

	<p>The following statement emphasizing the importance of skill progressions has been developed by USA Hockey's Coaching Program and Curriculum Advisory Group:</p> <p><b><i>We believe that all players and coaches who aspire to have a successful experience in hockey should have personal goals to acquire each of these skills.</i></b></p> <p>Our purpose in collecting and listing these specific skill progressions is to help players and coaches understand the scope of skills and abilities that are required in hockey.</p> <p>You should use these skill progressions as a guide rather than an absolute standard for development. Sportsmanship, enjoyment, recreation and competition are the major focus of the skill progressions for youth hockey. USA Hockey recommended skill progressions encourage an environment in which youth players can learn the basic skills, master these skills and have fun while developing a life-long interest in hockey.</p>
--	---

***Coaches- these are the skills that you should be imparting to the kids on your team.***

***Parents- these are the focus items for your son/daughter this year that are being worked on by your team's coaching staff. You can help in many of the areas such as goal setting (lead), nutrition (lead), fitness training (assist), and character development and life skills (assist).***

## **8-AND-UNDER (MITE) SKILL PROGRESSIONS**

At the 8-and-Under (Mite) level, players should focus on the skill progressions listed below:

## **Knowledge**

Players should know:

1. Rules
  - a. off-sides
  - b. icing
2. Common Infractions
  - a. unsportsmanlike conduct
  - b. body checking
  - c. cross checking
  - d. checking from behind
  - e. holding
  - f. high sticking
  - g. tripping
3. Penalties
  - a. minor
  - b. 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:
  - a. practice
  - b. game

## **Individual Hockey Skills**

Players must learn and master:

1. Skating
  - a. edge control
  - b. ready position
  - c. forward start
  - d. forward stride
  - e. control stop (two-foot snowplow, one-foot snowplow)
  - f. backward skating
  - g. backward stop
  - h. control turn
  - i. forward crossover

2. Puck Control
  - a. lateral dribble
  - b. forward-to-backward dribble
  - c. diagonal dribble
  - d. attacking the triangle
  - e. forehand shift
  - f. accelerating with the puck
3. Passing and Receiving
  - a. forehand
  - b. backhand
  - c. receiving (stick)
  - d. eye contact
4. Shooting
  - a. wrist
  - b. backhand
5. Checking
  - a. poke check
  - b. lift the stick check
6. Goalkeeping
  - a. basic stance
  - b. parallel shuffle
  - c. lateral t-glide
  - d. forward and backward moves
  - e. stick save
  - f. body save
  - g. glove save

## **Team Play**

Players must understand and learn:

1. Offense
  - a. positional offense
  - b. offense in the offensive zone
  - c. offense in the defensive zone
2. Defense
  - a. territorial defense
  - b. one-man fore-checking
  - c. 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:

1. warm-up exercises
2. cool down exercises
3. stretching exercises
4. flexibility exercises
5. agility exercises
6. eye-hand coordination exercises
7. fun games
8. relays

## **Injury Prevention**

Players should be introduced to:

1. Heads Up Hockey program
2. 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:

1. they are part of a team
2. to have respect for their teammates, coaches, opponents, officials and parents
3. team rules
4. self control and discipline
5. to always try their best
6. respect for authority
7. the importance of a strong work ethic
8. commitment to a team