

DRYLAND TRAINING DECK

INTRODUCTION ①

The **ADM Dryland cards** provide coaches, parents and associations with age-appropriate exercises and guidelines to help every player become a physically literate athlete. We must first develop athletes who are capable of moving confidently in a variety of athletic environments. We can then develop these athletes into hockey players.

By incorporating principles of **Long Term Athlete Development (LTAD)**, the **American Development Model (ADM)** allows coaches to utilize training, competition and recovery programming appropriate to the biological development of their players. This allows young athletes to reach their genetic potential in ice hockey and other sports.

The **ADM** is a life-long athletic performance development model. The development of fundamental movement skills and fundamental sport skills is critical if children are to feel confident about physical activity. All sports begin with basic fundamental movement and core sports skills. The **ABCs of athleticism** include agility, balance, coordination and speed, while fundamental movement skills include running, jumping, skating and throwing. Children must have a solid foundation in these fundamental movement skills before they are able to succeed in acquiring sports skills. Studies have shown that children who have a strong, broad-based foundation in the fundamental movements and sports skills from a variety of sports increase their potential for future success in sports. Whether this is confidence to lead a healthy and active life in sport, or to become an elite athlete, this strong foundation in the **FUNDamentals** will help children to reach their full potential.



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Bypassing fundamental movement skills and moving too quickly to fundamental sports skills represents an improper progression. Proper development is hard to achieve without first developing basic physical literacy. The development of these basic athletic skills can be especially difficult with improper practice-to-game ratios, early specialization, poor nutritional habits, a sedentary lifestyle and a misplaced focus on winning games over development. As coaches and educators, we need to guide this development both on and off the ice. For age appropriate on-and off-ice practice plans, please see ADMKIDS.COM.

WINDOWS OF TRAINABILITY (WOT):

Every child goes through the same growth and development pattern, but as individuals, they move through the process at slightly different rates. As kids grow there are sensitive points in time, based upon chronological and biological maturation, where children are more receptive to developing five major physical capacities: Speed, stamina, strength, skill and suppleness (flexibility). These *windows of trainability* give athletes the opportunities to develop their athletic packages like no other time in their lives.

SPEED WINDOW 1: Boys ages 7-9 and Girls 6-8.

Based upon chronological age.

- Speed in this stage is defined as agility and quickness in linear, lateral and multi-directional patterns.
- The duration of the intervals/activities should be five seconds and under while allowing young athletes to have fun and become more athletic.



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SPEED WINDOW 2: Girls ages 11-13 and Boys 13-16.

Based upon chronological age.

- Anaerobic Lactic Power and Capacity Window.
- Linear, Lateral, Multi Directional and Chaotic Speed.
- Duration of Intervals 5–20 Seconds.

Speed is always trainable, but adaptability declines with age.

SUPPLENESS: Boys and Girls ages 6-10 and again during peak height velocity (for girls 12 years old and for boys 14 years old).

Based upon chronological age.

- Also known as **flexibility**.

SKILL: Girls ages 8-11 and Boys ages 9-12.

Based upon chronological age.

- This stage of development is referred to as the “*Golden age of skill development*.” Coaches should focus on technical skills and individual tactics as opposed to team systems.
- Our players are wiring themselves at a rate never offered again. We can always train skills but it will take more time and effort later in their hockey careers.

STAMINA: Girls ages 11-13 and Boys ages 13-16.

Based upon chronological age.

- Accelerated Adaptation to Aerobic Training (Endurance) begins with the Onset of Peak Height Velocity (PHV-at the start of the adolescent growth spurt).
- Always Trainable.



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STRENGTH: Girls-Immediately after Peak Height Velocity (PHV) and Boys-12 to 18 months after PHV.

Based upon biological age.

- Girls Strength Window 1 & 2 ages 12-16.
- Boys Strength Window 1 & 2 ages 16-20.

Age appropriate training is one of the most important cornerstones of the ADM. The deck of ADM Dryland cards focus on **Agility, Balance, Coordination** (ABCs) and the physical skills appropriate for each age group. These cards provide coaches with movement-based training suggestions. These drills will allow kids to explore and discover their bodies while incorporating spatial awareness training. For more in-depth information on the eight stages of player development please go to: <http://admkids.com/8stages.php>

USA HOCKEY wants to help kids become better athletes, regardless of what sport they participate in. Put these exercises into practice and witness your players fundamental movement patterns and sports performance improve on the ice.

HOW TO USE THE CARDS

- Set up 6-7 stations.
- 1-2 coaches per station.
- Each station runs for 5 minutes: 30-60 seconds of explanation and 4 minutes of exercise.
- Length of exercise: 30 seconds active and 30 seconds rest.

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