



PMHA Pre-Novice Program Information Sheet - Tyke, Mite & Beginner

PMHA Pre-Novice Program

Here is a brief description of the pre-novice program for birth dates 2011-2013 (Tyke/Mite and Beginner). Over the first couple weeks of the season the coaches will assess each player in order to determine which group would be most appropriate for the player. The overall goal for each of the levels is the same, we want each player to have a good foundation of skill. Our main focus is development through practice and small ice games/activities. Based on registration numbers from September and some input from last year coaches we would attempt to run 2 tyke teams, 2 mite teams and 2 teams of beginners. In order to equal out numbers we will be looking at moving players around (up or down).

Tyke

- Third Year players (6yo and top end 5yo)
- 2 teams at 12--13 players
- 2 ice -times per week
- no full ice game until Nov - Dec
- when games start they play each other one week and the following week one team would travel to Mooretown or other close by towns
- dual practices
- players should easily move up and down the full ice with and without the puck.
- player should be able to do a basic stop
- player should be able to complete basic crossover while navigating the circles

Mite

- Second Year players (5yo and top end 4yo)
- 2 teams at 12--13 players
- 2 ice- times per week
- no full -ice games/all dual practices
- players can move across ice without puck while performing basic balance movements (ex. Gliding on one foot, getting up/down while skating etc...)

Beginners (Tim Bits)

- First Year players (3yo-4yo, weaker 5yo)
- 2 teams at 12--13 players
- 1 ice- time per week (Sat. 10:40-11:40)
- program will run same as tim bits this year
- players that have never played or skated.
- players that have difficulty moving across the ice without assistance.