

ARCTIC JR. FURY ADM
SILVER MINOR MITE
SPRING HOUSE PROGRAM

Beginning: March 22, 2015

10 Weeks: One day per week / 90 minute ice slot

Max Enrollment: 36 per ice slot

Minor Mites Only: (Ages 5-6) Birth Years 2009-2010

Sundays: 1:30pm-3:00pm

Cost: \$225.00 per skater

Purpose: To improve all youth hockey player's ability, balance and coordination in a positive environment for maximum physical and psychological growth.

By using USA Hockey's ADM model of development and dividing the 90 minutes of ice time into two 45 minute programs. The first 45 minutes will be focused on skill development. The ice will be divided into 6 practice stations, where players will rotate stations, allowing for best utilization while providing skaters an opportunity to gain endurance with continuous movement. The focus will be on skating, puck handling, passing, and shooting. Having 6 stations with coaches in each station, the six or seven players in each station will receive more instruction and get plenty of time to develop their skills.

The second 45 minutes will consist of 3 vs 3 cross ice hockey games. The players will be divided on the ice into teams and have automatic line changes every 1 ½ to 2 minutes.

1. **More touches per player**

Smaller spaces mean more opportunity for a player to touch the puck and ultimately improve their game.

2. **Age appropriate training**

By shrinking the ice down to their level, we can get kids more involved and have them learn skills quicker and easier.

3. **Cost savings**

Because multiple teams share the ice, parents save on the ice costs.

4. **Increased competition**

Because of the smaller ice surface, players of all skill levels will need to think and act quicker, resulting in more frequent battles for the puck.

