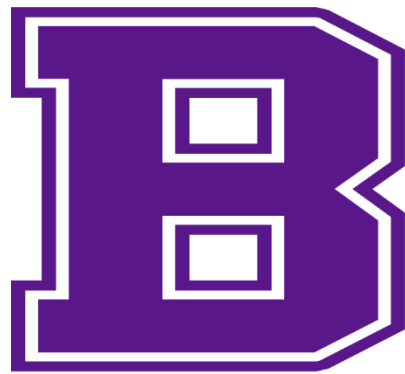


# Buffalo Youth Hockey Association



**HOCKEY**

## Coach Meeting

Mini Mite/Mite/8U  
2020-2021 Season



## Mini Mite/Mite/8U Coaches

- Goal – Move as many players, with the appropriate skill levels, to the Squirt/U10 programs
  - Kids have fun
  - Parents are content
  - Coaches teach the skills
- Group Numbers:
  - Mites - (90) Skaters
    - Girls U8
    - Mites Black
    - Mites Grey
  - Mini-Mites - (84) Boy & Girl Skaters
    - Mini Mites Purple
    - Mini Mites White
- Final Group Numbers, Coach Numbers & Players per Team - TBD after evaluations
  - We will have a lot of player movement from our initial starting group especially at the Mini-Mite/6U level.
- Evaluations: November 14<sup>th</sup> and 15<sup>th</sup>
  - Consistency!
- Coach Registration: visit website
  - Coaching Coord. - Paul Heyerdahl [paul.heyerdahl@gmail.com](mailto:paul.heyerdahl@gmail.com), (612) 801-7793
- Coach Certification: BYHA Coach Application; USA Hockey Number; USA Hockey CEP – Level 1; USA Hockey Age-Specific Module Online; BYHA Coach Registration; SafeSport; Background Screening; Coaching Ethics Agreement; Concussion Protocol
- Coach Expectations: Communicate, develop players, involved with association/parents, face of the program
  - **All coaches MUST wear helmets on the ice!**
- Types of Coaches: Lead, Head, Assistant
  - Lead Coach – Plan practice, communicate/assign practice plan, skating skills at beginning of practice, divide to stations, game at end of practice, coach coaches in group
  - Head Coach – Game management, parent communication, team development, ambassador of fun
  - Assistant Coach – Same as head coach
- Standard Practice:
  - Lead coach circulates practice plan via e-mail or text beforehand – station assignments included
  - First few minutes on ice is skate-around (great opportunity for fun)
  - Lead coach calls skaters into center at beginning of practice
  - Lead coach takes skaters through group skating drills (optional); head and assistant coaches help skaters w/ technique
    - Or Cross-ice ‘Zone Skating’ – More individual/small-group instruction
      - Separate by ability/experience
  - All coaches set up stations and take skaters through each station; lead coach signals station changes
  - After last station, lead coach organizes game for skaters; head and assistant coaches pick up stations and play in game
  - Lead coach calls group in for group cheer; all coaches help skaters off the ice



- Standard Game:
  - Before the game, find parent to run clock
  - All coaches arrange pads/boards at beginning of ice time
  - Set clock for appropriate game and shift length
  - All coaches help direct skaters on ice and on pads/in bench
  - Shake hands at end of each game before rotation
  - Rotate and repeat
  - All coaches put away pads/boards at end of ice time
  
- Skill Development

	Mini Mite White	Mini Mite Purple	Mite Grey/8U	Mite Black/8U
<b>Skating</b>				
	Ready position	Ready position	Ready position	Ready position
	Edge control	Edge control	Edge control	Edge control
	Forward start	Forward start	Forward start	Forward start
	Forward stride	Forward stride	Forward stride	Forward stride
	Controlled stop - 2 foot and snowplow	Controlled stop - 2 foot and snowplow	Controlled stop - 2 foot and snowplow	Controlled stop - 2 foot and snowplow
	Controlled turn	Controlled turn	Controlled turn	Controlled turn
		Forward crossover	Forward crossover	Forward crossover
	Backward skating	Backward skating	Backward skating	Backward skating
		Backward stop	Backward stop	Backward stop
<b>Puck Control</b>				
	Lateral stickhandling	Lateral stickhandling	Lateral stickhandling	Lateral stickhandling
		Front-to-back stickhandling	Front-to-back stickhandling	Front-to-back stickhandling
		Diagonal stickhandling	Diagonal stickhandling	Diagonal stickhandling
			Attacking the triangle	Attacking the triangle
<b>Passing</b>				
	Forehand pass	Forehand pass	Forehand pass	Forehand pass
	Backhand pass	Backhand pass	Backhand pass	Backhand pass
	Receiving pass	Receiving pass	Receiving pass	Receiving pass
<b>Shooting</b>				
	Wrist shot	Wrist shot	Wrist shot	Wrist shot
		Backhand	Backhand	Backhand
<b>Body Contact</b>				
			Stick on puck	Stick on puck
			Stick lift	Stick lift

