



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 a nine 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 four stages emphasize physical literacy and a broad range of sport experiences. The next five stages focus on development and competitive excellence. The corresponding boxes on the right hand side indicate the appropriate NCCP Coaching programs that are applicable at each stage of LTPD. This ensures that coaches are being educated in accordance with the age and ability of the athletes they are coaching.

