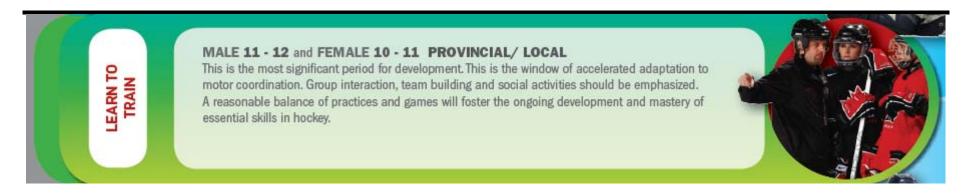


HOCKEY CANADA LONG TERM PLAYER DEVELOPMENT PLAN

HOCKEY FOR LIFE, HOCKEY FOR EXCELLENCE



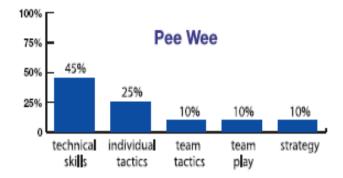
Learn to Train – Male 11-12 and Female 10-11 – Peewee Program



Objective

This is the most significant period for development. This is the window of accelerated adaptation to motor coordination. Group interaction, team building and social activities should be emphasized. A reasonable balance of practices and games will foster the ongoing development and mastery of essential skills in hockey.

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.







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	Certification			
	Dev 1	Certification	Classroom / On Ice	HC Skills Manual - Peewee	Skills of Gold 5 - 8
	Dev 2	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	Off ice	Dev	Rec	Promo	In Development
			curriculum	curriculum				
Peewee								-Coach component with Skills
-Coach Level								Camp
-NCCP (Dev 1 / Dev 2)	Х	Х	Х		Х	Х		-NSST Drills for improvement
-Esso Fun Days			Х	X		Х		package and results
-HC Skills Camps	Х	Х	Х		Х			explanation
-NSST	Х	Х			Х			-Advanced Skills Camps
-Specialty Clinics		Х						•

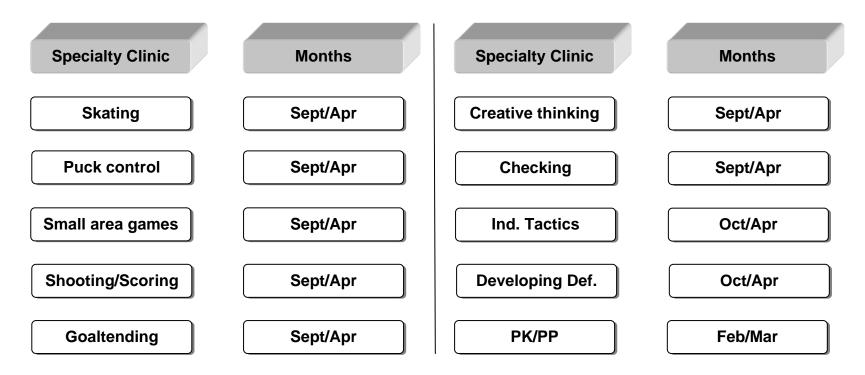




Development Resource Programs – Peewee



Suggested Specialty Clinic Timelines – Peewee





PEEWEE PROGRAM

Length of Season: 32-38 weeks:

➤ 8-10 weeks: Practice and Skill Development Season Frequency per Week:

Number of Games per Season:

3-4 times

45-50

- > 20-24 weeks: Practice and Game Play Season
- ≫ 3-4 weeks: Tournament Season

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 (Aglity, Balance and Coordination).

APRIL

						MARCH	-tournaments
					FEBRUARY	Technical Skills	-playoffs
				JANUARY	Technical	-develop	
					Skills	-refine	
			DECEMBER	Technical	-develop		
				Skills	-Refine	Individual	
		NOVEMBER	Technical Skills	-develop		Tactics	
	1		-develop	-Refine	Individual	-introduce	
	OCTOBER	Technical Skills	-refine		Tactics	-develop	
and the second second		-introduce		Individual	-introduce	-refine	
SEPTEMBER	Technical	-develop	Individual	Tactics	-Develop		
	Skills	-refine	Tactics	-introduce	-refine	Team Tactics	
Technical	-introduce		-introduce	-develop		-introduce	
Skills	-develop	Individual	-develop	-refine	Team Tactics	-develop	
introduce	-refine	Tactics	-refine		-Introduce		
develop		-introduce		Team Tactics	-develop	Team Play	
refine	Individual	-develop	Team Tactics	-introduce		-introduce	
	Tactics	-refine	-introduce	-develop	Team Play	-develop	
Individual	-introduce		-develop		-introduce		
Tactics	-develop			Team Play	-develop	Team	
introduce				-introduce		Strategy	
						-introduce	





Learn to Train to Do List: Peewee

For Branches

For Associations

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

-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 -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)

For Coaches

-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 vour 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 -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.



