



Mite/8U Virtual Coaching Resources

Objective & Overview

- Provide players an opportunity to connect with teammates and stay engaged with hockey.
- Recommend one virtual session per week. Max of twice a week.
- Consider scheduling at the same time as your typical practice (i.e. Saturday morning) and keep them fairly short (15-20 min).
- Parents must be included in the invitation and should be encouraged to join.
- Make them fun and focus mainly on the team relationships and connections.

Activity Name	Description
Question of the Day	Ask players to answer questions such as their favorite thing about hockey, favorite food, best thing about school, how many people are in their family including pets, etc.
Team Trivia	Collect answers to questions similar to Question of the Day in advance and have players guess who on the team the answers belong to.
Hockey Trivia	Develop a list of age appropriate hockey questions and test the team's hockey knowledge.
High School Q&A	Host a short Q&A with your local high school team's captains or leaders.
Skill Challenge	Have a high school player demonstrate a skill challenge for the players to perform during the week.
Hockey & Heroes	Have each player share their favorite college or pro player or their favorite "hero" and why they picked that person.

For off-ice training ideas, visit www.minnesotahockey.org/playerdevelopment