

Mite 2 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:

- Makes sure team's assigned stations are covered
- Assign players to skill-based groups
- Responsible for team player's development, hold players accountable
- Responsible for team parent and player adherence to COVID policies
- Manage goalie rotation and facilitate clinic attendance

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

Head coaches must be certified. Assistant coaches must be certified by Dec 1st.

Managers: Each team should set up a team manager. Manager responsibilities are coordinating team parties, working with coaches on team communications, setting up team apparel/water bottle orders.

Game Format:

- 4v4 with goalies
- 5 minute warm up, 2-25 minute halves, 1 min intermission
- Buzzer every 60 seconds for line change
- Score is kept but is not recorded. No more than 5 goal differential.

Level Focus:

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

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

Mite 2

Individual hockey skills that players must learn and master

Skating

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

Puck Control

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

- Attacking the triangle
- Puck protection
- Skating lanes

Passing and Receiving

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

Shooting

- Wrist shot
- Backhand

Body Contact

- Stick on puck
- Stick lift
- Poke check
- Angling
- Contact with boards

Goaltending

At this level, coaches should not designate full-time goaltenders so that players may begin the development of skills that will help improve their long-term skating and athleticism. These are crucial for goaltenders as they progress to higher age levels.

Team Concepts

While the teaching curriculum recommends that no time be spent on teaching systems related to team-play in mite hockey, players should begin learning important skills and basic concepts that will be important when they get to an age where systems and team-play takes on added importance. Players should learn and understand:

- Puck Pursuit** – Players should pursue the puck aggressively and engage in battles to gain possession of the puck.
- Puck Support** – Players should learn to make themselves available for a pass whether they are close to the puck or further away. This is the beginning of near- and far-support concepts, as well as creating and finding passing lane

RULES OF PLAY:

- All games will be two 25-minute running time periods (5 minute warm up and 1-minute halftime)
- Face-offs will occur only at the beginning of each period and play does not stop for a puck hitting the netting, ceiling, coaches, etc... Play it.
- When play is stopped due to the goalie controlling the puck, a whistle will signal the attacking players to vacate the zone. Once an attacker has exited the zone, the player may re-enter to resume play immediately. Attacking prematurely may result in a penalty for the offending team. When a goal is scored all players must tag up and all be out of the zone together before attacking.
- Teams do not switch ends after each period.
- Penalties will result in a penalty shot with all other players chasing the shooter and the puck continuing to be live after the penalty shot. All players must line up at the far blue line on two knees when the ref blows the whistle all players leave. If players leave early the shooting player will get another shot whether they have scored or not. Both will count.
- Minor Penalties: Tripping, interference, hooking, holding and too many men... ONE SHOT

TIPS:

- Know the rules.
- Team should be split in half and run as offense and defense out of separate doors. They should switch positions at the half. Coaches on the ice should help direct the players on the ice while acting as ref. Coaches on the bench should be coaching the players on the bench on their position and game play.
- Tag up rule: player at blue line in the offensive zone should take a step back over the blue line and immediately attack the puck as teammates are on their way out of the zone. This puts pressure on the opponent as they are trying to break the puck out and forces mistakes and turnovers.
- Penalty shots: Leave one player out in the neutral zone as all the rest of the players are chasing the shooter. The player in the neutral zone is available for a stretch pass to attack the other way.
- Breaking the puck out off a frozen puck or after a goal. Pass the puck out of the zone! One player retrieves the puck while the others get up ice. The players up ice should then go east-west instead of straight away. Your player with the puck can make an area pass or a bank pass off the boards. The biggest mistake I see is repeated turnovers as a player tries to skate it out of the zone often resulting in a goal for the other team.
- Use all the space available. Once your team has gained the offensive zone, you can expand that offensive area all the way back to your own blue line. Keeping control of the puck is an important element in 4 on 4 as the opponent can't score when you have puck control.
- Defend in a man on man style. Have your players follow the simple rule of communicating to the other players on the ice who they are going to cover and then stay on them, keeping their body between them and the net.