



THE FOUR CHARACTERISTICS OF LONG TERM PLAYER DEVELOPMENT



TECHNICAL

TACTICAL



PSYCHOLOGICAL

PHYSIOLOGICAL

“The Breakout”

(A tactic used to exit the defensive zone with the puck and eliminate the threat of defending).

Technical Skill	Edge control, ability to open pivot, ability to pass and receive in motion
Tactical Skill	Puck management and possession, positional play
Physiological Skill	Agility, Balance, Coordination, Strength
Psychological Skill	Timing, pattern recognition, awareness

Technical Development

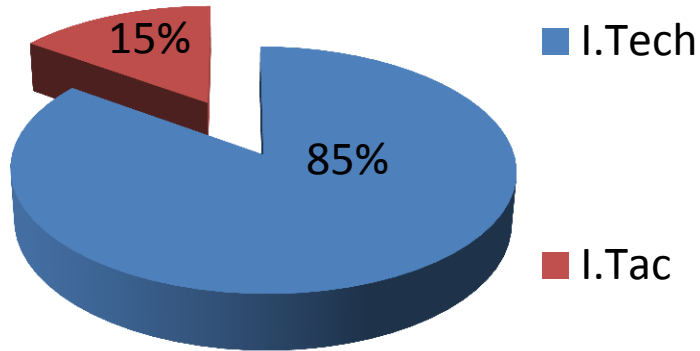
The fundamental skills required to play the game
(Skating, Passing, Shooting, Checking)

“we have kids that cant skate, cant shoot, cant even make a pass. How am I supposed to run a practice?” (peewee coach)

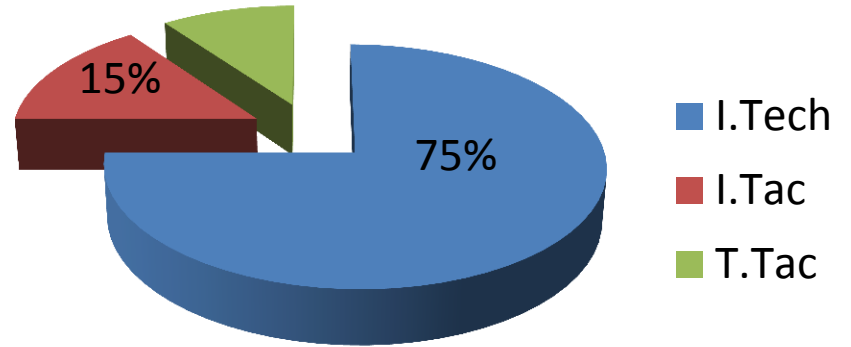


Evidence LTPD has failed at the proper stage

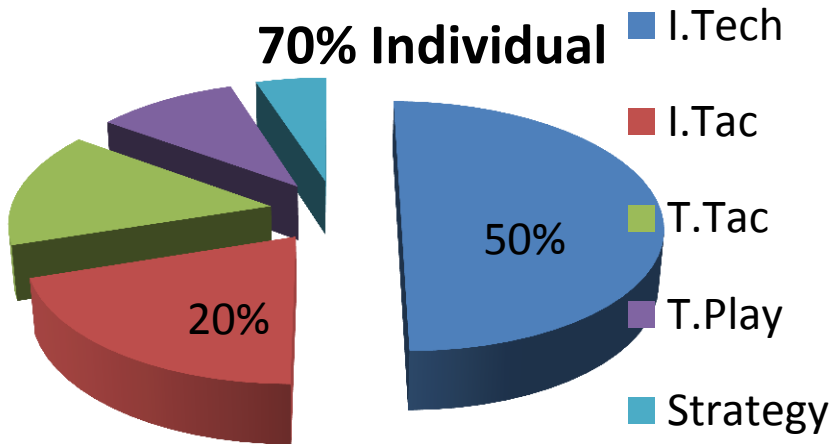
Initiation
100% Individual



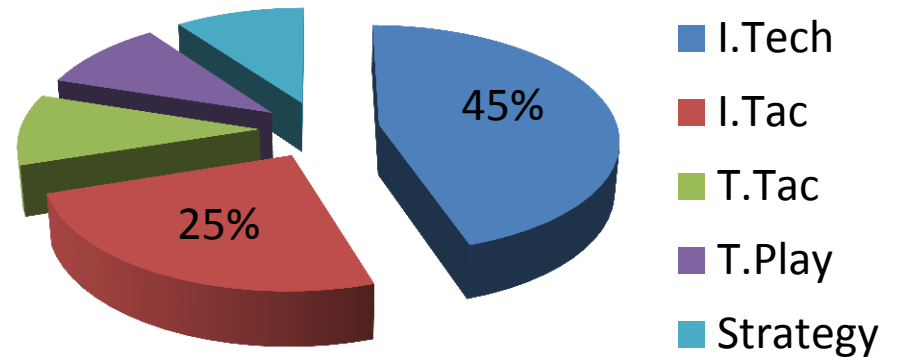
Novice
90% Individual



Atom
70% Individual



Peewee
70% Individual



Tactical Development

2 Types of Tactics

Individual Tactics : Action by one player using a **combination of technical skills** in order to create or take away the advantage on an opponent.

Team Tactics : Action by two or more players using a **combination of technical skills** in order to create or take away the advantage on an opponent.



Physiological Development

Major effects of Physiological Development?

- Heredity
- Chronological Age
- Environment

ICE HOCKEY “Nintendo 1988”



There are three kinds of players - the first is fast, weak, and feeble, but is good at the face-off; the second is average in all qualities, and the third is slow and poor at the face-off, but very powerful, both in body checking and shooting strength. (Wikipedia)

Physiological Development

Chronological Age

vs. Development Age



Chronological age refers to the number of years and days elapsed since birth



Development age refers to the degree of physical, mental, cognitive, and emotional maturity



Can defer up to 3 years between teammates



Can defer up to 6 years between teammates

Psychological Development

Major effects on psychological development ?

- Cognitive Ability
- Environment

How do our kids think about the process of thinking?



“The Volume effect”



Environment / Context



MVP Training facility
Kingston Jamaica.

8 medals in 26 running
events in last 2
Olympics



MVP Sprint Coach Steven Francis



Canadian Olympic Training Facility Vancouver

Advice From A Hockey Development Professional

“The Big Three”

PLAYERS

PARENTS/COACHES

Pay attention to the details

Details

Learn what details are important ,
break them down, make them teachable

Measure yourself against the
best

Measure

Learn to make what's important
to your player measurable

Make the adjustment

Adjust

Don't be afraid of change, adjust
accordingly with the help of
your details and measurement.

3 Most Important Translatable Skill Sets to Develop

Crossover Acceleration/Weight Transfer

Is the ability to accelerate and gain momentum through crossovers. The deceptive change of speed you are able to achieve through crossovers will give you a unique competitive advantage. Get into the habit of using crossover acceleration in all your starts, reloads, and glides.

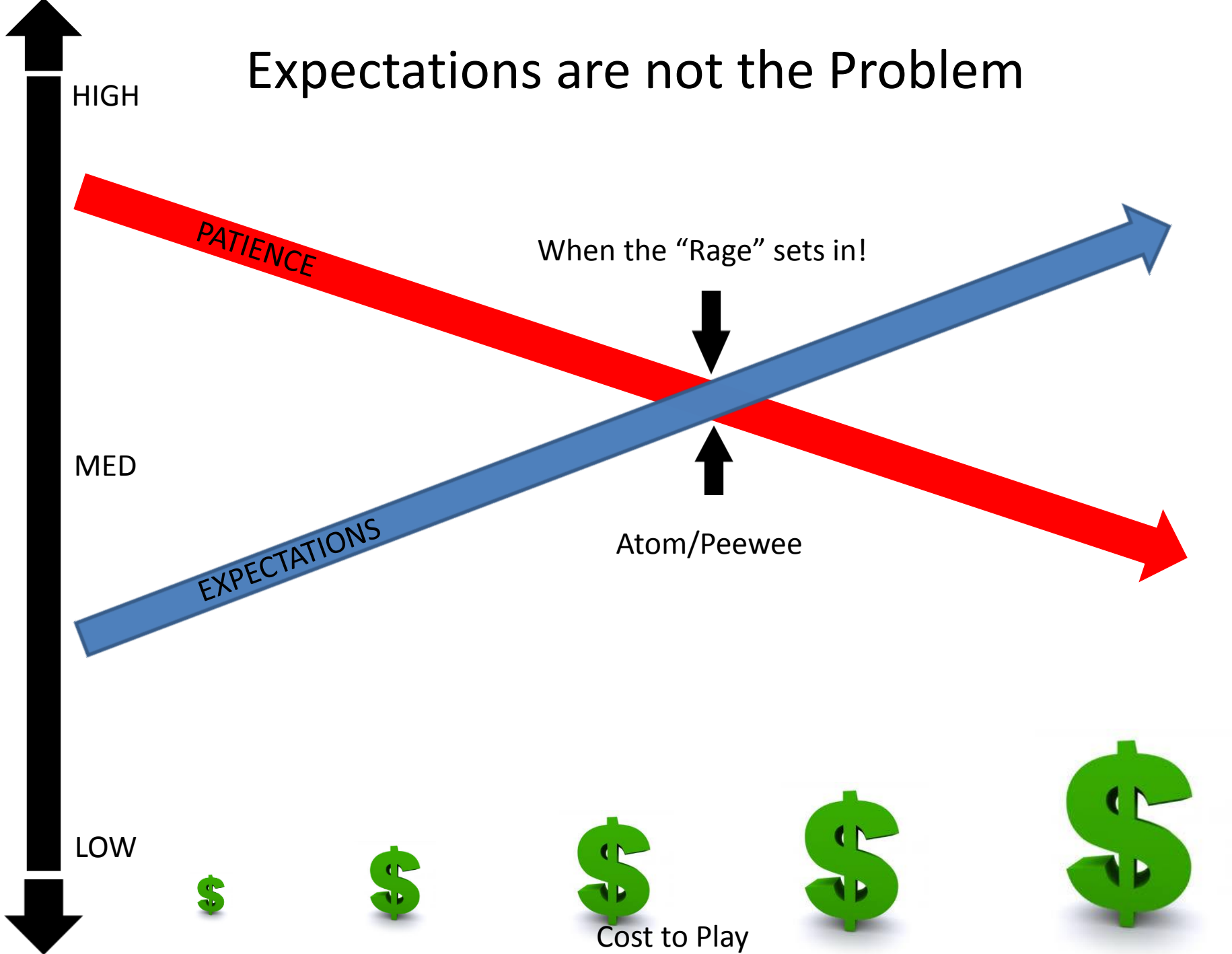
Passing/Receiving

Learn to pass and receive during an evasive maneuver (pivots, crossovers) anywhere during your weight shift, this will maximize your development in deception. Think of receiving a pass as the first move in your sequence, learn to immediately change the line of attack, this will maximize your ability to deceive the spatial awareness of an opponent

Deception

Learn to lead and deceive, use your body and your space to create false information for your opponents.

Expectations are not the Problem



Find a Balance

HIGH

PATIENCE

MED



EXPECTATIONS

LOW



Cost to Play

Questions

