



HOCKEY CANADA LONG TERM PLAYER DEVELOPMENT PLAN


HOCKEY FOR LIFE, HOCKEY FOR EXCELLENCE



Learn to Train – Male 11-12 and Female 10-11 – Pee wee Program

LEARN TO TRAIN

MALE 11 - 12 and FEMALE 10 - 11 PROVINCIAL/ LOCAL
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Objective

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Begin to consolidate the basic technical Skills 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 Team Tactics, Team Play and Strategy. Depending on player introduce other activities into physical preparation and being to develop a solid base for general physical preparation. 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. Upwards of 80% of training should be dedicated to individual skills and tactics in this stage.



PLAYER DEVELOPMENT
Développement des joueurs

Proposed long term player development (LTPD) Seasonal Chart – Peewee

Peewee	Number of Practices	Start date for Practices	Development Season	Start date for Games	Development & regular Season	Playoff Season	Tournaments	Number of Games total
Ideal	50 - 55	Sept 15	4 weeks 12 practices 4 ex games	Oct 15	18 wks 36 practices 24 games	Mar 15 2 weeks 6 practices & 8 games	4 tournaments 16 games	45 - 50

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

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

Hockey Canada Development Programs

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



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Development Resource Programs – Pee wee



Pee wee Manual Off-Ice Manual

Skills of Gold

Checklist

Drill Pack 1

Drill Pack 2

Hockey Canada's Specialty Clinics

Suggested Specialty Clinic Timelines – Pee wee

Specialty Clinic	Months	Specialty Clinic	Months
Skating	Sept/Apr	Creative thinking	Sept/Apr
Puck control	Sept/Apr	Checking	Sept/Apr
Small area games	Sept/Apr	Ind. Tactics	Oct/Apr
Shooting/Scoring	Sept/Apr	Developing Def.	Oct/Apr
Goaltending	Sept/Apr	PK/PP	Feb/Mar



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PEEWEE PROGRAM

Length of Season:

32-38 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:

3-4 times

Number of Games per Season:

45-50

PEEWEE 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 – PEEWEE



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Learn to Train to Do List: Peewee

For Branches

Develop guidelines in which the seasonal plan for the Peewee 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)
- 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
- 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.
- 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 your game
- 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.



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