

What

THE FUTURE

Could Look Like

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Quebec Hockey Summit
08.11
Montreal, Quebec



Background ...

Fast overview of concepts

Personal comments





Fast overview of concepts

4 CHILD BASIC
JUVENILE INTERMEDIATE
JUNIOR ADVANCED
ADULT ELITE

Filin 1964

Tschiene 1970

Hess 1971

Frey 1978

Thiessen-Seibmann 1959

Balyi 1995

Bompa 1995

Drabik 1996

Long-term Sport Mastery



Maximal Realization of
Performance Capacity



Fundamental
Preparation

Viru, 1995

Train to Win



Train to Compete

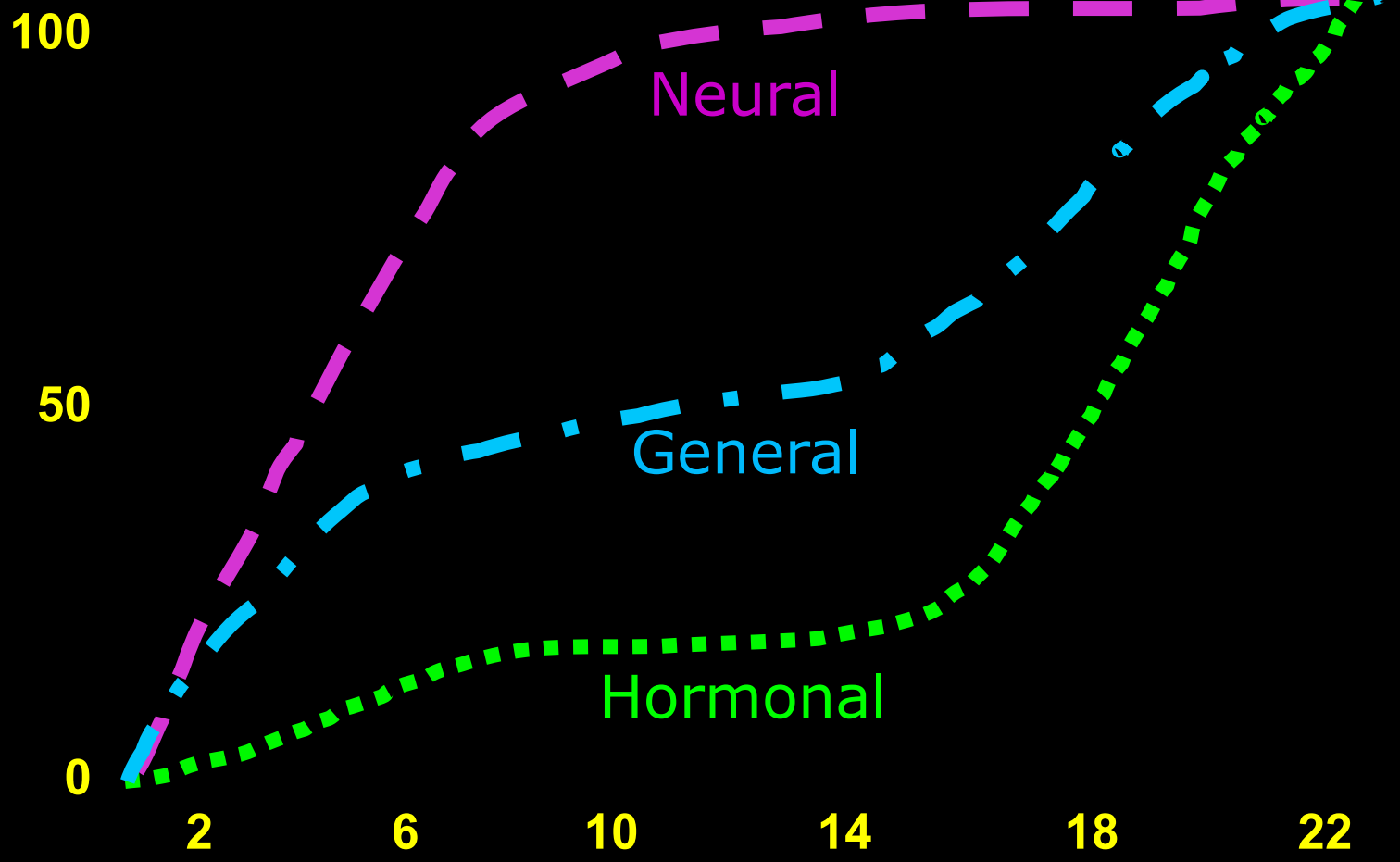


Train to Train

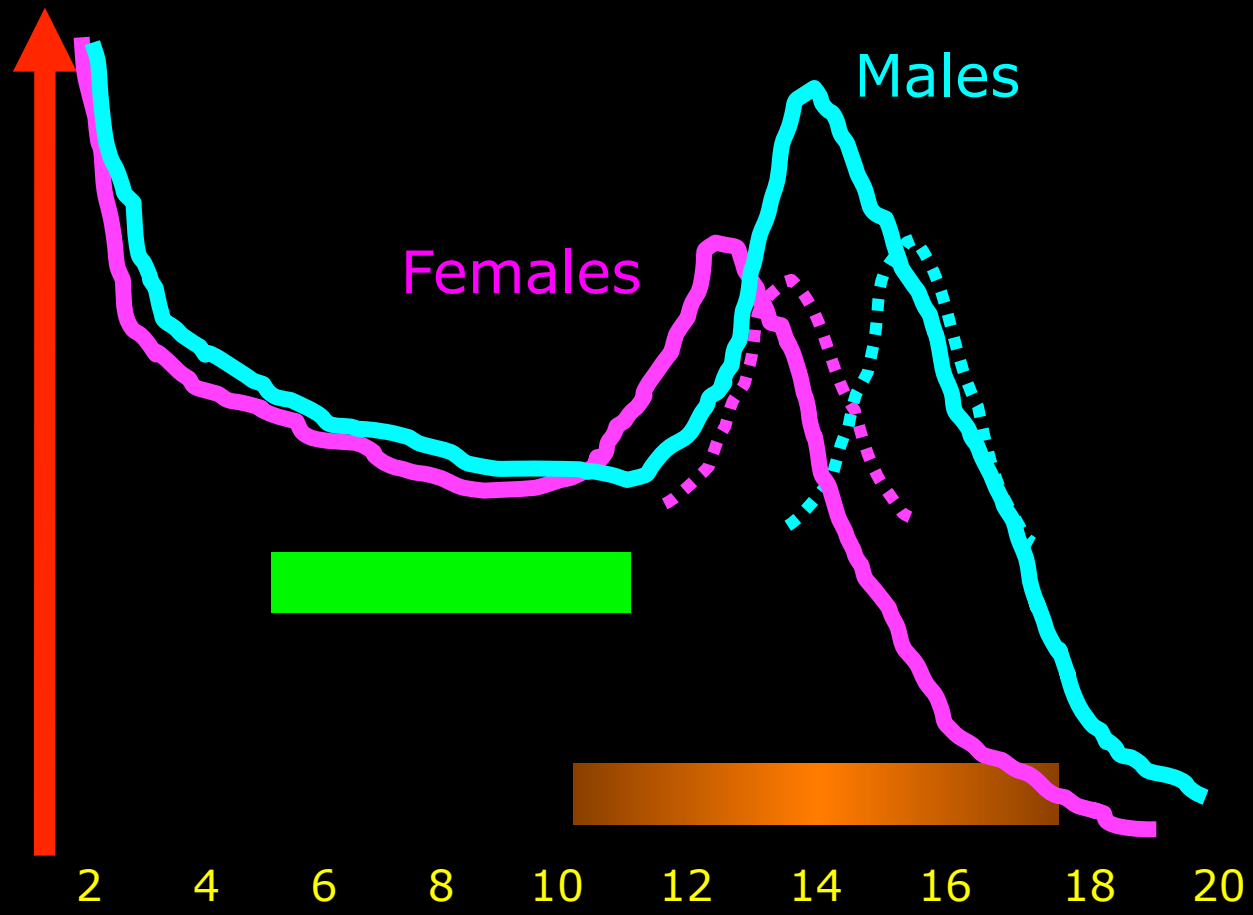


FUNdamental

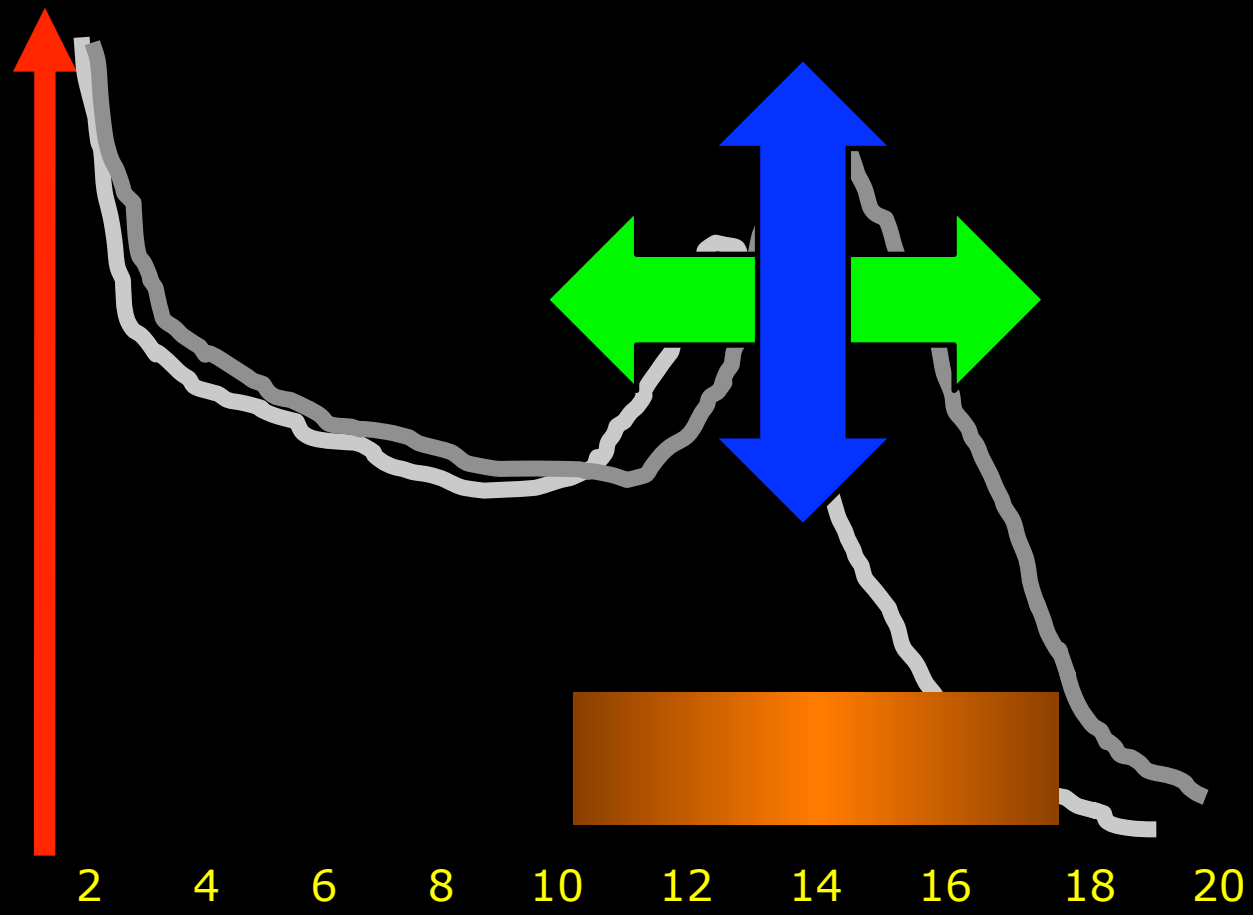
AIM: Balyi et al., (ATP), 1999



Adapted from Scammon, 1930



Adapted from Tanner, 1978 & Kahn, 1999



Adapted from Tanner, 1978 & Kahn, 1999



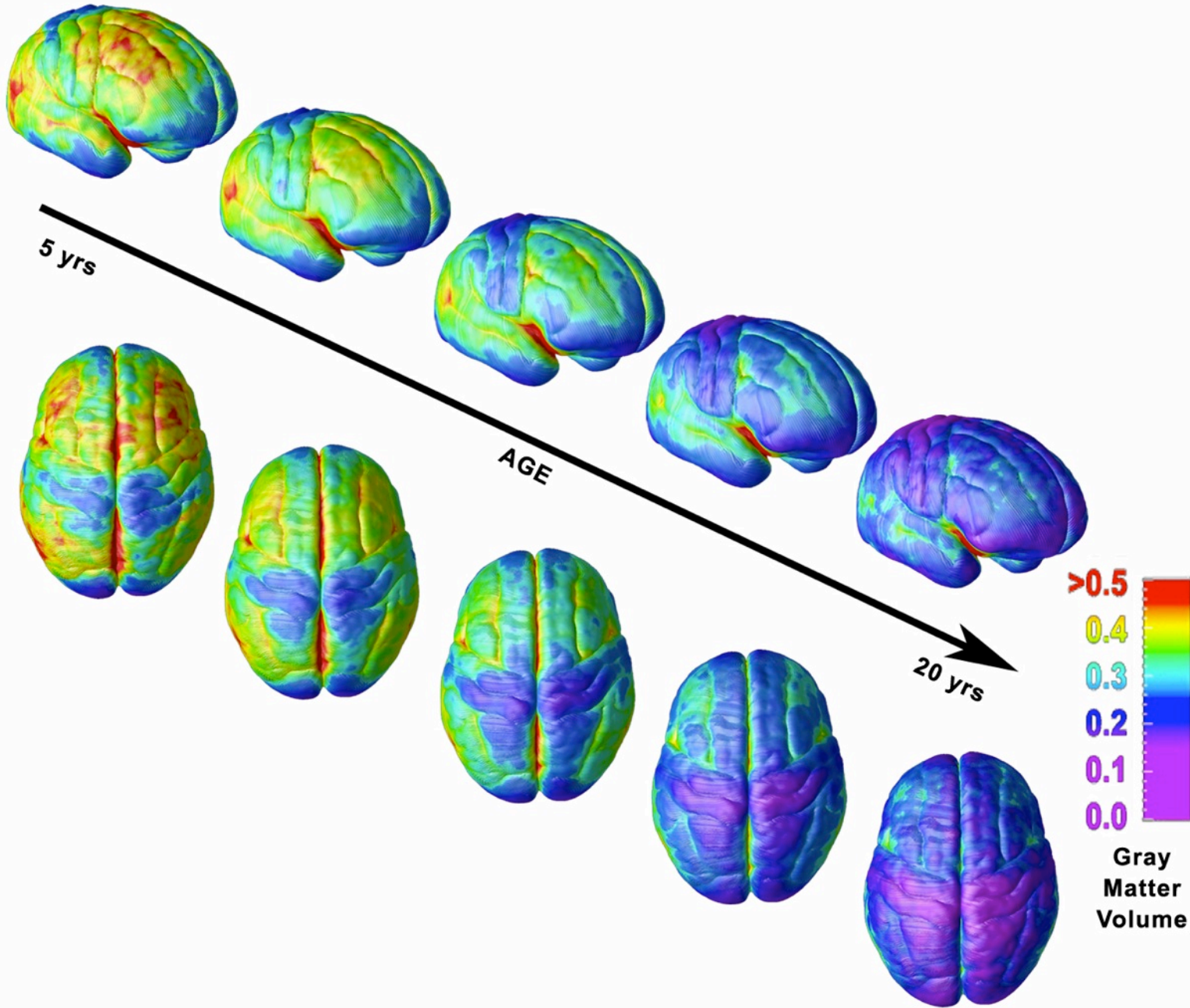
**13 YEARS
OLD
GIRLS**

**14 YEARS
OLD
BOYS**

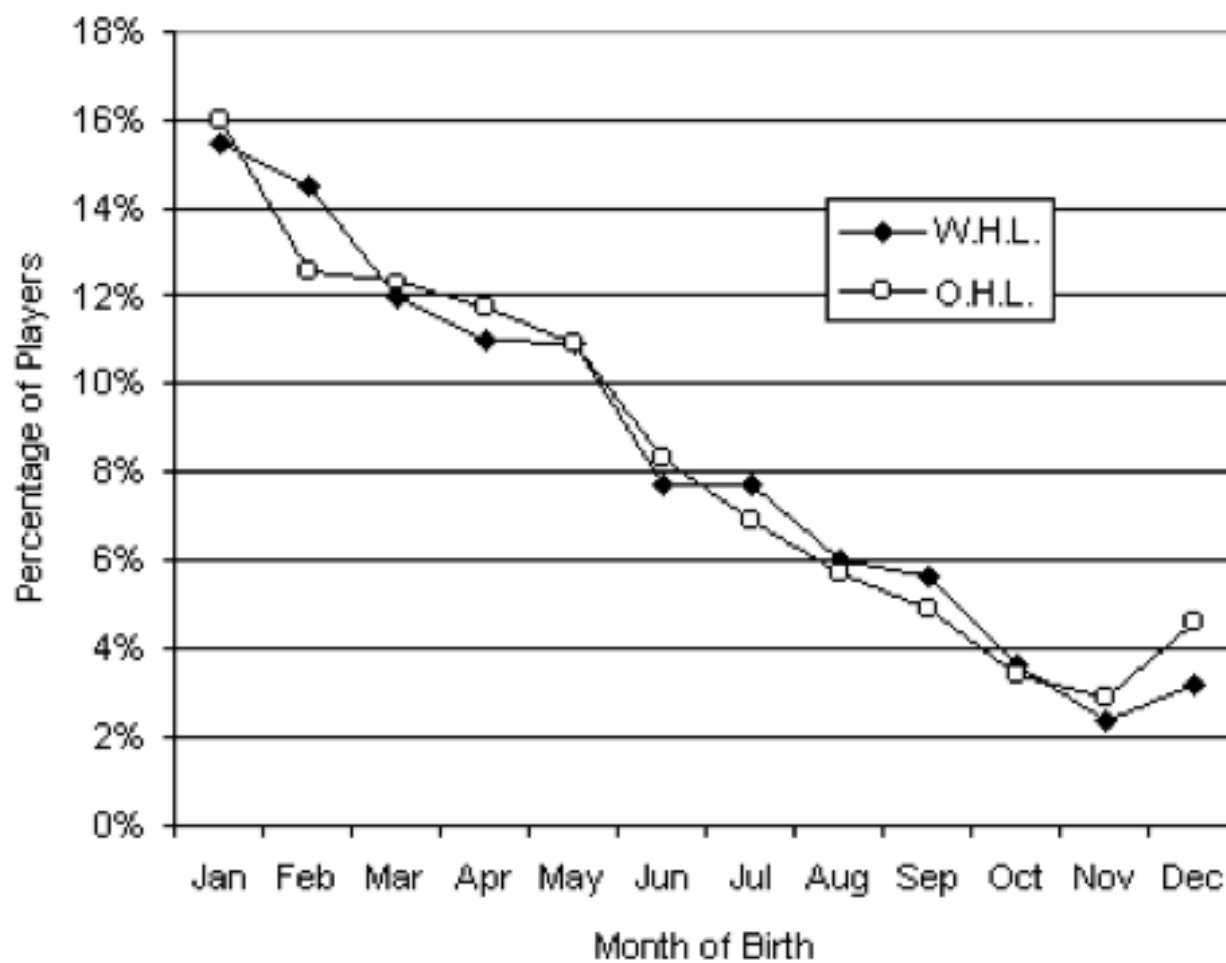


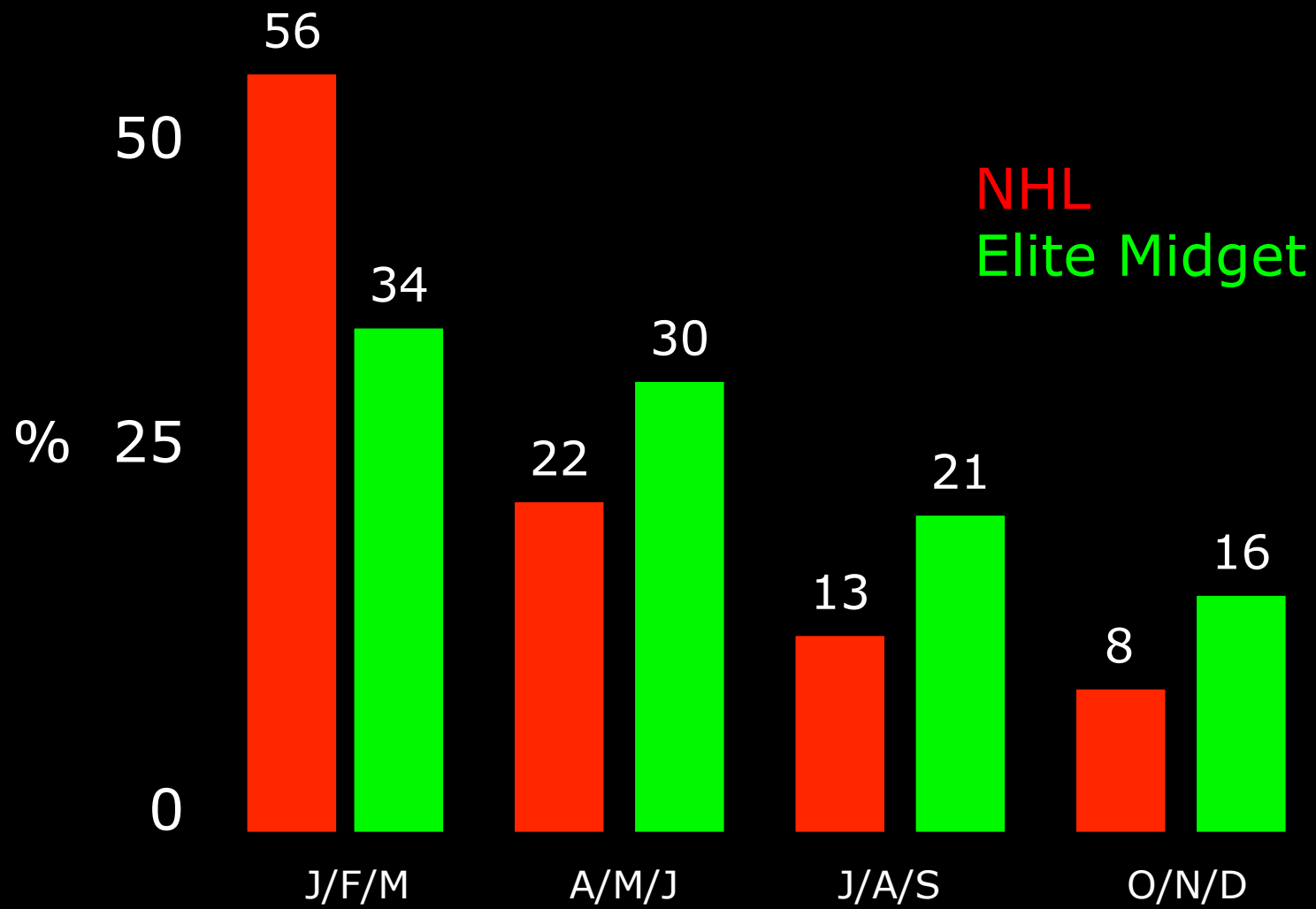
14 YEARS OLD



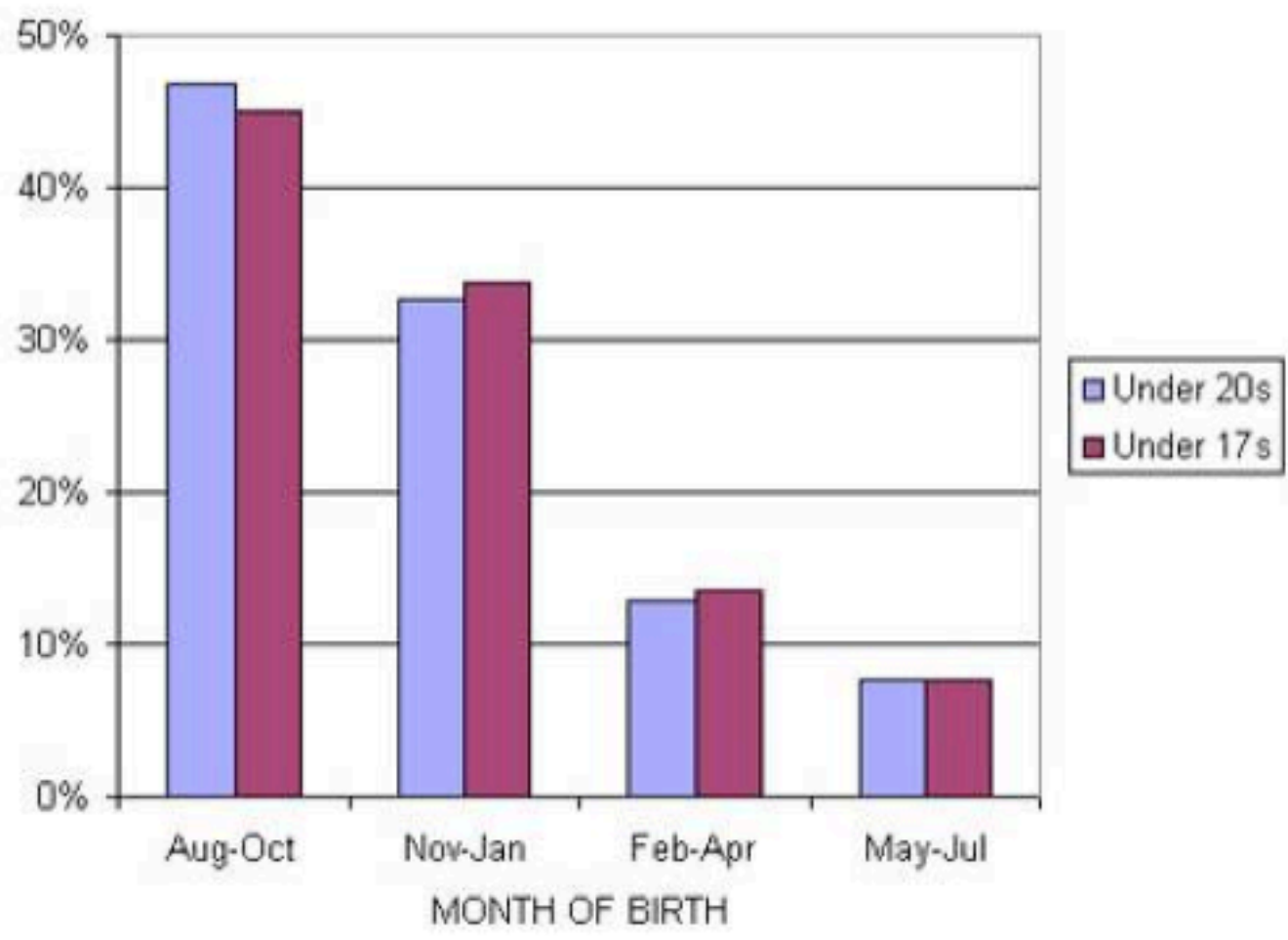


DISTRIBUTION OF BIRTHMONTHS OF O.H.L. AND W.H.L. PLAYERS



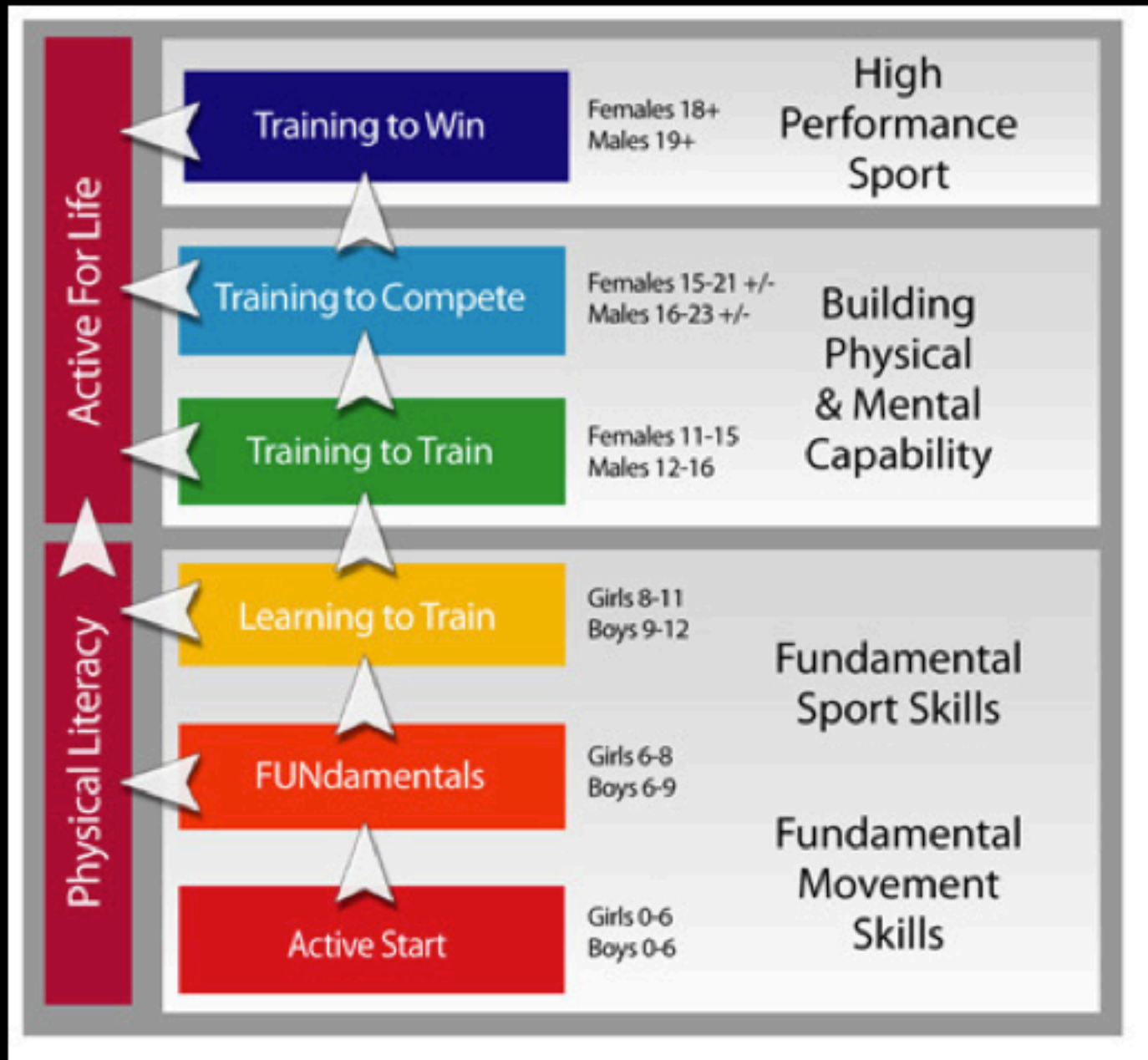


DISTRIBUTION OF BIRTH MONTHS AMONG 1989 WORLD CUP YOUTH SOCCER PLAYERS





CONCEPT



PHYSICAL LITERACY

GROUND

WATER

SNOW

& ICE

AIR

MULTI-VARIATE



HOCKEY FOR LIFE, HOCKEY FOR EXCELLENCE

Sport Canada's Long Term Player Development (LTPD) Resource Paper "Canadian Sport for Life" sets out a framework for sport development in Canada. Hockey Canada's Long Term Player Development (LTPD) is an eight-stage model based on the physical, mental, emotional and cognitive development of children and adolescents. Each stage reflects a different point in developing the player. The first three stages emphasize physical literacy and a broad range of sport experiences. The next four stages focus on development and competitive excellence. Active for Life encourages life-long physical activity and informed healthy lifestyle choices with participation in hockey long after the competitive years.



HockeyCanada.ca

Guiding Framework



HOCKEY CANADA LONG TERM PLAYER DEVELOPMENT PLAN

HOCKEY FOR LIFE, HOCKEY FOR EXCELLENCE





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A child is only ...

6 YRS OLD ONCE!

10 YRS OLD ONCE!

14 YRS OLD ONCE!

Think about this ...

... a 3 yr old is not ...

... half a 6 year old!

(... or 8 yrs old vs 16 yrs old ... etc)

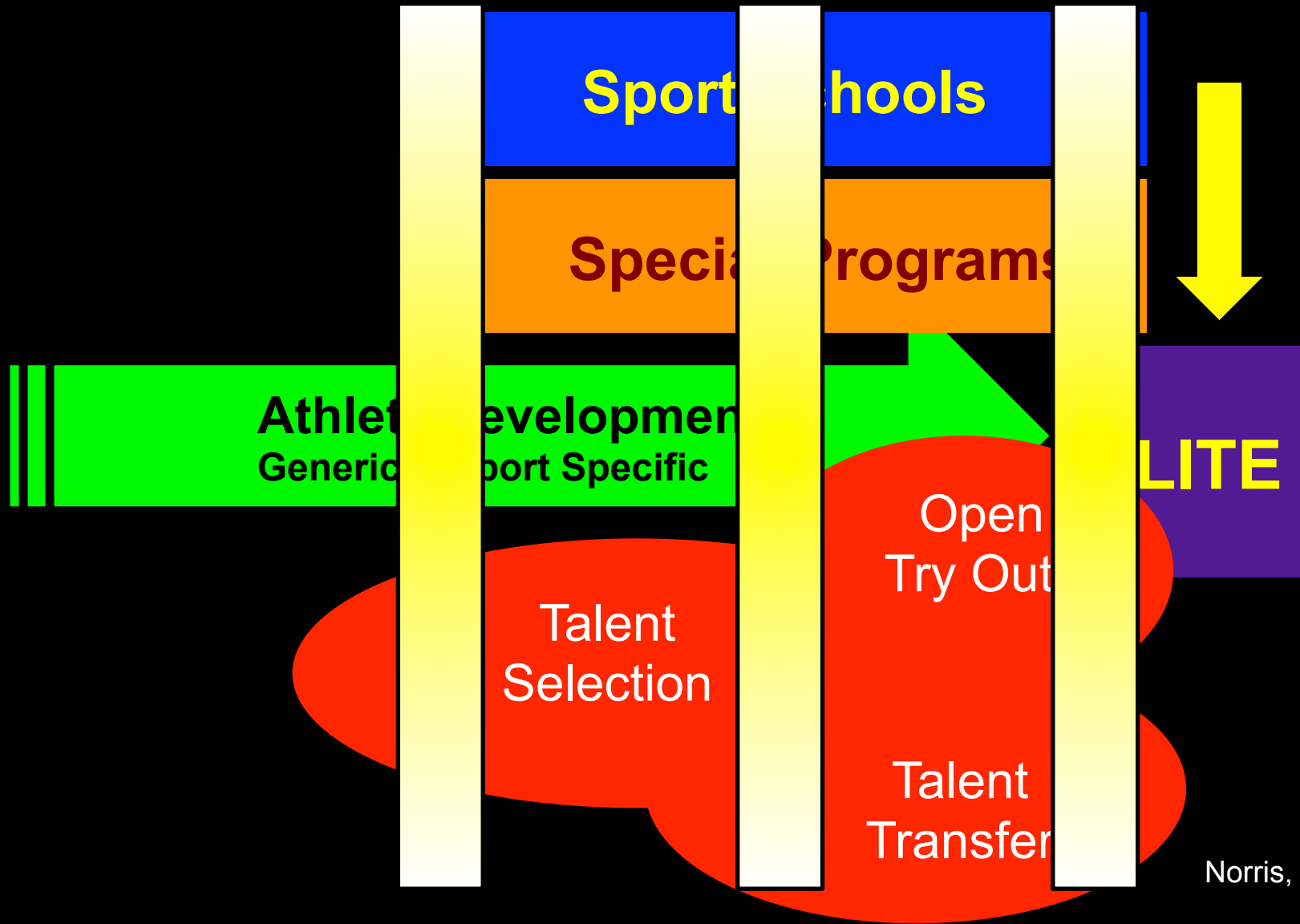
ORGANIC GROWTH ...

... NOT simply linear!

Personal comments

HOCKEY SPECIFIC ?

TID & High Performance Streaming





17:07
11/11/2006

CD 1
TR 4
+ 16.0°C
28.2 MPG

233.1
47247

HOCKEY Québec ...

STRONG LEADERSHIP!

DRIVING POSITIVE CHANGE!

**MANAGEMENT:
KEY AGE GROUPS!**

Twins example:

Twin #1: Dec 31 @ 11:57pm

Twin #2: Jan 01 @ 00:02 am

5 mins (technically); **12 months** (AG sport)



THE

NO ASSHOLE

RULE

Sutton, 2007

- V E E F F E C T S

KAIZEN: NO

INNOVATION: NO

COOPERATION: NO

COHESION: NO

ATTRACT BEST: NO



Excellence is an art ...

**...won by training &
habituatation.**

**We are what we
repeatedly do.**

**Excellence then,
is not an act,**

but a **HABIT.**

HEALTHY

PARANOIA



THANK YOU

FOR SPENDING TIME WITH ME

