



HOCKEY CANADA
Presents **Hockey University**

Respect Group Inc.

Long Term Player Development (LTPD)

A framework to maximize a player's potential and lifelong involvement in sport.

Provides a vision for hockey in Canada that takes advantage of the game's history and culture to increase participation and lay the foundations for success into the future.

Coaching Program

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Long Term Player Development

Mission 10/10,000

Research: It takes a minimum of **10 years** and **10,000 hours** of deliberate training for a talented player to reach elite levels (Starkes and Ericsson, 2003).

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.**



Long Term Player Development

Ensures physical literacy upon which excellence can be built

Ensures that optimal training, competition, and recovery programs are provided throughout an athlete's career.

Provides an optimal competition structure for the various stages of an athlete's development.





Long Term Player Development

This model is 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 will be in Canada

Viewing player development as a long term process



Long Term Player Development

Aligning player development resources with the right age and ability

Coach development and education resources so that coaches are doing the right things at the right time. (skills manuals, DVDs)

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.



Long Term Player Development

What a Coach needs to do:

Focus on supporting the complete athlete, not just the athlete training and competition.

Introduce athletic skills in a systematic, PROGRESSIVE, and timely way

Recommend other sports and cross-training methods to get away from hockey and avoid burn out

Remove the focus of winning at all levels and age groups



Long Term Player Development

Drawbacks of 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

Fundamental movement skills and sport skills are not taught properly.

Parents are not educated about LTPD.





Long Term Player Development

Consequences:

- Poor movement abilities = Poor skill development
- Lack of proper fitness.
- 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.
- Children not having fun as they play adult-based programs.
- No systematic development of the next generation of successful International athletes.
- Athletes failing to reach their genetic potential and optimal performance level.





LTPD For Associations and Coaches

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

- 1) Enjoyment of players coming to the rink everyday
- 2) Improvement of players' skills
- 3) Development of players to play at the next level



Programming Goals – MHA / Coach Centered

The most important aspects of Minor Hockey Associations and therefore coach development are:

- 1) Consistency in the coaching philosophy*
- 2) Consistency in what and how coaches are teaching.*

Coaching Program

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