



# HOCKEY CANADA

## CANADIAN PLAYER PATHWAY

### *Atom Player Pathway Presentation Guide*

*January 15, 2019*





## Table of Contents

### Introduction

- Tom Renney, CEO, Hockey Canada 3

### Key Messages

- Hockey Canada Mission, Vision, and Beliefs 4

### The Canadian Player Pathway

- Overview of the Pathway 4
- The Atom Player Pathway 5
- Requirements and Guidelines 5
- Rationale 7
- Recommendations 8

### Seasonal Structure

- Ideal Season 9
- Monthly Goals 9
- Seasonal Frameworks 9

### Instructors/Coaches

- NCCP Clinic 10
- Additional Requirements 11
- Professional Development 11

### Atom Skills Matrix

- Introduction to the Skills Matrix 12

### Resources

- Hockey Canada Network 13
- The Drill Hub 13
- Long Term Player Development Model 13

### Presentation Materials

- Overview of the PowerPoint Deck 14

## INTRODUCTION

---



### ***“Hockey is Canada and Canada is hockey.”***

*Let’s face it – hockey is a touchstone of Canadian life. It is Canada’s national theatre and it is the chatter of the country. Hockey is more than a sport for Canadians, it is a part of the country’s heart and soul. Whoever said those words took the pulse of a nation that has had a long and storied love affair with hockey.*

*How a player gets that first experience of hockey is crucial. If a beginner has fun while developing fundamental skills and building confidence in his or her ability to perform those fundamental skills, there is a strong probability that player will go on to enjoy hockey for many years.*

#### **TOM RENNEY**

Chief Executive Officer  
Hockey Canada

## KEY MESSAGES

---

This document is designed to support Hockey Canada Member and Member Partners in presenting the Atom Player Pathway information to minor hockey executives. Additionally, this information will be beneficial when information is being shared with female and minor hockey coaches and parents.

Hockey Canada is the national governing body for grassroots hockey in the country. The organization works in conjunction with the 13-member branches, the Canadian Hockey League and U Sports in growing the game at all levels.

Hockey Canada oversees the management of programs in Canada from entry-level to high performance teams and competitions, including world championships and the Olympic Winter Games. Hockey Canada is also Canada’s voice within the International Ice Hockey Federation. Hockey Canada has offices in Calgary, Ottawa and Toronto.



# HOCKEY CANADA: CANADIAN PLAYER PATHWAY

## *Atom Player Pathway*

---



### ***Mission Statement***

*"Lead, Develop, and Promote Positive Hockey Experiences."*

### ***Vision***

*World Sports Leaders*

### ***Hockey Canada believes...***

- In a positive hockey experience for all participants, in a safe, sportsmanlike environment.
- In the development of life skills which will benefit participants throughout their lives.
- In the values of fair play and sportsmanship, including the development of respect for all people by all participants.
- In hockey opportunities for all people regardless of age, gender, colour, race, ethnic origin, religion, sexual orientation, or socio-economic status and in both official languages.
- In the importance for participants to develop dignity and self- esteem.
- To instill the values of honesty and integrity in participants at all times.
- In the promotion of teamwork, and the belief that what groups and society can achieve as a whole is greater than that which can be achieved by individuals.
- In the country of Canada, its tradition in the game of hockey, and the proud and successful representation of this tradition around the world.
- In the value of hard work, determination, the pursuit of excellence and success in all activities.
- In the benefits of personal and physical well- being.

## ***THE CANADIAN PLAYER PATHWAY***

---

The Canadian Player Pathway is supported by the Hockey Canada long-term player development model. This framework provides the guiding principles for age appropriate and skill specific programming for all players in Hockey Canada's youth hockey system. By utilizing LTPD principles, Hockey Canada membership offers systems and structures that are more consistent and ensuring continuity as players move through the system from one age level to the next.

Player development is at the core of the Canadian Player Pathway with a focus on skill development so that each player will experience success in both a practice setting and a game setting. When viewed from the perspective of how kids learn the number of repetitions of specific skills and situations that occur in practice versus a game, we quickly learned where players have a chance to develop the most: Practice.



# HOCKEY CANADA: CANADIAN PLAYER PATHWAY

## *Atom Player Pathway*



### *Atom Player Pathway:*

The Atom Pathway is a progressive, learn to play teaching curriculum. This pathway is an important component in the transition from the Novice Pathway and serves as preparation into the Pee wee Pathway. The Atom Pathway consists of four phases of instruction, designed for players graduating from Novice hockey and for entry level hockey players who may start playing hockey at this age level. The Atom Pathway curriculum **introduces, develops and refines** the skills of skating, passing, puck control and shooting in a progressive step by step manner.

This is to be viewed as an opportunity for young players to develop and refine fundamental movement skills (skating, turning, acceleration), manipulation skills (shooting, puck control, passing) and overall motor skills (balance, coordination, agility) in a fun and safe environment, promoting skill development through self-confidence. The main goal of the Atom Pathway is to continue to have fun while developing skills. When players continue on a positive note, they really enjoy the game and will go on to have fun playing hockey for many years.

The Atom Player Pathway provides an environment that helps all girls and boys playing hockey at the Atom age level (9 & 10 years old) to realise their full potential. Hockey Canada strongly believes in order for players to truly fulfill their potential and to be the best they can be, the players' needs should be at the forefront of programming.

The primary focus of the youth hockey system is to develop a lifelong passion for sport, develop important life skills through hockey, and provide young girls and boys exposure to a development system that is progressive in nature and meets their needs based on age specific and skill appropriate programming.

With this in mind, the following items outline important framework that will lead to a positive experience for all players, parents, coaches and administrators.

### *Atom Player Pathway – Requirements and Guidelines:*

- Member must have clearly identified Seasonal Structure Breakdown as per the definitions below of an Ideal Hockey Season
- Ideal Hockey Season refers to an optimal seasonal structure – this is a guideline and is subject to a range of minor differences regarding suggested numbers based on Member Branch differences.



# HOCKEY CANADA: CANADIAN PLAYER PATHWAY

## *Atom Player Pathway*



- The annual calendar is divided into 5 phases to enhance the player engagement process and to ensure that each phase of development has a very specific focus. It is important to abide by these phases and not compromise the developmental process by accelerating the calendar and attempting to have players engaged in activities like competitive games and tournament play before the proposed schedule.

### **Phase One: Preparation / Tryout**

*This refers to the period of time prior to the season starting – typically when prep camps and/or tryouts are held.*

- **Preparation / Tryout Phase: 4 weeks – i.e. minimum 4 practices / 3 tryout sessions**
  1. No tryouts/evaluations prior to or during the first week of school
    - No tryouts during Off Season Phase (Previous season including March through August)
    - No tryouts during the first week of school where school starts the week after Labor Day
    - Where school starts prior to Labor Day, there must be 4 skates / practices starting the week following Labor Day before tryouts commence
  2. Must have a minimum of 4 practices / skill sessions prior to formal evaluations starting
  3. Must have a minimum of 3 formal tryout / evaluation sessions – Recommended - 1 skills session, 1 small area games session, 1 game

### **Phase Two: Development**

*This refers to the period of time following tryouts or evaluation prior to the regular season starting.*

- **Development Phase: 4 weeks – i.e. minimum 8 practices**
  4. Must have a period of development time following team selection and prior to the start of the regular season

### **Phase Three: Development and Regular Season**

*This refers to the period of time from the first regular season game to the start of playoffs or Provincial / Branch Championships.*

- **Regular Season Phase: 20 weeks – i.e. minimum 40 practices**

### **Phase Four: Playoffs:**

*This refers to the period of time from the end of the regular season through to the end of playoffs.*

- **Playoff / Tournament Phase: 4 weeks – i.e. minimum 4 practices**
  5. Must be tournament style playoffs versus elimination rounds

### **Phase Five: Off Season**

*This refers to the period of time from the end of the playoff season to the start of the next Prep or Tryout phase*



# HOCKEY CANADA: CANADIAN PLAYER PATHWAY

## *Atom Player Pathway*



### ***Atom Player Pathway - Rationale:***

1. **Tryouts cannot be scheduled prior to the start of the school year**
  - Give minor hockey associations and parents back the summer – the season does not need to start this early only to be finished at the end of January or early in February (start later and end later),
  - Start of school year can be very stressful for young players and they do not need to add hockey tryouts starting at the same time as the school year,
  - Give Minor Hockey Associations a chance to get organized and begin planning.
2. **Must have minimum of 4 practices / skill sessions prior to formal evaluations starting**
  - A player's first experience in the new hockey season should not be a formal tryout – this gives all players the opportunity to get back on the ice in a more “player friendly” scenario,
  - This will help level the playing field, as not all players have a chance to go to hockey schools or prep camps prior to the start of the season,
  - provides minor hockey associations the opportunity to run their own ‘prep’ camp instead of members spending money outside the association.
3. **Tryouts must be minimum of 3 formal tryout or evaluation sessions. Recommendation is: 1 skills session, 1 small area games session, 1 formal game at minimum.**
  - Players need a fair chance to be evaluated – a standardized process will show transparency, fairness and consistency,
  - This will provide coaches with the foundation for a development plan based on a solid and quantifiable evaluation.
4. **Must have a period of development time following team selection and prior to the start of the regular season**
  - It is very important to provide coaches with the opportunity to develop and improve their players skills prior to getting into organized games,
  - The progression should be skills before tactics and tactics before systems,
  - This will eliminate or reduce pressure and or focus on winning.
5. **Playoffs must be tournament style format versus elimination rounds**
  - Give all teams the chance to play to same end point in the season,
  - All players deserve the same chance to play to the end of the year,
  - More teams and more players playing longer into the season,
  - Allows more rest and recovery within the season and the regular season schedule can be spread out,
  - Greater opportunity for more players to participate in different activities.



# HOCKEY CANADA: CANADIAN PLAYER PATHWAY

## *Atom Player Pathway*



### ***Atom Player Pathway - Recommendations:***

#### ***General Development***

- Season should allow for 2 seasonal breaks (not including Christmas / long weekends – Seasonal Break would be considered minimum 5 days without a scheduled game or practice)
- Recommended maximum of 45 games per year (including exhibition / league / tournaments and playoffs)
- Small Area Games in practice / Station based practices / Skill focused drills

#### ***Tryouts / Evaluations***

- Players should not tryout based on a specific position – should be encouraged to play both
- Players should be selected for teams based on their skill, not positional preference ie teams should be selected based on the top X number of players and not based on position specific player preferences

#### ***Ice Time***

- Fair / equal ice time (goalies should rotate for equal number of games and/or playing time throughout the regular season and playoffs)
- All players should play both special teams, end of period and end of game situations.

#### ***Position Specific Teaching***

- Only 15% of practice time should be spent on team play and strategy/systems with 85% of practice time spent on skills and tactics
- Basic positional play and rules of the game can be introduced at the end of the previous novice season or prior to the start of the atom regular season. Basic defensive zone positioning, off sides, icings, etc. can be introduced during the ice sessions prior to tryouts and/or evaluations or after teams are selected and prior to the regular season starting
- Players should rotate through Defense and Forward positions in the first half of the year and then may move to more consistent positions in the second half.
- Limit position specific specialization (except goalies – recommend goalie not playing plays out as a skater)



## SEASONAL STRUCTURE

### The Ideal Season

Hockey Canada firmly believes the Atom Player Pathway will give young players an excellent opportunity to continue positive development while having excellent experiences in the game. The ideal season addresses issues like when the season should start by not conflicting with the start of the school year, what the try-out process should look like for young players, and how the season should be structured to maximize development opportunities for all players in the system.

### Monthly Goals

The Atom Pathway and the corresponding Coaching materials provide for a progressive and incremental application to skill development that is appropriate for the Atom age player. Reference to the Hockey Canada Skills Manual for Atom hockey will provide coaches with the necessary framework for practice sessions that meet their players needs. The monthly seasonal goals should correspond with the chart that outlines the skills players should be exposed to throughout the season.

### Seasonal Framework

The following charts helps to illustrate the seasonal breakdown in terms of the length of the season, the number of practices and games, and how the season is broken in to 3 phases:

1. The Development Phase
2. The Regular Season Phase
3. The Playoff Phase.

COMMUNITY (recreational)		DEVELOPMENTAL (competitive)	
ATOM: AGE 9-10	<p><b>DEVELOPMENT PHASE</b></p> <p>Up To 4 WEEKS 8 PRACTICES 2 EXHIBITION GAMES</p>	ATOM: AGE 9-10	<p><b>DEVELOPMENT PHASE</b></p> <p>Up To 4 WEEKS 12 PRACTICES 2 EXHIBITION GAMES</p>
	<p><b>REGULAR SEASON PHASE</b></p> <p>Up To 22 WEEKS 22 PRACTICES 16 GAMES</p>		<p><b>REGULAR SEASON PHASE</b></p> <p>Up To 24 WEEKS 44 PRACTICES 20 GAMES</p>
	<p><b>PLAYOFF PHASE</b></p> <p>Up to 4 Weeks Tournament Style TOURNAMENTS 3 tournaments 12 games</p>		<p><b>PLAYOFF PHASE</b></p> <p>Up to 4 Weeks Tournament style TOURNAMENTS 4 tournaments 16 games</p>
	<p><b>TOTAL PRACTICES: 25 - 30   TOTAL GAMES: 25 - 35</b></p>		<p><b>TOTAL PRACTICES: 50 - 60   TOTAL GAMES: 40 - 45</b></p>
	<p><b>REQUIREMENTS:</b></p> <ul style="list-style-type: none"> <li>No tryouts / evaluations prior to or during the first week of school</li> <li>Must provide a minimum of 4 skates before formal tryouts</li> <li>Tryouts must be minimum 3 sessions (1 skills session / 1 small area games session / 1 formal game)</li> <li>Tournament style playoffs - no rounds</li> </ul>		<p><b>REQUIREMENTS:</b></p> <ul style="list-style-type: none"> <li>No tryouts / evaluations prior to or during the first week of school</li> <li>Must provide a minimum of 4 skates before formal tryouts</li> <li>Tryouts must be minimum 3 sessions (1 skills session / 1 small area games session / 1 formal game)</li> <li>Tournament style playoffs - no rounds</li> </ul>
<p><b>CONSIDERATIONS:</b></p> <ul style="list-style-type: none"> <li>Full time goaltenders - Goalie not playing in games plays out</li> <li>Rotate all players through all positions - no early specialization</li> <li>Small Area Games in Practice</li> <li>Skill / Station based practices</li> <li>Fair / equal ice time</li> </ul>		<p><b>CONSIDERATIONS:</b></p> <ul style="list-style-type: none"> <li>Full time goaltenders - Goalie not playing in games plays out</li> <li>Rotate all players through all positions - no early specialization</li> <li>Small Area Games in Practice</li> <li>Skill / Station based practices</li> <li>Fair / equal ice time</li> </ul>	

Chart 1: A comparison of Recreation and Competitive Programs

SEASONAL STRUCTURE			
ATOM – Community (recreational)			
Weeks	Up to 4 weeks prior to the start of the Regular Season Phase	Up to 22 Weeks after the completion of the Development Phase	Up to 4 Weeks at the conclusion of the Regular Season Phase
PHASE	Development Phase	Regular Season Phase	Playoff/Tournament Phase
BALANCE	13% of the season	74% of the season	13% of the season
VOLUME	4 Weeks	22 Weeks	4 Weeks
	8 Practice Sessions	22 Practice Sessions	4 Practices Sessions
	Up to 4 Games	Up to 16 Games	Up to 12 Games
	1 Tournaments	1 Tournaments	1 Tournaments

Chart 2: The seasonal structure components for Recreational Atom Hockey

SEASONAL STRUCTURE			
ATOM – Developmental (competitive)			
Weeks	Up to 4 weeks prior to the start of the Regular Season Phase	Up to 24 Weeks after the completion of the Development Phase	Up to 4 Weeks at the conclusion of the Regular Season Phase
PHASE	Development Phase	Regular Season Phase	Playoff/Tournament Phase
BALANCE	11% of the season	78% of the season	11% of the season
VOLUME	4 Weeks	24 Weeks	4 Weeks
	12 Practice Sessions	44 Practice Sessions	4 Practices Sessions
	Up to 4 Games	Up to 20 Games	Up to 16 Games
	1 Tournaments	1 Tournaments	2 Tournaments

ATOM PATHWAY

10

Chart 3: The seasonal structure components for Competitive Atom Hockey

### INSTRUCTORS/COACHES

All hockey coaches coaching Atom community sport streams require at a minimum Coach 2 – Coach Level Training.



Member and Member Partners may also require the completion of Coach 1 - Intro to Coach or the Coach 1-2 Hybrid clinic.

### Overview

The NCCP Coach Level course is the first level of the Community Sport Stream. This Coach Level is a competency-based education and training method of learning for all new and recreational level coaches. The NCCP Coach Level will provide an introduction to player development and will teach coach knowledge, skills and attitudes in the following areas:

- How to communicate effectively with athletes and parents.
- How to support the athlete in a team environment.
- How to support the athlete in the training environment.
- How to support the athlete in a practice environment.
- How to support the athlete in a game environment.

The NCCP Coach Level emphasizes basic skills and the importance of having players develop confidence, self-esteem and a love for the game.

### Certification:

Pathway for certification is shown in graphic above.

NOTE: Hockey Canada, Coaching Association of Canada or Member Branches do not require CERTIFIED status in this stream, only TRAINED.

### Professional Development – NCCP Instructional Clinics:

Hockey Canada has created a series of instructional clinics in addition to the Coach Stream program. While the Coaching clinic is more specific to the supporting coaches in the team environment, the instructional clinics are specific to teaching skills in all areas of the game.



# HOCKEY CANADA: CANADIAN PLAYER PATHWAY

## Atom Player Pathway



Members offer these clinics as a way of supporting/enhancing the ongoing development of coaches in the following areas:

- Skating
- Skills
- Developing Defencemen
- Checking Skills
- Goaltending

## ATOM SKILLS MATRIX

Hockey Canada's Long Term Player Development model places Atom hockey at the "Learn to Play" stage and is a time when programming is focussed on fundamental skill development. With this in mind, the following skills matrix provides an overview of the skills that players in this age group must have opportunities to develop through progressive and meaningful practice sessions.

The Hockey Canada Skills Manual for Atom Hockey contains a series of practice sessions that provide the appropriate skill instruction cues and drills designed to support players in their efforts to acquire these skills. For more information on the Hockey Canada Atom Skills Manual, refer to the resource section below.

### Atom Skills Matrix

ATOM SKILLS					
LTPD STAGE – Learn to Play					
Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<ul style="list-style-type: none"> <li>• All Skating Skills from Initiation and novice</li> <li>• Forward Scissor Skate</li> <li>• Lateral Crossovers</li> <li>• C-cuts toe on puck</li> </ul>	<ul style="list-style-type: none"> <li>• Figure 8's – forward – inside &amp; outside edge</li> <li>• Figure 8's – backward – inside &amp; outside edge</li> <li>• Heel to Heel (Mohawk)</li> <li>• 1 leg weaving – fwd / bwd</li> </ul>	<ul style="list-style-type: none"> <li>• Front v-start</li> <li>• Crossover start</li> <li>• Backward c-cut start</li> <li>• Outside leg stop</li> <li>• Two-foot parallel stop</li> <li>• One-leg backward stop</li> <li>• Two-leg backward stop</li> </ul>	<ul style="list-style-type: none"> <li>• Forward striding</li> <li>• Linear crossovers</li> <li>• Acceleration</li> <li>• Quick Feet</li> <li>• Evasive skating</li> </ul>	<ul style="list-style-type: none"> <li>• C-cuts – left foot / right foot</li> <li>• Backward Scissor skate</li> <li>• 1 Crossover / Reach</li> <li>• Backward Striding</li> </ul>	<ul style="list-style-type: none"> <li>• Glide turns / Tight turns</li> <li>• C-cuts – around circle – outside foot – forward &amp; backward</li> <li>• Crossovers – forward &amp; backward</li> <li>• Pivots – bwd to fwd &amp; fwd to bwd</li> <li>• Pivots – open &amp; reverse</li> </ul>
Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and Receiving	Shooting	Individual Offensive Tactics
<ul style="list-style-type: none"> <li>• Narrow / Wide</li> <li>• Side – front – side</li> <li>• Toe drag – side/front</li> <li>• Attack Triangle</li> </ul>	<ul style="list-style-type: none"> <li>• Narrow / Wide</li> <li>• Open ice carry – forehand &amp; backhand</li> <li>• Weaving with puck</li> <li>• Toe drag – front &amp; side</li> <li>• Attack the Triangle</li> </ul>	<ul style="list-style-type: none"> <li>• Stationary fhd pass</li> <li>• Stationary bhd pass</li> <li>• Forehand saucer pass</li> </ul>	<ul style="list-style-type: none"> <li>• Moving forehand pass</li> <li>• Moving backhand pass</li> <li>• Pass and Follow</li> <li>• Cross and Drop</li> </ul>	<ul style="list-style-type: none"> <li>• Forehand - wrist shot</li> <li>• Backhand - shot</li> <li>• Forehand / backhand shots in motion</li> <li>• Forehand - flip shot</li> <li>• Backhand - flip shot</li> <li>• Tips / Deflections</li> </ul>	<ul style="list-style-type: none"> <li>• Body fakes</li> <li>• Stick fakes</li> <li>• Dekes</li> <li>• Moves in Combination</li> <li>• Net Drives</li> </ul>
Individual Defensive Tactics	Team Play				
<ul style="list-style-type: none"> <li>• Angling</li> <li>• Basic 1 on 1's</li> <li>• Escape moves</li> <li>• Puck retrievals</li> <li>• Gap Control</li> <li>• Tracking</li> </ul>	<ul style="list-style-type: none"> <li>• Basic Positioning – D Zone</li> <li>• Basic Breakouts</li> <li>• Basic Entries</li> </ul>				



## **RESOURCES**

---

### ***The Hockey Canada Network***

***(<http://www.hockeycanadanetwork.com>)***

- Every season, thousands of coaches across Canada volunteer their time to step behind the bench. The Hockey Canada Network is the perfect assistant for new and experienced coaches, providing information on player development, certification and other valuable resources.
- Perfect practice makes perfect. The Hockey Canada Network is loaded with drills to help coaches run more effective practices. Whether your goal is to develop individual skills, improve conditioning or build on team tactics, there are drills for teams at any level to improve their game.
- In addition to hundreds of drills, the Hockey Canada Network offers comprehensive practice plans. Each plan gives you a series of drills and training advice to use within a single practice, or over several weeks. These plans were created by our most experienced and knowledgeable coaches and trainers.

### ***The Drill Hub***

***(<https://www.hockeycanada.ca/en-ca/hockey-programs/drill-hub>)***

- Hockey Canada Drill Hub is a free resource helping hockey coaches deliver high quality, tested, age appropriate drills for players of all ages. Coaches can use the downloads and videos to build a practice plan for their team. Players can learn the skills to play hockey to the best of their ability.
- The Drill Hub is a resource for players and coaches of all levels. It has a growing library of drill videos, diagrams and descriptions categorized by skills, age group and other criteria. Coaches can, review video as well as create practice plans and share them with their staff, player or parents.

### ***The Hockey Canada Long Term Player Development Model***

***(<https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/ltpd>)***

- The Hockey Canada Skills Manuals are part of the Skills Development Series - The Official Hockey Instructional Curriculum of Hockey Canada. All coaches and on ice volunteers are encouraged to utilize these resources to assist in enhancing skill development in all programs and levels of play.
- The Hockey Canada Skills Development Coaching Manuals are meant to be a guide for the coach, allowing them the flexibility to make adjustments, if necessary, to meet the demands of their players and team. Eventually, from the direction provided in the manuals, coaches will gain the confidence and creativity to begin designing their own lesson plans.



### Player Development Model Presentation: Speaker Notes



#### Canadian Player Pathway Presentation

**\*\* Title slide – facilitator/presenter to add their name and contact**

- This presentation is to highlight the unique features of the Atom Player Pathway which will come in to effect for the 2020-21 season
- It is important to review the guiding principles behind the Atom Player Pathway and for everyone to understand the rationale for while this initiative is so strongly supported by all of Hockey Canada's membership.



#### Message from Tom Renney, Hockey Canada CEO

- Tom discusses the importance of the work being done on the Canadian Player Pathway and takes some time to highlight the focus on the Atom Player Pathway set to be introduced to the minor hockey system in 2020-21



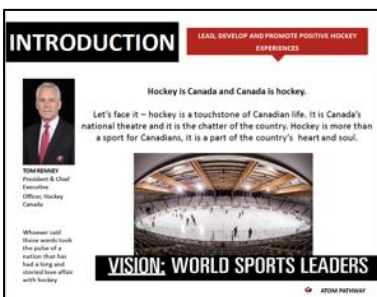
#### Canadian Player Pathway – Atom Pathway Policy

- This slide outlines the role of the Canadian Development Model workgroup in supporting and recommending the Canadian Player Pathway and providing the Hockey Canada membership with the rationale for the significance of the Player Pathway.
- The Member Forum and Hockey Canada Board of Directors approved the Atom Player Pathway in November 2018.,



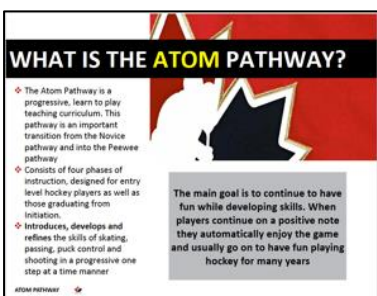
#### What this Presentation Covers

- Briefly go over the table of contents so participants can get a sense of what the Atom Pathway presentation involves



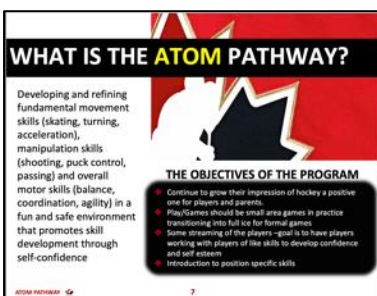
### Introduction

- Discuss the passion that Canadians have for the game respecting the history and also embracing the future



### What is the Atom Pathway?

- Highlight the Atom Pathway illustrating that it is a progression from Novice thru to PeeWee and offers a progressive teaching curriculum to ensure consistency in the development of young boys and girls



### What is the Atom Pathway?

- Illustrate that the Atom Pathway is skill based in focus while also ensuring fun while learning the fundamental skills of the game of hockey



### Seasonal Structure: Community vs Developmental

- Highlight the 2 Atom structures that are recommended.
  - The Community Stream is designed for the more recreational focused players allowing for less commitment and frequency on ice
  - The Developmental Stream is designed for the player that is looking for a more serious program and increased frequency
- Highlight the differences in the recommended number of games and practices



### Seasonal Structure - Atom Community (Recreational)

- This chart helps to illustrate, in a consistent manner, the seasonal breakdown in terms of the length of the season, the number of practices and games, and how the season is broken in to 3 phases: The Development Phase, the Regular Season Phase and the Playoff Phase

SEASONAL STRUCTURE			
ATOM – Developmental (Competitive)			
Weeks	Up to 4 weeks prior to the start of the Regular Season Phase	Up to 24 Weeks of the Regular Season Phase	Up to 8 Weeks of the Regular Season Phase
PHASE	Development Phase	Regular Season Phase	Playoff/Tournament Phase
BALANCE	15% of the season	67% of the season	22% of the season
VOLUME	4 Weeks 12 Practice Sessions Up to 4 Games 1 Tournaments	24 Weeks 44 Practice Sessions Up to 20 Games 1 Tournaments	8 Weeks 4 Practice Sessions Up to 16 Games 2 Tournaments

### Seasonal Structure – Atom Competitive

- As per the previous chart, the competitive season for the Atom Player Pathway has some slight variations to the Community (Recreational) season of play.

SEASONAL STRUCTURE	
<b>Development Phase:</b> Refers to the period of time prior to the season starting – typically when group camps and / or tryouts are held.	
1) Must have a minimum of 4 practices / skill sessions prior to formal evaluation during the season.	
2) Must have a minimum of 2 formal tryout / evaluation sessions – recommended: 1 skills session, 1 small area games session, 1 game.	
<b>Regular Season Phase:</b> Refers to the period of time following tryouts or evaluation prior to the regular season starting.	
3) Must have a period of development time following team selection and prior to the start of the regular season.	
<b>Playoff Phase:</b> Refers to the period of time from the end of the regular season through to the end of the playoffs.	
4) Must be for tournament style playoffs, versus elimination rounds.	

### Seasonal Structure: Requirements and Guidelines

- This slide is designed to highlight the guiding principles and requirements of the Atom Pathway to ensure that the intent of the optimal seasonal structure is met
- Explain / discuss each of the 5 guiding principles

SEASONAL STRUCTURE	
<b>Guiding Principle 1: Player Development</b>	1) The focus must be on the development of the player, not just on winning. 2) The focus must be on the development of the player, not just on winning. 3) The focus must be on the development of the player, not just on winning. 4) The focus must be on the development of the player, not just on winning. 5) The focus must be on the development of the player, not just on winning.
<b>Guiding Principle 2: Player Development</b>	1) The focus must be on the development of the player, not just on winning. 2) The focus must be on the development of the player, not just on winning. 3) The focus must be on the development of the player, not just on winning. 4) The focus must be on the development of the player, not just on winning. 5) The focus must be on the development of the player, not just on winning.
<b>Guiding Principle 3: Player Development</b>	1) The focus must be on the development of the player, not just on winning. 2) The focus must be on the development of the player, not just on winning. 3) The focus must be on the development of the player, not just on winning. 4) The focus must be on the development of the player, not just on winning. 5) The focus must be on the development of the player, not just on winning.
<b>Guiding Principle 4: Player Development</b>	1) The focus must be on the development of the player, not just on winning. 2) The focus must be on the development of the player, not just on winning. 3) The focus must be on the development of the player, not just on winning. 4) The focus must be on the development of the player, not just on winning. 5) The focus must be on the development of the player, not just on winning.
<b>Guiding Principle 5: Player Development</b>	1) The focus must be on the development of the player, not just on winning. 2) The focus must be on the development of the player, not just on winning. 3) The focus must be on the development of the player, not just on winning. 4) The focus must be on the development of the player, not just on winning. 5) The focus must be on the development of the player, not just on winning.

### Seasonal Structure: Rationale

- Highlight the bullet points regarding the rationale to ensure there is an understanding of why the guiding principles are in place and the rationale that goes behind each principle

SEASONAL STRUCTURE	
<b>Guiding Principle 1: Player Development</b>	1) The focus must be on the development of the player, not just on winning. 2) The focus must be on the development of the player, not just on winning. 3) The focus must be on the development of the player, not just on winning. 4) The focus must be on the development of the player, not just on winning. 5) The focus must be on the development of the player, not just on winning.
<b>Guiding Principle 2: Player Development</b>	1) The focus must be on the development of the player, not just on winning. 2) The focus must be on the development of the player, not just on winning. 3) The focus must be on the development of the player, not just on winning. 4) The focus must be on the development of the player, not just on winning. 5) The focus must be on the development of the player, not just on winning.
<b>Guiding Principle 3: Player Development</b>	1) The focus must be on the development of the player, not just on winning. 2) The focus must be on the development of the player, not just on winning. 3) The focus must be on the development of the player, not just on winning. 4) The focus must be on the development of the player, not just on winning. 5) The focus must be on the development of the player, not just on winning.
<b>Guiding Principle 4: Player Development</b>	1) The focus must be on the development of the player, not just on winning. 2) The focus must be on the development of the player, not just on winning. 3) The focus must be on the development of the player, not just on winning. 4) The focus must be on the development of the player, not just on winning. 5) The focus must be on the development of the player, not just on winning.
<b>Guiding Principle 5: Player Development</b>	1) The focus must be on the development of the player, not just on winning. 2) The focus must be on the development of the player, not just on winning. 3) The focus must be on the development of the player, not just on winning. 4) The focus must be on the development of the player, not just on winning. 5) The focus must be on the development of the player, not just on winning.

### Seasonal Structure: Recommendations

- These recommendations are not requirements as per the pathway but implementing these additional recommendations will enhance the Atom player experience

SEASONAL STRUCTURE	
<b>Player Development Pyramid</b>	The Hockey Canada Skills Development Program for Atom recommends 50% technical skills, 20% individual tactics, 15% team tactics, 10% team play, and 5% strategy.
<b>Atom Skills Pyramid</b>	
<b>Atom Skills Pyramid</b>	
<b>Atom Skills Pyramid</b>	
<b>Atom Skills Pyramid</b>	
<b>Atom Skills Pyramid</b>	

### Seasonal Structure: The Skills Pyramid

- The skills pyramid is a cornerstone of the atom pathway outlining the framework for putting together an optimal season development plan
- Highlight how the Atom Pathway seasonal structure makes it more conducive to a coach in meeting these guidelines.



**SEASONAL STRUCTURE**

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY
Personal Skills - Shooting	Personal Skills - Shooting	Personal Skills - Shooting	Personal Skills - Shooting	Personal Skills - Shooting
Personal Skills - Skating	Personal Skills - Skating	Personal Skills - Skating	Personal Skills - Skating	Personal Skills - Skating
Personal Skills - Stickhandling	Personal Skills - Stickhandling	Personal Skills - Stickhandling	Personal Skills - Stickhandling	Personal Skills - Stickhandling
Team Concept	Team Concept	Team Concept	Team Concept	Team Concept
Gameplay & Strategy	Gameplay & Strategy	Gameplay & Strategy	Gameplay & Strategy	Gameplay & Strategy
Teamwork	Teamwork	Teamwork	Teamwork	Teamwork
Team Culture	Team Culture	Team Culture	Team Culture	Team Culture

**SEPTEMBER / OCTOBER**

Skills to be introduced, developed and refined during the month of September and October include:

- Personal Skills - Shooting
- Personal Skills - Skating
- Personal Skills - Stickhandling
- Team Concept
- Gameplay & Strategy
- Teamwork
- Team Culture

### Seasonal Structure: Monthly Plan 1

- This slide outlines the month by month guideline of skills to be introduced, developed and refined

**SEASONAL STRUCTURE**

FEBRUARY	MARCH	APRIL	MAY / JUNE / JULY / AUGUST
Personal Skills - Shooting	Personal Skills - Shooting	Personal Skills - Shooting	Personal Skills - Shooting
Personal Skills - Skating	Personal Skills - Skating	Personal Skills - Skating	Personal Skills - Skating
Personal Skills - Stickhandling	Personal Skills - Stickhandling	Personal Skills - Stickhandling	Personal Skills - Stickhandling
Team Concept	Team Concept	Team Concept	Team Concept
Gameplay & Strategy	Gameplay & Strategy	Gameplay & Strategy	Gameplay & Strategy
Teamwork	Teamwork	Teamwork	Teamwork
Team Culture	Team Culture	Team Culture	Team Culture

**SEASONAL STRUCTURE BREAKDOWN CHART**

Skills to be introduced, developed and refined during the month of February, March, April, May, June, July, and August include:

- Personal Skills - Shooting
- Personal Skills - Skating
- Personal Skills - Stickhandling
- Team Concept
- Gameplay & Strategy
- Teamwork
- Team Culture

### Seasonal Structure: Monthly Plan 2

- This slide outlines the month by month guideline of skills to be introduced, developed and refined

**ATOM SKILLS**

**LTPD STAGE – Learn to Play**

Skill Category	Skill Name	Learning Objectives	Assessment Criteria
Personal Skills	Shooting	Develop basic shooting technique	Accuracy, Power, Control
Personal Skills	Skating	Develop basic skating technique	Balance, Control, Speed
Personal Skills	Stickhandling	Develop basic stickhandling technique	Control, Accuracy, Speed
Team Concept	Gameplay & Strategy	Develop basic understanding of game play	Understanding of Rules, Positioning
Teamwork	Team Culture	Develop basic understanding of team culture	Team Spirit, Communication

### Atom Skills Checklist

- The Atom skills checklist is a quick reference guide to the skills that coaches should be introducing, developing and refining within their practices.

**INSTRUCTORS / COACHES**

**ATOM Coaching Pathway**

- Hockey University – On-line Module
- Coach 2 – Coach 2 in Class and On-ice Clinic
- ASD – Activity Leader – On-line Module
- Hockey University – On-line Checking Skills / In-Class Checking Clinic

**RENEW FOR COACH 1 - COACH LEVEL**

**RENEW FOR COACH 2 - COACH LEVEL**

**RENEW FOR COACH 3 - COACH LEVEL**

**RENEW FOR COACH 4 - COACH LEVEL**

**RENEW FOR COACH 5 - COACH LEVEL**

**RENEW FOR COACH 6 - COACH LEVEL**

**RENEW FOR COACH 7 - COACH LEVEL**

**RENEW FOR COACH 8 - COACH LEVEL**

**RENEW FOR COACH 9 - COACH LEVEL**

**RENEW FOR COACH 10 - COACH LEVEL**

**RENEW FOR COACH 11 - COACH LEVEL**

**RENEW FOR COACH 12 - COACH LEVEL**

**RENEW FOR COACH 13 - COACH LEVEL**

**RENEW FOR COACH 14 - COACH LEVEL**

**RENEW FOR COACH 15 - COACH LEVEL**

**RENEW FOR COACH 16 - COACH LEVEL**

**RENEW FOR COACH 17 - COACH LEVEL**

**RENEW FOR COACH 18 - COACH LEVEL**

**RENEW FOR COACH 19 - COACH LEVEL**

**RENEW FOR COACH 20 - COACH LEVEL**

**RENEW FOR COACH 21 - COACH LEVEL**

**RENEW FOR COACH 22 - COACH LEVEL**

**RENEW FOR COACH 23 - COACH LEVEL**

**RENEW FOR COACH 24 - COACH LEVEL**

**RENEW FOR COACH 25 - COACH LEVEL**

**RENEW FOR COACH 26 - COACH LEVEL**

**RENEW FOR COACH 27 - COACH LEVEL**

**RENEW FOR COACH 28 - COACH LEVEL**

**RENEW FOR COACH 29 - COACH LEVEL**

**RENEW FOR COACH 30 - COACH LEVEL**

**RENEW FOR COACH 31 - COACH LEVEL**

**RENEW FOR COACH 32 - COACH LEVEL**

**RENEW FOR COACH 33 - COACH LEVEL**

**RENEW FOR COACH 34 - COACH LEVEL**

**RENEW FOR COACH 35 - COACH LEVEL**

**RENEW FOR COACH 36 - COACH LEVEL**

**RENEW FOR COACH 37 - COACH LEVEL**

**RENEW FOR COACH 38 - COACH LEVEL**

**RENEW FOR COACH 39 - COACH LEVEL**

**RENEW FOR COACH 40 - COACH LEVEL**

**RENEW FOR COACH 41 - COACH LEVEL**

**RENEW FOR COACH 42 - COACH LEVEL**

**RENEW FOR COACH 43 - COACH LEVEL**

**RENEW FOR COACH 44 - COACH LEVEL**

**RENEW FOR COACH 45 - COACH LEVEL**

**RENEW FOR COACH 46 - COACH LEVEL**

**RENEW FOR COACH 47 - COACH LEVEL**

**RENEW FOR COACH 48 - COACH LEVEL**

**RENEW FOR COACH 49 - COACH LEVEL**

**RENEW FOR COACH 50 - COACH LEVEL**

**RENEW FOR COACH 51 - COACH LEVEL**

**RENEW FOR COACH 52 - COACH LEVEL**

**RENEW FOR COACH 53 - COACH LEVEL**

**RENEW FOR COACH 54 - COACH LEVEL**

**RENEW FOR COACH 55 - COACH LEVEL**

**RENEW FOR COACH 56 - COACH LEVEL**

**RENEW FOR COACH 57 - COACH LEVEL**

**RENEW FOR COACH 58 - COACH LEVEL**

**RENEW FOR COACH 59 - COACH LEVEL**

**RENEW FOR COACH 60 - COACH LEVEL**

**RENEW FOR COACH 61 - COACH LEVEL**

**RENEW FOR COACH 62 - COACH LEVEL**

**RENEW FOR COACH 63 - COACH LEVEL**

**RENEW FOR COACH 64 - COACH LEVEL**

**RENEW FOR COACH 65 - COACH LEVEL**

**RENEW FOR COACH 66 - COACH LEVEL**

**RENEW FOR COACH 67 - COACH LEVEL**

**RENEW FOR COACH 68 - COACH LEVEL**

**RENEW FOR COACH 69 - COACH LEVEL**

**RENEW FOR COACH 70 - COACH LEVEL**

**RENEW FOR COACH 71 - COACH LEVEL**

**RENEW FOR COACH 72 - COACH LEVEL**

**RENEW FOR COACH 73 - COACH LEVEL**

**RENEW FOR COACH 74 - COACH LEVEL**

**RENEW FOR COACH 75 - COACH LEVEL**

**RENEW FOR COACH 76 - COACH LEVEL**

**RENEW FOR COACH 77 - COACH LEVEL**

**RENEW FOR COACH 78 - COACH LEVEL**

**RENEW FOR COACH 79 - COACH LEVEL**

**RENEW FOR COACH 80 - COACH LEVEL**

**RENEW FOR COACH 81 - COACH LEVEL**

**RENEW FOR COACH 82 - COACH LEVEL**

**RENEW FOR COACH 83 - COACH LEVEL**

**RENEW FOR COACH 84 - COACH LEVEL**

**RENEW FOR COACH 85 - COACH LEVEL**

**RENEW FOR COACH 86 - COACH LEVEL**

**RENEW FOR COACH 87 - COACH LEVEL**

**RENEW FOR COACH 88 - COACH LEVEL**

**RENEW FOR COACH 89 - COACH LEVEL**

**RENEW FOR COACH 90 - COACH LEVEL**

**RENEW FOR COACH 91 - COACH LEVEL**

**RENEW FOR COACH 92 - COACH LEVEL**

**RENEW FOR COACH 93 - COACH LEVEL**

**RENEW FOR COACH 94 - COACH LEVEL**

**RENEW FOR COACH 95 - COACH LEVEL**

**RENEW FOR COACH 96 - COACH LEVEL**

**RENEW FOR COACH 97 - COACH LEVEL**

**RENEW FOR COACH 98 - COACH LEVEL**

**RENEW FOR COACH 99 - COACH LEVEL**

**RENEW FOR COACH 100 - COACH LEVEL**

### Coach Training Requirements

- This slide outlines the NCCP requirements for coaches coaching Atom hockey as well as illustrating the professional development / certification maintenance clinics available



### Resources to Support Programming

- The 2 main resources for coaches are the Hockey Canada Network App and Drill Hub



### Hockey Canada Network

- The Hockey Canada Network App has an atom specific section along with a complete atom skills manual containing 32 set practice plans as well as atom specific skills videos in the skill development section
- Create teams and practice plans that can be shared with coaches and parents



### Hockey Canada Drill Hub

- Hockey Canada's Drill Hub is a free on-line resource containing 100's of skills videos and diagrams that coaches can access to develop their atom players.
- Create practice plans to share with other coaches



### Long Term Player Development Model

- This chart outlines where the Atom age category fits in the LTPD continuum



### Contacting Your Member Branch

- Contact information for the Member Branch offices across Canada for people to contact their governing body