

player development programs | 8 years old & under

**PLAY.
LOVE.
EXCEL.**



**CANADIAN
SPORT FOR LIFE**



long-term player development (ltpd)

Simply put, a Long-Term Player Development (LTPD) model is a framework to maximize a player's potential and long term involvement in sport over the course of their life.

This philosophy sets out a vision for hockey in Canada that takes advantage of the history and culture of the game to increase participation and to lay the foundations of international success long into the future.



Long-Term Player Development ...

- Has an impact on the entire sport continuum, including participants, parents, coaches
- Integrates elite sport, community sport and recreation, scholastic sport, and physical education in schools.
- Supports the four goals of the Canadian Sport Policy — Enhanced Participation, Enhanced Excellence, Enhanced Capacity, and Enhanced Interaction — and reflects a commitment to contribute to the achievement of these goals.
- Promotes a healthy, physically literate nation whose citizens participate in lifelong physical activity

This model for hockey has been developed based on the following principles:

- Doing the right thing for the player at the right stage in their development
- Adopting a player-centred approach and not treating the development of all players the same way.
- The broader the foundation of players the more successful the game of hockey will be in Canada
- Viewing player development as a long term process
- Aligning player development resources with the right age and ability
- Coach development and education resources so that coaches are doing the right things at the right time. (skills manuals, DVD's)
- A need to better educate parents on the hockey development of their child. It is okay for parents to want their kids to get to the highest levels but they need to know the best way to go about it.



hockey canada's initiation program

The Initiation Program is Canada's premiere 'Learn to Play' program for beginning hockey and is the foundation of skills development for hockey in the OMHA.

Players who learn the skills of the game are more inclined to enjoy playing. If they have the skills to play, they will love the game.

Hockey Canada developed the Initiation Program to make children's first contact with hockey a safe and positive experience. It's a structured, learn-to-play hockey program designed to introduce beginners—players and parents alike—to the game's basic skills. It enables participants to become contributing members of a team effort, develop self-confidence, and experience a sense of personal achievement.

These goals are achieved in an atmosphere of fun and fair play.

The foundation of the Initiation Program is station-based practices and Cross-Ice games and the benefits include:

- More puck touches
- Maximum ice usage
- Increased competition for all players
- Fun for all participants

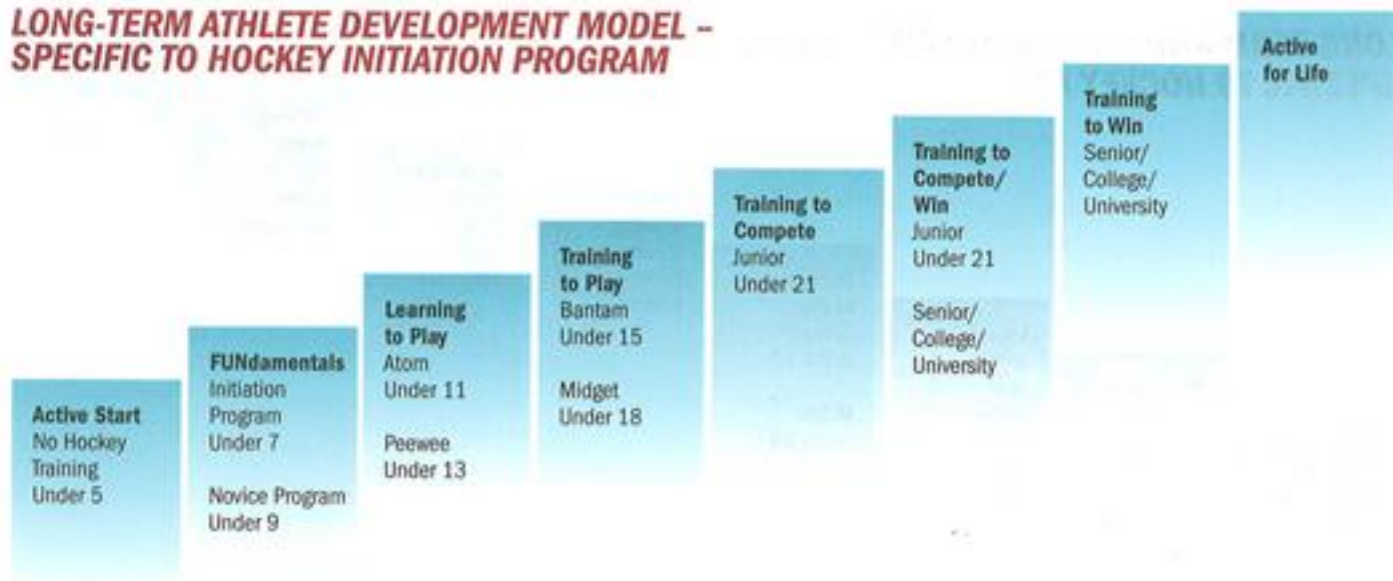
Intro Coach (CHIP) Certification Clinics

The overall success of the program relies on the leadership and teaching ability of the instructors. To assist parents we have developed an Instructional Clinic designed to ensure that instructors are fully prepared to present a successful program.



**MORE PUCK TIME DEVELOPS THEIR
"I LOVE THIS GAME" SKILL.**

LONG-TERM ATHLETE DEVELOPMENT MODEL – SPECIFIC TO HOCKEY INITIATION PROGRAM



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:
20-30 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





HOCKEY CANADA CORE SKILLS



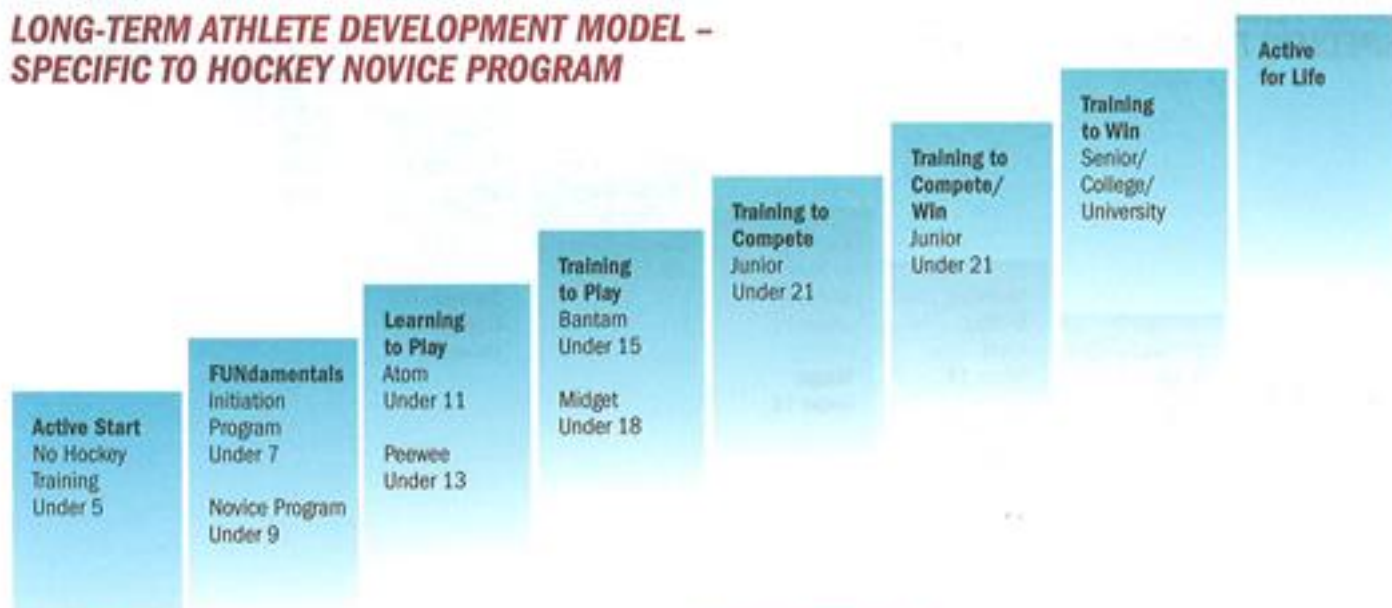
INITIATION

Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<ul style="list-style-type: none"> Ⓞ Basic stance Ⓞ Getting up from the ice Ⓞ Balance on one foot Ⓞ Gliding on two skates Ⓞ Gliding on one skate – forward and backward Ⓞ Lateral Crossovers – step and plant 	<ul style="list-style-type: none"> Ⓞ Figure 8's – forward – inside & outside edge Ⓞ Figure 8's – backward – inside & outside edge 	<ul style="list-style-type: none"> Ⓞ T-start Ⓞ Front v-start Ⓞ Crossover start Ⓞ Backward c-cut start Ⓞ Backward crossover start Ⓞ One o'clock – eleven o'clock Ⓞ Outside leg stop Ⓞ Two-foot parallel stop Ⓞ One-leg backward stop Ⓞ Two-let backward stop 	<ul style="list-style-type: none"> Ⓞ C-cuts – left foot / right foot / alternating Ⓞ Forward striding 	<ul style="list-style-type: none"> Ⓞ C-cuts – left foot / right foot Ⓞ Gliding on two skates – backward Ⓞ Gliding on one skate – backward 	<ul style="list-style-type: none"> Ⓞ Glide turns Ⓞ Tight turns Ⓞ C-cuts – around circle – outside foot – forward & backward Ⓞ Crossovers – forward & backward Ⓞ Backward on-foot stop and t-start Ⓞ Pivots – bwd to fwd & fwd to bwd Ⓞ Pivots – open & reverse

Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and Receiving	Sweep Shot	Wrist Shot
<ul style="list-style-type: none"> Ⓞ Stance Ⓞ Narrow Ⓞ Wide Ⓞ Side – front – side Ⓞ Toe drag – side Ⓞ Toe drag – front 	<ul style="list-style-type: none"> Ⓞ Narrow Ⓞ Wide Ⓞ Open ice carry – forehand & backhand Ⓞ Weaving with puck Ⓞ Toe drag – front & side Ⓞ Puck in feet 	<ul style="list-style-type: none"> Ⓞ Stationary forehand pass Ⓞ Stationary backhand pass Ⓞ Stationary bank pass 	<ul style="list-style-type: none"> Ⓞ Moving forehand pass Ⓞ Moving backhand pass Ⓞ Lead pass 	<ul style="list-style-type: none"> Ⓞ Forehand Ⓞ Backhand 	<ul style="list-style-type: none"> Ⓞ Forehand – low Ⓞ Backhand – low

Flip Shot	Individual Offensive Tactics	Individual Defensive Tactics	Warm Ups
<ul style="list-style-type: none"> Ⓞ Forehand 	<ul style="list-style-type: none"> Ⓞ Body fakes Ⓞ Stick fakes 	<ul style="list-style-type: none"> Ⓞ Angling 	<ul style="list-style-type: none"> Ⓞ Arm circles Ⓞ Trunk rotations Ⓞ Leg swing front to back Ⓞ Leg swing side to side Ⓞ High knee Ⓞ Heel kicks

LONG-TERM ATHLETE DEVELOPMENT MODEL – SPECIFIC TO HOCKEY NOVICE PROGRAM



NOVICE PROGRAM

Length of Season:

28-32 weeks:

- > 3-4 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:

15-20 modified, 20-30 full ice

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





HOCKEY CANADA CORE SKILLS

NOVICE



Edge Control	Backward Skating	Moving Puck Control	Moving Passing and Receiving	Wrist Shot	Tips and Deflection
<ul style="list-style-type: none"> Ⓞ One leg weaving – forward & backward 	<ul style="list-style-type: none"> Ⓞ Backward sculling 	<ul style="list-style-type: none"> Ⓞ Side – front - side 	<ul style="list-style-type: none"> Ⓞ Pairs passing Ⓞ Moving bank pass – forehand Ⓞ Moving bank pass – backhand Ⓞ Pass and follow 	<ul style="list-style-type: none"> Ⓞ In motion 	<ul style="list-style-type: none"> Ⓞ Stationary tips – on ice - low

Individual Offensive Tactics	Offensive Tactics – Defensive Zone	Offensive Tactics – Neutral Zone	Offensive Tactics – Offensive Zone	Individual Defensive Tactics	Defensive Tactics – Defensive Zone
<ul style="list-style-type: none"> Ⓞ Attack triangle – puck under stick 	<ul style="list-style-type: none"> Ⓞ Escape moves Ⓞ Puck retrieval basics Ⓞ Direct pass – wall Ⓞ Direct pass – midlane 	<ul style="list-style-type: none"> Ⓞ Cross & drop Ⓞ Pass & follow Ⓞ Give & go Ⓞ Headman 	<ul style="list-style-type: none"> Ⓞ Net drive Ⓞ Middle drive Ⓞ High delay Ⓞ Wrap around 	<ul style="list-style-type: none"> Ⓞ Forward skating Ⓞ Backward skating Ⓞ Changing directions Ⓞ Active stick 	<ul style="list-style-type: none"> Ⓞ Role of F1 Ⓞ Role of F2 Ⓞ Role of F3 Ⓞ Role of D1 Ⓞ Role of D2

Defensive Zone	Plyometric Exercises	Balance and Coordination	Off-Ice Stickhandling
<ul style="list-style-type: none"> Ⓞ DZ coverage – basic Ⓞ DZ coverage - rotation 	<ul style="list-style-type: none"> Ⓞ Power stride Ⓞ Power leap Ⓞ Side step jumps – crossover Ⓞ Agility cones Ⓞ Bounding side to side 	<ul style="list-style-type: none"> Ⓞ Bounce ball on blade Ⓞ Flip ball up / knock down 	<ul style="list-style-type: none"> Ⓞ Ball control – narrow & wide combination Ⓞ Ball control – side / front / side Ⓞ Ball control – toe drag – side & front combination Ⓞ One touch pass – forehand / backhand Ⓞ Saucer pass – forehand / backhand Ⓞ Freestyle stickhandling moves



THE BENEFITS OF A **CROSS-ICE** PRACTICE OR GAME:

 More puck touches

 Maximum ice utilization

 Increased competition
for all the players

 Fun for all participants

 Everyone is involved

