



NEW YORK STATE AMATEUR HOCKEY ASSOCIATION

ADM /CROSS ICE
PARENT EDUCATION

NYSAHA PARENT EDUCATION



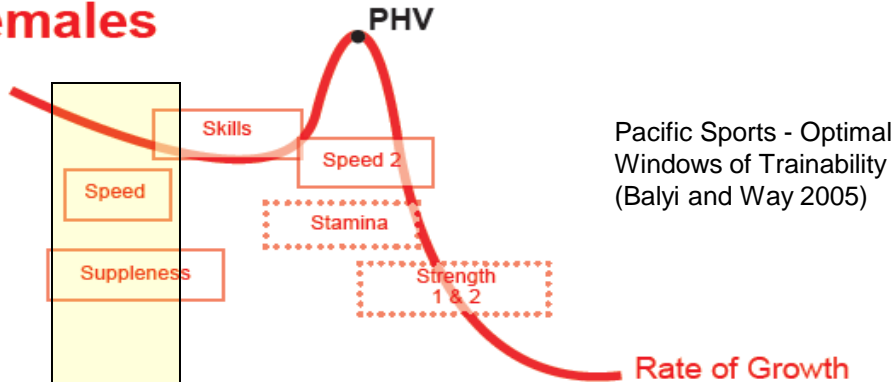
Why ADM RED WHITE and BLUE?

- Age appropriate sized playing surface
- Increased participation by all; Mites to Pros
- High Tempo
- Improved skill and creativity
- FUN, FUN, FUN!!!

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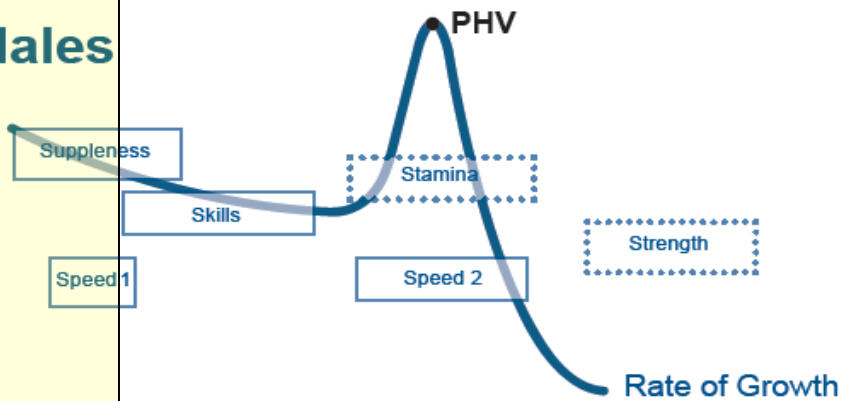
Females



Chronological Age

under 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20+

Males



Physical, Mental - Cognitive, Emotional Development

The Optimal Window of Trainability for 8U Mites is for speed and flexibility

On-ice focus for Mites is on Fundamental Movement Skills and ABC's

Off-ice focus is on coordination, balance, flexibility and speed

Speed training can be included on and off the ice in the form of races and tag games

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Hockey Parents Make the Difference

IN THE STANDS:

- Create a positive environment
- ENCOURAGE your player
- APPLAUD good play by all
- AVOID coaching from the stands
- ENJOY the game

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AT THE RINK AND ON THE RIDE HOME:

- Allow the Coach to coach
- Practice Emotional Control
- Support the growth of your player in his/her continued development
- Build a strong foundation

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THE SMALLER THE ICE; THE BETTER THE COMPETITION

- When Ice is in Section Players get better because they move quicker in tighter spaces
- Player's who need a litter more touch's with the puck will develop faster as they get more individualize instruction from coaches
- Cross ice Games and practices are critical to skill development at this young age and will result in long term benefits

