



USA Hockey's American Development Model Club Structure



6U Mites	8U Mites	10U Squirt	12U Pee Wee	14U Bantam	16U Midget Minor	18U Midget Major
House or Travel	House or Travel	House or Travel	House – Tier II – Tier I	House – Tier II – Tier I	House – Tier II – Tier I	House – Tier II – Tier I
Practices:	Practices:	Practices:	Practices:	Practices:	Practices:	Practices:
Game Days:	Game Days:	Game Days:	Game Days:	Game Days:	Game Days:	Game Days:
Off – Ice:	Off – Ice:	Off – Ice:	Off – Ice:	Off – Ice:	Off – Ice:	Off – Ice:
Total Sessions:	Total Sessions:	Total Sessions:	Total Sessions:	Total Sessions:	Total Sessions:	Total Sessions:
Age Coordinator:	Age Coordinator:	Age Coordinator:	Age Coordinator:	Age Coordinator:	Age Coordinator:	Age Coordinator:
Skating Coach:	Skating Coach:	Skating Coach:	Skating Coach:	Skating Coach:	Skating Coach:	Skating Coach:
Stickhandling Coach:	Stickhandling Coach:	Stickhandling Coach:	Stickhandling Coach:	Stickhandling Coach:	Stickhandling Coach:	Stickhandling Coach:
Start Date:	Start Date:	Goalie Coach:	Goalie Coach:	Goalie Coach:	Goalie Coach:	Goalie Coach:
Finish Date:	Finish Date:	Start Date:	Start Date:	Start Date:	Start Date:	Start Date:
Practice Plans Collected Yes or No	Practice Plans Collected Yes or No	Finish Date:	Finish Date:	Finish Date:	Finish Date:	Finish Date:
Practice Plans Collected Yes or No	Practice Plans Collected Yes or No	Practice Plans Collected Yes or No	Practice Plans Collected Yes or No	Practice Plans Collected Yes or No	Practice Plans Collected Yes or No	Practice Plans Collected Yes or No
6 & Under (Mites) 50- 60 Ice Sessions 2- 3 On-Ice per week 50-60 min. ice sessions 7-9 Skaters per Team No full-time goalies 34-40 Quality Practices Station Based Practices 16-20 cross-ice game days Blue Puck in all sessions	8 & Under (Mites) 50-60 Ice Sessions 2-3 On-Ice per week, 1 Off-Ice per week 50-60 minute ice sessions 9-12 Skaters per Team No full-time goalie 34-40 Quality Practices 16-20 cross-ice game days Blue Puck in all sessions	10 & Under (Squirts): 95-100 Ice Sessions 3-4 On-Ice per week 1-2 Off-Ice per week 60 minutes ice sessions 10-12 Skaters & 1 Goalie 75-80 Quality Practices Station Based Practices 20 – 25 'Game Days'	12 & Under (Peeewe)s: 100-120 Ice Sessions 4-5 On-Ice per week 2-3 Off-Ice per week 60+ minutes ice sessions 12 Skaters and 2 Goalies 80 – 90 Quality Practices Station Based Practices 30 – 35 'Game Days'	14 & Under (Bantams) 160-170 Ice Sessions 4-5 On-Ice per week 2-3 Off-Ice per week 80 minute ice sessions Combined and separate practices for team/position 9 month training Calendar 15 Skaters and 2 Goalies 120-130 Quality practices 40-50 'Game Days'	16 & Under Midget Minor 160-180 Ice Sessions 4-5 On-Ice per week 2-3 Off-Ice 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 'Game Days'	18 & Under Midget Major 190-200 Ice Sessions 5-6 On-Ice per week 3-4 Off-Ice 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 'Game Days'

