



OFF-ICE – LEVEL I



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PROGRAM OVERVIEW

HOW TO USE THE MANUAL

Make sure to look over the whole manual before starting the program.

This manual is designed to introduce a basic but important understanding of warmup, stretching, plyometrics, balance and coordination, off-ice stickhandling, nutrition, hydration and skill development during the off-season of hockey.

In the off-ice manual, you will notice many sample charts in the following sections:

- Warmup
- Stretching
- Plyometrics
- Balance and Coordination
- Off-Ice Stickhandling

At the end of the manual, you can follow your own daily regiments using the sample plans in place.

Many of the exercises presented in this manual require very little or no equipment at all. The following are some of the equipment you may want to have on hand as you train or follow the Skills of Gold DVD.

- Mat
- Cones
- Stop watch
- Hockey ladder or hockey tape if no ladder
- Hockey stick (s)
- Hockey gloves
- Wobble board
- Hard orange ball
- Tennis balls
- Soccer ball
- Water bottle

INJURY PREVENTION

A number of factors will be beneficial for a young hockey player to prevent injury and to compete at optimal performance.

These factors include:

- Proper nutrition daily
- Thorough warm-up pre-activity and cool-down post activity
- Getting proper amounts of rest
- Working on the areas of agility (especially important for the young players) and quickness as they develop both in strength and size
- Safety and a proper technique when strength training

PROGRAM LEGEND

PB = Personal Best

Reps = How many times you do an exercise (e.g. 10 pushups)

Sets = How many circuits (e.g. 10 pushups + 2 circuits = 20 pushups, 2 sets of 10 reps)

LONG-TERM PLAYER DEVELOPMENT





Canadian Sport for Life



Information for Parents

Active Start

Males & Females
0 - 6 yrs.
Fun and varied
activity everyday.

FUNDamentals

Males 6-9, Females 6-8 yrs.
Learn all fundamental
movement skills, play many
sports, focus on agility,
balance, coordination and
speed.

Learning to Train

Males 9-12, Females 8-11 yrs.
Learn overall sport skills as
cornerstone of many sports. Play
a variety of sports and develop
specific skills in three.

Training to Train

Males 12-16, Females 11-15 yrs.
Build endurance, develop speed
and strength towards the end of the
stage. Improve sport specific skills.
Focus on two sports.

Training to Compete

Males 16-23 +/-, Females 15-21 +/-.
Optimize fitness preparation and
sport, individual and position
specific skills. Learn to compete
internationally. Focus on one sport.

Training to Win

Males 19+/-, Females 18+/-.
Ages are sport specific. Podium
Performances. One sport.

Active for Life

Any age.
After becoming physically
literate, participate in
lifelong physical activity
and sport.



Canadian Sport for Life Long-Term Athlete Development (LTAD) has been produced by sport experts with many years of experience, working with beginner to national team athletes.

It is based on the components of Physical Literacy and It has been adopted by Sport Canada and all provincial and territorial governments. LTAD provides a road map for a better sport experience for all, whether an aspiring Olympian, an aging weekend warrior or participating just for fun. The components of Canadian Sport for Life are not exclusive to athletes; they are for every participant.

The result of sports implementing LTAD should be a healthier, more active Canada, with improved national team performances.

Physical Literacy is...

The development of fundamental movement skills and fundamental sports skills that permit a child to move confidently and with control in a wide range of physical activity, sport and dance situations. It also includes the ability to "read" what is going on in their environment and react appropriately to those events.

Why is Change Needed?

Sport makes a major contribution to the health and development of individuals and the communities in which we all live. It provides an opportunity for kids and adults to be active when inactivity rates threaten the health and quality of life of Canadians. Sport also provides participants with valuable lessons on teamwork, fair play and the value of working towards goals. The existing sport system is generally falling short of its potential due to some of the weaknesses explained on the next page.

WHAT IS LONG-TERM ATHLETE DEVELOPMENT?

LTAD is based on the physical, mental, emotional and cognitive development of children and adolescents. Each stage in the long-term athlete development model reflects a different point in athlete development. The long-term athlete development model is representative of the different stages in the development and growth of young athletes into adulthood. The model is broken down into seven highly effective stages.

The first of the seven stages in the model is called **“Active Start”** where girls and boys from birth until the age of six focus their energy and time on fun daily activities. This includes basic movements and skills such as running, jumping, kicking, catching and throwing. In this stage of the model, children should also be interacting with other young children and building on their interpersonal skills, which can be carried to adulthood.

The second stage of the model is called the **“FUNDamentals”** stage, where males ages six to nine and females ages six to eight focus on fun and participation with a concentration on more extensive developmental skills such as agility, balance, coordination and speed as well as running, jumping, wheeling and throwing. It is also at this stage that ethics may be introduced to the sport or activity. Natural abilities may also begin to surface during this stage of participation.

The next step is the **“Learning to Train”** stage where males ages nine to twelve and females eight to eleven begin to develop their sport skills and competencies often referred to as athleticism. This stage is important for establishing development in a variety of sports before moving onto a specialization. This stage also integrates mental, cognitive, and emotional development of the athlete.

The **“Training to Train”** stage usually includes males ages twelve to sixteen and females ages eleven to fifteen. The focus of this stage is on physical development or “building the engine” and on strengthening sport-specific skills. Serious athletes start to train six to nine times a week if they wish to be prepared for the next stage of the model that focuses on highly competitive athletics.

“Training to Compete” is the fifth stage and includes males ages sixteen to twenty-three and females ages fifteen to twenty-one who are now engaged in more physical and technical conditioning along with a more advanced mental capacity and sense of concentration. Tactical, technical and fitness training for these athletes will increase from nine to twelve times a week.

When athletes finally arrive at the **“Training to Win”** stage, the focus is on performance development, “Maximizing the Engine.” Physical, technical, tactical (including decision making skills), mental, and personal and lifestyle capacities are fully established. Athletes are now competing at higher levels and often performing on the international stage. These athletes are now training 9 to 15 times per week in order to achieve their specific goals as athletes.

The final stage in the LTAD model is **“Active for Life.”** Sport serves as an important activity that promotes good mental, emotional and physical health. Adults may choose a routine that consists of 30 to 60 minutes of high to low impact fitness activities in their daily routine during adulthood in order to sustain an active and healthy lifestyle. At this point in the model, adult athletes are considered physically literate and participants in healthy competitive and recreational activities.



HOCKEY FOR LIFE, HOCKEY FOR EXCELLENCE

Sport Canada's Long-Term Athlete Development (LTAD) Resource Paper "Canadian Sport for Life" sets out a framework for sport development in Canada. Hockey Canada's Long Term Player Development (LTPD) is an eight-stage model based on the physical, mental, emotional and cognitive development of children and adolescents. Each stage reflects a different point in developing the player. The first three stages emphasize physical literacy and a broad range of sport experiences. The next five stages focus on development and competitive excellence. Active for Life encourages life-long physical activity and informed healthy lifestyle choices with participation in hockey long after the competitive years.



HockeyCanada.ca

A larger copy of the text from the above graphic is on the next page.



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PHYSICAL LITERACY

Discovery – Male and Female 0-4 COMMUNITY

This is an important period for acquiring fundamental movement skills (running, gliding, jumping, kicking, catching...) that lay the foundation for more complex movements, thereby preparing children for a physically active lifestyle. Hockey Canada encourages children to begin skating at an early age through Discovery Hockey programs.

Fundamentals – Male and Female 5-6 COMMUNITY/LOCAL

The focus is on the development of physical literacy. Fundamental movement skills should be mastered and motor development emphasized, and participation in many sports/activities is encouraged. For optimal skill acquisition, the basic hockey skills of skating and puck control are introduced through the Initiation Program. FUN competitions are also introduced in a team environment.

Learn To Play – Male and Female 7-8 LOCAL

During this period players continue to develop motor skills and coordination. Practices sessions should be held twice a week during the season. Ongoing participation in compatible sports is strongly encouraged. The Novice Skills Program is designed to promote the continued development of physical literacy, fitness, and the basic skills required to play hockey.

ACTIVE FOR LIFE**All Ages**

The focus is on life-long physical activity and participation in sport.

Learn To Train – Male 9-12, Female 8-11 PROVINCIAL/ LOCAL

This is the most significant period for development. This is the window of accelerated adaptation to motor coordination. Group interaction, team building and social activities should be emphasized. A reasonable balance of practices and games will foster the ongoing development and mastery of essential skills in hockey.

Train To Train – Male 12-16, Female 11-15 PROVINCIAL

The focus during this stage is on building an aerobic base, developing speed and strength and further developing and consolidating sport specific technical skills with an increased emphasis on hockey and a reduction in the number of other sports played. This phase will also include the introduction and development of individual and group tactics. Social and emotional considerations are addressed by placing an emphasis on team-building, group interaction and social activities.

Train To Compete – Male 16-17, Female 16-18 NATIONAL

During this stage athletes will participate in training with a focus on position specific technical and tactical preparation. There is an emphasis on fitness preparation and the development of position specific technical and tactical skills under competitive conditions. Important objectives are the development of aerobic capacity, power, self awareness and independence. The athlete may be introduced to international competitive experience at the end of this stage.

Train To Win – Male 18-20, Female 18-22 INTERNATIONAL

During this stage the athlete's physical, technical, tactical (including decision-making skills), mental, personal and lifestyle capacities are fully established and the emphasis in training has shifted to the maximization of performance. High performance sport specialist support is optimized, as is fitness and medical monitoring. Modeling all possible aspects of training and performance.

Excel – Male 21+, Female 22 + INTERNATIONAL

It is at this stage that all systems, including physical preparation, testing or monitoring and others which are supportive in nature, are fully maximized and refined to ensure excellence at the highest competitive levels (i.e., the Olympic Games and World Championships). Athletes continue to enjoy competition and training at the highest level with a focus on maintaining or improving technical, tactical, physical, and ancillary capacities.

