



Mite Program Skills Benchmark

Mite Black Hockey Skills

Individual hockey skills that players must learn and master (new in Bold)

1. Skating

- ✓ Ready position
- ✓ **Beginner Edge control (Line Drills – Inside Edge, Outside Edge)**
- ✓ Forward start
- ✓ Forward stride
- ✓ Backward stride
- ✓ Controlled stop: two-foot and snowplow
- ✓ Controlled turn
- ✓ **Forward crossover**
- ✓ **Backward skating**
- ✓ **Backward stop**
- ✓ ABCs of skating (agility, balance, coordination, and speed drills)

2. Puck Control

- ✓ Push the puck
- ✓ **Lateral (side-to-side) stickhandling**
- ✓ **Front to back stickhandling**
- ✓ **Cupping Puck in turns**

3. Passing and Receiving

- ✓ Forehand pass
- ✓ **Backhand pass**
- ✓ **Receiving a pass properly with the stick**

4. Shooting

- ✓ Wrist shot
- ✓ **Backhand**
- ✓ **Shoot and Follow**

5. Body Contact

- ✓ **Stick on puck**



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- ✓ **Stick lift**