



USA Hockey Model Association Application and Agreement

USA Hockey is looking for youth hockey association's that are interested in becoming development partners for the American Development Model. These development partners will be identified as 'Model Association's' and will agree to implement and follow the development philosophies, training guidelines and game play parameters set forth by USA Hockey and outlined below. If your association philosophically agrees with and is committed to implementing these programming requirements, please contact your ADM Regional Manager for assistance in completing the application process.

Please use the following guidelines as a checklist of program requirements & recommendations. If you have any questions about the application or these requirements, please contact your ADM Regional Manager.

Required Association Qualifications for Hockey at 6U/8U/10U/12U/14U

- Have a 'Hockey Director' who is involved in implementation of the ADM
- Have age division coordinators for 8U, 10U, 12U and 14U age groups, who oversee practice planning and off ice training
- Have a commitment to conducting age appropriate off ice training
- All practice and game schedules must be approved by the 'Hockey Director'
- Maintain consistent communication with USA Hockey Staff
- Document and submit practice plans for the season, for each team in the Association on a monthly basis to your ADM Regional Manager
- Conduct a coaches meeting at least once per month for all head coaches
- Conduct an end of year review and planning meeting for the upcoming season in conjunction with USA Hockey Regional Manager and submit a plan for future improvements

Recommended Association Qualifications for Hockey at 6U/8U/10U/12U/14U

- Regular season to begin no earlier than Labor Day
- Regular season to end no later than March 31st
- Players must be given a minimum 3 days off at Thanksgiving at the 8U/10U/12U/14U levels
- Players must be given a minimum 7 days off at Christmas at the 8U/10U/12U/14U levels
- Should schedule a minimum of 2 "Try Hockey for Free" days per season
- Should have a minimum of 1 set of hard board cross ice dividers

Required at 6U Hockey

- Utilize USA Hockey station based practice plans and guidelines per ADM age specific stage documents
- Team structure to follow ADM recommendations, team composition, roster size and sorting No goaltenders in practice or on game days
- All games should be played in a cross-ice 3v3 format (or 4v4 based upon number of kids)
- Use blue puck in all practices and games

- Equal playing time for all players

Recommended at 6U Hockey

- 50-60 minute ice sessions
- 2 on-ice sessions per week (includes practice & games)
- Maximum of 50 on-ice days per season
- Association recommends to 6U members to participate in other sports
- No missing school for hockey

Required at 8U Hockey

- Utilize USA Hockey station based practice plans and guidelines per ADM age specific stage documents
- Team structure of 8 to 10 skaters
- Goaltenders must skate out 50% of the ice sessions
- 50-60 minute ice sessions
- 2 to 3 on-ice sessions per week (includes practices and games)
- Minimum of 50 on-ice days and a maximum of 60 on-ice days per season
- Minimum of 35 or more practices
- Players grouped in practice & in games by like ability (eg. Beginner, Intermediate, Advanced)
- All games must be played in a 4v4 cross-ice (or half-ice format)
- No player at the 8u age group can be moved up to 10u full-ice hockey
- Use blue puck in all practices and games
- Equal playing time for all players

Recommended at 8u Hockey

- 1 off-ice session per week
- All practices and home game days should be played with intermediate nets
- No missing school for hockey

Required at 10U (Squirt) Hockey

- Teams consisting of 11-12 skaters and 1-2 goalies
- If 2 goalies, must split each game (or have one skate out each game).
- 3 to 4 on-ice sessions per week (includes practices and games)
- Minimum of 75 on ice practice hours
- Minimum 3 to 1 practice to 'game-day' ratio
- Practice session content developed with approval of 'Hockey Director' with the Hockey Director keeping a hard copy of all practice plans
- Practices must follow USA Hockey station based guidelines
- Have a qualified skating coach work with each team at least once per week
- Have a qualified puck skills coach work with each team at least once per week
- Have a qualified goaltending coach work with each team at least once per week
- Maximum of 25 game days and a maximum of 35 games
- No games, tournaments where body checking is allowed
- No single team practice sessions, with a minimum of 2 teams per on-ice practice session (3 recommended, 30-40 players)
- Equal playing time for all players

Recommended at 10u (Squirt) Hockey

- 2 off-ice training sessions per week (30-40 minutes)
- Rotating positions so that players experience playing both forward and defense positions
- No missing school for hockey

Required at 12u (Pee Wee) Hockey

- Three hours of practice ice per week, plus games
- Minimum 3 to 1 practice to game day ratio
- Practice session content developed with approval of 'Hockey Director' with the Hockey Director keeping a hard copy of all practice plans
- Practices must follow USA Hockey station based guidelines
- Have a qualified skating coach work with each team at least once per week
- Have a qualified puck skills work with each team at least once per week
- Have a qualified goaltending coach work with each team at least once per week
- Minimum of 80 on ice practice hours per season
- Maximum of 35 game days and a maximum of 40 games
- 11-14 skaters and 2 goalies per team (recommended 12 skaters and 1-2 goalies)
- No single team practice sessions, 2 to 3 teams per on-ice practice session
- 2 off-ice training sessions per week
- No player at the 12u age group can be moved up to 14u full-checking hockey
- Equal playing time for all players

Recommended at 12u (Pee Wee) Hockey

- Rotating positions so that players experience playing both forward and defense positions
- 1 Chalk Talk/Video session per week

14u (Bantam) Hockey

- Put together a stair step development plan to incorporate ADM age appropriate training methods on a 'go forward' basis.
- Have a qualified skating coach work with each team at least once per week
- Have a qualified puck skills coach work with each team at least once per week
- Have a qualified goaltending coach work with each team at least once per week

Association Personnel:

Please list the name of the person associated with the following positions for your association:

Association President: _____

Hockey Director: _____

8U Age Group

8U Age Group Coordinator: _____

10U Age Group

10U Age Group Coordinator: _____

10U Skating Coach: _____

10U Puck skills Coach: _____

10U Goaltending Coach: _____

12U Age Group

12U Age Group Coordinator: _____

12U Skating Coach: _____

12U Puck skills Coach: _____

12U Goaltending Coach: _____

14U Age Group

14U Age Group Coordinator: _____

14U Skating Coach: _____

14U Puck skills Coach: _____

14U Goaltending Coach: _____

* Skating & puck skills coaches should be different for each age group and have a full understanding of the long-term athlete development stage they are coaching.

** The age group coordinators should focus on designing training to take advantage of the 'Windows of Trainability' for their specific age group.

The signatures below of the Association President and Affiliate President shall constitute the Association's and the Affiliate's agreement that the Association shall comply with all of the elements above listed above as "Required" at each particular age level. The Association President shall also identify with a checkmark which of the elements listed as "Recommended" that the Association intends to substantially comply with in the 2014-15 season. Upon acceptance of the Association's and Affiliate's representations as to the "Required" and "Recommended" elements, the signatures of the USA Hockey Senior Director, Hockey Development and USA Hockey ADM Technical Director shall constitute USA Hockey's designation of the Association as an "American Development Model Association" (the "Designation") for the 2014-15 season.

To renew the Designation for subsequent seasons, the Association President and Affiliate President shall complete a new Application Checklist in the form provided by USA Hockey (additional elements may be added in subsequent seasons) and submit the completed form to USA Hockey for approval by USA Hockey.

No other rights or licenses are granted by USA Hockey to the Association except the Designation specifically set forth herein. If Association seeks rights or licenses to use other trademarks or service marks of USA Hockey, such rights or licenses shall be set forth in a separate agreement. The Designation is not an exclusive right, and USA Hockey may grant to other associations, clubs or programs the same rights as are granted hereunder, including the right to use the Designation. The Association shall not use any designation related to USA Hockey or USA Hockey's teams or programs other than the Designation, without the prior written consent of USA Hockey.

If at any time the Association fails to comply with the "Required" elements above, or fails to substantially comply with the "Recommended" elements checked above, then USA Hockey may withdraw the right to use the Designation by written notice to the Association, upon which the Association shall immediately cease using the Designation.

USAH Sr. Director Hockey Development

Affiliate President

USAH ADM Technical Director

Association President

USAH ADM Regional Manager

Association Hockey Director