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 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.

HIGH PERFORMANCE

TRAIN TO WIN

COMPETITION DEVELOPMENT

COMPETITION INTRODUCTION

training at the highest level with a focus on maintaining or improving technical, tactical, physical, and ancillary capacities.

MALE 21 + and FEMALE 22 + INTERNATIONAL

MALE 18 - 20 and FEMALE 18 - 22 INTERNATIONAL

During this stage the player's physical, technical, tactical (including decision-making skills), mental, personal and lifestyle capacities are fully established and the emphasis in training has shifted to the maximization of performance. High performance sport specialist support is optimized, as is

fitness and medical monitoring. Modeling all possible aspects of training and

It is at this stage that all systems, including physical preparation, testing or monitoring and others which are supportive in nature, are fully maximized and refined to ensure excellence at the highest competitive levels (i.e., the Olympic

Games and World Championships). Players continue to enjoy competition and

MALE 16 - 17 and FEMALE 16 - 18 NATIONAL

During this stage players will participate in training with a focus on position specific technical and tactical preparation. There is as emphasis on fitness preparation and the development of position specific technical and tactical skills under competitive conditions. Important objectives are the development of aerobic capacity, power, self awareness and independence. The player may be introduced to international competitive experience at the end of this stage.

MALE 12 - 16 and FEMALE 11 - 15 PROVINCIAL

The focus during this stage is on building an aerobic base, developing speed and strength and further developing and consolidating sport specific technical skills with an increased emphasis on hockey and a reduction in the number of other sports played. This phase will also include the introduction and development of individual and group tactics. Social and emotional considerations are addressed by placing an emphasis on team-building, group interaction and social activities.

MALE 11 - 12 and FEMALE 10 - 11 LOCAL / PROVINCIAL

This is the most significant period for development. This is the window of accelerated adaptation to motor coordination. Group interaction, team building and social activities should be emphasized. A reasonable balance of practices and games will foster the ongoing development and mastery of essential skills in hockey.

MALE 9 - 10 and FEMALE 8 - 9 LOCAL

This stage is the beginning of the most important window to develop the fine motor skills on an individual technical skill basis that leads to utilizing these skills into individual and team tactics later on. During this phase, prior to the beginning of the growth spurt, players have the best opportunity to learn and begin to master fine motor skills that can be used in combination with other skills. In most cases what is learned or not learned in this stage will have a very significant effect on the level of play that is achieved later on. Players should be able to begin to transfer skills and concepts from practices to games.

MALE and FEMALE 7 - 8 LOCAL

During this period players continue to develop motor skills and coordination. Practices sessions should be held twice a week during the season. Ongoing participation in compatible sports is strongly encouraged. The Novice Skills Program is designed to promote the continued development of physical literacy, fitness, and the basic skills required to play hockey.

MALE and FEMALE 5 - 6 COMMUNITY/LOCAL

The focus is on the development of physical literacy. Fundamental movement skills should be mastered and motor development emphasized, and participation in many sports/activities is encouraged. For optimal skill acquisition, the basic hockey skills of skating and puck control are introduced through the Initiation Program. FUN competitions are also introduced in a team environment.

MALE and FEMALE 0 - 4 COMMUNITY

This is an important period for acquiring fundamental movement skills (running, gliding, jumping, kicking, catching...) that lay the foundation for more complex movements, thereby preparing children for a physically active lifestyle. Hockey Canada encourages children to begin skating at an early age through Discovery Hockey programs.

NCCP - HP1 (NATIONAL COMPETITION) NCCP - HP2 (INTERNATIONAL COMPETITION)

INSTRUCTIONAL STREAM - ADVANCED INSTRUCTIONAL STREAM - MASTER

NCCP - HP1 (NATIONAL COMPETITION)
NCCP - HP2 (INTERNATIONAL COMPETITION)

INSTRUCTIONAL STREAM - ADVANCED INSTRUCTIONAL STREAM - MASTER

NCCP - COACH LEVEL (RECREATIONAL) NCCP - DEVELOPMENT 1 (COMPETITIVE) NCCP - HP1 (NATIONAL COMPETITION)

INSTRUCTIONAL STREAM - LEVEL 3

NCCP - COACH LEVEL (RECREATIONAL) NCCP - DEVELOPMENT 1 (COMPETITIVE) NCCP - HP1 (PROVINCIAL COMPETITION)

INSTRUCTIONAL STREAM - LEVEL 2

NCCP - COACH LEVEL (RECREATIONAL) NCCP - DEVELOPMENT 1 (COMPETITIVE)

INSTRUCTIONAL STREAM - LEVEL 2

NCCP - COACH LEVEL (RECREATIONAL) NCCP - DEVELOPMENT 1 (COMPETITIVE)

INSTRUCTIONAL STREAM - LEVEL 2

NCCP - COACH LEVEL (RECREATIONAL)

INSTRUCTIONAL STREAM - LEVEL 1

NCCP - INTRO TO COACH

INSTRUCTIONAL STREAM - LEVEL 1

NCCP - INTRO TO COACH

INSTRUCTIONAL STREAM - LEVEL 1

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DISCOVERY

EARN