



A BRIGHTER FUTURE FOR ALL



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# **IMPLEMENTING THE MAHA/ADM MODEL**

## **2010 M.A.H.A. ANNUAL MEETING**

***"The Greatest  
Quest In Life  
is to reach  
one's  
potential."***

***-Mychal Wynn***



## **THE 3 STEPS TO IMPLEMENTATION**

- Complete and Return the MAHA/ADM Pilot Program Questionnaire***
- Complete and Return the Minor Wings Agreement***
- Adhere to the MAHA/ADM Pilot Program Criteria***

## **MAHA/ADM Pilot Program Criteria**

- Conduct a minimum six week low-cost introductory program***
  - ***Recommended cost at \$75 or less***
- All coaches must have correct 'USAH CEP' certification***
- Offer in-season coaching development session***
- All teams at 6U & 8U level must follow ADM recommended ice allocation and practice ratios***

# **MAHA/ADM Pilot Program Criteria (cont.)**

- Current travel players grandfather clause***
  - ***Mite A eliminated 2010 – 2011***
  - ***Mite AA eliminated 2011 – 2012***
  
- Mite programs are able to participate in unlimited Association exchanges***
  
- Cross-Ice Jamborees are limited to 6 per year***

## MAHA/ADM Pilot Program Criteria (cont.)

- ❑ Follow the USAH Red, White & Blue Cross-Ice Hockey Guidelines for 8U



# 2010 USAH/MAHA INCENTIVES

- ✓ **Branded Reversible Jerseys**
- ✓ **Blue Pucks**
- ✓ **Rink Dividers\***

**\*if needed**



# THE PRACTICAL APPLICATION

## 1. Build the Foundation

- **Introductory Program**
- **6U Hockey**
- **8U Hockey**

## 2. Stay Focused/Get it Right

# **PAY FOR YOUR ICE**

## **1. Determine your goals**

- **What do you want to accomplish?**
- **What can you accomplish?**

## **2. Analyze your association.**

- **How many players?**
- **What age groups?**

## **3. Redefine your goals**

**BE CREATIVE**

**THINK**



# CREATIVE SOLUTIONS

- **Open choice hockey**
- **Multiple start dates**
- **Two for one**
- **Multiple age groups**
- **Joint association programs**
  - ***There is no one solution...***

# ESTABLISH LEADERSHIP

## The “Mite Director”

- **Know the Audience**
- **On-ice Leader/Coach-in-Charge**
- **Create the Practice Format**
- **Have a Practice Plan**
- **Communicate/E-Mail**
  - **Coaches – Practice Plans in Advance**
  - **Parents – Educate, Explain, Partner**

# **MAKE DEVELOPMENT A PRIORITY**

- **Focus on Age Appropriate Training**
- **At Least One Coach Per Station.**
  - **Emphasize simple teaching points**
  - **Positive Encouragement**
  - **Create a positive learning environment**
- **Enlist the Parents Help**
  - **Equipment Set Up/Clock-Timer**

# ENGAGE THE PLAYERS!

## ➤ **Be Well Equipped**

➤ **1.5 – 2.5 pucks per player**

➤ **Nets, small nets, tires, tripods, cones, borders, fire hoses, balls, etc.**

## ➤ **Foster a Competitive Fun Environment**

➤ **Play Small Games**

➤ **Have Relay Races**

# **Create Disney World on Ice**

- ***If they are not having fun...  
...they will stop paying attention!***
- ***Don't let them lose their motivation to  
come to practice***
- ***Don't let mom and dad lose their  
motivation to bring them to practice.***
- ***The best part of Disney World is the  
rides...the worst part???***

# ADM ASSISTANCE

- ***B.O.D. Meetings***
- ***Coaching Development Session***
- ***Parent Educational Meetings***
- ***On-Ice Demonstrations***
- ***Other***



## WHAT CAN YOU DO NEXT?

➤ ***ASSOCIATION***  
***SKILL***  
***NIGHTS***



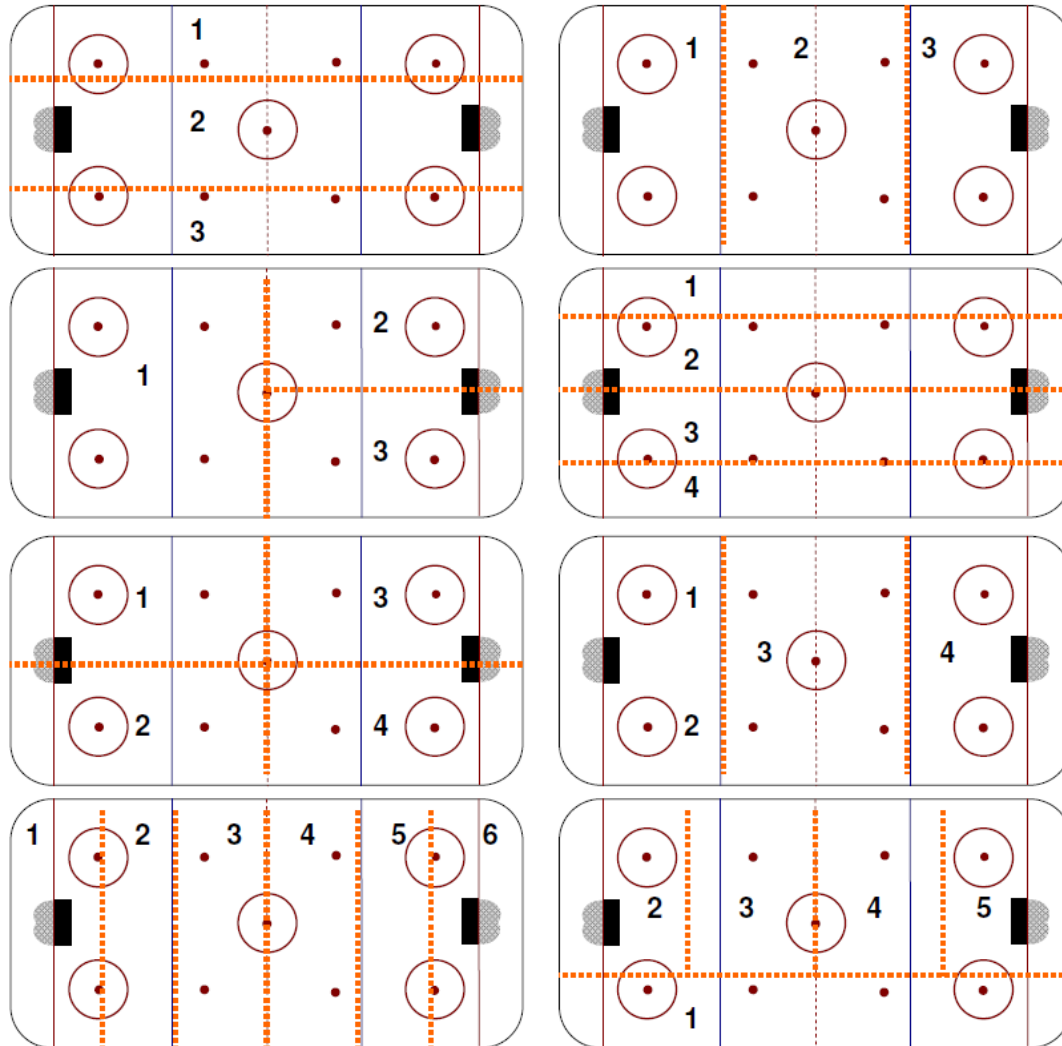
***"Free  
a child's  
potential,  
and you will  
transform  
him into the  
world."***

***-Maria Montessori***



**ADM – A brighter future for all.**

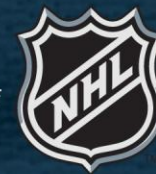
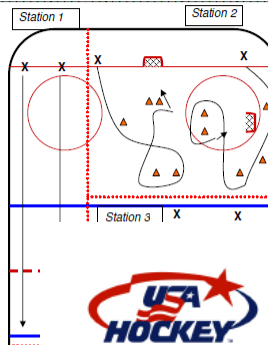
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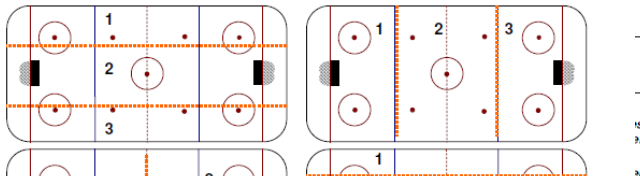
# Create the Practice Format

**The ice surface can be broken up into different formats to focus on specific age groups and to cover a wide variety of skills.**

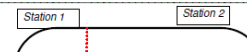
Warm Up: Agility Puckhandling 5 mins  
Players skate around rink with a puck, on whistle players perform agility moves as instructed by coach. Examples:



Ice Utilization – The ice surface can be broke up into different size zones to accommodate any number of players and a wide range of topics to be covered in practice. Imagination is all you need!



Warm Up: Agility Skating 5 mins  
Players skate around rink. Coach yells out a different agility move to perform



Equipment Required / Set-up:

Free Puck Time: 5 mins – players are free to do what they want for the first five minutes.  
Warm Up: 5 mins- Breakaways – Player times each. Have to shoot on forehand backhand once, and deke once...order is them.

Stations: 8 minutes x 4 Stations

**Station 1: Puckhandling/Passing/!**  
Player stickhandles through tires and pass to coach. After making the pass goes to scoring area and gets return puck to coach. Player catches pass and puts a on net.

**Station 2: Competition/Passing**  
1 v 1 in tight area...when waiting in line, back and forth with the player in the on line.

**Station 3: Skating**  
A. C cuts – one legged, alternate leg  
B. Edge work – inside and outside edge

**Station 4: Team Pictures**

Smile for the camera!!!

Games: 8 Minutes each

**Game 1: Neutral Zone Support Game**  
Players line up by color on the blue lines. Teams can shoot at the net nearest to them and the net on the red line. 3 v 3 game where players must pass to a teammate along the blue line before they can shoot.

**Game 2: Pressured Shooting**  
Players try to score on breakaways while being chased by another player. Player chasing starts on knees.

Free Puck Time: 5 mins – players are free to do what they want for the first five minutes.

Warm Up: 5 mins- Shooting against the boards – players get a puck and spread out around the rink and shoot at the boards. Encourage proper wrist shot technique.

Stations: 8 minutes x 4 Stations

**Station 1: Agility Skate Receive and Shoot**  
Player skates through obstacles (working on edges) and then has to jump over a border. After jumping border, player stops in the scoring area, receives a pass from coach and takes a wrist shot on net.

**Station 2: Passing**  
Two lines opposite each other. X passes to O and sprints to back of O line. O then passes to next X, sprints to X line... forehand passes first then progress to back hand passes. Add in receiving on the backhand as well.

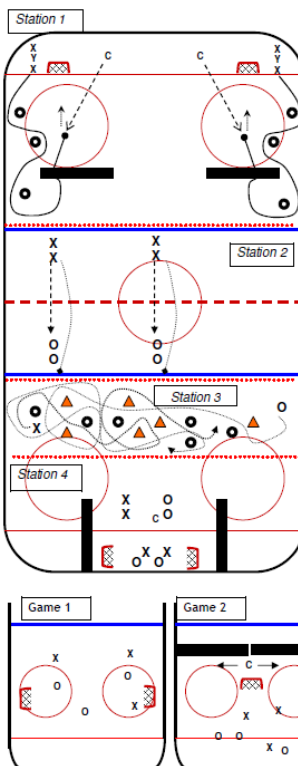
**Station 3: Chaos Puckhandling (2000-2007)**  
Players stickhandle in and around objects littered in the small area. All players are going at the same time. Emphasize keeping their eyes up. After half way through time wise, take away a few pucks so players have to either protect their puck or try to steal one from another.

**Station 4: 2 v 2 Tight Area Game**  
Players play 2 v 2 in a very tight area. Emphasize moving the feet in small spaces and competing for loose pucks.

Games: 8 Minutes each

**Game 1: 3v3 Forehand Only**  
3 v 3 game where players can only touch the puck with the forehand of their blades. Get them to be thinking ahead of time and how they will be able to surround the puck to keep it on their forehand.

**Game 2: 3 v 3 Gretzky**  
3 v 3 from top of circles down with net turned around. To get on offense, team has to pass to Gretzky (coach) behind the net before attacking. Emphasize moving to get open. Gretzky can move laterally but must remain behind the net.



Date: 14 Oct for 50 - Mites & Squirts / 6 stations @ 6 min each  
Practice Theme / Goals: FUNdamentals

Equipment Required / Set-up: Lots of Nets / Pucks / Cones

**Station 1: Stationary Passing**

The player starts with skates parallel to the intended target to allow for cross body passes. Passer begins by pulling the puck back behind the rear skate with the puck on the heel of the blade. The puck is then pushed towards the receiver with a low sweeping motion. The stick blade should follow through toward the target, low to the ice, pointing toward the target by turning the wrist over.

**Station 2: Acceleration Puck Toss**

The player sets up in v-start position, eyes forward, knees bent, head and chest up with eyes forward. Coach says "Go" and player accelerates as quickly as possible forward as coach tosses puck into air well in front of player. Player tries to catch the puck. If he does not, he remains on his feet and bends low to the ice and picks up the puck while moving forward and returns puck to the coach in the other line. Without stick and then with stick.

**Station 3: Escapes (Ring) Around Cones**

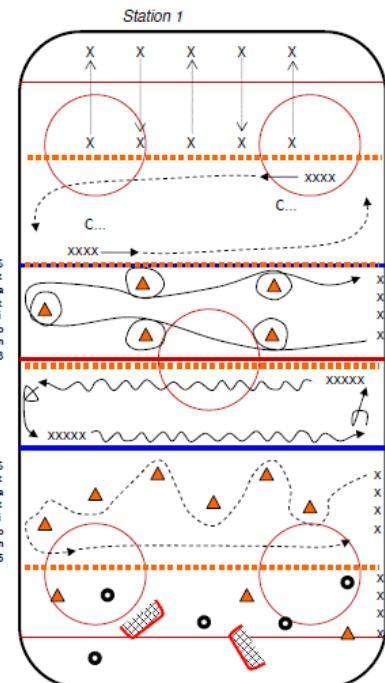
The player skates at the cones and does a full escape/ring around the cone alternating the way he turns on each cone. Inside leg (outside edge) is bent and outside leg (inside edge) extends around cone. Player should lead with his stick in turns, does not cross hands, ensure good knee bend with hips and shoulders level. Without pucks then with pucks.

**Station 4: Bkwd 'C' Start With or W/O pucks**

Begin from a ready position with the feet close together under the body. Keep your knees bent with head and shoulders up with weight on the left leg, turn heel of right skate out and push out with the right skates' inside edge. Begin on the flat part of the blade and finish full extension using the toe of the blade. Keep the glide leg (left) knee bent and hips level. After a powerful complete extension point the heel of the right skate back in and return to the start position. Keep your head and chest up with butt down. Stick in top hand. On the return of right skate back under the body transfer weight to the right leg and then begin the c cut push on the left leg. Repeat the drill alternating legs down the ice. Keys: Level hips, glide leg knee bend and full extension on C cuts.

**Station 5: Short Slalom Puckhandling**

Players skate through slalom course stickhandling puck around cones. Ensure hands are away from body and head is up. Variation: After last cone must keep it on forehand or open ice carry or kick puck between skates, etc on way back to end of line.



**Station 6: Chaos Puckhandling (Touch the End)**

Players skate from one side of the boards and stickhandle through obstacles from other side and then return. Send next player when player in front is half way across. Variation: 2 or more at one time

# **ADM WORKING TIMELINE**

## **2009-10**

- **Introduction of the ADM and LTAD Principles**
- **ADM and LTAD education for 8U**

## **2010-11**

- **Implementation of ADM at 8U**
- **Publication of 8U on-ice and off-ice training plans**
- **Implementation of 'Red, White & Blue Puck' Hockey**
- **Introduction of New CEP 8U material (Summer 2010)**
- **ADM and LTAD education for 10U**
- **HPC annual application & review process begins**

## 2011-12

- **Introduction of Body Checking Skill Progression**
- **Implementation of the ADM at 10U**
- **ADM and LTAD education for 12U**
- **HPC certification at 14U for upcoming season**
- **HPC annual application & review process continues**

## 2012-13

- **Implementation of ADM at 12U**
- **ADM and LTAD education for 14U & 16U**
- **Implementation of HPC at 14U**
- **HPC certification at 15U for upcoming season**
- **HPC annual application & review process continues**

## 2013-14

- **Implementation of ADM at 14U & 16U**
- **ADM and LTAD education for 18U**
- **Implementation of HPC at 15U**
- **HPC certification at 16U for upcoming season**
- **HPC annual review**

## 2014-15

- **Implementation of ADM at 18U**
- **ADM and LTAD education for 8U**
- **Introduction of ADM at 18U**
- **Implementation of HPC at 16U**
- **HPC annual review**