



Hockey Canada

Initiation Program Presentation



Long Term Athlete Development

Adult sports are not well suited for young children (usta)

-they do not have the Physical, Motor or Cognitive development required

- It is a growth and development issue***
- Childs development occurs in a pretty predictable sequence although the timing varies considerably***



Long Term Athlete Development

LTAD

Was developed to indicate what a child should be doing to facilitate development

“Doing right thing for the player at right stage in their development”



Initiation Program 5-6 year olds

LTAD

- Develop Physical Literacy by learning fundamental movement and motor skills*
- Emphasis on FUNdamentals in positive Fun environment.*



Initiation Program 5-6 year olds

Scaling down to the appropriate size

- Most important for this age group is to keep children active*
- Small area or cross ice games and activities provide an appropriate scale for children of this age to develop.*



Initiation Program 5-6 year olds

Scaling down to the appropriate size

-allows players to work on concepts that they can comprehend

Eg. Spread out and share the puck

-Facilitates development by increasing the time a player is in possession of the puck when numbers are also reduced

