



November 18, 2010

Hello everyone,

I am writing this letter to discuss the changes on the BYHA Mite Program on behalf of the Hockey Development Committee (HDC). The HDC has decided to make a few changes within the Mite program, as we have moved away from the “in-house league” to USA Hockey’s American **Development Model** and “cross-ice” hockey. The American Development Model or “ADM” has been studied extensively through the years and USA Hockey endorses this new program 100%. Our HDC has adopted this model and implementation is underway. Please see below a brief summary of what USA hockey is endorsing for youth programs across the United States. This one statement from USA Hockey sums up the entire ADM program.

“Cross Ice hockey is based on a model of practicing and playing across the width of the ice surface rather than lengthwise along the full length of the ice. The Cross Ice model for practice and play has been used in many of the leading hockey nations in the world for a number of years and is catching on in the U.S. as a more efficient way to use ice time and space and give children a greater feeling of success when playing hockey. By shrinking the playing surface, the Cross Ice model allows for players to increase the number of times they touch the puck, increase puck possession time and increase speed in playing situations all of which translates into quicker development of the individual skills necessary to keep young players excited and motivated.”USA Hockey

“We play small area-games during our practices and it helps us become better players. It’s great to see cross-ice hockey as the standard for young players. There’s no need to play full-ice at the youngest ages. In cross-ice, you really get a chance to improve your puck-handling, among other skills.” Zach Parise (NHL & USA Hockey Player)

USA Hockey has illustrated main areas of focus for kids at the Mite level:

- **Skating Skills**—Agility, Balance, Coordination, and Speed
- **Puck Control Skills**—Lateral Puck Handling, Forward and Backward puck Handling, Diagonal Puck Handling, and Accelerating with the puck
- **Passing and Receiving**—Forward, Receiving (Stick position, Use of skates), Eye contact
- **Shooting**—Wrist Shot
- **Body Control**—Body positioning in confrontational situations, Poke Check, Lift the Stick check,
- **Tactical Skills**—Participants should learn how to listen and follow simple instructions, Participants should engage in deliberate play and should learn basic decision making skills through activity games like tag and small area hockey games, Competition at the puck—one-on-one battles and loose puck races for body positioning, Participants should learn basic appropriate behavior within a team setting, such as how to support others.



Game Format

- All games will be 1/3 ice
- 3 on 3 or 4 on 4 depending on number of players
- No set face-offs, puck will be thrown in by coach
- All players will get equal time
- No positions will be set, emphasis will be on individual skills
- No score will be kept
- Transition to full ice games after Jan 1st at lead coaches discretion

Much more information is available at the very informative website www.admkids.com .

Thank you in advance for your support and patience during this transition.

Wade Chiodo

Bemidji High School Boys Head Coach & HDC Member

Other comments and testimonials from some very well known hockey authorities:

“Having coached Mite hockey for the last two years, I can unequivocally say that the best experience and most productive game development for my son, was a cross-ice 3 v. 3 tournament we played in this past Columbus Day. We played four 23:00 running time games with a buzzer every minute for shift changes. My son (7 years old) got 46:00 of actual GAME time and many more puck touches than he does when we play full ice. In our regular league we play 3 stop time 12:00 periods, and many kids do not touch the puck, or even skate much for that matter, during a shift. Because of the transitory nature of cross ice hockey kids are forced to change direction, THINK ABOUT THE GAME and have opportunity to handle, pass and shoot the puck far more. ... I would imagine that if we were to use the 50 minutes normally allotted for our regular season games, and played cross ice, that would equate to at least 25 minutes of game action. There is no way possible that my son sees even 15 minutes of game action using the full ice playing 5 vs. 5. This is a no brainer when we consider the development of kids under age 10.”.....

JAMIE RICE

Head Coach, Babson College



“The program is absolutely fantastic. I know its implementation will take some time, but the principles behind the program are dead on.”

BRIAN BURKE

General manager of the Toronto Maple Leafs and the general manager for the 2010 U.S. Olympic Men’s Ice Hockey Team

“We should always strive to do the right things for kids and the American Development Model does just that. I think as hockey has evolved in our country, coaches and parents have certainly tried to do the right thing in regard to development. But we haven’t had a national blueprint for associations to use – something that is based on solid research — until now. This is a major step forward and USA Hockey is to be commended for its leadership.”

RON WILSON

2010 U.S. Olympic Men’s Hockey Coach 7th All-Time Winningest Coach in NHL History

“I’m really excited about the American Development Model. As a parent, I think what’s great about the the ADM is that it focuses on age-appropriate learning and provides kids an environment to reach their fullest potential.”

TIM THOMAS

Boston Bruins, 2009 Vezina Trophy winner University of Vermont Catamounts

“Although change is difficult in most settings and organizations, the USA Hockey initiatives provide an opportunity to all of us to see a larger vision and enhanced outcomes for all youth players in Minnesota and around the country.”

LET’S PLAY HOCKEY ARTICLE



“I think the American Development Model will really make a difference in helping develop better hockey players and making the game more fun for kids.”

RYAN SUTER

Nashville Predators, University of Wisconsin Badgers