

THE AMERICAN DEVELOPMENT MODEL AT 8U HOCKEY



PLAY.

LOVE.

EXCEL.

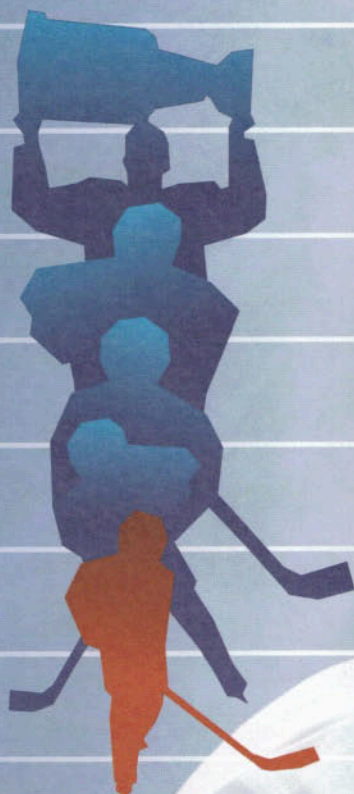
TO LOVE HOCKEY, kids first need to strap on the skates and play it. Simple enough concept. But it's more than just playing. Because the more they play and participate, the more likely they are to develop a passion for the game. And it's this passion for hockey that fuels their desire to excel. Too often we have our kids skip the passion part and push them to go from playing to excelling. It can't work that way. We can change this by shrinking the ice surface down to their size. We call it Red, White and Blue Hockey. It's our version of cross-ice games and station-based practices and is designed to get the best out of each and every player.

In this cross-ice environment, a player's activity level skyrockets because their engagement level increases, leading to an increased skill set and love of the game. Drills are designed to focus on multiple skills and situations, increasing time with the puck and situational repetition. The goalies are also more involved in the drills because they get more shots to stop. It's nonstop action for everyone involved.

And when we combine Red, White, and Blue Hockey with the long-term athlete development principles of the ADM, we can help every player reach their full potential through age-specific drills. At 8U these drills are designed to increase short burst multi-directional speed skills, as well as agility, endurance and general hockey attributes.

LONG-TERM ATHLETE DEVELOPMENT STAGES

- 8. HOCKEY FOR LIFE**
- 7. TRAINING TO WIN**
 - 19+ Junior (NCAA, NHL)
- 6. TRAINING TO COMPETE**
 - Junior, NCAA
- 5. LEARNING TO COMPETE**
 - 18-and-under (Midgets)
- 4. TRAINING TO TRAIN**
 - 16-and-under (Midgets), 14-and-under (Bantams)
- 3. LEARNING TO TRAIN**
 - 12-and-under (Peewees), 10-and-under (Squirts)
- 2. FUNDAMENTALS**
 - 8-and-under (Mites), 6-and-under (Mites)
- 1. ACTIVE START**
 - 6-and-under



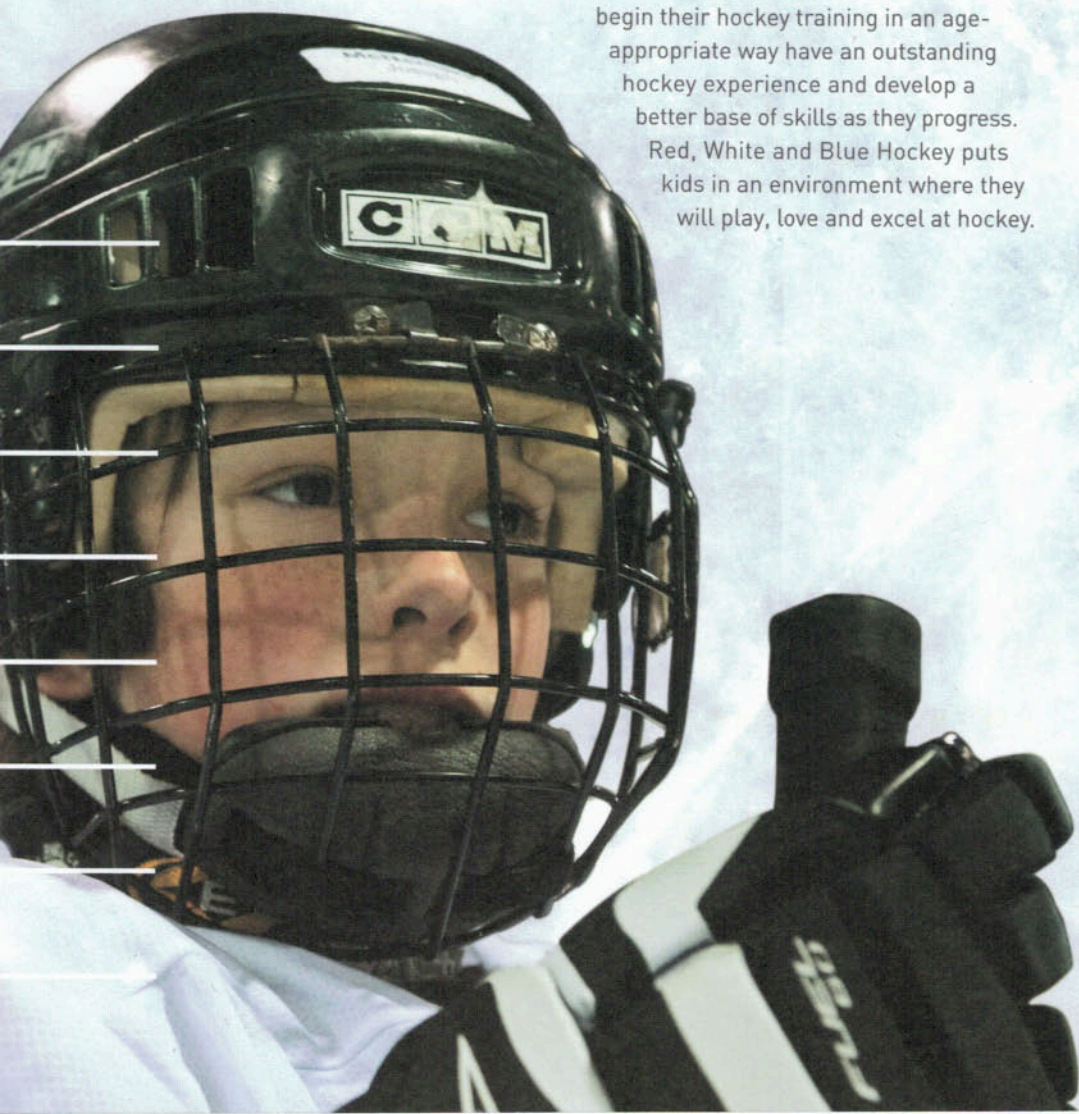
A PLAN FOR THE FUTURE

Playing Red, White and Blue Hockey works for hockey players of all ages. From Mites to Olympians, players split up the ice surface to better hone their skills. Not only that, but it's fun for everyone because everyone is involved. And with kids, the more they're engaged, the more likely they'll develop a passion for the game.

WHAT TO EXPECT AT **8U** MITE

- 1) More puck touches
- 2) Maximum ice utilization
- 3) Increased competition for all players
- 4) Fun for all participants

It has been proven that children who begin their hockey training in an age-appropriate way have an outstanding hockey experience and develop a better base of skills as they progress. Red, White and Blue Hockey puts kids in an environment where they will play, love and excel at hockey.



MORE PUCK TOUCHES

1.

THE FUN PART OF PRACTICE SHOULD ALWAYS LAST A FULL 60 MINUTES.

In hockey, we have 6- to 8-year-old kids skating the full rink surface, hardly touching the puck. How can we expect our kids to develop their skills — or a passion for the game — if they aren't really participating?

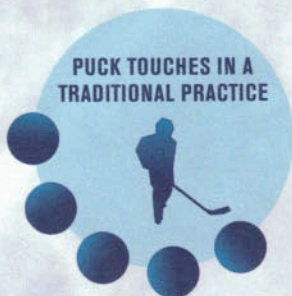
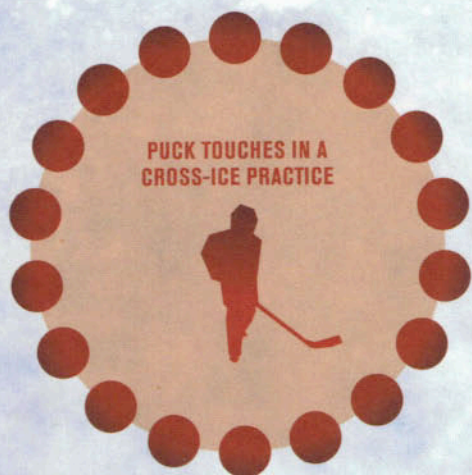
There's a direct correlation between the amount of time a player spends with the puck and their passion for the game. A study of hockey games played on the full-ice surface was originally done by George Kingston in 1976 and has since been replicated in USA Hockey's 2002 Olympic study.

THE ORIGINAL RESULTS FOUND THE FOLLOWING:

- In a 60-minute hockey game between 6- to 8-year-old children, the average player had possession of the puck for 20.7 seconds.
- Top NHL and international players were also timed, and no player exceeded 85 seconds of puck possession time.
- Youth players took an average of less than 0.5 shots per game, and junior and professional players only 1.5 shots per game.

THE STUDY CONCLUDED THAT:

- For young players in the "full-ice game model" of development, the youngest players would require 180 games and the older youth players would require 80 games to enjoy 60 minutes of actual puck possession time to execute their stickhandling, passing, pass-receiving and shooting skills.
- Professional and international players would require 60 games to ensure 60 minutes of puck-control skill development.
- Many players never touched the puck in the game, especially in youth hockey. With all the increased touches and playing time they'll get with Red, White and Blue Hockey, kids will remain active over the course of an entire game. And the more active we can keep them, the more enjoyable their experience will be. Because at the end of the day, all that matters is how much they love the game.



2. MAXIMUM ICE UTILIZATION

EVERY INCH OF ICE HAS ITS OWN STORY TO TELL.

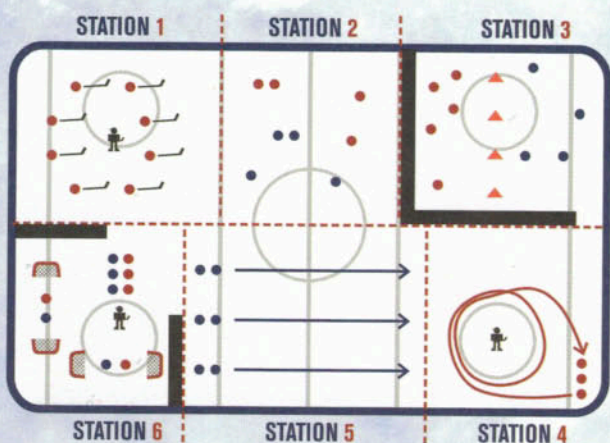
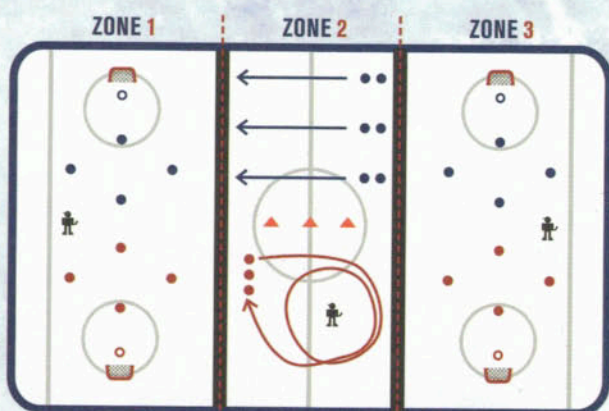
By utilizing every inch of the ice through the cross-ice principles of our Red, White and Blue Hockey program, each player can spend more time developing skills for future success. For the best players, instead of relying on the comfort of open ice, they're forced to make quicker

decisions because the ice area is smaller — which makes them better.

The players that are less experienced get better because they spend more time with the puck. For all players, more ice time and more repetitions mean more development.

GAMEDAY

Start by splitting the ice up into 3 zones, with 2 games from blue line to boards and a skill area in the middle. Rotate teams every 12–15 minutes.



PRACTICE

Split the ice into 6 zones, with a different drill happening at each one. After 7–8 minutes, players switch zones until they have played in all 6.

INCREASED COMPETITION FOR EVERY PLAYER

3.



EVERY PLAYER GETS BETTER WHEN EVERY PLAYER PLAYS.

For young kids, splitting up the ice does a lot more than make the rink smaller.

It promotes creativity, increases player participation, encourages self-learning, speeds up the learning process, and improves decision-making skills. Best of all, Red, White and Blue Hockey creates a positive environment and a passion for the game.

Through this style of practice and gameplay, the better players get better because they're working in tighter spaces and are forced to make quicker decisions. Instead of capitalizing on a breakaway, they're practicing their stickhandling and decision-making.

And the players who need a little more help get better because they're touching the puck more. They get to see the better players up close and learn from them and, not only that, they get more individualized instruction from coaches. Since the ice is smaller, coaches have more time and ability to work with players who need their help the most.

We need to focus our resources on using our ice time efficiently, and Red, White and Blue Hockey does that. It helps every player get better by providing them with increased competition — not just with other players, but with themselves.

4.

FUN FOR ALL

THE ONLY STAT WORTH KEEPING IS HOW MUCH FUN THEY'RE HAVING.

There's a direct relationship between the amount of time a player spends with the puck and their passion for the game. In the cross-ice environment, both experienced and inexperienced players will remain active over the course of an entire practice or game.

The more active we can keep them, the more enjoyable their experience will be. And the more fun they have, the more they'll learn. Because, at the end of the day, what allows them to excel is how much they love the game. Red, White and Blue Hockey makes it fun and engaging for every player on the ice — and every parent in the stands.



WHAT TO EXPECT
AT **8U** MITE

- 1) More puck touches
- 2) Maximum ice utilization
- 3) Increased competition for all players
- 4) Fun for all participants

WHAT TO EXPECT
AT **10U** SQUIRT
AND **12U** PEEWEE

- 1) A better practice-to-game ratio
- 2) Prime window for skill development
- 3) Athletes first, then hockey players
- 4) Increased emphasis on decision-making skills

WHAT TO EXPECT
AT **14U** BANTAM
AND **16U** MIDGET

- 1) Increased hockey training schedule
- 2) Player takes more responsibility for off-ice training
- 3) Managing recovery becomes important
- 4) Make sure the competition is meaningful

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AMERICANDEVELOPMENTMODEL.COM



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