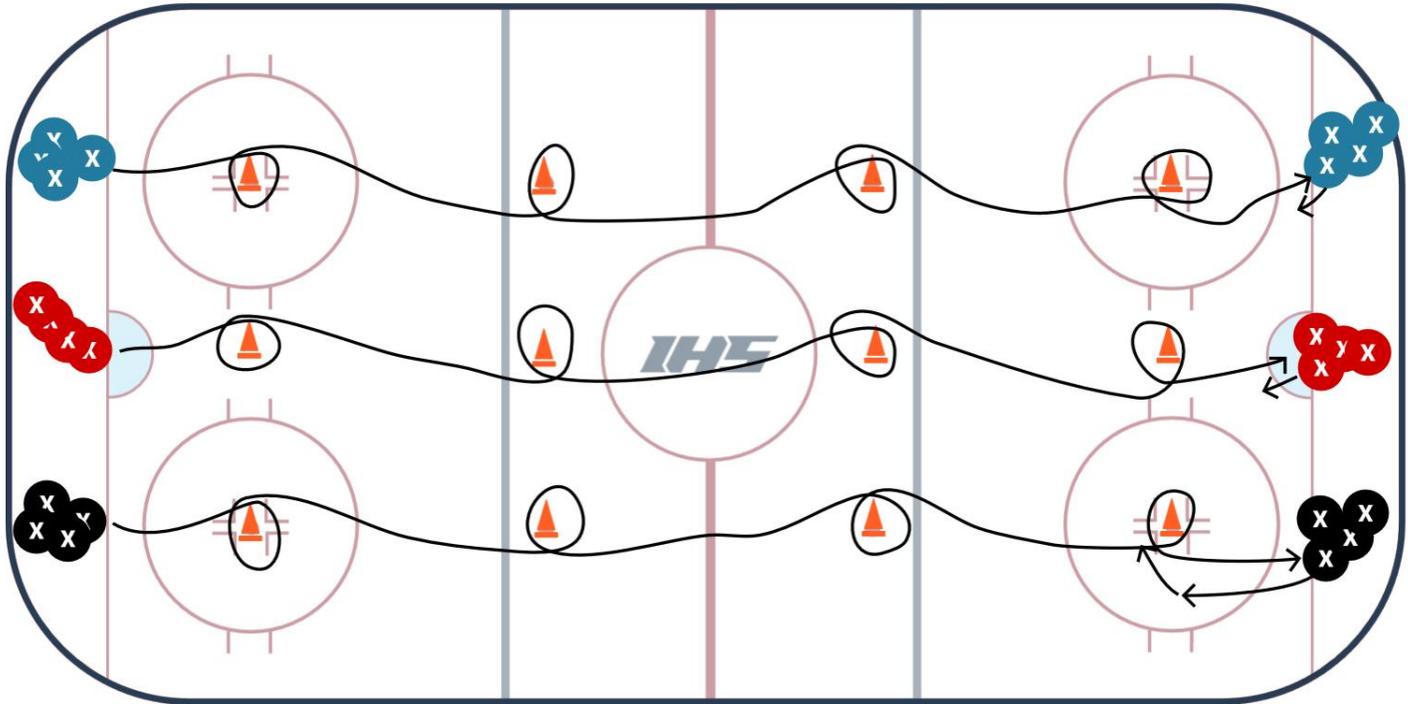


### 3. Power Turn Alley

Divide your players into two even groups – half on one end, half on the opposite end.

4 tires/cones on the dots/even with dots for middle group

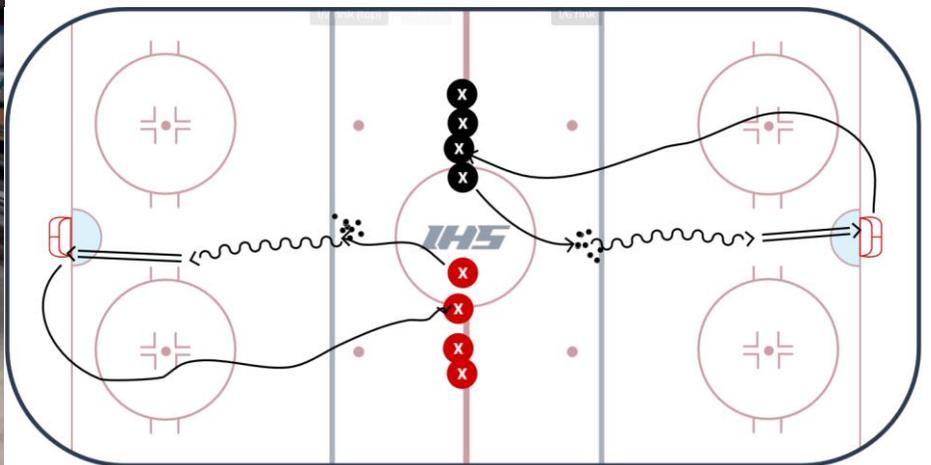
Right turn, left turn, right turn, left turn – must tag the next person in line who is BEHIND the goalline. All players go – record final time and # of players.



### 4.5 Goal Shootout

Players line up at center ice – pick up a puck at the blue line and go in and shoot. Goals must be scored in the following order – **lower left, upper left, upper right, lower right and five hole**. Total of 5 goals to be scored (might take 5 players, might be the whole team multiple times in order to make it happen...)

Example: If the first player does not score in the lower right corner, they skate back, tag the next player in line who then will still be shooting for the lower right. Consecutive players shoot for the same location until someone scores and then the next player will shoot for the next location until goals have been scored in all 5 holes. Once the five hole is scored on, coaches record the time and number of players it took to achieve the 5 goals.

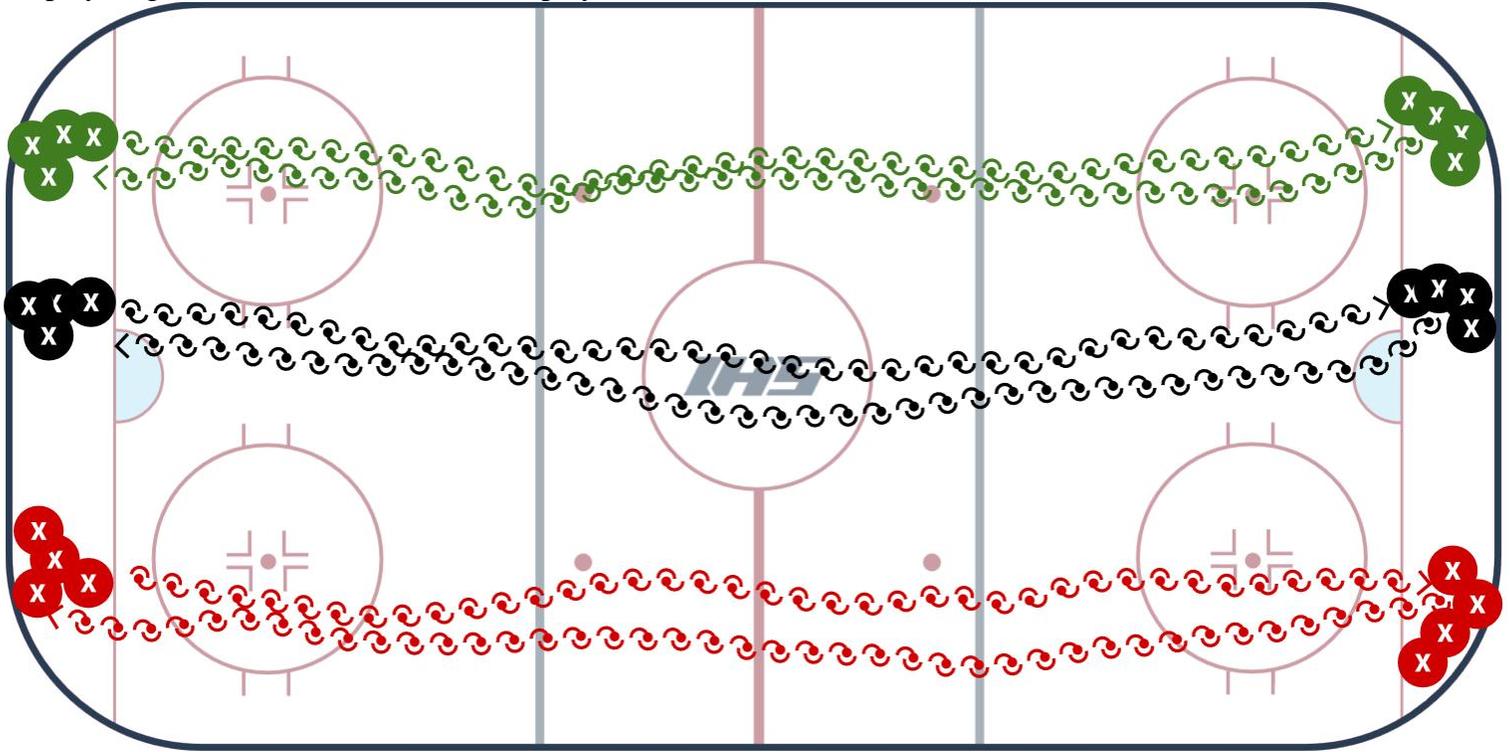


## 5. Backwards Skating

Divide your players into two even groups – half on one end, half on the opposite end.

Players **MUST** start backwards (coaches to monitor) and stickhandle/drag the puck skating backwards all the way through the goalline to where the player is then facing the next player in line who is lined up backwards to give them the puck. Relay style until the last player has gone. Next in line watch the player coming so they don't crash. Other players stay against the boards.

All players go – record final time and # of players.



## 6. Puck Stack Drill

Spread all teams out along the goalline. First player has a puck in their hand and must skate to the blue line and put it down. Race back and tag the next player in line who then skates their puck out, stacking it on top of the first puck, so on and so forth. If the tower is knocked over, the team must start over. Record the final time the last player stacks and skates back through the goalline.

