

ADM Basics:

Complete ADM Printable Guide: http://assets.ngin.com/attachments/document/0042/7978/USA100001-NewspaperRev3_2013.pdf

ADM Development Stages: <http://www.admkids.com/page/show/910488-long-term-athlete-development>

Age Specific Newsletters: <http://www.admkids.com/page/show/940598-newsletter-articles>

ADM FAQ's: <http://www.admkids.com/page/show/910847-frequently-asked-questions>

ADM Building Blocks: <http://www.admkids.com/page/show/910837-building-blocks-of-adm>

Age Specific Resources:

8 & Under:

8U Overview Video: <http://youtu.be/ZPaT59a3gRk>

Parents Find Full-Ice Hockey No Fun Video: <http://youtu.be/cXhxNq59pWg>

8U ADM Full

Handbook: http://assets.ngin.com/attachments/document/0042/7310/8U_ADM_Full_Guidebook.pdf

8U Parent

Guide: http://assets.ngin.com/attachments/document/0042/7308/USA120003_8U_ParentGuide_WEB.pdf

8U Cross-Ice

Format: http://assets.ngin.com/attachments/document/0042/7309/USA120003_8U_ImplementationGuide-3.pdf

10/12 & Under:

10U Overview Video: <http://youtu.be/gOgG8oY09fE>

12U Overview Video: <http://youtu.be/oqyLMaKjHmQ>

10-12U Parent Guide: http://assets.ngin.com/attachments/document/0046/3130/USA120003_10-12U_ParentGuide_SP.pdf

14/16 & Under:

14U Overview Video: <http://youtu.be/LSGuYWHbvX4?list=PLFA6D04F5F6305B9A>

14-16U Parent Guide: http://assets.ngin.com/attachments/document/0046/3129/USA120003_14-16U_ParentGuide_SP.pdf