

USA Hockey provides the foundation for the sport of ice hockey in America; helps young people become **leaders**, even Olympic heroes; and **connects the game** at every level while promoting a lifelong **love of the sport**.

Leaders: develop leadership skills by establishing play and conduct standards, and holding players accountable. At its ideal, players are self-disciplined and hold themselves accountable. Coaches recognize leadership through assigning leadership roles, awarding excellence, and demonstrating the standard.



Connecting: coaches and staff create an environment of constant communication. Ideally, that communication with face-to-face with parents and players. Communication also includes digital means to keep families informed. Coaches will periodically update players and families on player performance, and outline means to improve.

Love of the sport: The players are the center of our program; all our efforts go toward improving the individual player, teams, and fostering a love of the game.



Cyclones Team Organization



Overall Program Positions

General Manager
 Board of Directors
 President of the Board
 THFF and Marketing Director

ACE
 Treasurer
 Lead Team Manager
 Safe Sport Coordinator



Cyclones House

U8 Mites

U10 Squirts

U12, U14 and up

Head Coach	Head Coach	Head Coach
Coaches	Coaches	Coaches
Manager	Manager	Manager
Scoreboard / Score Keeper	Scoreboard / Score Keeper	Scoreboard / Score Keeper
Practice Set up Crew Members		House Webmaster
Entertainment Manager (Exhibitions only)		House Photographer



Cyclones Travel

U10 Squirts

U12 Pee Wees

U14 Bantams

U16

Head Coach	Head Coach	Head Coach	Head Coach
Coaches	Coaches	Coaches	Coaches
Manager	Manager	Manager	Manager
Score board / Score Keeper	Score board / Score Keeper	Score board / Score Keeper	Score board / Score Keeper
Entertainment Manager	Entertainment Manager	Entertainment Manager	Entertainment Manager
Photographer / Webmaster	Photographer / Webmaster	Photographer / Webmaster	Photographer / Webmaster
Set up Crew Members (Practices Only)			

LTP

Head Coach	Equipment Manager ("Team Mom")
Coaches	Practice Set up Crew Members



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 as adults we lead a physically active lifestyle and continue to contribute to the sport through volunteerism as coaches, referees and administrators.

Active Start

Ages 0-6

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:

- **In the water:** Swimming
- **On the ground:** Athletics
- **In the air:** Gymnastics
- **On ice and snow:** Sliding (skating)

Kids should start with a learn to skate program and then a learn to play program as their initial steps into ice hockey.

6 & Under (Mites):
50-60 ice sessions
2-3 ice sessions per week
50-60 minute ice sessions
7-9 skaters per team
0 full-time goalies
34-40 quality practices
16-20 cross-ice game days

FUNdamentals

Ages 6-8 Female Ages 6-9 Male

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.

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. FUN competitions are also introduced in a team environment.

8 & Under (Mites):
50-60 ice sessions
2-3 on-ice/1 off-ice sessions/week
50-60 minute ice sessions
9-12 skaters per team
0 full-time goalies
34-40 quality practices
16-20 cross-ice game days

Learn to Train

Ages 8-11 Female Ages 9-12 Male

This is the period of accelerated learning of coordination and fine motor control and is the critical stage for the acquisition of hockey skills.

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.

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.

10 & Under (Squirts):
95-100 ice sessions
3-4 on-ice/2 off-ice sessions/week
60 minute ice sessions
10-12 skaters and 1 goalie
75-80 quality practices
20-25 game days

12 & Under (Peewees):
105-120 ice sessions
4 on-ice/2 off-ice sessions/week
60+ minute ice sessions
12 skaters and 2 goalies
80-90 quality practices
30-35 game days

Train to Train

Ages 11-15 Female Ages 12-16 Male

The focus of this stage is to further develop sports specific skills, begin to introduce competition, and start to emphasize support training to continue development of speed, strength and stamina while maintaining flexibility.

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.

14 & Under (Bantam) & 16 & Under (Midget):
160 ice sessions
4-5 ice sessions per week
80 minute ice sessions
Combined and separate practices for team/position
9 month training calendar
16 skaters and 2 goalies
120-130 quality practices
40-50 games
Appropriate off-ice training for LTAD stage

Learn to Compete

Ages 15-18 Female Ages 16-18 Male

This is the time to prepare athletes for the competitive environment, continue to refine technical skills, ancillary skills and develop the physical attributes.

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.

18 & Under (Midget) & 19 & Under (Female):
200 ice sessions
5-6 ice sessions per week
80 minute ice sessions
Combined and separate practices for team/position
10 month training calendar
18 skaters and 2 goalies
130-140 quality practices
50-60 games
Appropriate off-ice training for LTAD stage

Train to Compete

Ages 19-21 Female Ages 19-23 Male

The objective of the Train to Compete 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 10+ 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.

Junior, NCAA:
Training calendar that equally supports both training and competition.

Train to Win

Ages 19+ Female Ages 19+ Male

The focus of this stage is the stabilization of performance on demand 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 league 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.

NCAA, Professional:
Appropriate training that supports competition calendar.



Cyclone Player Developmental Timeline



Joint ADM				Joint ADM				
Joint Games		House Exhibitions		Joint House Exhibitions / Scrimmages				
No Travel Practices		Joint Travel Practices				Travel Practices		
U6 Mites	U8 Mites 1st Year	U8 Mites 2nd Year	U10 Squirts 1st Year	U10 Squirts 2nd Year	U12 Pee Wees 1st Year	U12 Pee Wees 2nd Year	U14 Bantams 1st Year	U14 Bantams 2nd Year
		★	★	★	★	★	★	★

"Golden Ages of Player Development"

- Station Based
- X-ice games
- Puck Pursuit
- Puck Support
- Puck Support

- Station Based
- X-ice games
- Puck Pursuit
- Puck Support
- Intro to positioning
- Active practices

- Combination of Stations and full ice
- X-ice games
- Small Area Games
- Puck Pursuit
- Puck Support
- Intro to body contact
- Breakouts
- Zone entry
- Special Teams

- Full-ice and X-ice games
- Small Area games
- Speed Training
- Puck Pursuit
- Puck Support
- Body contact
- Offensive and defensive concepts
- Systems
- Hockey sense

- Full-ice and X-ice games
- Small Area games
- Speed Training
- Team Concepts
- Body contact
- Body Checking

EVERYTHING WE DO IS UNDERPINNED BY CHARACTER DEVELOPMENT

- ★ September Coaches Discussion
- ★ January Coaches Discussion

- Coaches Discussion
- Status of players, overall
 - Readiness of 2nd year players to practice at higher level
 - Coaches complete assessment forms for players
 - NOTE: Players will finish season with exit assessments

- Practice-up Rules
- Move 2 or more
 - Assign a mentor from the higher team
 - Must include an assessment not only of player's physical ability to practice up, but also player's mental and emotional abilities
 - Agree to the move within coaching prior to talking to parents

*Model is nested with USA Hockey Coaching Education Program Skill Progressions for Youth Hockey handbook



Example Cyclones Practice Schedule (In Season)



In Season Weekday Schedule

Level	Monday	Tuesday	Wednesday	Thursday	Friday
House	U14 ADM	U8 and U10 ADM	U10 and U12 Travel	U14 Travel	
Travel					

Saturday Schedule (when no Travel Games or House Exhibitions)

Time	Mites	Squirts	Pee Wees	Bantams
0900-0930	Gear Prep	Off-Ice Training	Off-Ice Training	
0930-1030	On-Ice Scrimmages	White Board Classes; gear prep	White Board Classes; gear prep	Off Ice Training
1030-1130	Select stay with Squirts	On-Ice Practice	On-Ice Practice	White Board Classes; gear prep
1130-1230		Select stay with Bantams	Select stay with Bantams	On-Ice Practice

*** When program has Travel Games or House Exhibitions, combine house programs and gain more ice time for players.**



Example Cyclones Practice Schedule (Off-Season)



Off Season Weekday Schedule

Level	Monday	Tuesday	Wednesday	Thursday	Friday
Mites	ADM and Cross-Ice Games		Power Skate (7 & 8 y/o)		
Squirts & Pee Wee		ADM and stations	Power Skate		
Bantam			Power Skate	Skills Practice	

* Players with additional skating needs can elect to conduct skating classes with a skating instructor

Example Squirt & Pee Wee Off Season Practice

Time	Station 1: 3 v 3 Game at scoreboard end	Station 2: Various Skills at center ice	Station 3: technical team play at flag end
First 15 Minutes	Group 1	Group 2	Group 3
Second 15 Minutes	Group 2	Group 3	Group 1
Third 15 Minutes	Group 3	Group 1	Group 2
Final 15 Minutes	Power skating and physical stamina		