



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 – Midget

Midget	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 12 practices 4 ex games	Oct 15	20 weeks 40 practices 32 games	Mar 15 2 wks 6 practices 8 games	3 tournaments 12 games	55 - 60

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

Age	Coach	Description	Clinic	Manual Resource	Video Resource
Midget	Coach Level, Dev 1 & Dev 2 HP1 HP2 Specialty Clinics	Certification Certification CEP	Classroom / On Ice Classroom / On Ice Classroom / On ice	HC Skills Manual - Midget Specialty Clinic Drill Package	Skills of Gold 5 - 8 Skills of Gold 5 - 8

Hockey Canada Development Programs

Age Division	Player	Coach	On ice curriculum	Off ice curriculum	Dev	Rec	Promo	In Development
Midget -Coach Level/Dev 1/Dev 2 -NCCP (HP1 / HP 2) -Esso Fun Days -NSST -NCMP Specialty Clinics	 X X X	 X X X X	 X X X		 X X	 X		-NSST Drills for improvement package and results explanation -Advanced Skills Camps



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Development Resource Programs – Midget



Suggested Specialty Clinic Timelines – Midget

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/Apr
Shooting/Scoring	Sept/Apr	Developing Def.	Oct/Apr
Goaltending	Sept/Apr	PK/PP	Oct/Apr

MIDGET PROGRAM

Length of Season:

28-32 weeks minimum:

- 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:

55-60

MIDGET 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 – MIDGET



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Train to Train to Do List: Midget

For Branches

- Develop guidelines in which the seasonal plan for the Midget 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 gradually and progressively 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?



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