



Montana Player Development High Performance Training

Al Bloomer USA Hockey Director Emeritus
MAHA Player Development Liason

What is High Performance Training?

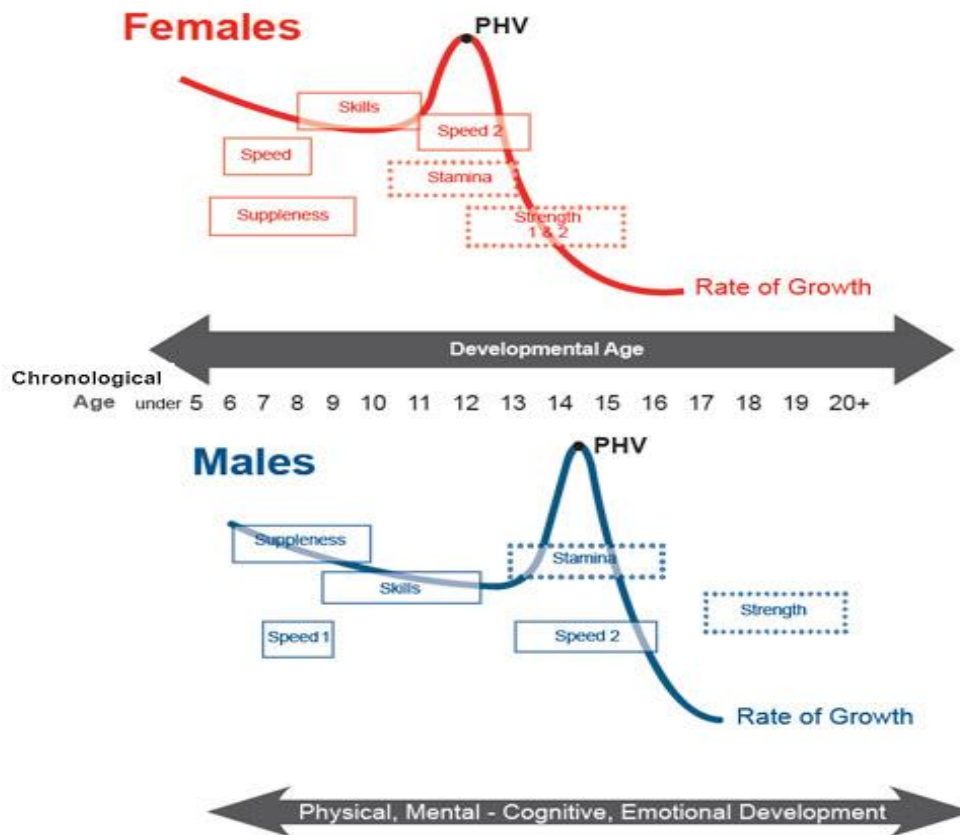
It can be best defined as accelerating the rate of change. In the common vernacular, once the basic skill is attained, it is pushing players and coaches out of their “comfort zone”. High Performance people are often risk takers, and not afraid to make mistakes. Development occurs when players are out of their “comfort zone”.

“The secret of change is focusing energy, not on fighting the old, but on building the new”. Socrates

Daniel Coyle in his book **The Talent Code** states “talent is grown not born”. Skills are developed with deep and deliberate (detailed) practice. The quality of practice has more impact on development than structured games. Athletes should learn the basic fundamental skills correctly at slower pace. As the skill is mastered, speed and intensity are increased. High Performance development requires attention to details. Player to coach ratio can be a significant factor in High Performance Development. Coaches must be more than “drill managers”, they must be teachers. High Performance coaches self assess and are continually looking for ways to become better teachers.

If you are a person who loves the challenge of change, who looks at things in terms of how can they can be improved, then High Performance is for you. High Performance is really a mindset that actively seeks and embraces change. In Montana, are we content with the way our players are developing and competing? Are we satisfied? Are we preparing players to seize opportunities, to reach their potential and achieve their dream. If not, what changes do we need to make?

USA Hockey in cooperation with the NHL has spent years studying age appropriate long term player development. We have documented the stages of development and published information on teaching concepts and how players learn (www.admkids.com). It should be noted that other NGBs, including Hockey Canada, have now begun to adopt the principles and concepts of the Long Term Athlete Development Model.



ADM – Windows of Trainability:

Suppleness

Building athletes and athleticism/ ABC”S (Agility, Balance and Coordination)

Speed 1

Quick small area change of direction first 3 to 4 steps/ 10-20 feet not 200 feet!!

Skills

Focus on quality touches and repetitions in building a strong base of skills for future success. Skating, stick skills, shooting, body contact and control and early decision making

Stamina

Creating the ability of performing quality play for an extended period of time.

Speed 2

Separation speed in open ice/ north south speed on the large surface/ taking advantage of the older athletes newly developed lung capacity.

Strength

The opportunity to make the athlete faster, stronger and more effective; with a quality off-ice strengthening regiment.

We need to address and refine the emphasis on teams winning at 16 & Under. The emphasis on game driven programs and winning can result in short term satisfaction, but often demmishes long term development. Youth sports should be about kids and their passion, not about adults and their goals. We want to give each player the opportunity to reach their potential. The most dangerous phase in this process is: “ we have always done it this way”.

Montana has the resources to be a leader in High Performance Training. We need to commit to the growth and retention of youth hockey in our state. Building a strong foundation of player development will increase our numbers and allow players the opportunity to reach their potential. I expect you all have seen the published NTDP 16 U & 17 U model.

Here another association example of a High Performance Program – Skellefta, Sweden. The population of this community compares with associations in Montana.

- Population 40,000
- 400 players in Association – Open to all players (ages 4 – 18) – No cutting Players
- Ice season – 6 months
- Multi-sport - late specialization approach – off ice training/exercises
- Parent & volunteer coaching through age 12
 - 7 & under skate 2 times per week – volunteer coach
 - 10 & under skate 3 times per week – volunteer coach
 - 12 & under skate 4 times per week – volunteer coach
 - 16 & under skate 4 times per week – paid professional coach / volunteer support
- Historical Results through 2010:
 - 21 National Team Players on U17, U18 & U 20
 - 12 Players drafted in NHL as of 2010

Recommended Reading for any Coach/Administrator

1. Catch Them Being Good: Everything You Need to Know to Successfully Coach Girls, by Tony Diccio & Colleen Hacker,
2. The Talent Code, by Daniel Coyle
3. Leave No Doubt: A Credo for Chasing Your Dreams, by Mike Babcock
4. They Call Me Coach, by John Wooden
5. Behind the Bench, by Dick Irvin
6. Leading with the Heart: Coach K's Successful Strategies for Basketball, Business & Life, by Mike Krzyzewski & Donald T. Phillips
7. Wins, Losses and Lessons: An Autobiography, by Lou Holtz
8. Simply the Best: Insights and Strategies from Great Hockey Coaches, by Mike Johnson & Ryan Walters
9. When Pride Still Mattered: A Life of Vince Lombardi, by David Maraniss
10. Outliers, by Malcolm Gladwell

“Never let the odds keep you from doing what you know in your heart is the right thing to do”