



MINI MITE LEVEL GUIDE

GOALS:

Introduce our youngest players (Pre-K) to the basics of skating and hockey in a playful, low-pressure environment. Focus is on getting comfortable in gear, standing and moving on skates, and beginning to use a stick. Emphasis is placed on fun, engagement, and building confidence.

RATIOS:

- **Player-to-Coach:** Ideal 3:1 to 5:1
- **Ice Use:** Full ice divided into multiple small stations (4-6 stations)

KEY SKILLS & DRILLS

Skating Fundamentals (80% of ice time)

Balance & Movement Basics:

- Learning to stand up and fall down safely
- Marching in place / marching forward
- Two-foot glide ("superman" position)
- Beginning to shuffle side-to-side on skates
- Walking across lines and stopping feet
- Snowplow stops (introduction only)
- Backward wiggles/sculling
- Sitting and standing without assistance

Agility & Confidence Builders:

- T-pushes and gentle starts
- Turning around while moving
- Glide turns around cones
- Games: Red Light/Green Light, Freeze Tag

Stick & Puck Introduction (20% of ice time)

Stick Use (No puck at first):

- Holding the stick correctly
- Moving with the stick on the ice (no puck)
- "Stick races" and stick-tag

Basic Puck Interaction:

- Rolling puck with stick
- Light pushing with forehand/backhand
- Stationary puck handling (e.g., "egg on spoon" feel)
- Puck control while walking in a straight line

Shooting:

- Rolling or sliding puck into open net
- Use of large targets, cones, or fun objects

PRACTICE STRUCTURE

60-minute session example:

- Warm-Up (5-7 min): Free skate, tag games, coached "follow the leader"
- Station 1 (10 min): Balance drills and standing up
- Station 2 (10 min): Movement game (tag, animal walks, obstacle course)
- Station 3 (10 min): Intro to stick use (no pucks or soft balls)
- Station 4 (10 min): Skating through cones, gliding, stopping
- Wrap-Up Game (10-15 min): Simple relay or chase game; no competition

GAME PLAY

(as season progresses)

- Informal 3v3 or 4v4 cross-ice games
- No goalies
- Coaches stay on ice to guide and assist
- Emphasis on fun, teamwork, and inclusion
- No official scoring – goal is puck touches, not goals
- Short shifts (60-90 seconds) to keep energy up