

# Amery Youth Hockey Association

## Policy/Procedure: Mite Program – Policy J

**Approved:** September 6, 2004

**Revised:** October 2012, August 2018, September 2024

### Objectives

- Enjoyable introduction and experience in ice hockey
- Provide a healthy environment for fun and learning
- Teach the basic fundamental skills
- Stress participation, fun and skill development
- Development of communication at the players' level of learning
- Introduction to the game and player achievement program.

### Philosophy

The philosophy of the AYHA at the mite level is to encourage a noncompetitive environment in which children and youth can learn the basic skills without the distractions that are often associated with an overemphasis on winning. Mastery of the fundamental's skills and the fun of playing are essential to the development of a lifelong interest of hockey. The AYHA Mite Program must be conducted in a manner to accommodate the new players who wish to play hockey and to reduce the number who become disenchanted and drop out

### Registration

- Age-All children will register as Mites that are or turn during the calendar year the ages 3-8.
- Fee- Fee will be set annually by the Board of Directors

### Skater Grouping

The four-level mite model program consist of Skill Benchmarks from USA Skill Development guidelines and Western WI Mite program coaches

- Mini-Mites: Learn To Skate/G.O.A.L. (Get Out And Learn)
  1. Skating Skills
    - Ready Position
    - Forward Start
    - Forward Stride
    - Controlled stop (one or two-foot snowplow)
    - Balance (not using bar or stick as a "crutch")

**NOTE:** All skills above will be performed at a proficient level before movement into the next level of program.

- Level 1 – White Team/Initiation
  1. Review of Level 1 skating skills
  2. New Skating Skills
    - Backwards skating
    - Backwards stop
    - Controlled turns

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- Forward crossovers
- 3. Puck Control
  - Lateral dribble
  - Diagonal dribble
- 4. Passing and Receiving
  - Forehand
  - Backhand
- 5. Competition
  - 1-2 Cross ice Jamborees 4x4 no goalies

**NOTE:** All skills above will be performed at a proficient level before movement into the next level of program

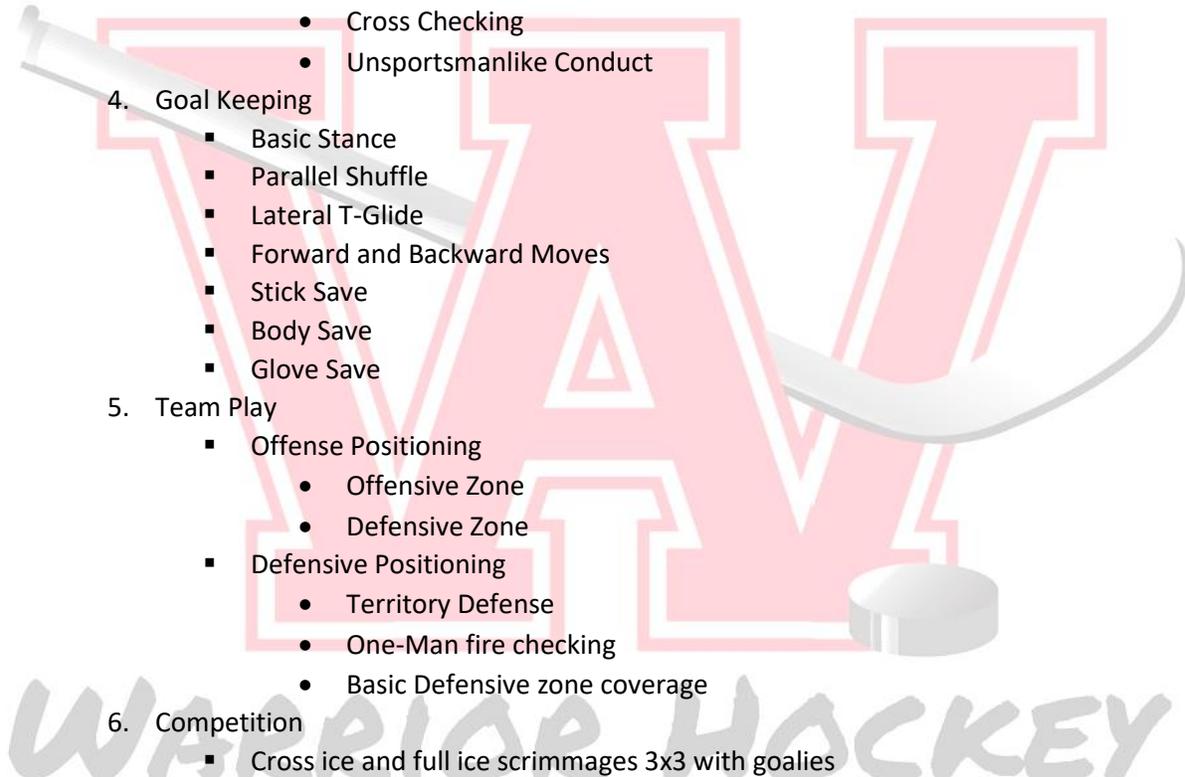
- Level 2 – Red Team/Mite B Equivalent
  1. Review of Level 1 & 2 skills
  2. New Skating Skills
    - Starting Backwards Crossovers
    - Edge Control
    - Starting hockey stops, both right and left sides
    - Starting forward-to-backwards transitions
  3. Puck Control
    - Forward-to-backward dribble
    - Attacking the triangle
    - Forehand shift
    - Accelerating with the puck
  4. Shooting
    - Wrist
    - Backhand
  5. Checking
    - Poke check
    - Stick check
    - Lift the stick check
  6. Competition
    - 4-5 Cross ice Jamborees 3x3 with goalies2
    - Possible 2 half ice scrimmage

**NOTE:** All skills above will be performed at a proficient level before movement into the next level of program

- Level 3 – Black Team/Mite A Equivalent
  1. Review of Level 1, 2 & 3 skills
  2. New Skating Skills
    - Backwards Crossovers
    - Using proper hockey stop technique
  3. Rules/Concepts

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- Positioning (ie. Face-offs)
  - Off-sides
  - Icing
  - Common Infractions
    - Body Checking
    - Holding
    - High Sticking
    - Tripping
    - Slashing
    - Checking from Behind
    - Cross Checking
    - Unsportsmanlike Conduct
  - 4. Goal Keeping
    - Basic Stance
    - Parallel Shuffle
    - Lateral T-Glide
    - Forward and Backward Moves
    - Stick Save
    - Body Save
    - Glove Save
  - 5. Team Play
    - Offense Positioning
      - Offensive Zone
      - Defensive Zone
    - Defensive Positioning
      - Territory Defense
      - One-Man fire checking
      - Basic Defensive zone coverage
  - 6. Competition
    - Cross ice and full ice scrimmages 3x3 with goalies
    - 3-4 jamborees
    - 2 possible tournaments

**NOTE:** All Mite players will begin the year wearing a Blue USA jersey for the first three weeks. After three weeks, players will be split into the three Mite levels based on skating ability as determined by the coaches.

### Practice Times

- Practice times need to be set up to fit the needs of not only the Mite players but also the association as a whole. As the number of teams within the association changes the Mite program ice time may also change to fit the ice time needs of the whole association.
- The Mini-Mites will have their own practice time and all other mite levels skate together on scheduled Mite practices. They will be split into same skill level for stations during practice.

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### Mite Program

- All skaters will be given the opportunity to play all positions
- Score will not be kept in any of the games played in Amery
- Travel of greater than 50 miles from Amery for a game is prohibited. Current communities with hockey programs within 50 mile radius of Amery are: Baldwin, Barron/Chetek, Burnett County(Siren), Cumberland, Grantsburg, Hudson, Menomonie, New Richmond, Rice Lake, River Valley(St. Croix Falls), Somerset, and Spooner. This excludes WAHA Regional Playoffs and State Tournaments if offered at the mite level.
- End of year Game will be played against the High School to celebrate a years' worth of hard work and accomplishments. Whatever level the skater finished the hockey season. Will be the same level they start off for the next hockey season (excluding those that move to Squirts).

