

# Hockey Alberta Long Term Player Development

## Programming Framework





# PROGRAMMING GOALS

1. Establish the “*Gold Standard*” for all hockey programming.
2. Provide all coaches, players and parents with a positive experience.
3. Adhere to the principles of Long Term Player Development (LTPD).



# LMHA - CENTERED

## Areas to Align with LTPD:

- 1.Regulations and Bylaws
- 2.Executive Positions (Coach Director, Player Development)
- 3.Seasonal Structure (age and ability specific)
- 4.Coach Development Plan
- 5.Player Development Plan
- 6.Parent Education Program
- 7.Resource Alignment



# LMHA - CENTERED

## Considerations:

1. Focus on supporting the complete athlete not just hockey training and competition.
2. Introduce athletic skills in a systematic and timely way.
3. Recommend other sports and cross training methods to avoid burn out.
4. Remove the focus of winning at certain age and skill levels.



# COACH - CENTERED

With the LTPD in mind Association's should strive to achieve the below consistencies through their Coach Development Plan:

1. Consistency in coaching philosophy.
2. Consistency in what the coaches are teaching.
3. Consistency in doing what is right for the player.



# COACH - CENTERED

## Coach Development Plan

1. Recruitment, Retention and Appreciation
2. LMHA Coaching Philosophy
3. NCCP Certification
4. Mentorship
5. Specialty Clinics
6. Personal Growth Plan
7. Continuing Education
8. Hockey Alberta Involvement (Regional Centres and Team Alberta)



# COACH - CENTERED

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

1. Enjoyment of players coming to the rink everyday.
2. Creating a safe and learning environment.
3. Players choosing Hockey as their "sport for life".



# PLAYER - CENTERED

## Player Development Plan:

1. Identification of Ideal Player
2. Standardized Technical/Tactical Curriculum
3. On Ice (skill acquisition/fun/competition)
4. Off Ice (physical literacy/cross training/team building/tactics)
5. Educational  
(hydration/nutrition/rest/technical/tactical)





# IDEAL PLAYER?

## TEAM ALBERTA PLAYER CHARACTERISTICS

- Ability to make players around them better
- Technically sound in skating and skills
- Highly competitive and relentless in winning battles
- Able to skate the game effectively
- Ability to play in small areas
- Exhibit exceptional puck protection/possession skills
- Understand the concept of support and stick position
- Ability to execute at high speeds (push the pace)
- Coachable and exhibit a high hockey IQ **Regardless of what the "ideal player" is, the LMHA and the coaches have to be on the same page as far as what and how to develop it.**



# RESOURCE ALIGNMENT

1. Skills Manuals
2. Skills of Gold DVDs
3. Specialty Clinics
4. Coach Director Program
5. LTPD Messengers
6. Regional Centres



# LONG TERM PLAYER DEVELOPMENT

- Simply put, a Long Term Player Development model (LTPD) is a framework to maximize a player's potential and long term involvement in sport over the course of their life.
- This philosophy 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 foundation of success long into the future.



# LONG TERM PLAYER DEVELOPMENT

**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.
- The broader the foundation of players the more successful the game of hockey will be in Alberta.
- Viewing player development as a long term process.



# LONG TERM PLAYER DEVELOPMENT

- Aligning player development resources with the right age and ability level.
- Coach development and education resources so that coaches are doing the right things at the right time. (skills manuals, DVD's)
- 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.