

FUNDamentals AGES 6-10

Focus:
FUNDAMENTAL MOVEMENT SKILLS

Agility • Balance, • Coordination • Speed

Generic skills used in many sports. Minor games to introduce rules, ethics, fairness. Simple awareness games. *Have Fun Trying*



LEARNING TO TRAIN YOUR HOCKEY SKILLS AGES 9-12

Focus:
FUNDAMENTAL SPORT SKILLS

Skating • Basic Puck Skills • Stick Skills

Introduce readiness – being physically and mentally prepared to play. Very basic hockey tactics and positional play. Thinking and emotional skills – belonging to a team. Teach skills in challenging formats.

*Recreational athletes continue to enjoy the sport for a lifetime but...
The Serious Player Progresses from Here*



TRAIN TO TRAIN AGES 12-16

Focus:
BUILD FITNESS AND SPECIFIC SPORT SKILLS

Fitness Training • Detailed Mental Training •
Sport Specific Skill Development (reading the game and tactical understanding)
Decision Making • Detailed and Extensive Feedback (evaluation and correction)

TRAIN TO COMPETE AGES 16-20

Focus:
SPECIFIC POSITION SKILLS
IN COMPETITION

Position Specific Training • Physical Conditioning
• Technical and Tactical Preparation Advanced Mental Practice •
Under Competitive Conditions

TRAIN TO WIN AGES 20 and up

Focus:
MAXIMIZE PERFORMANCE IN COMPETITION

Refinement of all above BUT WITH MORE
COMPETITIVE MODELING

FOR MORE INFORMATION:
www.BCHockey.net



Long Term
Athlete Development

MODEL



FUNDamentals
ages 6-10

Learning To
Train Your
Hockey Skills
ages 9-12

Train To Train
ages 12-16

Train To Compete
age 16-20

Train To Win
ages 20 and up

