

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.

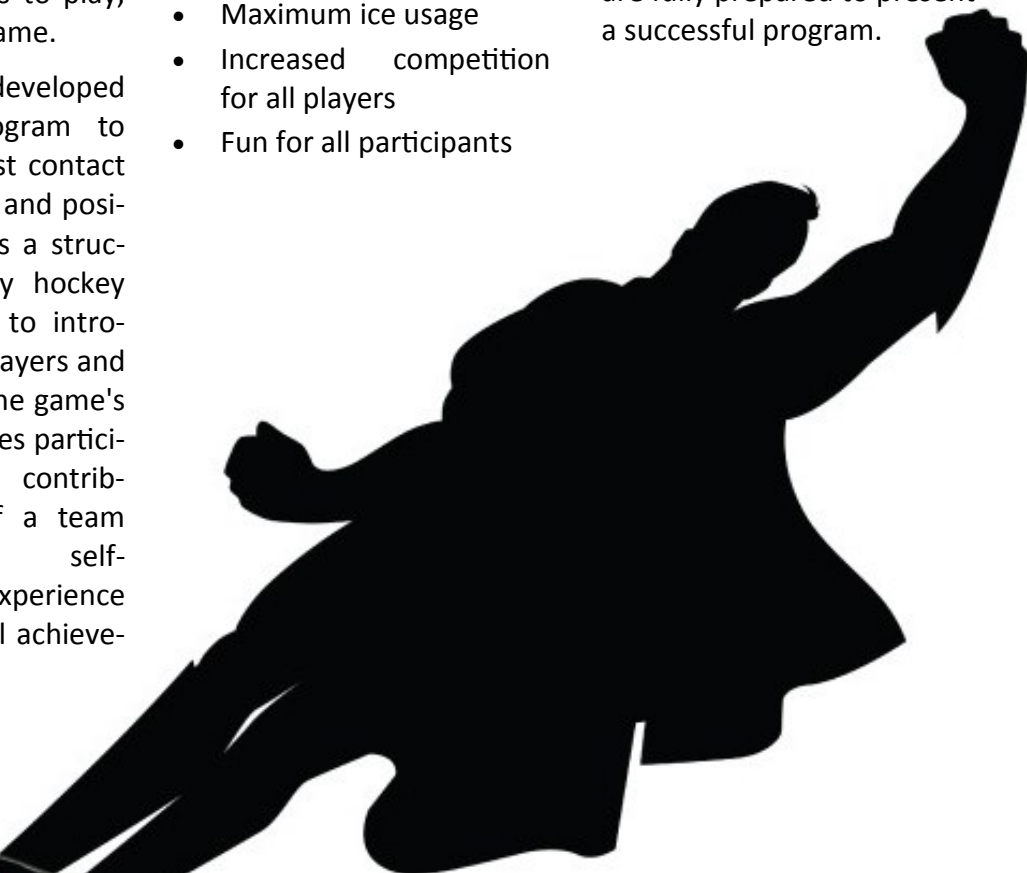
These goals are achieved in an atmosphere of fun and fair play.

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

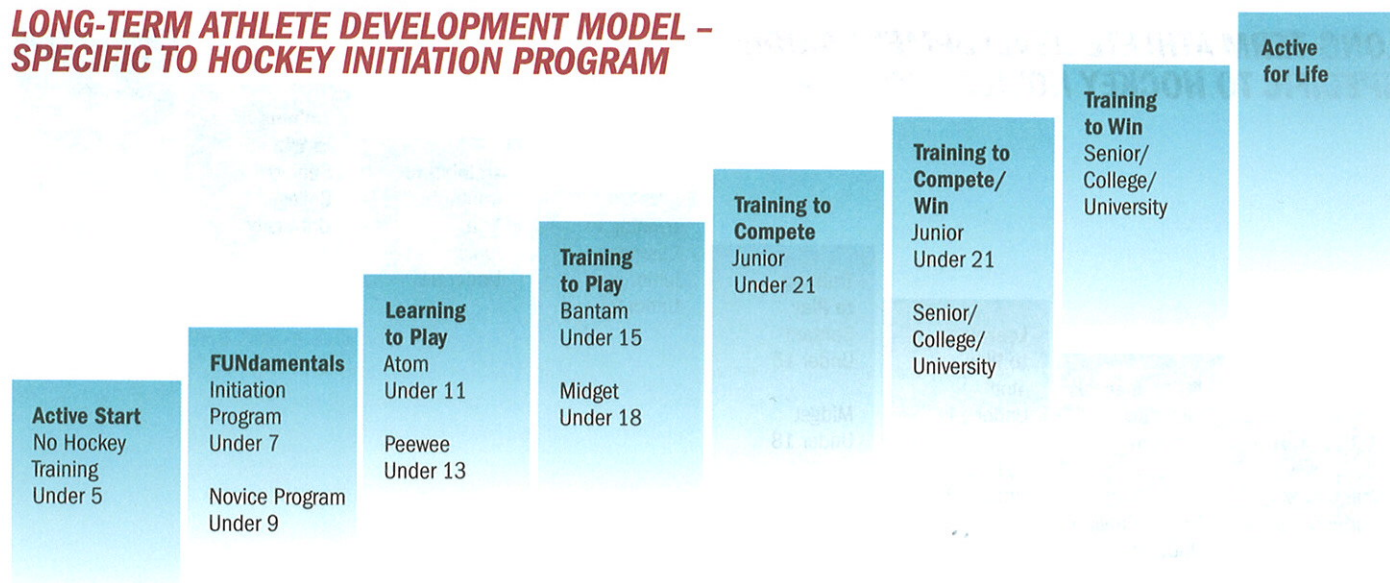
Intro Coach (CHIP) Certification Clinics

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

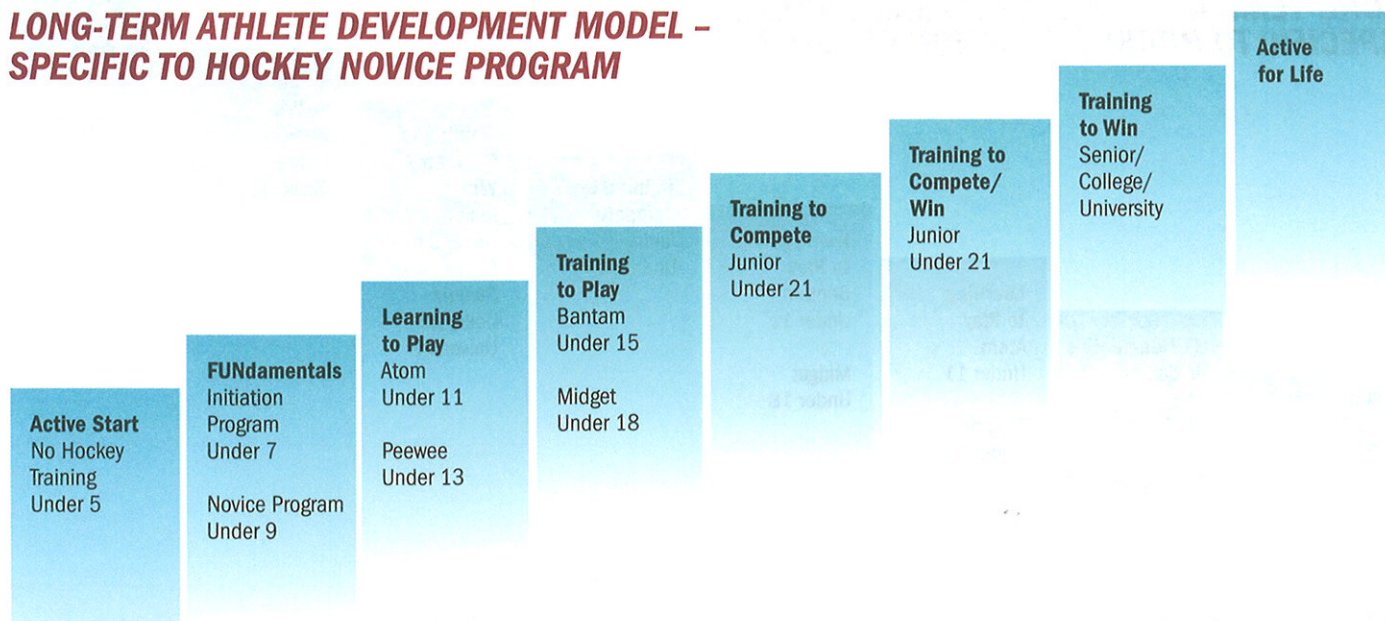


Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<ul style="list-style-type: none"><input type="checkbox"/> Basic stance<input type="checkbox"/> Getting up from the ice<input type="checkbox"/> Balance on one foot<input type="checkbox"/> Gliding on two skates<input type="checkbox"/> Gliding on one skate – forward and backward<input type="checkbox"/> Lateral Crossovers – step and plant	<ul style="list-style-type: none"><input type="checkbox"/> Figure 8's – forward – inside & outside edge<input type="checkbox"/> Figure 8's – backward – inside & outside edge	<ul style="list-style-type: none"><input type="checkbox"/> T-start<input type="checkbox"/> Front v-start<input type="checkbox"/> Crossover start<input type="checkbox"/> Backward c-cut start<input type="checkbox"/> Backward crossover start<input type="checkbox"/> One o'clock – eleven o'clock<input type="checkbox"/> Outside leg stop<input type="checkbox"/> Two-foot parallel stop<input type="checkbox"/> One-leg backward stop<input type="checkbox"/> Two-let backward stop	<ul style="list-style-type: none"><input type="checkbox"/> C-cuts – left foot / right foot / alternating<input type="checkbox"/> Forward striding	<ul style="list-style-type: none"><input type="checkbox"/> C-cuts – left foot / right foot<input type="checkbox"/> Gliding on two skates – backward<input type="checkbox"/> Gliding on one skate – backward	<ul style="list-style-type: none"><input type="checkbox"/> Glide turns<input type="checkbox"/> Tight turns<input type="checkbox"/> C-cuts – around circle – outside foot – forward & backward<input type="checkbox"/> Crossovers – forward & backward<input type="checkbox"/> Backward on-foot stop and t-start<input type="checkbox"/> Pivots – bwd to fwd & fwd to bwd<input type="checkbox"/> 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"><input type="checkbox"/> Stance<input type="checkbox"/> Narrow<input type="checkbox"/> Wide<input type="checkbox"/> Side – front – side<input type="checkbox"/> Toe drag – side<input type="checkbox"/> Toe drag – front	<ul style="list-style-type: none"><input type="checkbox"/> Narrow<input type="checkbox"/> Wide<input type="checkbox"/> Open ice carry – forehand & backhand<input type="checkbox"/> Weaving with puck<input type="checkbox"/> Toe drag – front & side<input type="checkbox"/> Puck in feet	<ul style="list-style-type: none"><input type="checkbox"/> Stationary forehand pass<input type="checkbox"/> Stationary backhand pass<input type="checkbox"/> Stationary bank pass	<ul style="list-style-type: none"><input type="checkbox"/> Moving forehand pass<input type="checkbox"/> Moving backhand pass<input type="checkbox"/> Lead pass	<ul style="list-style-type: none"><input type="checkbox"/> Forehand<input type="checkbox"/> Backhand	<ul style="list-style-type: none"><input type="checkbox"/> Forehand – low<input type="checkbox"/> Backhand – low

Flip Shot	Individual Offensive Tactics	Individual Defensive Tactics	Warm Ups
<ul style="list-style-type: none"><input type="checkbox"/> Forehand	<ul style="list-style-type: none"><input type="checkbox"/> Body fakes<input type="checkbox"/> Stick fakes	<ul style="list-style-type: none"><input type="checkbox"/> Angling	<ul style="list-style-type: none"><input type="checkbox"/> Arm circles<input type="checkbox"/> Trunk rotations<input type="checkbox"/> Leg swing front to back<input type="checkbox"/> Leg swing side to side<input type="checkbox"/> High knee<input type="checkbox"/> 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
<input type="checkbox"/> One leg weaving – forward & backward	<input type="checkbox"/> Backward sculling	<input type="checkbox"/> Side – front - side	<input type="checkbox"/> Pairs passing <input type="checkbox"/> Moving bank pass – forehand <input type="checkbox"/> Moving bank pass – backhand <input type="checkbox"/> Pass and follow	<input type="checkbox"/> In motion	<input type="checkbox"/> 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
<input type="checkbox"/> Attack triangle – puck under stick	<input type="checkbox"/> Escape moves <input type="checkbox"/> Puck retrieval basics <input type="checkbox"/> Direct pass – wall <input type="checkbox"/> Direct pass – midlane	<input type="checkbox"/> Cross & drop <input type="checkbox"/> Pass & follow <input type="checkbox"/> Give & go <input type="checkbox"/> Headman	<input type="checkbox"/> Net drive <input type="checkbox"/> Middle drive <input type="checkbox"/> High delay <input type="checkbox"/> Wrap around	<input type="checkbox"/> Forward skating <input type="checkbox"/> Backward skating <input type="checkbox"/> Changing directions <input type="checkbox"/> Active stick	<input type="checkbox"/> Role of F1 <input type="checkbox"/> Role of F2 <input type="checkbox"/> Role of F3 <input type="checkbox"/> Role of D1 <input type="checkbox"/> Role of D2

Defensive Zone	Plyometric Exercises	Balance and Coordination	Off-Ice Stickhandling
<input type="checkbox"/> DZ coverage – basic <input type="checkbox"/> DZ coverage - rotation	<input type="checkbox"/> Power stride <input type="checkbox"/> Power leap <input type="checkbox"/> Side step jumps – crossover <input type="checkbox"/> Agility cones <input type="checkbox"/> Bounding side to side	<input type="checkbox"/> Bounce ball on blade <input type="checkbox"/> Flip ball up / knock down	<input type="checkbox"/> Ball control – narrow & wide combination <input type="checkbox"/> Ball control – side / front / side <input type="checkbox"/> Ball control – toe drag – side & front combination <input type="checkbox"/> One touch pass – forehand / backhand <input type="checkbox"/> Saucer pass – forehand / backhand <input type="checkbox"/> 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