

Coaches Guide to the IHA National Player Development Program

The following chart outlines Ice Hockey Australia's National Player Development Program.

This program is a Long Term Athlete Development Program (LTAD) with a focus on first developing athletes then developing hockey players.

Ice hockey is a late developing sport and there are specific windows of trainability. This document is designed to provide guidance to coaches on what to focus on for athletes as they reach certain age and LTAD stage. As chronological age can differ from biological age in an athlete, the ages listed are a general guideline.

This program was modelled after the USA Hockey American Development Model (<http://www.admkids.com/page/show/910488-long-term-athlete-development>) with other information from the Hockey Canada Long Term Player Development Programming Framework. (<http://www.hockeycanada.ca/en-ca/Hockey-Programs/Coaching/LTPD>).

The information provided on number of ice sessions per week is the IDEAL and it is understood that resourcing the ideal program may be difficult or not possible in some situations. However, the ideal program is a goal to strive towards and coaches can be very creative in implementing this program.

If you have any question, do not hesitate to contact the IHA National Player Development Director at development@iha.org.au

Age	LTAD Stage	IHA Competitions	Focus
0-6	Foundations	Learn to Play	<p>Core skills</p> <ul style="list-style-type: none"> • Running • Jumping • Kicking • Throwing • Catching <p>Swimming, Athletics, Gymnastics</p> <p>Introduce basic skating skills and develop passion for hockey</p> <p>No formal games, but games and activities in practice session</p> <p>Hockey specific training 1-2 times per week; max 50 min per session. Hockey season maximum 4 months.</p>
7-9	FUNDamentals	<p>Novice</p> <p>McCrae-Williamson Jamboree</p>	<p>Fundamental movement skills (ABC's)</p> <ul style="list-style-type: none"> • Agility • Balance • Coordination • Flexibility • <p>First optimal window for speed development (focus on agility, quickness and change of direction)</p> <p>Introduce puck skills</p> <p>Introduce players to basic rules and fair play</p> <p>Hockey 2 times per week; max 50 min sessions.</p> <p>Group players by skill, but all players train together on ice. UP to 60 kids on a full sheet of</p>

			<p>ice for trainings in station format.</p> <p>No full time goaltenders or position specialisation.</p> <p>No formal games. Cross ice games/half ice games to be used (no full ice games for this age group)</p> <p>Hockey season 5 months with other sports to be played.</p>
10-13	Learn to Train	<p>Atom and Pee Wee</p> <p>Ginsberg</p> <p>IHA Development Camp</p>	<p>Accelerated learning of coordination and fine motor skills with this age group. Very important stage for player development. CORE HOCKEY SKILLS is the focus.</p> <p>Multiple sports to be played, but focus starts to narrow.</p> <p>Divide players by skill in trainings, but keep top group as broad as possible.</p> <p>Decision making window of trainability, so Small Area Games vital in training (develop hockey sense and implicit skill)</p> <p>Up to 50 kids train on full sheet of ice.</p> <p>Biggest window for development so work to ensure <u>all</u> players receive same number of ice touches (do not ignore those kids who do not make state team)</p> <p>Ideal is 3-4 ice touches per week. Maximum 60 min. Formal games, but winning is</p>

			<p>not the focus (player development is)</p> <p>Full time goaltenders, but no other position specialisation.</p> <p>6-7 month season.</p> <p>Basic team systems can be introduced, do not sacrifice skill development for this purpose.</p> <p>Body checking introduced in older players</p>
13-16	Train to Train	<p>Bantam</p> <p>Defris</p> <p>IHA Development Camp</p>	<p>Aerobic development, speed and strength are a focus.</p> <p>Growth Spurt must be considered in this age range and decreased coordination in some players can be expected. Some kills may need to be re-learned.</p> <p>Second window for optimal development of speed.</p> <p>Hockey begins to be major focus with 1-2 other sports also played.</p> <p>Position specialisation begins with focus on position specific skills and tactics.</p> <p>On ice should focus on 70% offensive skills and tactics and 30% defensive skills and tactics.</p> <p>Provide variation to prevent over-use injuries and consider double periodization to maintain interest.</p>

			<p>Focus on developing “explosive” arm and leg power and maximise speed development.</p> <p>Teach healthy lifestyle habits.</p> <p><u>Ideal</u> is 3-5 ice times per week of 60-80 minutes. Season is 7-8 months.</p>
16-20	Learn to Compete	<p>Midget/Junior</p> <p>Tange, AJIHL</p> <p>U17 Elite Camp</p> <p>U18; U20 National Teams</p>	<p>Hockey specialists at this age. Focus is on serious competition. Focus is on competing not on outcome.</p> <p>Optimal speed window remains during early part of stage. Optimal strength window begins.</p> <p>Training load increased so athlete needs to develop fitness to cope with demand.</p> <p>Individual fitness programs tailored to improve the athlete</p> <p>On ice focus is skill refinement at high speed and in tactical situations.</p> <p>Tactical skill focus is on transition from offence-defence-offence. Increase decision making speed.</p> <p><u>Ideal</u> is 5-6 on ice sessions per week over an 8-10 month season.</p> <p>Support systems are important an motivation is critical (competing interests at this age)</p>

20+	Compete to Win	AIHL National Team	<p>Hockey specialists full time at this stage.</p> <p>Serious competition where winning is now a focus.</p> <p>Nutrition, psychology, and periodization planning are a major focus.</p> <p>On ice, skills remain a focus, but more time dedicated to tactics, strategies.</p> <p><u>Ideal</u> is 5-6 sessions per week (games and trainings). 10 month season (competition and non-competition).</p> <p>These are committed athletes specialising in hockey.</p>
-----	-----------------------	-----------------------	--