player development programs | 8 years old & under



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.

Visit OMHA.net for more information on Hockey Canada's LTPD and the OMHA's Player Development Manual



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 selfconfidence, 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 stationbased 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

ng Y	Training t Compete Junior Under 21
m 15	Under 21

Traini

to Pla

Banta

Under

Midget

Under 18

Training to Compete/ Win Junior Under 21

Senior/ College/ University

Active for Life

Training to Win

Senior/ College/

University

INITIATION PROGRAM

Longth of Season:

Active Start

No Hockey

Training

Under 5

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

Learning

Under 11

Peewee Under 13

to Play

Atom

FUNdamentals

Novice Program

Initiation

Program

Under 7

Under 9

Number of Games per Season: 20-30 modified, 0-10 full ice

INITIATION PROGRAM

General Objective:

aining to

Developing fundamental movement skills (skating, jumping, twisting, tuming), 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).

> APRIL WEEKS 29-32

PRACTICE BREAKDOWN FOR THE SEASON – INITIATION

						MARCH	TEENS 20-SE
			DECEMBER WEEKS 13-16	JANUARY WEEKS 17-20	FEBRUARY WEEKS 21-24 Individual Tactics - Introduce	WEEKS 25-28 Individual Tactics - Develop	Tournaments Game Season
		NOVEMBER	WEEKS 13-10	skills - Refine	Increased	skills - Refine	
		WEEKS 9-12	Technical skills		-1 on 1's	uning then the	
	OCTOBER	-	- Develop	- Skating	Contraction of the	· Game Season	
SEPTEMBER	WEEKS 5-8	Technical skills	Cluster	- quickness	Give and Go's		
WEEKS 1-4	WEEKS D-8	- Develop	Skating Quickness	- speed	 Stationary Moving 	·Toumaments	
	Technical skills	Skating	- Speed	Puck Control	- Dekes	·3 on 3	
Technical skills	- Develop	- quickness		- Stationary /			
- Introduce	01-11-0	- speed	Puck Control	- Moving	Passing	• 4 on 4	
Skating	Skating	Burk Oceand	- Moving	- Dekes	- Stationary		
- Agiity	- Agility - Balance	Puck Control Moving	- Dekes	Passing	Technologia	· Half ice/	
- Balance	- Coordination	- Dekes	· Passing	- Stationary /	Technical skills - Refine	cross loe	
- Coordination	Goderandorphi	D'ENEOS.	- Moving	Moving	SAIRS - Melline		
5120000000000	Puck Control	· Passing	maning	anorang	· Skating		
Puck Control	-Stationary	- Moving	Fun Games	Fun Games	- quickness		
-Stationary		Concernance of			- speed		
20823	Passing	Fun Games		Relays			
Passing	- Stationary			11000.0052	 Puck Control 		
-Stationary	D			 Competitive 	- Stationary/		
· Fun games	- Fun Games			Drills	Moving - Dekes		
					Passing Stationary/ Moving		



HOCKEY CANADA CORE SKILLS



INITIATION

Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
 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 	 Figure 8's – forward – inside & outside edge Figure 8's – backward – inside & outside edge 	 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 	 C-cuts – left foot / right foot / alternating Forward striding 	 © C-cuts – left foot / right foot © Gliding on two skates – backward © Gliding on one skate – backward 	 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
 Stance Narrow Wide Side – front – side Toe drag – side Toe drag – front 	 Narrow Wide Open ice carry – forehand & backhand Weaving with puck Toe drag – front & side Puck in feet 	 Stationary forehand pass Stationary backhand pass Stationary bank pass 	 Moving forehand pass Moving backhand pass Lead pass 	Sorehand Backhan d d	Sorehand – low Backhand – Iow

Flip Shot	Individual Offensive Tactics	Individual Defensive Tactics	Warm Ups
Sorehand	 Body fakes Stick fakes 	Angling	 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



- > 3-4 weeks: Practice and Skill **Development Season**
- > 20-24 weeks: Practice and Game Play Season
- > 3-4 weeks: Tournament Season

2-3 times

- Number of Games per Season: 15-20 modified, 20-30 full ice

skills (skating, jumping, twisting, tuming), manipulation skills (shooting, puck control) and overall motor skills (balance, coordination, agility) in a fun and safe sport environment that promotes self-confidence.

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.

Active

for Life

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

					FEBRUARY	MARCH WEEKS 25-28	WEEKS 29-32 Tournaments Game Season
					WEEKS 21-24	Individual	
			-	JANUARY WEEKS 17-20	Individual	Tactics - Develop	
			DECEMBER	HEERS AT-AU	Tactics -	verenop	
		NOVEMBER	WEEKS 13-16	Individual Tactics	Develop	• 1 on 1's	
	OCTOBER	WEEKS 9-12	Technical skills - Refine	-Introduce	· 1 on 1's	 Give and Go's Stationary / 	
and the second		Technical skills	ALCONT OF	• 1 on 1's	Give and Go's	Moving	
SEPTEMBER WEEKS 1-4	WEEKS 5-8	-Develop	 Skating Oulckness 	· Give and Go's	 Stationary / Moving 	- Dekes	
WEEKS 1-4	Technicalskills	· Skating	- Speed	- Stationary /	- Dekes	· Passing	
Technical skills	- Develop	- Quickness	about .	Moving		- Stationary	
- Introduce	2000	- Speed	Puck Control	- Dekes	 Passing 		
	Skating		- Stationary /		and the second se	 Technical 	
Skating	- Agility	Puck Control	Moving	Passing	· -Stationary	skills - Refine	
- Agaity - Balance	- Balance - Coordination	- Moving - Dekes	- Dekes	· -Stationary	· Technicalskills	Team Play	
- Coordination	- Constitution	- Daves	Passing	owoonary	- Refine	- Introduce	
	· Puck Control	· Passing	- Stationary/	Technicalskills	S. 76786	2012/02/22/2012	
Puck Control Stationary	- Stationary	- Moving	Moving	Refine		 Positioning 	
State -	Passing	Fun Games	 Fun Games 			 Breakouts 	
Passing	- Stationary		0.1				
 Stationary 	Due Comer		 Relays 			 Tournaments 	
	 Fun Games 						

6



HOCKEY CANADA CORE SKILLS

NOVICE



Edge Control	Backward Skating	Moving Puck Control	Moving Passing and Receiving	Wrist Shot	Tips and Deflection
One leg weaving – forward & backward	Backward sculling A scul	Side – front - side	 Pairs passing Moving bank pass – forehand Moving bank pass – backhand Pass and follow 	(9) In motion	Stationary tips – on ice - low

Individual Offensive	Offensive Tactics –	Offensive Tactics –	Offensive Tactics –	Individual Defensive	Defensive Tactics –
Tactics	Defensive Zone	Neutral Zone	Offensive Zone	Tactics	Defensive Zone
	 Escape moves Puck retrieval basics Direct pass – wall Direct pass – midlane 	 © Cross & drop Pass & follow © Give & go Peadman 	 Net drive Middle drive High delay Wrap around 	 Forward skating Backward skating Changing directions Active stick 	 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
 DZ coverage – basic DZ coverage - rotation 	 Power stride Power leap Side step jumps – crossover Agility cones Bounding side to side 	 Bounce ball on blade Flip ball up / knock down 	 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:





Maximum ice utilization

More puck touches



Increased competition for all the players



Fun for all participants



Everyone is involved

