



MITE 2 LEVEL GUIDE

GOALS:

Build upon Mite 1 fundamentals, introducing more complex skating movements and refining puck skills. Begin to understand basic game concepts.

RATIOS:

- **Player-to-Coach:** 6:1 to 8:1.
- **Ice Use:** Half-ice or cross-ice.

KEY SKILLS & DRILLS

Skating Development (60% of ice time):

- Forward Striding: Longer strides, proper knee bend.
- Stopping: Two-foot parallel stop, one-foot stop introduction.
- Backward Skating: Backward C-cuts, backward push-and-glide.
- Turning: Introduction to forward crossovers (one direction at a time), tight turns around cones.
- Agility: Edge work drills, agility courses with more direction changes.

Puck Skills (40% of ice time):

Puck Control:

- Wider stickhandling range (front, side, backward).
- Puck protection (keeping puck away from stick).
- Stickhandling while moving at moderate speed.

Passing:

- Forehand and backhand passes to a moving target (slowly).
- Receive passes (soft hands).
- Pass-and-shoot drills.

Shooting:

- Wrist shot refinement (focus on aim and quick release).
- Shooting from different angles.
- Introduction to basic dekes (fake moves).

PRACTICE STRUCTURE

60-minute session example:

- Warm-up (5 min): Free skate, follow the leader, simple games (e.g., Tag).
- Station 1: Skating ABCs (10-12 min): Focus on one or two balance/gliding drills.
- Station 2: Skating Games (10-12 min): Active games incorporating basic movement.
- Station 3: Puck Introduction (10-12 min): Simple stickhandling drills.
- Station 4: Small-Area Game (15-20 min): 3v3 or 4v4 cross-ice game with coaches facilitating and encouraging. Focus on participation over rules.

GAME PLAY

- Half-ice 4v4 or 5v5.
- Rotating goalies (all players get a chance).
- Basic positional awareness (offensive vs. defensive zones).
- Focus on maintaining possession and moving the puck.
- Coaches provide positive feedback and basic tactical guidance.