



The ADM utilizes long term athlete development (LTAD) principles as its framework.

LTAD principles which are rooted in successful programs throughout the world can be used as a basis on which to make our existing systems and structures more consistent and successful. Couple this with an overarching philosophy of making the game FUN at all levels will in turn create a passion in each player allowing them to reach their potential and be a life long hockey enthusiast.

The recommended club structure at each age group is listed below. To learn much more about ADM and to find contact information for the ADM regional manager in your area please visit [www.admkids.com](http://www.admkids.com).

## CLUB STRUCTURE

1

### 8 & Under (Mites):

- 50-60 ice sessions per season
- 2-3 ice sessions per week, 1 off-ice session per week
- 50-minute ice sessions
- 20 weeks per season, 5 to 6 months
- 9-13 skaters per team; no full-time goalies
- 4+ teams per ice session
- Minimum of 16 cross-ice/half-ice games and 34 practices
- Maximum of 20 cross-ice/half-ice games and 40 practices
- Players grouped: Top 1/3, Middle 1/3, Bottom 1/3

2

### 10 & Under (Squirts):

- 95-100 ice sessions per season
- 3-4 ice sessions per week, 2 off-ice sessions per week
- 60-minute ice sessions
- 6-month training and competition calendar
- 10-12 skaters and 1 goalie per team
- 3 teams per practice session
- 75-80 practices and 20-25 games
- Players grouped: Top 1/2, Bottom 1/2

3

### 12 & Under (Peewees):

- 105-120 ice sessions per season
- 4 ice sessions per week, 2 off-ice sessions per week
- 60-minute ice sessions (minimum)
- 7-month training and competition calendar
- 15 skaters and 2 goalies per team
- 2 teams per practice twice a week, 1 single team practice
- 80-90 practices and 30-35 games
- Players grouped: 2 teams at highest level

### 13-14 & Under (Bantams):

- 120 ice sessions per season
- 3-4 ice sessions per week
- 60-80 minutes per session
- 7-8-month training and competition calendar
- 80-85 practices and 35-45 games
- 16 skaters and 2 goalies per team
- Appropriate off-ice training for LTAD stage

### 15-16 & Under (Midgets):

- 120 ice sessions per season
- 3-4 ice sessions per week
- 60-80 minutes per session
- 7-8-month training and competition calendar
- 80-85 practices and 35-45 games
- 16 skaters and 2 goalies per team
- Appropriate off-ice training for LTAD stage

### 18 & Under (Midgets):

- 125 total ice sessions per season
- 3-4 ice sessions per week
- 60-80 minutes per session
- 7-8-month training and competition calendar
- 80-85 practices and 40-50 games
- 18 skaters and 2 goalies per team
- Appropriate off-ice training for LTAD stage

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*Once a player has reached the Bantam level, he or she can take part in an accelerated track. This track is designed to get them more ice time, which means more time can be devoted to specific skill development. It is a more rigorous track, but it is also one that provides talented skaters with more opportunity to hone their craft.*

**Like the kids it aims to help, ADM will no doubt take time to reach its full potential.** But with passionate coaches, administrators and parents, we can lay groundwork for the years to come. Groundwork that begins with proper training.

And proper training starts with praising and coaching players equally instead of showing bias toward kids who display early aptitude. We need to get away from praising talent and start to praise effort. Praising talent is de-motivating and not really accurate because at young ages it really may not be talent. It's crucial that, for developmental purposes, we allow kids to develop at their own pace. Kids that excel early tend to be physically more mature. Even six months can make a huge difference.

Everyone is familiar with the story of Michael Jordan – the most famous basketball player of all time – being cut from his high school basketball team. His story is living proof that kids reach their potential at different times.

**13-14 & Under (Bantams):**

- 160 ice sessions per year
- 4-5 ice sessions per week
- 80-minute practice sessions
- Combined and separate practices for team and position
- 9-month training and competition calendar
- 16 skaters and 2 goalies per team
- 120-130 practices and 40-50 games
- 16 skaters and 2 goalies per team
- Appropriate off-ice training for LTAD stage

**15-16 & Under (Midgets):**

- 160 ice sessions per year
- 4-5 ice sessions per week
- 80-minute practice sessions
- Combined and separate practices for team and position
- 9-month training and competition calendar
- 16 skaters and 2 goalies per team
- 120-130 practices and 40-50 games
- 16 skaters and 2 goalies per team
- Appropriate off-ice training for LTAD stage

**18 & Under (Midgets):**

- 200+ total ice sessions
- 5-6 ice sessions per week
- Combined and separate practices for team and position
- 10-month training and competition calendar
- 130-140 practices and 50-60 games
- 18 skaters and 2 goalies per team
- Appropriate off-ice training for LTAD stage

**4**

**5**

