

Overview

The focus of the Prince William Hockey Club's Mite and Mini Mite program for the 2003-2004 season will be on skills development. The coaching priority for this upcoming season will expand on the philosophy of the last three years - Safety, Fun, Exercise, Sportsmanship, Competition - in that order. The majority of the season will be devoted to increasing the on-ice capabilities of all participants in the following areas:

1. Basic skating fundamentals with a focus on power skating techniques (Syllabus based on "Laura Stamm")
2. Puck control and passing
3. Positional play
4. Sportsmanship

Competition and specialization is de-emphasized at this level and all players will get opportunities to play all positions - including goalie (Mites only) during game and scrimmage situations.

After the initial 3 week "Fundamentals" portion of the season, remaining practice-sessions will be comprised of a skating block, a skills block and a fun block (Simon Says, obstacle courses, Sharks and Minnows, etc- events that will allow players to exercise multiple skill sets in a fun low stress environment).

Based on interest - we plan to enter multiple teams into the Christmas House Tournament and to enter multiple teams into the Spring House Tournament in Hagerstown, MD. Additionally, there will be opportunities for the skaters to play against skaters from other area rinks in full-ice games.

Mites vs. Min-Mites

The largest difference between the programs will be the game progression throughout the season. The Mites progression will take them from cross ice "Mini-Games" to larger surface 3/4 ice games, and eventually to full ice games in order to prepare them for spring season and graduation to Squirt. The Mini-Mite progression is geared toward skaters 8 and under who are newer to skating and their progression will be geared around the USA Hockey Mini-games concept - which emphasizes smaller cross-ice dynamics and maximizes "puck carrying" opportunities for all participants.

There will be opportunities to move skaters back and forth between Mites and Mini-mites based on coaches' evaluations and parental input.

Summary

Regardless of whether the skater is a Mite or Mini-mite, at the completion of the season all skaters should have the basic skills to move up to the next level and enjoy their hockey experience.