Hockey Canada

Development Programs

Long Term Player Development Programming Framework

CANADA

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Hockey Canada's Mission Statement

- *"To Lead, Develop, and Promote positive hockey experiences."*

Challenge • Learn • Improve

Programming Goals – Participant Centered

- Establish the "*Gold Standard*" for all hockey programming
- Provide all participants with a positive experience focusing on building a strong skill base
- Adhere to the principles of Long Term Participant Development (LTPD) in the design and application of age-specific programs

Long Term Player Development

Simply put, a Long Term Player Development model (LTPDM) is a framework to maximize a player's potential and long term involvement in sport over the course of their life.

This philosophy sets out a vision for hockey in Canada that takes advantage of the history and culture of the game to increase participation and to lay the foundations of international success long into the future.

Long Term Player Development

Mission 10/10,000

Research has concluded that it takes a minimum of **10 years** and **10,000 hours** of deliberate training for a talented player to reach elite levels (Starkes and Ericsson, 2003).

This means before the 10 year or 10,000 hour rule comes into play:

1) A player must have developed the fundamental skills

2) Be physically literate

For a player and coach this translates into slightly more than 3 hours of training or competition daily for

10 years.

Long Term Player Development

- Is based on the physical, mental, emotional, and cognitive development of children and adolescents. Each stage reflects a different point in athlete development.
- Ensures physical literacy - upon which excellence can be built
- Ensures that optimal training, competition, and recovery programs are provided throughout an athlete's career.
- Provides an optimal competition structure for the various stages of an athlete's development.

Long Term Player Development

- Has an impact on the entire sport continuum, including participants, parents, coaches
- Integrates elite sport, community sport and recreation, scholastic sport, and physical education in schools.
- Supports the four goals of the Canadian Sport Policy — **Enhanced Participation**, **Enhanced Excellence**, **Enhanced Capacity**, and **Enhanced Interaction** — and reflects a commitment to contribute to the achievement of these goals.
- Promotes a healthy, physically literate nation whose citizens participate in lifelong physical activity

Long Term Player Development

This model for hockey has been developed based on the following principles:

- Doing the right thing for the player at the right stage in their development
- Adopting a player-centered approach and not treating the development of all players the same way.
- The broader the foundation of players the more successful the game of hockey will be in Canada
- Viewing player development as a long term process

Long Term Player Development

- Aligning player development resources with the right age and ability
- Coach development and education resources so that coaches are doing the right things at the right time. (skills manuals, DVD's)
- A need to better educate parents on the hockey development of their child. It is okay for parents to want their kids to get to the highest levels but they need to know the best way to go about it.

Long Term Player Development

Drawbacks in our development system

- *Over-competing & under training*
- *Adult programs imposed on children*
- *Male training programs imposed on females*
- *Chronological rather than developmental age is used in training and competition planning.*
- *Coaches largely neglect the critical periods of accelerated adaptation to training (ages 9 – 12)*

Long Term Player Development

Drawbacks in our development system

- *Fundamental movement skills and sport skills are not taught properly.*
- *Preparation geared to short-term outcomes*
- *Knowledgeable coaches at the elite levels*
- *Competition system interferes with athlete development*
- *Early specialization is demanded*
- *Parents are not educated about LTAD.*

Long Term Player Development

Consequences - What are the results of these shortcomings?

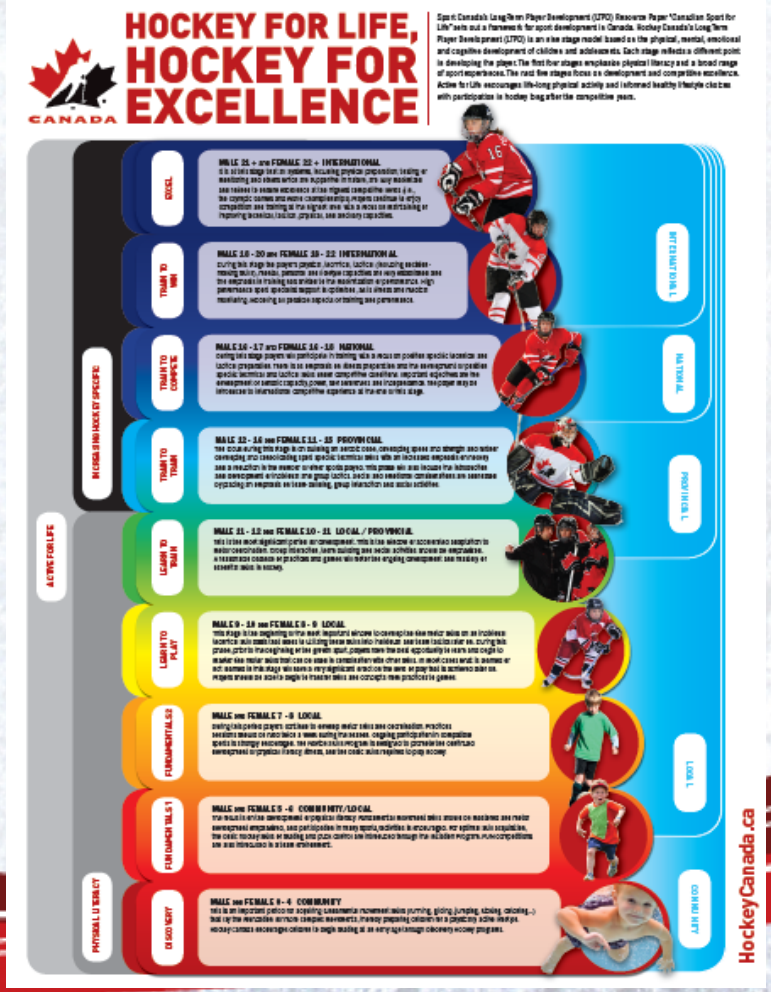
- Poor movement abilities.
- Lack of proper fitness.
- Poor skill development.
- Bad habits developed from over-competition focused on winning.
- Undeveloped and unrefined skills due to under-training.
- Female athlete potential not reached due to inappropriate programs.
- Children not having fun as they play adult-based programs.
- No systematic development of the next generation of successful International athletes.
- Failure to reach optimal performance levels in international competitions.

Long Term Player Development

Consequences - What are the results of these shortcomings?

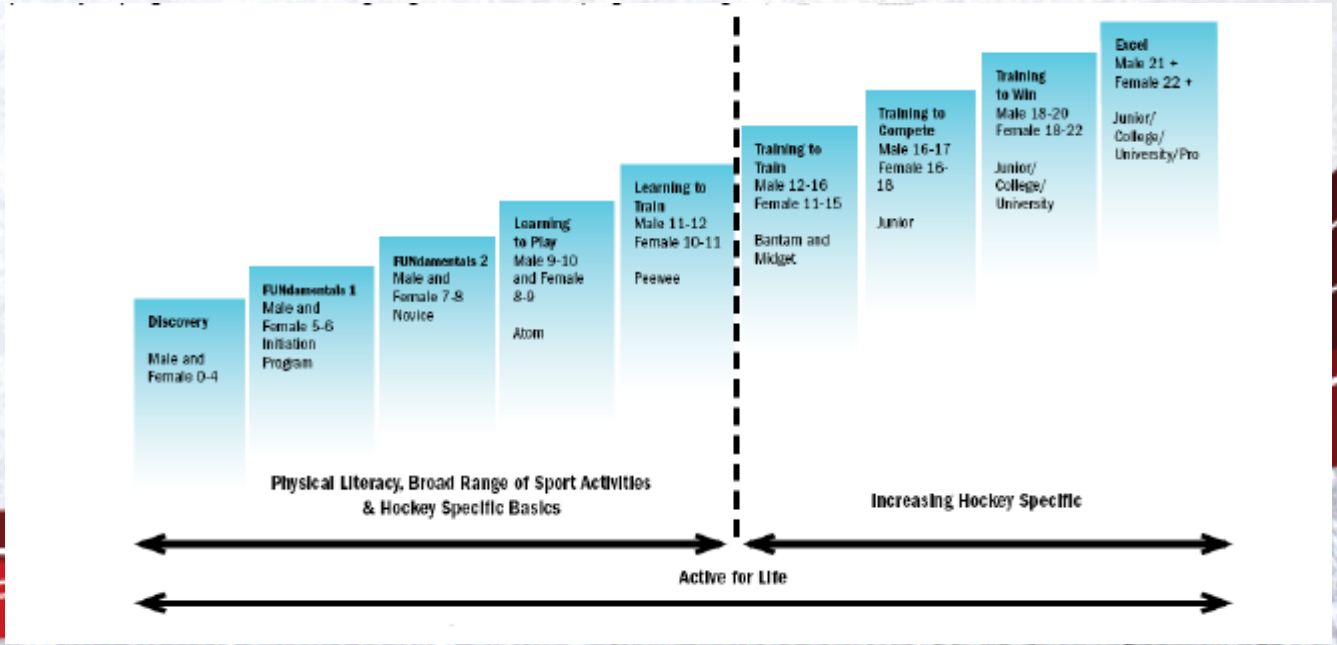
- Athletes pulled in different directions by school, club, and provincial teams because of the structure of competition programs.
- Remedial programs, implemented by provincial and national team coaches, to counteract the shortcomings of athlete preparation.
- Fluctuating national performance due to lack of a developmental pathway.
- Athletes failing to reach their genetic potential and optimal performance level.

Long Term Player Development



Long Term Player Development

The minor hockey player in Canada needs to experience a wide variety of learning activities that correspond to his or her level of abilities and capacities. Hockey Canada's Long Term Player Development model has 9 stages. This could also be referred to as the Hockey Player pathway or progression. The following diagram outlines this progression in generic terms.



Long Term Player Development

- The following age specific charts are guidelines for developing a seasonal structure that is more conducive to player development

LTPD – Initiation

Age Group	Number of Practices	Start date for Practices	Development Season	Start date for Games	Development & regular Season	Playoff Season	Tournaments	Number of Games total
Initiation Ideal	35 - 40	Sept 15	10 weeks 20 practices 0 games	Dec 15	10 weeks 20 practices 10 games	N / A	2 tournaments 8 games	15 - 20

INITIATION PROGRAM

Length of Season:
28-32 weeks:

- 3-4 weeks: Practice and Skill Development Season
- 20-24 weeks: Practice and Game Play Season
- 4 weeks: Tournament/Game Season

Frequency per Week:
1-2 times

Number of Games per Season:
20-30 modified, 0-10 full ice

INITIATION PROGRAM

General Objective:
Developing fundamental movement skills (skating, jumping, twisting, turning), manipulation skills (shooting, puck control) and overall motor skills (balance, coordination, agility) in a fun and safe sport environment that promotes self-confidence.

Guiding Principles:
Make the first impression of hockey a positive one for players and parents. Play/Games exist mostly in modified forms, with limited number of formalized games.

Preseason Training:
Other sports to further develop the ABC's (Agility, Balance and Coordination).

PRACTICE BREAKDOWN FOR THE SEASON – INITIATION

SEPTEMBER
Technical skills
- Introduce
- Develop

OCTOBER
Technical skills
- Introduce
- Develop

NOVEMBER
Technical skills
- Introduce
- Develop

DECEMBER
Technical skills
- Introduce
- Develop
- Refine

JANUARY
Technical skills
- Introduce
- Develop
- Refine

Individual Tactics
- Introduce

FEBRUARY
Technical skills
- Introduce
- Develop
- Refine

Individual Tactics
- Introduce
- Develop

MARCH
Technical skills
- Introduce
- Develop
- Refine

Individual Tactics
- Introduce
- Develop

APRIL
Tournaments
Playoffs

CANADA

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LTPD – Novice

Age Group	Number of Practices	Start date for Practices	Development Season	Start date for Games	Development & regular Season	Playoff Season	Tournaments	Number of Games total
Novice Ideal	40 - 45	Sept 15	10 weeks 20 practices 2 ex games	Dec 1	14 weeks 28 practices 16 games	N / A	3 tournaments 12 games	30 - 35

NOVICE PROGRAM

Length of Season:
28-32 weeks:

- 3-4 weeks: Practice and Skill Development Season
- 20-24 weeks: Practice and Game Play Season
- 3-4 weeks: Tournament Season

Frequency per Week:
2-3 times

Number of Games per Season:
15-20 modified, 20-30 full ice

NOVICE PROGRAM

General Objective:
Developing fundamental movement skills (skating, jumping, twisting, turning), manipulation skills (shooting, puck control) and overall motor skills (balance, coordination, agility) in a fun and safe sport environment that promotes self-confidence.

Guiding Principles:
Make the first impression of hockey a positive one for players and parents. Play/Games exist primarily in a modified form — formalized games introduced late in season.

Some streaming of the players -goal is to have players working with players of like skills to develop confidence and self esteem

PRACTICE BREAKDOWN FOR THE SEASON – NOVICE

SEPTEMBER

Technical skills
- Introduce
- Develop
- Refine

Individual Tactics
- Introduce

OCTOBER

Technical skills
- Introduce
- Develop
- Refine

Individual Tactics
- Introduce
- Develop

NOVEMBER

Technical skills
- Introduce
- Develop
- Refine

Individual Tactics
- Introduce
- Develop

DECEMBER

Technical skills
- Introduce
- Develop
- Refine

Individual Tactics
- Introduce
- Develop
- Refine

Team Tactics
- Introduce

JANUARY

Technical skills
- Introduce
- Develop
- Refine

Individual Tactics
- Introduce
- Develop
- Refine

Team Tactics
- Introduce
- Develop

FEBRUARY

Technical skills
- Introduce
- Develop
- Refine

Individual Tactics
- Introduce
- Develop
- Refine

Team Tactics
- Introduce
- Develop

MARCH

Technical skills
- Introduce
- Develop
- Refine

Individual Tactics
- Introduce
- Develop
- Refine

Team Tactics
- Introduce
- Develop

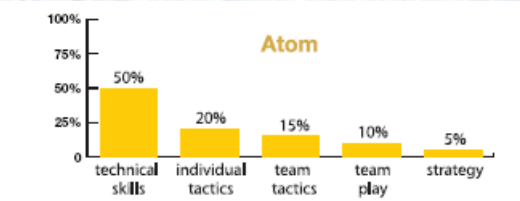
APRIL

Tournaments
Playoffs

CANADA

LTPD – Atom

Age Group	Number of Practices	Start date for Practices	Development Season	Start date for Games	Development & regular Season	Playoff Season	Tournaments	Number of Games total
Atom Ideal	45 - 50	Sept 15	6 weeks 12 practices 2 ex games	Nov 1	16 wks 32 practices 20 games	March 15	4 tournaments 16 games	40 - 45



ATOM PROGRAM

Length of Season:
24-30 weeks:

- 3-4 weeks: Practice and Skill Development Season
- 20-24 weeks: Practice and Game Play Season
- 4 weeks: Tournament/Playoff Season

Frequency per Week:
3-4 times

Number of Games per Season:
35-40

ATOM PROGRAM

General Objective:
Learn overall sports skills.

One of the most important periods of motor development for children is between the ages of 9 and 12. This is a window of accelerated adaptation to motor co-ordination.

Every specialization in late specialization sports can be detrimental to later stages of skill development and to refinement of the fundamental sport skills.

Guiding Principles:
At this stage, children are developmentally ready to acquire the general sports skills that are the cornerstones of all athletic development. Hockey Canada recommends that players in the Learning to Train stage continue to focus on the development and refinement of individual skills and individual tactics.

Preseason Training:
Other sports to further develop the ABC's (Agility, Balance and Coordination).

PRACTICE BREAKDOWN FOR THE SEASON – ATOM

SEPTEMBER

Technical Skills
-introduce
-develop
-refine

Individual Tactics
-introduce

OCTOBER

Technical Skills
-introduce
-develop
-refine

Individual Tactics
-introduce
-develop

NOVEMBER

Technical Skills
-introduce
-develop
-refine

Individual Tactics
-introduce
-develop
-refine

DECEMBER

Technical Skills
-develop
-refine

Individual Tactics
-introduce
-Develop
-refine

Team Tactics
-Introduce
-develop

JANUARY

Technical Skills
-develop
-Refine

Individual Tactics
-introduce
-develop
-refine

Team Tactics
-introduce
-develop

FEBRUARY

Technical Skills
-develop
-refine

Individual Tactics
-introduce
-develop
-refine

Team Tactics
-introduce
-develop

MARCH

Technical Skills
-develop
-refine

Individual Tactics
-introduce
-develop
-refine

Team Tactics
-introduce
-develop

Team Play
-introduce

APRIL

-tournaments
-playoffs

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LTPD – Peewee

Age Group	Number of Practices	Start date for Practices	Development Season	Start date for Games	Development & regular Season	Playoff Season	Tournaments	Number of Games total
Peewee Ideal	50 - 55	Sept 15	4 weeks 12 practices 4 ex games	Oct 15	18 wks 36 practices 24 games	March 15	4 tournaments 16 games	45 - 50

PEEWEE PROGRAM

Length of Season:
28-32 weeks:

- 3-4 weeks: Practice and Skill Development Season
- 20-24 weeks: Practice and Game Play Season
- 3-4 weeks: Tournament Season

Frequency per Week:
3-4 times

Number of Games per Season:
40-45

PEEWEE PROGRAM

General Objective:
Learn overall sports skills.

One of the most important periods of motor development for children is between the ages of 9 and 12. This is a window of accelerated adaptation to motor co-ordination.

Every specialization in late specialization sports can be detrimental to later stages of skill development and to refinement of the fundamental sport skills.

Guiding Principles:
At this stage, children are developmentally ready to acquire the general sports skills that are the cornerstones of all athletic development. Hockey Canada recommends that players in the Learning to Train stage continue to focus on the development and refinement of individual skills and individual tactics.

Preseason Training:
Other sports to further develop the ABC's (Agility, Balance and Coordination).

PRACTICE BREAKDOWN FOR THE SEASON – PEEWEE

SEPTEMBER

Technical Skills
-introduce
-develop
-refine

Individual Tactics
-introduce

OCTOBER

Technical Skills
-introduce
-develop
-refine

Individual Tactics
-introduce
-develop

NOVEMBER

Technical Skills
-introduce
-develop
-refine

Individual Tactics
-introduce
-develop
-refine

DECEMBER

Technical Skills
-develop
-refine

Individual Tactics
-introduce
-develop
-refine

Team Tactics
-introduce
-develop

JANUARY

Technical Skills
-develop
-Refine

Individual Tactics
-introduce
-develop
-refine

Team Tactics
-introduce
-develop

Team Play
-introduce

FEBRUARY

Technical Skills
-develop
-Refine

Individual Tactics
-introduce
-Develop
-refine

Team Tactics
-Introduce
-develop

Team Play
-introduce
-develop

MARCH

Technical Skills
-develop
-refine

Individual Tactics
-introduce
-develop
-refine

Team Tactics
-introduce
-develop

Team Play
-introduce
-develop

Team Strategy
-introduce

APRIL WEEKS 29-32

-tournaments
-playoffs

CANADA

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LTPD – Bantam

Age Group	Number of Practices	Start date for Practices	Development Season	Start date for Games	Development & regular Season	Playoff Season	Tournaments	Number of Games total
Bantam Ideal	55 - 60	Sept 15	4 weeks 12 practices 4 ex games	Oct 15	20 wks 40 practices 28 games	March 15 2 weeks 6 practices 8 games	3 tournaments 12 games	50 - 55

BANTAM PROGRAM

Length of Season:
26 weeks:

- 4 weeks: Practice and Skill Development Season
- 20 weeks: Practice and Game Play Season
- 2 weeks: Playoff Season
- 3 tournaments: 12 games

Frequency per Week:
4-5 times

Number of Games per Season:
50-55

BANTAM PROGRAM

General Objective:
Begin to consolidate the basic technical Skills of the Game

Increased focus on hockey with a reduction in the number of other sports played to 1-2

Introduction and development of Advanced Group Tactics and Team Tactics

Depending on player introduce other activities into physical preparation and being to develop a solid base for general physical preparation

Develop basic psychological attributes: concentration, activation, visualization, relaxation, positive internal dialogue

Develop training routines to complement the main part of the ice session: warm-up, hydration, cool down, nutrition, etc.

PRACTICE BREAKDOWN FOR THE SEASON – BANTAM

SEPTEMBER
Technical Skills
-develop
-refine
Individual Tactics
-introduce
-develop

OCTOBER
Technical Skills
-develop
-refine
Individual Tactics
-introduce
-develop
-refine

NOVEMBER
Technical Skills
-develop
-refine
Individual Tactics
-introduce
-develop
-refine
Team Tactics
-introduce

DECEMBER
Technical Skills
-develop
-refine
Individual Tactics
-introduce
-develop
-refine
Team Tactics
-introduce
-develop

JANUARY
Technical Skills
-develop
-refine
Individual Tactics
-introduce
-develop
-refine
Team Tactics
-introduce
-develop
Team Play
-introduce

FEBRUARY
Technical Skills
-develop
-refine
Individual Tactics
-introduce
-develop
-refine
Team Tactics
-introduce
-develop
Team Play
-introduce
-develop

MARCH
Technical Skills
-develop
-refine
Individual Tactics
-introduce
-develop
-refine
Team Tactics
-introduce
-develop
Team Play
-introduce
-develop

APRIL
-tournaments
-playoffs

CANADA

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LTPD – Midget

Age Group	Number of Practices	Start date for Practices	Development Season	Start date for Games	Development & regular Season	Playoff Season	Tournaments	Number of Games total
Midget Ideal	55 - 60	Sept 15	4 weeks 12 practices 4 ex games	Oct 15	20 weeks 40 practices 32 games	March 15 2 weeks 6 practices 8 games	3 tournaments 12 games	55 - 60

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Programming Goals – MHA Centered

What an MHA needs to do to improve:

-Focus on supporting the complete athlete not just the athlete training and competition.

-Introduce athletic skills in a systematic and timely way

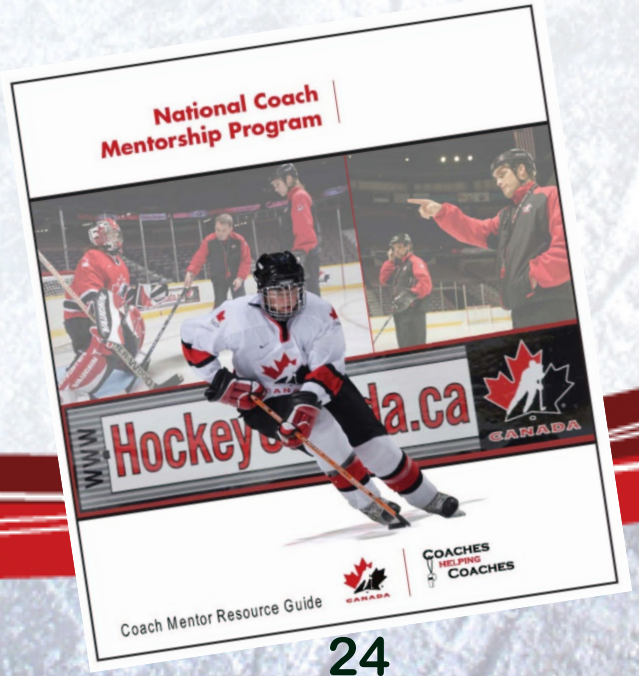
-Recommend other sports, cross training methods to get away from hockey and avoid burn out

-Remove the focus of winning at all levels and age

Programming Goals – MHA Centered

The most important aspects of Minor Hockey Association development are:

1) Consistency in the coaching philosophy
2) Consistency in what the coaches are teaching.



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Programming Goals – MHA Centered

A Minor Hockey Association's success from a coaching / player standpoint will be based on 3 main aspects:

1) Enjoyment of players coming to the rink everyday
2) Improvement of players' skills
3) Developing of players to play at the next level

Key Steps to Building a Programming Model

What is your ideal player?

Forwards

-Highly skilled, competitive, and intelligent on the ice.
-Agile on their skates north, south, east, west
-Creative – willing to try things

Defence

-Willing to try and make a play
-Good passers, quick thinkers and agile skaters

Goaltenders

-Makes the saves they need to
-Technically sound and athletic

Regardless of what the ”ideal player” is, the MHA and the coaches have to be on the same page as far as what and how to develop it.

Key Steps to Building a Programming Model

By implementing a **standardized technical curriculum and methodology for instruction,** your association is building a foundation for athletes to enjoy the game of hockey and reach their potential. While it should be the goal of each team to be successful in their league, the player development process should be at the forefront of each team and this **development component must not be compromised.**

FC Barcelona – Proof of a System

- In an era when all too many leading professional football clubs favor the “quick fix” approach to squad-building – the philosophy of FC Barcelona can sometimes seems like the rationale of a bygone age.

- While other sides spend their cash in an effort to secure the best players, *Barça* continue to **place heavy emphasis on a development program which has succeeded in carrying a remarkable number of boyhood talents all the way to the Barcelona first team and beyond.**

- Although many other top clubs have long-established youth set-ups, none in recent times has been able to match the success rate of Barça’s *La Masia* academy.

FC Barcelona – Proof of a System

- FIFA Ballon d'Or - Messi, Iniesta and Xavi (**the first time ever that the world's best player award had been contested by three graduates of the same youth program**), the academy's incredible level of achievement was also clear for all to see during Spain's successful 2010 FIFA World Cup South Africa™ campaign.

- Seven graduates of *La Masia* were part of Spain's World Cup-winning side in South Africa - six of them in the starting 11.

- "It is not a specific objective, but we do aim to have as many players as possible from the academy reaching the highest level

FC Barcelona – Proof of a System

- While the number of *La Masia* graduates is perhaps the most striking indication of *Barça's* success, **effectiveness in honing raw talent of the young athletes is the key behind the scenes.**

- Now that Barcelona are reaping the rewards from their long-term investment in youth, there is unsurprisingly plenty of talk about other clubs wanting to copy the methods and philosophies of *La Masia*.

- "Most teams always rely on the first team coach, on the president. The changes that take place in clubs every two or three years mean that ideas change, but *Barça* has always **maintained the same philosophy for youth football and that's the main difference between us and other clubs.** That's the key to our success."

FC Barcelona – Proof of a System

- **Decades of investment**
  La Masia's success has not developed overnight, but is instead the result of more than three decades of ambitious youth football development by the club.

- The philosophy of believing in youth players and **weaning them on a doctrine of short passing and possession play** was literally a foreign concept when it was introduced to the club in the 1970s.

- What has been important over the years, is the manner in which the youth academy has been forced to **mirror the prevailing strategies and formations of the Barcelona first team.**

FC Barcelona – Proof of a System

- The style of possession play was **introduced systematically at the same time the same philosophy was applied to the youth teams – everyone is currently trained in the skills, tactics and philosophy** of the current 4-3-3,”

- While members of the coaching staff continued to follow Michels’ approach, it was Cruyff who decided that **all the Barcelona teams would play in the same way to facilitate the transition to consistency**

FC Barcelona – Proof of a System

- "We take great pride and satisfaction in what's happening at the moment," this is down to the work of **a lot of people who stuck with the same approach for many years** to get to this great moment, where the three best players in the world are graduates of our youth academy."

- "For Barcelona to have the three FIFA Ballon d'Or finalists within the squad demonstrates the club's excellence as an institution. Of course, Barcelona are admired for their success, but **the social and sporting recognition which the club enjoys goes beyond simply winning matches.** It has do with the footballing model we project, showing that you can be competitive and win, but also make it enjoyable for the spectators.

Key Steps to Building a Programming Model

Use the resources on the following pages to help support your coaches, and provide them with all of the tools necessary to develop their players

Resources / Programs

1. Skills Manuals
2. Skills of Gold DVD's
3. Coach Mentorship
4. Specialty Clinics
5. Drill Packs
6. Program of Excellence
7. Skills Development Camps

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Long Term Player Development

-Integrated into Hockey Canada Skills Development Manuals starting in 1996

-Skills Development Manuals available for all ages since 1999.

-Each manual contains 32 Practice Plans that progress from simple to more complex

-**Initiation** - **Novice** - **Atom**

-**Peewee** - **Bantam** - **Midget**

-Half Ice - Goaltending

Resources / Programs

A series of Specialty Clinics have been developed to offer coaches a practical session on teaching various skills, tactics & systems. This proactive approach will also open the doors of communication for coaches to further pursue a mentor.

The Specialty Clinic modules include:

1. Skating
2. Puck Control
3. Small Area Games
4. Checking
5. Developing Defencemen
6. Shooting & Scoring

Resources / Programs