USA Hockey’s American Development Model

**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.*

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### 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 on-ice/1 off-ice sessions/week
- 50-60 minute ice sessions
- 9-12 skaters per team
- 10 full-time goalies
- 34-40 quality practices
- 16-20 cross-ice game days

### 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.

The focus is 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.

For optimal skill acquisition, the basic hockey skills of skating and puck control are introduced. FUN competitions are also introduced in a team environment.

#### 8 & 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
- 0 full-time goalies
- 34-40 quality practices
- 16-20 cross-ice game days

### 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 to maintain flexibility.

Players should consolidate sport specific technical skills with an increased emphasis on hockey and a reduction in the number of other sports played. A continued emphasis is also placed on the development of individual and group tactics. Social and emotional considerations are addressed by placing an emphasis on team-building, group interaction and social activities.

#### 10 & Under (Squirts)
- 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 ( Pee-Wees)
- 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 further develop sports specific skills, begin to introduce competition, and start to emphasize support training to continue development of speed, strength and stamina to maintain flexibility.

Players should consolidate sport specific technical skills with an increased emphasis on hockey and a reduction in the number of other sports played. A continued emphasis is also placed on the development of individual and group tactics. Social and emotional considerations are addressed by placing an emphasis on team-building, group interaction and social activities.

#### 14 & Under (Bantam) & 16 & Under (Midget)
- 160 ice sessions
- Combined and separate practices for team/position
- 9 month training calendar
- 16 skaters and 2 goalies
- 120-130 quality practices
- 40-50 games

### Learn to Compete

**Ages 15-18 Female**
**Ages 16-18 Male**
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. Competitions become more important and the focus shifts to performance. Training will stress the development of position specific technical and tactical skills under competitive conditions. Mental skills that contribute to performance are also emphasized.

#### 18 & Under (Midget) & 19 & Under (Female)
- 200 ice sessions
- 16 skaters and 2 goalies
- 120-130 quality practices
- 40-50 games

### Train to Win

**Ages 19-21 Female**
**Ages 19-23 Male**
The objective of this stage is to transfer from the training environment to a competitive environment. Athletes must consolidate technical skills, and maintain ancillary skills and underlying physical capacities. During this phase athletes will usually be required to move away from home for training and competition environments that fit this level of athlete development. The training is individualized to the athlete’s particular needs in skill development, mental preparation, fitness and recovery.

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

### Any Age – Full-Season Commitment

For complete details, visit ADMkids.com