
8-AND-UNDER (MITE) SKILL PROGRESSIONS

At the 8-and-Under (Mite) level, players should focus on the skill progressions listed below:

Knowledge

Players should know:

1. Rules
 - off-sides
 - icing
2. Common Infractions
 - unsportsmanlike conduct
 - body checking
 - cross checking
 - checking from behind
 - holding
 - high sticking
 - tripping
3. Penalties
 - minor
 - major

Goal Setting

Players should:

1. Establish specific and measurable performance goals that are written, shared with coaches and parents, and revised on a regular basis to promote development.
Example: To develop passing and receiving. Be able to execute five good passes and receive five passes (forehand and backhand).
2. Divide performance goals into two categories:
 - practice
 - game

Individual Hockey Skills

Players must learn and master:

1. Skating
 - edge control
 - ready position
 - forward start
 - forward stride
 - control stop (two-foot snowplow, one-foot snowplow)
 - backward skating
 - backward stop
 - control turn
 - forward crossover
2. Puck Control
 - lateral dribble
 - forward-to-backward dribble
 - diagonal dribble
 - attacking the triangle
 - forehand shift
 - accelerating with the puck
3. Passing and Receiving
 - forehand
 - backhand
 - receiving (stick)
 - eye contact
4. Shooting
 - wrist
 - backhand
5. Checking
 - poke check
 - hook check
 - lift the stick check
6. Goalkeeping
 - basic stance
 - parallel shuffle
 - lateral t-glide
 - forward and backward moves

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- stick save
 - body save
 - glove save

Team Play

Players must understand and learn:

1. Offense
 - positional offense
 - offense in the offensive zone
 - offense in the defensive zone
2. Defense
 - territorial defense
 - one-man forechecking
 - basic defensive zone coverage

Nutrition

Players should:

1. Understand the importance of proper hydration before, during and after all practices and games.
2. For evening practices and games, eat a normal breakfast and lunch; Before the game or practice, eat a light snack; After the game or practice, eat a meal.
3. For early morning games and practices, eat lightly at breakfast. After practice or the game, eat a snack.

Fitness and Training

Players should learn:

1. warm-up exercises
2. cool down exercises
3. stretching exercises
4. flexibility exercises
5. agility exercises
6. eye-hand coordination exercises
7. fun games
8. relays

Injury Prevention

Players should be introduced to:

1. Heads Up Hockey program
2. the importance of warming up, cooling down and daily stretching

Sports Psychology

Players should be taught to:

1. Understand the difference in being relaxed and tense.
2. Understand that making mistakes is common and a part of sports.

Character Development and Life Skills

Players must learn :

1. they are part of a team
2. to have respect for their teammates, coaches, opponents, officials and parents
3. team rules
4. self control and discipline
5. to always try their best
6. respect for authority
7. the importance of a strong work ethic
8. commitment to a team