

Bantams (ages 13-14)

- Coaches are governed by the ACE committee and Board of Directors
- Practices follow Age Specific (ADM) practice guidelines
- 4-5 ice sessions per week
- 60-80 minute practice sessions
- Combined and separate practices for team and position
- 100-120 on ice days
- 40 games (which does not include playdowns or state tournament games)
- 2 off-ice training sessions per week
- *Individual Skill Improvements* (hockey skills and activities) 50%; *Hockey Sense* (teaching of concepts through small area games) 35% *Systems* (team play training) 15%. (Ex. 60 min practice = 30 on skills, 20 concepts and 10 on system)
- Long-Term Development Window: *Speed* – This is an ideal time to increase speed by improving the stride length and stride frequency through drills requiring high velocity for shorter intervals of time; *Stamina* – This is an optimal development stage to improve the endurance of each athlete (ability to sustain prolonged physical or mental effort); *Strength* – Following puberty, it is the ideal time to improve the strength of an athlete.

The River Falls Youth Hockey Association has been Providing Youth Hockey Since 1967

Let the Tradition Continue



The RFYHA follows USA Hockey's American Development Model (ADM) guidelines. For more information on the ADM and coaching resources go to:

www.usahockey.com/coaches



<http://riverfalls.pucksystems.com/>

River Falls Youth Hockey

Player Development Pathway

Mites (Level 1 & 2)

- Use 6U/8U Age Specific (ADM) practice plans and guidelines
- Teams/groups composed of like-skill ability
- Station based practices should contain multiple teams to maximize ice time
- 8-10 skaters of like-skill ability per station
- No goaltenders in practices or on game days
- 3 ice sessions per week
- Maximum of 50 on-ice days, 45-60 minute sessions
- All in-house game days should be played in a cross-ice format (3v3, 4v4 based on # of kids)
- Move Ups: Skaters will be assessed within one month of the start of the season and mid-season for level movement based on mite skills assessment goals
- *Individual Skill Improvement* (hockey skills, activities, and games) 85%; *Hockey Sense* (teaching of concepts through small area games) 15%; *Systems* (team-play training) 0%
- Long-Term Development Windows: *Speed* - constant stopping, starting, changing direction, and puck races in small areas *Suppleness (Flexibility)* - perform a variety of activities and exercises through a full range of motion

Mites (Level 3 & 4)

*follows Mites level 1 & 2 player development pathway with the following enhancements:

- No full-time goaltenders in practice, give all players the opportunity to play goaltender for games
- 3-4 on-ice sessions per week includes practices and games
- 40-50 on ice days, 45-60 minute ice sessions
- 12-14 cross-ice/half-ice game days and 28 to 36 practices
- No more than 3-5 full ice games after December 31st

Squirts (ages 9-10)

- Coaches are governed by the ACE committee and Board of Directors
- Use 10U Age Specific (ADM) practice plans and guidelines (station based, small area games)
- non-playing goalies should be encouraged to skate out as forward or defense
- 4-5 on-ice sessions per week includes practices and games
- 75 to 100 on-ice days
- Recommended 2 to 1 practice to game day ratio
- No more than 30 games (which does not include playdowns or state tournament games)
- Pre-season player development session count toward practice to game ratios
- One off-ice training sessions per week (30-40 minutes)
- Minimum 2 teams per on-ice practice session
- Players could be grouped by like-skill ability in practices & games for development
- Equal playing time for all players
- Rotating positions so that players experience playing both forward and defense positions
- *Individual Skill Improvement* (hockey skills, activities, and games) 75%; *Hockey Sense* (teaching concepts through small area games) 15%; *Systems* (team-play training) 10%. (Ex: 60 minute practice = 45 min on skills, 10 min on concepts, 5 min on systems)
- Long-Term Development Window: *Speed* – constant stopping, starting, changing direction, and puck races in small areas; *Suppleness (Flexibility)* - perform a variety of activities and exercises through a full range of motion; *Skill Acquisition and Development* – science has shown this is the prime age for children to acquire and develop sport skills, therefore it's known as the Golden Age of Skill Development (hence, limited team system work at this level to leverage this Golden Age of Skill Development)

Peewee (ages 11-12)

- Coaches are governed by the ACE committee and Board of Directors
- Practices follow Age Specific (ADM) practice guidelines
- 4-5 on-ice sessions per week includes practices and games
- 90-110 on ice days
- Recommended 2 to 1 practice to game day ratio
- Recommended 35 games (which does not include playdowns or state tournament games)
- Pre-season development sessions count toward practice to game ratios
- 2-3 teams per on-ice practice session
- 2 off-ice training sessions per week (30-40 minutes)
- Equal playing time for all players

*THE GREATEST GAME
ON THE PLANET*

- *Individual Skill Improvement* (hockey skills and activities) 65%; *Hockey Sense* (teaching of concepts through small area games) 25%; *Systems* (team-play training) 10%. (Ex. 60 minute practice = 40 min on skills, 15 min on concepts, 5 min on systems)
- Long-Term Development Window: *Skill Acquisition and Development* – Science has shown this is the prime age for children to acquire and develop sport skills, therefore it's known as the Golden Age of Skill Development. *Speed* - This is prime time to increase speed by improving the stride length and stride frequency through drills requiring high velocity for shorter intervals of time