

HOCKEY FOR LIFE

PLAYER DEVELOPMENT PATHWAY

Sport Canada's Long-Term Player Development (LTPD) Resource Paper "Canadian Sport for Life" sets out a framework for sport development in Canada. **HOCKEY CANADA'S LONG TERM PLAYER DEVELOPMENT (LTPD)** is a nine stage model based on the **physical, mental, emotional and cognitive development** of children and adolescents.



Each stage reflects a different point in developing the player:

- The first four stages emphasize **physical literacy** and a broad range of sport experiences.
- The next five stages focus on **development and competitive excellence**.
- **Active for Life** encourages life-long physical activity and informed healthy lifestyle choices with participation in hockey long after the competitive years.

DISCOVERY AGES 0-4



- Acquire **fundamental movement skills** (running, gliding, jumping, kicking, catching...)
- Prepare children for a **physically active lifestyle**
- Begin **skating** at an early age through **Discovery Hockey** programs.

FUNDAMENTALS 1 AGES 5-6



- Focus on development of **physical literacy**
- Master **Fundamental** movement skills
- Emphasize **Motor** development
- Encourage **participation** in many sports/activities

- **Basic hockey skills** of skating and **puck control** are introduced through the **Initiation Program**
- **FUN** competitions are also introduced in a team environment

ABC'S

TECH SKILLS

LEARN TO PLAY MALE 9-10 FEMALE 8-9



- Beginning of the most important window to develop the **fine motor skills on an individual technical skill basis**
- Leads to utilizing these skills into individual and team tactics later on that can be used in combination with other skills
- **Best opportunity to learn and begin to master fine motor skills**
- In most cases what is learned or not learned in this stage will have a very significant effect on the level of play that is achieved later on from practices to games
- Players should be able to **begin to transfer skills and concepts**

TEAM BUILDING

BASIC HOCKEY SKILLS

ACTIVE FOR LIFE

LEARN TO TRAIN MALE 11-12 FEMALE 10-11

- Most significant period for development
- This is the window of **accelerated adaptation** to motor coordination
- Emphasize **group interaction, team building and social activities**
- A reasonable balance of practices and games will foster the ongoing development and mastery of essential skills in hockey



SPEED, STRENGTH, AEROBIC BASE

TRAIN TO TRAIN MALE 12-16 FEMALE 11-15

- Building an **aerobic base**, developing **speed and strength** and further developing and consolidating sport specific technical skills
- Increased emphasis on hockey
- Reduction in the number of other sports played
- Introduce and develop individual and group tactics
- Emphasize **group interaction, team building and social activities**



INDIVIDUAL GROUP TACTICS

ACTIVE FOR LIFE

INCREASING HOCKEY SPECIFIC

TRAIN TO COMPETE MALE 16-17 FEMALE 16-18

- Focus on **position specific technical and tactical preparation**
- Emphasize **fitness preparation** and the development of position specific technical and tactical skills under competitive conditions.
- Develop **aerobic capacity, power, self-awareness and independence**.
- Players may be introduced to international competitive experience at the end of this stage



TRAIN TO WIN MALE 18-20 FEMALE 18-22

- The player's physical, technical, tactical (including decision-making skills), mental, personal and lifestyle capacities are fully established and the emphasis in training has shifted to the **maximization of performance**.
- High performance sport specialist support is optimized, as is fitness and medical monitoring.
- Modeling all possible aspects of training and performance.



OLYMPIC GAMES

WORLD CHAMPIONSHIPS

EXCEL MALE 21+ FEMALE 22+

- All systems, including physical preparation, testing or monitoring and others which are supportive in nature, are fully maximized and refined to **ensure excellence at the highest competitive levels (i.e., the Olympic Games and World Championships)**.
- Players continue to enjoy competition and training at the highest level
- Focus on maintaining or improving technical, tactical, physical, and ancillary capacities.

