

The Golden Spike Hockey Mini Mite/Learn to Play Program

Green Dot	Yellow Dot	Red Dot	Blue Dot
1. Rules <ul style="list-style-type: none"> • Proper Equipment • Safety 	1. Rules <ul style="list-style-type: none"> • Proper equipment • Safety 	1. Rules <ul style="list-style-type: none"> • Proper equipment • Safety 	1. Rules <ul style="list-style-type: none"> • Proper equipment • Safety
2. Common Infractions <ul style="list-style-type: none"> • Unsportsmanlike conduct • High sticking 	2. Common Infractions <ul style="list-style-type: none"> • Tripping 	2. Common Infractions <ul style="list-style-type: none"> • Body Checking • Checking from behind 	2. Common Infractions <ul style="list-style-type: none"> • Cross Checking • Holding
3. Skating <ul style="list-style-type: none"> • Standing Up • Ready position • Forward start • Forward Stride 	3. Skating <ul style="list-style-type: none"> • Edge control • Control stop 	3. Skating <ul style="list-style-type: none"> • backward skating • backward stop 	3. Skating <ul style="list-style-type: none"> • control turn • forward crossover
4. Puck Control <ul style="list-style-type: none"> • NA 	4. Puck Control <ul style="list-style-type: none"> • Forehand to backhand skating forward 	4. Puck Control <ul style="list-style-type: none"> • Accelerating with the puck • Skating backwards with puck control 	4. Puck Control <ul style="list-style-type: none"> • Skating forward-to-backward with puck control
5. Passing and Receiving <ul style="list-style-type: none"> • NA 	5. Passing and Receiving <ul style="list-style-type: none"> • NA 	5. Passing and Receiving <ul style="list-style-type: none"> • Forehand Passing • Forehand Receiving • Backhand passing • Backhand receiving 	5. Passing and Receiving <ul style="list-style-type: none"> • Pass while skating • Receiving while skating
6. Shooting <ul style="list-style-type: none"> • NA 	6. Shooting <ul style="list-style-type: none"> • NA 	6. Shooting <ul style="list-style-type: none"> • NA 	5. Shooting <ul style="list-style-type: none"> • Wrist • Backhand
7. Checking <ul style="list-style-type: none"> • NA 	7. Checking <ul style="list-style-type: none"> • NA 	7. Checking <ul style="list-style-type: none"> • NA 	6. Checking <ul style="list-style-type: none"> • NA
8. Offensive <ul style="list-style-type: none"> • NA 	8. Offensive <ul style="list-style-type: none"> • NA 	8. Offensive <ul style="list-style-type: none"> • NA 	7. Offense <ul style="list-style-type: none"> • Basic zone coverage
9. Defense <ul style="list-style-type: none"> • NA 	9. Defense <ul style="list-style-type: none"> • NA 	9. Defense <ul style="list-style-type: none"> • NA 	8. Defense <ul style="list-style-type: none"> • Basic zone coverage