

PWHC Mite/Mini-Mite
Overview
2004

Mites and Mini-Mites FAQ

- Why does PW Hockey club have Mites?
 - “Place for U8 kids to get ready for competitive team hockey”
- Why is there no Travel Mite Program?
 - The coaching staff believes that there is more to be gained by working with all 60+ of the 8 and under kids than by identifying 15 kids now and working exclusively with them
 - Most local programs do not have a Mite House Program any longer
 - They have a modified travel and/or “Select” program or the U8 kids play a combined program with Squirts
- What happens at Mites?
 - We run a progressive skills program
 - Start with fundamentals, add new skills periodically, and do refresher days along the way to accommodate new kids
 - That’s why we do not use sticks the first 2 sessions and why we don’t add pucks until the 5th session
- Why don’t they play full ice games at Mites and Minis?
 - In most U8 sports kids do not play on full size adult fields (soccer, football, baseball, etc)
 - Hence the reason we don’t do it in the Mite program
- What’s the difference between Mites and Mini-Mites?
 - Very little in terms of curricula
 - Less reps
 - Even less emphasis on competition
 - More to do with size and skill of players than with age

Our Philosophy in Priority Order

- Safety
- Fun
- Exercise
- Sportsmanship
- Competition

Mission Statement

- The MITE coaching staff will create a *safe* and *enjoyable* atmosphere for all participants, share their knowledge and experiences, foster *sportsmanship*, and prepare *all* players for the next phase of their hockey development.

Parental Responsibilities

- The Mite program coaching staff is responsible for 60+ kids – we can't do it all
- Get them here and dressed
- Volunteers
 - Get locker room keys
 - Phone tree
 - Help with Border Patrol Set-up and take down
 - Sign-ups for Mites on ICE, etc
- Talk to coaches before or after practices not during practices

8 Skating Fundamentals

- Forward Stride
- Forward Cross-Overs
- Forward Hockey Stop
- Backward Stride
- Backward Cross-Overs
- Transition from Forward to Backward
- Transition from Backward to Forward
- Starts – Chop and Cross Over

8 Hockey Fundamentals

- Puck carrying – 1 handed open ice
- Puck handling – 2 hands
 - Front inside-the-skate dribble
 - Front outside-the-skate dribble
 - Side Fore-Hand dribble
 - Side Back-Hand dribble
- Sweep pass
- Wrist Shot
- Backhander
- Moving without puck
- Basic offensive play
- Basic defensive play

Our Strategy

- Communicate with players
- Set expectations with parents on the program
- Skating first approach
 - All 8 fundamental skills should be second nature by March
- Team play above individual play
- Positive feedback and “Fun blocks” as a tool to keep morale up
- *Do as you do* – coaches involved in every drill
- Use of video

General Notes

- Coaches receive no compensation whatsoever
- Some of the coaches have no kids in this program
- If you have a question about the program or your child please see the coaches before or after practice not during
- Recommend HIGHLY PWHC in-line
- Recommend HIGHLY Public Skating
- Recommend highly the Skate Quest in-house development programs
 - RJ Zeigler
- Recommend you watch hockey games with your child house, travel, college, pro

Program Overview

- USA Hockey
 - Mandated blue safety puck this year
 - We used them the last 3 years
 - Mandated cross ice games –
 - We were already using reduced surface games the last 2 years
- Mini-Mites was re-instituted last year
 - We have changed program to twice a week for 50 minutes vice once a week for 1hr 20min
 - Same syllabus as Mites – not as many reps

Program Overview

- 02-03 Season notes
 - Re-instituted Mini-Mites after 2 years w/o program
 - 1 x a week for 1.5 hours
 - Mites Played $\frac{3}{4}$ ice games from Nov-Mar
 - Participated in a House Tournament in MD
 - Finished 1st, 3rd, and 6th
 - Played 3 games against local travel teams
 - Finished 0-3
 - 7 kids on the 03-04 Squirt A team came from this program
 - Expect as many as half of the 03-04 Squirt Select will come from this program

Program Overview

- There may be opportunities outside of the twice a week experience
 - There are additional costs for this
 - For example
 - Tournaments – X-MAS and end of season
 - Events at MCI Center - 1 or more events (TBD)
 - Mite Select program (TBD) will begin after New Year
 - Looking for volunteers from the coaching staff
 - Games against local Mite Travel Teams
 - Move-ups to Squirt Programs (Coaches and Parents Discretion)

Sample Lesson Plans

These are the Suggested Plans and
Coaches Reserve the Right to Modify

Lesson Plan Session 1

- Skating Block
 - Heads up hockey refresh
 - Chop Step
 - Cross Overs Circles – Stationary circles – 5-6 skaters per circle
- Hockey Block
 - Board Passing $\frac{1}{2}$ rink
- Fun Block
 - Sharks and Minnows

Lesson Plan Session 2

- Skating Block
 - Warm up – Miscellaneous drills
 - Circle – cross-overs - rotating five circles 2 groups
 - Arm Motion – piston – forward travel
 - Backward – arm pump dominant hand – square shoulders
- Hockey Block
 - Angling off
 - 1 v 1 out of corners – from prone position w/chop step
- Fun Block
 - Chariot races

Lesson Plan Session 3

- Skating Block
 - Chop Step
 - Forward Stride
 - Forward to backward
- Hockey Block
 - Board Passing
 - Angling Off
 - 1 v 1 into corner
- Fun Block
 - Chariot Races
 - Sharks and Minnows

Lesson Plan Session 4

- Skating Block
 - Warm up – Miscellaneous drills
 - Gliding
 - Gliding on flats – 1 leg and squats
 - Gliding on edges inside/outside – 1 leg
 - Cross Overs – Circle – 5 Circle rotation
- Fun Block
 - Simon says – multiple skills
 - Chariot races

Lesson Plan Session 5

- Skating Block
 - Heads up
 - Forward Stride
 - Chop step
 - Quick start step over
- Hockey Block
 - Board Passing
 - Stick Handling in confined space – Raptor/Musical pucks
- Fun Block
 - Shuffle Board

Lesson Plan Session 6

- Skating Block
 - Warm up – Miscellaneous drills
 - Piston – Arm Motion with puck
 - Puck inside feet
 - Puck outside feet
 - Backward skating and transitions
- Hockey Block
 - Sweep shot/wrist shot against boards
 - Break aways
- Fun Block
 - Break aways

Lesson Plan Session 7

- Skating Block
 - Warm up – Miscellaneous drills
 - Gliding
 - Gliding on flats – 1 leg and squats
 - Gliding on edges inside/outside – 1 leg
 - Cross Overs – Circle – 5 Circle rotation
- Fun Block
 - Simon says – multiple skills
 - Chariot races

Lesson Plan Session 8

- Skating Block
 - Heads up
 - Forward Stride
 - Chop step
 - Quick start step over
- Hockey Block
 - Board Passing
 - Stick Handling in confined space – Raptor/Musical pucks
 - Fun Block
 - Shuffle Board

Lesson Plan Session 9

- Skating Block
 - Warm up – Miscellaneous drills
 - Piston – Arm Motion with puck
 - Puck inside feet
 - Puck outside feet
 - Backward skating and transitions
- Hockey Block
 - Sweep pass
 - Shark tanks –
 - Break into 5 circles and take turns passing into and out of tank
 - Mini-game 2 stride and pass
- Fun Block
 - Relays between teams

Lesson Plan Session 10

- Skating Block
 - Warm up – Miscellaneous drills
 - Gliding
 - Gliding on flats – 1 leg and squats
 - Gliding on edges inside/outside – 1 leg
 - Cross Overs – Circle – 5 Circle rotation
- Fun Block
 - Simon says – multiple skills
 - Chariot races

Lesson Plan Session 11

- Skating Block
 - Refresher Week Part 1
 - Forward
 - Stopping
 - Crossovers
 - Forward to Backward
- Fun Block
 - Simon says – multiple skills

Lesson Plan Session 12

- Skating Block
 - Refresher Week Part 2
 - Backward
 - Backward Stopping
 - Backward Crossovers
 - Backward to Forward
- Fun Block
 - Passing Relays Between Teams

Lesson Plan Session 13

- Skating Block – all with pucks
 - Heads up
 - Forward Stride
 - Chop step
 - Quick start step over
- Hockey Block
 - Mini game
 - Centering to front from alternating corners to alternating shooters (30 sec)
 - Shooter high and low – pass from corner and shoot
- Fun Block
 - Shuffle Board – use puck to push cone over a line

Lesson Plan Session 14

- Skating Block – with pucks
 - Warm up – Miscellaneous drills
 - Gliding
 - Gliding on flats – 1 leg and squats
 - Gliding on edges inside/outside – 1 leg
 - Cross Overs – Circle – 5 Circle rotation
- Hockey Block
 - Mini-games
 - 2 v 1
 - Coming out from behind the net - defense
- Fun Block
 - Raptor
 - Sharks and Minnows with Pucks