### Active Start

**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 learn to skate program and then a learn to play program as their initial steps into ice hockey.

**6 & Under (Mites):**  
50-60 ice sessions  
2-3 ice sessions per week  
50-60 minute ice sessions  
7-9 skaters per team  
1-2 full-time goalies  
34-40 quality practices  
16-20 cross-ice game days

**6 & Under (Stingers):**  
50-60 ice sessions  
2-3 ice sessions per week  
50-60 minute ice sessions  
9-12 skaters per team  
1 full-time goalie  
34-40 quality practices  
16-20 cross-ice game days

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### FUNdamentals

**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.

- Focus 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.
- Optimal skill acquisition, the basic hockey skills of skating and puck control are introduced. (Basic techniques and skills)

**6 & Under (Mites):**  
50-60 ice sessions  
2-3 on-ice/1 off-ice sessions/week  
50-60 minute ice sessions  
9-12 skaters per team  
1 full-time goalie  
34-40 quality practices  
16-20 cross-ice game days

**6 & Under (Stingers):**  
50-60 ice sessions  
2-3 ice sessions per week  
50-60 minute ice sessions  
9-12 skaters per team  
0 full-time goalies  
34-40 quality practices  
16-20 cross-ice game days

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### Learn to Train

**Ages 8-11 Female**  
**Ages 9-12 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 incorporate specific technical skills and increase focus on the development of group tactics. Social and emotional considerations are addressed.
- Optimal skill acquisition, the basic hockey skills of skating and puck control are introduced. (Advanced techniques and skills)

**8 & Under (Mites):**  
95-100 ice sessions  
3-4 on-ice/2 off-ice sessions/week  
60 minute ice sessions  
10-12 skaters and 1 goalie  
75-80 quality practices  
20-25 game days

**10 & Under (Stingers):**  
95-100 ice sessions  
3-4 on-ice/2 off-ice sessions/week  
60 minute ice sessions  
10-12 skaters and 1 goalie  
75-80 quality practices  
20-25 game days

**12 & Under (Peewees):**  
105-120 ice sessions  
4 on-ice/2 off-ice sessions/week  
60+ minute ice sessions  
12 skaters and 2 goalies  
80-90 quality practices  
30-35 game days

### Train to Train

**Ages 11-15 Female**  
**Ages 12-16 Male**

The focus of this stage is to continue to develop and refine fundamental technique, and begin to introduce competition.

- 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.

**14 & Under (Bantam):**  
160 ice sessions  
4-5 ice sessions per week  
80 minute ice sessions  
18 skaters and 2 goalies  
120-130 quality practices  
40-50 games

**16 & Under (Midget):**  
200 ice sessions  
4-5 ice sessions per week  
80 minute ice sessions  
18 skaters and 2 goalies  
120-130 quality practices  
40-50 games

**Trailer Ice Training:**  
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 specific 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.

**Junior, NCAA:**  
Training calendar that equally supports both training and competition.

**Junior, Professional:**  
Appropriate training that supports competition calendar.

For complete details, visit ADMkids.com

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### Train to Win

**Ages 19-19 Female**  
**Ages 19-23 Male**

The focus of the 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.

**Junior, NCAA:**  
Training calendar that equally supports both training and competition.

**Junior, Professional:**  
Appropriate training that supports competition calendar.

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### 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 lifestyle and continue to contribute to the sport through volunteerism as coaches, referees and administrators.