

BANTAM (14U)

SYHI AGE LEVEL GUIDELINES

SYHI strives to follow the **American Development Model (ADM)** put forth by USA Hockey. All bantam teams/coaches should follow the guidelines below as closely as possible:

- ❖ Bantam 'A' coach will serve as age division coordinator.
- ❖ Season should not start prior to Labor Day or extend beyond March 31st.
- ❖ Teams should consist of **15 skaters** and **2 goalies**. **Players can be cross-rostered after tryouts are completed to help with injury/sickness.*
- ❖ If coaches are going to cross-roster players, it must be agreed upon by both coaches (**Note:** TVHL does NOT allow players to be cross-rostered). Furthermore, coaches must communicate with each other **PRIOR TO** asking a parent if their child wants to join the team for a particular game/tournament.
- ❖ 4-5 on-ice sessions/week (including games).
- ❖ **40-50 GAME DAYS**. Team schedulers/managers should be notified of this policy prior to the start of every season.
- ❖ 120-130 Practice hours
- ❖ Practices should follow USA Hockey station based guidelines. It is recommended that practices should focus on: *Individual Skills (50%), Hockey Sense (35% - teaching concepts through the use of small area games), and Systems (15% - Team play training).*
- ❖ The Hockey Director will collect various practice plans from the head coaches throughout the season. These plans will be saved and passed along to future coaches.
- ❖ SYHI will try to incorporate (1) full-ice practice on a weekly basis for bantams (based on ice availability). All other practice slots will be shared ice.
- ❖ 2 dryland training session/week.
- ❖ Have a qualified skating coach and goalie coach work with the team 1x/week.
- ❖ Coaches are allowed to modify playing time if there are disciplinary issues or players are not attending practice on a regular basis.