LONG TERM PLAYER DEVELOPMENT

PHYSICAL LITERACY / MULTI-SPORT

2018 - 19
INTRODUCTION

LEAD, DEVELOP AND PROMOTE POSITIVE HOCKEY EXPERIENCES
THE CANADIAN WAY
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# VISION: WORLD SPORTS LEADERS

LTPD
WHAT IS LONG TERM PLAYER DEVELOPMENT?

- Establish the “Gold Standard” for all hockey programming
- Provide all participants with a positive experience focusing on building a strong skill base
- Adhere to the principles of Long Term Participant Development (LTPD) in the design and application of age-specific programs
WHAT IS LONG TERM PLAYER DEVELOPMENT?

Research has concluded that it takes a minimum of 10 years and 10,000 hours of deliberate training for a talented player to reach elite levels. This does not mean sport specific – it refers to the fact that it takes a long time to get to elite levels in sport, but that every athlete has the potential

This means before the 10 year or 10,000 hour rule comes into play:

1) A player must have developed the fundamental skills
2) Be physically literate

For a player and coach this translates into slightly more than 3 hours of training or competition daily for 10 years.

(Multisport / Multi- activity)
WHAT IS LONG TERM PLAYER DEVELOPMENT?

Drawbacks in our Development System

- Over-competing & under training
- Adult programs imposed on children
- Male training programs imposed on females
- Preparation geared to short-term outcomes
- Knowledgeable coaches at the elite levels
- Competition system interferes with athlete development
- Early specialization is demanded
WHAT IS LONG TERM PLAYER DEVELOPMENT?

Consequences - What are the results of these shortcomings?

- Poor movement abilities.
- Lack of proper fitness.
- Poor skill development.
- Bad habits developed from over-competition focused on winning.
- Undeveloped and unrefined skills due to under-training.
- Female athlete potential not reached due to inappropriate programs.
There is a need to better educate parents on the hockey development of their child. It is okay for parents to want their kids to get to the highest levels but they need to know the best way to go about it.

- Fundamental movement skills and sport skills are not taught properly.
- Failure to reach optimal performance levels
- Parents are not educated about LTAD.
- Children not having fun as they play adult-based programs.
- No systematic development of the next generation of successful International athletes.
LTPD

The most important aspects of Minor Hockey Association development are:

1) Consistency in the coaching philosophy
2) Consistency in what the coaches are teaching.

A Minor Hockey Association’s success from a coaching / player standpoint will be based on 3 main aspects:

1) Enjoyment of players coming to the rink everyday
2) Improvement of players’ skills
3) Developing of players to play at the next level
By implementing a **standardized technical curriculum and methodology for instruction**, your association is building a foundation for athletes to enjoy the game of hockey and reach their potential. While it should be the goal of each team to be successful in their league, the player development process should be at the forefront of each team and this **development component must not be compromised**.
WHAT IS LONG TERM PLAYER DEVELOPMENT?

Everybody wants to be part of the outcome, but it is the process that determines who is worthy of being part of that outcome.

All players and including players on the pathway to High Performance need to continuously perfect and advance individual skills and tactics. The results will contribute significantly to team success both in practice and in games. The coach must understand how these skills and tactics are executed for efficient practicing and maximum development of the players.
Talent ID is about keeping kids around long enough to see what they can really do!

- If you Pick him / her – Play him / her!
- A coach’s job is to develop every player to contribute to the team
- All players deserve the same opportunities – you never know who will flourish to become a great player
SEASONAL STRUCTURE

The age specific charts on the following slides are guidelines to what an optimal season could like that takes into account the principles of Long Term Player Development. These guidelines take into consideration the differences between Community (Recreational) and Developmental (Competitive) Hockey.

1) Hockey School before tryouts
   ❖ 5 – 10 skates then tryouts

2) Athletic Warm ups and cool downs before and after every practice and every game
   ❖ 20 minute athletic warm up / 20 minute athletic cool down

3) Eliminate Playoff Rounds and go to Tournament Style Playoffs
   ❖ Everyone makes playoffs

3 Important components that will have an immediate impact on developing players
SEASONAL STRUCTURE

1) Hockey School before tryouts
   - There is no need to rush into tryouts – give players 5 – 10 ice sessions of “Hockey School“ to get back on the ice prior to formal evaluation
   - The beginning of the season is stressful enough, level the playing field by letting coaches get to know the players and vice versa
   - Players get a chance to develop instead of going out and trying not to make a mistake

3 Important components that will have an immediate impact on developing players
SEASONAL STRUCTURE

2) Athletic Warm ups and cool downs before and after every practice and every game
   - 20 minute athletic warm up / 20 minute athletic cool down for each practice and game
   - Most teams do warm ups / cool downs before and after games, but very few do anything before and after practice
   - When asking players to be at the rink early for practice and games have them active and doing something beneficial – Physical literacy – Active Skill Based warm ups / cools downs
   - Can eliminate a day specific for dryland training which will also lead to more rest and recovery

3 Important components that will have an immediate impact on developing players
3) Eliminate Playoff Rounds and go to Tournament Style Playoffs

- Everyone makes playoffs
- Enables coaches to coach to develop versus coaching to win just to get into playoffs
- Stretches out the season with more time to develop and more time for rest / recovery
- Gives every player a chance to play at the end of the year when the competition and intensity should be at its highest versus some players being eliminated in February

3 Important components that will have an immediate impact on developing players
**AN AGE SPECIFIC PROGRAM APPROACH**

### FUNDAMENTAL (INITIATION & NOVICE ALL CONSIDERED FUNDAMENTAL)

**INITIATION: AGE 5-6**
- **DEVELOPMENT PHASE**: 12 weeks, 24 ice sessions, 0 formal games
- **REGULAR SEASON PHASE**: 14 weeks, 20 ice sessions, 10 modified games
- **TOURNAMENTS**: 3 festivals/jamborees, 12 modified games
- **CONSIDERATIONS**:
  - Blue 4 oz. pucks
  - Cross ice/ Half Ice games
  - No full-time goalies (no goalie equipment)
  - Multiple station work
  - Jamborees/Festivals - 3 on 3/4 on 4/5 on 5 cross ice or half ice
  - Ideally 2 practices per week
  - 5 to 1 player to coach ratio maximum
  - Players play all positions
  - Equal ice time

**RECOMMENDATIONS**:
- Small nets
- Ball hockey/Floor Hockey/Floor ball as additional activities
- Consistent prime time ice sessions for practices and games (consistent days and times)
- Develop IF Tool Kit to keep at rink
- Multiple station work
- Jamborees/Festivals for Tournaments - 3 on 3/4 on 4/5 on 5 cross ice or half ice in first half
- Regular game tournaments in second half
- Minimum 2 Practices per week
- Equal ice time

**TOTAL PRACTICES: 35 - 45**  |  **TOTAL GAMES: 15 - 25**

**NOVICE: AGE 7-8**
- **DEVELOPMENT PHASE**: 16 weeks, 32 ice sessions, 16 games
- **REGULAR SEASON PHASE**: 20 weeks, 4 games (modified)
- **TOURNAMENTS**: 3 tournaments, 12 games
- **CONSIDERATIONS**:
  - Blue 4 oz. pucks first half / Regulation 6 oz. pucks second half
  - Cross ice/Half Ice games in first half / Full Ice Games in second half
  - No full-time goalies - Everyone takes turns playing goal
  - Multiple player to coach ratio maximum
  - Consistent prime time ice sessions for practices and games (consistent days & times)
  - Develop Tool Kit to keep at rink (kit should contain all possible on ice equipment - soccer balls, tennis balls, ringette rings, spray paint etc.)
  - Minimum 2 Practices per week

**TOTAL PRACTICES: 45 - 55**  |  **TOTAL GAMES: 30 - 40**

**PLAYOFFS**
- **NO PLAYOFFS**
  - End of regular season March 31
AN AGE SPECIFIC PROGRAM APPROACH

Eliminate Playoff Rounds – Go to Tournament Style Playoffs
**AN AGE SPECIFIC PROGRAM APPROACH**

**PEEWEE: AGE 11-12**

<table>
<thead>
<tr>
<th>COMMUNITY (recreational)</th>
<th>DEVELOPMENTAL (competitive)</th>
</tr>
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<tbody>
<tr>
<td><strong>DEVELOPMENT PHASE</strong></td>
<td><strong>DEVELOPMENT PHASE</strong></td>
</tr>
<tr>
<td>4 WEEKS</td>
<td>4 WEEKS</td>
</tr>
<tr>
<td>8 PRACTICES</td>
<td>12 PRACTICES</td>
</tr>
<tr>
<td>2 EXHIBITION GAMES</td>
<td>4 EXHIBITION GAMES</td>
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<tr>
<td><strong>REGULAR SEASON PHASE</strong></td>
<td><strong>REGULAR SEASON PHASE</strong></td>
</tr>
<tr>
<td>24 WEEKS</td>
<td>24 WEEKS</td>
</tr>
<tr>
<td>24 PRACTICES</td>
<td>48 PRACTICES</td>
</tr>
<tr>
<td>18 GAMES</td>
<td>24 GAMES</td>
</tr>
<tr>
<td><strong>PLAYOFFS</strong></td>
<td><strong>PLAYOFFS</strong></td>
</tr>
<tr>
<td>Mar 15 – 30</td>
<td>April 1 – 15</td>
</tr>
<tr>
<td>Playoff Tournaments</td>
<td>Playoffs</td>
</tr>
<tr>
<td>March 31 end of season</td>
<td>April 16 end of season</td>
</tr>
<tr>
<td><strong>TOURNAMENTS</strong></td>
<td><strong>TOURNAMENTS</strong></td>
</tr>
<tr>
<td>3 tournaments</td>
<td>4 tournaments</td>
</tr>
<tr>
<td>12 games</td>
<td>16 games</td>
</tr>
<tr>
<td><strong>TOTAL PRACTICES</strong></td>
<td><strong>TOTAL PRACTICES</strong></td>
</tr>
<tr>
<td>30 – 35</td>
<td>55 – 60</td>
</tr>
<tr>
<td><strong>TOTAL GAMES</strong></td>
<td><strong>TOTAL GAMES</strong></td>
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<tr>
<td>25 – 35</td>
<td>45 – 50</td>
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**CONSIDERATIONS:**

**COMMUNITY**
- Prep Camp: 2 Weeks 8 – 10 sessions 1 60 minute session per day
- Tryouts: 5 skates then evaluate 2 practices / 3 Inter-squad games
- Full time goales – Backup goales in recreational levels plays out
- Rotate all players through all positions – Begin position specific specialization

**DEVELOPMENTAL**
- Multiple station work
- Skill Based Practices
- Small Area Games in practice
- Tournamentstyleplayoffsseconds
- Full time goales – Backup goales in recreational levels plays out
- Rotate all players through all positions – Begin position specific specialization

Eliminate Playoff Rounds – Go to Tournament Style Playoffs
## AN AGE SPECIFIC PROGRAM APPROACH

### COMMUNITY (recreational)

<table>
<thead>
<tr>
<th>Development Phase</th>
<th>Regular Season Phase</th>
<th>Playoffs</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 weeks</td>
<td>24 weeks</td>
<td>Mar 15 - 30</td>
</tr>
<tr>
<td>8 practices</td>
<td>24 practices</td>
<td>Playoffs Tournaments March 31</td>
</tr>
<tr>
<td>2 exhibition games</td>
<td>20 games</td>
<td>end of season</td>
</tr>
<tr>
<td>3 tournaments</td>
<td>12 games</td>
<td></td>
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</tbody>
</table>

- **Total Practices:** 30 - 35
- **Total Games:** 35 - 40

### DEVELOPMENTAL (competitive)

<table>
<thead>
<tr>
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<th>Regular Season Phase</th>
<th>Playoffs</th>
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<tbody>
<tr>
<td>4 weeks</td>
<td>24 weeks</td>
<td>Apr 1 - 15</td>
</tr>
<tr>
<td>12 practices</td>
<td>60 practices</td>
<td>Playoffs Tournaments April 16</td>
</tr>
<tr>
<td>4 exhibition games</td>
<td>28 games</td>
<td>end of season</td>
</tr>
<tr>
<td>4 tournaments</td>
<td>16 games</td>
<td></td>
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- **Total Practices:** 65 - 75
- **Total Games:** 50 - 55

**Considerations:**
- Pre-Camp: 2 Weeks
- 8 - 10 sessions - 1 60 minute session per day
- Tryouts: 5 skates then evaluate
- 2 practices / 3 Inter-squad games

**Eliminate Playoff Rounds – Go to Tournament Style Playoffs**
AN AGE SPECIFIC PROGRAM APPROACH

Eliminate Playoff Rounds – Go to Tournament Style Playoffs
AN INNOVATIVE APPROACH

Alternate seasons

12 Week Programs
- October – December
- January - March

4 three month seasons
- Register for 1, 2 or 3

Summer Programs
- May - August

Community Multi-Sport Combinations
- Hockey/Soccer/Baseball
- Hockey/Swimming/Lacrosse
- Hockey/Basketball/Golf
WHY MULTI-SPORT?

All Top Coaches in Top Programs of any sport are moving this way

– Multi-Sport Athletes are again becoming the new norm
WHY MULTISPORT?

The greatest difference between our children’s sporting experience and our own is the rise of year round, sport specific organizations that ask – even require – season after season of participation in order to stay in the player development pipeline. The pressure to have your child specialize in a single sport at a young age has never been stronger.

The Best Players are the Best Athletes!
NEGATIVE EFFECTS OF EARLY SPECIALIZATION

Participating in multiple sports allows these young athletes to learn a variety of motor skills, hone them efficiently and increase their physical literacy. It teaches them diverse movement patterns, varied skill sets and cognitive understanding of game sense.

1) Children who specialize in a single sport account for 50% of overuse injuries in young athletes according to pediatric orthopedic specialists

2) A study by Ohio State University found that children who specialized early in a single sport led to higher rates of adult physical inactivity. Those who commit to one sport at a young age are often the first to quit, and suffer a lifetime of consequences.

3) Early specialization in a single sport is one of the strongest predictors of injury. Athletes in the study who specialized were 70% to 93% more likely to be injured than children who played multiple sports!
NEGATIVE EFFECTS OF EARLY SPECIALIZATION

4) Children who specialize early are at a far greater risk for burnout due to stress, decreased motivation and lack of enjoyment.

5) Early sport specialization in female adolescents is associated with increased risk of anterior knee pain disorders compared to multi-sport athletes, and may lead to higher rates of future ACL tears.
MULTISPORT

Sidney Crosby

Hayley Wickenheiser

Marie-Philip Poulin

Tom Brady

Russell Wilson

Wayne Gretzky

Christine Sinclair

Jordan Eberle
PHYSICAL LITERACY

Sound Clip
RESOURCES
WHAT DO OTHER SPORTS DO?

Promote Multisport Participation

If someone encourages your child to specialize in a single sport, that person generally does not have your child's best interests in mind.

The best players in other sports train and play with modified games.
Small Steps

Manufacturing Momentum – the first step is never worthless no matter how small