

MITE 8 & UNDER

AMERICAN DEVELOPMENT MODEL

ICE ZONE MODEL



AMATEUR HOCKEY ASSOCIATION ILLINOIS, INC.

MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL





AMERICAN DEVELOPMENT MODEL: 8 & UNDER – Mites

"The goal for Mites is to leave the rink with a smile on their face every session"

Ice Utilization for Mites

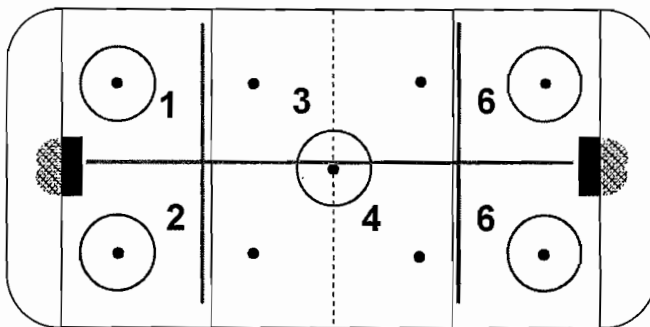
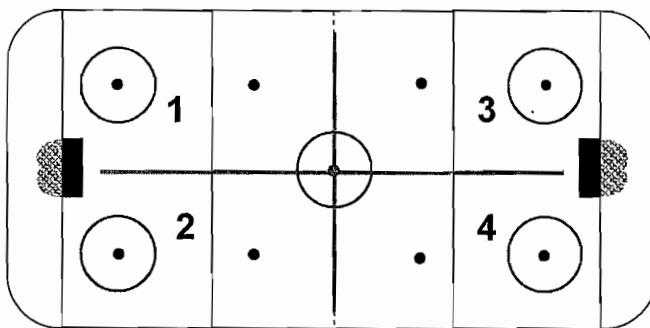
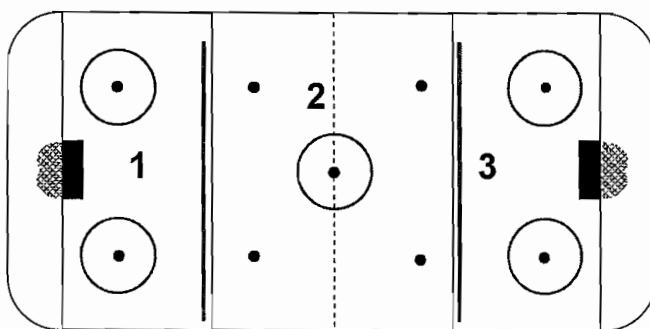
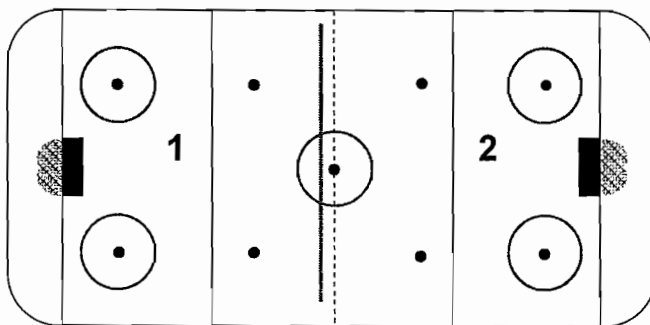
Depending upon the size of the group and the skills or tactics that the practice is designed to cover, the ice surface can be broken up into different zones or stations. Coaches can use cones or the cross-ice dividers to break up the ice in the most accommodating fashion.

For mites the focus is on individual skills and fun games/activities that work those basic skills.

This can be cross-ice or half-ice mini hockey games or activity games that work on the A, B, C's, agility, balance, coordination and speed that is so important for this age group.

By sharing ice between multiple teams, ice costs are reduced and the best coaches in the age group now play a role in developing more kids than the ones on their own team. This provides the opportunity for less experienced coaches to be around the better ones in their own association and learn.

Each group or station should have at least one coach to monitor and instruct within that zone. A lead coach then can monitor time, and the logistics within the overall practice.



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Ice Time Utilization and Training Principles for ADM:

When clubs are looking at how they accommodate the ice requirements within the ADM they may need to change how they look at ice time utilization for their teams.

We want clubs and teams to change their mindset on how they operate. It should not always be 'my team has practice today' but 'my club has training today'. Combined practice sessions reduce ice cost for on-ice training time and provide an opportunity for coaches to interact and learn from each other.

As the players get older, these combined training sessions can be run with teams or for position specific training with forwards, defensemen and goaltenders.

At the younger age levels, where the space requirements for players is reduced, 50+ players (mites) can easily be accommodated. (Up to 60 mites with the right organization)

On-Ice Practice Sessions:

Ice sessions are comprised with multiple teams (Mites: 4 to 5 teams of 9 to 13 players). This places approximately 45 to 50+ players on the ice at a time to better utilize the ice and reduce costs. Players can be grouped by abilities, divided into stations for practice. This allows for players with a variety of skill sets to practice at the same ice sessions. Sample practices plans will be provided by USAH. Coaches can pick and choose from a menu of items to address the ability levels of the different groups on the ice. The number of stations for a practice can be varied to accommodate the number of players that attend the session. Eight to ten players make for the optimal group size as it provides a quality work/rest ratio keeping the players active.

The ice surface can be broken up into two to six zones / stations to accommodate the number of players, and the specific skills or tactics that the practice is designed to cover.

The quality of coaching within the association can be leveraged by utilizing multiple teams at the practice sessions. This allows association's best coaches to have contact and greater effect than on just their own individual team.

End with a Game:

A good rule to follow is to always end the training session with a game. This can be cross-ice or half-ice hockey or any other type of game that ends the session on a positive, energetic note. The goal at this age is for every kid to leave the ice with a smile on their face, and excited to come back to the next session.

Off-Ice Training Sessions:

Once per week either before or after a player's on-ice session, the team should have a 30 to 40 minute off-ice session. These sessions will focus on the A,B,C's, agility, balance, coordination and speed. Sample, plans will be provide by USAH.

Philosophy on Jamborees:

Four team cross-ice or half-ice mini-game or jamborees can be utilized to provide a third ice session for the week. These can be done in-house or with neighboring communities later in the season to add interest for the parents.

During a one hour ice slot each team can play up to three mini-games rotating opponents. Shift can be run through the time keeper to buzzer the changes. Play can be 3v3 or 4v4. Use mini nets without goalies to allow for all players to develop skating skills. Full size nets can also be utilized to allow for more goal scoring and positive feedback especially for the youngest mites.

