

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.

PERFORMANCE HIGH

DEVELOPMENT COMPETITION

INTRODUCTION COMPETITION

COMMUNITY SPORT

MALE 21 + and FEMALE 22 + INTERNATIONAL

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

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

INSTRUCTIONAL STREAM - ADVANCED INSTRUCTIONAL STREAM - MASTER

MALE 18 - 20 and FEMALE 18 - 22 INTERNATIONAL

During this stage the player's physical, to chinical, tacucal (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 NCCP - HP1 (NATIONAL COMPETITION) NCCP - HP2 (INTERNATIONAL COMPETITION)

INSTRUCTIONAL STREAM - ADVANCED INSTRUCTIONAL STREAM - MASTER

MALE 16 - 17 and FEMALE 16 - 18 NATIONAL

TRAIN

TRAIN TO COMPETE

TRAIN TO TRAIN

LEARN TO TRAIN

FUNDAMENTALS 2

FUNDAMENTALS

DISCOVERY

During this stage players will participate in training with a focus on position specific technical and factioni preparation. There is as emphasis on fluness 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

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

INSTRUCTIONAL STREAM - LEVEL 3

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.

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

INSTRUCTIONAL STREAM - LEVEL 2

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, learn building and social activities should be emphasized. A reasonable balance of practices and games will forter the ongoing development and mastery of essential skills

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

INSTRUCTIONAL STREAM - LEVEL 2

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,

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

INSTRUCTIONAL STREAM - LEVEL 2

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.

NCCP - COACH LEVEL (RECREATIONAL)

INSTRUCTIONAL STREAM - LEVEL 1

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,

NCCP - INTRO TO COACH

INSTRUCTIONAL STREAM - LEVEL 1

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 - INTRO TO COACH

INSTRUCTIONAL STREAM - LEVEL 1

Proposed Long Term Athlete Development (LTAD) Seasonal Chart

Initiation	Number of Practices	Start date for Practices	Development Season	Start date for Games	Development & regular Season	Playoff Season	Tournaments	Number of Games total
Actual Rec	20	Oct 15		Oct 15		N/A		15 - 20
Actual Comp	32	Oct 15		Oct 10		N/A		15 - 20
Ideal	35 - 40	Sept 15	12 weeks 20 practices 0 games	Dec 15	10 weeks 20 practices 10 games	N/A	2 tournaments 8 games	15 - 20

Novice	Number of Practices	Start date for Practices	Development Season	Start date for Games	Development & regular Season	Playoff	Tournaments	Number of Games total
Actual Rec	30	Oct 15		Nov 1		Feb 20		22
Actual Comp	35	Oct 15		Nov 1		Feb 20		33
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

Initiation and Novice all considered house league

1) National Coach Certification Program

Hockey Canada's National Coach Certification Program (NCCP) is a competency-based program. The program enables coaches to build their coaching tools and knowledge of the game, so they can work effectively with their players.

Coaches enter into a 'stream' of coaching by taking part in clinics that are relative to the athletes that they are working with.

Coach Stream

· work with community and recreational teams, i.e. Novice, Atom

Developmental Stream

· work with provincial and regional teams, i.e. Peewee rep, Junior B

High Performance Stream

 work with national and international teams, i.e. Midget AAA, university

Within the Hockey Canada structure the Coach Stream and Development Stream are delivered at the provincial level. The High Performance stream is delivered at the National Level.

Coach Stream	Developmental Stream	High Performance Stream Core tragramming		
Core Programming	Core Programming			
Coach Intra Coach 1- Co. Co. (No. 1) Co. Co. Co. (No. 1) Co. Co. Co. (No. 1)	Development I COACH EMINY POINT	High Performance		
Clinic Prefask Clinic (8 hours)	Clinic (16 hours)	Cinic Prelask Cinic 6 Day Practical		
Clinic Past- task (Throughout season)	Clinic Post Task (Throughout season)	Clinic Post Task Throughout Season		
	Development 2 (*Frofessional Development)	High Performance 2		
Supplementary Programming	Clinic Pretask (Part of Development 1 Post Task)	Clinic Pretoik		
	Clinic (16 hours)	6 Day Foctor		
	Clinic Post Task (2 hours)	Cinic for Tax Throughout Section		
	Sypplementary Programming	Supplementary Programming		





2) National Coach Mentorship Program

A series of specialty clinics have been developed to offer coaches a practical session on teaching various skills, tactics and systems. This proactive approach will also open the doors of communication and provide a non-threatening environment for coaches to further pursue a mentor.

The NCMP specialty clinics were designed with the following messages in mind:

- Keep them moving whether it's a practice, clinic or camp, ice sessions should be designed to engage every participant consistently
- Emphasize the fundamentals build a foundation that will never crack
- · Incorporate a progression of skill development for every participant

The specialty clinic modules include:

- 1. Skating
- 2. Puck control
- 3. Shooting and scoring
- 4. Checking
- 5. Creating offense
- 6. Creative thinking
- 7. Goaltending
- 8. Special teams
- 9. Small-area games
- 10. Developing defensemen

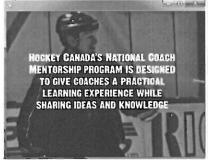






Specialty Clinic Modules – Resources

National Coach Mentorship Program - Video presentation





1 hour classroom session

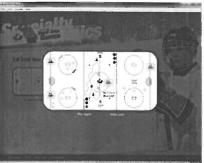
Followed by:

1 hour ice session

Specialty Clinics - Sample









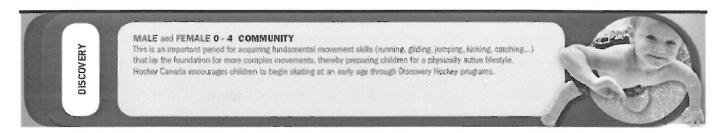
CHAPTER 4

SEASONAL STRUCTURE

The following pages describe the various stages of LTPD within the Hockey Canada structure. Everything from age category descriptors, to sample seasonal plans conforming to LTPD can be found.



Discovery Hockey Skills - 0-4 year olds



Objectives

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 can skate or learn to skate programs and outdoor rinks. Provide your infant or child with opportunities to participate in activities regardless of the weather.

Also, keep in mind the fundamental movement skills that lead to physical literacy while providing your child with daily physical activities.

	Locomotion	Object	Body
Ground	Run	Send and Receive - Ball	Agility, Balance & Coordination
Water	Swim	Send and Receive - Ball	Agility, Balance & Coordination
Air	Jump	Send and Receive - Frisbee	Agility, Balance & Coordination
Ice	Skate	Send and Receive - Puck	Agility, Balance & Coordination





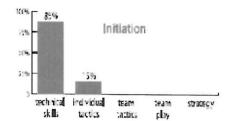
FUNdamental Hockey Skills 1- Male and Female 5-6 - Initiation Program



Objectives

The focus in on the development of physical literacy. Fundamental movement skills should be mastered, 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. Learn all fundamental movement skills and build overall motor skills. Skill development in the FUNdamentals stage should be well-structured, positive, and FUN!

The skill of skating speed can be developed quickly with players this age. Coaching should focus on developing skating speed in repetitions of less than 5 seconds. The ABC's of agility, balance and coordination should be emphasized through the teaching of skills and small games to emphasize the ABC's. Ensure that the skills the player acquires during the FUNdamentals stage will benefit them when they engage in recreational activities, enhancing their quality of life and health. Hockey Canada recommends in the early stages of FUNdamentals that players spend 85% of their time on the introduction and development of technical skills.







Proposed Long Term Player Development (LTPD) Seasonal Chart – Initiation

Initiation	Number of Practices	Start date for Practices	Development Season	Start date for Games	Development & regular Season		Tournaments	# of Games total
Ideal	35 - 40	Sept 15	12 weeks 20 practices (Limited and modified games)	Dec 15	10 weeks 20 practices 10 games	N/A	2 tournaments 8 games	15 - 20

Coach Development Programs - Coach Certification/Continuing Education Program (CEP)

Age	Coach	Description	Clinic	Manual Resource	Video Resource
Initiation	Intro Coach	Certification	Classroom	HC Skills Manual - Initiation	Skills of Gold 1-4
20.000	Specialty Clinics	CEP	Classroom/On Ice	Specialty Clinic Drill Package	Section (Section (Sec

Hockey Canada Development Programs - Initiation

Age Division	Player	Coach	On ice curriculum	Off ice curriculum	Dev	Rec	Promo	In Development
Initiation -NCCP (Intro Coach) -Initiation Jamboree	х	х	х	х	Х			-Skills Camps / Jamborees for Players (IP / Nov Curriculum
-Chevy Safe and Fun	Х		x	X			X	Development) -Mentorship for MHA's / Coaches
-Esso Fun Days - Specialty Clinics	X	X	X	X	×	X	X	-Coach component with Skills Camp





Development Resource Programs - IP



















Suggested Specialty Clinic Timelines – Initiation

Specialty Clinic

Skating

Puck control

Small area games

Months

Sept/Apr

Sept/Apr

Sept/Apr





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: 15-20 modified, 0-10 tull Ice

INITIATION PROGRAM

General Objective:
Developing fundamental movement
skills (skating, jumping, twisting, tuming),
manipulation skills (shooting, puck
control) and overall inotor 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 (Aglity, Balance and Coordination).

PRACTICE BREAKDOWN FOR THE SEASON - INITIATION

APRIL MARCH Tournaments FEBRUARY Technicai skills JANUARY Technical Introduce skills - introduce Develop DECEMBER Technical Refine - Develop skills NOVEMBER Technical skills Introduce Refine Individual Introduce Develop Tactics OCTOBER Technical skills Introduce Develop Refine Individual Introduce - Refine Tactics - Develop SEPTEMBER Technical skills Develop Individual Introduce Introduce Tactics Develop Technical skills Introduce Develop Introduce Develop



FUNdamentals to Do List:

For Branches

-Develop guidelines in which the seasonal plan for the Initiation age group is followed by Minor Hockey Associations -Develop a promotion and education plan for the implementation of the proposed seasonal structure. -Provide coaches with the educational opportunities and resources to give them the best tools possible.

For Associations

- -Players develop skills in practices and test those skills in modified games
 -Maximize your ice time by putting upwards of 40 players on the ice at a time
 -Utilize modified equipment appropriate for young players. Examples of this include junior model sticks, light weight pucks and fun teaching implements
 -Provide coaches with the latest and most up to date
- teaching.
 -Provide coaches with continuing education opportunities ie Specialty Clinics

resources to assist with

seasonal planning and skill

For Coaches

- -Teach appropriate and correct balance, agility, edge control, skating, turning and puck control skills using the ABC's of athletics.
- -Introduce children to the simple rules and ethics of sports.
- -Develop the skill of speed in players through short (5 seconds or less) repetitions
- -Utilize the Hockey Canada Initiation manual to deliver appropriately structured practices.
- -Limit technical and tactical information communicated to the players
- -Ensure players enjoy the game and want to continue to play in the future
- -NCCP training in the Intro Coach Program
 -Continuing education through Mentorship
 specialty clinics offered at MHA level with a
 focus on teaching the technical skills.

For Parents

- -Encourage your child to participate in a wide variety of physical activities
- -Strength training should be done solely with the players own body weight
- -Other sports that build on fundamental movement skills applicable to hockey:
 - Gymnastics
 - Run, Jump, Throw programs
 - Soccer
 - Skating programs

