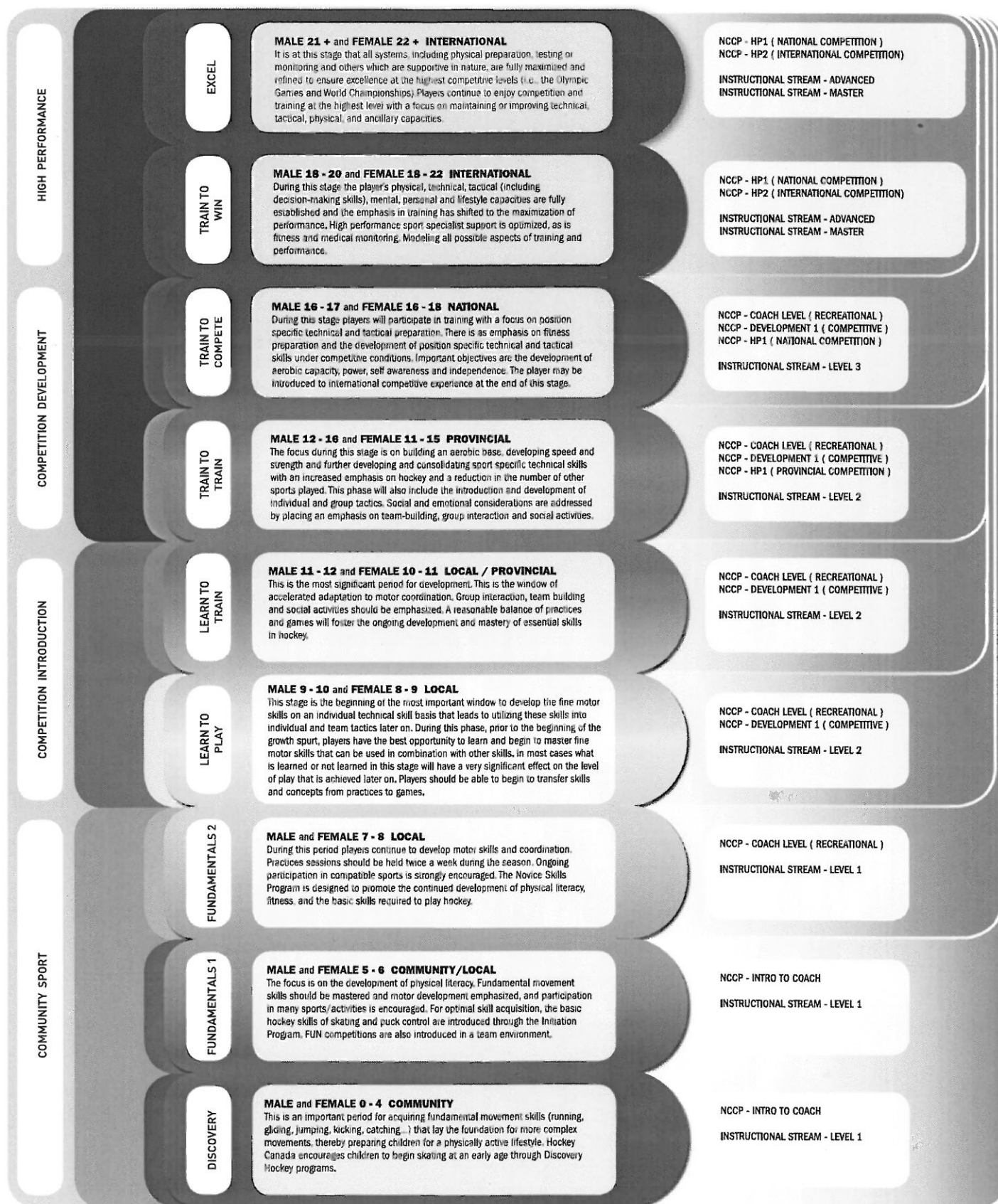




HOCKEY FOR LIFE, HOCKEY FOR EXCELLENCE

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.



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 Season	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 Programming	Core Programming	Core Programming
Coach 1 - COACH ENTRY POINT	Development 1 COACH ENTRY POINT	High Performance 1 - COACH ENTRY POINT
Intro Coach for coaches working with 5-6 year olds COACH ENTRY POINT		
Clinic Pretask		Clinic Pretask
Clinic (8 hours)	Clinic (16 hours)	Clinic 6 Day Practical
Clinic Post-task (Throughout Season)	Clinic Post Task (Throughout season)	Clinic Post Task Throughout Season
Supplementary Programming	Development 2 (*Professional Development) Clinic Pretask (Part of Development 1 Post Task)	High Performance 2
	Clinic (16 hours)	Clinic Pretask
	Clinic Post Task (2 hours)	Clinic 6 Day Practical
	Supplementary Programming	Clinic Post Task Throughout Season
		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

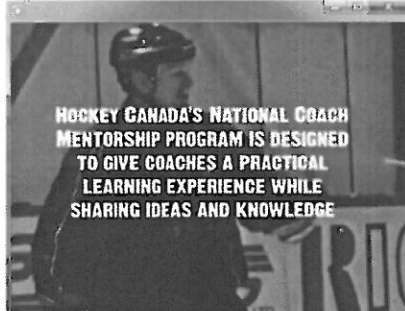
The specialty clinic modules include:

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

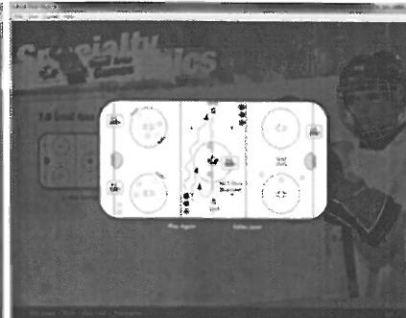
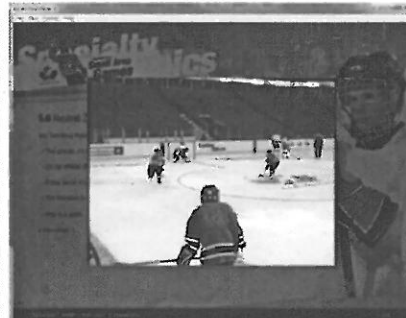


1 hour classroom session

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

DISCOVERY

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.



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

FUNDAMENTALS 1

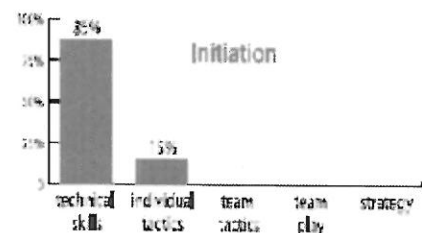
MALE and FEMALE 5 - 6 COMMUNITY/LOCAL
The focus is on the development of physical literacy. Fundamental movement skills should be mastered and motor development emphasized, and participation in many sports/activities is encouraged. For optimal skill acquisition, the basic hockey skills of skating and puck control are introduced through the Initiation Program. FUN competitions are also introduced in a team environment.



Objectives

The focus is 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	Playoff 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 Specialty Clinics	Certification CEP	Classroom Classroom/On Ice	HC Skills Manual – Initiation Specialty Clinic Drill Package	Skills of Gold 1-4

Hockey Canada Development Programs – Initiation

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



Development Resource Programs – IP



Suggested Specialty Clinic Timelines – Initiation

Specialty Clinic	Months
Skating	Sept/Apr
Puck control	Sept/Apr
Small area games	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 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



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 resources to assist with seasonal planning and skill teaching.
- Provide coaches with continuing education opportunities ie Specialty Clinics

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:
 - o Gymnastics
 - o Run, Jump, Throw programs
 - o Soccer
 - o Skating programs

