

ABRIDGED VERSION



Canadian Player Pathway





What is 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 minor hockey system. By utilizing LTPD principles, Hockey Canada membership offers systems and structures that are more consistent and ensures 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 each player will experience success in both practice and game settings.

About the Timbits U7 Player Pathway

Programming should be delivered through a progressive learn-to-play teaching curriculum that spans the five- and six-year-old age group. Children learn best through participating in practice drills and sessions, as well as informal and modified games such as shinny, freeze tag and obstacle courses.

The program consists of four levels of instruction, designed specifically for young hockey players. Each level consists of a series of practice plans (lesson plans) that follow a defined path of progressions. The skills of skating, puck control, passing and shooting are introduced and refined in a one-step-at-a-time manner.

HOCKEY CANADA Long-Term Player Development Model

1. Discovery Hockey Skills
0-4 YEAR OLDS | COMMUNITY
2. FUNdamental Hockey Skills 1
MALE & FEMALE 5-6 | COMMUNITY/LOCAL
3. FUNdamental Hockey Skills 2
MALE & FEMALE 7-8 | LOCAL
4. Learn to Play
MALE 9-10 & FEMALE 8-9 | LOCAL
5. Learn to Train
MALE 11-12 & FEMALE 10-11 | LOCAL/PROVINCIAL
6. Train to Train
MALE 12-16 & FEMALE 11-15 | PROVINCIAL
7. Train to Compete
MALE 16-17 & FEMALE 16-18 | NATIONAL
8. Train to Win
MALE 18-20 & FEMALE 18-22 | INTERNATIONAL
9. Excel
MALE 21+ & FEMALE 22+ | INTERNATIONAL





Timbits U7 Program Goals

1.
Have Fun,
Get Active

2.
Learn
Fundamental
Hockey Skills

3.
Develop
& Refine
Basic Motor
Patterns

4.
Practice,
Cooperation
& Fair Play

“Scaling down is important, and the research shows that when children are more actively engaged, they touch the puck more often, have the puck on their stick longer and are interacting with one another to a greater extent.”

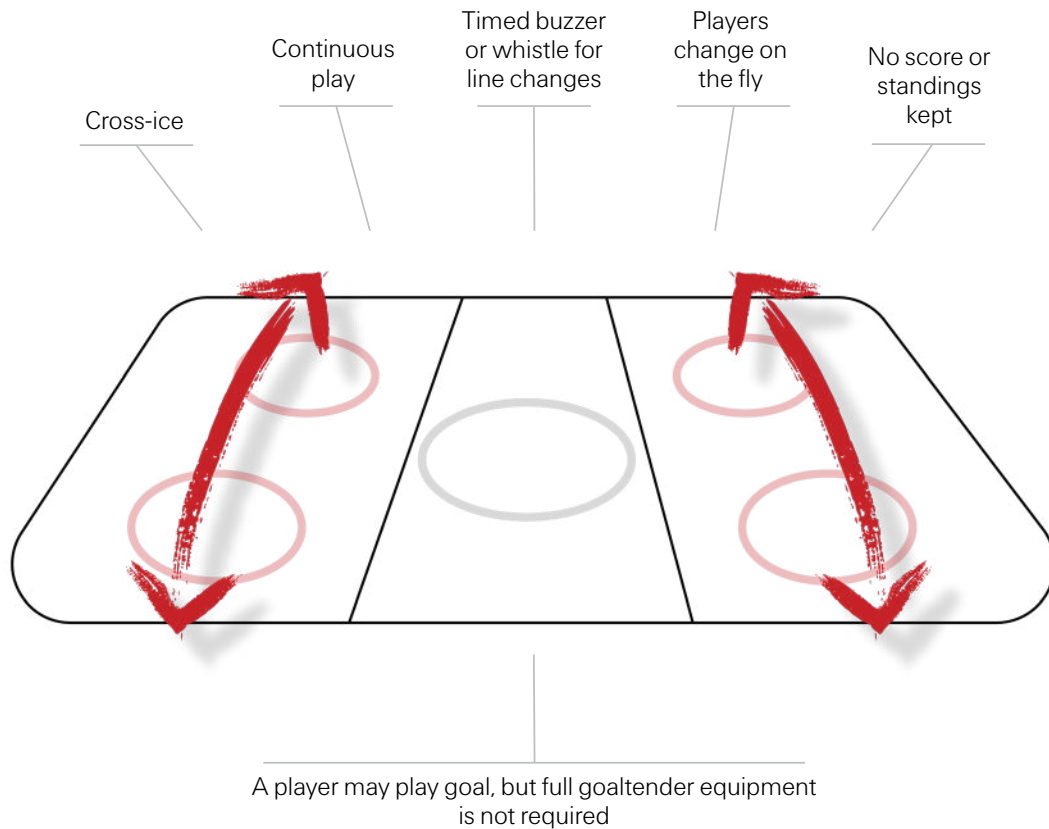
Dr. Stephen Norris

Consultant to Hockey Canada





What does the game look like at Timbits U7?



What does the season look like at Timbits U7?

- Preparation Phase**
Introduction to skill development in a fun environment prior to grouping of players
- Evaluation/Selection Phase**
Teams are formed to participate in season activities
- Development Phase**
Continuous skill development through practice, lessons, modified/fun games
- Regular Season Phase**
Practices, cross-ice games, jamborees/festivals
- End-of-Season Phase**
Continued engagement in a fun environment; no playoffs in Timbits U7 hockey
- Off-Season Phase**
Transition to other sports



What Timbits U7 policies will benefit my child's experience?

Player Evaluation/Selection

- No player evaluation/selection during the off-season phase (March through August).
- No player evaluation/selection prior to the first week of school, or during the first week if it starts the week after Labour Day.
- Where school starts prior to Labour Day, there must be four skates/practices starting the week following Labour Day before player evaluation/selections commences.
- Must offer a minimum of four practices/skill sessions prior to evaluation/selection.
- Must have a minimum of three evaluation/selection sessions.

Development Phase

- Must be a period of development time following player evaluation/selection.

Fair and Equal Ice Time

- Fair and equal ice time is designed to ensure that all players get the same opportunity to contribute to the outcome of games, regardless of skill or ability. A coach's responsibility is to develop all players to contribute.

Positional rotation:

- All players play all positions – no full-time goaltenders.

Playoffs

- There are no playoffs in Timbits U7 hockey.



**make
hockey
more**

