



**2023-2024 Mite/8U  
Coach & Manager  
Presentation**

# Welcome Coaches & Managers



**Coaching  
Director:**

**Jessica  
Kiecker**

**Player  
Development  
Director:**

**Aric  
Day**

**Registration  
Director:**

**Michael  
Heller**

**Mite Director:**

**Mike Tucker**

**8U Director:**

**Brian  
Christian**

**Manager  
Commissioner:**

**Brandi  
Lokkesmoe**



# **Coaches Director Update**

# Coaching Objectives /Attributes



- Be Prepared
- Positivity
- Role Modeling
- Make all players feel valued
- Dedication
- Have Fun

# Coaching Support- Mite/8U Leads



## Leads

- M1/8U1- Joe Krmpotich
- M2- Joe Krmpotich
- 8U2- Evan Wenkus
- M3- Matt Duncan and Chris Peterson
- M4- Mike Sylvia
- 8U3- John Richardson



# Mite/8U Leads

- Develop Weekly practice plans
  - Share weekly plans for the week with head coaches
  - Field follow-up questions for plans
- Coaching mentorship
- On ice guidance for practices

# EP Way-Development Stages























Document to Outline Skill Progression and Expectations

- Development Stages and Skills to consider

<https://docs.google.com/document/d/1RGGupy1xWJ0RhwmIotZhig6vZUyGL3ePSJHq8bTzbqs/edit#heading=h.mitk1wx47sz5>

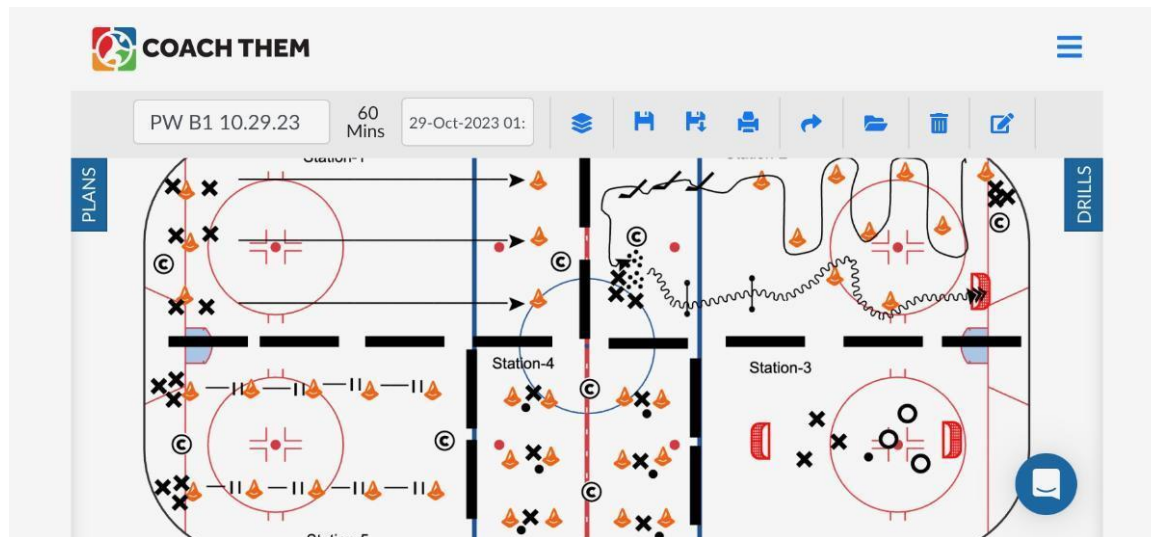
- Repository of Drills & Practices

Name	Owner	Last modified ▼
 RookieCamp/THFF	 me	Oct 4, 2023 me
 Goalie Practices	 me	May 9, 2023 me
 Working Folder - Practice/Drills	 me	Apr 26, 2023 me
 14U:15U Plans	 me	Apr 12, 2023 me
 12U Plans	 me	Apr 12, 2023 me
 10U Plans	 me	Apr 12, 2023 me
 8U Plans	 me	Apr 12, 2023 me
 Eden Prairie Way - Development Stages 	 me	Oct 7, 2023 me
 Youth Development Phases 	 me	Jul 22, 2023 me

# Coach Them - Creation Tool for Leads



- Build or Copy Drills into individual account
- Assemble drills into plans
- Share plans with your Team
- Share across accounts or other users of the tool
- Strong Marketplace of Drills to Copy/Use







# On Ice Help

- Non-rostered players and non registered parents CAN'T be on the ice helping
  - Only exceptions are special events or if specific high school player assigned/mentoring the team
- Coaches and on ice helpers need to wear approved ice hockey helmet

# Coaching Requirements



Safesport Training: Link [here](#)

Background Screens: Link [here](#)

Age Modules: Link [here](#)

CEP Coaching Certification: Link [here](#)

Concussion Certification: Fill out [this form](#)

\*Helpers only need the USA Hockey #, Safesport, Background Check

# Coaching Certification



- Michael Heller is the key contact to confirm that you've completed requirements:  
[registration@ephockey.com](mailto:registration@ephockey.com)
- Chad Erickson, EPHA Treasurer  
[treasurer@ephockey.com](mailto:treasurer@ephockey.com) will issue a refund for USA Hockey fee and coaching certification after the first of the year.

# Player Evaluations for M4 / M3 and 8U3



- Initial Evaluation- Within first 6 weeks
- End of season review
- Objective Measures:
  - *Skating*
  - *Stickhandling*
  - *Shooting*
  - *Sense*
  - *Competitiveness*
  - *Character*



**QUESTION & ANSWER**



# **Mite/8U Directors Update**

# New Rules for 2023 - 2024 Season



## Games:

- Mite 3 / 4 + 8U3: **8 full ice** games allowed after Jan 15th.
  - This **does not** include any games played at a Jamboree.
  - Each team + EPHA will be responsible to track this.
- Pre-Jan 15th
  - Half ice games only. Velocity is considered half ice sheet.
- 8U2
  - Pre-Jan 15th - Cross Ice Games Only
  - After Jan 15th - ½ ice games are allowed.
- Mite 1 / Mite 2 / 8U1 / 8U2
  - Cross Ice Games Only

**Crossing District lines:** Must be in the metro and approval must be granted ahead of time by Kurt Hyster for all jamboree play.

We are in **District 6** for hockey. The teams we can play without approval are: *Bloomington Jefferson, Burnsville, Chaska/Chan, Edina, Minnetonka, New Prague, Prior Lake, Shakopee, and Waconia.* Any other team we will need to gain approval to play via D6.

# New Rules for 2023 - 2024 Season



Any non-association sponsored events (ie Top Dog jamboree / Bird Bash etc...) do *not* count **BUT teams are independent for this and cannot wear anything that signifies a relationship with an association (meaning jerseys, socks, team name etc...)**

Crossing District lines: Must be in the metro and approval must be granted by Kurt Hyster for all jamboree play.

Again, we are in District 6 for hockey. The teams we can play without approval are: Bloomington Jefferson, Burnsville, Chaska/Chan, Edina, Minnetonka, New Prague, Prior Lake, Shakopee, and Waconia. Any other team we will need to gain approval to play via D6.





# Scheduling

## Jamborees

- Each Mite / 8U team get 1 Jamoree.
- EP will pay up to \$475 for the Jamboree
  - Anything above this rate will need to be funded by the team.
- Our schedulers (Brianna for 6U & Marielle for 8U) will register the teams for their Jamborees.

We will target weekends where ice at EP is limited due to tournaments. These weekends are:

- Nov 10 - 12
- Nov 24 - 26
- Dec 8 - 10
- Dec 14 - 17
- Feb 1 - 4
- Feb 15 - 18

# Equipment



All coaches *must* wear a hockey helmet on the ice at all times when on the ice. No exceptions.

Players must wear all appropriate gear - including neck guards & mouth guards.

# Facilities



## **Eden Prairie Community Center Velocity Hockey Center**

- Please return all equipment, bumpers, cones to proper place. Leave the rink in as good (or better) condition than you found it.

### Locker Room Procedures

- Locker Rooms need to be opened by parent at EPCC. Swap keys at front desk to get locker room key.
- Check locker rooms after practice to make sure they are clean
- No food or drinks in locker rooms
- Do not leave valuables!

# Other Sports Playing Area for 8U & 6U



## Soccer:

U8 - U10: Field size: 55 - 65 feet long, 35-45 feet

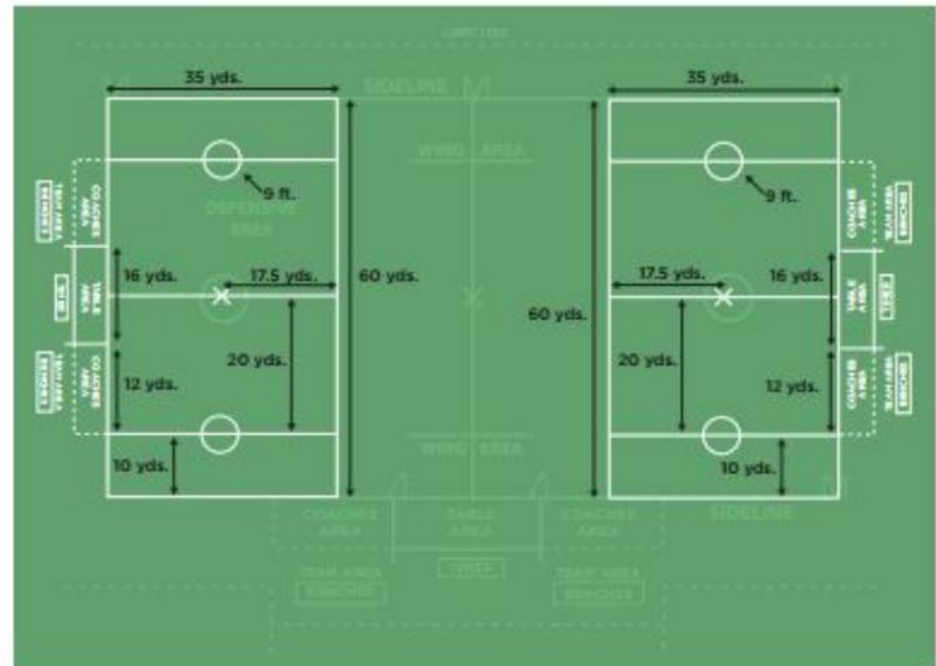
U11 - U12: Field size: 70 - 80 feet long, 45-55 feet

U13 - U19: Field size: 110 - 120 feet long, 60-80 feet

## Lacrosse

Cross-Field Measurements for 8U and 10U games (overlaid on a full size field)

THE FIELD DIAGRAM

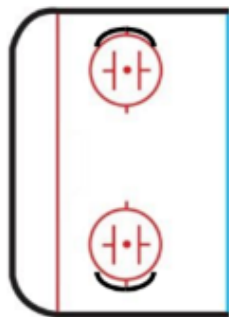




# Game Structure

## Mite Game Structure

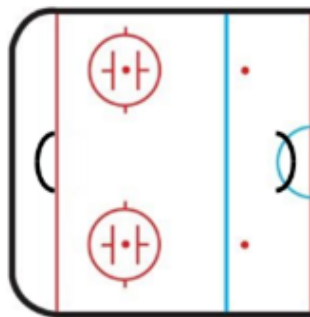
### Mite 1 & 2



#### Cross-Ice Games

3 on 3  
Blue Pucks  
16:30 Minute Periods  
Buzz every 90 seconds  
Rotate Goalies each Period  
4 teams, 2 games at same time  
Smaller Nets

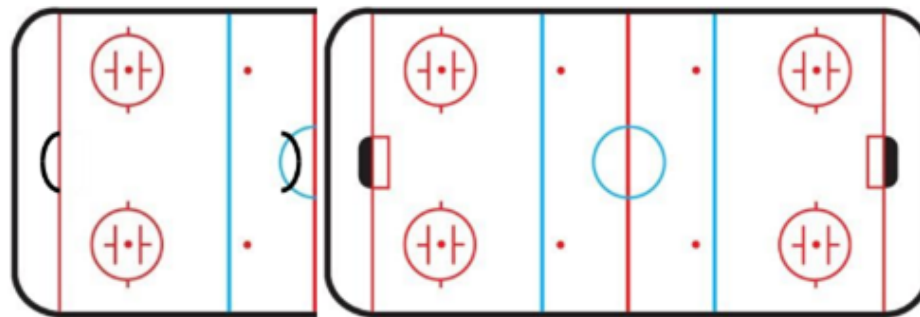
### Mite 3



#### Half Ice Games

4 on 4  
Blue Pucks before Jan 1<sup>st</sup>, Black Pucks after  
16:30 Minute Periods  
Buzz every 90 seconds  
Rotate Goalies each Period  
4 teams, 2 games at same time  
Boards at center ice for half ice  
Some Full Ice Games after Jan 1st

### Mite 4



#### Half Ice and Full Ice Games

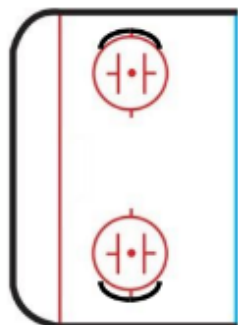
4 or 4 for Half Ice, 5 on 5 for Full Ice  
Black Pucks  
Rotate Goalies each Game  
Change on the Fly  
4 teams for Half Ice, 2 teams for Full Ice  
Some Full Ice, and hopefully 6-10 Half Ice Games



# Game Structure

## 8U Game Structure

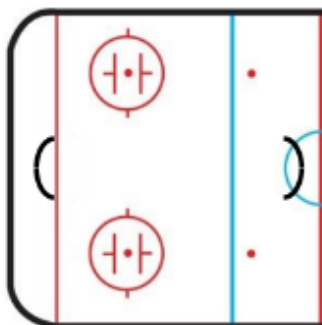
### 8U 1



#### Cross-Ice Games

3 on 3  
Blue Pucks  
16:30 Minute Periods  
Buzz every 90 seconds  
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4 teams, 2 games at same time  
Smaller Nets

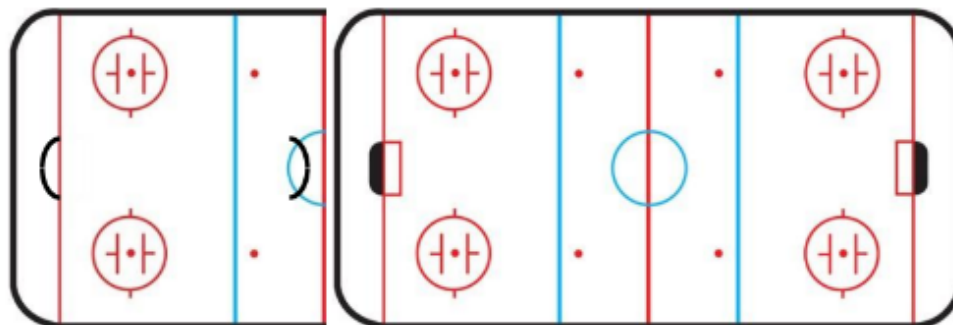
### 8U 2



#### Cross-Ice & Half Ice Games

3 on 3 for Cross-Ice, 4 or 4 for Half Ice  
Blue Pucks before Jan 1<sup>st</sup>, Black Pucks after  
16:30 Minute Periods  
Buzz every 90 seconds  
Rotate Goalies each Period  
4 teams, 2 games at same time  
Boards at center ice for half ice  
Some Full Ice Games after Jan 1st

### 8U 3



#### Half Ice and Full Ice Games

4 or 4 for Half Ice, 5 on 5 for Full Ice  
Black Pucks  
Rotate Goalies each Game  
Change on the Fly  
4 teams for Half Ice, 2 teams for Full Ice  
Some Full Ice, and hopefully 6-10 Half Ice Games

# Goalie Rotation



- Mite 1 / 2 + 8U1 / 2
  - Beginning in December (and not prior) I'd like all players to play goalie.
  - In the beginning, maybe rotate 1 for each practice.
  - For games, rotate at the periods.
  - After January, if you have any kids who particularly like goalie, you could think about letting them be goalie for the week and do all practices and / or a full game?
- Mite 3 / 4 + 8U3
  - I'd like all players to play goalie.
  - I would like it if the kids who like goalie would play all week (if they like it and are open to it). They'll just keep the pads.
  - Specific to Mite 3 teams:
    - If on one team there are multiple kids who feel strongly about playing goalie and we are aware of another team where no one wants to play goalie, please let me know asap. I would like to make sure I balance these teams better and place kids who want to be goalie on all teams to allow them to opportunities to play as much as they would like, while still balancing the need to develop as a skater.

# The truth about sports parents...



The Truth  
About  
Sports  
Parents

