



The Wilbraham Parks & Recreation Department is proud to host:

# **ROGER GRILLO USA HOCKEY ADM REGIONAL MANAGER**

Thursday, January 24, 2019

Starts at 6:30pm

Minnechaug Regional High School  
621 Main Street, Wilbraham, MA 01095



*For a presentation on the*  
**AMERICAN DEVELOPMENT MODEL (ADM)**



**The ultimate goal of the American Development Model is to create positive experiences for American athletes at every level.**

**Who shouldn't miss it...**

**Coaches • Parents • Players • Board Members • Anyone involved in youth sports • If you're reading this, you should be there!**

**ADM is for ALL levels of youth sports**

*Please see second page for information  
on Roger and the Presentation*

## **Who is Roger Grillo and what is the American Development Model...**

A veteran hockey coach with over 20 years of coaching experience at the high school and collegiate levels, Roger Grillo joined USA Hockey as a regional manager of the American Development Model in June 2009. Grillo joined USA Hockey having spent the previous 12 years (1997-2009) as head coach of Brown University's men's ice hockey team.

A 1983 NHL 10th round draft choice of the Vancouver Canucks, Grillo was a member of the University of Maine hockey team for two seasons (1982-84) and was the Black Bears' top-scoring defenseman as a freshman.

The ultimate goal of the American Development Model is to create positive experiences for American athletes at every level. By using the American Development Model, clubs, coaches and parents can help maximize potential for future athletes, and improve the health and well-being for future generations in the United States.

### **Why you should attend...**

In today's version of youth sports we have a very unhealthy ratio of practice to games. In many youth sports programs the practice-to-game ratio is 1 to 1 or 2 to 1. To me practice is the healthy meal and the games are the dessert. What would serve our young athletes much better would be a healthier ratio of 3 to 1.

Unfortunately, many of today's players look at practice much in the same way they look at broccoli, with a great deal of disdain. In my mind the goal of every coach is to make the healthy meal more appealing to our athletes in order for them to attain and build the necessary skills to guide them throughout their journey upwards in the youth sports ranks. The ultimate goal is to make practices as much fun as the games, because in the end it is practice that allows our players to develop the skills that will allow them to have the success they desire in the games. As a coach this can be difficult to achieve. How do I make practice appealing enough and the games special enough to drive the desired outcome? In my mind you feed them the healthy meal so that when the dessert comes they can really enjoy it and it becomes a special event that they have earned.

So how do we do this? First of all, you have to change the culture and get both the players and the parents to understand how important practice is to their development. The pace, intensity and focus needed in every practice session is critical in order to have positive, productive movement forward. How do you get your child to eat a healthy meal? Trick them, hide the fact that they are working hard and getting the necessary touches and repetitions through FUN, CHALLENGING and CREATIVE drills and games that takes the mundane aspects of developing a player and masks them. Kids love to be challenged they love to compete they want to have fun.

At the end of the day it comes down to the willingness to fight, to change the way we look at practice. It is about the skills we are developing not about the systems or the positioning. If I am a conductor of a marching band do I focus as much of my student's time on marching and where they stand as I do on how well they play their instrument?

It is our responsibility as coaches, administrators and parents to make sure our kids are eating properly so that at the end of the journey we can look back at a healthy young adult who has a strong base of skills and knowledge of the sport, and take pride in the fact that they got to a great place because of the environment we created. Let's collectively change the way our kids look at practice and together we will have given that particular sport a much healthier, larger and passionate pool of young players.