



Association Hockey Director WAHA Conference Forum August, 2021

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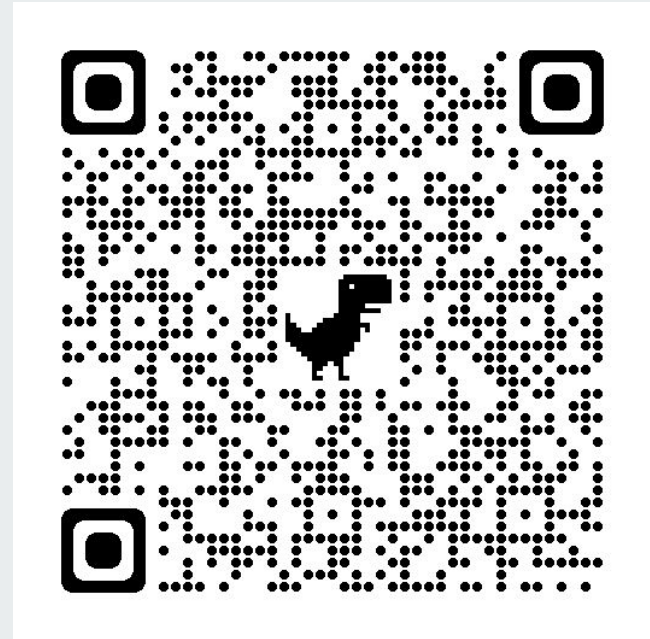
WAHA Interim Coach in Chief



QR Code for Today's presentation

<https://bit.ly/3xmLjL7>

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Objectives for Today



Increase player enjoyment, retention, and player development through leadership and utilization of best practices.

- Breaking down the myths surrounding developing youth hockey players, age appropriate off-ice training and teaching concepts and habits.
- How associations can structure their season and learn to incorporate LTAD practices and principles to help all players get the most out of their youth hockey experiences.
- Open forum for discussions and insights on how WAHA and USA Hockey can support your association.





→ Who Are You?

Tell us who you are and your role(s) in your association.

→ What Do You Want to Accomplish?

What are your goals for the upcoming season?

→ One Take-Away You Want From Today

What is one thing you want to take away from today's forum?

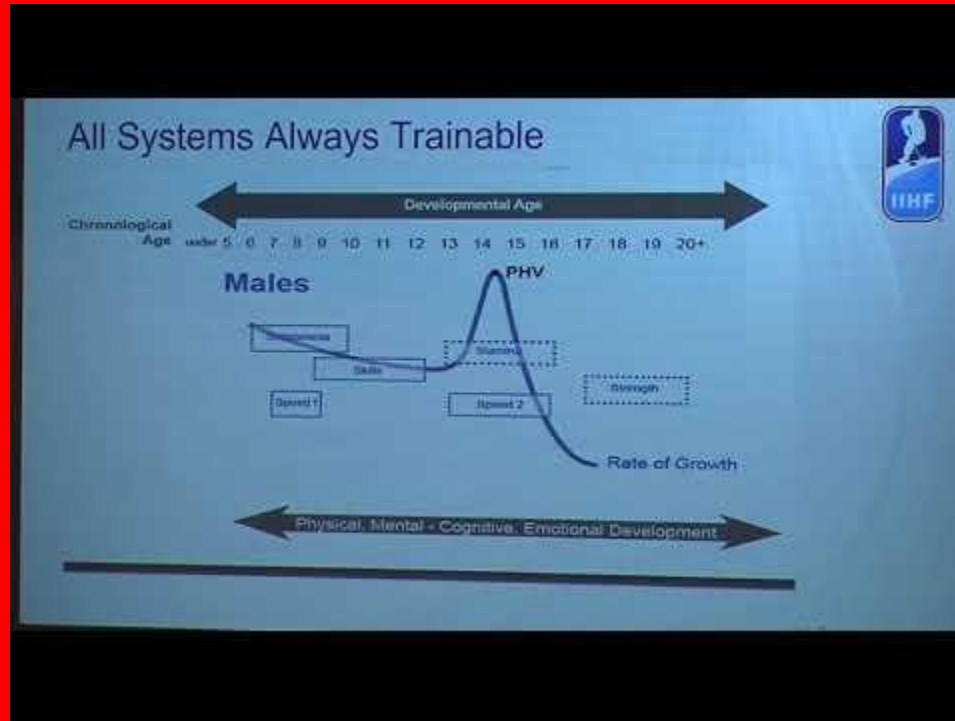
→ Favorite Hockey Memory

Share a favorite memory you have from hockey



How associations can structure their season and learn to incorporate the ADM and LTAD practices and principles to help all players get the most out of their youth hockey experiences.

Breaking down the myths surrounding developing youth hockey players.



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The ADM utilizes LTAD principles as its framework. Developed by renowned coach educator Istvan Balyi and adapted to ice hockey by USA Hockey, the principles of LTAD are rooted in successful programs throughout the world.



Stages of LTAD

<https://www.minnesotahockey.org/page/show/718520-long-term-athlete-development>

10 Factors of LTAD



FUNDamentals - Learning basic movement and sports skills should be made FUN

Specialization - Well-rounded, multisport athletes have the highest potential to achieve

Trainability - Missing optimum opportunities significantly affects a child's ability to reach his or her potential

Ten Year Rule - Refers to the '10 year - 10,000 hour rule' relating to the need of practice for three hours a day for 10 years to become proficient

Physical/Mental/Cognitive/Emotional Development - Focusing while remaining calm and confident is an essential skill to long-term performance

Biological Age vs. Chronological Age - Chronological age is a poor guide to segregate adolescents for competition

Periodization - Segmenting the calendar year into appropriate time intervals for preparation, competition, rest and recovery

System Alignment and Integration - We need a structure that is athlete-centered and looks at the individual player's development

Calendar Planning for Competition - There needs to be a better system for how to best use our kids' time on and off the ice

Continuous Improvement - The LTAD principles on which ADM is built address core needs for all players



USA Hockey ADM Long Term Athlete Development

Hockey is For Life



USA Hockey's American Development Model

Hockey for Life

Any Age – Players can enter at any stage. "Hockey for Life" can provide quality recreational opportunities for all ages. USA Hockey also hopes that its adults will lead a physically active lifestyle and continue to contribute to the sport through volunteerism as coaches, referees and administrators.

Active Start	Fundamentals	Learn to Train	Train to Train	Learn to Compete	Train to Compete	Train to Win
<p>Ages 0-6</p> <p>This early development period is essential for acquiring fundamental movement skills (running, gliding, jumping, kicking, catching, striking...) that lay the foundation for more complex movements, thereby preparing children for a physically active lifestyle. USA Hockey encourages activity that incorporates fundamental movement skills in the 4 environments that lead to physical literacy.</p> <ul style="list-style-type: none"> • In the water: Swimming • On the ground: Athletics • In the air: Gymnastics • On ice and snow: Sliding (skating) <p>Kids should start with a learn to skate program and then a learn to play program as their initial steps into ice hockey.</p> <p>6 & Under (Males): 90-80 ice sessions 2-3 ice sessions per week 50-60 minute ice sessions 7-9 skaters per team 0 full-time goals 34-40 quality practices 16-20 cross-ice game days</p>	<p>Ages 6-8 Female Ages 6-9 Male</p> <p>The objective of this stage is to refine fundamental movement skills and begin to acquire basic sports skills. This is the time when a foundation is laid for future acquisition of more advanced skills.</p> <p>The focus is on the development of physical literacy. Fundamental movement skills should be mastered and motor development emphasized, while the participation in many sports/activities is encouraged. For optimal skill acquisition, the basic hockey skills of skating and puck control are introduced. P8 competitions are also introduced in a team environment.</p> <p>8 & Under (Males): 90-80 ice sessions 2-3 ice sessions per week 90-100 ice sessions/week 9-12 skaters per team 0 full-time goals 34-40 quality practices 16-20 cross-ice game days</p>	<p>Ages 8-11 Female Ages 9-12 Male</p> <p>This is the period of accelerated learning of coordination and fine motor control and is the critical stage for the acquisition of hockey skills.</p> <p>Prior to the beginning of the growth spurt, players have the best opportunity to learn and begin to master fine motor skills that can be used in combination with other skills. In most cases, what is learned or not learned in this stage will have a very significant effect on the level of play that is achieved later on.</p> <p>Players should be able to begin to transfer skills and concepts from practices to games. Group interaction, team building and social activities should be emphasized. A balance of practices and games will promote the continued development and mastery of key hockey skills.</p> <p>10 & Under (Males): 90-100 ice sessions/week 3-4 on-ice/off-ice sessions/week 60 minute ice sessions 10-12 skaters and 1 goalie 75-80 quality practices 20-25 game days</p> <p>12 & Under (Females): 105-120 ice sessions 4 on-ice/2 off-ice sessions/week 60+ minute ice sessions 12 skaters and 2 goalies 80-80 quality practices 30-35 game days</p>	<p>Ages 11-15 Female Ages 12-16 Male</p> <p>The focus of this stage is to further develop sports specific skills, begin to reintroduce competition, and start to emphasize support training to continue development of speed, strength and stamina while maintaining flexibility.</p> <p>Players should consolidate sport specific technical skills with an increased emphasis on hockey and a reduction in the number of other sports played. A continued emphasis is also placed on the development of individual and group tactics. Social and emotional considerations are addressed by placing an emphasis on team-building, group interaction and social activities.</p> <p>14 & Under (Males): 160 ice sessions 4-5 ice sessions per week 80 minute ice sessions Combined and separate practices for team/position</p> <p>16 & Under (Males): 180 ice sessions 8 month training calendar 16 skaters and 2 goalies 120-130 quality practices 40-50 games Appropriate off-ice training for 1340 stage</p>	<p>Ages 15-18 Female Ages 16-18 Male</p> <p>This is the time to prepare athletes for the competitive environment, continue to refine technical skills, ancillary skills and develop the physical attributes.</p> <p>The focus is on optimizing fitness preparation and to begin to specialize in ice hockey. Training should be individualized to the athlete's particular needs in skill development, mental preparation, fitness and recovery. During this stage, training volume will increase, as does training intensity. Competitions become more important and the focus shifts to performance. Training will stress the development of position specific technical and tactical skills under competitive conditions. Mental skills that contribute to performance are also emphasized.</p> <p>18 & Under (Males): 200 ice sessions 8-8 ice sessions per week 80 minute ice sessions Combined and separate practices for team/position</p> <p>19 & Under (Female): 200 ice sessions 8-8 ice sessions per week 80 minute ice sessions Combined and separate practices for team/position</p> <p>10 month training calendar 18 skaters and 2 goalies 130-140 quality practices 50-60 games Appropriate off-ice training for 1340 stage</p>	<p>Ages 19-21 Female Ages 19-21 Male</p> <p>The objective of this stage is to transfer from the training environment to a competitive environment. Athletes must consolidate technical skills, and maintain ancillary skills and underlying physical capacities. During this stage training volume remains high while intensity increases with the importance of competitions. The training is usually 15+ months of the year and is disciplined and hockey specific. Athletes will usually be required to move away from home for training and competition environments that fit this level of athlete development. The training is individualized to the athlete's particular needs in skill development, mental preparation, fitness and recovery.</p> <p>Junior, NCAA: Training calendar that equally supports both training and competition.</p>	<p>Ages 19+ Female Ages 19+ Male</p> <p>The focus of this stage is the stabilization of performance on strength characteristics and excellence within the highest level of performance at the NHL, World Championships and Olympics. This is the final phase of athletic preparation that only a very small minority will achieve. Maturation is complete and all the performance factors should be fully established to optimize performance in national or international competitions. The athletes in this stage will be the performers in the highest level professional leagues and at the highest international level. It is important to build a winning strategy with these athletes, and to individualize training and recovery programs to prevent over-training.</p> <p>NCAA, Professional: Appropriate training that supports competition calendar.</p>

For complete details, visit ADMkids.com



Training and player development before, during and following the Covid-19 Pandemic.

- What did we learn?
- What can we use to improve?

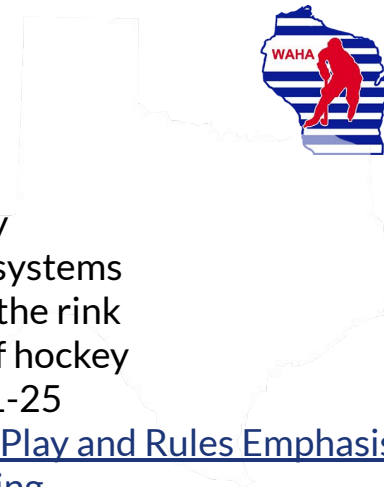
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Other Possible Topics of Information

- Positionless hockey
 - Concepts vs systems
 - Shrink the rink
 - The 4 roles of hockey
- Rule Changes 2021-25
 - [Standards of Play and Rules Emphasis -Body Checking](#)
 - [Highlights of Rule Changes](#)
- Your Topics





Resources and Materials

- Continuous Coaching Development
 - [Positive Coaching Alliance](#)
 - [Association for Applied Sport Psychology](#)
 - [IIHF LTP Resources](#)



3-2-1 Closure

- Breaking down the myths surrounding developing youth hockey players, age appropriate off-ice training and teaching concepts and habits.
- How associations can structure their season and learn to incorporate LTAD practices and principles to help all players get the most out of their youth hockey experiences.
- Open forum for discussions and insights on how WAHA and USA Hockey can support your association.



**3 take-aways
from today**

**2 things I am
wondering about
and want to
investigate more**

1 question I have



Never Be a Child's Last Coach

[Jon Kessel](#)

