

2011-2012 Mini-Mite/Mite/U8 Program

I. Objectives

- **Enjoyable, FUN introduction and experience in hockey.**
- **Teach basic fundamental skills. Focus is on individual skills.**
- **Keep them coming back!**

II. Philosophy

Our philosophy will follow the principles of the American Development Model (ADM), that promote the development of fundamental skills, habits, and hockey intelligence set forth by USA Hockey. Creating a positive, healthy environment for the youngest members of CGHA is essential to a player's long-term participation, growth and successful experience in hockey.

III. Season Structure

The Mini-Mite/Mite/U8 program is designed to provide the players and coaches the fundamental tools and experience to develop their skill and understanding of hockey and to grow within CGHA.

The season will begin on Saturday, October 22nd and go through February with ice times every Saturday and Sunday, except Holidays. If outdoor ice is available, there will be scheduled times for each group to participate in outdoor games. Groups and Ice-Times are listed under the Mite / U8 Program link at www.cghockey.com.

Practices: Will follow the ADM practice plans located at www.admkids.com, under the Coaches link. Example practice plan is on the next page.

Description from ADM:

"The main body of the practice session includes station work so that kids are developing their skills in an efficient manner. The recommended breakdown is with six stations so that there is enough variety to hold the interest of players at this age. Training should be structured so that a large part of the skill repetition is done in a games format. Players at all levels must be mentally engaged in order best acquire new skills. When skills repetition lacks an emotional element, children at this age quickly become bored. If the skills repetition is hidden in the form of a game, children are capable of extended periods of focused effort. Play is the key to emotional engagement in the skills repetition.

The six-station format should include the following breakdown:

- 1 station is of ABC's
- 1 station of hockey competition, 1v1, 2v2, 3v3, or 4v4
- 1 station is on puck control skills
- 1 station is of passing/shooting skills
- 2 stations are devoted to specifically skating skills

Out of these six stations, two to three at least should be in a games format."

Games: 3 on 3 games will be scheduled throughout the season with a combination of 3 on 3 on the Studio, 3 on 3 cross-ice, and 3 on 3 Tag up. Mini-Mites will have games incorporated into their practices.

IV. Jerseys: At the beginning of the year jerseys will be handed out to each player. As we progress through the year, their jersey may be changed to another color. This is to match up players into the appropriate skill level for game days. The players will stay with their current groups throughout the year, but their jersey may change.

Note: To cut down on costs with running the Mite program, we will be taking the jerseys back at the end of the year; therefore, we ask that names not be placed on the back of the jersey. Each player will receive a gift (e.g. T-Shirt) at the end of the year for his or her participation in the program.

V. Groups and Teams

Squirt C Teams: Players that are 8 years old or in 3rd grade can participate in the 8 year old evaluation for Squirts. The number that make Squirts is limited and based on the number of 9/10 year olds that are signed up for Squirts.

Advanced Mite Team: We will be having an Upper Mite team that will consist of a limited number of 8 year olds (that do not make the Squirt team) and 7 year olds with at least two years of hockey. There will be a special evaluation conducted to select the members of this team. This team will have additional ice during the week and can participate in 1-2 Mite Jamborees. Note: There will be an additional ice bill for each player on this team.

Mini-Mite Groups: Players in the Mini-Mite group are age 3-6 and have not played hockey prior to this season or are under age 5 with one year of experience. Depending on their skill progression, players may move out of this group into the 5 & 6 years old group during the season.

Mite Groups: There will be two main Mite groups for players age 5 & 6 (that have played one year of hockey) and age 7 & 8. This group may fluctuate at the beginning of the year due to the Squirt and Upper Mite evaluations.

VI. HOCKEY FEST – January 22nd

This is a one-day jamboree showcasing all of the teams in our program. Each team will be playing a game on the main rink with various activities throughout the day. Mite parents are asked to volunteer for this jamboree.