



ALL PLAYERS AGE 5-7

SPRING 2020

To improve each player's agility, balance and coordination in a positive environment to maximize physical and psychological growth.

FOCUS:

We utilize USA Hockey's ADM model of development and divide the 90 minutes of ice time into two (2) Focus'. Focus 1: skill development through station based drills. Focus 2: utilizing skills in a fun relaxed game format where players can begin to try the skills they have been honing from Focus 1.



MORE TOUCHES PER PLAYER

Smaller spaces mean more opportunities for each player to touch the puck and improve their game.



Age Appropriate Training

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



Increased Competition

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

**LIMITED SPACE
AVAILABLE**

**LOTS OF ICE
& LOTS OF
FUN**

ADM Station Focuses...

- Skating
- Puck Handling
- Passing
- Shooting
- 1 on 1's & 2 on 0's
- And more...

**Most importantly...
repetition will help
players to learn,
grow and develop!!**

10 weeks: 1-3pm Sundays

April 5 – June 14

\$225 per skater Goalies play for free



2020 SPRING HOCKEY



SPRING MITE SILVER ADM SCHEDULE

Date	Day	Time	Rink
4/5	Sunday	1:30-3:00 PM	EUROPEAN
4/12	Sunday	1:30-3:00 PM	EUROPEAN
4/19	Sunday	1:30-3:00 PM	EUROPEAN
5/3	Sunday	1:30-3:00 PM	EUROPEAN
5/10	Sunday	1:30-3:00 PM	EUROPEAN
5/17	Sunday	1:30-3:00 PM	EUROPEAN
5/24	Sunday	1:30-3:00 PM	EUROPEAN
5/31	Sunday	1:30-3:00 PM	EUROPEAN
6/7	Sunday	1:30-3:00 PM	EUROPEAN
6/14	Sunday	1:30-3:00 PM	EUROPEAN

ADM USA HOCKEY
AMERICAN DEVELOPMENT MODEL

let them **PLAY**

let them **HAVE FUN**

let them **FAIL**

let them **LEARN**

let them **SUCCEED**

let them **BE KIDS**

NHL

admkids.com



Questions / for more information
Coach Chris Cimoch
708-403-4231 X138
Chris@ArcticIceArena.net