

Mite 3 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. Games will be weeknights at Velocity in Eden Prairie on rotation for the first half of the season, then move to full ice at Braemar after January 1.

Practices:

Practice plans will be sent out every other Monday. We do full ice line drills and then skill stations. Solo practices or practices with just 2 teams should adjust to development needs of the team. Most practices are 3 teams.

Communication:

All 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: Communication director of the practice group. Makes sure practice plan is understood and executed with the stations done at the appropriate level. Assigns each team to two stations where their players will start at.

Head Coach:

- Makes sure both team's assigned stations are covered
- Assign players to 2 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 (max 5x in net for games)

Asst Coach: Should set up, run and clean up stations, correct athletes during line drills. Tailor each station to the level of the group in the current rotation.

Game Format: (at Velocity)

- 4v4 with goalies
- 5 minute warm up, 2-25 minute halves, 1 min intermission
- Change on the fly, separate offense and defense door
- No icing (behind own blue line all the way down)

Level Focus:

- Compete level
- Puck control
- Game awareness
- Heads UP!

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

Mite 3

Individual hockey skills that players must learn and master

1. Skating

- ✓ Ready position
- ✓ Edge control: Figure 8's – forward and backward, inside and outside edge
- ✓ Forward start: T-start, V-start, and Crossover start
- ✓ Forward stride
- ✓ Controlled stop: two-foot and one-foot
- ✓ Controlled turn
- ✓ Forward crossover: right and left
- ✓ Backward crossover: right and left
- ✓ Backward skating
- ✓ Backward stop: two-foot and one-foot
- ✓ ABCs of skating (agility, balance, coordination, and speed drills)
- ✓ Transitions: forward to backward, backward to forward
- ✓ Skating at game speed

2. Puck Control

- ✓ Lateral (side-to-side) stickhandling (wide and narrow)
- ✓ Front to back stickhandling including toe drag
- ✓ Diagonal stickhandling
- ✓ Attacking the triangle
- ✓ Puck protection
- ✓ Body fakes

3. Passing and Receiving

- ✓ Forehand pass: stationary and moving
- ✓ Backhand pass: stationary and moving
- ✓ Receiving a pass properly with the stick
- ✓ Bank pass
- ✓ Lead pass
- ✓ Give and go

4. Shooting

- ✓ Wrist shot: stationary and moving (low and high)
- ✓ Backhand: stationary and moving (low and high)
- ✓ Shoot and follow
- ✓ Snap shot
- ✓ Learning how to flex the stick while shooting

5. Body Contact

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

6. 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.

7. 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:

- a. **Puck Pursuit** – Players should pursue the puck aggressively and engage in battles to gain possession of the puck.
- b. **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 lanes.

STUDIO RINK GAMES

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.
- 2-line passes: This would be a pass where the passer is behind their own blue line and the receiving player is across the offensive blue line before the puck crosses. If a player is straddling the blue line and receives the puck on their stick across the blue line, as long as they still have a foot in the neutral zone, they are good. If a player sends an area pass across both blue lines and the puck crosses before the player he was passing it to crosses, the play is good. This teaches the basics of offsides and icing.
- 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.
- 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.

FULL ICE GAMES

RULES OF PLAY:

- 4 min warm-up, 3-12-minute stop time periods
- Home team provides clock person, away team provides box person
- Player goes to the box for 2-minute minor penalty and team plays shorthanded.