Mite Skill Progressions

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At the 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
   - receive (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
   - 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:

- warm-up exercises

- cool down exercises
- stretching exercises
- flexibility exercises
- agility exercises
- eye-hand coordination exercises
- fun games
- relays

Injury Prevention
Players should be introduced to:

- Heads Up Hockey program
- 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:

- they are part of a team
- to have respect for their teammates, coaches. opponents, officials and parents
- team rules
- self control and discipline
- to always try their best
- respect for authority
- the importance of a strong work ethic
- commitment to a team

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