



Long Term Athlete Development MODEL



FUNDamentals

AGES 6-10

Focus: FUNDAMENTAL MOVEMENT SKILLS

Agility • Balance • Coordination • Speed

Generic skills used in many sports. Minor games to introduce rules, ethics, fairness. Simple awareness games. *Have Fun Trying*

LEARNING TO TRAIN YOUR HOCKEY SKILLS

AGES 9-12

Focus: FUNDAMENTAL SPORT SKILLS

Skating • Basic Puck Skills • Stick Skills

Introduce readiness – being physically and mentally prepared to play. Very basic hockey tactics and positional play. Thinking and emotional skills – belonging to a team. Teach skills in challenging formats.



*Recreational athletes continue to enjoy the sport for a lifetime but...
The Serious Player Progresses from Here*

TRAIN TO TRAIN

AGES 12-16

Focus: BUILD FITNESS AND SPECIFIC SPORT SKILLS

Fitness Training • Detailed Mental Training •

Sport Specific Skill Development (reading the game and tactical understanding)

Decision Making • Detailed and Extensive Feedback (evaluation and correction)

TRAIN TO COMPETE

AGES 16-20

Focus: SPECIFIC POSITION SKILLS IN COMPETITION

Position Specific Training • Physical Conditioning • Technical and Tactical

Preparation • Advanced Mental Practice • Under Competitive Conditions

TRAIN TO WIN

AGES 20 and up

Focus: MAXIMIZE PERFORMANCE IN COMPETITION

Refinement of all above BUT WITH MORE COMPETITIVE MODELING



FOR MORE INFORMATION: www.BCHockey.net