

# **2023-24 ARCTIC JR FURY MINOR MITE ADM FALL PROGRAM**

For Players Born 2016 & 2017

**September 17 - March 10**

**FULL SEASON!! One 60 minute ice slot per week.**

**Due to Major Holidays, and previously  
scheduled events, NO ICE on 12/24, or  
12/31**

**SUNDAYS: 11:50-12:50pm**

**MAX ENROLLMENT - 35 PLAYERS**

**\$700 per skater**

This fee will include the Arctic Freeze  
tournament December 16-18, 2023

## **NO REFUNDS**

Using USA Hockey's ADM model of development and dividing the 60 minutes of ice time into practice stations, small area games, skill work, and cross ice scrimmages to maximize player touches and reinforce recently acquired skills to prepare them for Full Ice Jr Fury the next season!

### 1. More touches per player.

Smaller spaces mean more opportunity for a player to touch the puck and ultimately improve their individual skills (Edge work, stickhandling, passing, shooting, and decision making).

### 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 more efficiently.

### 3. Increased Competition.

Because of the smaller ice surface, players will need to think quickly, and learn to do things in small, tight spaces. The goal is to improve youth hockey player's ability, balance and coordination in a positive environment for maximum physical and psychological growth. Coaches will encourage players to think and act quickly, resulting in a strong player development. "We as players grow in size, but the rink stays the same. Players of all ages need to learn how to play in small areas"

### 4. Cross Ice Games

We will bring in other clubs ADM groups to play Cross Ice Games against our ADM group. This way our players can practice the skills they have learned in game-like situations, and have some fun while playing against an opponent! (Cross Ice Game Dates- TBD)



Please direct any questions to Ryan Holke at, [Hockeydirector@arcticicearena.net](mailto:Hockeydirector@arcticicearena.net)