

THE COMMITMENT

The commitment of the athletes at each stage is critical to their development. Hockey is characterized by being very high (some say the highest) in the sports that require the most fine motor skills used under changing and challenging conditions. Consider balancing on a thin blade of metal, on a slippery surface, controlling a round piece of rubber with an implement while someone is deliberately trying to knock you off balance!

The acquisition of fine motor skills cannot be accomplished by games alone. In a sixty-minute game, players have the puck on their sticks for an average of only 8 seconds and take an average of only 1-2 shots on goal. Ninety-nine percent of the feedback coaches give players is when they have the puck BUT the players only have the puck .2% of the game. Therefore, for the serious athlete, the formative years for skill development must emphasize the fundamental building blocks so that the GAME can be learned and enjoyed at later stages.

Although the following is approximate, it is designed to give you some indication of the commitment involved in the pursuit of excellence

HOCKEYPATHWAY



Stage	Weekly Sessions (competitive season)	Hours per week	Training-to Competition Ratio	Competitions per year
FUNDamentals Ages 6-10	1-2 of 45 minutes of ice time plus lots of other activities	4-6 in physical activity	50:50 in a minor games setting	Every session should include minor games. Two events, like jamborees, per year.
Learning To Train Your Hockey Skills Ages 9-12	2-3 of 60 minutes of ice time	6-7 in physical activity	70:30	25-35
Train To Train Ages 12-16	3-4 of 60-75 minutes of ice time	5-7 hockey related activity, including fitness training	60:40	30-40
Train To Compete Ages 16-20	4-9 of 60-90 minutes of ice (includes games) and hockey specific off ice	5-6 hours developing fitness for hockey	50:50	35-45
Train To Win Ages 20+	6-9 of 60-90 minutes of ice (includes games)	4-6 hours refined hockey prep including mental prep for competitions	40:60	40-60



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