



# LONG TERM PLAYER DEVELOPMENT (LTPD)

## SEASONAL CHART – RECOMMENDED GUIDELINES

**IDEAL HOCKEY SEASON:** Refers to an optimal seasonal structure – this is a guideline and is subject to a range of minor differences regarding suggested numbers.

**PREP / TRYOUT PHASE:** Refers to the period of time prior to the season starting – typically when prep camps and / or tryouts are held.

**DEVELOPMENT PHASE:** Refers to the period of time following tryouts or evaluation prior to the regular season starting.

**REGULAR SEASON PHASE:** Refers to the period of time from first regular season game to the start of playoffs or Provincial / Branch Championships.

**PLAYOFF PHASE:** Refers to the period of time from the end of the regular season through to the end of Playoffs.

**OFF SEASON:** Refers to the period of time from the end of the playoff season to the start of the next Prep or Tryout season.

### FUNDAMENTAL (INITIATION & NOVICE ALL CONSIDERED FUNDAMENTAL)

INITIATION: AGE 5-6

DEVELOPMENT PHASE

12 WEEKS24 ICE SESSIONS0 FORMAL GAMES

REGULAR SEASON PHASE

14 WEEKS20 ICE SESSIONS10 MODIFIED GAMES

PLAYOFFS

No playoffs  
End of season March 31

TOURNAMENTS

3 Festivals/ Jamborees  
12 modified games

TOTAL PRACTICES: 35 - 45 | TOTAL GAMES: 15-25

CONSIDERATIONS:

- Blue 4 Oz pucks
- Cross Ice / Half Ice- games
- No full time goalies ( no goalie equipment )
- Multiple station work
- Jamborees / Festivals – 3 on 3 / 4 on 4/ 5 on 5 cross ice or half ice

RECOMMENDATIONS:

- Small Nets
- Ball hockey / Floor Hockey / Floor Ball as additional activities
- Consistent prime time ice sessions for practices and games (consistent days and times.
- Develop IP Tool Kit to keep at rink (kit should contain all possible on ice equipment – soccer balls, tennis balls. Ringette rings, spray paint etc )

NOVICE: AGE 7-8

DEVELOPMENT PHASE

10 WEEKS20 PRACTICES4 GAMES (MODIFIED)

REGULAR SEASON PHASE

16 WEEKS32 PRACTICES16 GAMES  
(modified games first half / full ice second half)

PLAYOFFS

No playoffs  
End of season March 31

TOURNAMENTS

3 tournaments  
12 games

TOTAL PRACTICES: 45 - 55 | TOTAL GAMES: 30 - 40

CONSIDERATIONS:

- Blue 4 Oz pucks first half / Regulation 6 Oz pucks second half
- Cross Ice / Half Ice Games in first half / Full ice Games in second half
- No full time goalies – Everyone takes turn playing goal
- Rotate all players through all positions – no early specialization

RECOMMENDATIONS:

- Multiple station work
- Jamborees / Festivals for Tournaments – 3 on 3 / 4 on 4 / 5 on 5 cross ice or half ice in first half
- Regular game tournaments in second half
- Minimum 2 Practices per week

RECOMMENDATIONS:

- Small Nets / Regular Nets
- Ball Hockey / Floor Hockey / Floor Ball – as additional activities
- 5 to 1 Player to Coach Ratio Maximum
- Consistent prime time ice sessions for practices and games (consistent days & times)
- Develop IP Tool Kit to keep at rink (kit should contain all possible on ice equipment – soccer balls, tennis balls. Ringette rings, spray paint etc )
- Minimum 2 Practices per week

### COMMUNITY

ATOM: AGE 9-10	<div>DEVELOPMENT PHASE</div> <div>6 WEEKS6 PRACTICES2 EXHIBITION GAMES</div>	<div>REGULAR SEASON PHASE</div> <div>22 WEEKS22 PRACTICES16 GAMES</div>	<div>PLAYOFFS</div> <div>Mar 15 – 30 Playoff Tournaments March 31 end of season</div> <div>TOURNAMENTS</div> <div>3 tournaments 12 games</div>
	TOTAL PRACTICES: 25 - 30   TOTAL GAMES: 25 - 35		
	CONSIDERATIONS:		
	<ul style="list-style-type: none"><li>Tryouts – 5 skates then evaluate / 3 practices / 2 Inter-squad games</li><li>Small Area Games in Practice</li><li>Skill based practices</li><li>Multiple station work</li><li>Full time goaltenders – Goalie not playing in games plays out</li><li>Rotate all players through all positions – no early specialization</li><li>Tournamentstyleplayoffsvsrounds</li></ul>		

### DEVELOPMENTAL

<div>DEVELOPMENT PHASE</div> <div>6 WEEKS12 PRACTICES2 EXHIBITION GAMES</div>	<div>REGULAR SEASON PHASE</div> <div>22 WEEKS32 PRACTICES20 GAMES</div>	<div>PLAYOFFS</div> <div>Mar 15 – 30 Playoff Tournaments March 31 end of season</div> <div>TOURNAMENTS</div> <div>4 tournaments 16 games</div>
TOTAL PRACTICES: 45 - 55   TOTAL GAMES: 35 - 45		
CONSIDERATIONS:		
<ul style="list-style-type: none"><li>Tryouts – 5 skates then evaluate / 3 practices / 2 Inter-squad games</li><li>Small Area Games in Practice</li><li>Skill based practices</li><li>Multiple station work</li><li>Full time goaltenders – Goalie not playing in games plays out</li><li>Rotate all players through all positions – no early specialization</li><li>Tournamentstyleplayoffsvsrounds</li></ul>		

PEEWEE: AGE 11-12	<div>DEVELOPMENT PHASE</div> <div>4 WEEKS8 PRACTICES2 EXHIBITION GAMES</div>	<div>REGULAR SEASON PHASE</div> <div>24 WEEKS24 PRACTICES18 GAMES</div>	<div>PLAYOFFS</div> <div>Mar 15 – 30 Playoff Tournaments March 31 end of season</div> <div>TOURNAMENTS</div> <div>3 tournaments 12 games</div>
	TOTAL PRACTICES: 30 - 35   TOTAL GAMES: 25 - 35		
	CONSIDERATIONS:		
	<ul style="list-style-type: none"><li>Prep Camp: 2 Weeks 8 – 10 sessions 1 60 minute session per day</li><li>Tryouts: 5 skates then evaluate 2 practices / 3 Inter-squad games</li><li>Full time goalies – Backup goalie in recreational levels plays out</li><li>Rotate all players through all positions – Begin position specific specialization</li><li>Multiple station work</li><li>Skill Based Practices</li><li>Small Area Games in practice</li><li>Tournamentstyleplayoffsvsrounds</li></ul>		

<div>DEVELOPMENT PHASE</div> <div>4 WEEKS12 PRACTICES4 EXHIBITION GAMES</div>	<div>REGULAR SEASON PHASE</div> <div>24 WEEKS48 PRACTICES24 GAMES</div>	<div>PLAYOFFS</div> <div>April 1 – 15 Playoff Tournaments April 16 end of season</div> <div>TOURNAMENTS</div> <div>4 tournaments 16 games</div>
TOTAL PRACTICES: 55 - 60   TOTAL GAMES: 45 - 50		
CONSIDERATIONS:		
<ul style="list-style-type: none"><li>Prep Camp: 2 Weeks 8 – 10 sessions 1 60 minute session per day</li><li>Tryouts: 5 skates then evaluate 2 practices / 3 Inter-squad games</li><li>Full time goalies – Backup goalie in recreational levels plays out</li><li>Rotate all players through all positions – Begin position specific specialization</li><li>Multiple station work</li><li>Skill Based Practices</li><li>Small Area Games in practice</li><li>Tournamentstyleplayoffsvsrounds</li></ul>		

BANTAM: AGE 13-14	<div>DEVELOPMENT PHASE</div> <div>4 WEEKS8 PRACTICES2 EXHIBITION GAMES</div>	<div>REGULAR SEASON PHASE</div> <div>24 WEEKS24 PRACTICES20 GAMES</div>	<div>PLAYOFFS</div> <div>Mar 15 – 30 Playoff Tournaments March 31 end of season</div> <div>TOURNAMENTS</div> <div>3 tournaments 12 games</div>
	TOTAL PRACTICES: 30 - 35   TOTAL GAMES: 35 - 40		
	CONSIDERATIONS:		
	<ul style="list-style-type: none"><li>Prep Camp: 2 Weeks 8 – 10 sessions – 1 60 minute session per day</li><li>Tryouts: 5 skates then evaluate 2 practices / 3 Inter-squad games</li><li>1 Dedicated Skill Practice per week</li><li>2 Seasonal Breaks (School Breaks)</li><li>TournamentStylePlayoffsvsrounds</li></ul>		

<div>DEVELOPMENT PHASE</div> <div>4 WEEKS12 PRACTICES4 EXHIBITION GAMES</div>	<div>REGULAR SEASON- PHASE</div> <div>24 WEEKS60 PRACTICES28 GAMES</div>	<div>PLAYOFFS</div> <div>April 1 – 15 Playoff Tournaments April 16 end of season</div> <div>TOURNAMENTS</div> <div>4 tournaments 16 games</div>
TOTAL PRACTICES: 65 - 75   TOTAL GAMES: 50 - 55		
CONSIDERATIONS:		
<ul style="list-style-type: none"><li>Prep Camp: 2 Weeks 8 – 10 sessions – 1 60 minute session per day</li><li>Tryouts: 5+ skates then evaluate 2+ practices / 3+ Inter-squad games</li><li>1 Dedicated Skill Practice per week</li><li>2 Seasonal Breaks (School Breaks)</li><li>TournamentStylePlayoffsvsrounds</li></ul>		

MIDGET: AGE 15-17	<div>DEVELOPMENT PHASE</div> <div>4 WEEKS8 PRACTICES2 EXHIBITION GAMES</div>	<div>REGULAR SEASON PHASE</div> <div>24 WEEKS24 PRACTICES20 GAMES</div>	<div>PLAYOFFS</div> <div>Mar 15 – 30 Playoff Tournaments March 31 end of season</div> <div>TOURNAMENTS</div> <div>3 tournaments 12 games</div>
	TOTAL PRACTICES: 30 - 35   TOTAL GAMES: 35 - 40		
	CONSIDERATIONS:		
	<ul style="list-style-type: none"><li>Prep Camp: 2 Weeks 8 – 10 sessions – 1 60 minute session per day</li><li>Tryouts: 5 skates then evaluate 2 practices / 3 Inter-squad games</li><li>1 Dedicated Skill Practice per week</li><li>2 Seasonal Breaks (School Breaks)</li><li>Tournament Style Playoffs vs rounds</li></ul>		

<div>DEVELOPMENT PHASE</div> <div>4 WEEKS16 PRACTICES4 EXHIBITION GAMES</div>	<div>REGULAR SEASON PHASE</div> <div>24 WEEKS72 PRACTICES32 GAMES</div>	<div>PLAYOFFS</div> <div>April 1 – 15 Playoff Tournaments April 16 end of season</div> <div>TOURNAMENTS</div> <div>3 tournaments 12 games</div>
TOTAL PRACTICES: 80+   TOTAL GAMES: 50 - 55		
CONSIDERATIONS:		
<ul style="list-style-type: none"><li>Prep Camp: 2 Weeks 8 – 10 sessions – 1 60 minute session per day</li><li>Tryouts: 5+ skates then evaluate 2+ practices / 3+ Inter-squad games</li><li>1 Dedicated Skill Practice per week</li><li>2 Seasonal Breaks (School Breaks)</li><li>TournamentStylePlayoffsvsrounds</li></ul>		