



Mite Program Skills Benchmark

Mite Red Hockey Skills

Individual hockey skills that players must learn and master (new in Bold)

1. Skating

- ✓ Ready position
- ✓ Beginner Edge control – (Line drills - Inside Edge, Outside Edge)
- ✓ **Intermediate Edge Control (Line Drills – Backward C-Cuts, 2 crossovers with speed)**
- ✓ **Advanced Edge control – (Line Drills - Mohawks, Reverse's to T-start)**
- ✓ Forward start
- ✓ Forward stride
- ✓ Controlled stop: two-foot, snowplow , and **one-foot hockey stops**
- ✓ Controlled turn
- ✓ Forward crossover
- ✓ Backward skating
- ✓ Backward stop
- ✓ **Backward Crossover**
- ✓ **Basic Transitions – Forward to Backward and Backward to Forward**
- ✓ **Advanced Transitions: Figure 8's, etc**
- ✓ **Skating at game speed**
- ✓ ABCs of skating (agility, balance, coordination, and speed drills)

2. Puck Control

- ✓ Push the puck
- ✓ Lateral (side-to-side) stickhandling
- ✓ Front to back stickhandling
- ✓ Cupping puck
- ✓ **Diagonal stickhandling**
- ✓ **Attacking the triangle**
- ✓ **Puck protection**
- ✓ **Body Fakes**

3. Passing and Receiving

- ✓ Forehand pass



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- ✓ Backhand pass
- ✓ Receiving a pass properly with the stick
- ✓ **Receiving a pass while moving**
- ✓ **Giving a pass to a moving target**
- ✓ **Bank pass**
- ✓ **Lead pass**
- ✓ **Give and go**
- ✓ **Sauce pass**

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 stick while shooting**

5. Body Contact

- ✓ Stick on Stick
- ✓ Stick lift
- ✓ Poke check
- ✓ **Angling**
- ✓ **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.



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- 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.