

8 & Under - Mites

'FUNdamentals' Stage

Fundamental Movement Skills (FMS)

- A, B, C's – Agility, Balance & Coordination
- Flexibility

Optimal window is 'Speed 1'

- agility, quickness, change of direction, <5 second intervals

Off-ice training

- 1x per week @ 30+ min, prior to practice (A, B, C's + Speed)

Play multiple sports – 25% hockey/ 75% other sports

- Running, gymnastics, swimming, skiing, soccer

Divide players into top 1/3, middle 1/3, beginner 1/3

- Large disparity at this age due to amounts time involved in hockey

50 Mites in an Association

ADM Recommends

- 40 – 50 players each practice session
- 2-3 Ice sessions per week
- 50 min ice sessions
- 5 month's = 20 weeks per season
- 50 to 60 ice sessions for the season
- Min 16 half-ice games & 34 practices
- Max 20 half-ice games & 40 practices
- 9 to 13 players/team; no full time goalies

50 Mites in an Association

ADM Recommends

- 50 Mite players = 4 Mite teams of approximately 12 players each
- 2 Practice each week for these 4 teams requires 2 hours of ice
 - 40 to 50 players per practice
- 1 Jamboree game event each week per team requires 1 hours of ice
 - 4 teams per jamboree
 - 3 minutes of warm-up, 3 – 17 minute cross ice games, 2 Minutes break between games

50 Mites in an Association

ADM Recommends

- 20 Week season requires 60 hours of ice
 - This gives each player 60 hours of ice
 - 60 hour X \$300/hr = \$18,000.00/50 players = \$360 per player

\$360 per player for 60 hours of ice time

- Each player gets 40 practices and 20 Jam Games



It's a new day for hockey.