



# HOCKEY CANADA LONG TERM PLAYER DEVELOPMENT PLAN

HOCKEY FOR LIFE, HOCKEY FOR EXCELLENCE



# Train to Train – Male 12-16 and Female 11-15

**TRAIN TO TRAIN**

**MALE 12 - 16 and FEMALE 11 - 15 PROVINCIAL**  
The focus during this stage is on building an aerobic base, developing speed and strength and further developing and consolidating sport specific technical skills with an increased emphasis on hockey and a reduction in the number of other sports played. This phase will also include the introduction and development of individual and group tactics. Social and emotional considerations are addressed by placing an emphasis on team-building, group interaction and social activities.



## Objective

The focus during this stage is on building an aerobic base, developing speed and strength and further developing and consolidating sport specific technical skills with an increased emphasis on hockey and a reduction in the number of other sports played. This phase will also include the introduction and development of individual and group tactics. Social and emotional considerations are addressed by placing an emphasis on team-building, group interaction and social activities.

Develop basic psychological attributes: concentration, activation, visualization, relaxation, positive internal dialogue. Develop training routines to complement the main part of the ice session: warm-up, hydration, cool down, nutrition, etc. Hockey Canada recommends that at in the Train to Train stage that players focus on the following:



**PLAYER DEVELOPMENT**  
Développement des joueurs

## Proposed long term player development (LTPD) Seasonal Chart - Bantam

| Bantam | Number of Practices | Start date for Practices | Development Season                    | Start date for Games | Development & regular Season       | Playoff Season                              | Tournaments               | Number of Games total |
|--------|---------------------|--------------------------|---------------------------------------|----------------------|------------------------------------|---------------------------------------------|---------------------------|-----------------------|
| Ideal  | 55 - 60             | Sept 15                  | 4 weeks<br>12 practices<br>2 ex games | Oct 15               | 20 wks<br>40 practices<br>28 games | Mar 15<br>2 wks<br>6 practices<br>& 8 games | 3 tournaments<br>12 games | 50 - 55               |

## Coach Development Programs - Coach Certification/Continuing Education Program (CEP)

| Age    | Coach                                                   | Description                           | Clinic                                                         | Manual Resource                                             | Video Resource                               |
|--------|---------------------------------------------------------|---------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------|----------------------------------------------|
| Bantam | Coach Level, Dev 1<br>Dev 2<br>HP1<br>Specialty Clinics | Certification<br>Certification<br>CEP | Classroom / On Ice<br>Classroom / On Ice<br>Classroom / On ice | HC Skills Manual - Bantam<br>Specialty Clinic Drill Package | Skills of Gold 5 - 8<br>Skills of Gold 5 - 8 |

## Hockey Canada Development Programs

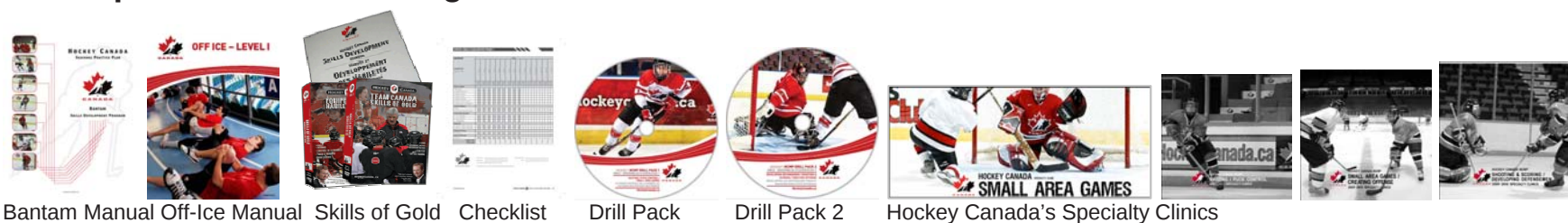
| Age Division                                                                                                                       | Player                        | Coach                    | On ice curriculum        | Off ice curriculum    | Dev                  | Rec               | Promo                | In Development                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|--------------------------|--------------------------|-----------------------|----------------------|-------------------|----------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <b>Bantam</b><br>-Coach Level, Dev 1<br>-NCCP (Dev 2 / HP 1)<br>-Esso Fun Days<br>-HC Skills Camps<br>-NSST<br>- Specialty Clinics | <br>X<br><br>X<br>X<br>X<br>X | <br><br>X<br>X<br>X<br>X | <br><br>X<br>X<br>X<br>X | <br><br>X<br><br><br> | <br>X<br>X<br>X<br>X | <br><br>X<br><br> | <br><br><br><br><br> | -Coach component with Skills Camp<br>-NSST Drills for improvement package and results explanation<br>-Advanced Skills Camps |



**PLAYER DEVELOPMENT**  
Développement des joueurs



## Development Resource Programs – Bantam



## Suggested Specialty Clinic Timelines – Bantam

| Specialty Clinic | Months   | Specialty Clinic  | Months   |
|------------------|----------|-------------------|----------|
| Skating          | Sept/Apr | Creative thinking | Sept/Apr |
| Puck control     | Sept/Apr | Checking          | Sept/Apr |
| Small area games | Sept/Apr | Ind. Tactics      | Oct/Nov  |
| Shooting/Scoring | Sept/Apr | Developing Def.   | Oct/Nov  |
| Goaltending      | Sept/Apr | PK/PP             | Nov/Apr  |

## BANTAM PROGRAM

**Length of Season:**  
28-34 weeks:

- > 4 weeks: Practice and Skill Development Season
- > 20 weeks: Practice and Game Play Season
- > 2 weeks: Playoff Season
- > 3 tournaments: 12 games

**Frequency per Week:**  
4-5 times

**Number of Games per Season:**  
50-55

## BANTAM PROGRAM

### General Objective:

Begin to consolidate the basic technical Skills of the Game

Increased focus on hockey with a reduction in the number of other sports played to 1-2

Introduction and development of Advanced Group Tactics and Team Tactics

Depending on player introduce other activities into physical preparation and being to develop a solid base for general physical preparation

Develop basic psychological attributes: concentration, activation, visualization, relaxation, positive internal dialogue

Develop training routines to complement the main part of the ice session: warm-up, hydration, cool down, nutrition, etc.

## PRACTICE BREAKDOWN FOR THE SEASON – BANTAM



**PLAYER DEVELOPMENT**  
Développement des joueurs

## Train to Train to Do List: Bantam

### For Branches

- Develop guidelines in which the seasonal plan for the Bantam age group is followed by Minor Hockey Associations
- Develop a promotion and education plan for the implementation of the proposed seasonal structure.
- Provide coaches with the educational opportunities and resources to give them the best tools possible.
- Develop playoff and Branch / Provincial championship structures that meet LTPD guidelines
- Develop Branch POE programs that are development focused, progressive in nature and consistent in delivery and content.

### For Associations

- Provide enhanced skill development opportunities for players
- Encourage coaches to continue their education through the Hockey Canada Specialty clinics and other continuing education offerings
- Structure competition based on the differences in development and abilities
- Provide coaches with the latest and most up to date resources to assist with seasonal planning and skill teaching.
- Provide mentoring pathway within organization.

### For Coaches

- The intensity is increased during training in order to meet the competition demands. Make the task more difficult (effort given, greater speed of execution)
- The training session preparing the team for a competition must mirror the game requirements
- Begin to work with players on the mental skills of goal setting, visualization, focus
- Look for High Performance coach education programs to continue to develop your coaching skills
- Continue to focus on the fundamental technical skills and the tactical application of these skills
- The tactic/strategy is adapted to the age level and the background of the players and to the typical characteristics of the team.

### For Parents

- Learn to go to the limit of your performance capabilities if you wish to improve
- Begin to focus on 2-3 sports but continue to be active
- Physical preparation becomes important and a focus on training is key – develop good habits
- Inventory your strengths and weaknesses; what hockey skills do you need to work on to take you game to the next level?
- Parents educate themselves on what types of training should be done at this age or the development age of their kids for educated enrolment in supplementary programs.



**PLAYER DEVELOPMENT**  
Développement des joueurs