



MITE 1 LEVEL GUIDE

GOALS:

Introduce players to the fundamentals of skating and hockey in a fun, non-intimidating environment. Focus on comfort on skates and basic puck manipulation.

RATIOS:

Player-to-Coach: Ideal 4:1 to 6:1 (smaller groups for individual attention).

Ice Use: Cross-ice or multiple small stations.

KEY SKILLS & DRILLS

Skating Fundamentals (70% of ice time)

Balance & Edgework:

- Standing up and falling down safely.
- Marching/walking on skates.
- Two-foot glide (superman).
- Snowplow stops (basic stopping).
- C-cuts/swizzles (forward propulsion).
- Gliding on one foot.
- Backward wiggles/sculling.

Agility:

- T-push starts.
- Glide turns (simple turns without crossovers).
- Obstacle courses (cones, pool noodles).

Games: (no pucks initially)

- Red light, green light; Sharks & Minnows

Puck Skills (30% of ice time):

Puck Control:

- Basic stickhandling (pushing puck back and forth with forehand/backhand).
- "Puck glue" (keeping puck close while moving).
- Dribbling with hands (no stick initially to build feel for puck).

Shooting:

- Basic wrist shot technique.
- Shooting at stationary targets (empty nets, large targets).

Passing:

- Stationary push passes to a partner or board.

PRACTICE STRUCTURE

60-minute session example:

- Warm-up (5-7 min): Dynamic skating (striding, crossovers), fun active game.
- Station 1: Advanced Skating (15 min): Focus on crossovers, stops, and backward skating.
- Station 2: Puck Control & Passing (15 min): Drills combining stickhandling with passing.
- Station 3: Shooting & Offensive Skills (15 min): Shooting drills, basic dekes.
- Station 4: Small-Area Game (20-25 min): 4v4 or 5v5 half-ice games. Introduce rotating goalies with pads. Coaches on ice for guidance.

GAME PLAY

(as season progresses)

- Cross-ice 3v3 or 4v4.
- Coaches on ice to provide instruction and ensure safety.
- No goalies initially, or rotating players in pads.
- Focus on getting players to touch the puck, not score.
- Shift lengths are short (60-90 seconds) to keep energy high.