



# Westonka Mite Hockey Coaches Handbook

## 2025-26

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### 1. Introduction

Welcome to the Westonka Mite Hockey program! Thank you for volunteering to coach. Our mission is to foster a love for the game of hockey in young hockey players by emphasizing skill development, teamwork, sportsmanship, and fun. This handbook serves as a guide to help mite coaches deliver age-appropriate, engaging, and consistent experiences for all players from Pre-Kindergarten through 3rd grade in the Mound-Westonka Hockey Association.

Our Association breaks the Mite Program into 4 Levels: Mini-Mite, Mite 1, Mite 2, and Mite 3. The tables below show the typical level a player will skate at.

	Level	Typical Age	Experience Level Start of Season
Lower Mites	Mini-Mite	Pre-K, Kindergarten	0-1 year of Hockey Experience
	Mite 1	1st Grade	1-2 years of Hockey experience
Upper Mites	Mite 2	2nd Grade	2-3 years of Hockey Experience
	Mite 3	3rd Grade	3+ years Hockey Experience

	Lower Mites		Upper Mites	
	Mini Mites	Mite 1	Mite 2	Mite 3
Pre-K	All			
Kindergarten	Beginner Intermediate	Advanced		
1st Grade	Less Experienced	Intermediate	Advanced	
2nd Grade		Less Experienced	Intermediate	Advanced
3rd Grade			Less Experienced	Intermediate Advanced

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## 2. Westonka Mite Hockey Coaching Philosophy & Expectations

At Westonka, our Mite Hockey coaching philosophy is centered around developing the whole player—on and off the ice—by fostering a lifelong love for the game. **FUN, Skating fundamentals and skill development** are priorities for Westonka Mite Hockey. As players progress through each Mite level, we gradually introduce competitive concepts, positional awareness, and game strategy to prepare them for the transition to Squirts. Our coaches emphasize skating, skill development, character, sportsmanship, and hard work by creating thoughtful practices with targeted skill development drills and celebrating effort, resilience, and team play.

The table below outlines tangible examples of effective coaching strategies and principles for all Mite levels. All coaches, regardless of previous personal hockey experience, have a responsibility to be a positive role model for the kids and LEAD during practice.

<b>Principle</b>	<b>Description</b>	<b>Examples (What to Say/Do)</b>
Celebrate effort, not results	Focus on hustle, persistence, and trying again—these are the building blocks of growth.	<p>“Way to skate hard and get back on defense!”</p> <p>“Great job getting up quickly after falling!”</p>
Turn drills into games to inspire hard work through competition	Engagement increases when drills have goals, competition, or imagination.	<p>“Let’s play ‘race to the puck!’”</p> <p>“Try to beat your last score!”</p> <p>“Can you pass to all 3 teammates before shooting?”</p>
Stay relentlessly positive	Frame all instruction with encouragement to keep kids confident and engaged.	<p>“That was a great effort—let’s try it again even faster!”</p> <p>“You’re so close! One more try!”</p>
Expect repetition and distraction	Kids need constant reminders. Stay patient and consistent—it’s part of the age.	<p>“Let’s try that again—remember, two hands on your stick!”</p> <p>“Where do we go after the whistle?”</p>

Model behavior and enthusiasm	Coaches set the tone. Be prepared at your practice/station and <b>LEAD</b> the kids. Energy, kindness, and focus start with you.	Smile, give high-fives, say "Great shift!"  Demonstrate drills with enthusiasm
Use simple, age-appropriate language during drills	Keep language short and clear. Focus on 1–2 cues per drill.	"Stick down." "Skate hard!" "Eyes up." "Stop and go!"

### Coaching Expectations

- Be engaged and active throughout the entire practice. HAVE FUN!
- Motivate, encourage, and support every player, helping foster confidence and fun.
- Anticipate the needs of the lead/head coach and take ownership of stations or drills.
- Attend practices, games, and events to the maximum extent possible and communicate any conflicts early.
- Be positive, patient, and a role model for good sportsmanship and teamwork.
- Contribute meaningfully to the program by helping with all coaching and program responsibilities.
- **Complete, at a minimum, 1 DIBS credit toward WYHA. Examples include D3 Tournament, concessions, outdoor rink, etc.**
  - Not required for Level Lead, Head Coach, Scrimmage Coordinator, or Goalie Coordinator

### 3. USA Hockey ADM Principles

We follow USA Hockey’s American Development Model (ADM) for 8U hockey:

- More Practice, Less Games
- Cross-Ice Play: Increases puck touches, engagement, and fun
- Equal Playing Time: Every child gets to develop and contribute
- Multi-Sport Athletes: Encourage playing different sports in the off-season

More info: <https://www.admkids.com>

## 4. Coaching Requirements & D3 Rules

Must have items 1-5 complete prior to getting on the ice for season. Steps 6 & 7 complete by December 15th.

1. USA Hockey Number  
<https://membership.usahockey.com/>
2. MWAHA Registration  
[Welcome | MWAHA 2025-2026 Coaches Registration | Mound Westonka Hockey](#)
3. Background Check (Required every 2 Years)  
<https://www.usahockey.com/backgroundscreen>
4. Safesport - (Required Every year)  
<https://www.usahockey.com/safesportprogram>
5. Module Link - Coaches need age specific modules for their level  
[Age-Specific Modules \(usahockey.com\)](#)
6. Coaches Login - Coaches can log in and see what they need for the upcoming season  
<https://www.usahockey.com/coaches>
7. CEP Courses - Open on Sept 1st, 2025  
[Coaching Clinics \(usahockey.com\)](#)

### Mite Hockey Guidelines (District 3)

- All mite games are played on a half-ice or cross-ice surface.
  - Only intermediate nets may be used for all mite games and internal play.
  - Each association is allowed a maximum of 15 games outside their own association in total (jamborees not included).
    - Teams are allowed up to 7 games outside of District 3 (half-ice, cross-ice, or full-ice).
    - After January 15, 2026, mite teams may play up to 10 full-ice games.
    - Teams are allowed up to 7 games outside of District 3 (half-ice, cross-ice, or full-ice), which also includes jamborees.
  - Game reporting requirements:
    - All non-jamboree games will be submitted to the Westonka Mite Coordinator, who will submit to District 3 Mite Coordinator 7 days prior to play.
    - All games vs. teams outside of District 3 must also be submitted 7 days prior.
    - All jamborees must be submitted to the District 3 Mite Coordinator at least 21 days before play.
  - No mite team in District 3 may travel more than 45 miles from their home ice arena for games.
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## 4. Practice Structure & Planning

For Mite players, thoughtful, fun, and motivating practices are essential to keeping kids engaged, developing skills, and building a love for hockey. Well-planned practices help coaches maximize ice time, keep kids moving, and create a positive learning environment. Creating an engaging practice plan is not easy, and Lead Coaches will need to learn and adapt throughout the season based on what works - and what doesn't work, for their level. With that being said, there are a couple core principles that help coaches run an effective practice:

- **Clearly Communicate** the plan and responsibilities to all the other coaches ahead of time. Print or email out the plan. Ensure each coach knows their job. Lead Coaches will have access to and are expected to use IHS, a software practice planning tool.
- **Keep it simple.** Complex plans are difficult to execute. Keep it simple and have a plan on how to transition from one part of the practice to the other.
- **Identify and give responsibility** to an assistant coach to lead a station. That assistant coach then owns that station. Empower them. They are responsible for the set up, getting the kids organized, motivating the kids, and starting that station in a timely manner as the kids rotate.
- It is encouraged to **repeat some drills/stations**. Kids like repetition so they can get work on the skill instead of just learning how to do the drill.
- As the coach you ALWAYS need to maintain your patience and composure and remind kids to stay on task with positive reminders. **Keep kids moving.**

### Recommended Format (60 min practice):

- 5 min – Warm-up or fun activity
- 10-15 min - Fundamental Skating Drills
- 30-36 min – Station-based drills (3-6 stations)
- 5-10 min – FUN! Game or Scrimmage

### Station Ideas:

- Skating edges, agility, turns, stops
- Forward, Backward Skating & Transitions
- Carrying Puck & Stickhandling
- Shooting accuracy
- Passing and puck protection
- 1v1, 2v1, 3v1 battles
- Goalie basics
- Small game scenarios (angling, corner battle, etc)

### Coaching Tips:

- Keep kids moving — avoid long lines & lengthy discussions
- Use simple, clear language
- Be positive and upbeat
- Lead by example: sportsmanship, respect, fun
- Build relationships: know every player's name
- Coach the person, not just the player
- Callout, encourage, and reward EFFORT & GRIT!

\*\* See section 8 for Sample Practice Plans & Instruction Videos\*\*

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## 5. Mite Level Summary & Focus Areas

Mites cover a wide range of ages and abilities. Below is a summary of level responsibilities, focus areas, and coaching examples for each of our Mite levels. The Mite level lead coaches are responsible for running all on-ice activities and coordinating several off ice activities throughout the season.

### Mini Mite (Pre-K & Kindergarten) *Lower Mites*

- Mini Mite Lead Coach will:
  - Ensure a practice plan is prepared and communicated to all assistant coaches prior to practice
  - Ensure there is appropriate coach coverage for all practices and scrimmages
  - Assist with recruiting and retention of coaches - *critical to engage with all coaches*
  - Educate & empower other coaches to know how to lead a station and offer sound instruction
  - Engage and Communicate with level manager and parents
  - Set Up Balanced teams within the Mini Mite Level for scrimmages
    - Mini Mites has typically had 4 to 6 teams within the Mini-Mite Level, with approximately 6 to 10 kids on each team
  - Determine Mini Mite Team Head coaches
- Season Structure:
  - Generally two practices per week, Saturday and Sunday, from Late October to Early March
  - During the Winter, and depending on weather, one practice during the week at Shirley Hills Outdoor Rink
  - Dry land sessions 1-2 times per month, based on availability
- Scrimmage Format

- Mini Mites will only play cross-ice games, ideally 3 on 3, or 4 on 4 if needed, buzzer or whistle for shift changes
  - Primarily against our own players (in-house), but during 2nd half of season (after Jan 1) can set up a limited amount of scrimmages with other associations
    - Waconia, Orono, SLP, Delano have worked well in the past
  - No Goalies at this level
  - Use mini nets with tire or intermediate nets with tutor
  - No Jamborees
- Coaching Focus Areas, Learning Objectives
    - Spark a love for the game
    - Learn and practice ABCs (agility, balance, coordination) of skating and puck control
    - Fun, games, and lots of encouragement. Leave the ice with a smile
    - Standing up/falling down
    - Hockey Position, Holding Stick properly
    - Balance and two-foot glides, introduce 1 foot glide
    - Proper Hockey Stride
    - Snow Plow Stop, introduce Hockey stop. Both Sides!
    - Introduce Inside Edges, Outside Edges, Backward
    - Stationary Passing
    - Listening and participation
    - Simple Races, Obstacle Course and Games with a skill objective (stopping, turning, backwards, etc)
  - Grouping: Everyone is mixed together. Toward end of season, can loosely group by ability level for stations. There will be a wide range of ability.
  - Practice Structure:
    - ~5 Mins: Free Skate or Game. Welcome Kids onto ice
    - ~15-20 Mins: Fundamental Skating, typically 6 cone line drills, 8 cone sidewall drills, or station based skating drills (i.e. 3 or 4 stations focused on skating)
    - ~30-35 Mins: Stations. Should be a mix of small area games, obstacle course, skating stations, and races. Each station should have a focus (agility, inside edges, backward, stickhandling, stopping, or pure fun etc)
    - ~ 5 Mins: Fun Game. At Mini Mite Level, every practice should end with a game.

## **Mite 1 (1st Grade) Lower Mites**

The Mite 1 Lead Coach is responsible for running all on-ice activities and coordinating several off ice activities throughout the season. Below is a list of expectations to help guide you through the season:

- Mite 1 Lead Coach will:
  - Ensure a practice plan is prepared and communicated to all assistant coaches prior to practice. This can be delegated.
  - Ensure there is appropriate coach coverage for all practices and scrimmages
  - Assist with recruiting and retention of coaches
  - Educate & empower other coaches to know how to lead a station and offer sound instruction
  - Create a method to quickly breakout groups/pods for stations
    - These groups/pods should be loosely based on skill (i.e. top 50%, lower 50%) to ensure appropriate competition and confidence for each skater.
    - These groups/pods are not static, they should and will change
    - Coaches will be inclusive of all skaters, no matter their experience, and will use methods to mask the stratification (don't always start calling kids in the same order)
    - Use the "60/20/20" method. (60% of the time, a player should be skating against like-skilled opponents. 20% of the time, the player should skate against kids that have more ability. Other 20% of the time, the player should skate against kids with slightly less ability.
  - Set Up teams within the Mite 1 Level for scrimmages/jamborees
    - Mite 1 Level has typically had 4 teams during the season, with approximately 6-10 kids per team.
    - For the end of season Jamboree, consider reducing down to 3 teams to ensure enough kids for 4 on 4 half ice games with a goalie
  - Determine Mite 1 Team Head coaches
  - Engage and Communicate with level manager and parents
  - Coordinate with other associations to schedule scrimmages (consider assigning assistant coach this responsibility)
    - Notify Mite Coordinator to gain approval
    - Note: only 7 scrimmages are allowed outside of D3 per year
    - When speaking to other associations, ensure appropriate age. Different associations use different Mite Level Classifications.
  - Introduce Goalies starting in December. Assign an assistant coach to manage the goalie gear (quick change) and rotation either alphabetical or by number so it is transparent. Ensure all kids try goalie at least once. If a player is interested, they may play more often.
- Season Structure:
  - Generally 2 practices per week, Saturday and Sunday, from Late October to Early March

- During the Winter, and depending on weather, 1 practice during the week at Shirley Hills Outdoor Rink
  - Approximately 2x Dry land sessions per month
  - 1x Jamboree at End of Season.
  
  - Scrimmage Format:
    - Can be 3 on 3 cross ice or 4 on 4 half ice, buzzer or whistle for shift changes
    - Primarily Internal Games/scrimmages, with the option of a coach led scrimmage or shared practices with other associations
      - Waconia, Orono, SLP, Edina have worked well in the past
    - Scrimmages should occur no more than 2-3x per month. The focus at this level is skill development and small area games in practice, not scrimmages.
    - One Jamboree at the end of the season. Level Lead will work with the Mite Coordinator and Association Tournament Coordinator to schedule.
      - Bloomington, Prior Lake, and Minnetonka Jamborees have worked well in the past
  
  - Coaching Focus Areas, Learning Objectives
    - Skating & Edgework, Forward & Backward, Stopping
      - Inside Edge, Outside Edge, Crossovers, Forward/Backward
    - Puck Control while skating, Stickhandling, One Hand Puck carry
    - Passing and shooting on the move & stationary
    - Races with and without pucks, encourage competition
    - Introduce small-area competitive games (i.e. 1v1, 2v1)
    - Start building teamwork concepts
    - Do the drill correctly. If incorrect, stop them and do it again. Do not let kids not do the drill incorrect. If too difficult, alter the drill
  
  - Encourage/Reward:
    - Player(s) of the Day (everyone wins it 1x over season)
    - Praise teamwork, hustle, and listening
    - Encourage Competition!
  
  - Practice Structure:
    - ~5 Mins: Free Skate, Game, warm up.
    - ~15-20 Mins: Fundamental Skating, typically 6 cone line drills, 8 cone sidewall drills, Russian circles, or station based skating drills (i.e. 4 stations focused on skating)
    - ~30-35 Mins: Stations. Should be a mix of small area games, skating, shooting/stickhandling, competition, and races. Each station should have a focus (agility, inside edges, backward, stopping, etc)
    - ~ 5 Mins: Fun Game
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## Mite 2 (2nd Grade) *Upper Mites*

- Mite 2 Lead Coach will:
  - Ensure a practice plan is prepared and communicated to all assistant coaches prior to practice. Can be delegated.
  - Ensure there is appropriate coach coverage for all practices and scrimmages
  - Educate & empower other coaches to know how to lead a station and offer sound instruction
  - Create a method to quickly breakout groups/pods for stations
    - These groups/pods should be skill based (i.e. top 50%, lower 50%) to ensure appropriate competition and confidence for each skater.
    - These groups/pods are not static, they should and will change throughout the season, even week to week.
    - Coaches will be inclusive of all skaters, no matter their experience.
    - Use the "60/20/20" method. (60% of the time, a player should be skating against like-skilled opponents. 20% of the time, the player should skate against kids that have more ability. Other 20% of the time, the player should skate against kids with slightly less ability.
  - Set Up teams within the Mite 2 Level for scrimmages/jamborees
    - Mite 2 Level has typically had 4 teams during the season, with approximately 8-10 kids per team.
    - Scrimmages can be 3 on 3 or 4 on 4, cross-ice or half-ice
    - For the end of season Jamboree, consider reducing down to 3 teams to ensure enough kids for 4 on 4 half ice games
  - Determine Mite 2 Team Head coaches
  - Assist with recruiting and retention of coaches
  - Engage and Communicate with level manager and parents
  - Coordinate with other associations to schedule scrimmages (consider assigning assistant coach this responsibility)
    - Note: only 7 scrimmages are allowed outside of D3 per year
    - When speaking to other associations, ensure appropriate age. Different associations use different Mite Level Classifications.
  - Assign an assistant coach to manage the goalie gear and rotation and be "Goalie Coach". A Minimum of 2 Goalies dressed each practice, with the option for more
    - Go by alphabet or by number to ensure each kid tries goalies 2x during the season
    - Mite 2 Goalie Coach will reach out to association Goalie coaches to learn drills and understand basic goalie instruction, invite them to a practice
    - Give kids interested in Goalie the opportunity to attend Goalie Skills night on Sunday Nights
  
- Scrimmage Format:

- Can be 3 on 3 cross ice or 4 on 4 half ice with Goalies; buzzer for shift changes
- Primarily Internal Games/scrimmages, with the option of coach led scrimmages against other associations
  - Waconia, Orono, SLP, Chaka/Chan have worked well in the past
  - Scrimmages should occur no more than 2-3x per month. The focus at this level is skill development and small area games in practice, not outside association scrimmages.
- One Jamboree at the end of the season. Level Lead will work with the Mite Coordinator and Association Tournament Coordinator to schedule.
- For the end of season Jamboree, consider reducing down to 3 teams to ensure enough kids for 4 on 4 half ice games with a goalie
- Bloomington, Prior Lake, and Minnetonka Jamborees have worked well in the past
  
- Coaching Focus Areas, Learning Objectives:
  - Advanced skating (transitions, edge control, stopping both sides, forward, backwards)
  - Edgework, Balance, Explosive Power (fast!)
  - Stopping both sides
  - Stick Handling, Puck protection, passing/shooting on the move
  - Read/react in small-area games
  - Inspire a “nose for the puck” attitude with competition.
  - Focus and Listening during drills. Do the drills correctly.
  - If drill done incorrectly, stop, do it again. Remain positive, but don’t accept drills being done incorrectly. Alter drill if necessary.
  
- Encourage/Reward:
  - Recognize resilience and smart plays
  - Encourage Competition, Hard Work, Effort, and Tenacity
  - Celebrate decision-making (pass vs shoot)
  - Player(s) of the Day (i.e. Hard Hat, team play award, etc)
  
- Practice Structure:
  - ~5 Mins: Free Skate or Game. Welcome Kids onto ice
  - ~15-20 Mins: Fundamental Skating (see practice plans)
  - ~30 Mins: Stations. Should be a mix of small area games, stickhandling skills, skating, and situational competitive play (1v1, 2v1, 2v2, etc) .
  - ~ 5 Mins: Fun Event. Game, shootout, full ice race, etc.

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### **Mite 3 (3rd Grade) *Upper Mites***

- Mite 3 Lead Coach will:
  - Ensure a practice plan is prepared and communicated to all assistant coaches prior to practice. Can be delegated.
  - Ensure there is appropriate coach coverage for all practices and scrimmages
  - Educate & empower other coaches to lead a station and offer accurate, correct instruction
  - Create a method to quickly breakout groups/pods for stations at practice
    - These groups/pods should be loosely skill based (i.e. top 50%, lower 50%) to ensure appropriate competition and confidence for each skater.
    - These groups/pods are not static, they should and will change throughout the season, even week to week.
    - Coaches will be inclusive of all skaters, no matter their experience.
    - Use the "60/20/20" method. (60% of the time, a player should be skating against like-skilled opponents. 20% of the time, the player should skate against kids that have more ability. Other 20% of the time, the player should skate against kids with slightly less ability.
  - Set Up teams within the Mite 3 Level for scrimmages/jamborees
    - Mite 3 Level has typically had 3 or 4 teams during the season, with approximately 8-12 kids per team.
      - Consider re-rostering to 3 teams after Jan 15th for 5v5 games.
  - Determine Mite 3 Team Head coaches. Mite 3 Head Coaches Will
    - Support the lead coach each week, fill in for level lead when required.
    - Communicate schedule and logistics (locker rooms, jerseys, pucks, etc) for scrimmages
    - Ensure you have enough players, a lineup, & plan for goalie
  - Assist with recruiting and retention of coaches
  - Engage and Communicate with level manager and parents
  - Assign a scrimmage coordinator(s)
    - Note: only 7 scrimmages are allowed outside of D3 per year
    - When speaking to other associations, ensure appropriate age. Different associations use different Mite Level Classifications.
  - Assign a Goalie Coordinator to manage the goalie gear, rotation, and be "Goalie Coach". Strive for a **minimum of 3 Goalies** dressed each practice, with the option for more
    - Mite 3 Goalie Coach will reach out to association Goalie coaches to learn drills and understand basic goalie instruction, invite them to a practice
    - Give kids interested in Goalie the opportunity to attend Goalie Skills night
- Scrimmage Format:
  - Primarily 4 on 4 half ice with Goalies. 5 on 5 full ice after Jan 15th (max of 10 full ice games)

- Combination of Internal Games/scrimmages and coach led scrimmages against another associations
  - Waconia, Orono, SLP, Chaka/Chan, Delano have worked well in the past
  - Scrimmages should occur no more than 2-4x per month. The focus at this level is skill development and small area games in practice, not scrimmages.
- One, possibly two Jamborees at the end of the season. Level Lead will work with the Mite Director and Association Tournament Coordinator to schedule.
- For the end of season Jamboree, ensure the teams are entered in skill appropriate brackets.
- Bloomington, Prior Lake, and Minnetonka Jamborees have worked well in the past
- Coaching Focus Areas, Learning Objectives:
  - Intentional Focus on skating drills/games & edge work with/without pucks
    - Final year to prepare kids for squirts
    - Some drills focus on balance & technique, others should be overspeed
  - Positioning (F/D) and puck support
  - Angling & Gap Control
  - Spacing, Timing, & Communication
  - Prepare for full-ice play
- Encourage/Reward:
  - Player(s) of the Day (i.e. Hard Hat, team play award, etc)
  - Effort - getting better every day
  - Praise hockey IQ and leadership
  - Celebrate players who help teammates
  - Support game awareness and team commitment
- Practice Structure:
  - ~5 Mins: Free Skate or Game. Welcome Kids onto ice
  - ~15-20 Mins: Fundamental Skating
  - ~30 Mins: Stations. Should be a mix of small area games, stickhandling skills, skating, and situational competitive play (1v1, 2v1, 2v2, etc) .
  - ~ 5 Mins: Something Fun & competitive

## 7. Parent Communication & Engagement

Engaging with Parents is key to a successful season. Realize many parents are new to hockey and don't know what to expect, how practices work, or why we do what we do. Use this document as a resource to communicate with parents and describe why we do what we do,

and how we do it. Also direct them to the mite pages at [Westonkahockey.org](https://www.westonkahockey.org). Oftentimes, issues that arise during the season are due to either a miscommunication or a lack of communication entirely. As a coach, communicate early and often, and always be transparent. We are all here to help our community and do what's best to help our children to grow. A couple examples include:

- Weekly email or text updates
  - Be clear about development philosophy
  - Set expectations early (equal play, fun, skill development, groups by ability are not static, etc)
  - Invite parents to volunteer
  - Be available and approachable for feedback
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## 8. Resources & References

- Westonka Hockey Association  
<https://www.westonkahockey.org>
- USA Hockey ADM  
<https://www.admkids.com>
- USA Hockey Coaching  
<https://www.usahockey.com/coaching>
- MN Hockey Handbook
  - [8U MN Hockey Drills](#)
- USA Hockey Practice Plans
  - [Beginner 8U \(Mini Mite\) USA Hockey Practice Plans](#)
  - [Intermediate 8U \(Mini/M1/M2\) USA Hockey Practice Plans](#)
  - [Advanced 8U \(M2/M3\) USA Hockey Practice Plans](#)

## Instructional Videos

- **National Skill Development Association YouTube Channel:** [NSDA Hockey Home](#)
- What Should Young Hockey Players Focus on?  
▶ [What Skills Should a Young Hockey Player Focus On? ASK A PRO](#)
- Hockey Player Position:  
▶ [Hockey Player Position Breakdown & Progression: INTRO TO HOCKEY](#)
- How to Skate Backwards: ▶ [PRO HOCKEY TRAINING: How to Skate Backward](#)
- Backward Skating Progressions: ▶ [Backward Skating Progressions: INTRO TO HOCKEY](#)
- Outside Edges: ▶ [PRO HOCKEY TRAINING: How to Use Your Outside Edges](#)
- Balance and Agility: ▶ [Balance & Agility Progressions: INTRO TO HOCKEY](#)
- Stickhandling: ▶ [Stickhandling - How to Get Faster Hands: PRO HOCKEY TRAINING](#)

- Forward Skating: [▶ PRO HOCKEY TRAINING: How to Skate Forward](#)
- Forward Skating Progressions: [▶ Forward Skating Progressions: INTRO TO HOCKEY](#)
- Passing and Shooting: [▶ PRO HOCKEY TRAINING: Simple Passing and Shooting Drill](#)
- Pivoting Progressions: [▶ Pivoting Progressions: INTRO TO HOCKEY](#)
- Stopping: [▶ Stopping Progressions: INTRO TO HOCKEY](#)
- Side Stop: [How to Side Stop](#)
- Inside and Outside Edge Progressions:  
[▶ Inside & Outside Edge Progressions: INTRO TO HOCKEY](#)
- Inside and Outside Edge Progressions:  
[▶ Inside & Outside Edge Progressions: INTRO TO HOCKEY](#)