



# HOCKEY CANADA LONG TERM PLAYER DEVELOPMENT PLAN

HOCKEY FOR LIFE, HOCKEY FOR EXCELLENCE




# Learning to Play – Male 9-10 and Female 8-9 – Atom Program

**LEARN TO PLAY**

**MALE 9 - 10 and FEMALE 8 - 9 LOCAL**

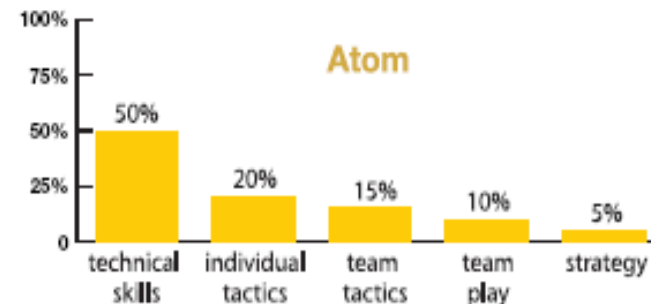
This stage is the beginning of the most important window to develop the fine motor skills on an individual technical skill basis that leads to utilizing these skills into individual and team tactics later on. During this phase, prior to the beginning of the growth spurt, players have the best opportunity 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.



## Objective

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.

One of the most important periods of motor development for children is between the ages of 9 and 12. This is a window of accelerated adaptation to motor co-ordination. Early specialization in late specialization sports can be detrimental to later stages of skill development and to refinement of the fundamental sport skills. At this stage, children are developmentally ready to acquire the general sports skills that are the cornerstones of all athletic development.



**PLAYER DEVELOPMENT**  
Développement des joueurs



## Proposed long term player development (LTPD) Seasonal Chart – Atom

Atom	Number of Practices	Start date for Practices	Development Season	Start date for Games	Development & regular Season	Playoff Season	Tournaments	Number of Games total
Ideal	45 - 50	Sept 15	6 weeks 12 practices 2 ex games	Nov 1	16 weeks 32 practices 20 games	Mar 15 2 weeks 6 practices 8 games	4 tournaments 16 games	40 - 45

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

Age	Coach	Description	Clinic	Manual Resource	Video Resource
Atom	Coach Level Dev 1 Specialty Clinics	Certification Certification CEP	Classroom / On Ice Classroom / On Ice Classroom / On ice	HC Skills Manual - Atom Specialty Clinic Drill Package	Skills of Gold 1 - 4 Skills of Gold 5 - 8

## Hockey Canada Development Programs

Age Division	Player	Coach	On ice curriculum	Off ice curriculum	Dev	Rec	Promo	In Development
<b>Atom</b>								
-NCCP (Coach / Dev 1)		X	X		X	X		-Coach component with Skills Camp
-Esso Fun Days								-NSST Drills for improvement package and results explanation
-HC Skills Camps	X	X	X	X		X		
-NSST	X	X	X		X			
-NCMP Specialty Clinics	X	X			X			



**PLAYER DEVELOPMENT**  
Développement des joueurs



## Development Resource Programs – Atom



Atom Manual



Off-Ice Manual



Skills of Gold



Checklist



Drill Pack 1



Drill Pack 2



Hockey Canada's Specialty Clinics



## Suggested Specialty Clinic Timelines – Atom

### Specialty Clinic

### Months

Skating

Sept/Apr

Puck control

Sept/Apr

Small area games

Sept/Apr

Shooting/Scoring

Sept/Apr

Goaltending

Sept/Apr

### Specialty Clinic

### Months

Creative thinking

Sept/Oct

Checking

Mar/Apr

Ind. Tactics

Oct/Apr

Developing Def.

Oct/Apr



**PLAYER DEVELOPMENT**  
Développement des joueurs

## ATOM PROGRAM

### Length of Season:

34-38 weeks:

- 3-4 weeks: Practice and Skill Development Season
- 20-24 weeks: Practice and Game Play Season
- 4 weeks: Tournament/Playoff Season

### Frequency per Week:

3-4 times

### Number of Games per Season:

40-45

## ATOM PROGRAM

### General Objective:

Learn overall sports skills.

One of the most important periods of motor development for children is between the ages of 9 and 12. This is a window of accelerated adaptation to motor co-ordination.

Every specialization in late specialization sports can be detrimental to later stages of skill development and to refinement of the fundamental sport skills.

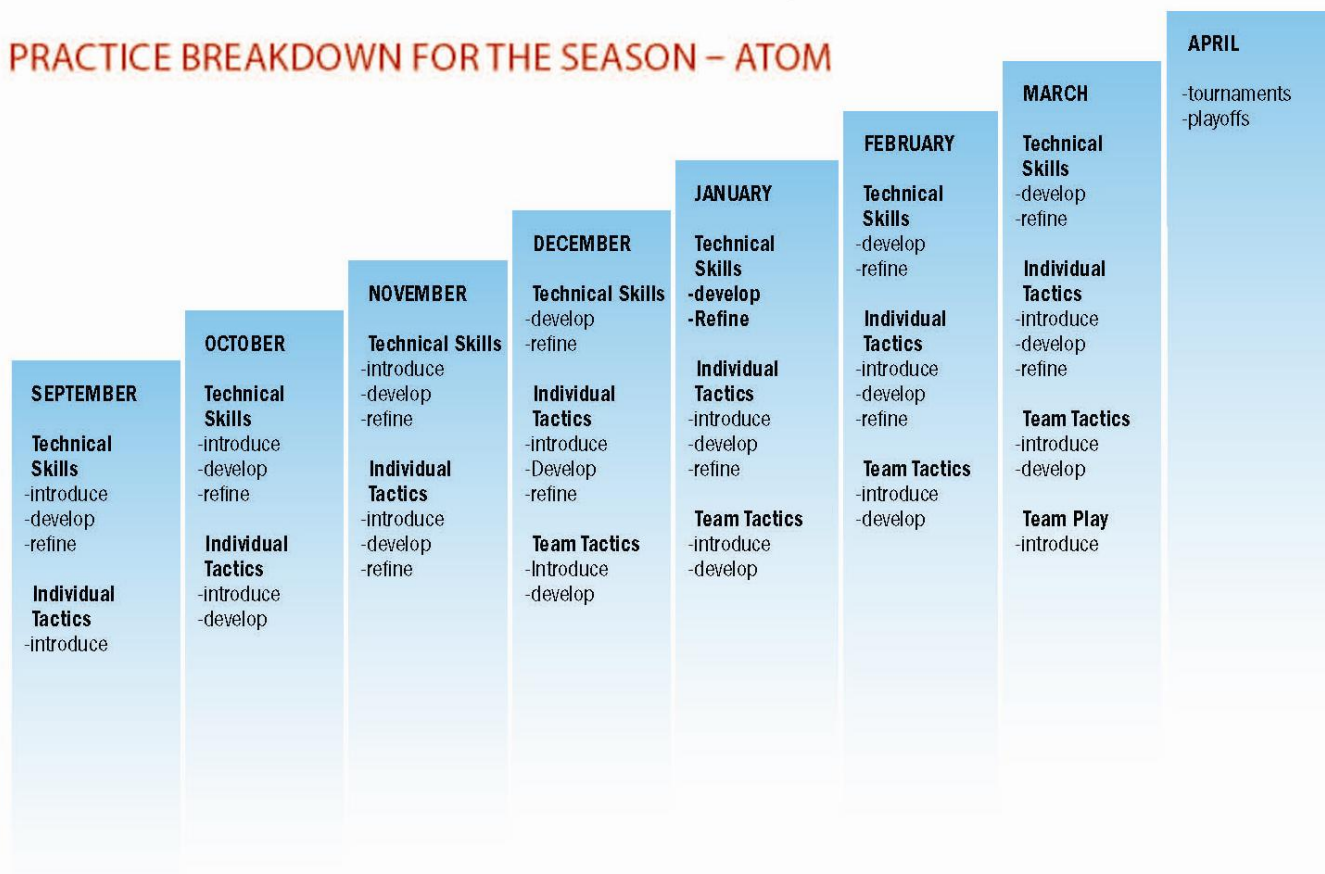
### Guiding Principles:

At this stage, children are developmentally ready to acquire the general sports skills that are the cornerstones of all athletic development. Hockey Canada recommends that players in the Learning to Train stage continue to focus on the development and refinement of individual skills and individual tactics.

### Preseason Training:

Other sports to further develop the ABC's (Agility, Balance and Coordination).

## PRACTICE BREAKDOWN FOR THE SEASON – ATOM



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## Learn to Train to Do List: Atom

### For Branches

- Develop guidelines in which the seasonal plan for the Atom 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.
- Develop playoff and Branch / Provincial championship structures that meet LTPD guidelines

### For Associations

- Continue to share ice between teams to maximize the usage of the ice, especially during prime time
- Encourage coaches to continue their education through the Hockey Canada Specialty clinics and other continuing education offerings
- Structure competition based on the differences in development and abilities
- Provide coaches with the latest and most up to date resources to assist with seasonal planning and skill teaching.
- Provide mentoring pathway within organization

### For Coaches

- The intensity is gradually and progressively increased during training in order to meet the competition demands. Make the task more difficult (effort given, greater speed of execution)
- Continue to focus on the fundamental technical skills and the tactical application of these skills.
- Develop endurance through games and relays on ice.
- The tactic/strategy is adapted to the age level and the background of the players and to the typical characteristics of the team.
- NCCP training in the Introduction to Competition Development Stream. This stream focuses on the development of coaching and teaching skills for the acquisition of skills and tactics as well as providing coaches with tools to develop physical and mental preparation skills in their players

### 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
  - o Baseball
  - o Lacrosse
  - o Golf



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