

## Principals of ADM Hockey

### **What is ADM?**

The American development Model (ADM) is a comprehensive development model for players. It provides guidance on optimal, age specific programming based on Long Term Athletic Development (LTAD) principals (sports science, physical education and child development research).

### **What other countries are using these principals?**

These principals are being utilized by over 100 different sport federations and government ministries for athletic development in a wide variety of countries including: Australia, New Zealand, England, Sweden, Russia, Czech Republic and Finland. Closer to home Canada has adopted this platform across all sports in their country. Many of the most talented hockey players in the world come from the countries mentioned above.

### **ADM should be: FUN/ACTIVITY/MOVEMENT/PLAY!**

Coaching at the ADM level is all about the kids engaged and active. Remember that it is critical at this age for kids to have fun. Players that have fun will want to return and by getting them to return we can further their development. Remember when coaching this age group: limit lines, limit laps, and limit lectures.

### **What are the advantages of practicing in small areas and playing cross-ice/half ice games?**

The USA Hockey ADM program is based on a model of practicing and playing hockey across the ice surface as compared to practicing and playing along the full length of the ice surface. This cross-ice practicing and playing model actually has been around for as long as the game has been played. When players played on a pond did they use an ice surface 200 x 85 feet? No, they played in a small area that developed and sharpened their skills without the rules of off-sides, icing penalties, face-offs, or even positional play. Hockey sense and hockey instincts were developed. This model has been used in many of the leading hockey nations and by the world's best players for a number of years and has stood the test of time. It has been shown that children who begin their hockey training in this environment have an outstanding hockey experience and develop a better base of skills as they progress through our sport.

### **Why does ADM call for mites to use a smaller surface for games?**

Like other sports, we are fitting the playing environment to fit the physical size of our kids. By doing this, kids get to play a version of the real hockey game that is actually more comparable in key area that a full ice game is for kids on this size. Physical contact is increasing, repetition of the most important skating and puck control skills are increased and the environment is better suited to be cognitive development of the players.

### **Will Players compete against other players of similar ability?**

An important principal of ADM is grouping of players of like ability. This is a cornerstone of a player's development. It is important in both practice and in cross-ice game competition for players to be grouped by similar ability whenever possible.

### **Why not teach off-sides to Mites?**

Age appropriate training is one of the most important cornerstones of the ADM. Players should concentrate the large majority of their time on skating and puck handling skills. Concepts such as off-sides, positions and face-off positioning should be introduced at the squirt level. These concepts are easier to learn as the cognitive ability of players increase with age.

## **Teaching and Learning the ADM!**

Mite level is building the foundation level; there is no need for associations to worry about the competency level or experience of their coaches, because players at this age 'Learn by Doing.' The large majority of development comes from the participants playing, and experiencing through repeated activity, in order to learn.

At Squirt, the focus shifts to 'Do by Learning.' This is the 'Golden age of Skill Development' and it is important for our best coaches to be training the players at this level. Plyers at this level will be able to make big strides in their skill and technical proficiency.

## **Is ADM trying to change the way I coach?**

Yes, ADM wants to make coaches aware of what is most important at each stage of a child's athletic development. We only have so much time with the kids so we need to be efficient and give them what they need most at each stage. Understanding these 'Windows of Opportunity' will optimize player development and limit coaches' frustrations.

## **What does the Cross-ice Game experience entail?**

The benefits of Cross-Ice games are endless. Because without the comfort of open ice, kids have to rely on creative ways to stickhandle, skate and outsmart their opponent, Its been proven that kids who begin their hockey training in this environment develop a better foundation of skills and hockey instincts, and enjoy the game more. This type of game setup provides each player with many more puck touches than a full-ice game set-up.

## **What are the Benefits of Cross-Ice Hockey?**

- Players increase the use of core skating skills like agility, balance, coordination and quickness.
- It introduces incidental body contact as the introductory phase of USA Hockey's progressive body checking program, providing the atmosphere for increased body contact in a safer environment than full-ice hockey.
- This forces kids to play with their heads up and better prepares them for the proper use of body contact/checking at older age groups.
- The number of puck battles is significantly increased and being able to make plays and protect the puck in traffic is a huge difference maker on kids succeeding at higher levels.
- Players' fundamental skills are reinforced at a greater rate through game play. The geometry of the game is enhanced.
- When playing on the smaller surface, kids are put in similar situations as when professional players are playing on the big sheet; this promotes more effective passing, receiving and support.
- There is less time and space, which increases the frequency of making hockey decisions, provides a better environment for teaching ice awareness and boosts hockey sense.
- Almost the entire playing area becomes a scoring zone. This both encourages and increases the opportunity for players to shoot and score.
- Goaltenders when introduced, experience more game-like action.
- This model teaches players at a young age to control the middle of the rink both offensively and defensively.
- It creates a stronger challenge for our more skilled players by having them face more opposition in a smaller space and therefore requiring a greater degree of skill development. This builds the confidence of our less-skilled players.
- Creates FUN in a competitive learning environment.
- Even NHL teams use smaller-area games to increase competitiveness, teach the game at high tempo and keep the game fun!
- Prepares players for advancement to the next level -squirt