



Mite Program Skills Benchmark

Mite White Hockey Skills

Individual hockey skills that players must learn and master

1. Skating

- ✓ Ready position
- ✓ Forward start
- ✓ Forward stride
- ✓ Backward stride
- ✓ Controlled stop: two-foot and snowplow
- ✓ Controlled turn
- ✓ ABCs of skating (agility, balance, coordination, and speed drills)

2. Puck Control

- ✓ Push Puck

3. Passing and Receiving

- ✓ Forehand pass

4. Shooting

- ✓ Wrist Shot

5. Body Contact

- ✓ N/A

6. Goaltending

- ✓ N/A

7. Team Concepts

- ✓ N/A