



Mite / 8U Player Development

8U Player Knowledge

8-and-Under players are not at a cognitive level where they should be lectured on the following topics; however, throughout the course of playing hockey at this level, they should learn:

1. Puck Pursuit – Players should be taught to pursue the puck aggressively and engage in battles to gain possession of the puck.
2. Puck Support – Players should learn to make themselves available to receive a pass from a teammate. This is the beginning of the idea of “getting open.”
3. Acceptable On-Ice Conduct – Acceptable conduct should be taught and reinforced. Unsportsmanlike conduct is the broad term covering this topic, but acceptable conduct should relate to teammates, opponents, coaches, officials, etc. This is the beginning of teaching players to be good sports and to respect everyone involved with the game.
4. Allowable Contact with Opponents – Players should learn what types of physical contact are allowed with an opponent. Players should learn the importance of having their stick on the ice in puck battles, so that good body contact habits are established early. The players should also begin to learn the types of physical contact that are not allowed, such as body checking, checking from behind, slashing, tripping, etc. While these young players are not at an age where they should be lectured as to the types of illegal contact, they should be made aware when they have made contact in a way that violates the rules.
5. Positioning – Players will learn basic positioning for the following: faceoffs, offensive zone triangle, neutral zone spacing, Defensive Zone coverage and Breakout.



INDIVIDUAL HOCKEY SKILLS Players must learn and master:

1. Skating

- a. ready position
- b. edge control
- c. forward start
- d. forward stride
- e. controlled stop: two-foot and one-foot snowplow
- f. controlled turn
- g. forward crossover
- h. backward skating
- i. backward stop
- j. ABCs of skating (agility, balance, coordination, and speed drills)

2. Puck Control

- a. lateral (side-to-side) stickhandling
- b. front-to-back stickhandling
- c. diagonal stickhandling
- d. attacking the triangle

3. Passing and Receiving

- a. forehand pass
- b. backhand pass
- c. receiving a pass properly with the stick

4. Shooting

- a. wrist shot
- b. backhand

Cont.



5. Body Contact

- a. stick on puck
- b. stick lift

CHARACTER DEVELOPMENT AND LIFE SKILLS

Players must learn to:

- demonstrate high levels of sportsmanship.
- have respect for their teammates, coaches, opponents, officials and parents.
- balance family, school and other activities.
- be on time for practices and games.