



2019 Saber Mite Preseason Hockey

ICE TIMES		Lower	Upper
Saturday	9/21	10:00-11:00 am	11:15 am– 12:15pm
Sunday	9/22	11:00 am 12:00 pm	12:15-1:15 pm
Tuesday	9/24	5:15-6:15 pm	6:30-7:30 pm
Saturday	9/28	3:00-4:00 pm	4:15-5:15 pm
Sunday	9/29	1:30-2:30 pm	2:45-3:45 pm
Monday	9/30	5:15-6:15 pm	6:30-7:30 pm
Saturday	10/5	4:00-5:00 pm	5:15-6:15 pm
Sunday	10/6	12:45-1:45 pm	2:00-3:00 pm
Tuesday	10/8	6:30-7:30 pm	7:45-8:45 pm
Saturday	10/12	12:15-1:15 pm	1:3-2:30 pm

Lower– All mite players that have 1 or 2 years playing experience

Upper– All mite players that have 3,4 or more years playing experience

** This program is recommended for players who have participated in a mite program at least 1 year.

SYHA recommends Try Hockey for Free sessions for brand new skaters.

Intermediate/Upper/8U

Season Start– October 26-27

Evaluations- November 2,3

Mini/6U

Season Start– November 9,10

Session Details

Shakopee's Mite preseason sessions will provide your player skills—based raining focusing on skating, stickhandling, passing, shooting, body confidence and having fun!

Coaching

Coached by SYHA Mite Director, mite coaches, SYHA youth coaches. Also includes boys' and girls' high school players to work with your players.

Ice Time

Each session will be 60 minutes and consist of drills in stations, small area, games and cross-ice games.

American Development Model

The ADM was implemented after an extensive international study by USA Hockey of educators, child development specialists, coaches from various sports, physiologists, and National Sports Federations. The ADM goal is to provide a very defined systematic approach to developing athletes starting from the earliest stages of participation, thus increasing the athlete's skill, enjoyment and proficiency.

Skating

Developing a correct skating stride is essential in developing and progressing as a hockey player. Coaches will instruct edgework, stride and skating drills learned from Wild skating coach Andy Ness.

Stickhandling, Passing & Shooting

Player swill work to develop stickhandling, passing and shooting skills that will instill confidence needed to start the season off right.

Small Area Games

Small area games focus on 1 vs 1 battle skills, body contact/confidence. They are played in tight areas and utilize quick transitions.

Cross-Ice Games

Tuesdays (and Monday 9/30) are "game days". Cross-ice games will help foster skill development and a love of the game. The goal is to have fun and encourage competitive play for all players.

Registration and Payment must be submitted online.

www.shakopeehockey.com

Registration Fee:

- \$125

**** dates/times subject to change due to registration numbers****

Questions? Contact Shakopee Youth Hockey Mite Director– Dereck Grosskurth

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