

# *Hockey* *Skills Progression* for Mites and 8 & Under



**HOCKEY EDUCATION PROGRAM**

HEP: developed collaboratively by Minnesota  
Hockey and Mayo Clinic Sports Medicine Center



# HOCKEY SKILLS

# MITE SKILL PROGRESSION

## SKATING SKILLS

### 1 EDGE CONTROL

#### KEY ELEMENTS

- The ankles control the edges
- Knee of glide foot is bent
- Weight on the correct edge (inside or outside)
- Distribution of weight from the ball of the foot back to just in front of the heel

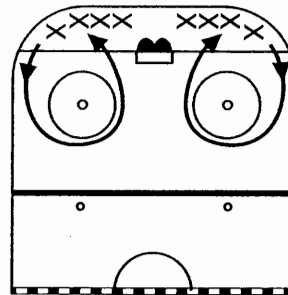
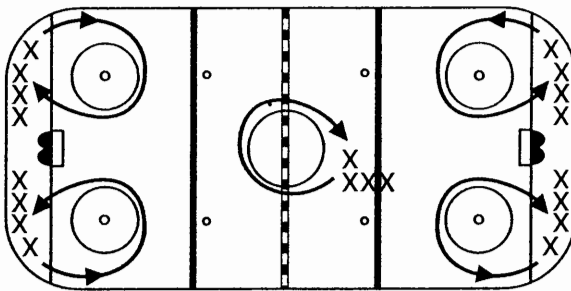


*Inside Edges*



*Outside Edges*

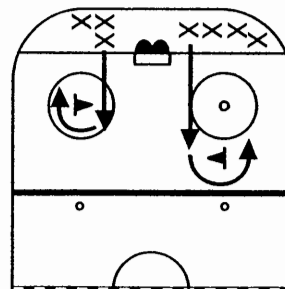
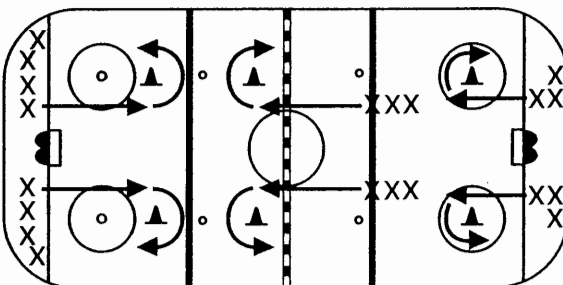
#### EDGE CONTROL



#### INSIDE/OUTSIDE EDGES ON CIRCLE

1. Form lines near each circle
2. Player takes **two** strides & glides around circle on one skate, inside or outside edge
  - Right inside edge, counter-clockwise
  - Right outside edge, clockwise
  - Left inside edge, clockwise
  - Left outside edge, counter-clockwise
3. Stress—glide skate, knee is bent  
\*two hands on stick, on the ice
4. Try and glide around the circle on one skate

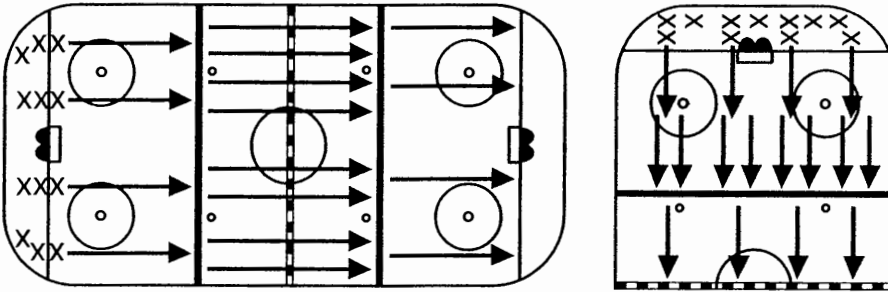
#### EDGE CONTROL



#### ONE CONE — INSIDE/OUTSIDE EDGE

1. Form 3-5 lines, put cone 5 to 30 feet away
2. Skate up to cone and pick up one skate while gliding on inside or outside edge of other skate
3. Keep the glide leg bent, stick on ice
4. Don't put other skate down until player has made a complete "U" turn around cone

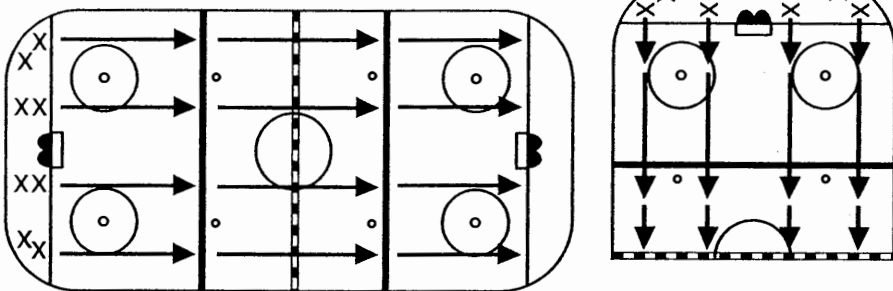
**STANCE**



**READY POSITION & GLIDE**

1. Form 3-5 lines and have players spread out
2. Get players into "ready position"
3. Demonstrate why knees need to be bent:
  - First, have players legs straight and jump
  - Second, have players bend knees and jump
  - With knees bent we have more power
4. Now have players skate up to line and glide in "ready position"

**STANCE & BALANCE**



**READY POSITION & ONE FOOT GLIDE**

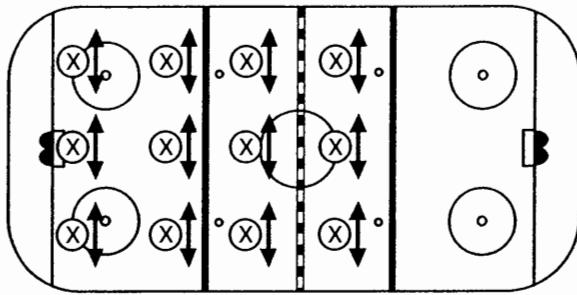
1. Form 3-5 lines
2. Players skate up to line and glide in "ready position" on one skate
3. Stress — stick on ice, no weight on stick
  - \*knee bent of glide foot

**3 STICK & WEIGHT SHIFT**

**KEY ELEMENTS**

- Get in "ready position," 2 hands on stick, stick blade on ice
- Shift weight and move hands & stick to bent knee
- As stick moves across to bent knee, roll the wrists so blade of stick points in towards middle

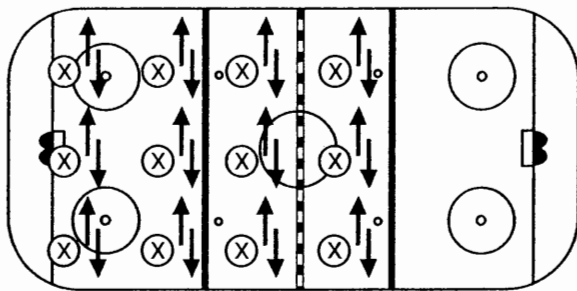
**STICK & WEIGHT SHIFT**



**STATIONARY STICK & WEIGHT SHIFT FORWARD STRIDE**

1. Form 3-5 lines, players spread out
2. Get players in "ready position" with two hands on the stick, stick on the ice
3. Have players shift weight & move stick to the right bent leg, left leg straightens
4. Now shift weight & move stick to the left bent leg, right leg straightens
5. Stress — grip, hands are 10 inches apart
  - move hands & stick to bent knee
  - keep head & chest up

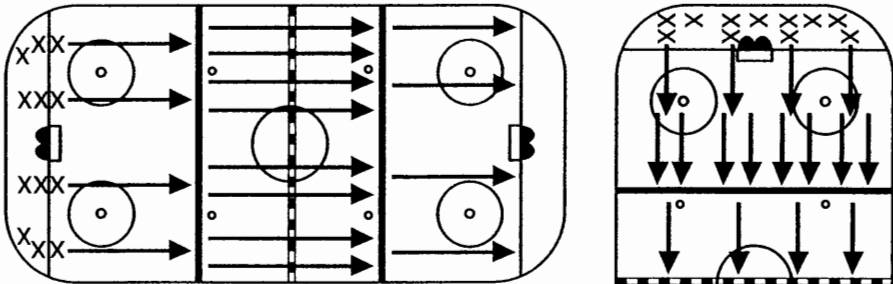
**STICK & WEIGHT SHIFT**



**STATIONARY — SLIDE TO EACH SIDE**

1. Form 3-5 lines, players spread out
2. Have players get into "ready position"
3. Have players push off with left skate and slide sideways on right skate, pick up left skate
4. Then push off with right skate and slide sideways on left skate, pick up right skate
5. Stress — stick & weight shift to bent knee of sliding foot

**STICK & WEIGHT SHIFT**

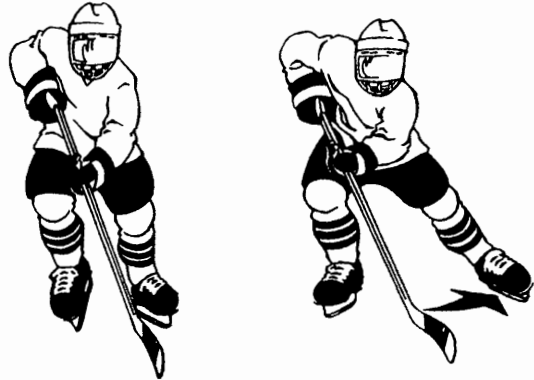


**FORWARD GLIDE — STICK & WEIGHT SHIFT**

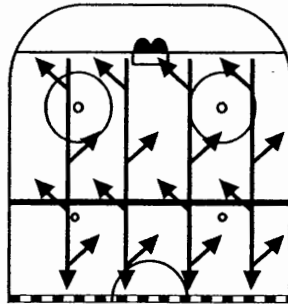
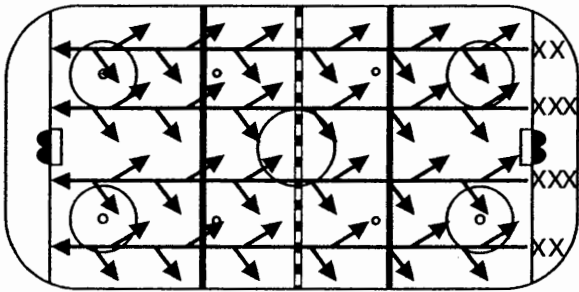
1. Form 3-5 lines at one end of rink
2. Skate forward to line and glide with both skates on the ice
3. While gliding, shift the weight & stick, alternating between right & left leg
4. Stress — grip, 10 inches apart on stick
  - move hands & stick in front of bent leg
  - keep head & chest up

# 4 FORWARD STRIDE

- KEY ELEMENTS**
- For power, push down on inside edge and out to side to full extension
  - To help speed recovery, the skate must be kept low and recover back under the hip
  - The knee is kept bent and weight is over the glide foot
  - Keep a straight alignment of the trunk and thrust leg at full extension



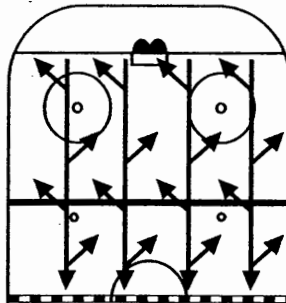
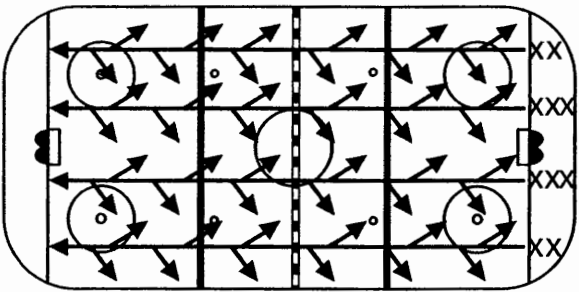
**FORWARD STRIIDE**



**FORWARD STRIDE — “PUSH-TOUCH-COAST”**

1. Form 3-5 lines at one end of rink
2. Have players get into “ready position”
3. Player “pushes” off with right skate to full extension
4. Recover with right skate & “touch” it to the left skate
5. Then “coast” in ready position
6. Then do the same sequence with left skate, continue alternating skates

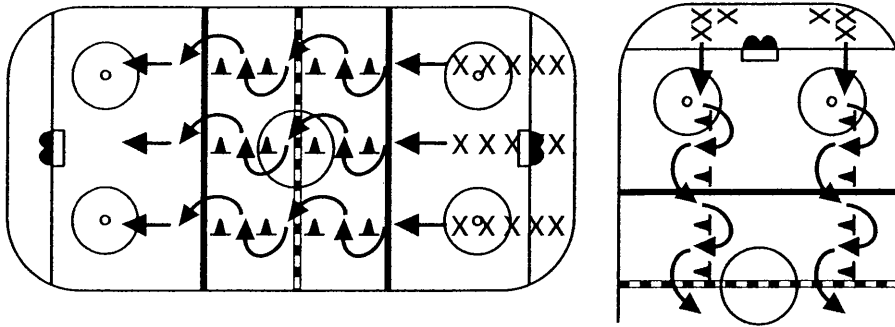
**FORWARD STRIDE**



**FORWARD STRIDE - “PUSH-TOUCH-NO COAST”**  
**FORWARD STRIDE — “PUSH-TOUCH-COAST”**

1. Form 3-5 lines at one end of rink
2. Have players get into “ready position”
3. Player “pushes” off with right skate to full extension
4. Recover with right skate & “touch” it to the left skate
5. Immediately after “touch”, push left skate out to full extension, “no coast” between strides
6. Stress — knee bent of glide foot
  - Push to full extension
  - stick & weight shift to bent knee

## SKATING RHYTHM



### 4 CONE—INSIDE EDGES—SKATING RHYTHM

1. Form 3-4 lines between goal line & circle
2. Place 4 cones 10 feet apart, straight line
3. Have player do a natural skating stroke but hold the "inside edge" a little longer while zig-zagging between the cones
4. Keep two hands on the stick, on the ice, in front of the body and on bent knee side
5. Once players are comfortable, shorten the distance between cones, also have them do it at full speed

## 5 FORWARD START

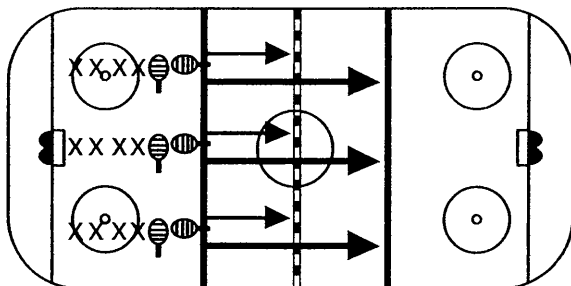
### KEY ELEMENTS

#### Stationary Position

- Turn the toes of both skates out to position the blades at 45 degree angles
- Thrust off the inside edge of one skate to maximum extension
- With other skate, step forward
- Rapid, low leg recovery is essential
- Recover skate low, close to ice under hip



### STARTS & ACCELERATION

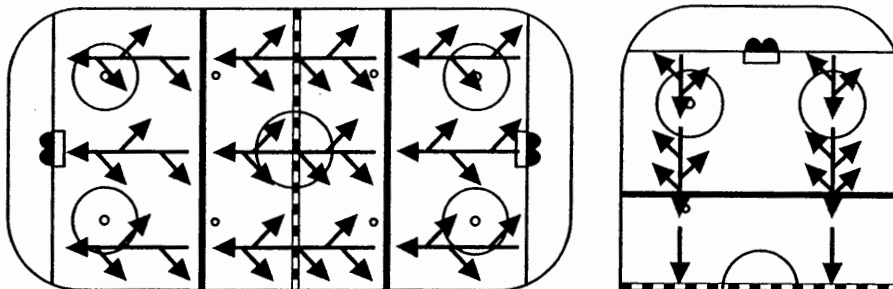


### QUICK STARTS & ACCELERATIONS SHORT DISTANCE STARTS & ACCELERATIONS

#### "L" Forward Start (Right/Left)

1. This is used when stopping & changing direction quickly
2. Form 3-5 lines on a given line
3. Right start, rotate chest & hips to right, placing the skates in a "heel-to-heel" position
4. Thrust off the inside edge of back skate while reaching forward with front skate
5. Accelerate with full recovery strides to line

## STARTS & ACCELERATION



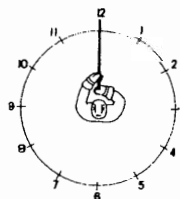
### ACCELERATION STROKES

1. Form 3-5 lines at one end of rink
2. Players skate to line, doing full "power" strokes
3. When reaching the line, accelerate as fast as possible to far line
4. Teach them that acceleration is accomplished by "quick recovery" after the stroke
5. Stress that there must be full recovery under the hip
6. Most players keep their feet too far apart on recovery, "The Bantam Spread"

### ONE O'CLOCK — ELEVEN O'CLOCK STOPS

(One o'clock refers to pushing out with right skate towards one o'clock - eleven o'clock refers to pushing out with left skate towards eleven o'clock)

1. A stop in which the player remains facing forward
2. Glide on two skates in basic stance
3. Turn heel of right skate out and the toe of right skate in. Push skate out and down towards one o'clock
4. Keep weight on the ball of your foot as you stop
5. Keep the knees bent and the back straight



## 6 THE CONTROL STOP—FEET APART

### KEY ELEMENTS

#### Stop in "Ready Position"

- Rotate hips quickly to 90 degrees
- Stop on inside edge, both skates
  - front (lead) skate, pushing down on inside edge
  - back (trailing) skate, pulling with inside edge
- Bend the knees
- Skates shoulder width for stability
- Majority of weight on front skate
- Stop in "Ready Position"



# 7 ONE FOOT "POWER" STOP "L" POSITION

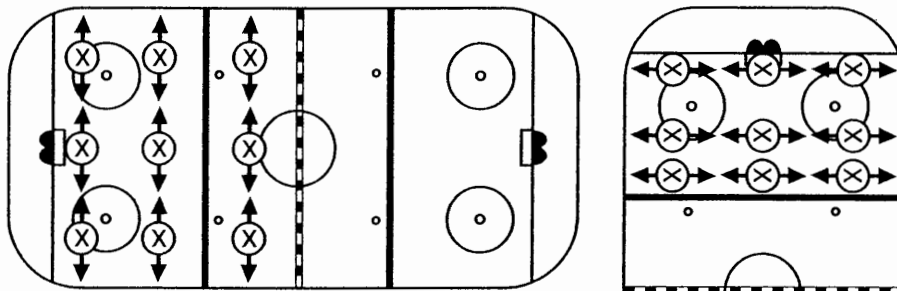
## KEY ELEMENTS

### Change Direction Stop

- Illustration — Stop on right skate
- Rotate hips to left
- Knee bent on right leg
- Weight on right leg
- Push inside edge of right skate into ice
- Pick up left skate and go heel-to-heel, at right angle to right skate



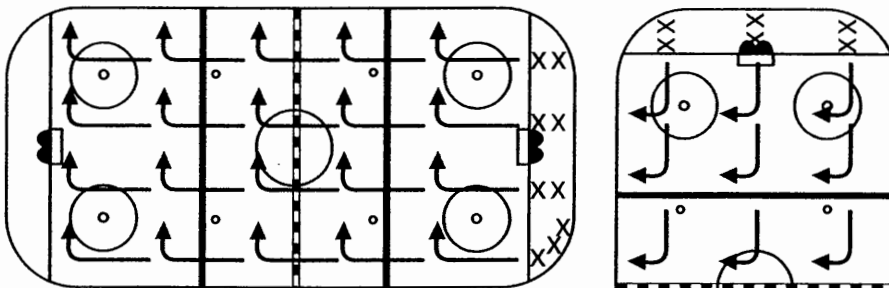
## STOPS



## FORWARD STOPS — STATIONARY EDGE WORK

1. Form 3-5 lines and have players spread out
2. Stand stationary and push out to side with an inside edge of one skate
3. Recover the skate and repeat to same side a number of times, making a pile of snow
4. This teaches the player to push down hard on an inside edge when stopping

## STOPPING



## FORWARD — CONTROL STOP

1. Form 3-5 lines at one end of rink
2. The objective is to stop in the "ready position"
3. Skate forward and stop every time the whistle blows, always stop facing the same direction
4. When stopping "snap" the hips quickly to one side
5. Push down on the inside edges of both skates
  - push against the inside edge of front skate
  - pull with the inside edge of back skate
6. Stress — knee bend, chest & head up, skates shoulder width apart
7. Use the "L" start when starting every time

# 8 GLIDE — CONTROL TURNS

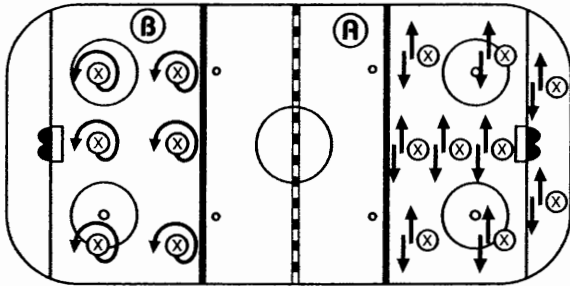
## KEY ELEMENTS

- Change direction quickly, by doing a tight turn
- Skates at least shoulder width apart
- Lead skate, transfer weight to outside edge (bent knee)
- Knee of lead skate bent over skate
- Trailing skate, thrust out with inside edge to full extension
- Rotate hips in direction of turn
- Upper body is erect, no leaning in direction of turn



- Stick & hands on outside hip
- Rotate stick into direction of turn

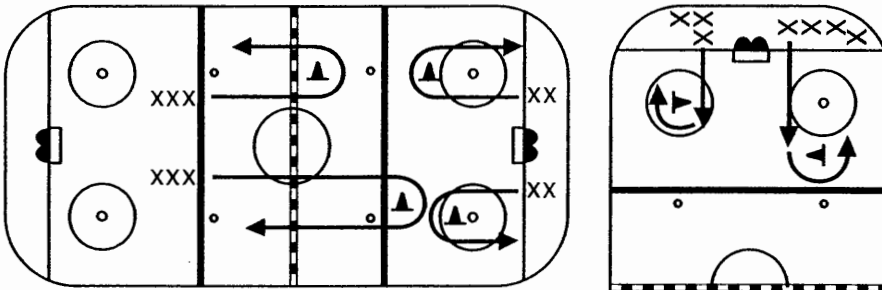
## CONTROL TURN



## STATIONARY — TURNS & WEIGHT SHIFT

1. Form 3-5 lines and have players spread out
  2. 2 skills must be practiced — “Bend and Extend”
- A1. When turning to the right, right leg is bent (pivot) and left leg is straight (brace)  
A2. Practice leaning to the right and left  
B1. Next do a forward pivot around the right foot that is stationary and knee bent  
B2. Extend the left leg by “throwing out” the heel while going in a circle around the right skate

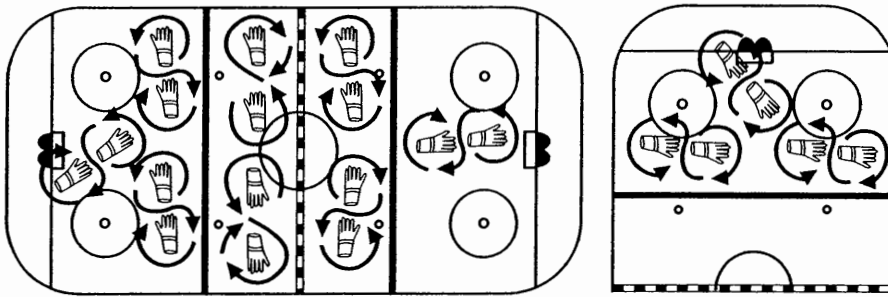
## CONTROL TURN



## ONE CONE — CONTROL TURN

1. Form 3-5 lines and put one cone out in front 15-20 feet
2. Have players skate up to cone then:
  - glide with feet shoulder width apart
  - bend knee of “lead” (inside skate)
  - rotate hips in direction of turn
  - weight is transferred to outside edge of “lead” skate
  - thrust off inside edge of “trail” outside skate to full extension
6. Stress — “acceleration” coming out of turn  
— keep shoulders level

## CONTROL TURN

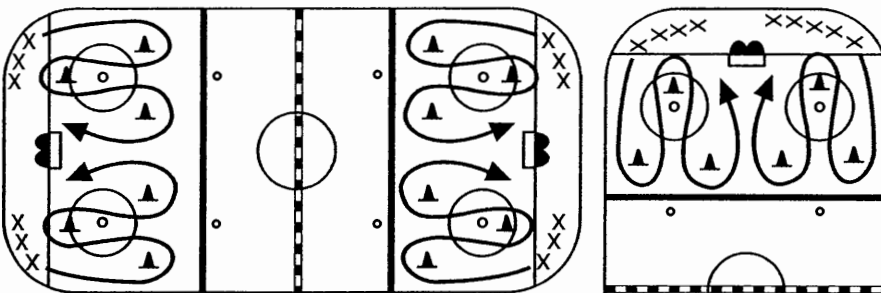


**FIG. 8 ON GLOVES — CONTROL TURN**

1. Players spread out on ice and put their gloves down on the ice 8-10 feet apart
2. Have players do continuous control turns around gloves as fast as possible
3. Stress — staying low, not “bobbing” up & down
  - Keep stick on outside of body on the ice

Option — set a time limit of 20-30 seconds and see who can get the most turns done in that time

## CONTROL TURN

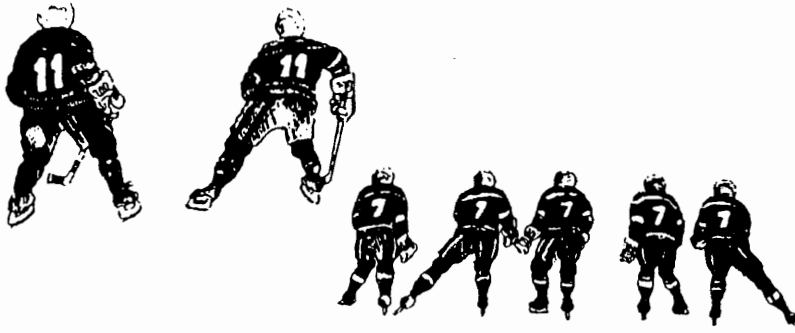


**THREE CONE TRIANGLE — CONTROL TURNS**

1. Form 3-5 lines with 3 cones set up in a triangle — about 10 feet apart
2. Have the player do a series of 3 control turns quickly
3. Stress — shoulders level
  - stick on the outside part of body
  - stay low, no “bobbing” up and down

# 9 BACKWARD STRIDE

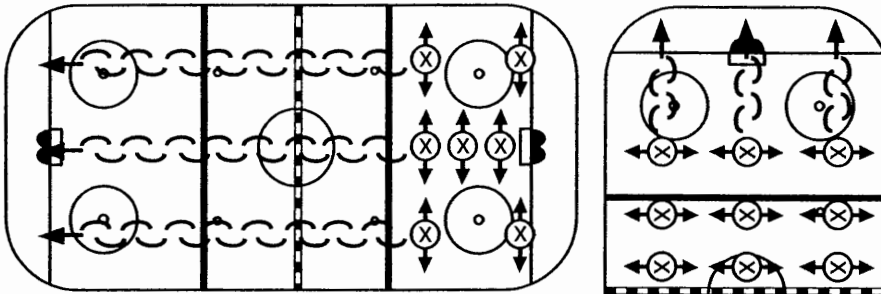
## KEY ELEMENTS



- Ready position
  - take bottom hand off stick
  - skates shoulder width apart
  - lower buttocks, head and shoulders erect
- Thrust off the inside edge with one skate in “heel-out/toe-in” arc
- Transfer weight to the glide leg at the completion of the thrust
- Recover thrust skate to under the hip
- Chest and head is up throughout the skating motion

## Skating Drills

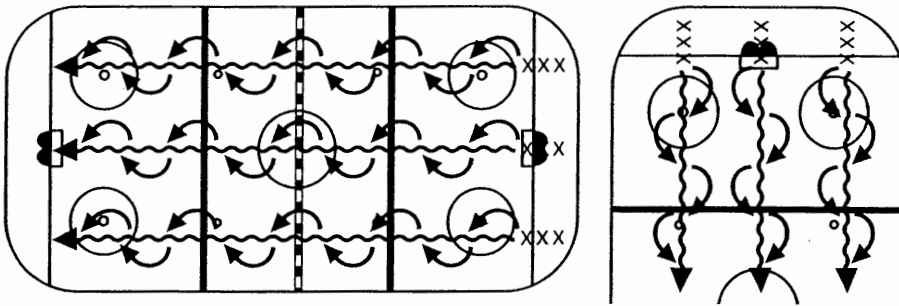
### BACKWARD STROKE



### BACKWARD STANCE & WEIGHT SHIFT

1. Form 3-5 lines, have players spread out
2. Backward Stance — get in stationary “ready position” and take bottom hand off stick
3. Shifting Weight:
  - Bend one leg & put weight over it and extend other leg
  - Go back & forth, shifting weight
  - After 6-8 times doing this tell them to start moving backwards, very slowly

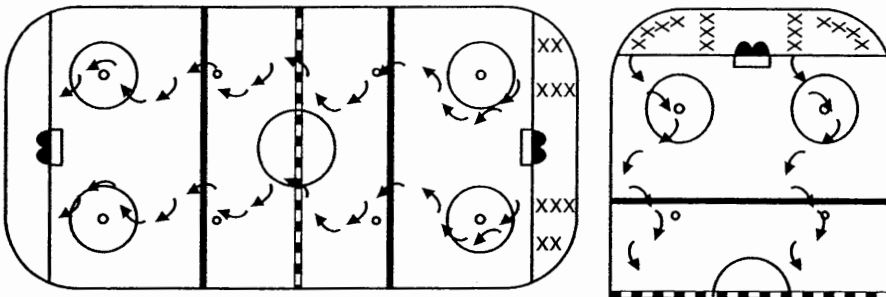
**BACKWARD STROKE**



**BACKWARD "SWIZZELS"**

1. Form 3-5 lines at one end of rink
2. Players will slowly skate backward to other end
3. Stress:
  - "heel out" & "toe in" and thrust off inside edge, cut a "C" with thrusting motion
  - stick in center of body on the ice
  - chest and head up

**BACKWARD MOVEMENT**



**BACKWARD — 3 PUMP**

1. Form 3-5 lines at one end of rink
2. The pump is used to adjust to puck carrier
3. Players will start by doing 3 "pumps" with left skate then 3 "pumps" with right skate
3. When done right, there should be a zig-zag patten down the ice

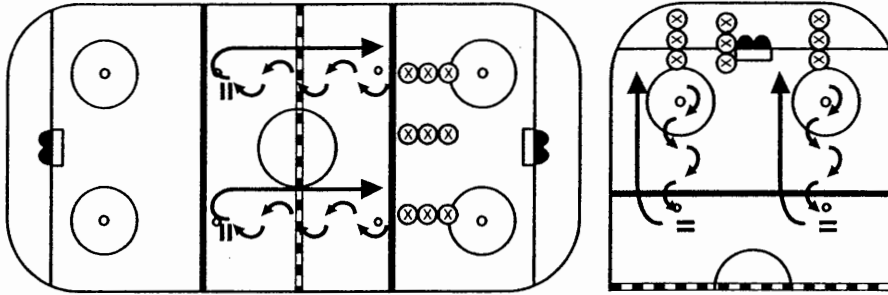
**10 BACKWARD STOP — SNOW PLOW**

**KEY ELEMENTS**

- Bend both knees
- Skates shoulder width apart
- Toes out — heels in
- Weight on inside edges
- Slight forward body lean
- Hips, chest, shoulders facing straight ahead
- Player can easily move in any direction from this position



## BACKWARD STOP



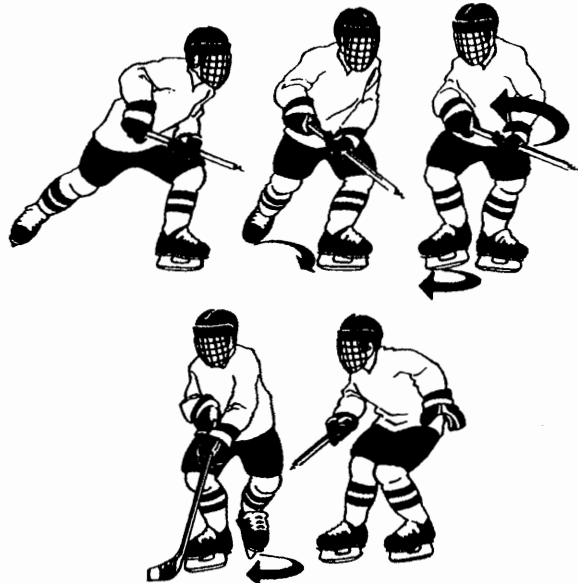
## BACKWARD "SNOWPLOW" STOP

1. Form 3-5 lines on a designated line
2. Skate backwards to next line and do snowplow stop, then skate forwards back to start line.
3. Stress:
  - both knees bent • toes in & heels out • weight on inside edges • slight forward lean

## 11 FORWARD TO BACKWARD TURN

### KEY ELEMENTS

- Illustration — gliding on left skate
- Right skate is off the ice, rotate hip and chest to the right
- Place the weight over the left skate
- Turn right skate 180 degrees in opposite direction, heel to heel in parallel position with left skate
- Continue to rotate hips and chest 180 degrees to face backwards and put right skate down
- Pick up left skate and turn it around facing backwards
- When turning skates, pick skates up, don't scrape the ice by trying to just spin



## 12 BACKWARD TO FORWARD "STEP OUT" (MOHAWK PIVOT)

### KEY ELEMENTS

- Illustration — step out to right
- Rotate hips and chest to the right
- Place weight on inside of glide skate (left skate)
- Pick up the right skate and turn it 180 degrees so the toe of skate is now facing the opposite direction (heel to heel)
- As the right skate is put down, thrust off inside edge of left skate to full extension to accelerate



**BACKWARD TO FORWARD "STEP OUT" (MOHAWK PIVOT)**

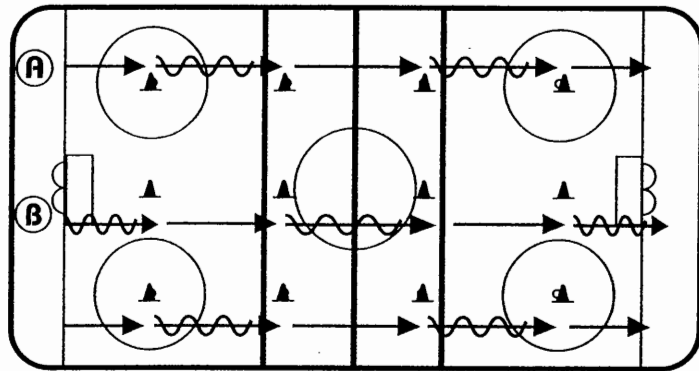
## Forward & Backward "Mohawk" Pivot Drills

### A. FORWARD - BACKWARD ON CONES

- 3 lines, skate forward to cone
- Do Mohawk Pivot backwards to next cone
- Do Mohawk Pivot to forward

### B. BACKWARD - FORWARD ON CONES

- Same as "A"



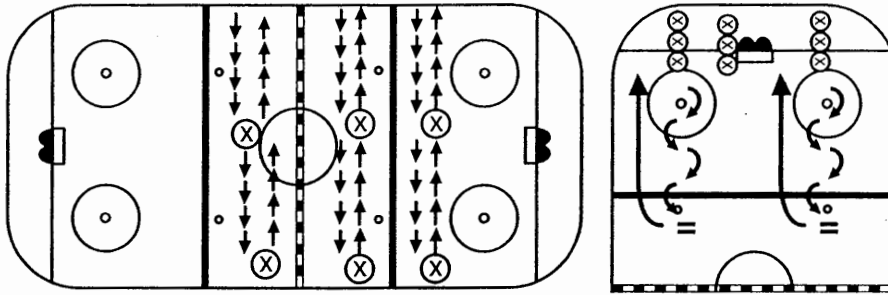
## 13 FORWARD CROSSOVERS

**USED TO KEEP SPEED OR TO INCREASE SPEED WHILE SKATING ON A CURVE**

1. Skating on the circles
2. Push outside skate out toward the side keeping the blade in contact with the ice until the leg is fully extended
3. Push down on the ball of your foot at the end of the push so that you are using your ankles to get that little extra push from each stroke
4. Lean into the circle from the waist down by pushing your hips into the circle and keeping your inside shoulder up
5. After extension in step 2, swing your outside leg over the inside skate and place outside skate parallel to the inside skate but slightly ahead of it
6. The inside skate then pushes to full extension outward under the body (using outside edge)
7. When fully extended, return it quickly to its original position under the body and beside the outside skate
8. Repeat the sequence in a continuous manner, pushing with equal force with both strokes
8. Repeat in both directions



**FORWARD CROSSOVER**

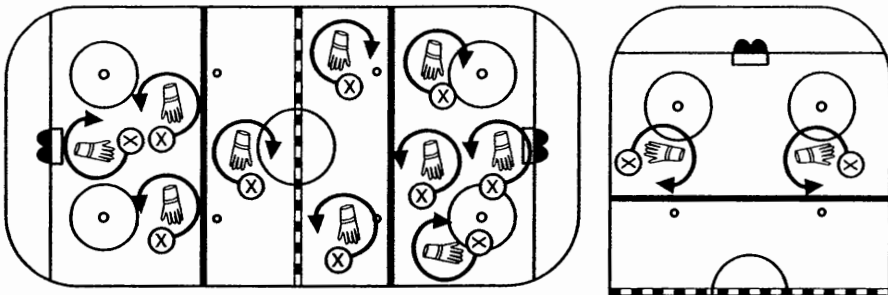


**STATIONARY — FORWARD CROSSOVERS**

**Command: "Knee Up & Foot Over"**

1. Form 3-5 lines and have players spread out
2. Illustration — going to the right
  - Keep skates pointing straight ahead
  - Pick up the left skate "knee up" and balance on the right skate for split second
  - Then have the left skate crossover in front of right skate "foot over"
  - Continue this 4-5 times going to the right, then do going back to the left
3. Players need to learn how to balance on one foot while crossing over with the other

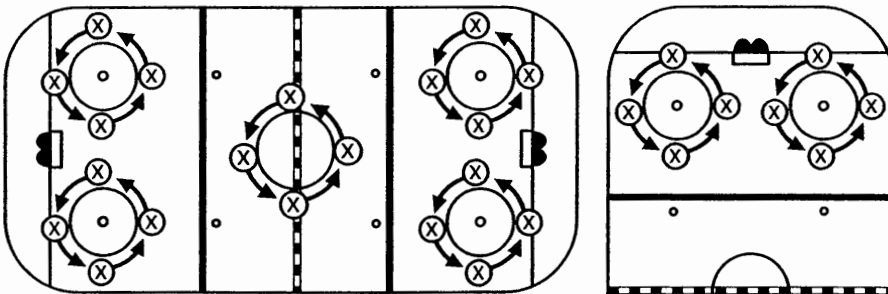
**FORWARD CROSSOVERS**



**FORWARD CROSSOVERS ON GLOVES**

1. Spread players out all over the ice and place one glove on the ice
2. Have the players stay one stick length away from the glove
3. Slowly start doing crossovers around the glove
4. Gradually speed up crossovers

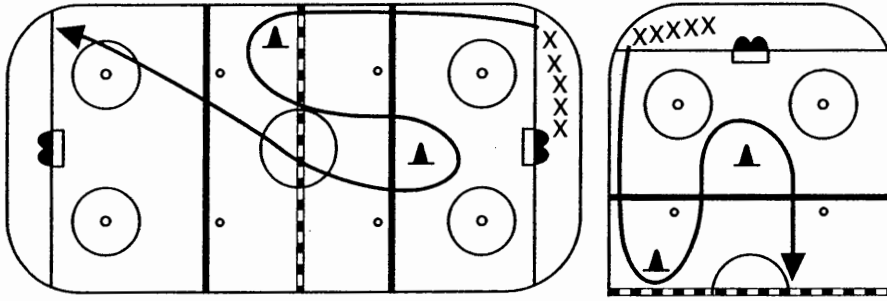
**FORWARD CROSSOVERS**



**FORWARD CROSSOVERS — ON CIRCLE**

1. Clockwise: Right skate up & over left skate
  - Inside skate (right) on outside edge
  - Outside skate (left) on inside edge
  - Weight alternates between the inside edge of outside skate & the outside edge of inside skate
  - After outside skate (left) crosses over the inside skate (right), drive the inside skate underneath the outside to full extension
2. Start out slowly around the circle
3. Command: "Knee Up-Foot Over-Push Under"
4. Keep shoulders level

## FORWARD CROSSOVERS



### CONE — FORWARD CROSSOVERS

1. Make one line in the corner, put two cones out as diagrammed
2. Players do full speed crossovers around both cones, No Gliding — keep the skates moving

# HITE SKILL PROGRESSION

## PUCK CONTROL

### 1 THE STICK, GRIP & STANCE

#### KEY ELEMENTS

##### Length of Stick — Standing on Skates:

- Should come just under the chin and no lower than the neckline

##### Size of Shaft:

- PeeWee and younger, should use a junior shaft which is narrower
- PeeWee and older may use an adult stick

##### Blade of Stick:

- Too often a player uses too big of a blade making it feel awkward and hard to control

##### Lie of Stick:

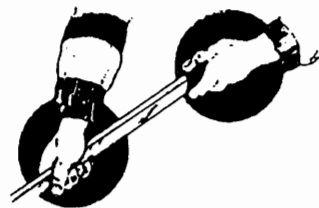
- Skating styles determine the lie
  - Erect from waist up, requires a higher number lie
  - Bent over at waist requires a lower number lie

##### Grip on Stick:

- Hands 6 to 10 inches apart on stick
- Stick grasp by the fingers
- Grip is correct when a “V” is formed by the thumb and forefinger on the top of side of the shaft
- Hands

##### Basic Stance:

- Stick in front of body, allowing elbows & arms to move freely
- Knees are bent
- Head, chest and eyes are up



## 2 BASIC FUNDAMENTAL SKILLS FOR STICKHANDLING

### KEY ELEMENTS

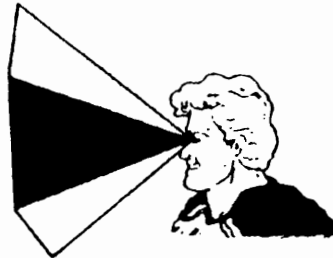
#### 1. Wrist Roll & Cupping the Puck:

- When moving the puck side to side, it is essential for the wrist to roll
- When the wrists roll, it enables the blade of the stick to “cup” the puck

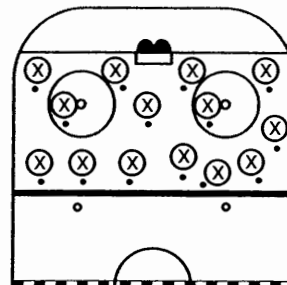
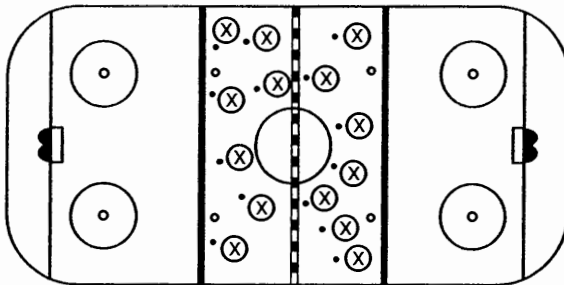


#### 2. Split Vision

- Also called “peripheral vision”, the ability to see the puck on the stick without looking directly at it
- Eyes are up, “reading” the options, indirectly see puck out of bottom of the eyes



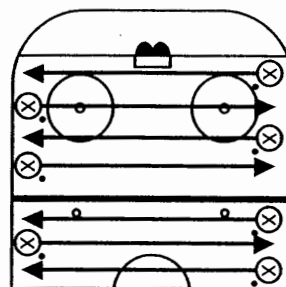
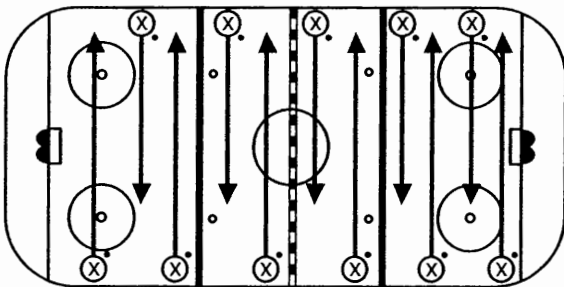
### PUCK CONTROL — SPLIT VISION



### “JAM” A ZONE

1. Have all players spread out in one zone with pucks
2. On whistle, players skate around avoiding the other players while still controlling their puck
3. Players should constantly be changing directions

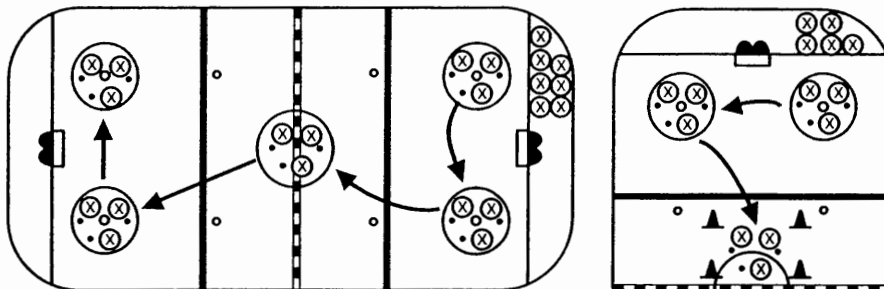
### PUCK CONTROL — SPLIT VISION



### OVER & BACK — 2 DIRECTIONS

1. Split players up on each side boards with pucks
2. On whistle, both sides go over and back, avoiding all other players
3. When player gets to other side, turn and come back immediately
4. Build the drill so they go 3-5 times without stopping.

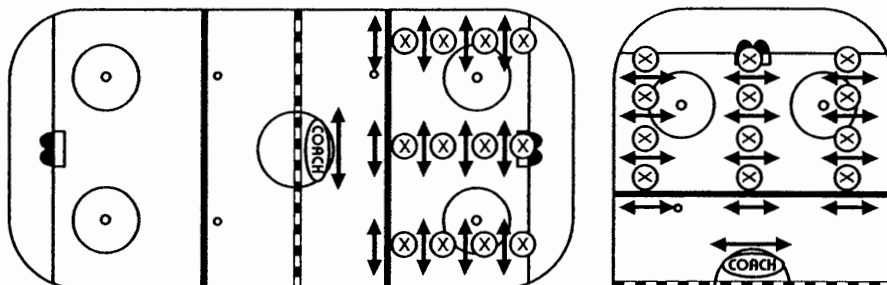
**PUCK CONTROL — SPLIT VISION**



**3 PLAYER “JAM” THE CIRCLES**

1. Form 3 lines in one corner of rink, with pucks
2. First player in each line goes into nearest circle and puckhandles around avoiding the other two players
3. On whistle, they go to next circle and the next player in each line goes to nearest circle
4. Continue until all players have completed all the circles

**PUCK CONTROL**



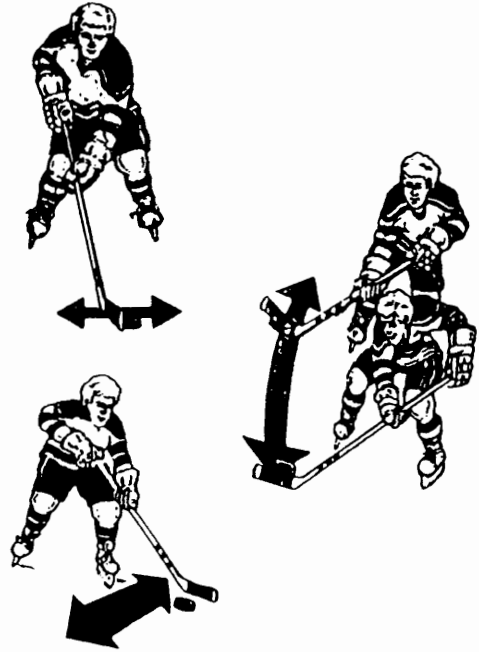
**BASIC PUCK CONTROL SKILLS**

1. Form 3-5 lines, have players spread out
2. Go over the basic information of:
  - Stick length
  - Grip
  - Wrist Roll
  - Split Vision
3. Have players do lateral dribble, shoulder width
4. Keep head and eyes up, coach holds up certain number of fingers and players call the number
5. Stress — eyes up, hands close together, roll wrists

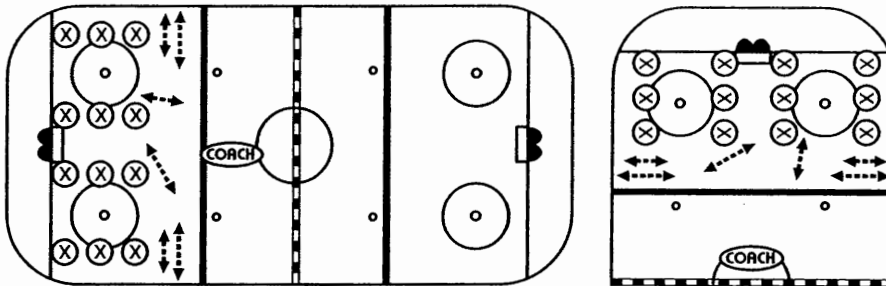
# 3 BASIC "DRIBBLING" SKILLS

## KEY ELEMENTS

- **"Lateral" Dribble:**
  - Begin with moving the puck shoulder to shoulder
  - Gradually work puck to full range of extension, both to forehand and backhand side
- **"Front to Back" Dribble:**
  - Move puck to side of body, don't turn body sideways
  - Puck moves forward/backward along side of body
  - Useful in protecting from stick check and setting up fake shot
- **"Diagonal" Dribble:**
  - Movement of puck from front of body across diagonally to side
  - Use to set up a shot and "dangling" puck in front for a quick "pull" back



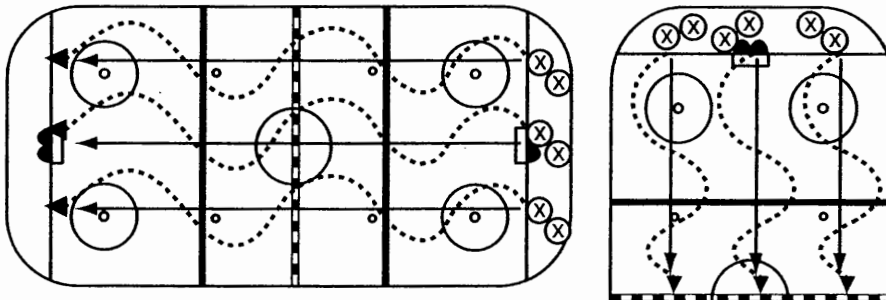
## PUCK CONTROL — SPLIT VISION



## BASIC MOVEMENTS — STATIONARY

1. Form 3-5 lines, spread players out with pucks
2. Practice the basic moves of:
  - SHORT & WIDE • FRONT TO BACK • DIAGONAL • DRIBBLE & "PULL"

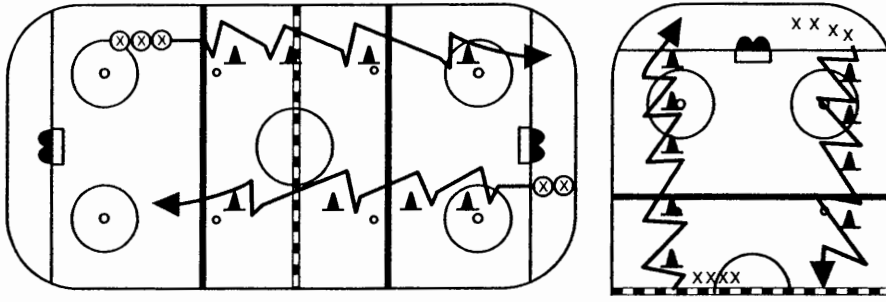
## PUCK CONTROL



## FORWARD STRIDE WITH "PULLS"

1. Form 3 lines at one end of the rink
2. Have players skate slowly forward and "pull" the puck as wide as possible on each stride
3. Learn to "pull the puck quickly" across the body
4. Stress, wide pulls both to forehand and backhand sides

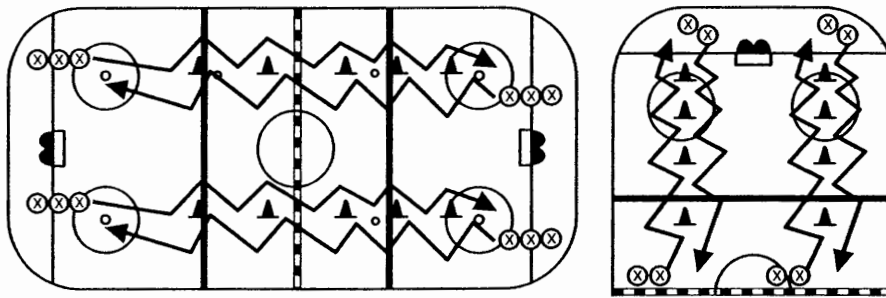
**PUCK CONTROL — “PULLS”**



**ONE WAY “PULLS” ON CONES**

1. Form 3-4 lines with 4 cones spread out 15 feet apart in a straight line
2. Have players “pull” on only one side on all 4 cones
3. Skate to cone, “pull” as far out to side, then step in on next cone and repeat action

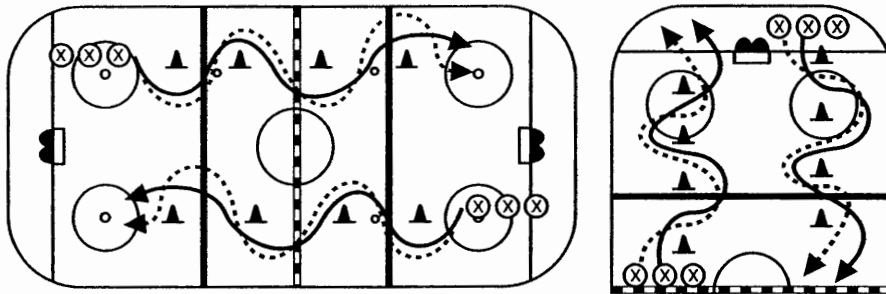
**PUCK CONTROL — “PULLS”**



**TWO DIRECTION “PULLS” ON CONES**

1. Form 2 rows of 4-5 cones, 15 feet apart in a straight line, form one line at each end of the two lines of cones
2. Have both sets of lines on each set of cones going at the same time
3. One line pulling on one side while the other line pulling on the other side
4. Challenge the players to fake each other out

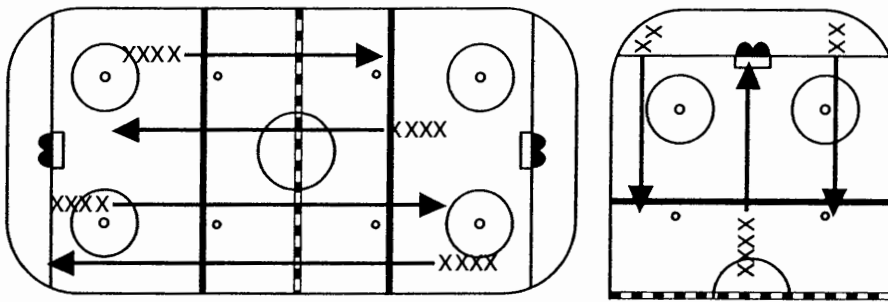
**PUCK CONTROL — “PULLS”**



**ZIG-ZAG “PULLS” ON CONES**

1. Form 3-4 lines with 4 cones spread out 15 feet apart
2. Have players zig-zag, “pulling” on each cone as wide as possible
3. Players must learn to pull the puck across the body to the other side quickly

## PUCK CONTROL — “PULLS”



## PUCK ACCELERATION — ONE HAND PUSH

1. Form 3-5 lines at one end of rink
2. Players will push puck out in front of body with one hand on stick to designated line
3. Stress:
  - one hand on stick with low “power stance”
  - arm of stick hand is extended
  - push puck with blade
  - roll wrist over and turn blade to other side when puck starts to slip off

# 4 ATTACKING THE TRIANGLE

To establish proficiency in one-on-one individual play, teach your players the concept of attacking-the-triangle. The triangle referred to is formed by a defending player’s two feet and stick as illustrated in Figure 1.



Figure 1. Points of the triangle

### The defensive man may be beaten by:

- Skating swiftly around either side (Figure 2a)
- Faking one way and then moving the puck between the heel of the stick and in front of the two skates and then shifting to pick up the puck and continuing on around the man on either side (Figure 2b)
- Moving the puck through the skates and going around the defender on either side (Figure 2c)

### Key Elements

- The puck must approach from the sides of the triangle — never from the point or top of the triangle

### Common Errors

- Approaching the triangle head on
- Failing to make your move at least one stick length away from the defender

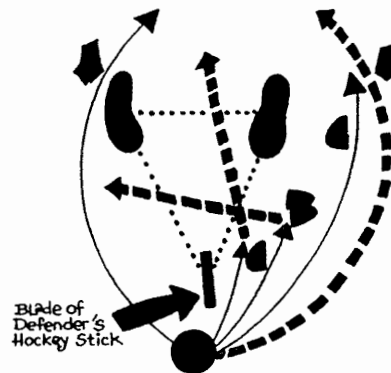
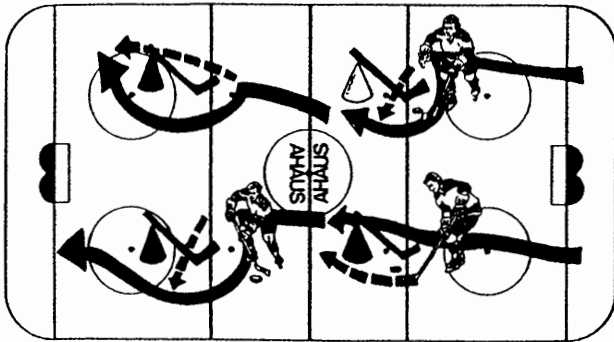


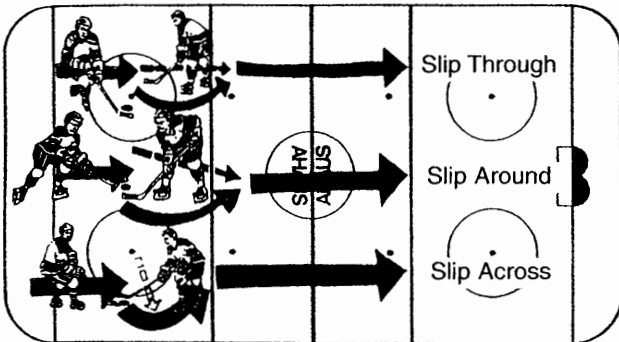
Figure 2A-C. Attacking the triangle

## Puck Control Drill



**Slip Across**

**Slip Around**



**Slip Through**

Against passive defenseman at blue line. Sprint to far blue line, pass back to line and become passive defenseman. Also slip around and slip across.

## 5 FOREHAND SHIFT

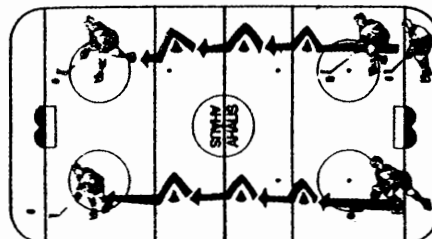
The forehand shift is one of the most important ways you can teach your players to stickhandle around a man. The characteristics of this move are described below and illustrated in Figure 3.



**Figure 3.** The forehand shift

### Suggestions For Coaching

- Teach your players to set up the move with a slight move to the backhand (and/or head and shoulders fake to the backhand side). This move should be strong enough to get the defender to react. As the defender reacts, initiate the shift in the other direction.
- As the players advance in skill, allow them to use the lower hand only, to hold the stick. This frees the upper hand so that it can be used to ward off the defender.



Pull to forehand on all cones and accelerate after each pull.

# MITE SKILL PROGRESSION

## PASSING & RECEIVING

### 1 FOREHAND AND BACKHAND SWEEP PASS

#### KEY ELEMENTS

##### 1. Command: Look-Slide-Guide-Point

- Grip: lower hand is placed 10-14 inches from top of stick
- Blade of stick should cup the puck
  - Puck moves from heel to toe of stick for proper spin
- Head up, eyes focused on target
- Start pass near back skate and sweep it towards front skate for release
- After release, follow through with stick



Forehand Pass



Backhand Pass

### 2 PASS RECEPTION

#### KEY ELEMENTS

##### 1. Command: Right Angle — Cup & Give

- Presentation: move blade of stick toward the puck in preparation for receiving
  - Blade is at a right angle to passing lane
- Blade should be cupped over the puck as contact is made
- The blade must give to maintain control of the puck
  - Giving with the puck, is done by relaxing the wrists upon contact

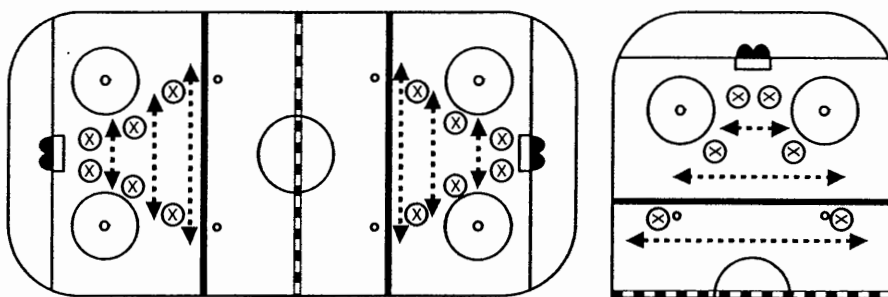


Forehand Reception



Backhand Reception

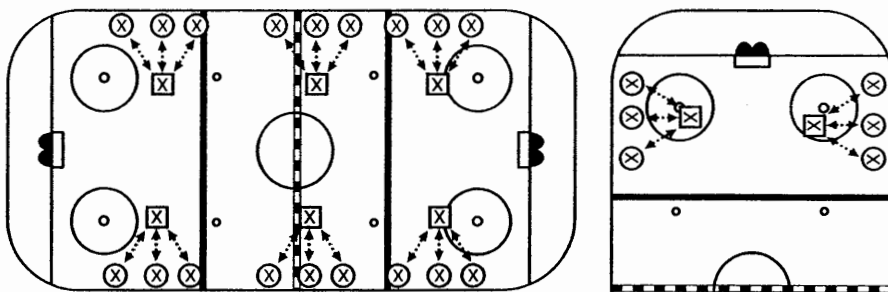
**PASSING & RECEIVING**



**STATIONARY PARTNER PASSING**

1. Have players pair up and stand 3 feet apart
2. Demonstrate the basic forehand and backhand pass & reception
3. Players pass the puck back and forth standing 3 feet apart, then 10 feet apart, then 20 feet apart
4. Basic Skills Commands:
  - Passing, "Look-Slide-Guide-Point"
  - Reception, "Cup & Give"
5. Stress very slow technique at first

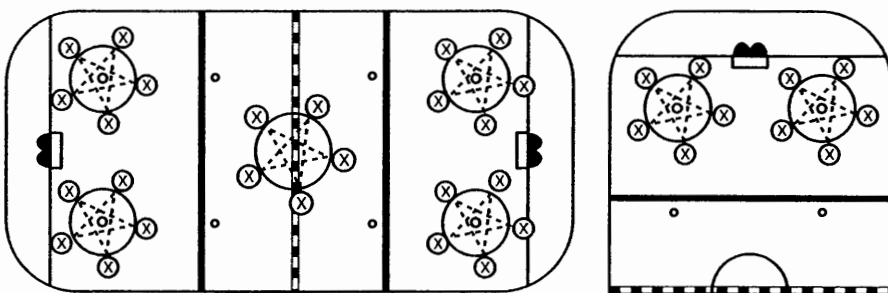
**PASSING & RECEIVING**



**"PEPPER" PASSING IN GROUPS**

1. Put players into groups of four with one puck
2. Have one player move out and face the other three
3. Pass to all players in the line twice, then next player in line moves out and does the same thing
4. Stress "sliding & guiding" the puck rather than slapping the puck

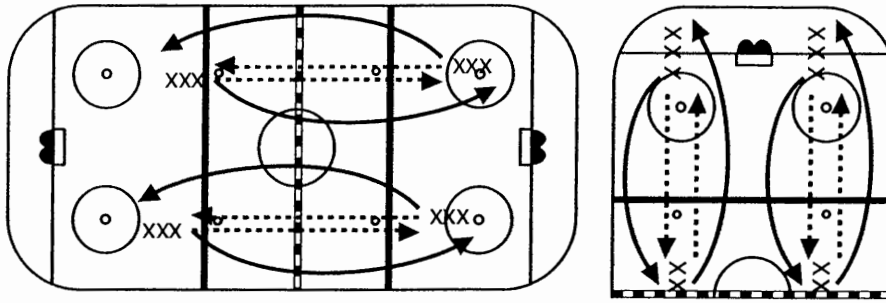
**PASSING & RECEIVING**



**CIRCLE PASSING**

1. Put 5 players on a circle with one puck
2. Have them pass the puck around the circle as fast as possible
3. Pass to a different player each time

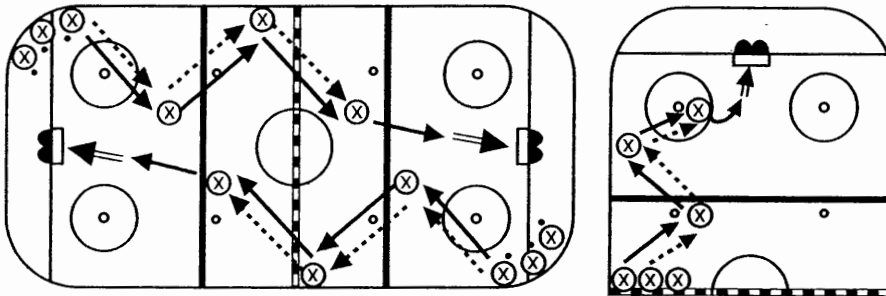
## PASSING & RECEIVING



### GIVE & GO — LINE PASSING

1. Form 3 groups with 2 lines to a group, each line on a designated line facing one another
2. Pass puck when stationary, then skate to the end of the other line
3. Emphasis that the pass must be made to the forehand side of the receiver

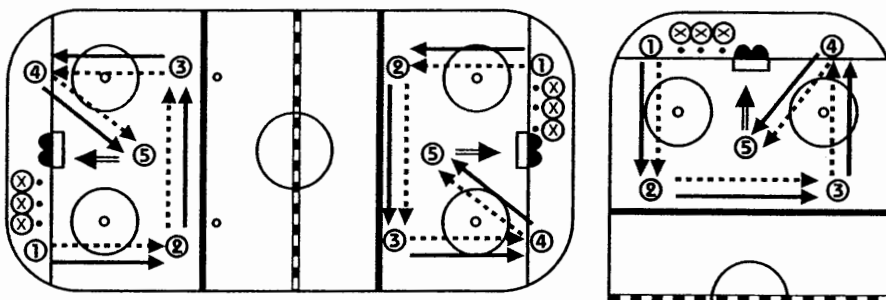
## PASSING & RECEIVING



### ZIG-ZAG MOVEMENT PASSING ON THE LINES

1. Form 2 lines on opposite sides of the rink, at top of face-off circles on each end
2. First 3 players in each line go to designated spots on lines
3. First player in each line passes to stationary player on first line then follows his pass to that spot
4. Each player passes & goes, the player on the last line then goes in and shoots
5. Stress — passes to forehand side of receiver

## PASSING & RECEIVING



### “5” STATION — GIVE & GO PASSING — SHOOT

1. Form one line in the corner, 1st four players go to designated spots (2, 3, 4, 5 spots)
2. 1st player in line passes to #2, then follows up pass by skating to that spot
3. Continue passing till #5 receives puck and shoots
4. Start with short passing distances between stations

# MITE SKILL PROGRESSION

## SHOOTING

### 1 BASIC INFORMATION ON MECHANICS OF SHOOTING

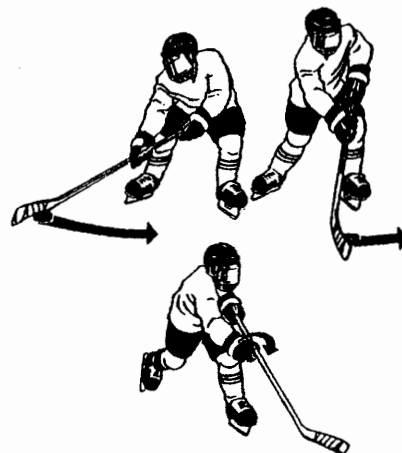
#### KEY ELEMENTS

1. Puck should be placed in middle of blade
2. Base of support - the puck in a position somewhere between the two skates
3. Release puck at 90 degree angle to the target
4. Lower arm provides the pushing action, upper arm provides the pulling motion
5. Upper body rotation is important in shooting
6. In shooting, the force exerted on the stick is downward and forward, propelling the puck forward
7. Strength in the shoulders, arms and wrists is important to shooting
8. Follow through towards net, be ready for any rebound

### 2 WRIST SWEEP SHOT

#### KEY ELEMENTS

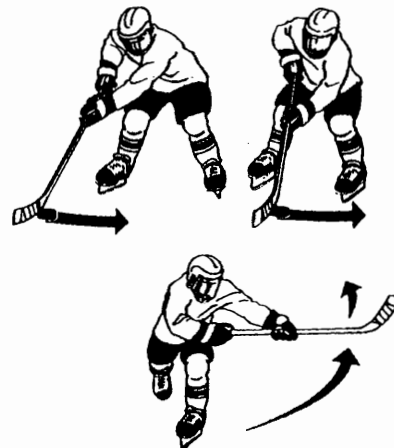
- Body turned at 45 degree angle to the target
- Hands are 12-15 inches apart on the stick
- Shot begins with puck at side of body and behind back foot
- Blade cupped over the puck
- Sweep the puck forward, transfer weight to front foot
- Puck movement from middle of blade towards toe
- Height of shot depends on how quickly the blade of stick is open at release and follow through



### 3 BACKHAND SHOT

#### KEY ELEMENTS

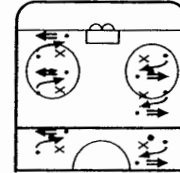
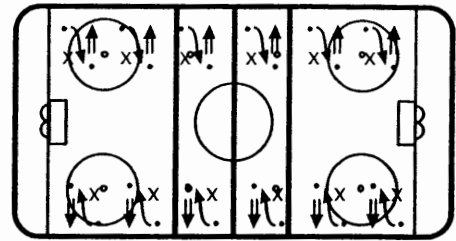
- Hands 12-15 inches apart on the stick
- Puck at side of body and behind back skate
- Blade cupped over puck
- Sweep puck forward, weight transfer to front skate
- The lower wrist is a reversed flexed position
- Upper body rotates quickly
- The stick blade rotation determines height of puck



## SHOOTING

### STATIONARY WRIST/SWEEP SHOT

1. Have players spread out around the rink about 15 feet away from boards with a puck
2. Start with puck in front of body
3. Have the player pull the puck to forehand side and turn body at a 45 degree angle to target
4. Sweep puck forward, transferring weight from back skate to front skate
5. Stress —
  - Push with bottom hand and pull with top hand
  - Pull puck behind back skate

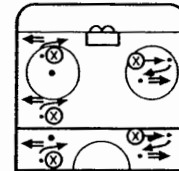
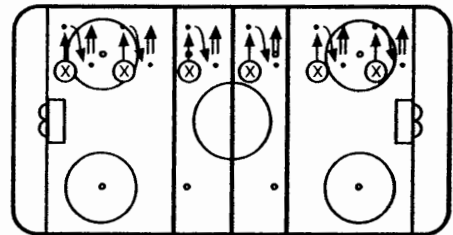


## SHOOTING

### MOVEMENT WRIST/SWEEP SHOT AGAINST BOARDS

1. Spread players out around rink, about 60 feet away from boards with a puck
2. Have players skate towards boards and shoot
3. Teach them to pull puck to forehand side, sweep puck from back skate to front skate
4. Continue to boards to take second shot after puck hits boards

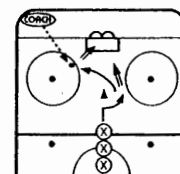
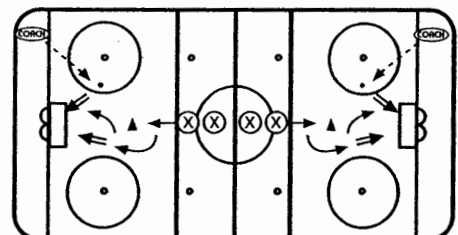
### Stationary Backhand Shot



## SHOOTING

### PULL AND WRIST/SWEEP SHOT AT CONE

1. Put cone between hash marks and top of circle
2. Line players up at blueline with pucks
3. Player skates in, pulls puck to forehand side and shoots the puck at the net
4. Continue in on net and shoot a rebound puck that a coach has slid out in front of net



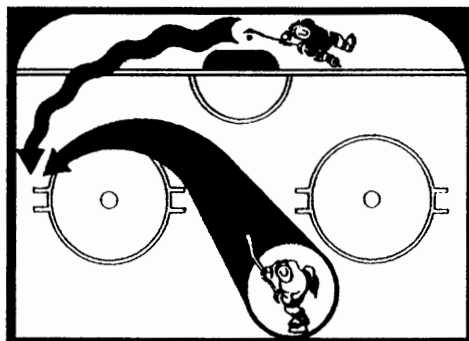
# MITE SKILL PROGRESSION

## CHECKING

### 1 ANGLING

#### KEY ELEMENTS

1. The checker must learn to play the angles of pursuit
2. Stick on stick and body on body
  - Try and play through opponent's hands
  - This allows you to get the puck while separating the puck carrier from the puck
3. Quick acceleration is important once the puck carrier is contained
4. Continue to skate when close to the puck carrier — DON'T GLIDE!

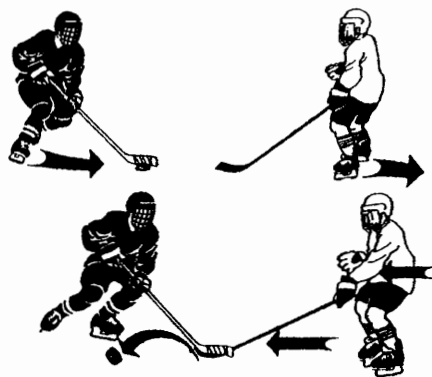


### 2 STICK CHECKS

#### POKE CHECKS

##### KEY ELEMENTS

- Stick hand/arm is held close to body, elbow bent
- As attacker gets within range, quickly extend stick, contacting puck
- Defender must maintain good body position in front of attacker — DON'T LUNGE WITH BODY
- Finish check off by sliding stick between attacker's legs and making body contact



#### HOOK CHECK

##### KEY ELEMENTS

- Most useful when approaching opponent from behind
- Stick shaft is extended along the ice
- Stick side knee is bent
- Stick blade flat on ice
- Use hooking motion to take puck away



#### LIFT THE STICK CHECK

##### KEY ELEMENTS

- Approach the puck carrier from behind
- Skate with puck carrier
- Lift the stick as quickly as possible
- Bring stick down quickly and pull puck away



#### STICK PRESS

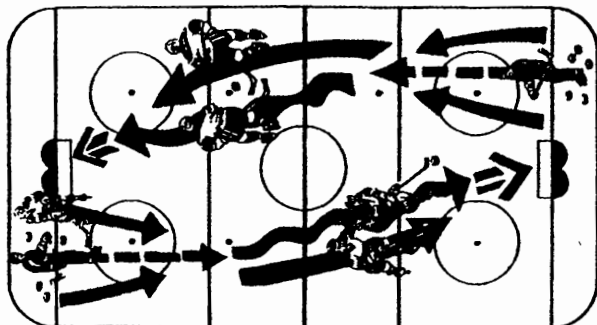
##### KEY ELEMENTS

- Close 1 on 1 coverage situations
- Defender places stick over lower part of opponent's stick and presses down hard
- Need upper body strength



## Hook Check Drills

Players work in pairs of approximate ability. The coach lobs the puck into the neutral zone and the players from each line take off for the puck. The player who gains possession attempts to score while the other players attempt to check him.



### KEY ELEMENTS

- The stick shaft must be extended along the ice
- The stick blade should be flat on the ice

### COMMON ERRORS

- Committing too early to the bent knee position. This allows the opponent to easily out-manuever the defender



### Lift-The-Stick-Check

A lift-the-stick-check is typically executed when the defender approaches the puck carrier from behind (see figure 18). When close enough to the puck carrier, the opponent's stick should be lifted into the air (see figure 19) and, as quickly as possible, brings his own stick down, pulling the puck away (see figure 20)



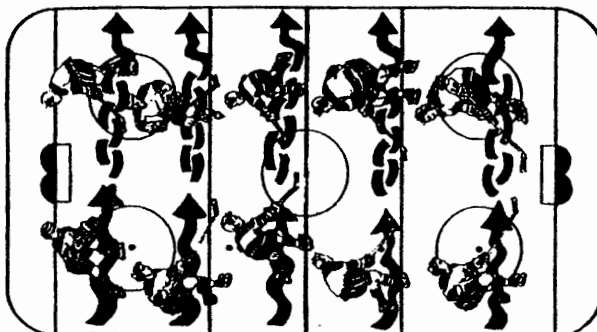
Figure 20. Pulling the puck away from the opponent. Puckcarrier moves body in front of checker.

## Poke Check Drills

The players pair up with the offensive player attempting to get around the defensive player. The defensive player skates backwards using the poke check to free the puck.

Players change roles when they arrive at the other side of the ice.

The forward should carry the puck in a confined area allowing the defensive player to practice the check.



### KEY ELEMENTS

- Stick hand/arm is held close to the body, elbow bent
- Quickly extend the arm and stick toward the puck
- The defender must maintain good body position in front of the attacker

### COMMON ERRORS

- The arm holding the stick is fully extended too early
- The defender lunges at the puck, thus putting himself off balance, out of position and unable to body check, if necessary



Figure 18. Approaching the puck carrier from behind.

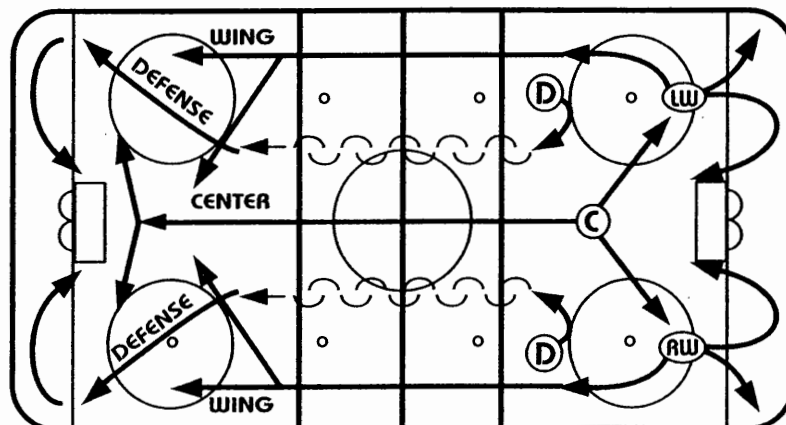


Figure 19. "Lifting" the puck carrier's stick.

# MITE SKILL PROGRESSION

## TEAM PLAY

### 1 DEFENSE

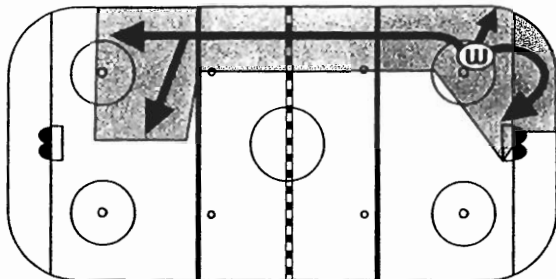


**DEFENSE** — is the phase of the game during which the team is not in possession of the puck. It begins when the team loses possession of the puck and ends when the team regains control of the puck.

#### KEY ELEMENTS

1. Individual Skills
  - Checking the puck carrier, angling
  - Intercepting passes or cutting off passing lanes
  - Covering opponent
  - Block shots
2. Team Skills
  - Carrying out lane responsibilities in all three zones
  - Pressure and outnumber opponent at puck
3. Defense is a matter of pride
  - To take an oath that what has to be done will be done
4. Give 100 percent
  - Effort and energy are a matter of will

## TEAM PLAY — DEFENSE / WINGS



**COVERAGE ZONE    BACKCHECK ZONE    FORECHECK ZONE**

### WINGS — Defensive Responsibilities

#### OFFENSIVE ZONE — Forecheck

1. "Strongside" wing forces puck carrier from an "angle"
2. "Weakside" wing plays on top of the circle inside of face-off dot
  - If puck moves to weakside, wing moves in on "angle" and takes puck carrier

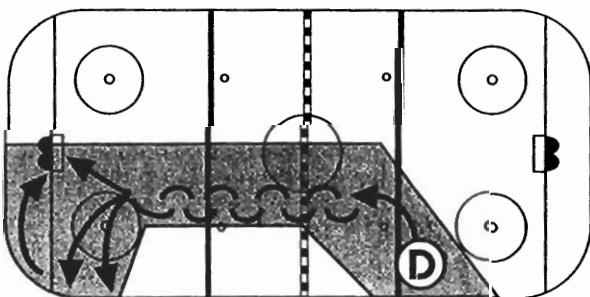
#### NEUTRAL ZONE — Backcheck

1. Both wings backcheck the outside lane on their side
  - Always stay between the opponent and puck, "inside" position

#### DEFENSIVE ZONE — Coverage

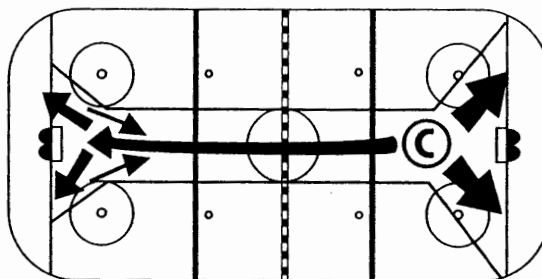
1. Backcheck the opponent all the way in, until play is forced into the corner
2. PUCK LOW:
  - Strongside wing on boards between face-off dot and top of circle, cut off passing lane to point
  - Weakside wing covers slot (middle), from "hash" marks to top of circle
3. PUCK HIGH:
  - Strongside wing covers board point
  - Weakside wing covers middle point

## TEAM PLAY — DEFENSE / DEFENSEMEN



**COVERAGE ZONE    BACKCHECK ZONE    FORECHECK ZONE**

## TEAM PLAY — DEFENSE / CENTERS



**COVERAGE ZONE    BACKCHECK ZONE    FORECHECK ZONE**

### CENTERS — Defensive Responsibilities

#### OFFENSIVE ZONE — Forecheck

1. Back up the wing (1st forechecker) who is on the puck carrier

#### NEUTRAL ZONE — Backcheck

1. Cover middle lane, force puck carrier to outside lane

#### DEFENSIVE ZONE — Coverage

1. PUCK LOW:
  - Cover front of net (below face-off dots)
  - Back up "strongside" defenseman in corner
2. PUCK HIGH:
  - Cover slot (middle), from "hash" marks to top of circle

## DEFENSEMEN

### — Defensive Responsibilities

#### OFFENSIVE ZONE — Forecheck

1. Defensemen hold the blueline until puck is between face-off dot & top of circle
2. Middle "D" plays as "free safety", keep all five opponents in front of him

#### NEUTRAL ZONE — Backcheck

1. Each defenseman plays the "seam" (imaginary line drawn through face-off dots), to the middle of the ice

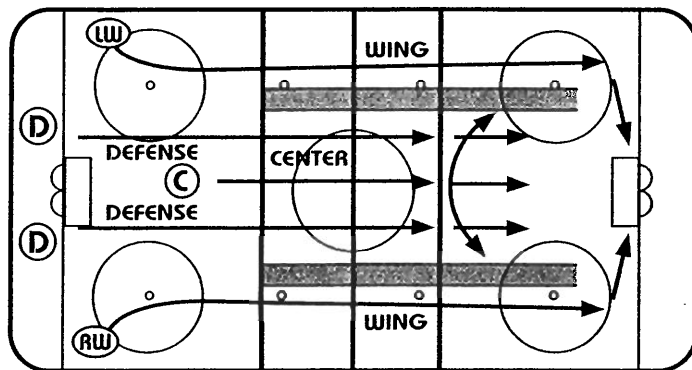
#### DEFENSIVE ZONE — Coverage

1. Force play to outside
2. Strongside "D" on puck, "block out" puck carrier from going to the net
3. Weakside "D" cover the front of the net, start on the weakside post of net

# MITE SKILL PROGRESSION

## TEAM PLAY

### 1 OFFENSE



**OFFENSE** — is the phase of the game when a team is in possession of the puck. The aim is to get the puck down the ice in a systematic way and into the opponent's net.

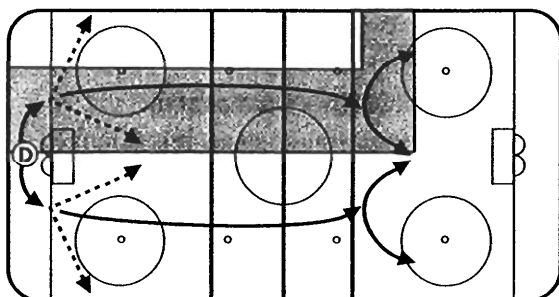
#### KEY ELEMENTS

##### 1. Individual Skills

- Carrying the puck (stickhandling)
- Passing and receiving
- Shooting

##### 2. Team Skills

- Teach an orderly method of moving the puck down the ice into attacking zone
- Players must take a great deal of pride in their passing and receiving skills
- Two quick passes when breaking out
- Stay wide and move quickly through neutral zone
- Set up offensive triangle in attack zone, set up 2 on 1 on defensive player



The players pair up with the offensive player attempting to get around the defensive player. The defensive player skates backwards using the poke check to free the puck.

Players change roles when they arrive at the other side of the ice.

The forward should carry the puck in a confined area allowing the defensive player to practice the check.

#### DEFENSEMEN

##### — Offensive Responsibilities

#### BREAKOUT ZONE

1. Move puck quickly up ice
2. Keep puck between the face-off dots when making breakout pass

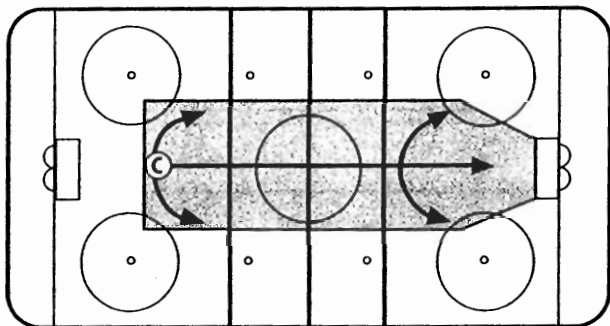
#### NEUTRAL ZONE

1. Strong side defenseman after making pass, follows up play inside the seams
2. Weak side defenseman is last player to leave the zone and moves up middle

#### ATTACK ZONE

1. Strong side defenseman moves to top of circle
2. Weak side defenseman moves to just inside blue line

## TEAM PLAY — OFFENSE / CENTER



**COVERAGE ZONE    BACKCHECK ZONE    FORECHECK ZONE**

### CENTER — Offensive Responsibilities

#### BREAKOUT ZONE

1. Center stays between the circle, close to the top of the circle
2. Always angle toward side boards when receiving pass

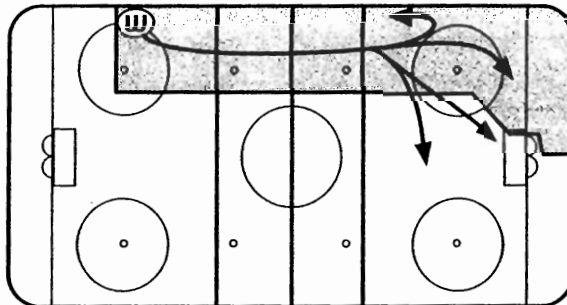
#### NEUTRAL ZONE

1. Move up ice in the middle zone, between the seams

#### ATTACK ZONE

1. Playmaker — usually passes to a wing
2. Without Puck
  - Trail the puck carrier at top of circle (or skate hard to front of net)
3. With Puck, Over Blue Line
  - Stop in middle, just before top of circle, and pass to wing or shoot

## TEAM PLAY — DEFENSE / WING



**COVERAGE ZONE    BACKCHECK ZONE    FORECHECK ZONE**

### WING — Offensive Responsibilities

#### BREAKOUT ZONE — Forecheck

1. Strong side Wing
  - Moves to stationary position against the boards, no higher than face-off dot
2. Weak side Wing
  - Move to dot when puck goes to other side
  - Move out of zone along seam

#### NEUTRAL ZONE — Backcheck

1. Both wings should stay in outside lanes

#### ATTACK ZONE — Coverage

1. Puck carrier
  - Penetrate zone to top of circle, quickly
  - Options:
    - Go to net and shoot
    - Pass back to trailer (center)
    - Pass to weak side wing in front
2. Weak side Wing
  - Stay wide when coming into zone
  - Skate into face-off dot and angle to net





