

PHYSICAL



Def'n: Age appropriate training to develop general and hockey specific stamina, strength, speed and suppleness to meet the demands of the sport while developing and maintaining optimal health including nutrition, hydration, sleep and recovery education.

	Discovery M & F (0-4)	Fundamentals M & F (5-6)	Fundamentals M & F (7-8)	Learn to Play M (9-10) F (8-9)	Learn to Train M (11-12) F (10-11)	Train to Train M (12-16) F (11-15)
Stamina	Developed through play and habits of regular activity.					Interval training, progressive increase in duration with sufficient work to rest ratios.
Strength	Developed through play, climbing & hanging, weight bearing and explosive change of direction or level activities.			Introduce activities with body weight supported by arms & legs, explosive pushes, proper technique, and hopping & bouncing.		Introduce plyometrics, focus on technique, low weight high reps for endurance and higher weights low reps for max strength.
Speed	Developed through active play.			Arm/hand & foot/leg speed, chasing games and multiple bursts of 5 to 10 & 15 to 20 second activities during warm up.		Focus on linear and lateral, multi-directional and hockey specific speed.
Suppleness	Developed through active play with focus on reaching and stretching activities.			Develop range of motion.		Maintain range of motion through both static and dynamic mobility.

Physical capacities are trainable throughout a players lifetime. Sensitive periods are described as windows of accelerated adoption.

- Strength - (Girls 13-17) (Boys 17+)
- Speed - (Girls 6-8 and 11-13) (Male 7-9 and 13-16)
- Suppleness - (Girls and Boys 6-10)
- Stamina - (Girls 13) (Boys 16)

PHYSICAL



	Discovery M & F (0-4)	Fundamentals M & F (5-6)	Fundamentals M & F (7-8)	Learn to Play M (9-10) F (8-9)	Learn to Train M (11-12) F (10-11)	Train to Train M (12-16) F (11-15)
Nutrition	Basic nutrition supplied by parents.		Adult supported in picking own "activity" snacks and assist with food preparation in home.	Prepare and pack own snacks to eat at sport activities, help plan meals and understand what is quality food and what is junk food.		Start to link food demands to training & recovery and develop pre/during/post competition nutritional plan.
Hydration	Ensure adequate hydration with water & diluted fruit juice and take precautions in conditions of high temperature and humidity.					Develop hydration plan for training & competition and monitor hydration status through urine colour.
Sleep	Ensure adequate sleep of 11-13 hrs./night & afternoon nap.	Ensure adequate sleep of 10-11 hrs./night & 30 min nap between 2-4 PM, establish pre-bedtime routine, reduce or eliminate screen time and establish predictable meal times.		Ensure adequate sleep of 9.5-10 hrs./night & 30 min nap between 2-4 PM, maintain bedtime routine, get early morning light exposure, avoid caffeine intake, maintain predictable meal times and reduce or eliminate screen time.		Ensure adequate sleep of 9 hrs./night & 30 min nap between 2-4 PM, maintain bedtime routine, get early morning light exposure, avoid caffeine intake, maintain predictable meal times and reduce or eliminate screen time.
Recovery	Play in multiple bursts of short duration.	Increase duration while allowing adequate rest.				Allow adequate rest days in training schedule, avoid over-training, incorporate stretching in cool down and consider compression garmets.

MENTAL



Def'n: Skills that enable the player to enhance personal performance in both training and competition.

It is important to be mentally prepared for both training and competition, and like any other type of skill development, mental skills need to be progressively learned and practiced.

Each mental skill needs to be developed and enhanced under increasingly stressful conditions, so that the highest levels of athletic performance can be achieved.

Positive Attitude – is a choice
Motivation – make the rink a destination
Goal Setting – end in mind, something to strive for
Positive Self Talk – reframe the negative to positive
Visualization – imagine yourself doing
Anxiety Reduction – create a comfort level in all areas
Emotional Control – recognize triggers, create defuses
Attention/Focus – age appropriate language, distractions

LIFE SKILLS



Def'n: Development of emotional, social and character skills to enable players to function effectively as individuals and as team members within the sport of hockey and in society.

- | | |
|-----------------------------|--|
| Self-Esteem | develop confidence through successful skill development, increased physical ability, self-respect and performance capacity. |
| Team Member | expectations of sharing & taking turns established, environment of helping each other created, understanding of roles, opportunity to play different positions, make adjustments in own play to assist team and assist teammates on and off the ice. |
| Leadership Skills | learn to follow instructions, understand that there are leaders and followers & when to lead and when to follow, take on small leadership roles under guidance of coach and increase self-initiated leadership roles. |
| Coping with Setbacks | understand that failure is normal & an essential part of life & learning, reframing as an experience to learn what needs to be done to succeed, understand training & competition is a process not an outcome and develop a support group of friends. |
| Professionalism | understand hockey is a vehicle for being a better person, everything matters & take pride in the details. Aspiring to a high level of professionalism is a way of communicating respect for the game. It's the greatest game in the world; your professionalism is a way to say 'thank you'. |
| Work Ethic | develop a high level of consistency in every aspect (practice, game, leading or trailing, supervised or not) and form a positive attitude around effort as exercise is not a punishment. |

TECHNICAL



Def'n: development of fundamental movement skills, foundational hockey skills and hockey specific technical, tactical and strategic skills. Focus is on developing and enhancing skill performance under pressure.

Basic Human Movement	Fundamental Movement	Foundation Sport Skills
Body Control Skills	Agility Balance Coordination	Getting Up Stance Edges
Body Movement	Run Hop Jump	Stride Stopping Skating
Object Manipulation	Push Receive Handle	Passing Shooting Puck Skills

Our Focus:

Skating

Strong on Feet	Stability
Stride	Power
Edges	Agility
Transition & Pivots	Quick Feet
Change of Direction	Evasive Turns
Acceleration	Escapes

TECHNICAL



Offensive Skills

Puck Deception	Puck Management	Quick Shot Release
Carry With Speed	Passing	Shot Mentality
Puck Protection	Pass Reception	Find Shooting Lane
Driving the Net	Creativity	Being An Option

Defensive Skills

Angling	Controlled Skating
Stick On Puck	Tracking
Defensive Side	Transition
Fronting	Boxing Out
Gap Control	Communication