



HOCKEY CANADA LONG TERM PLAYER DEVELOPMENT PLAN


HOCKEY FOR LIFE, HOCKEY FOR EXCELLENCE



FUNdamental Hockey Skills 2 – Male and Female 7-8 - Novice Program

FUNDAMENTALS 2

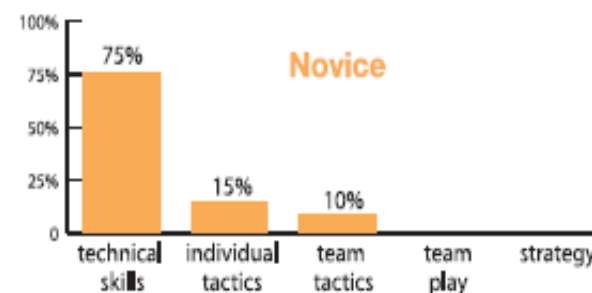
MALE and FEMALE 7 - 8 LOCAL
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Objective

During this period players continue to develop motor skills and coordination. Practices sessions should be held twice a week during the season. Ongoing participation in compatible sports is strongly encouraged. The Novice Skills Program is designed to promote the continued development of physical literacy, fitness, and the basic skills required to play hockey.

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 75% of their time on the introduction and development of technical skills as well as begin to focus on team tactics.



PLAYER DEVELOPMENT
Développement des joueurs

Proposed Long Term Player Development (LTPD) Seasonal Chart – Novice

| Novice | Number of Practices | Start date for Practices | Development Season | Start date for Games | Development & regular Season | Playoff Season | Tournaments | Number of Games total |
|--------|---------------------|--------------------------|--|----------------------|--------------------------------------|----------------|---------------------------|-----------------------|
| 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 |

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

| Age | Coach | Description | Clinic | Manual Resource | Video Resource |
|--------|---|---------------------------------------|--|--|--|
| Novice | Intro Coach Coach Level Specialty Clinics | Certification Certification CEP | Classroom Classroom/On Ice Classroom/ On Ice | HC Skills Manual – Initiation HC Skills Manual - Novice Specialty Clinic Drill Package | Skills of Gold 1-4 Skills of Gold 1-4 |

Hockey Canada Development Programs – Novice

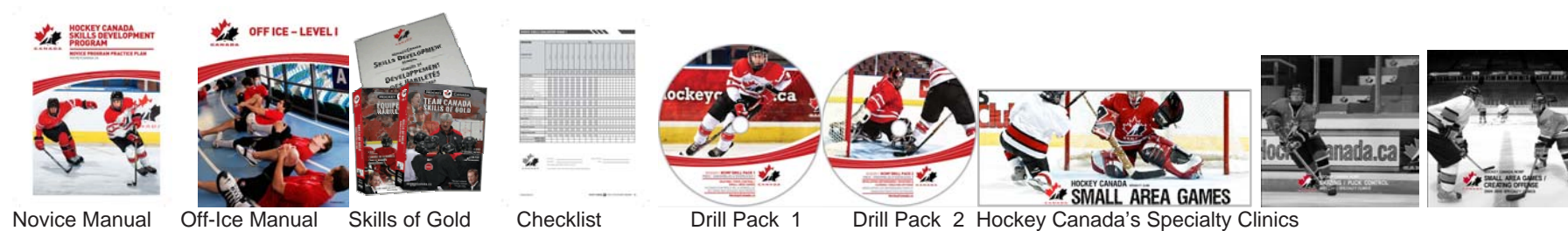
| Age Division | Player | Coach | On ice curriculum | Off-ice curriculum | Dev | Rec | Promo | In Development |
|---|-------------------------------|-------------------------------|-------------------------------|---------------------------------|-------------------------------|---------------------------|-------------------------------|--|
| Novice -NCCP (Intro Coach/Coach) -Chevy Safe and Fun -Esso Fun Days -HC Skills Camps -NSST -NCMP Specialty Clinics | X X X X X | X X X X X | X X X X X | X X X | X X X X X | X | X | -More Skills Camps for Players (IP / Nov Curriculum Development) -Coach Mentorship -Coach component with Skills Camp -NSST Drills for improvement package |



PLAYER DEVELOPMENT
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Development Resource Programs – Novice



Suggested Specialty Clinic Timelines – Novice

| Specialty Clinic | Months |
|-------------------|----------|
| Skating | Sept/Apr |
| Puck control | Sept/Apr |
| Small area games | Sept/Apr |
| Creative thinking | Jan/Apr |

NOVICE PROGRAM

Length of Season:

28-32 weeks:

- 8-10 weeks: Practice and Skill Development Season
- 20-24 weeks: Practice and Game Play Season
- 3-4 weeks: Tournament Season

Frequency per Week:

2-3 times

Number of Games per Season:

30-35 full ice and modified

NOVICE 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 primarily in a modified form – formalized games introduced late in season.

Some streaming of the players – goal is to have players working with players of like skills to develop confidence and self esteem

PRACTICE BREAKDOWN FOR THE SEASON – NOVICE



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Développement des joueurs

Learning to Play to Do List: Novice

For Branches

- Develop guidelines in which the seasonal plan for the Novice 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

- 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.

For Coaches

- Utilize the Hockey Canada Skills Manuals and Skills of Gold DVD's as a standard base of technical and tactical skill development and seasonal planning and focus on motor coordination skills in players. Develop these skills through drills that incorporate agility, balance and change of direction
- Work toward a ratio of 2 training sessions for every game. Over the course of a 26 week minor hockey season this would mean 25-35 games and 50-70 practices and encourage unstructured play in practice to allow the players to develop skills through experimentation.
- Continue to play players in multiple positions to develop all the skills of the game
- A high number of repetitions is combined with a below maximum intensity level.
- The success rate is at least 70% when practicing skills
- Players are exposed to numerous repetitive demonstrations. Coach must create a precise mental image of the technical action that must be duplicated. The participant must imitate the correct movement as precisely as possible
- The decision making process according to standard situations is introduced at this age and technical or tactical learning take place at the beginning of the session, after the warm up. There can be no learning if the player is tired.

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



PLAYER DEVELOPMENT
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