

## Mini-Mite Hockey



- » Utilize Learn to Skate/ Learn to Play as transition program to Mini-Mites (beginners). The program should be low cost and low time commitment.
- » Use 6U Age Specific (ADM) practice plans and guidelines.
- » 8-10 skaters per team, teams composed of like skill ability.
- » Station based practices should contain multiple teams to maximize ice time.
- » There should be 8-10 skaters of like ability per station.
- » No goaltenders in practice or on game days.
- » 2 on-ice sessions per week.
- » Maximum of 35 on-ice days, 50-60 minute sessions
- » All in-house game days should be played in a cross-ice format (3v3 or 4v4 based upon number of kids).
- » All away games and jamborees should be played cross-ice.
- » 1 off-ice session per week (30 minutes possibly done right after short ice session).



## Mite/8U Girls Hockey

- » Use 8U age-specific (ADM) practice plans and guidelines.
- » 10-12 skaters per team, no full-time goaltenders, teams formed based on neighborhood, grade & balanced abilities.
- » No full-time goaltenders in practice, give all players the opportunity to play goaltender for games.
- » 2-3 on-ice sessions per week includes practices and games.
- » 40-50 on-ice days, 50-60 minute ice sessions.
- » 12 to 14 cross/half-ice game days and 28 to 36 practices.
- » No more than 6 full-ice games after December 31st.
- » For practices & games, players of like ability should be grouped together at stations & on playing lines.
- » Players at the Mite/8U classification should be discouraged from moving up to the Squirt/10U classification.
- » 1 off-ice session per week (30-40 minutes possibly done right after short ice session).

Player development in hockey, like many other areas of life, is most effective when it follows a progression. Just like you wouldn't teach algebra to a first grader, it doesn't make sense to practice positioning on a power play when you are coaching an 8-year-old.

The MDM, through utilization of LTAD principles, allows us to integrate training, competition and age appropriate development guidelines so that we can assist each kid in reaching his or her potential. To make an athlete out of a kid. Make a hockey player out of an athlete. The MDM offers equal opportunity for recreation and competition — a key to retaining younger players.

Remember, winning games comes after fun and skill development. A coach's success is measured by how many kids keep playing hockey.

Thank you!



Special Thanks to the Minnesota Hockey Partners:



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## MINNESOTA DEVELOPMENT MODEL

*Best Practices*

For practice plans & guidelines, visit [www.admkids.com](http://www.admkids.com)

The Minnesota Development Model (MDM) is based on the principles of USA Hockey's American Development Model (ADM). This involves the use of the Long Term Athlete Development (LTAD) training model.

Minnesota Hockey is providing the following guidelines and best practices, with the goal of assisting associations in developing programming which supports LTAD. The adoption of these guidelines will be different from association to association based on number of players, personnel and resources.

The Minnesota Hockey ADM Committee, Association Coaching & Education (ACE) Committee, USA Hockey Coach Education Program (CEP) Staff, District Directors and USA Hockey Regional ADM Manager are available to work with associations towards the implementation and support of these guidelines.

## The Following Association Guidelines Apply to Mini-Mites, Mites/8U Girls, Squirts/10U Girls and Peewees/12U Girls

- » Utilize a 'Hockey Director' position to lead and be involved in everyday implementation of the LTAD, including planning of practices and off-ice training sessions.
- » Utilize a Hockey Development Committee to assist Hockey Director and Administrative Board.
- » Utilize age division coordinators for Mini-Mites, Mites/8U Girls, Squirts, 10U Girls, Peewees and 12U Girls to assist Hockey Director at their level.
- » Have access to designated off-ice training area (best if located at arena).
- » Have access to a meeting room with video capability for chalk talk sessions.
- » Team schedules (practice/game) should be reviewed and approved by the level coordinator or Hockey Director. Documented practice plans should be reviewed by the level coordinators or Hockey Director monthly.
- » Provide player skill evaluations early and at the end of the season.
- » Utilize a skating coach to work with Squirt/10U and Peewee/12U teams and/or players periodically during the season. Utilize a puck handling/shooting coach to work with Squirt/10U and Peewee/12U teams and/or players periodically during the season.
- » Utilize a goaltending coach to work with Squirt/10U and Peewee/12U goaltenders regularly during the season.
- » Conduct a coach's education session once per month specific to the Mite/8U, Squirt/10U and Peewee/12U levels.
- » Complete an association coaching competency review and develop a plan for future improvements, based on USA Hockey Skill Progression Guidelines outlined in Skill Progression Guide.
- » Begin development of players no earlier than Tuesday following Labor Day, form teams no earlier than October 15th, and end season no later than March 31st.
- » Provide players with some time off during the season (No practices, games, etc).
- » Provide hard ice dividers for cross/half ice games.



## Squirt/10U Girls Hockey

- » Use 10U age-specific (ADM) practice plans and guidelines (station-based, small-area games).
- » 11-12 skaters & 1-2 goalies per team (non-playing goalie should be encouraged to skate out as forward or defense).
- » 4-5 on-ice sessions per week includes practices and games.
- » 75-100 on-ice days.
- » Recommend 3-to-1 practice to game day ratio.
- » No more than 35 game days.
- » Pre-season player development sessions count toward practice to game ratios.
- » Incorporate body contact drills into every other practice or have body contact practice once per month.
- » 2 off-ice training sessions per week (30-40 minutes).
- » Minimum 2 teams per on-ice practice session (3 recommended, 30-40 players).
- » Players grouped by like ability in practices & games.
- » Equal playing time for all players.
- » Rotating positions so that players experience playing both forward and defense positions



## Peewee/12U Girls Hockey

- » Practices follow age-specific (ADM) practice guidelines.
- » 11-13 skaters and 2 goalies per team (recommended 12 skaters and 1-2 goalies).
- » 5-6 on-ice sessions per week includes practices and games.
- » Body contact/body checking drills included in every practice or conducts two body contact/checking practices each month.
- » 90-110 on ice days.
- » Recommend 3-to-1 practice to game day ratio.
- » Recommend 40-45 game days.
- » Pre-season player development sessions count toward practice to game ratios.
- » 2-3 teams per on-ice practice session.
- » 2 off-ice training sessions per week (30-40 minutes).
- » 1 Chalk talk/video session per week.
- » Equal playing time for all players. Rotating positions so that players experience playing both forward and defense positions.

