

FOSTERING A LOVE FOR THE GAME



8 YRS & UNDER PROGRAMMING

alliance HOCKEY
DEVELOPMENT



A Message to Parents:

The game of hockey is for kids. Kids play the game because they love it and because it is fun. As parents we must all realize that, for kids, positive participation is always more important than excellence. The personal and social development that comes from being part of a team is one of the most enriching experiences offered by the game. We must continue to live the values of fun and fair play, respect, integrity and teamwork with a balanced perspective of expectations and definition of success. We must celebrate our good experiences with this great game.

Our volunteers, our coaches, our referees, our parents and our children are all critical partners in ensuring the game sustains these high values. No one, however, is more critical than our parents. We must particularly assist our parents in setting reasonable expectations while understanding the game, its process and its administration.

Being a hockey parent is no easy task. Hockey parents are often called upon to wear many different volunteer hats, some of which result in conflicting roles. A hockey parent may be a coach, evaluator, director or a referee - any of whom is required to make decisions in everyone's best interest while still being a mom or dad wanting what's best for his or her own child. Parents wrestle with reconciling their roles and controlling their passion as fans while being faced with the constant challenge of 'doing the right thing'. Hockey Canada is committed to helping those parents meet these challenges to ensure they continue to enjoy the game and have as much fun as their kids.

Remember, it's about fairness and respect!

It's about play!

It's all about family!

It's about us all having fun and being kids!

What else could really be more important?

As a partner in the game we want you to have as much information as possible at your fingertips.

Click [HERE](#) and access many resources that will assist you as your young player progresses through the game!



LONG TERM PLAYER DEVELOPMENT

The Long Term Player Development (LTPD) model sets out a vision for hockey in Canada that takes advantage of the history and culture of the game to increase participation and to lay the foundations of international success long into the future.

This model for hockey has been developed based on the following principles:

- ✓ doing the right thing for the player at the right stage in their development
- ✓ adopting a player-centered approach and not treating the development of all players the same way
- ✓ the broader the foundation of players, the more successful the game of hockey will be in Canada
- ✓ viewing player development as a long term process
- ✓ aligning player development resources (skills manuals, DVDs) with coach development and education resources so that coaches are doing the right things at the right time
- ✓ 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



Kids who have fun playing a sport are more likely to stay active and healthy for their entire lifetime. They also have a better chance of becoming a top athlete. So make it fun, and make it quality!

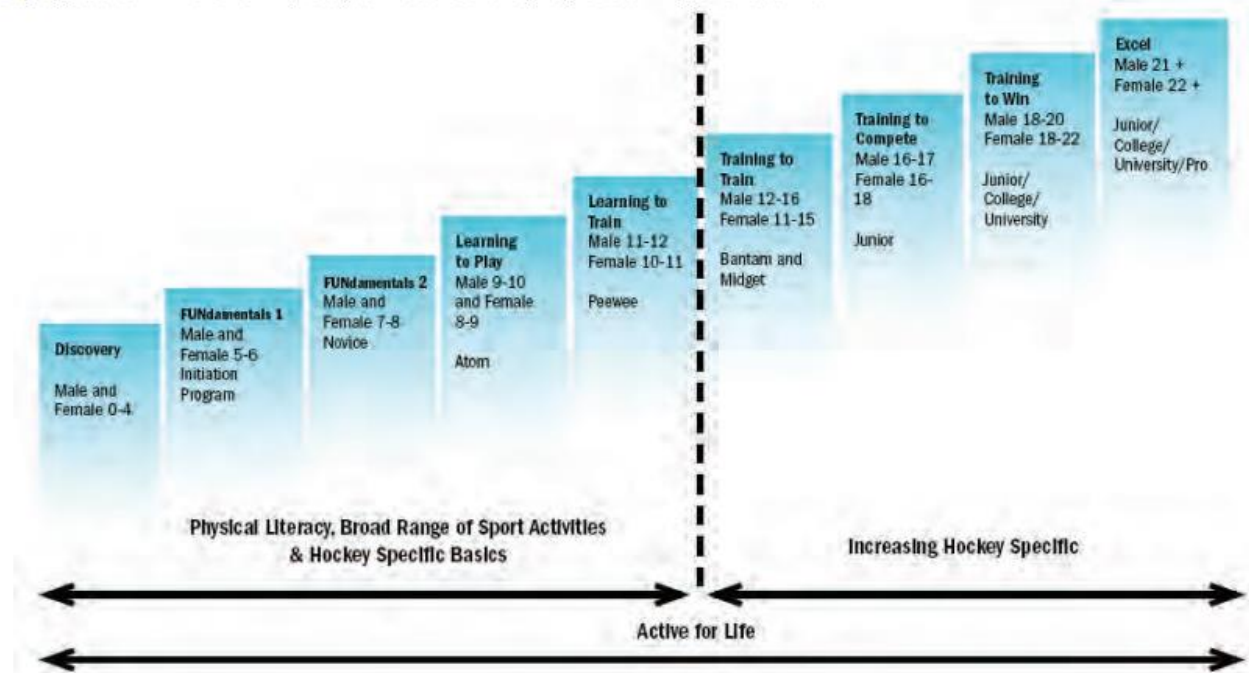
Better sport leads to healthier kids, higher achievement, and lifelong activity.



<http://activeforlife.com/hockey/>

9 Stages in Long-Term Player Development

The minor hockey player in Canada needs to experience a wide variety of learning activities that correspond to his or her level of abilities and capacities. Hockey Canada's Long Term Player Development model has 9 stages. This could also be referred to as the Hockey Player pathway or progression. The following diagram outlines this progression in generic terms.



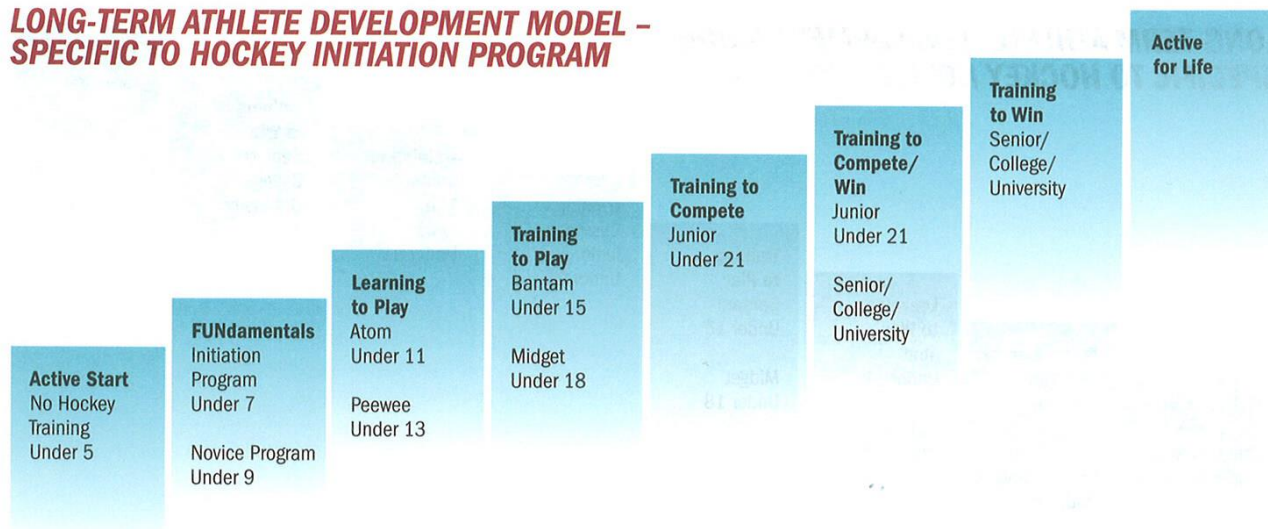
The FUNdamentals

The FUNdamentals are basic movement and sport skills taught through fun games and activities that engage small children and motivate them to continue in activity. While these basics are fun in nature, they also serve another purpose: they teach the essential skills required as a foundation for more complex physical activities and sports. It is important that all children develop a good base of these skills before puberty to optimize both future performance and lifelong activity. This basic set of FUNdamental movement (dance) and sports skills is referred to as “physical literacy” and it includes things such as skipping, hopping, jumping, throwing, catching, hitting, and swimming.

FUNdamentals - Parents

- ✓ Encourage your child to participate in a wide variety of physical activities.
- ✓ Strength training should be done solely with the player's own body weight.
- ✓ Other sports that build on fundamental movement skills applicable to hockey: Gymnastics, Run-Jump-Throw programs, Soccer, Skating programs

LONG-TERM ATHLETE DEVELOPMENT MODEL – SPECIFIC TO HOCKEY INITIATION PROGRAM



INITIATION PROGRAM

Length of Season:
28-32 weeks:

- > 3-4 weeks: Practice and Skill Development Season
- > 20-24 weeks: Practice and Game Play Season
- > 4 weeks: Tournament/Game Season

Frequency per Week:
1-2 times

Number of Games per Season:
20-30 modified, 0-10 full ice

INITIATION PROGRAM

General Objective:

Developing fundamental movement skills (skating, jumping, twisting, turning), manipulation skills (shooting, puck control) and overall motor skills (balance, coordination, agility) in a fun and safe sport environment that promotes self-confidence.

Guiding Principles:

Make the first impression of hockey a positive one for players and parents. Play/ Games exist mostly in modified forms, with limited number of formalized games.

Preseason Training:

Other sports to further develop the ABC's (Agility, Balance and Coordination).

PRACTICE BREAKDOWN FOR THE SEASON – INITIATION





HOCKEY CANADA CORE SKILLS



INITIATION

Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<ul style="list-style-type: none"> <input type="checkbox"/> Basic stance <input type="checkbox"/> Getting up from the ice <input type="checkbox"/> Balance on one foot <input type="checkbox"/> Gliding on two skates <input type="checkbox"/> Gliding on one skate – forward and backward <input type="checkbox"/> Lateral Crossovers – step and plant 	<ul style="list-style-type: none"> <input type="checkbox"/> Figure 8's – forward – inside & outside edge <input type="checkbox"/> Figure 8's – backward – inside & outside edge 	<ul style="list-style-type: none"> <input type="checkbox"/> T-start <input type="checkbox"/> Front v-start <input type="checkbox"/> Crossover start <input type="checkbox"/> Backward c-cut start <input type="checkbox"/> Backward crossover start <input type="checkbox"/> One o'clock – eleven o'clock <input type="checkbox"/> Outside leg stop <input type="checkbox"/> Two-foot parallel stop <input type="checkbox"/> One-leg backward stop <input type="checkbox"/> Two-let backward stop 	<ul style="list-style-type: none"> <input type="checkbox"/> C-cuts – left foot / right foot / alternating <input type="checkbox"/> Forward striding 	<ul style="list-style-type: none"> <input type="checkbox"/> C-cuts – left foot / right foot <input type="checkbox"/> Gliding on two skates – backward <input type="checkbox"/> Gliding on one skate – backward 	<ul style="list-style-type: none"> <input type="checkbox"/> Glide turns <input type="checkbox"/> Tight turns <input type="checkbox"/> C-cuts – around circle – outside foot – forward & backward <input type="checkbox"/> Crossovers – forward & backward <input type="checkbox"/> Backward on-foot stop and t-start <input type="checkbox"/> Pivots – bwd to fwd & fwd to bwd <input type="checkbox"/> Pivots – open & reverse

Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and Receiving	Sweep Shot	Wrist Shot
<ul style="list-style-type: none"> <input type="checkbox"/> Stance <input type="checkbox"/> Narrow <input type="checkbox"/> Wide <input type="checkbox"/> Side – front – side <input type="checkbox"/> Toe drag – side <input type="checkbox"/> Toe drag – front 	<ul style="list-style-type: none"> <input type="checkbox"/> Narrow <input type="checkbox"/> Wide <input type="checkbox"/> Open ice carry – forehand & backhand <input type="checkbox"/> Weaving with puck <input type="checkbox"/> Toe drag – front & side <input type="checkbox"/> Puck in feet 	<ul style="list-style-type: none"> <input type="checkbox"/> Stationary forehand pass <input type="checkbox"/> Stationary backhand pass <input type="checkbox"/> Stationary bank pass 	<ul style="list-style-type: none"> <input type="checkbox"/> Moving forehand pass <input type="checkbox"/> Moving backhand pass <input type="checkbox"/> Lead pass 	<ul style="list-style-type: none"> <input type="checkbox"/> Forehand <input type="checkbox"/> Backhand 	<ul style="list-style-type: none"> <input type="checkbox"/> Forehand – low <input type="checkbox"/> Backhand – low

Flip Shot	Individual Offensive Tactics	Individual Defensive Tactics	Warm Ups
<ul style="list-style-type: none"> <input type="checkbox"/> Forehand 	<ul style="list-style-type: none"> <input type="checkbox"/> Body fakes <input type="checkbox"/> Stick fakes 	<ul style="list-style-type: none"> <input type="checkbox"/> Angling 	<ul style="list-style-type: none"> <input type="checkbox"/> Arm circles <input type="checkbox"/> Trunk rotations <input type="checkbox"/> Leg swing front to back <input type="checkbox"/> Leg swing side to side <input type="checkbox"/> High knee <input type="checkbox"/> Heel kicks



HOCKEY IS THE ONLY MAJOR SPORT THAT DOESN'T SHRINK ITS PLAYING SURFACE TO MATCH THE AGE GROUP.

We would never consider having our children at 8 years of age play on a big-league-sized diamond. Instead, they play on an appropriately sized Little League diamond. When attempting to teach your 8-year-old to play golf, you would not have them tee off from the black tees. Football shrinks the playing field. Soccer uses a smaller ball and smaller field. Basketball uses a smaller ball and lowers the rim. Sensing a theme?



SOCCER

A pro-size ball measures 28 inches, while a youth-size ball measures 24 inches.



BASEBALL

In pro baseball, the distance from the pitcher's mound to home plate is 60 feet 6 inches, while in Little League it's only 46 feet.



BASKETBALL

A pro basketball hoop measures 10 feet high. Younger kids play with a hoop that's as much as 2 feet lower.

CROSS ICE HOCKEY



Cross Ice Hockey...For the FUN of It!

- ✓ More children have the chance to play hockey
- ✓ More children will experience a feeling of success when playing hockey
- ✓ The same exciting and fun environment as in a 'real' game is created
- ✓ All children, regardless of talent level, will benefit from close/tight action on the ice
- ✓ Children are excited and motivated to start and continue playing hockey
- ✓ Hockey will be more appealing & rewarding to a wider range of children & their parents



Cross Ice Hockey vs Full Ice Hockey...

- 6x more shots on goal/player
- 5x more passes received/player
- 2x more puck battles/player
- 2x more puck touches/player
- 2x more pass attempts/player
- 2x more change of direction/pivots
- 1.75 shots/minute vs 0.45 playing full ice

Official results from analytic testing conducted on IP Players

