



What is Long Term Player Development and how does it relate to you?

The Long Term Athlete Development (LTAD) model is based on the needs of the athlete. The Hockey specific model, Long Term Player Development (LTPD) is a framework to maximize a player's potential and long term involvement in sport over the course of their life. Athlete Centered, Coach Driven, Association Supported.

FUNDamentals - Focus: Fundamental Movement Skills

Initiation - Ages 4-6 Male and Female

The focus is on the development of physical literacy. Agility, Balance, Coordination, Speed (running, gliding, jumping, kicking, catching....) Participation in many sports/activities encouraged. Basic hockey skills of skating and puck control. FUN competitions.

Learn to Play - Focus: Motor Skills and Coordination

Novice - Ages 7 & 8 Male and Female

During this period players continue to develop motor skills and coordination. Practice sessions should be held twice a week during the season. Participation in compatible sports is strongly encouraged. The Novice Skills Program is designed to promote the continued development of physical literacy, fitness and the basic skills required to play hockey.

Learn to Train - Focus: Fundamental SPORT Skills

Atom and Pee Wee - Ages 9 - 12 Male and ages 8 - 11 Female

The most significant period for development. This is the window for optimal adaptation to motor coordination, group interaction, team building, and social activities should be emphasized. Ongoing participation in compatible sports still strongly encouraged.

Train to Train - Focus: Build Fitness and Specific Sport Skills

Bantam and Midget - Ages 12-16 Male and ages 11 -15 Female

Focus during this stage is on building an aerobic base, developing speed and strength and developing technical skills with an emphasis on hockey and a reduction in the number of other sports played. Individual and group tactics will be focused on more strongly in this phase.

Train to Compete - Focus: Position Specific Skills

Midget - Ages 16-17 Male and ages 16 - 18 Female

Emphasis on fitness preparation and specific technical and tactical skills under competitive conditions.

It takes a minimum of 10 years and 10,000 hours of deliberate training for talented athletes to reach elite levels. This means that a player must have developed the fundamental skill, be physically literate, before the 10 year and 10,000 hour rule comes into play. On average in a 60 minute hockey game a player will have the puck on their stick for 8 seconds and take 1-2 shots per game. Therefore the player needs to acquire their skills in practice rather than in competition and at an early age. Practices allows for countless puck touches, shooting, skating, refining their skills so the game can be learned and enjoyed all levels and age



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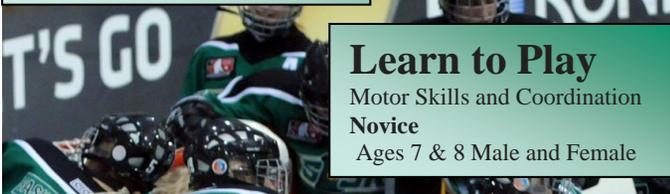
FUNDamentals

Fundamental Movement Skills

Initiation -

Ages 4-6 Male and Female

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Learn to Play

Motor Skills and Coordination

Novice

Ages 7 & 8 Male and Female

Learn to Train

Fundamental SPORT Skills

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Ages 9 - 12 Male and ages 8 - 11 Female



Train to Train

Build Fitness and Specific Sport Skills

Bantam and Midget

Ages 12-16 Male and ages 11 -15 Female

Train to Compete

Position Specific Skills

Midget and Higher

Ages 16-17 Male and ages 16 - 18 Female



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positive hockey experiences

LONG TERM PLAYER DEVELOPMENT MODEL

PHYSICAL LITERACY IN A LATE SPECIALIZATION SPORT

"Physical Literacy is the ability to perform fundamental and specialized movement and the "knowledge, understanding and ability to analyze sport and physical activity."

Hockey is a late specialization sport. Early specialization sports include artistic and acrobatic sports such as gymnastics, diving and figure skating. These differ from late specialization sports in that very complex skills are learned before maturation since they cannot be fully mastered if taught after maturation.

Specializing before the age of 10 in late specialization sports like hockey contributes to:

- One-sided, sport specific preparation
- Lack of ABC's, the basic movement and sport skills
- Overuse injuries
- Early burnout & retirement from training and competition

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STAGE	WEEKLY SESSIONS	HOURS/WEEK	PRACTICE-GAMES RATIO	GAMES/ YEAR
FUNDamentals 4-6 age Male and Female	1-2 of 45 minutes of ice time plus lots of other activities	4-6 physical activity	3 - 1	10 -15 modified
Learn to Play 7-8 age Male and Female	2-3 of 60 minutes of ice time and other activities	6-7 in physical activity	3 - 1	10-15 modified, 10 full ice
Learn to Train 9-12 age Male 8-11 age Female	3-4 of 60 minutes of ice time plus other activities	5-7 hockey related activity, including fitness training	2 - 1	25-35 full ice
Train to Train 12-16 age Male 11-15 age Female	3-4 of 60-75 minutes of ice time	5-7 hockey related activity including fitness training	2 - 1	30-40 full ice
Train to Compete 16-17 age Male 16-18 age Female	4-9 of 60-90 minutes of ice (included games) and hockey specific off-ice training	5-6 hours developing fitness for hockey	1 - 1	35-45 full ice



Please visit the Saskatchewan Hockey Association website for more LTPD information

www.sha.sk.ca

COACH DRIVEN/ASSOCIATION SUPPORTED

The LTPD is athlete centered, but if it is not Coach Driven the model will fail and if it is not Association Supported it will fail. Coaches need to look at all stages and identify the needs of the players. Not all players develop/mature at the same speeds and coaches need to identify these stages to design the appropriate training and competition programs in the relation to optimal trainability and readiness.

Trainability is an important aspect of the LTPD for both parents and coaches to understand to maximize the potential of young hockey players. Appropriate adjustments of practices by coaches will allow players to advance their level of skill, strength, stamina, speed and flexibility more rapidly and according to their individual abilities.

LTPD IS based on the following principles:

- Athlete Centred
 - Doing the right thing for the player at the right stage of development
 - Viewing player development as a long term process
 - Focus on the complete athlete not just the athlete training and competition
 - Removing the focus of Winning at all levels and age



SHAPING CHARACTER FOR LIFE ... MORE THAN A GAME.

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