



Parent Guide to BC Hockey's Long Term Player Development Model





British Columbia Amateur Hockey Association

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INTRODUCTION

The Parent Guide to BC Hockey's Long Term Player Development is designed for parents as being THE key stakeholders in their child's development. Parents knowledgeable about their child's involvement in hockey will ultimately build support for our programming as well as arming them with information that can assist building local association programs that suit the needs of the child.

Life today includes unprecedented changes in technology and social behavior which can lead to a sedentary lifestyle. Sport has the ability to counter some of the missing links by increasing physical activity and social interaction in a very positive environment. The economic and health gains of physical activity are well documented. Hockey can be an important contributor to child development providing the base of fundamental movement skills, fitness, as well as technical and tactical skills important in the development of a healthy lifestyle. Ultimately our sport gives participants an opportunity to expand the ability of mind and body working in unison. This coupled with the skills of socially interacting with others in a team environment offers important elements of physical literacy.

Physical literacy is the basis of a sound mind and body which will contribute to a lifetime of physical activity and healthy living regardless of whether a recreational, competitive or high performance pathway is chosen by the player / family.

The role of the parent cannot be understated. They are the manager of their child's involvement in sport, especially at the younger ages. They register the player, pay the bills, get the player to and from events, support the player and become important contributors as volunteers in the system. They are also the check and balance that the programming being experienced is one that meets the needs of their child / family. They are the positive support of their child's experience.

To be effective in this role, parents must be well informed about the Long Term Player Development strategy developed through Hockey Canada, BC Hockey, their local Association and finally on to the ice. There is a reason why the program for a six year old is vastly different than the one for a sixteen year old and vastly different from the professional model we see on TV. Parents need to know why. And while it is nice to win the Championship or to go to the big tournament or get drafted, it must all be put in the perspective of Long Term Player Development - the development of the person.

The goal of this document is to provide a relatively simple reference to BC Hockey programming and some of the outstanding opportunities available. Although this is just a snap shot of some of the great hockey material that has been produced, we have also provided links to references that the interested parent can further explore.





The Guide

The format of the guide is as follows;

1) Age breakdown

The guide describes programming available for children of a certain age only because it is the easiest understood way of grouping children. THESE ARE APPROXIMATE! BC Hockey Associations have the ability to group players based on other important parameters like physical development or skill acquisition.

2) Long Term Player Development (LTPD) Synopsis

All Long Term Player Development models use similar descriptive terminology. Based on the Hockey Canada LTPD model, these descriptors have been aligned to the recognized divisions of hockey (Novice, Atom, Pee Wee etc. etc.). The Synopsis briefly describes areas of developmental which should be ideally emphasized during each stage.

The stages are;

- **Discovery – 0 to 4 years old**
- **FUNdamentals 1 – Initiation Program (Pre-novice) ages 5 and 6 years old**
- **FUNdamentals 2 – Novice – ages 7 and 8 years old**
- **Learn to Play – Atom – ages 9 and 10 years old**
- **Learn to Train – Pee Wee – ages 11 and 12 years old**
- **Train to Train – Bantam and Midget – ages 13 to 16 years old**
- **Train to Compete – Midget and Junior - ages 16 to 18 years old**
- **Train to Win – Juvenile, Junior and Senior – ages 18 to 22 years old**
- **Excel – Junior and senior – ages 21 and over**

3) Seasonal Plan

The seasonal plan, developed by Hockey Canada, is an IDEAL reflection of the components of a season. This was developed to guide local associations, district, Branch (BC Hockey) and national programming. There are many local parameters (for example facility availability) that might dictate a slightly different program in a community however associations are highly encouraged to adhere to the model.

4) BC Hockey Programming

This chart is specific to BC Hockey programming and explains BC Hockey programming available in each Hockey Division.



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BOYS





Your SON is 5 or 6

LTPD SYNOPSIS

Your son is in the FUNdamentals 1 STAGE. This stage is categorized by the development of physical literacy where fundamental movement skills should be the focus, motor development emphasized and participation in many sports / activities encouraged.

To maximize development the basic foundational hockey skills like skating and puck control are introduced through the Initiation Program. The Initiation Program allows this to be accomplished in a well structured, positive and FUN program.

Some other highlights of a player's development through this stage are:

- A focus on skating speed in repetitions of less than 5 seconds
- A focus on minor games and fun activities which allow players to experiment in a non-threatening environment
- 85% or more of on-ice instructional time should be on technical skills

Seasonal Plan – Initiation (Pre –Novice)

Your Season should contain:

- Number of practices: 35 - 40
- Start date for practices: Sept 15
- Development Season: (Sept 15 to Dec 1) 12 weeks including 20 practices and modified games
- Start for games: Dec 15
- Development and regular Season: 10 weeks including 20 practices and 10 games (which can be modified for smaller spaces, various numbers and special "rules")
- NO Playoff season
- Tournaments: 2 special events or tournaments (8 games)
- Total games per season: 15 to 20



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BC Hockey Programming

Player Experience Synopsis Initiation (Pre- Novice)

| | Details | |
|---|---|--|
| LTPD Phase | FUNDamentals 1 | |
| Focus on fundamental movement skills. Fun competitions. Participation in many sports / activities | | |
| Age of participants | 5 and 6 years old | |
| Technical Curriculum | Hockey Canada Initiation Skills manual | |
| Season Particulars | Start - October | |
| | Conclude – March 1 | |
| | Teams may be formed although skill instruction is best accomplished in player groups of equal skill | |
| | Short games and special event focus | |
| | 2 hours per week on-ice | |
| Championships | N/A | |
| BC Hockey Special Events | Penalty Free Challenge | |
| | Vancouver Canucks mini-minor | |
| | Vancouver Canucks IP Jamboree | |
| | Lace 'Em Up | |
| | Hockey Canada Novice Skills | |
| High Performance | N/A | |





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Your SON is 7 or 8 (Novice)

LTPD SYNOPSIS

Your son is in the **FUNDamentals 2 STAGE**. This stage is categorized by continued motor skill development and coordination. It also contains an important window of opportunity, the **KEY QUICKNESS AND AGILITY WINDOW**.

To maximize development it is important that your child experience a program that emphasizes the ABC's of athleticism; agility, balance, coordination and speed.

Here are some other highlights to his development during this stage;

- Overall movement skills, learning proper movement skills such as running, jumping, throwing (in hockey skating and stick control movements)
- Fun and participation
- Strength exercises involving medicine balls, Swiss balls and his own body weight
- Introduction of simple rules on the ethics of sport
- Daily physical activity

Seasonal Plan – Novice

Your Season should contain:

- Number of practices: 40 - 45
- Start date for practices: Sept 15
- Development Season: (Sept 15 to Dec 1) 10 weeks including 20 practices and 2 ex games
- Start for games: Dec 1
- Development and regular Season 14 weeks including 28 practices and 16 games
- NO Playoff season
- Tournaments: 3 tournaments (12 games)
- Total number of games per season: 30 to 35





BC Hockey Programming

Male Player Experience Synopsis Novice

| | Details | |
|--|-------------------------------------|---|
| LTPD Phase | FUNDamentals 2 | |
| Learn all movement skills focusing on agility, balance and coordination. Quickness and agility need to be emphasized. Introduction of simple rules and ethics of sport. Integrated mental, cognitive and emotional development. Play many sports. | | |
| | | |
| Age of participants | 7 and 8 years old | |
| | | |
| Technical Curriculum | Hockey Canada Novice Skills | |
| | | |
| Season Particulars | Start - October | |
| | Conclude – March 1 | |
| | Teams formed | |
| | Short games and special event focus | |
| | 2 hours per week on-ice | |
| | | |
| Championships | N/A | |
| | | |
| BC Hockey Special Events | | Check BC Hockey web site for availability |
| | Penalty Free Challenge | |
| | Vancouver Canucks mini-minor | |
| | Vancouver Canucks IP Jamboree | |
| | Lace 'Em Up | |
| | Hockey Canada Novice Skills | |
| | | |
| High Performance | N/A | |
| | | |



Your SON is 9 or 10 (ATOM)

LTPD SYNOPSIS

Your son is phasing out of the **FUNDAMENTAL STAGE** into the **LEARNING TO TRAIN STAGE**

This stage is characterized by three very important developmental opportunities;

- **Key Agility and Quickness window (ages 7-9)**
- **Peak Skill Development Window (ages 9-11)**
- **Peak Motor Development Window (ages 9-11)**

To maximize development because of these three windows of opportunity, this is the time in your son's hockey playing career to emphasize Skills, Skills, and more Skills!!

Here are a few other highlights;

- Introduce structured physical conditioning. Introduction to off-ice training program 2x a week
- Focus on technique - development of stance and stride, stick control movements and knee/ankle and core stability
- Focus on nutrition and hydration, introduce mental preparation
- Participate in a variety of sports with Hockey as main focus
- Focus on Hockey stance and stride

SEASONAL PLAN – ATOM

Your Season should contain;

- Number of practices: 45 - 50
- Start date for practices: Sept 15
- Development Season: (Sept 15 to Nov 1) 6 weeks including 12 practices and 2 ex games
- Start for games: Nov 1
- Development and regular Season: 16 week including 32 practices and 20 games
- Playoff season: commences March 15 for 2 weeks including 6 practices and 8 games
- Tournaments: 4 tournaments (16 games)
- Total number of games per season: 40 to 45



BC Hockey Programming

Male Player Experience Synopsis Atom

| | Details | |
|--|---|---|
| LTPD Phase | Learning to Play | |
| Fine motor skills development window for individual technical skills that are used in individual tactics and team tactics later on. Play many sports. Develop skills in a minimum of 3 sports in particular. | | |
| Age of participants | 8 to 10 years old | |
| Technical Curriculum | Hockey Canada Atom Skills | |
| Season Particulars | Practice to game ratio 3:1 | |
| Championships | District Championships begin Branch (Provincial) - N/A | |
| BC Hockey Special Events | | Check BC Hockey web site for availability |
| | Penalty Free Challenge | |
| | Vancouver Canuck mini-minor | |
| | Hockey Canada Skills Camps | |
| High Performance | N/A | |
| Other | Play a minimum of two other sports | |



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Your SON is 11 or 12 (Pee Wee)

LTPD SYNOPSIS

Your son is in the **Learn to Train stage**. This stage is categorized by the major development window for accelerated motor development.

To maximize development it is important that your son experiences a program that allows for a focus on individual skills and tactics. As well the introduction of team tactics and team play strategies is important.

Other highlights include;

- Refinement of fundamental sports skills
- Begin focusing on fewer sports
- Inventory strengths and weaknesses - enrolment in supplementary programs may be required
- Team preparation for specific events is introduced

SEASONAL PLAN – PEE WEE

Your seasonal plan should contain:

- Number of Practises: 50-55
- Start date for practices: September 15
- Skill development season: 4 weeks including 12 practises and 4 exhibition games
- Competitive season: starts October 15 for 18 weeks including 36 practises and 24 games
- Playoff season: two weeks in March including 6 practises and 8 games
- Tournaments: 4 tournaments, 16 games
- Total number of games per season: 45-50





BC Hockey Programming

Male Player Experience Synopsis Pee Wee

| | Details | |
|---|------------------------------------|---|
| LTPD Phase | Learning to Train | |
| The most significant period for development because of accelerated adaptation to motor coordination. Sport specific training begins. Develop skills in a minimum of 3 sports in particular. | | |
| Age of participants | 11 and 12 years old | |
| Technical Curriculum | Hockey Canada Pee Wee Skills | |
| Season Particulars | Practice to game ratio 3:1 | |
| Championships | Provincial Championships begin | |
| BC Hockey Special Events | | Check BC Hockey web site for availability |
| | Penalty Free Challenge | |
| | Hockey Canada Skills Camps | |
| High Performance | N/A | |
| Other | Play a minimum of two other sports | |



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Your SON is 13 or 14 (Bantam)

LTPD SYNOPSIS

Your son is in the **Train to Train stage**. This stage is categorized by building an aerobic base, a **key strength and speed development window**.

To maximize development it is important that your son experiences a program that allows for a focus on building an aerobic base, developing speed and strength. Continued technical skills development as well as the development of tactics is important. Basic psychological attributes should be introduced.

Other highlights include;

- Focus on fewer sports
- Social and emotional emphasis through team building
- Training routines like; warm up, hydration, cool down and nutrition become increasingly important
- Psychological attributes like concentration, visualization, relaxation require development

SEASONAL PLAN – BANTAM

Your seasonal plan should contain:

- Number of Practices: 55-60
- Start date for practices: September 15
- Development season: 4 weeks including 12 practices and 2 exhibition games
- Competitive season starts: October 15 for 20 weeks including 40 practices and 28 games
- Playoff season: two weeks in March including 6 practices and 8 games
- Tournaments: 3 tournaments, 12 games
- Total number of games per season: 50-55





BC Hockey Programming

Male Player Experience Synopsis Bantam to early Midget

| | Details | |
|---|---|---------------------|
| LTPD Phase | Train to Train | |
| This is the optimal speed and strength window. Specialization means a reduction in other sport commitments. Develop basic psychological attributes like; concentration, visualization, relaxation. | | |
| Age of participants | 12 to 16 years old | |
| Technical Curriculum | Hockey Canada Bantam / Midget Skills | |
| Season Particulars | Practise to game ratio 2:1 | |
| | Start - September | |
| | Conclude – late March dependent on playoffs | |
| | Teams formed from try-outs | |
| | Players have specific position focus | |
| | 4 - 6 hours per week on-ice | |
| | 35 - 40 games per season | |
| | Full games encouraged | |
| Championships | BC Hockey Provincial Championships | |
| | Regional Championships | |
| | Midget – National Championships | |
| | Bantam Regional Championships | |
| Category Choices | Bantam | |
| | Midget | |
| | Junior | Special rules apply |
| BC Hockey Special Programming | Hockey Canada Skills Academies | |
| | Hockey Canada Sport Schools | |
| | Midget AAA teams | |



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| | | |
|---|---|--|
| High Performance | Under 15 Program | |
| | Under 16 Program | |
| | U16 Team BC | |
| | National U17 Program of Excellence | |
| | | |
| Other | Specialization in a sport becomes a focus. Recreation in a variety of sports continues | |
| | | |
| Recreational Players | May Choose Active for Life pursuit | |
| Focus on being physically active for life with 60 minutes of activity per day. Play many sports. May choose a life of competitive sport through age group competition phasing to sport as recreation. | | |





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Your SON is 15 to 17 (Midget)

LTPD SYNOPSIS

Your son is in the **Train to Train stage transitioning to the Train to Compete stage**. Sport and position specific physical conditioning, specific technical and tactical preparation is emphasized. Sport and position specific skills require practice under competitive conditions.

To maximize development it is important that your son experiences a program that allows for a focus on sport and individual conditioning under competitive conditions and special attention to the introduction of peak performance training (peaking for key competitions).

Other highlights include;

- Focus on fewer sports to one single sport development
- Introduction of team concept with specific roles on the team
- Introduction of maximizing power
- Sport specific nutrition, hydration and mental training
- Specialty skills and tactics training are required
- Team loyalty and player independence with self-reliance develops

SEASONAL PLAN – MIDGET

Your seasonal plan should contain:

- Number of practices: 55-60
- Start date for practices: September 15
- Development season: 4 weeks including 12 practices and 4 exhibition games
- Competitive season: starts October 15 for 20 weeks including 40 practices and 32 games
- Playoff season: two weeks in March including 6 practices and 8 games
- Tournaments: 3 tournaments, 12 games
- Total number of games per season: 55-60





BC Hockey Programming

Male Player Experience Synopsis Midget

| | Details | |
|---|---|---------------------|
| LTPD Phase | Train to Train / Train to Compete | |
| Position specific technical and tactical prep under competitive conditions. Fitness preparation emphasized. | | |
| Age of participants | 15 to 17 years old | |
| Technical Curriculum | Hockey Canada Midget Skills | |
| Season Particulars | Practice to game ratio 2:1 | |
| | Start - September | |
| | Conclude – late March dependent on playoffs | |
| | Teams formed from try-outs | |
| | Players have specific position focus | |
| | 6 - 8 hours per week on-ice | |
| | 55 - 60 games per season | |
| | Full games encouraged | |
| Championships | BC Hockey Provincial Championships | |
| | Regional Championships | |
| | Midget Regional Championships | |
| | Midget – National Championships | |
| Category Choices | Midget | |
| | Junior | Special rules apply |
| BC Hockey Special Programming | Hockey Canada Skills Academies | |
| | Hockey Canada Sport Schools | |
| High Performance | Under 16 Program | |
| | U16 Team BC | |



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| | | |
|---|---|--|
| | National U17 Program of Excellence | |
| | | |
| Other | Specialization in a sport becomes a focus. Recreation in a variety of sports continues. | |
| | | |
| Recreational Players | May Choose Active for Life pursuit | |
| Focus on being physically active for life with 60 minutes of activity per day. Play many sports. May choose a life of competitive sport through age group competition phasing to sport as recreation. | | |





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Girls





Your Daughter is 5 or 6

LTPD SYNOPSIS

Your daughter is in the FUNdamentals 1 STAGE. This stage is categorized by the development of physical literacy where fundamental movement skills should be the focus, motor development emphasized and participation in many sports / activities encouraged.

To maximize development the basic foundational hockey skills like skating and puck control are introduced through the Initiation Program. The Initiation Program allows this to be accomplished in a well-structured, positive and FUN program.

Some other highlights of a player's development through this stage are:

- A focus on skating speed in repetitions of less than 5 seconds
- A focus on minor games and fun activities which allow players to experiment in a non-threatening environment
- 85% or more of on-ice instructional time should be on technical skills

SEASONAL PLAN – INITIATION (PRE –NOVICE)

Your Season should contain:

- Number of practices: 35 - 40
- Start date for practices: Sept 15
- Development Season: (Sept 15 to Dec 1) 12 weeks including 20 practices and modified games
- Start for games: Dec 15
- Development and regular Season: 10 weeks including 20 practices and 10 games (which can be modified for smaller spaces, various numbers and special "rules")
- NO Playoff season
- Tournaments: 2 special events or tournaments (8 games)
- Total games per season: 15 to 20



BC Hockey Programming

Female Player Experience Synopsis Pre-Novice

| | Details | |
|--|-------------------------------------|--|
| LTPD Phase | Discovery to FUNdamentals 1 | |
| Focus on learning proper movement in a fun atmosphere phasing into learning all movement skills focusing on agility, balance and coordination. Introduction of simple rules and ethics of sport. | | |
| Age of participants | 5 years old to 6 years old | |
| Technical Curriculum | Hockey Canada Initiation Program | |
| Season Particulars | Start - October | |
| | Conclude – March 1 | |
| | Minor games and special event focus | |
| | 2 hours per week on-ice | |
| | Program rather than team focus | |
| Championships | N/A | |
| BC Hockey Special Events | Penalty Free Challenge | |
| | Vancouver Canuck mini-minor | |
| | Lace Em Up | |
| | Esso Fun Days | |
| High Performance | N/A | |
| | | |
| | | |
| | | |
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| | | |



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Your Daughter is 7 or 8 (Novice)

LTPD SYNOPSIS

Your daughter is in the **FUNDamentals 2 STAGE**. This stage is categorized by continued motor skill development and coordination. It also contains an important window of opportunity, the **KEY QUICKNESS AND AGILITY WINDOW**.

To maximize development it is important that your child experience a program that emphasizes the ABC's of athleticism; agility, balance, coordination and speed.

Here are some other highlights to development during this stage;

- Overall movement skills, learning proper movement skills such as running, jumping, throwing (in hockey skating and stick control movements)
- Fun and participation
- Strength exercises involving medicine balls, Swiss balls and his own body weight
- Introduction of simple rules on the ethics of sport
- Daily physical activity

SEASONAL PLAN – NOVICE

Your Season should contain:

- Number of practices: 40 - 45
- Start date for practices: Sept 15
- Development Season: (Sept 15 to Dec 1) 10 weeks including 20 practices and 2 ex games
- Start for games: Dec 1
- Development and regular Season 14 weeks including 28 practices and 16 games
- NO Playoff season
- Tournaments: 3 tournaments (12 games)
- Total number of games per season: 30 to 35





BC Hockey Programming

Female Player Experience Synopsis Novice

| | Details | |
|--|-------------------------------------|--|
| LTPD Phase | FUNdamentals 2 | |
| Learn all movement skills focusing on agility, balance and coordination. Introduction of simple rules and ethics of sport. Integrated mental, cognitive and emotional development. Play many sports. | | |
| Age of participants | 7 and 8 years old | |
| Technical Curriculum | Hockey Canada Novice Skills | |
| Season Particulars | Start - October | |
| | Conclude – March 1 | |
| | Teams formed | |
| | Short games and special event focus | |
| | 2 hours per week on-ice | |
| Championships | N/A | |
| BC Hockey Special Events | Penalty Free Challenge | |
| | Vancouver Canuck mini-minor | |
| | Female Jamborees | |
| | Vancouver Canucks IP Jamboree | |
| | Lace Em Up | |
| | Esso Fun Days | |
| High Performance | N/A | |



Your daughter is 8 or 9 (Senior Novice to Atom)

LTPD SYNOPSIS

Your daughter is phasing out of the **FUNDAMENTAL STAGE** into the **LEARNING TO TRAIN STAGE**. This stage is characterized by three very important developmental opportunities;

- **Key Agility and Quickness window (ages 7-9)**
- **Peak Skill Development Window (ages 8-10)**
- **Peak Motor Development Window (ages 9-10)**

To maximize development because of these three windows of opportunity, this is the time in your daughter's hockey playing career to emphasize Skills, Skills, and more Skills!!

Here are a few other highlights;

- Introduce structured physical conditioning. Introduction to off-ice training program 2x a week
- Focus on technique - development of stance and stride, stick control movements and knee/ankle and core stability
- Focus on nutrition and hydration, introduce mental preparation
- Participate in a variety of sports with hockey as main focus
- Focus on hockey stance and stride

SEASONAL PLAN – ATOM

Your Season should contain;

- Number of practices: 45 - 50
- Start date for practices: Sept 15
- Development Season: (Sept 15 to Nov 1) 6 weeks including 12 practices and 2 exhibition games
- Start for games: Nov 1
- Development and regular Season: 16 week including 32 practices and 20 games
- Playoff season: commences March 15 for 2 weeks including 6 practices and 8 games
- Tournaments: 4 tournaments (16 games)
- Total number of games per season: 40 to 45



BC Hockey Programming

Female Player Experience Synopsis 2nd Year Novice to Atom

| | Details | |
|---|-------------------------------------|--|
| LTPD Phase | Learning to Play | |
| <p>Learn all movement skills focusing on agility, balance and coordination. Introduction of simple rules and ethics of sport. Integrated mental, cognitive and emotional development. Play many sports. Beginning a Peak Skill Development Window and Peak Motor Development Window. Intro to mental preparation. Sport specific training begins. Develop skills in 3 sports in particular.</p> | | |
| Age of participants | 8 and 9 years old | |
| Technical Curriculum | Hockey Canada Atom Skills manual | |
| Season Particulars | Start - October | |
| | Conclude – March | |
| | Teams formed (may group by ability) | |
| | 3 hours per week on-ice | |
| | 35 games per season | |
| | Practice to game ratio 3:1 | |
| Championships | Branch - N/A | |
| | District Championships begin | |
| BC Hockey Special Events | Penalty Free Challenge | |
| | Vancouver Canuck mini-minor | |
| | Female Jamborees | |
| | Hockey Canada Skills Camps | |
| | Esso Fun Days | |
| High Performance | N/A | |
| Other | Play a minimum of two other sports | |



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Your Daughter is 10 or 11 (2nd Year Atom to Pee Wee)

LTPD SYNOPSIS

Your daughter is in the **Learn to Train stage**. This stage is categorized by the major development window for accelerated motor development.

To maximize development it is important that your daughter experiences a program that allows for a focus on individual skills and tactics. As well the introduction of team tactics and team play strategies is important.

Other highlights include;

- Refinement of fundamental sports skills
- Begin focusing on fewer sports
- Inventory strengths and weaknesses - enrolment in supplementary programs may be required
- Team preparation for specific events is introduced

SEASONAL PLAN – Pee Wee

Your seasonal plan should contain:

- Number of Practises: 50-55
- Start date for practices: September 15
- Skill development season: 4 weeks including 12 practises and 4 exhibition games
- Competitive season: starts October 15 for 18 weeks including 36 practises and 24 games
- Playoff season: two weeks in March including 6 practises and 8 games
- Tournaments: 4 tournaments, 16 games
- Total number of games per season: 45-50





BC Hockey Programming

Female Player Experience Synopsis 2nd Year Atom to Pee Wee

| | Details | |
|---|-------------------------------------|--|
| LTPD Phase | Learning to Train | |
| <p>Learn all movement skills focusing on agility, balance and coordination. Introduction of simple rules and ethics of sport. Integrated mental, cognitive and emotional development. Play many sports. Beginning a Peak Skill Development Window and Peak Motor Development Window. Intro to mental preparation. Sport specific training begins. Develop skills in 3 sports in particular.</p> | | |
| Age of participants | 8 and 9 years old | |
| Technical Curriculum | Hockey Canada Atom Skills manual | |
| Season Particulars | Start - October | |
| | Conclude – March | |
| | Teams formed (may group by ability) | |
| | 3 hours per week on-ice | |
| | 40 games per season | |
| | Practice to game ratio 3:1 | |
| Championships | Branch - N/A | |
| | District Championships begin | |
| BC Hockey Special Events | Penalty Free Challenge | |
| | Vancouver Canuck mini-minor | |
| | Female Jamborees | |
| | Hockey Canada Skills Camps | |
| | Esso Fun Days | |
| High Performance | N/A | |
| Other | Play a minimum of two other sports | |



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Your daughter is 11 to 15 (Pee Wee to 1st Year Midget)

LTPD SYNOPSIS

Your daughter is in the **Train to Train stage**. This stage is categorized by building an aerobic base, a **key strength and speed development window**.

To maximize development it is important that your daughter experiences a program that allows for a focus on building an aerobic base, developing speed and strength. Continued technical skills development as well as the development of tactics is important. Basic psychological attributes should be introduced.

Other highlights include;

- Focus on fewer sports
- Social and emotional emphasis through team building
- Training routines like; warm up, hydration, cool down and nutrition become increasingly important
- Psychological attributes like concentration, visualization, relaxation require development

SEASONAL PLAN – BANTAM

Your seasonal plan should contain:

- Number of Practices: 55-60
- Start date for practices: September 15
- Development season: 4 weeks including 12 practices and 2 exhibition games
- Competitive season starts: October 15 for 20 weeks including 40 practices and 28 games
- Playoff season: two weeks in March including 6 practices and 8 games
- Tournaments: 3 tournaments, 12 games
- Total number of games per season: 50-55





BC Hockey Programming

Female Player Experience Synopsis Pee Wee to Midget

| | Details | |
|---------------------------------|---|---------------|
| LTPD Phase | Training to Train | |
| | <p>A major fitness development stage emphasizing endurance, speed and strength. Consolidate sport specifics. Play two favorite sports. Develop fundamental mental skills. Performance Enhancement Team introduction.</p> | |
| Age of participants | 11 to 15 years old | |
| Technical Curriculum | Hockey Canada Pee Wee / Bantam Skills | |
| Season Particulars | Start - September | |
| | Conclude – late March dependent on playoffs | |
| | Teams formed from try-outs | |
| | Players have specific position focus | |
| | 4 - 6 hours per week on-ice | |
| | 45 Pee Wee - 60 Midget games including exhibition and playoffs | |
| | Practice to game ratio 2:1 | |
| | Full games encouraged | |
| Competitive Options | Pee Wee, Bantam, Midget Rec or Rep | Age dependent |
| | Midget AAA | Age dependent |
| | Hockey Canada Sports Schools | |
| Championships | Branch Pee Wee Championships | Age dependent |
| | Branch Bantam Championships | Age dependent |
| | Branch Midget Championships | Age dependent |
| | Regional Midget Championships | Age dependent |
| BC Hockey Special Events | Penalty Free Challenge | |
| | Female Jamborees | |
| | HC Skills Challenge | |



| | | |
|---|---|--|
| | HC Skills camps | |
| | Hockey Canada Skills Academies | |
| | | |
| High Performance | 1 st and 2 nd year Pee Wee – U14 program | |
| | 1 st Year Bantams – U14 and U16 program | |
| | 2 nd Year Bantams – U16 program | |
| | Commit to training via U14 / U16 program | |
| | U16 Provincial Competition | |
| | Midget – U18 program | |
| | Access to Provincial High Performance Coaching network | |
| | Possible access to Regional Training Centers | |
| Other | | |
| | Play a minimum of two other sports | |
| | Hockey Specific off-season preparation and skill development programs | |
| | Decisions may be necessary regarding other sports | |
| | | |
| Recreational Players | May Choose Active for Life pursuit | |
| Focus on being physically active for life with 60 minutes of activity per day. Play many sports. May choose a life of competitive sport through age group competition. May move to recreational activities. | | |



British Columbia Amateur Hockey Association

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Your daughter is 16 to 18 (Midget to junior)

LTPD SYNOPSIS

Your daughter is in the **Train to Compete stage**. Sport and position specific physical conditioning, specific technical and tactical preparation is emphasized. Sport and position specific skills require practice under competitive conditions.

To maximize development it is important that your daughter experiences a program that allows for a focus on fitness preparation, and position specific technical and tactical skills under competitive conditions.

Other highlights include;

- Focus on fewer sports to one single sport development
- Introduction of team concept with specific roles on the team
- Introduction of maximizing power
- Sport specific nutrition, hydration and mental training
- Specialty skills and tactics training are required
- Team loyalty and player independence with self- reliance develops

SEASONAL PLAN – MIDGET

Your seasonal plan should contain:

- Number of practices: 55-60
- Start date for practices: September 15
- Development season: 4 weeks including 12 practices and 4 exhibition games
- Competitive season: starts October 15 for 20 weeks including 40 practices and 32 games
- Playoff season: two weeks in March including 6 practices and 8 games
- Tournaments: 3 tournaments, 12 games
- Total number of games per season: 55-60





BC Hockey Programming

Female Player Experience Synopsis Midget to Junior

| | Details | |
|--|--|--|
| LTPD Phase | Training to Compete | |
| Sport and position specific physical conditioning. Sport and position specific technical and tactical preparation. Sport and position specific skills practiced under competitive conditions. Learn to compete to National and International levels. | | |
| Age of participants | 16 to 18 years old | |
| Technical Curriculum | Hockey Canada Midget Skills | |
| Season Particulars | Start - September | |
| | Conclude – late March dependant on playoffs | |
| | Teams formed from try-outs | |
| | Players have specific position focus and role players | |
| | 6 - 8 hours per week on-ice | |
| | 55 - 60 games per season includes exhibition and playoffs | |
| | Practise to game ratio 2:1 | |
| | Full games encouraged | |
| Category Choices | Branch Midget AAA team / league | |
| | Association Midget competitive teams with possible affiliation to Midget AAA | |
| | Possible affiliation to Junior and Senior teams | |
| | Sport School teams | |
| | Junior teams | |
| | Juvenile Teams | |
| | Recreational teams | |
| Championships | Branch Midget Championships | |
| | Branch Midget AAA Championships | |
| | Western Canada Midget Championship | |



| | | |
|---|--|--|
| | (Midget AAA team representative) | |
| | Midget Esso Cup | |
| | | |
| BC Hockey Special Events | Penalty Free Challenge | |
| | HC Skills Challenge | |
| | Hockey Canada Skills Academies | |
| | BC Hockey Scholarship program | |
| | | |
| High Performance | 1 st and 2 nd year Midgets – U18 program | |
| | Commit to training via U18 program | |
| | 1 st and 2 nd year Midgets - U18 Provincial HP Competition | |
| | National U18 Championships | |
| | Possible National U18 camp and team | |
| | Access to Provincial HP coaches / Regional Training Centres | |
| | Ministry of Education – external Sport credits | |
| | Access to Athlete Assistance Program | |
| | | |
| Other | Hockey Specific off-season preparation and skill development programs | |
| | Major off-ice commitment: 6-8 hours per week. | |
| | Decisions will be necessary regarding other sports. | |
| | Players begin coaching and managerial volunteer commitment to programming | |
| | | |
| Recreational Players | May Choose Active for Life pursuit | |
| Focus on being physically active for life with 60 minutes of activity per day. Play many sports. May choose a life of competitive sport through age group competition. May move to recreational activities. | | |



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Your daughter is 18+ (Junior to Senior)

LTPD SYNOPSIS

Your daughter is in the **Train to Win stage**. Physical, Technical, tactical and mental skills are fully established.

To maximize your daughter experience a program that allows for sport and position specific physical conditioning, specific technical and tactical preparation needs emphasis. Sport and position specific skills are practiced under competitive conditions.

Other highlights include;

- Focus on fewer sports to one single sport development
- Introduction of team concept with specific roles on the team
- Sport specific nutrition, hydration and mental training
- Position specific skills and tactics training are required

SEASONAL PLAN – SENIOR

Your seasonal plan should contain:

- Number of practices: 55-60
- Start date for practices: September 15 with August training camp
- 6 to 8 hours on ice per week
- Playoff season: Mid to late March
- Tournaments: 3 tournaments, 12 games
- Total number of games per season: 45-55





BC Hockey Programming

Female Player Experience Synopsis Senior

| | Details | |
|-----------------------------|--|----------------|
| LTPD Phase | Training to Win | |
| | Sport and position specific physical conditioning. Sport and position specific technical and tactical preparation. Sport and position specific skills practiced under competitive conditions. Learn to compete to National and International levels. Phasing into players focusing on high performance. Improving physical capacities. Refined development of technical and tactical. Modeling all possible aspects of training and performance. | |
| | | |
| Age of participants | 21 years old and over | |
| | | |
| Technical Curriculum | BC Hockey Senior Skills augmented by HP skills | * not in place |
| | | |
| Season Particulars | Start – September (August Training camp) | |
| | Conclude – late March dependent on playoffs | |
| | Teams formed from try-outs | |
| | Players have specific position and key on specific skills and role players | |
| | 6 - 8 hours per week on-ice | |
| | 6 – 8 hours specific off-ice training | |
| | 45 - 55 games per season | |
| | Practise to game ratio 2:1 plus individual skills | |
| | Full games necessary | |
| | | |
| Category Choices | Senior AAA (CWHL) | |
| | Senior AA with possible affiliation to Sr. AAA | |
| | Senior A with possible affiliation to Sr. AAA or Senior AA | |
| | Post – secondary (CIS) | |
| | Recreational teams | |
| | | |
| Championships | Branch Senior A Championship and | |



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| | | |
|---|---|--|
| | Western Shield | |
| | Branch Senior AA Championship and Western Shield | |
| | Post-secondary: CIS Championships | |
| | Senior AAA: CWHL Championships | |
| | | |
| BC Hockey Special Events | | |
| | HC Skills Challenge | |
| | Northern BC Winter Games | |
| | Senior Recreation Jamborees | |
| High Performance | | |
| | CIS University Games | |
| | Senior Team Canada camps and competitions | |
| | | |
| Other | Hockey Specific off-season preparation and skill development programs | |
| | Decisions will be necessary regarding other sports | |
| | Access to Athlete Assistance program | |
| | Access to External Sport credits | |
| | | |
| Recreational Players | May Choose Active for Life pursuit | |
| Focus on being physically active for life with 60 minutes of activity per day. Play many sports. May choose a life of competitive sport through age group competition. May move to recreational activities. | | |





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Resources

Active for Life

Active for Life is the place where parents go to learn about activities for kids. Physical education leads to physical literacy, which is critical for child development. Physical literacy also gives active kids the best chance to someday compete in high-performance sport. Kids' activities are organized here by age and gender, so parents can find fun and engaging ways of making sure their children get the recommended daily amount of physical activity. Activities for toddlers are aimed at the development of fundamental movement skills, while activities for children build on the fundamentals to establish more complex sport skills that can be used to play any number of sports and activities. Exercises for kids enhance their physical development. In the early stages of child growth, early childhood development is dependent on appropriate exercises for children. Because kids play is good for kids' health.

[http:// active for life.com](http://activeforlife.com)

Canadian Sport for Life

Canadian Sport for Life is a movement to improve the quality of sport and physical activity in Canada. CS4L links sport, education, recreation and health and aligns community, provincial and national programming. Canadian Sport for Life's **Long-Term Athlete Development** framework is a seven-stage training, competition and recovery pathway guiding an individual's experience in sport and physical activity from infancy through all phases of adulthood. Canadian Sport for Life and Long Term Athlete Development represent a paradigm shift in the way Canadians lead and deliver sport and physical activity in Canada.

<http://canadiansportforlife.ca/>

