

ADM Coaches Toolkit

- Letter from BYH President describing ADM changes and benefits to young athletes
 - [BYH Presidents Letter](#)
- Key principles of ADM
 - [USA Hockey ADM for Coaches](#)
 - Matt Herr USA Hockey Presentation to BYH Coaches, September 3rd 2014 (Coming Soon)
- Guidelines for coaches
 - [USA Hockey ADM Guidelines](#)
 - Includes general guidelines for team size by level and recommended practice to game ratios
 - [USA Hockey coaching materials](#)
 - [ADM compliant practice plan templates](#)
- Questions?
 - BYH ADM Coordinator contact information and [job description](#)
 - Marty Hull at mhull1@nycap.rr.com or 518.424.7625
 - [ADM Coaches FAQ](#)
- Articles
 - The heightened pressure on child athletes to be, essentially, adult athletes has fostered an epidemic of hyperspecialization that is both dangerous and counterproductive. - [read more](#)
 - Science Shows That Early Skill Development Is The Key For Future Success – [read more](#)
 - The Benefits Of A Well-Crafted Practice Far Outweigh What Can Be Gained In A Game – [read more](#)
 - ADM Simulation Puts Adults On Alert To Age-Appropriate Sized Playing Surfaces – [read more](#)
 - Bruins Tout ADM As A Road Map To Return The Bay State Back To Hockey Prominence – [read more](#)
 - “What should my son or daughter do this summer to be ready to play next year?” – [read more](#)
 - Why the offseason should be spent off the ice. – [read more](#)