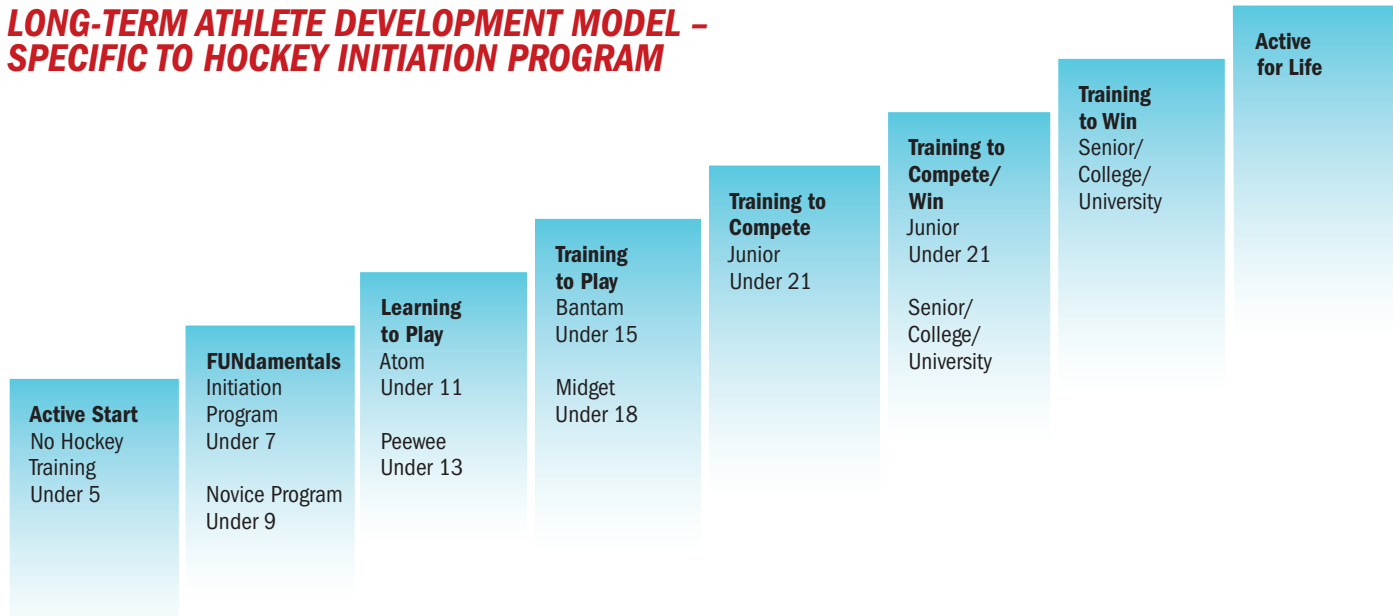


LONG-TERM ATHLETE DEVELOPMENT MODEL – SPECIFIC TO HOCKEY INITIATION PROGRAM



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

