



HOCKEY CANADA LONG TERM PLAYER DEVELOPMENT PLAN


HOCKEY FOR LIFE, HOCKEY FOR EXCELLENCE



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.



PLAYER DEVELOPMENT
Développement des joueurs

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) -Initiation Jamboree -Chevy Safe and Fun -Esso Fun Days - Specialty Clinics	X X X	X X	X X X	X X X	X X	 X	 X X	-Skills Camps / Jamborees for Players (IP / Nov Curriculum Development) -Mentorship for MHA's / Coaches -Coach component with Skills Camp



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Development Resource Programs – IP



IP Manual



Off-Ice Manual



Skills of Gold



Checklist



Drill Pack 1



Hockey Canada's Specialty Clinics



Suggested Specialty Clinic Timelines – Initiation

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



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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



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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



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