

River Falls Youth Hockey Association Mite Development Skills

Level 1

General	Coachability	Forward Skating	Backwards Skating	Stops	Turns	Stick Control	Passing & Receiving	Shooting	Stick Checking	Body Contact	Equipment
Ready Stance (Hockey Position)	Participation in Drills	Alternate Feet	Alternate Feet	Snowplow	Glide Turn	Able to Pick Up Dropped Stick		Hit Puck w/o Falling		Get Up Under Own Power	Shoulder Pads not Required
	Follows Group Instruction										

Level 2

General	Coachability	Forward Skating	Backwards Skating	Stops	Turns	Stick Control	Passing & Receiving	Shooting	Stick Checking	Body Contact	Equipment
Comfortable with Physical Contact	Actively Listens	Forward Crossovers	Alternate Feet C Cuts	Controlled Hockey Stop (Right/Left)	Controlled Turn (Both Sides)	Open ice skate w/o Losing Puck	Stationary Forward Sweep Give/Receive Pass	Forehand / Backhand Sweep Shot		Comfortable with Physical Contact	Encourage full equipment
	Not a Distraction to Team mates	Glide (1 foot)					Stationary Backward Sweep Give/Receive Pass	Shoot while Skating w/o Losing Balance			

Level 3

General	Coachability	Forward Skating	Backwards Skating	Stops	Turns	Stick Control	Passing & Receiving	Shooting	Stick Checking	Body Contact	Equipment
O Puck Possession (Skate, Pass, Shoot)	Ability to Demonstrate Skills	Skating forward - backward transition	Backward Cross overs	Backward V Stop	Tight Turns with Puck	Skating Dribble / Cone Weave	Pass while Skating	Stationary Wrist Shot	Lift the Stick	"Rub" Out	Gets Dressed on Own (may need help with Skates)
O Puck Protection	Translates Instruction to On Ice Action						Receive while Skating	Stationary Backhand		D Locking Up	

Level 4

General	Coachability	Forward Skating	Backwards Skating	Stops	Turns	Stick Control	Passing & Receiving	Shooting	Stick Checking	Body Contact	Equipment
Full Ice Game Introduction	Communicates Key Concepts Back to Coaches	Single food Stride	Backward to Forward Transition	1 Foot Outside / Inside Edge	Pass Puck out of Turn	Tight Turn W/Puck	Bank Pass	5 Holes	Poke Check	Puck Protection	Fully Dresses on Own
Cycling the Puck						Deke	Flip Pass				
						Stop with Puck	Skate Pass				
							Give and Go				

!! Always Move Your Feet -- Be Aggressive To and With the Puck -- Have Fun -- Be A Great Teammate !!