

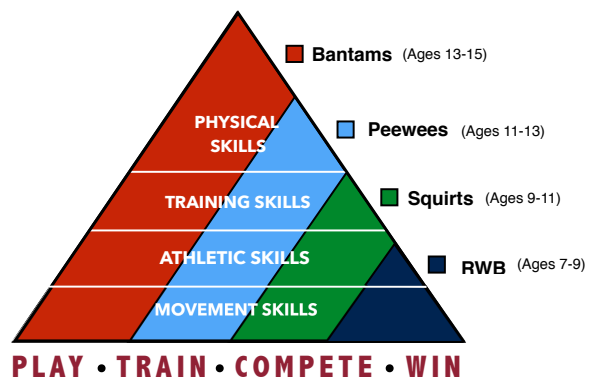


Long Term Athlete Development Philosophy



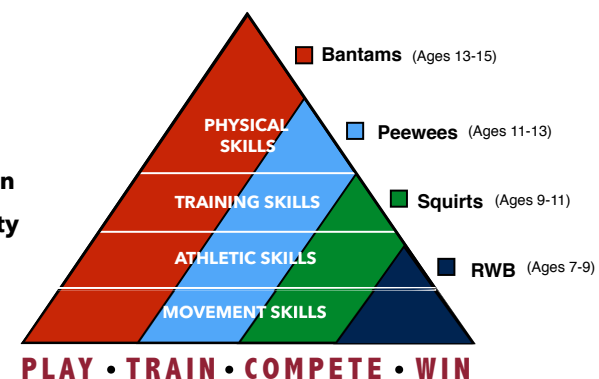
"We must first develop athletes who are capable of moving confidently in a variety of athletic environments. We can then develop these athletes into hockey players." - USA Hockey

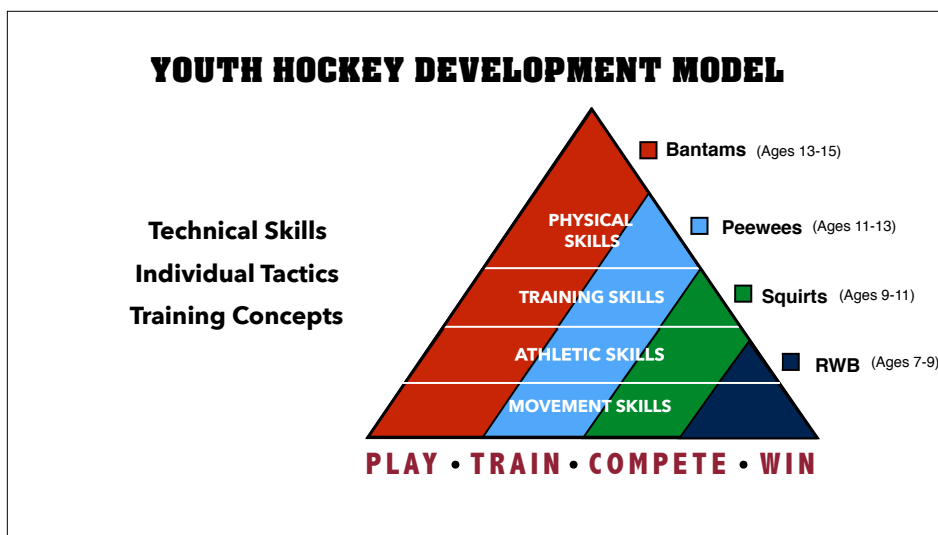
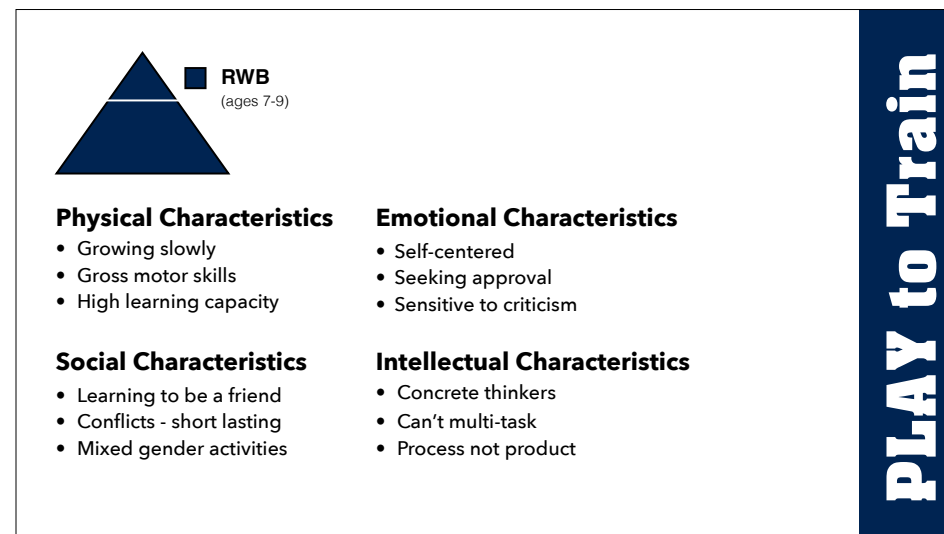
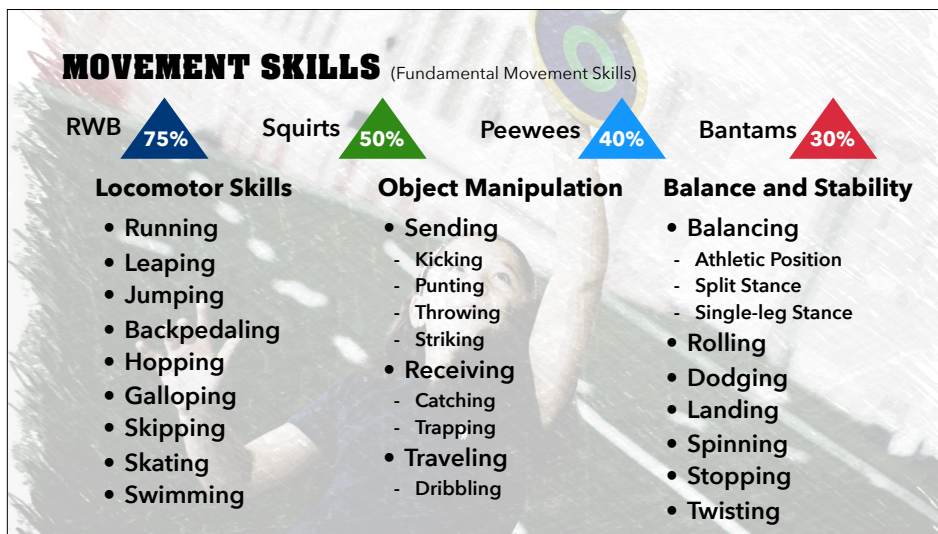
YOUTH HOCKEY DEVELOPMENT MODEL



YOUTH HOCKEY DEVELOPMENT MODEL

Locomotor Skills
Object Manipulation
Balance and Stability







Squirts
(ages 9-11)

Physical Characteristics

- Constantly moving
- Females > males
- Growth spurt (F)

Social Characteristics

- Same gender groups
- Make others happy
- Begin role models

Emotional Characteristics

- Weak sense of individuality
- Moody
- Question authority - with guidance

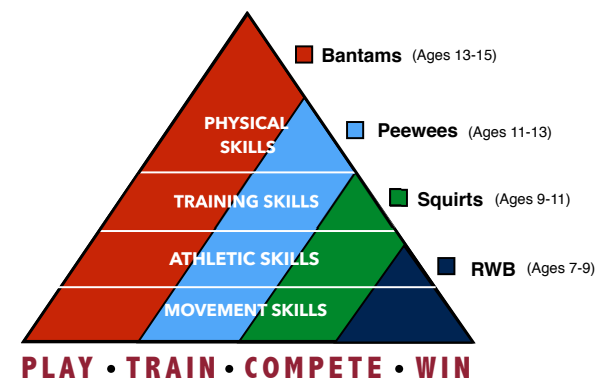
Intellectual Characteristics

- Beginning to think abstractly
- More immersed in subjects
- Seeking own solutions

Learn to Train

YOUTH HOCKEY DEVELOPMENT MODEL

Movement
Stability
Coordination



TRAINING SKILLS (Developmental Performance)



Movement

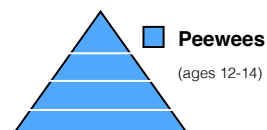
- Fluency
- Variability
- Techniques
- Speed
- Awareness
- Strength
- Power
- Coordination

Stability

- Athletic
- Single-leg Balance
- Narrow Stance
- Spine
- Static
- Dynamic
- Reactive

Coordination

- Movement
- Mobility
- Symmetry
- Rhythm
- Timing
- Multiple systems
- Neuromuscular



Peewees
(ages 12-14)

Physical Characteristics

- Many physical changes
- Girls still growing
- Boys starting to reach PHV

Social Characteristics

- Mixed gender groups
- Look to peers
- Reject adult solutions

Emotional Characteristics

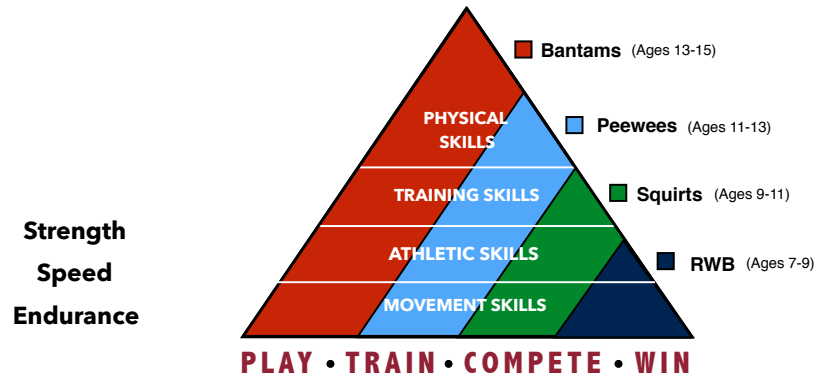
- Compare self to others
- Unsettled emotions
- Strive to earn independence

Intellectual Characteristics

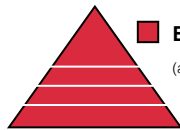
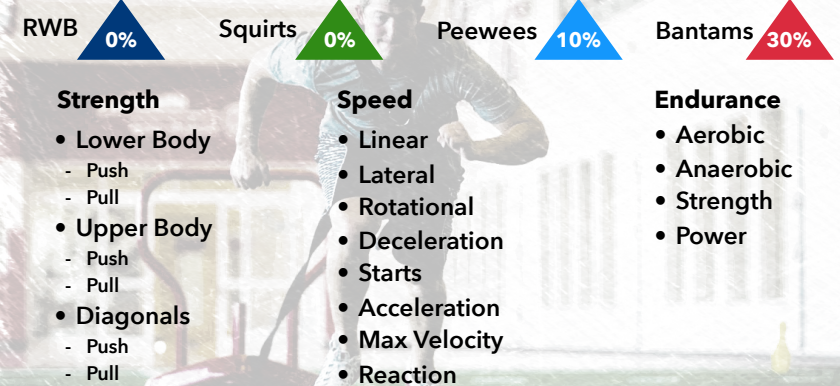
- Learning abstract thinking
- Ready for long-term experiences
- Goal setting

Train to Train

YOUTH HOCKEY DEVELOPMENT MODEL



PERFORMANCE SKILLS (Athletic / Sports Performance)



Bantams/Midget/HS
(ages 15-18)

Physical Characteristics

- Concerned about body image
- Realistic view of limits
- Mind-body connection

Social Characteristics

- Better understanding of reality
- Commitment follow through
- Desire respect from others

Emotional Characteristics

- Accept uniqueness with approval
- Develop own values/beliefs
- Can initiate and carry out tasks

Intellectual Characteristics

- Abstract thinkers
- Understand behavior-outcomes
- Enjoy demonstrating knowledge
- Lose patients with activities

Train to Compete

