

Pending Approval at the Central Section Meeting on 25 September 2010

## Cortland County Youth Hockey Association

### Mite Hockey

Mite player, as defined by USA Hockey, are those born in the calendar year 2002 or later. The New York State Amateur Hockey Association (hereafter NYSAHA) supports USA Hockey's American Development Model and has declared that exclusive cross-ice hockey programming for all Mite Programs by the 2012-2013 season. In an effort to structure consistent Mite Programs in our area, the Central Section of NYSAHA has adopted a transition proposal that will be implemented in the 2010-2011 season. As an active member of the Central Section of NYSAHA, the CCYHA will adopt the following Mite structure for the 2010-2011 season.

**Initiation Program (IP).** First year Mite skaters will begin in IP. IP provides an introduction to ice hockey by focusing on the development of skating skills. IP provides an opportunity for players to learn the fundamentals while developing in a fun, safe, and encouraging environment. IP skaters will have two practices a week on Saturday and Sunday mornings. The IP skaters will participate in the Annual Fire on Ice Tournament in March.

**Mite D.** The Mite D team is for those players who are ready to advance from IP to play a short season game schedule. Mite D skaters will continue skating skill development where encouragement, support, and fun are the primary goals. The team will be formed in January based on the IP coaches evaluations and recommendations. The Mite D team will play approximately four cross-ice games beginning in January 2011. The Mite D team will participate in the Annual Fire on Ice Tournament in March.

**Mite C.** The Mite C team will provide an opportunity for younger players who have an interest and commitment to play Mite B and other travel teams in the future. The Mite C team will provide abundant opportunity to develop skating and hockey skills. In the 2010-2011 season, the Mite C team will have cross-ice games during the fall session and will begin to play some full-ice games after January 1, 2011. The coach(es) will use their discretion in scheduling cross-ice and full-ice games after January 1. The Mite C team will play exclusively cross-ice in the 2011-2012 season. Mite C skaters will have two, one-hour practices a week during the season. The Mite C team will participate in the Annual Fire on Ice Tournament in March.

**Mite B.** The Mite B team offers players the opportunity to play hockey at a higher competitive level that requires a deeper parental and skater commitment to the game. Invitation to the team will occur during the first two weeks of practices by the coaches and following the CCYHA Travel Try-out Policy. In general 10-14 players will be selected for this team. The Mite B team will travel on weekends for local games and may attend one or more local and regional tournaments. Mite B players will play mostly full-ice games during the 2010-2011 season. In the 2011-2012 season, the Mite B team will play fall season as a cross-ice program with some full-ice games occurring after January 2012. Mite B team will be exclusively cross-ice by the 2012-2013 season. Mite B skaters will have two, one-hour practices a week during the season. The Mite B team will participate in the Annual Fire on Ice Tournament in March.

For more information on Cross-Ice Programs and the American Development Model, please visit the following web-sites.

[http://www.usahockey.com/new\\_york/](http://www.usahockey.com/new_york/) Refer to the Skill Development/Cross-Ice and ADM Program buttons on the left menu bar.

USA Hockey's American Development Model

<http://www.admkids.com/>



## **ADM UPDATE | Ten Myths About The American Development Model**

**By:** Kevin Universal, President Carolina Amateur Hockey Association

(Copied from [http://www.usahockey.com/sahof/default.aspx?NAV=AF\\_33&ID=284058](http://www.usahockey.com/sahof/default.aspx?NAV=AF_33&ID=284058) on 29 August 2010).

I realize any change good, bad, or indifferent is still a change and can be difficult for people to accept so I have started to collect a few of the negative comments that I have heard about the American Development Model (ADM) with regards to cross-ice play in the hope that I can dispel these myths.

**IT ISN'T REAL HOCKEY. USING HALF THE SURFACE AND THE SMALLER NETS WON'T HELP KIDS LEARN THE REAL GAME.** Do other sports ask their youngest athletes to play on a full-size football field, use a 10' basketball net, run 90' bases or use a full-size soccer net? No. Smaller fields and equipment are used everywhere except in hockey. Age-appropriate surfaces and equipment help put the game into perspective for younger kids, allow for better development of their skills, and most importantly, help make the game more fun for the kids!

**IT WILL BE TOO CROWDED ON THE ICE.** I have now seen two practices in person with 60+ mites on the ice at the same time and have watched multiple videos of practices with the same amount or more and have yet to see it look crowded. Well-planned out practices with the right number of coaches to help run stations are effective ways to use ice efficiently without crowding. All of the kids I witnessed at these practices and jamborees were engaged in fun drills or games with lots of puck time and plenty of smiles!

**THE KIDS WON'T LEARN TEAMWORK.** How much teamwork is involved with one skater taking the puck from one end of a full sheet of ice, skating it all the way down, and then shooting before most of the other teammates can catch up or get involved in the play? You know you have seen it at a mite full-ice game over and over. Cross-ice forces kids to work together in smaller areas to develop scoring opportunities and be creative.

**THE KIDS WON'T LEARN TO SKATE.** The ADM actually emphasizes age-appropriate skating drills but also places a lot of focus on fun drills and activities that help players develop more over the long term. The smaller areas also help kids increase their quickness and explosive speed which is best developed at the younger ages.

**THE KIDS WON'T LEARN ABOUT POSITIONING.** It won't matter if kids know where to be if they can't skate there or if they don't enjoy the game. Also, teaching position too early can stifle creativity and a player's ability to think on the fly. Players can learn more when they are older about positioning, breakouts, and forechecking systems without hurting their development early on.

**THE ADM IS ONLY FOR THE AVERAGE PLAYER.** Kids learn, grow and develop at different speeds and the ones you think at age 7 might be the next superstar might not develop as fast as others later on. Providing good coaching and development to all is important when kids are young since early segmentation has proven to be unreliable as a predictor of which kids will develop into elite athletes. It's best for those kids who excel early on to continue to focus on age-appropriate drills that will best help their long-term development. Those drills can help both the 6-year-old who has been skating for three years and the 8-year-old who is enjoying his first season.

**HOW WILL KIDS GET IN SHAPE OR GET THEIR CONDITIONING?** Have you battled for a puck in the corner and gone back and forth in about a 10' space for 20 seconds? Have you ever worked the top of a penalty kill and gone back and forth between the point and the slot four

times? There are numerous ways kids can get conditioned in small areas or in small games so don't worry about missing out on that aspect with the ADM. There are a lot more ways than skating lines on a full sheet to build up conditioning, especially with fun drills and small area games that keep kids smiling and wanting more even though they are dead tired!

**TOO MUCH FUN IS A BAD THING.** Really? If the kids are enjoying the puck touches, the small games, the scoring, and are learning to love development how can that ever be a bad thing? I just don't get that comment but hey, people have said that (I can't make this stuff up). Think about it. If the kids come off the ice tired, developed, smiling and excited about when they can come back again for more, where is the down side? I wish everyone could find something they enjoy so much that is also great for their long-term development!

**THE RINKS AND ASSOCIATIONS ARE JUST TRYING TO MAKE MORE MONEY BY JAMMING MORE KIDS ON THE ICE.** It couldn't be further from the truth. First, re-read the myth about crowding. Second, more efficient use of the ice can decrease your costs and can increase the number of times you practice each week. I, too, was once a hockey snob when my kids were younger and thought they needed more full ice. They would have been better developed if they had used what ice they had more efficiently and practiced more often than having a full sheet all to themselves. This could have improved their skills, made the game even more enjoyable to them, and helped reduced the cost mom and dad felt each season.

**THE KIDS WON'T HAVE AS MUCH FUN.** Ask your kids if they like to play games or stand around? Ask them if they like to carry the puck and score goals? Ask them if they like whistles and stoppages in play? Kids invariable have more fun when they are actively engaged during practice or in a game. High-energy drills, variety of drills, drills with pucks and small games all help develop kids while they are having loads of fun! Also cross-ice games support these same ideals with more puck touches, more scoring opportunities, less stoppages and make for a more enjoyable game for everyone involved!

There has been a lot of research and effort by USA Hockey looking at how to approach the game so give the ADM a chance when your organization starts to implement pieces of the model and I am very confident you'll be pleasantly surprised with the results!