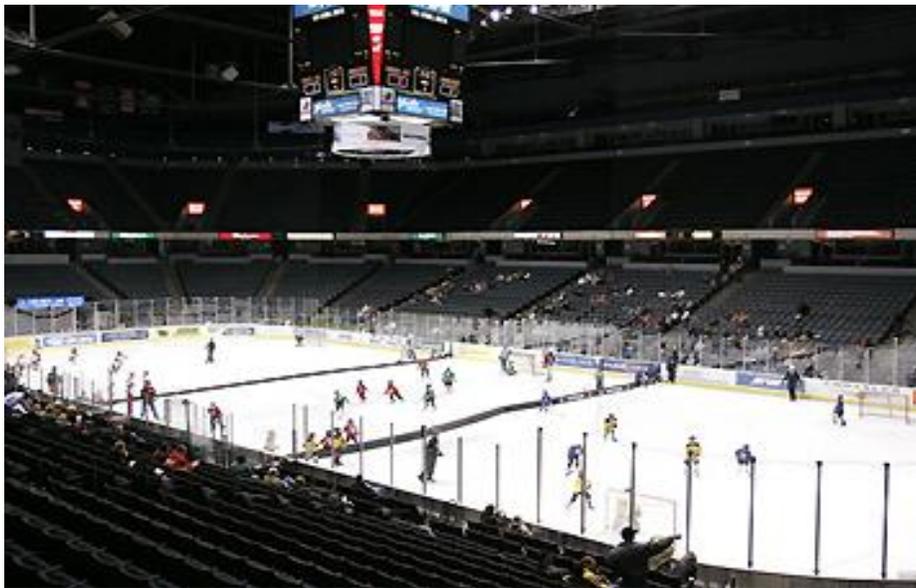


# THE AMERICAN DEVELOPMENT MODEL (ADM)

Presented by The New York State Amateur Hockey  
Association  
In Conjunction with USA HOCKEY



**NEW YORK STATE AMATEUR HOCKEY ASSOCIATION IN CONJUNCTION WITH USA HOCKEY PRESENTS** The American Development Model (ADM) provides age-appropriate guidelines and curriculum to hockey associations across New York State to help more kids play, love and excel in hockey. **WHAT IS THE AMERICAN DEVELOPMENT MODEL (ADM)???**

*It's a detailed plan for long-term athletic development related to the sport of ice hockey.*

## **WHAT IS THE PHILOSOPHY BEHIND THIS MODEL?**

The philosophy is simple. We want to promote recreational, instructional and competitive hockey within the Minor Hockey Associations of New York State. By making some changes in our structure we will increase the opportunity for players to learn and develop basic skills, through high-tempo practices without the distractions associated with an overemphasis on winning. Skill development will be encouraged at all age groups, regardless of ability, and we will seek to promote an enjoyable recreational experience in which players can learn and have fun.

## **HOW DO WE IMPLEMENT THIS MODEL?**

In order to successfully address the philosophy of this model we need to consider:

- ▶ Modifying the playing environment
- ▶ Increasing the practice-to-game ratio
- ▶ Improving the utilization of ice time
- ▶ Implement Small Area Games (using a skill team play/system)

## **HOW DO SMALL AREA GAMES HELP?**

Small Area Games allow coaches to devote up to 80% of practice time to skill development drills and 20% to system or team play. In addition they also:

- Are fun
- Increase the number of puck touches and scoring opportunities in a practice situation
- Have players practice in high-tempo, competitive situations where they will be forced to make quick decisions with or without the puck
- Teach players how to support and control the puck
- Increase the number of odd-man scoring chances that occur in tight spaces at game speed
- Teach execution in tight spaces and in traffic at game speed
- Increase skill development through repetitive basic drills
- Promote creativity along with learning
- Stress the concept of teamwork
- The quick pace of Small Area Games will improve conditioning



## **ARE THERE OTHER MODEL RECOMMENDATIONS BY AGE LEVEL?**

Yes. Based on scientific research there are some other specific program highlights that should be implemented at the appropriate age levels. Some examples follow!

*8 & Under Mites*

### **Emphasis on Fundamentals**

Players should practice Fundamental Movement Skills (FMS) like running, swimming or jumping. Also introduce the ABCs of athleticism which are:

### **Agility, Balance & Coordination and Speed**

- ▶ Focus on flexibility. This is the first window for speed training with an emphasis on agility, quickness and change of direction.
- ▶ Exercises are less than 5-sec. in duration.
- ▶ Once a week, prior to or after practice, spend 30 min. off-ice working on the Fundamental Movement Skills and the ABCs. This can be done through games and challenging activities. Keep it fun!
- ▶ Play multiple sports or engage in activities like soccer, running, gymnastics, swimming, skiing or other activities 75% of the time and play hockey the other 25%.

### **On Ice Practice Recommendations Include:**

- Group players into Top 1/3, Middle 1/3, Beginner 1/3
- 30-40 players each practice session
- 2-3 ice touches per week
- 50-min. ice sessions
- Five months/20 weeks per season maximum
- 50-60 ice touches per season
- Minimum of 16 half-ice games and 34 practices
- Maximum of 20 half-ice games and 40 practices
- 9-13 players/team, no full-time goalies

*10 & Under Squirts*

### **Learning to train**

This age level provides an optimal window for motor coordination development. During this phase of the model we stress:

- ▶ Learning fundamental athletic skills like throwing, striking, kicking, and dribbling.
- ▶ Twice each week, prior to practice, spend 30-min. off-ice working on Fundamental Movement Skills:
  - Focus on athleticism (ABCs) and hockey skills
  - Practicing Small Area Games that will lead to better decision-making skills
  - Divide players into two halves: Top half and bottom half



- Play multiple sports or engage in activities like soccer, running, gymnastics, swimming, skiing or other activities 50% of the time; engage in fitness through other sports 25% of the time; and play hockey the other 25%

## On Ice Practice Recommendations Include:

20-50 players per practice session

Three-four ice touches per week

60-min. ice sessions

Six-seven month training and competition calendar equals 24-28 weeks

95-100 ice touches (70:30 practice-to-game ratio)

75-80 practices, 20-25 games intro of formal full-ice games

10-12 skaters and one goalie per team

Increases puck touches, participation and player development

## WHAT WOULD A TYPICAL ON-ICE PRACTICE LOOK LIKE?

### 50-Min., Three-Zone Ice Practice Format

#### 2-min.

Free skate with pucks

#### 20-min.

**Zone 1:** Shooting, passing and receiving

**Zone 2:** Skating and puck control

**Zone 3:** Skating and agility

Switch and rotate after 10-min

#### 8-min.

One of the following: 1-on-1, 2-on-1, 2-on-2 angling or stick checking

#### 10-min.

Offensive or defensive zone team play concept

#### 10-min.

**Small Area Game:** Two teams sharing the ice can play Small Area Games against each other at both ends of the ice

Title :	Category #1 :	Category #2 :
<b>Description</b>		
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## **WILL THIS MODEL WORK FOR MY ASSOCIATION?**

Yes! The American Development Model is a nationwide system for successfully developing American hockey players. It is, by no means, a mandate sent from USA Hockey, but a tool that will ensure every player will have the same chance to succeed.

By implementing the American Development Model, associations will see an increase in player retention. Again, the American Development Model is not a set of rules or mandates, but guidelines designed specifically to help players reach their full potential.

The foundation of the American Development Model has been proven around the world. Through implementing the guidelines of American Development Model in your association, you'll be better able to attract, develop and retain players.

All members of USA Hockey share an equal responsibility to ensure that the integrity of the game is upheld.

If you are looking for more information regarding this program feel free to contact me at your convenience. If you like, you can also check out the USA Hockey ADM website at [www.usahockey.com/adm](http://www.usahockey.com/adm) .



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