

**River Falls Youth Hockey Association's
Mite Development Level Skill Progression Sheet**

***Blue highlighted skills are skills required for advancing to next level

Level 1

General	Coachability	Forward Skating	Turn	Stop	Backwards	Lateral	Stick Control	Passing & Receiving	Shooting	Hockey Concepts	Checking	Equipment
Ready Stance (Hockey Position)	Follows Group Instruction	Start (T-Push)	Glide Turn	1 foot, V Stop	Stance	Moving w/o Falling	Puck Handling Stance					Shoulder Pads Needed for Level 2
How to Get Up		Stride (Scooting)	Scooting Around Circles		Skating (walking backwards with movement)		Ability to Pick Up Stick					
Participates in Drills		Alternating Feet while Pushing					Hit Puck w/o Falling					

Level 2

General	Coachability	Forward Skating	Turns	Stop	Backwards	Lateral	Stick/Puck Control	Passing & Receiving	Shooting	Hockey Concepts	Checking	Equipment
Ready for Physical Contact in Games	Actively Listens, Minimal Distractions	Start (V-Start)	Controlled Turns (both ways)	Forwards (Two Foot V-Stop)	Backward Striding (alternative Feet)	Cross Overs	Controlled Weaving with Puck	Stationary Forehand Sweep Pass	Stationary Forehand Sweep Shot	Puck Possession (Skate, Pass or Shoot)		Stick is Appropriate Length
Introduction to Physical Contact		Proper Stride		Backwards (V Stop)	Glide (2 Feet) w/ Jump		Lateral Dribble (Short & Fast, Long & Slow)	Stationary Forehand Sweep Reception	Stationary Backhand Sweep Shot			
		Glide (1 Foot)		Controlled Hockey Stops			Diagonal Dribble	Stationary Backhand Sweep Pass	Skating & Shooting (firm shot w/o losing balance)			
		Forward Crossovers					Open Ice Carry (Skating Fast w/o Loosing Puck)	Stationary Backhand Sweep Reception				
							V-Start with Puck (3 Hard Strides)					
							Left or Right Handed Shooter					

Level 3

General	Coachability	Forward Skating	Turns	Stop	Backwards	Lateral	Stick/Puck Control	Passing & Receiving	Shooting	Hockey Concepts	Checking	Equipment
Edge Control (inside & outside regularly)	Ability to Demonstrate Skills (Instruction to on Ice Application)	Starting Forward To Backward Transitions	Mastering Forward Crossover Turns (both)	Hockey Stop Left	Starting Backwards Crossovers	Quick Lateral Back & Forth Movemnt	Forward to Backward Skating Dribble	Passing while Skating	Stationary Wrist Shot	O - Puck Possession (Skate, Pass or Shoot)	Stick Poke Check	Put on All Equipment by Themselves
Game Day Warm-up		One Foot Glide Weave (both)		Hockey Stop Right	Glide (1 foot)		Accelerating with Puck (3 Hard Stides)	Lead Pass/Moving Target	Stationary Backhand	O - Puck Protection	"Lift the Stick" Check	
							Toe to Heel Dribble	Be a Good Receiver	Receive, Skate, Shoot	D - Splitting (Intro. to Checking)		
							Two Foot Stopping with Puck			D - Locking Up (Man-up)		
							Proper "Open Ice Carry" Stick Handle			Over & Through the Puck		
										Intro to Cycling		

Level 4

General	Coachability	Forward Skating	Turns	Stop	Backwards	Lateral	Stick/Puck Control	Passing & Receiving	Shooting	Hockey Concepts	Checking	Equipment
Introduction Concepts to Full Ice Games	Communicates Key Concepts to Coach	One Foot Stride (Both)	Backwards Crossover Turns (Both)	1 Foot (outside edge)	Starting Backwards to Forewards Transitions		Tight Turns with Puck (hand crossover)	Bank Pass	Five Holes of Shooting	Attack the Triangle		Offensive Support: (Be a Good Receiver & Crash the Net)
					Starting Backwards Crossovers		Faceoffs	Forehand/Backhand Flip Pass		Cycling	Be a Threat	
							Skate Fake/Deke	Receiving Pass with Skates		Give & Go		
							Two Foot Stopping with Puck (Both)	Counting Passes		3 Hard Strides		

~Always Move Feet - Aggressive to the Puck - Never Lose Possession - Have Fun - Be a Good Teammate~