

Minnesota Hockey District 2



Welcome to D2 Hockey. D2 Hockey is part of MN Hockey

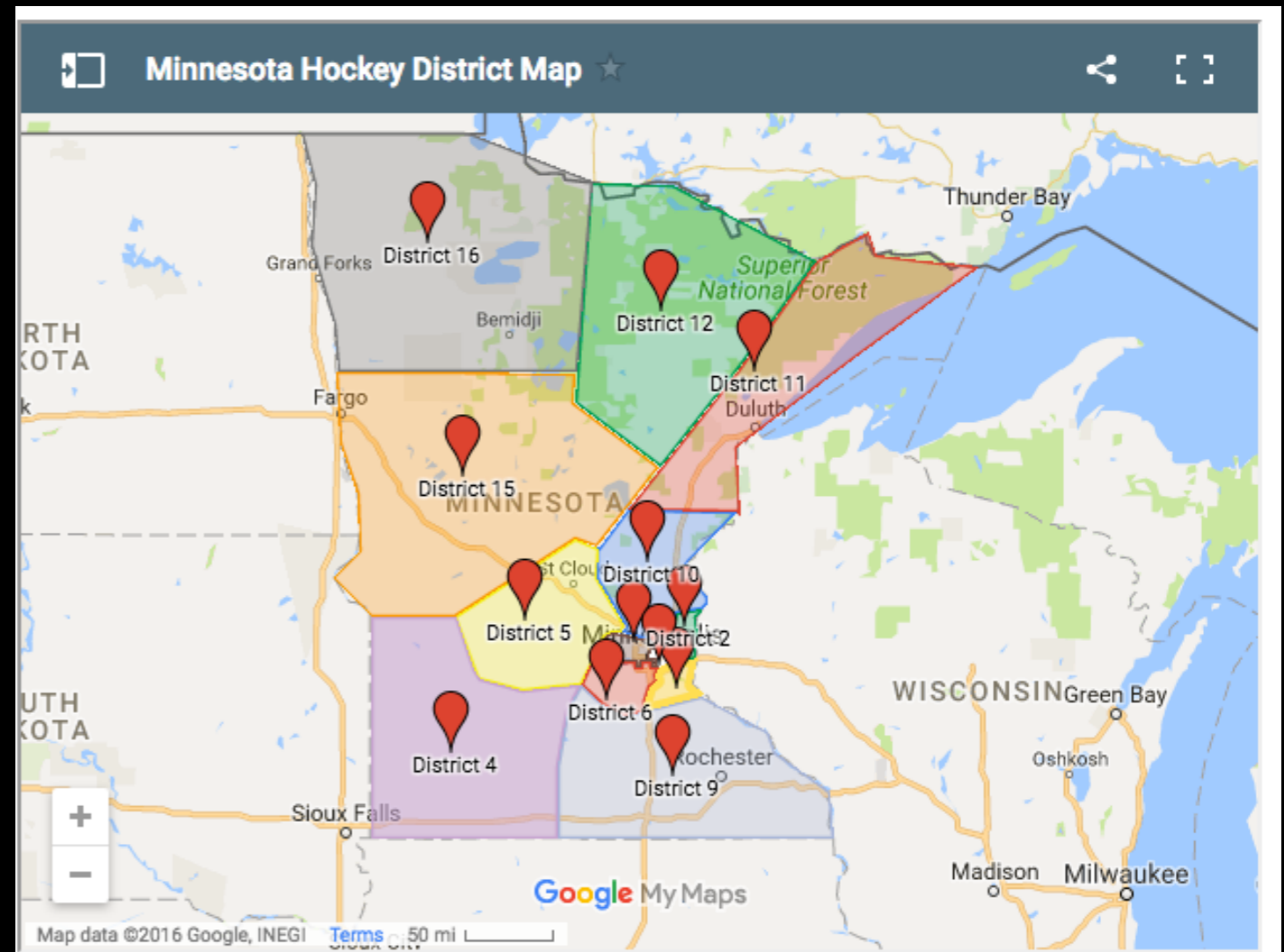
MN Hockey is responsible for administering and regulating the rules and regulations of the youth hockey leagues within its boundaries according to the USA Hockey guidelines.

There are 15 districts in MN Hockey. There is no D13.

D2 Hockey helps to administer league games and playoffs, it controls play of the game and it ensures that all participants are covered by USA Hockey insurance.



www.d2hockey.com



The D2 website is a great resource to use to find all sorts of hockey information, everything from game rules and regulations to Gopher, Whitecap or Wild information. Here is a list of all associations in D2. Once your child reaches the mite 3 level (and older), you'll play these teams all season long.

Helpful Links



USA Hockey

→ Visit Website

<https://www.usahockey.com>



MN Gopher Hockey

→ Visit Website

<https://gophersports.com>



MN Wild

→ Visit Website

<https://www.nhl.com/wild>



MN Whitecaps

→ Visit Website

<https://whitecaps.nwhl.zone>



MN Rinkfinder

→ Visit Website

<https://rinkfinder.com>



State of Hockey

→ Visit Website

<https://www.stateofhockey.com>



Forest Lake Hockey

→ Visit Website



Mahtomedi Hockey

→ Visit Website



White Bear Lake Hockey

→ Visit Website



Roseville Hockey

→ Visit Website



St. Paul Capitals Hockey

→ Visit Website



Somerset Youth Hockey

→ Visit Website



Hudson Youth Hockey Association

→ Visit Website



Mounds View - Irondale Hockey

→ Visit Website



Stillwater Area Hockey Association

→ Visit Website



Tartan Area Hockey

→ Visit Website



Irondale Hockey Association

→ Visit Website



St. Mary's Point Hockey

→ Visit Website



New Richmond Youth Hockey Association

→ Visit Website



River Falls Youth Hockey Association

→ Visit Website

Baldwin Youth Hockey Association

→ Visit Website

Mite Program

D2 hockey programs are geared toward kids who are starting hockey. They follow the American Development Model (ADM) of player development with station-based drills designed to combine fun, competitiveness and skill progression.



What comes with your hockey registration fee:

- Indoor (and outdoor) ice time
- Jersey and socks
- Instruction from certified coaches
- The hockey experience
- Lifelong friends and fun

WHAT HOCKEY TEACHES

Hockey helps boys and girls make big strides on and off the ice. Here are just a few of the positive characteristics youth hockey helps bring out of kids:

Pride	Focus	Exhilaration
Strength	Responsibility	Thrills
Adventure	Confidence	Leadership
Friends	Teamwork	Laughter



How much ice-time can I expect at the Mite level?

Depending on the level (Mite 1, 2 or 3) each team usually hits the ice once on Saturday, once on Sunday and once in the evening during the week.

Mite 4 teams have more ice time and pay fees accordingly.

At the Mite 1, 2, and 3 levels, games are played across the rink rather than the full distance (end to end).



Mite coaches focus
on the four
basic skills of hockey:

1. Skating
2. Stickhandling
3. Passing
4. Shooting

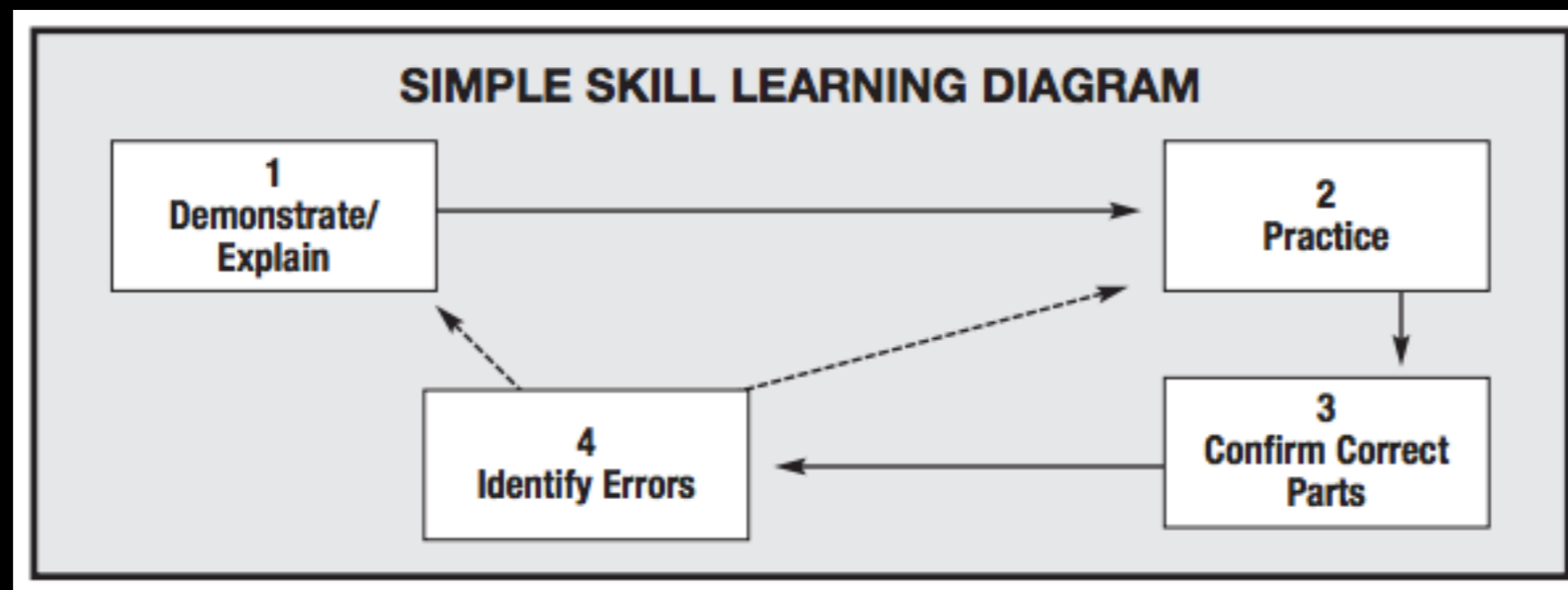


Our Coaches

No matter the level of play, all coaches go through a training/certification program.
Our Mite Coaches are all volunteers.

Coaches training focuses on 6 main components:

Leadership • Communication • Teaching Skills
Skill Analysis • Lesson Organization
Principles of Safety



Specific Mite Levels

Mite 1 – Typically, 1st year players new to hockey (all 4 year olds and new 5 year olds). All 1st year players must begin at this level and may be moved to a different level based on demonstrated skill. Players 5 years old that have at least 1 year of hockey experience and those new players 6 and older can attend the Mite balancing sessions. All 4 year olds and new 5 year olds will be assigned to a Mite 1 team. Mite 1 is typically comprised of 3-4 teams of 12-13 players each.

Mite 2/8U – Typically, 5 and 6 year olds that have completed Mite 1 or 7 and 8 year olds new to hockey that have demonstrated the skill level necessary to skip Mite 1. Mite 2 is typically comprised of 3-4 teams of 12-13 players each.

Mite 3/8U – Typically, 6, 7, and 8 year olds that have at least 2 years of hockey experience or have demonstrated the skills necessary to move on from Mite 2, but are not ready for Mite 4. Others may be moved up only upon demonstrated skill and at the discretion of the Initiation Program Director. Mite 3 is typically comprised of 2-3 teams of 12-13 players each.

Mite 4/8U – Typically, 8 year olds not ready to move to Squirts or 7 year olds that have demonstrated the skills necessary to develop at this level. Mite 4 is typically comprised of two teams of 12-13 players each. Only 7 and 8 year olds with at least two years of hockey experience are permitted to register for Mite 4. Others may be moved up only upon demonstrated skill and at the discretion of the Initiation Program Director. Final Mite 4 participation will be determined by the Mite balancing sessions and the in-season move up process.

10-and-Under (Squirts)

At the 10-and-Under level, coaches should focus on the following age-appropriate concepts and skills so that players enjoy the experience and develop both as hockey players and as young kids.

FOCUS POINTS

- Fun
- Engagement
- Active Practices
- Age-Appropriate Training
- Basic Hockey Knowledge

12-and-Under (Peewees)

At the 12-and-Under level, coaches should focus on the following age-appropriate concepts and skills so that players enjoy the experience and develop both as hockey players and as young kids.

FOCUS POINTS

- Fun and Engagement
- Active Practices
- Age-Appropriate Training
- Skill Development
- Body Contact/Body Checking

14-and-Under (Bantams)

At the 14-and-Under level, coaches should focus on the following age-appropriate concepts and skills so that players have a good experience and develop as hockey players and young teenagers.

FOCUS POINTS

- Fun and Engagement
- Practice Activity and Structure
- Age-Appropriate Training
- Body Contact/Body Checking
- Skill Development
- Team Play

After Mites...

16/18-and-Under (Junior Gold)

At the 16-and-Under and 18-and-Under levels, coaches should focus on the following age-appropriate concepts and skills so that players have a good experience and continue developing as hockey players and teenagers.

FOCUS POINTS

- Fun and Engagement
- Practice Structure
- Age-Appropriate Training
- Skill Development
- Body Contact/Body Checking
- Team Play
- Training
- Learning to Compete

Understanding the Older Levels

In-House and Traveling Hockey Programs

Mite 1,2,3,4/8U

Squirt/10U A, B and C

Peewee/12U A, B and C

Bantam14U A, B and C

Jr. Gold/18U - High School

Go to: <http://www.minnesotahockey.org/page/show/85059-age-charts-and-participation-levels> for more information

C level - “in-house” hockey, play other D2 teams, play in 2-3 tournaments, fees based on ice time, less practice/game ice time (2-4 times a week)

A and B level - “traveling” hockey, tryouts, play other D2 teams plus play other districts, 2-3 tournaments, fees based on ice time, more practice/game ice time (4-6 nights a week)

Hockey Gear

It's always an adventure when you first try to figure out what goes where but before you know it, your skater will be geared up in 5 minutes flat!



Gearing Up Tips:

- Gearing your child up can be stressful - for kids and parents! Plan for extra time and don't hesitate to ask for help! It gets a little easier each time you do it...
- Tie skates tighter rather than looser - it's better for ankle support.
- Indoor Ice: When your skater is scheduled to play on indoor ice, he/she should wear a t-shirt and "pajama" pants or long underwear under his/her gear. Cotton t-shirts might get sweaty...
- Outdoor Ice: When your child is scheduled to play on outdoor ice (the Oval), it's best to put on a long sleeved shirt or sweatshirt, pajama/sweat pants, thin gloves, thicker socks and a thin, skiing type hat to cove his/her ears. Most kids start off chilly but as soon as they get moving, they warm up!



Communication



Each coach will have his/her own style but quite often, the coaches main focus is on the kids and what happens on the ice. You can expect to get most of your correspondences and information, via e-mail, from your team manager. The team manager will also keep your team webpage up to date.

Mite hockey is the start of a great adventure and experience for your child. We hope your child learns how to play hockey but even more so, we hope your child grows to love the game.

TO PLAY THE GAME IS GOOD.
TO WIN IS BETTER.
BUT TO LOVE THE GAME IS BEST OF ALL.





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