



MITE 3 LEVEL GUIDE

GOALS:

Refine all fundamental skills, introduce more advanced techniques, and develop a better understanding of team play and game situations.

RATIOS:

- **Player-to-Coach:** 8:1 to 10:1.
- **Ice Use:** Half-ice or full-ice for specific drills, but games remain half-ice.

KEY SKILLS & DRILLS

Skating Mastery (50% of ice time):

- Power Skating: Explosive starts, powerful strides, longer glide.
- Advanced Stopping: Hockey stops (two-foot, one-foot), quick stops.
- Backward Skating: Strong backward crossovers, pivots (forward to backward).
- Edge Work: Inside and outside edges, tight turns, pivots.
- Agility & Quickness: Quick feet drills, lateral movement.

Puck Skills (50% of ice time):

Puck Control:

- Stickhandling with head up, vision training.
- Advanced puck protection (body position).
- Forehand/backhand control while moving at speed.

Passing:

- Passing on the move, leading a teammate.
- Saucer passes (introduction).
- Pass reception in stride.
- Give-and-go drills.

Shooting:

- Quick release wrist shots from various positions.
- Snapshot introduction.
- Rebounds, deflections.

Battling/Puck Retrieval: Basic board battles, puck pursuit drills (gentle introduction).

PRACTICE STRUCTURE

60-minute session example:

- Warm-up (7-10 min): High-tempo dynamic skating, puck-handling warm-up.
- Station 1: Power Skating & Agility (20 min): Intense skating drills, quick starts, complex turns.
- Station 2: Advanced Puck Handling & Passing (20 min): Drills combining stickhandling, passing, and receiving in tight spaces.
- Station 3: Shooting & Net Play (20 min): Shooting for accuracy, rebounds, quick shots.
- Station 4: Half-Ice Game/Situational Play (25-30 min): 4v4 or 5v5 half-ice game. Focus on specific game concepts (e.g., breakouts, forecheck principles, defending). Coaches provide more strategic guidance.

GAME PLAY

- Half-ice 4v4 or 5v5.
- Dedicated goalies (players who volunteer or rotate more consistently).
- Coaches encourage strategic play (passing, moving to open ice, defensive positioning).
- Introduce basic rules (offside, icing are explained, but not strictly enforced to maintain flow).
- Emphasize positive communication and teamwork.