



The ADM utilizes long term athlete development (LTAD) principles as its framework.

LTAD principles which are rooted in successful programs throughout the world can be used as a basis on which to make our existing systems and structures more consistent and successful. Couple this with an overarching philosophy of making the game FUN at all levels will in turn create a passion in each player allowing them to reach their potential and be a life long hockey enthusiast.

The recommended club structure at each age group is listed below. To learn much more about ADM and to find contact information for the ADM regional manager in your area please visit www.admkids.com.

CLUB STRUCTURE

1

8 & Under (Mites):

- 50-60 ice sessions per season
- 2-3 ice sessions per week, 1 off-ice session per week
- 50-minute ice sessions
- 20 weeks per season, 5 to 6 months
- 9-13 skaters per team; no full-time goalies
- 4+ teams per ice session
- Minimum of 16 cross-ice/half-ice games and 34 practices
- Maximum of 20 cross-ice/half-ice games and 40 practices
- Players grouped: Top 1/3, Middle 1/3, Bottom 1/3

2

10 & Under (Squirts):

- 95-100 ice sessions per season
- 3-4 ice sessions per week, 2 off-ice sessions per week
- 60-minute ice sessions
- 6-month training and competition calendar
- 10-12 skaters and 1 goalie per team
- 3 teams per practice session
- 75-80 practices and 20-25 games
- Players grouped: Top 1/2, Bottom 1/2

3

12 & Under (Peewees):

- 105-120 ice sessions per season
- 4 ice sessions per week, 2 off-ice sessions per week
- 60-minute ice sessions (minimum)
- 7-month training and competition calendar
- 15 skaters and 2 goalies per team
- 2 teams per practice twice a week, 1 single team practice
- 80-90 practices and 30-35 games
- Players grouped: 2 teams at highest level

13-14 & Under (Bantams):

- 120 ice sessions per season
- 3-4 ice sessions per week
- 60-80 minutes per session
- 7-8-month training and competition calendar
- 80-85 practices and 35-45 games
- 16 skaters and 2 goalies per team
- Appropriate off-ice training for LTAD stage

15-16 & Under (Midgets):

- 120 ice sessions per season
- 3-4 ice sessions per week
- 60-80 minutes per session
- 7-8-month training and competition calendar
- 80-85 practices and 35-45 games
- 16 skaters and 2 goalies per team
- Appropriate off-ice training for LTAD stage

18 & Under (Midgets):

- 125 total ice sessions per season
- 3-4 ice sessions per week
- 60-80 minutes per session
- 7-8-month training and competition calendar
- 80-85 practices and 40-50 games
- 18 skaters and 2 goalies per team
- Appropriate off-ice training for LTAD stage

4

5

Once a player has reached the Bantam level, he or she can take part in an accelerated track. This track is designed to get them more ice time, which means more time can be devoted to specific skill development. It is a more rigorous track, but it is also one that provides talented skaters with more opportunity to hone their craft.

Like the kids it aims to help, ADM will no doubt take time to reach its full potential. But with passionate coaches, administrators and parents, we can lay groundwork for the years to come. Groundwork that begins with proper training.

And proper training starts with praising and coaching players equally instead of showing bias toward kids who display early aptitude. We need to get away from praising talent and start to praise effort. Praising talent is de-motivating and not really accurate because at young ages it really may not be talent. It's crucial that, for developmental purposes, we allow kids to develop at their own pace. Kids that excel early tend to be physically more mature. Even six months can make a huge difference.

Everyone is familiar with the story of Michael Jordan – the most famous basketball player of all time – being cut from his high school basketball team. His story is living proof that kids reach their potential at different times.

13-14 & Under (Bantams):

- 160 ice sessions per year
- 4-5 ice sessions per week
- 80-minute practice sessions
- Combined and separate practices for team and position
- 9-month training and competition calendar
- 16 skaters and 2 goalies per team
- 120-130 practices and 40-50 games
- 16 skaters and 2 goalies per team
- Appropriate off-ice training for LTAD stage

4

15-16 & Under (Midgets):

- 160 ice sessions per year
- 4-5 ice sessions per week
- 80-minute practice sessions
- Combined and separate practices for team and position
- 9-month training and competition calendar
- 16 skaters and 2 goalies per team
- 120-130 practices and 40-50 games
- 16 skaters and 2 goalies per team
- Appropriate off-ice training for LTAD stage

18 & Under (Midgets):

- 200+ total ice sessions
- 5-6 ice sessions per week
- Combined and separate practices for team and position
- 10-month training and competition calendar
- 130-140 practices and 50-60 games
- 18 skaters and 2 goalies per team
- Appropriate off-ice training for LTAD stage

5





Club Evaluation

| ADM | Current Club Structure | Adaptation to ADM |
|---|------------------------|-------------------|
| 8 & Under (Mites) 50 - 60 ice sessions per year 2 - 3 ice per week, 1 off-ice 50 minute ice sessions 20 weeks per season 9 - 13 skaters per team; no full-time goalies 4+ teams per ice session Minimum of 16 cross-ice/half-ice games and 34 practices Maximum 20 cross-ice/ half-ice games and 40 practices Players grouped: Top 1/3, Middle 1/3, Bottom 1/3 | | |
| 10 & Under (Squirts): 95 - 100 ice sessions per year 3 - 4 ice per week, 2 off-ice 60 minutes ice sessions 7 month season 10-12 skaters & 1 goalie per team 3 teams per practice 75 to 80 practices and 20 to 25 games Players grouped: Top 1/2, Bottom 1/2 | | |
| 12 & Under (Peewees): 105 - 120 ice sessions per year 4 ice per week, 2 off-ice 60 minutes ice sessions (min) 7 month season 15 skaters and 2 goalies per team 2 teams per practice twice a week, 1 single team practice 80 to 90 practices and 30 to 35 games Players grouped: 2 teams at highest level | | |



Club Evaluation

| ADM | Current Club Structure | Adaptation to ADM |
|---|------------------------|-------------------|
| 13-14 & Under (Bantam): 120 ice sessions per season 3 - 4 ice sessions per week 60 to 80 minutes per session 7 - 8 month season 80 - 85 practices, 35 to 45 games 16 skaters and 2 goalies per team Appropriate off-ice training for LTAD stage | | |
| 15-16 & Under (Midget): 120 ice sessions per season 3 - 4 ice sessions per week 60 to 80 minutes per session 7 - 8 month season 80 - 85 practices, 35 to 45 games 16 skaters and 2 goalies per team Appropriate off-ice training for LTAD stage | | |
| 18 & Under (Midget): 125 total ice sessions 3 - 4 ice sessions per week 60 to 80 minutes per session 7 - 8 month season 80 - 85 practices 40 to 50 games 18 skaters and 2 goalies per team Appropriate off-ice training for LTAD stage | | |

ADM Recommended Training Structure

Skills - Hockey Skills & Habits Training – This begins as basic fundamental skills and progresses to include a more complex combination of skills as the players get older or more proficient. Habits include things like facing the puck, stopping at the net, etc.

- Skating
- Puck Control
- Shooting
- Passing
- Body contact / body checking

Sense - Hockey Concepts & Awareness Training – Offensive and defensive awareness with and without the puck. This includes the ability to read the level of pressure by an opponent and make correct decisions according the play (read and react). Concepts involve development of all of the key hockey concepts that are used by all players. This would include but not limited to:

- Moving to open space
- Offensive and defensive side body position
- Offensive support and defensive support
- Puck pressure and containment

Small area games with a distinct purpose are the best way to develop these mental skills in our game.

Systems - Team Play Training – Development in this area provides for positional play within the teams designated structure. This would include but is not limited to forechecking patterns and defensive zone coverage structure.

Mites – Play to Learn

| | |
|---|-------|
| Skills - Hockey Skills & Activities | – 85% |
| Sense – Small Area Games & Awareness Training | – 15% |
| Systems - Team Play Training | – 0% |

Squirts – Learn to Play

| | |
|--|-------|
| Skills - Hockey Skills & Habits Training | – 75% |
| Sense - Hockey Concepts & Awareness Training | – 15% |
| Systems - Team Play Training | – 10% |

PeeWee

| | |
|--|-------|
| Skills - Hockey Skills & Habits Training | – 65% |
| Sense - Hockey Concepts & Awareness Training | – 25% |
| Systems - Team Play Training | – 10% |

Bantam

| | |
|--|-------|
| Skills - Hockey Skills & Habits Training | – 50% |
| Sense - Hockey Concepts & Awareness Training | – 35% |
| Systems Team Play Training | – 15% |

16U Midget

| | |
|--|-------|
| Skills - Hockey Skills & Habits Training | – 50% |
| Sense - Hockey Concepts & Awareness Training | – 30% |
| Strategy - Team Play Training | – 20% |

18U Midget

| | |
|--|-------|
| Skills - Hockey Skills & Habits Training | – 50% |
| Sense - Hockey Concepts & Awareness Training | – 25% |
| Systems - Team Play Training | – 25% |



USA Hockey's American Development Model

Hockey for Life

Any Age – Players can enter at any stage. Hockey for Life can provide quality recreational opportunities for all ages. USA Hockey also hopes that as adults we lead a physically active life style and continue to contribute to the sport through volunteerism as coaches, referees and administrators.

Fundamentals

Ages 0-6

This early development period is essential for acquiring fundamental movement skills (running, gliding, jumping, kicking, catching, striking...) that lay the foundation for more complex movements, thereby preparing children for a physically active lifestyle. USA Hockey encourages activity that incorporates fundamental movement skills in the 4 environments that lead to physical literacy:

- In the water: Swimming
- On the ground: Athletics
- In the air: Gymnastics
- On ice and snow: Sliding (skating)

Kids should start with a team to skate program and then a learn to play program as their initial steps into ice hockey.

Ages 6-8 Female Ages 6-9 Male

The objective of this stage is to refine fundamental movement skills and begin to acquire basic sports skills. This is the time when a foundation is laid for future acquisition of more advanced skills. The focus is on the development of physical literacy. Fundamental movement skills should be mastered and motor development emphasized, while the participation in many sports/activities is encouraged. For optimal skill acquisition, the basic hockey skills of skating and puck control are introduced. FUN competitions are also introduced in a team environment.

6 & Under (Mites)

50 – 60 ice sessions
2 - 3 ice per week
50-60 minute ice sessions
9 – 13 skaters per team;
no full-time goalies
34 – 40 quality practices
16 – 20 cross-ice games

8 & Under (Mites)

50 – 60 ice sessions
2 - 3 ice per week, 1 off-ice
50-60 minute ice sessions
9 – 13 skaters per team;
no full-time goalies
34 – 40 quality practices
16 – 20 cross-ice or half-ice games

Learn to Play

Ages 8-11 Female Ages 9-12 Male

This is the period of accelerated learning of coordination and fine motor control and is the critical stage for the acquisition of hockey skills. Prior to the beginning of the growth spurt, players have the best opportunity to learn and begin to master fine motor skills that can be used in combination with other skills. In most cases what is learned or not learned in this stage will have a very significant effect on the level of play that is achieved later on. Players should be able to begin to transfer skills and concepts from practices to games. Group interaction, team building and social activities should be emphasized. A balance of practices and games will promote the continued development and mastery of key hockey skills.

10 & Under (Squirts):

95 – 100 ice sessions
3 - 4 ice per week, 2 off-ice
60 minutes ice sessions
10-12 skaters & 1 goalie
75 – 80 quality practices
20 – 25 games
12 & Under (Peewees):
105 – 120 ice sessions
4 ice per week, 2 off-ice
60+ minutes ice sessions
15 skaters and 2 goalies
80 – 90 quality practices
30 – 35 games

Ages 11-15 Female Ages 12-16 Male

The focus of this stage is to further develop sports specific skills, begin to introduce competition, and start to emphasize support training to continue development of speed, strength and stamina while maintaining flexibility. Players should consolidate sport specific technical skills with an increased emphasis on hockey and a reduction in the number of other sports played. A continued emphasis is also placed on the development of individual and group tactics. Social and emotional considerations are addressed by placing an emphasis on team-building, group interaction and social activities.

14 & Under (Bantam) & 16 & Under (Midget):

160 ice sessions
4 – 5 ice per week
80 minute ice sessions
Combined and separate practices for team/position
9 month season
16 skaters and 2 goalies
120 – 130 quality practices
40 – 50 games
16 skaters and 2 goalies
Appropriate off-ice training for LTAD stage

Learn to Compete

Ages 15-18 Female Ages 16-18 Male

This is the time to prepare athletes for the competitive environment, continue to refine technical skills, ancillary skills and develop the physical attributes. The focus is on optimizing fitness preparation and to begin to specialize in ice hockey. Training should be individualized to the athlete's particular needs in skill development, mental preparation, fitness and recovery. During this stage, training volume will increase, as does training intensity. Competitions become more important and the focus shifts to performance. Training will stress the development of position specific technical and tactical skills under competitive conditions. Mental skills that contribute to performance are also emphasized.

18 & Under (Midget):

200 ice sessions
5 – 6 time per week
80 minute ice sessions
Combined and separate practices for team/position
10 months season
130 – 140 quality practices
50 – 60 games
18 skaters and 2 goalies
Appropriate off-ice training for LTAD stage

Train to Compete

Ages 19-21 Female Ages 19-23 Male

The objective of the Train to Compete stage is to transfer from the training environment to a competitive environment. Athletes must consolidate technical skills, and maintain ancillary skills and underlying physical capacities. During this stage training volume remains high while intensity increases with the importance of competitions. The training is usually 10+ months of the year and is disciplined and hockey-specific. Athletes will usually be required to move away from home for training and competition environments that fit this level of athlete development. The training is individualized to the athlete's particular needs in skill development, mental preparation, fitness and recovery.

Junior, NCAA:

Training calendar that equally supports both training and competition.

Train to Win

Ages 19+ Female Ages 19+ Male

The focus of this stage is the stabilization of performance on demand characteristics and excellence within the highest level of performance at the NHL, World Championships and Olympics. This is the final phase of athletic preparation that only a very small minority will achieve. Maturation is complete and all the performance factors should be fully established to optimize performance in national or international competitions. The athletes in this stage will be the performers in the highest level professional league and at the highest international level. It is important to build a winning strategy with these athletes, and to individualize training and recovery programs to prevent over-training.

NCAA Professional:

Appropriate training that supports competition calendar.

