

Mite 1 Guidelines

Schedule:

We follow the USA Hockey recommended 3:1 practice to game ratio. Teams practice Saturday and Sunday with a weeknight assigned on outdoor ice when the park rinks open.

Practices:

Practice plans will be sent out to Lead Coaches every other Monday. We do full ice line drills and then 6 skill stations.

Communication:

All Lead, Head and Assistant coaches in a practice group should communicate weekly. Previous coaching groups have used GroupMe or just a group text to report absences or discuss other issues.

Team Responsibilities:

Lead Coach: Responsible for the group communications regarding station assignments, absences, plans, etc.

Head Coach: Over the first weekend the head coach should divide their team into 3 skating skill-based groups. These groups will likely stay consistent over the course of the season. This will save precious ice time since you won't have to re-divide them every practice. Each group should have the same number of players. Occasionally you'll have to move players to a different group based on attendance.

Asst Coach: Should set up and clean up when after line drills and the end. Each station should be tailored to the level of the group in the current rotation.

Game Format:

- 4v4 Half-ice games with regulation nets and half-ice hard dividers.
- Teams will warm up doing goal line to blue line skating drills. Then divide into 2.
- Have a parent helper buzz the clock every 90 seconds to keep them moving.
- Players sit on player's bench; each team gets a door on each half.
- Have one player stand in as goalie on each shift. This should rotate every shift. Don't let a kid play goalie every time, even if they want to. All players need to skate out.

Level Focus:

- Correct technique
- Puck confidence
- Game awareness
- GET THEM OUT OF THEIR COMFORT ZONE

Raise your expectations! They can do more than you think.

Mite 1 Hockey Skills

Individual hockey skills that players must learn and master

1. Skating

- ✓ Ready position
- ✓ Edge control
- ✓ Forward start
- ✓ Forward stride
- ✓ Controlled stop: two-foot and one-foot snowplow
- ✓ Controlled turn
- ✓ Forward crossover
- ✓ Backward skating
- ✓ Backward stop
- ✓ Transitions

2. Puck Control

- ✓ Lateral (side-to-side) stickhandling
- ✓ Front to back stickhandling

3. Passing and Receiving

- ✓ Forehand pass
- ✓ Backhand pass
- ✓ Receiving a pass properly with the stick

4. Shooting

- ✓ Wrist shot
- ✓ Backhand

5. Body Contact

- ✓ Stick on puck
- ✓ Stick lift
- ✓ Poke check