

HOCKEY CANADA LONG TERM PLAYER DEVELOPMENT PLAN

HOCKEY FOR LIFE, HOCKEY FOR EXCELLENCE



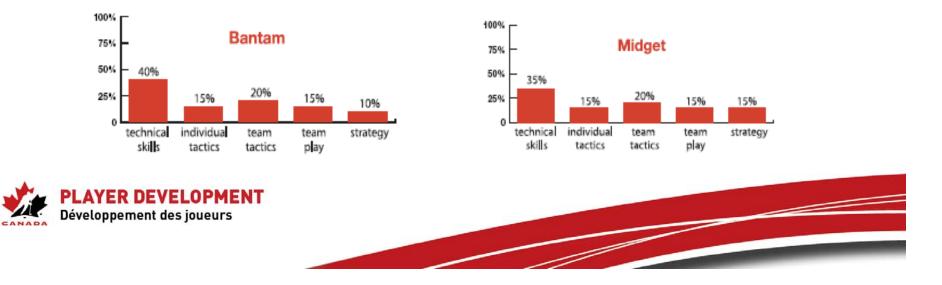
Train to Train – Male 12-16 and Female 11-15

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.	
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Objective

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.

Develop basic psychological attributes: concentration, activation, visualization, relaxation, positive internal dialogue Develop training routines to complement the main part of the ice session: warm-up, hydration, cool down, nutrition, etc. Hockey Canada recommends that at in the Train to Train stage that players focus on the following:



Proposed long term player development (LTPD) Seasonal Chart - Bantam

Bantam	Number of Practices	Start date for Practices	Development Season	Start date for Games	Development & regular Season	Playoff Season	Tournaments	Number of Games total
Ideal	55 - 60	Sept 15	4 weeks 12 practices 2 ex games	Oct 15	20 wks 40 practices 28 games	Mar 15 2 wks 6 practices & 8 games	0	50 - 55

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

Age	Coach	Description	Clinic	Manual Resource	Video Resource
Bantam	Coach Level, Dev 1				
	Dev 2	Certification	Classroom / On Ice	HC Skills Manual - Bantam	Skills of Gold 5 - 8
	HP1	Certification	Classroom / On Ice		Skills of Gold 5 - 8
	Specialty Clinics	CEP	Classroom / On ice	Specialty Clinic Drill Package	

Hockey Canada Development Programs

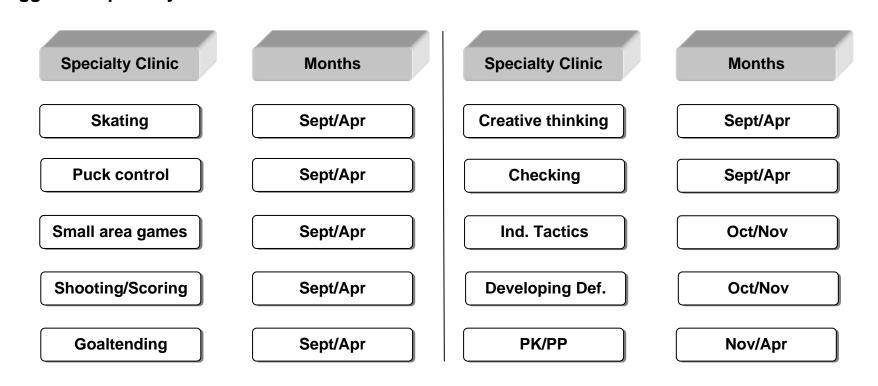
Age Division	Player	Coach	On ice curriculum	Off ice curriculum	Dev	Rec	Promo	In Development
Bantam -Coach Leve, Dev 1 -NCCP (Dev 2 / HP 1) -Esso Fun Days -HC Skills Camps -NSST - Specialty Clinics	X X X X	X X X	X X X	Х	X X X X	x		-Coach component with Skills Camp -NSST Drills for improvement package and results explanation -Advanced Skills Camps



Development Resource Programs – Bantam



Suggested Specialty Clinic Timelines – Bantam





BANTAM PROGRAM

Length of Season: 28-34 weeks:

- > 4 weeks: Practice and Skill Development Season
- > 20 weeks: Practice and Game Play Season

Frequency per Week:

PRACTICE BREAKDOWN FOR THE SEASON - BANTAM

Number of Games per Season:

4-5 times

50-55

➤ 2 weeks: Playoff Season

≻ 3 tournaments: 12 games

BANTAM PROGRAM

General Objective:

of the Game

Increased focus on hockey with a reduction in the number of other sports played to 1-2

Introduction and development of Advanced Group Tactics and Team Tactics

Depending on player introduce other activities into physical preparation and being to develop a solid base for general physical preparation

Begin to consolidate the basic technical Skills Develop basic psychological attributes: concentration, activation, visualization, relaxation, positive internal dialogue

> Develop training routines to complement the main part of the ice session: warm-uj hydration, cool down, nutrition, etc.

> > APRIL

					FEBRUARY	Technical	-playoffs
				JANUARY	Technical	Skills -develop	
					Skills	-refine	
			DECEMBER	Technical	-develop		
				Skills	-refine	Individual	
		NOVEMBER	Technical Skills	-develop		Tactics	
			-develop	-refine	Individual	-introduce	
	OCTOBER	Technical Skills	-refine		Tactics	-develop	
		-develop		Individual	-introduce	-refine	
SEPTEMBER	Technical	-refine	Individual	Tactics	-develop		
	Skills		Tactics	-introduce	-refine	Team Tactics	
Technical	-develop	Individual	-introduce	-develop		-introduce	
Skills	-refine	Tactics	-develop	-refine	Team Tactics	-develop	
develop		-introduce	-refine		-introduce		
refine	Individual	-develop		Team Tactics	-develop	Team Play	
	Tactics	-refine	Team Tactics	-introduce		-introduce	
Individual	-introduce		-Introduce	-develop	Team Play	-develop	
Tactics	-develop	Team Tactics	-develop		-introduce		
introduce	-refine	-introduce		Team Play	-develop		
develop				-introduce			





Train to Train to Do List: Bantam

For Branches

-Develop guidelines in which the seasonal plan for the Bantam 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 -Develop Branch POE programs that are development focused, progressive in nature and consistent in delivery and content.

For Associations

-Provide enhanced skill development opportunities for players -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 increased during training in order to meet the competition demands. Make the task more difficult (effort given, greater speed of execution) -The training session preparing the team for a competition must mirror the game requirements -Begin to work with players on the mental skills of goal setting, visualization, focus -Look for High Performance coach education programs to continue to develop your coaching skills -Continue to focus on the fundamental technical skills and the tactical application of these skills -The tactic/strategy is adapted to the age level and the background of the players and to the typical characteristics of the team.

For Parents

-Learn to go to the limit of your performance capabilities if you wish to improve -Begin to focus on 2-3 sports but continue to be active -Physical preparation becomes important and a focus on training is key develop good habits -Inventory your strengths and weaknesses: what hockey skills do you need to work on to take you game to the next level? -Parents educate themselves on what types of training should be done at this age or the development age of their kids for educated enrolment in supplementary programs.



