

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

100 Mites in an Association

ADM Recommends

- 30 – 60 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

100 Mites in an Association

ADM Recommends

- 100 Mite players = 8 Mite teams of approximately 12 players each
- 2 Practice each week for these 8 teams requires 4 hours of ice
 - 48 to 50 players per practice
 - 1 Additional team per practice (5 teams) = 60 players
- 1 Jamboree game event each week per team requires 2 hours of ice
 - 4 teams per jamboree
 - 3 minutes of warm-up, 3 – 17 minute cross ice games, 2 Minutes break between games

100 Mites in an Association

ADM Recommends

- 20 Week season requires 120 hours of ice
 - This gives each player 60 hours of ice or 65 hours if you rotate the 5th team into an addition practice.
 - 120 hour X \$300/hr = \$36,000.00/100 players = \$360 per player
\$360 per player for either 60 or 65 hours of ice time
- Each player gets 40 practices and 20 Jam Games or (65 and 20)



It's a new day for hockey.