

## **Mite Coaches Outline and Emphasis Points for the Season**

### 1. Practices

- a. We use the USA Hockey ADM model. For each level of Mites, a practice plan should be ready for each week. Collaborate with each other and publish a plan the night before the first practice of each week. Use the ADM model plans as reference or modify them to your specific groups abilities and needs. Work with the director of hockey/mite coordinator to get off on the right foot. See the link below for plans, etc.:  
[http://www.usahockey.com/coaches/practice\\_plans.aspx](http://www.usahockey.com/coaches/practice_plans.aspx)
- b. Get your practices started after 5 minutes of setup.....use the time wisely and keep kids moving. Make each station have a particular point of emphasis.....show the kids quickly how to do the drill and then work with them as they start each exercise to do it correctly. Remember, short and sweet should be the motto at this age.
- c. Goalies (Mite Red/Blue only)– In the past, on the last practice of the week before a game, the player who's turn it was to play net would work out as a goalie. A specific station was set up for the goalie's where a coach would work with them on the basics.....sliding side-to-side, stick position and blocking the puck. It is up to the coaches discretion (at each level) how they would like to handle this in their practices.

### 2. Games

- a. Goalies
  - i. Mite Red/Blue – Equipment is provided by the organization. It is suggested that you develop a goalie rotation where each player gets a chance to play net on the team. Traditionally at the mite level....treats were handed out after a game. A good suggestion might be to setup up a goalie "schedule" for your team (go alphabetical if you want) and also have the goalie responsible for after game treats.
  - ii. At the Mite Red level, we may start seeing kids who only want to play net. It is up to the coach and his players if they all agree to let one player stay as goalie. It is suggested that you allow everyone a chance to play net once (if they want) and then have a "permanent" goalie for the remainder of the season if the team is ok with that.
- b. Format
  - i. Depending on the number of teams, games will be either cross-ice or half-ice. Please discuss with the hockey director/coordinator on the format for each level. Depending on the skill level of the kids, you can decide to change the format through the season as skills advance.
  - ii. The clock will run two minute stop time. After two minutes, the horn blows and teams will change lines. Once the line change is complete, the clock will start the next two minute shift. Score is not kept for any game.

### 3. Coaches/Assistants

- a. Must be registered and certified through USA hockey to be on the ice. This means taking the age specific module online and attending the corresponding coaching clinic to get certified. Check with the Hockey Director for more info
- b. [http://www.usahockey.com/coaches/coaching\\_certification.aspx](http://www.usahockey.com/coaches/coaching_certification.aspx)
- c. You must also pass a background check with Mid-American Hockey (the Midwest area of USA Hockey)..... <https://www.midamhockeyscreen.com/login.php>