



Canadian Player Pathway

U18



Community to Emerging High Performance 2020 - 21

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How a player experiences hockey is crucial.

If a player has fun while developing the fundamental skills and building confidence in their ability to perform those fundamental skills, there is a strong probability that player will go on to enjoy hockey for many years.

INTRODUCTION

LEAD, DEVELOP AND PROMOTE POSITIVE HOCKEY EXPERIENCES



TOM RENNEY
Chief Executive Officer,
Hockey Canada

Whoever said those words took the pulse of a nation that has had a long and storied love affair with hockey

Hockey is Canada and Canada is hockey.

Let's face it – hockey is a touchstone of Canadian life. It is Canada's national theatre and it is the chatter of the country. Hockey is more than a sport for Canadians, it is a part of the country's heart and soul.



VISION: WORLD SPORTS LEADERS

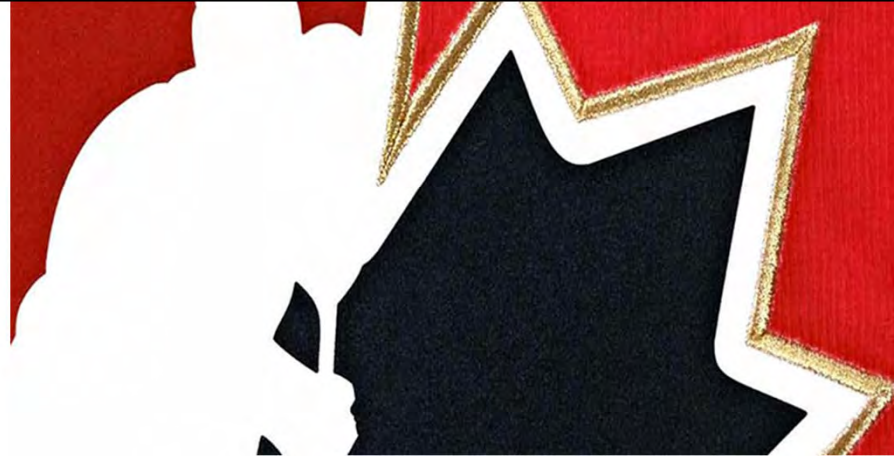
WHAT IS THE **U18** PATHWAY?

- ❖ The U18 Pathway is a progressive, learn to play teaching curriculum. This pathway is an important transition as players get ready for the emerging high performance pathway of U18 and onto Junior / Senior hockey
- ❖ Consists of four phases of instruction, designed for recreational and competitive level players
- ❖ **Introduces, develops and refines technical skills,** individual tactics and team play to create well rounded, skilled players.

The main goal is to offer programming that meets the needs of the players who want to play the game for fun as well those that have their sights on the competitive / high performance pathway.

WHAT IS THE **U18** PATHWAY?

- ❖ Refining advanced movement skills (skating, puck control, shooting) and overall motor skills (balance, coordination, agility), while introducing and developing individual tactics, team play and strategy



THE OBJECTIVES OF THE PROGRAM

- ❖ Continue to grow their impression of hockey as a positive one for players and parents.
- ❖ Play/Games exist for fun and physical activity as well as for competition, intensity and player identification
- ❖ Streaming of the players – goal is to have players working with players of like skills to develop confidence and self esteem and preparing players for high performance



SEASONAL STRUCTURE

IDEAL HOCKEY SEASON: Refers to an optimal seasonal structure – this is a guideline and is subject to a range of minor differences regarding suggested numbers.

PREP / TRYOUT PHASE: Refers to the period of time prior to the season starting – typically when prep camps and / or tryouts are held.

DEVELOPMENT PHASE: Refers to the period of time following tryouts or evaluation prior to the regular season starting.

REGULAR SEASON PHASE: Refers to the period of time from first regular season game to the start of playoffs or Provincial / Branch Championships.

PLAYOFF PHASE: Refers to the period of time from the end of the regular season through to the end of Playoffs.

OFF SEASON: Refers to the period of time from the end of the playoff season to the start of the next Prep or Tryout season. No tryouts are allowed during the off season

U18: AGE 15-17

COMMUNITY (recreational)

DEVELOPMENT PHASE

Up To	Up To
4	2
WEEKS	EXHIBITION GAMES
8	
PRACTICES	

REGULAR SEASON PHASE

Up To	Up To
24	20
WEEKS	GAMES
24	
PRACTICES	

PLAYOFF PHASE

Up to 4 Weeks
Tournament Style
TOURNAMENTS
3 tournaments
12 games

TOTAL PRACTICES: 30 - 35 | TOTAL GAMES: 35 - 40

REQUIREMENTS:

- No tryouts / evaluations prior to or during the first week of school
- Must provide a minimum of 4 skates before formal tryouts
- Tryouts must be minimum 3 sessions (1 skills session / 1 small area games session / 1 formal game)
- Tournament style playoffs - no rounds
- Fair / equal ice time

RECOMMENDATIONS:

- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)

U18: AGE 15-17

DEVELOPMENTAL (competitive)

DEVELOPMENT PHASE

Up To	Up To
4	4
WEEKS	EXHIBITION GAMES
16	
PRACTICES	

REGULAR SEASON PHASE

Up To	Up To
24	32
WEEKS	GAMES
72	
PRACTICES	

PLAYOFF PHASE

Up to 4 Weeks
Tournament Style
TOURNAMENTS
4 tournaments
16 games

TOTAL PRACTICES: 80+ | TOTAL GAMES: 50 - 55

REQUIREMENTS:

- No tryouts / evaluations prior to or during the first week of school
- Must provide a minimum of 4 skates before formal tryouts
- Tryouts must be minimum 5 sessions (2 skills session / 1 small area games session / 2 formal games)
- Tournament style playoffs - no rounds
- Fair / equal ice time

RECOMMENDATIONS:

- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)





SEASONAL STRUCTURE

Requirements

Prep / Tryout Phase: Refers to the period of time prior to the season starting – typically when prep camps and / or tryouts are held

- 1) No tryouts / evaluations prior to or during the first week of school
 - No tryouts during Off Season Phase (Previous season including March through August)
 - No tryouts during the first week of school where school starts the week after labor day
 - Where school starts prior to labor day, there must be 4 skates / practices starting the week following labor day before tryouts commence
- 2) Must have a minimum of 4 practices / skill sessions prior to formal evaluations starting
- 3) Must have a minimum of 5 formal tryout / evaluation sessions – Recommended - 2 skills sessions, 1 small area games session, 2 games

Development Phase: Refers to the period of time following tryouts or evaluation prior to the regular season starting.

- 4) Must have a period of development time following team selection and prior to the start of the regular season

Playoff Phase: Refers to the period of time from the end of the regular season through to the end of playoffs

- 5) Must be tournament style playoffs versus elimination rounds





SEASONAL STRUCTURE

Rationale

1) No tryouts / evaluations prior to or during the first week of school

- Give MHA's and parents back the summer – season does not need to start that early only to be finished in February (Start later / End later)
- Start of school year is stressful enough for players, they do not need to have hockey tryouts start the same time
- Give MHA's a chance to get organized and begin planning

2) Must have minimum of 4 practices / skill sessions prior to formal evaluations starting

- A players first experience with hockey should not be a formal tryout – give all players the chance to get back on the ice in a more “ player friendly “ scenario
- Helps to level the playing field as not all kids have a chance to go to hockey schools or prep camps
- Give an MHA a chance to run their own prep camp instead of members spending money outside the association

3) Tryouts must be minimum of 5 formal tryout / evaluation sessions – Recommended - 2 skills sessions, 1 small area games session, 2 formal games

- Players need a fair chance to evaluate – a standard process will show transparency and consistency
- Will provide coaches with the basis of a development plan based on a solid and quantifiable evaluation.

4) Must have a period of development time following team selection and prior to the start of the regular season

- Very important to give coaches the chance to develop and improve their players skills prior to getting into organized games
- Skills before tactics, tactics before systems
- Eliminate or reduce pressure to try and win right away

5) Must be tournament style playoffs versus elimination rounds

- Give all teams the chance to play to same end point.
- All players deserve the same chance to play to the end of the year
- More teams / more players playing longer into the season
- Allows more rest and recovery within the season and the regular season schedule can be spread out
- Greater opportunity for more players to participate in different activities





SEASONAL STRUCTURE

Considerations

General Development

- Season should allow for 2 seasonal breaks (not including Christmas / long weekends – Seasonal Break would be considered minimum 5 days without a scheduled game or practice)
- Recommended maximum of 55 games per year (including exhibition / league / tournaments and playoffs)
- Recommended length of game is a 75 - 120 minute ice time
- Small Area Games in practice / Station based practices / Skill focused drills

Tryouts / Evaluations

- Players should tryout based on a specific position – but should still be allowed / encouraged to play D and F
- Players should be selected for teams based on their skill as well as positional preference

Ice Time

- Fair / equal ice time (goalies should rotate for equal number of games and / or playing time throughout the regular season and playoffs)
- All players should play both special teams, end of period and end of game situations.

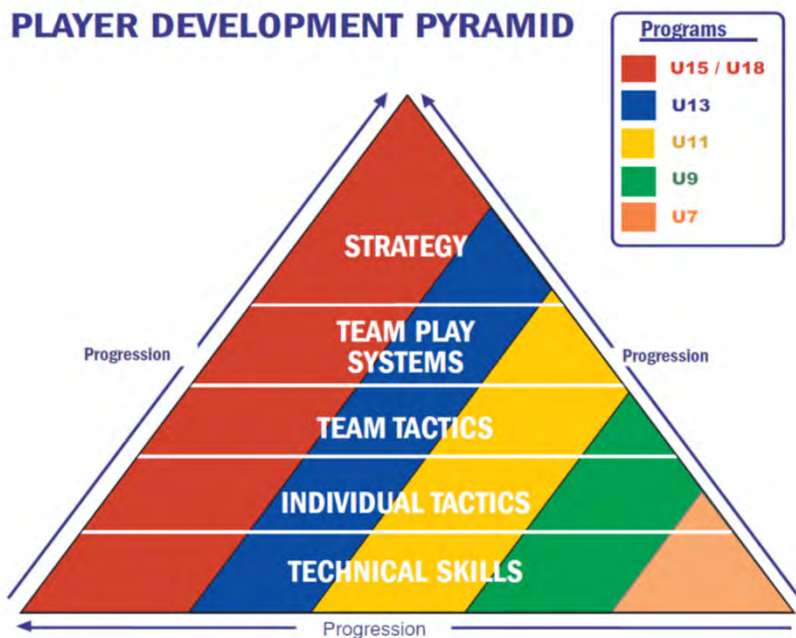
Position Specific Teaching

- Only 25% of practice time should be spent on team play and strategy / systems – 75% of practice should be on skills and tactics
- Players should rotate through both special teams positions – Power Play and Penalty Kill
- Introduce and develop position specific specialization

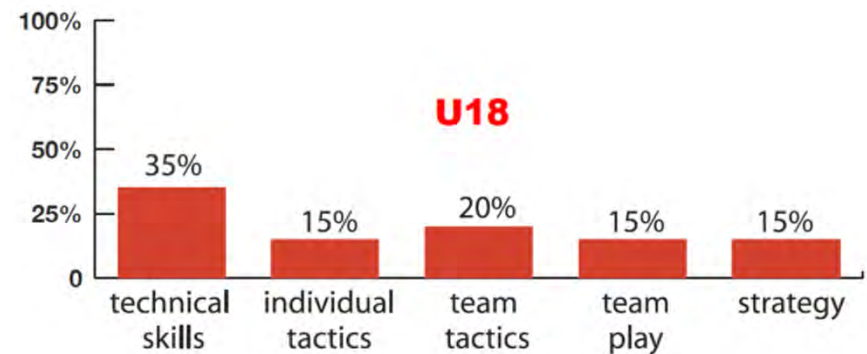


SEASONAL STRUCTURE

PLAYER DEVELOPMENT PYRAMID



The U18 program recommends 35% technical skills, 15% individual tactics, 20% team tactics, 15% team play, and 15% strategy.





MONTHLY GOALS

SEPTEMBER

-Technical Skills – Develop / Refine

Skating
- Agility
- Balance
- Coordination

Puck Control
- Moves / Dekes

Passing
--Puck Support

Fun Games

OCTOBER

-Technical Skills – Develop / Refine

Skating
- Agility
- Balance
- Coordination

Puck Control
- Moves / Dekes

Passing
-Puck Support

Fun Games

NOVEMBER

-Technical Skills – Develop / Refine

Skating
- Agility
- Quickness
- Speed

Puck Control
- Moving
- Dekes

Passing
- Puck Support

Fun Games

DECEMBER

Technical Skills – Develop / Refine

Skating
- Agility
- Quickness
- Speed

Puck Control
- Moving
- Dekes

Passing
- Stationary
- Moving

Fun Games

Competitive Drills

JANUARY

Individual Tactics – Develop / Refine

1 on 1's

Give and Go's

Refine Technical Skills
Skating
- Agility
- Quickness
- Speed

Puck Control
- Moving
- Dekes

Passing
- Puck Support

Competitive Drills

SEPTEMBER / OCTOBER

- No tryouts prior to or during the first week of school
- Prep Phase – 2 Weeks – 8 – 10 sessions – (1 - 60 minute session per day)
- Tryouts / Evaluations / Team Selection – (Minimum 4 skates then evaluate) – Combination of skills, small area games, formal games





MONTHLY GOALS

FEBRUARY

Individual Tactics – Develop / Refine

1 on 1's

Give and Go's

Positioning

Breakouts

Technical Skills – Refine

Skating
- Quickness
- Speed

Puck Control
- Moving
- Dekes

Passing
-Puck Support

MARCH

Technical Skills – Develop / Refine

Skating
- Quickness
- Speed

Puck Control
- Moving
- Dekes

Passing
-Puck Support

Individual Tactics – Develop / Refine

1 on 1's

Give and Go's

Positioning

Breakouts

APRIL

Playoffs

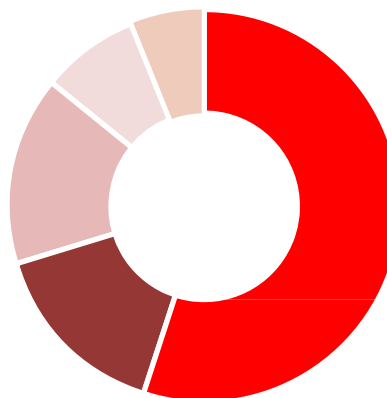
MAY / JUNE / JULY / AUGUST

Off season

Spring Skill (No Games) Multisport Activities

FUN!!!

SEASONAL STRUCTURE BREAKDOWN CHART



25% - Introducing Technical Skills

25% - Developing Technical Skills

25% - Refining Technical Skills

10% - Introducing Individual Tactics

15% - Developing Individual Tactics



U18 SKILLS

LTPD STAGE – Train to Train / Compete

Skating	Individual Offensive Play Puck Control	Individual Offensive Play Passing / Receiving	Individual Offensive Play Shooting	Team Play / Offensive Skills	
<ul style="list-style-type: none"> • Strong On Feet • Stride • Edges • Transition And Pivots • Change Of Direction • Acceleration / Crossovers • Stability • Power • Agility • Quick Feet • Evasive Turns • Escapes • Skate The Game • NZ Speed 	<ul style="list-style-type: none"> • Control • Carry With Speed • Protection/In A Crowd • Driving To The Net • Stick Fakes • Body Fakes • Dekes • Moves In Combination • Creativity • Deception 	<ul style="list-style-type: none"> • Puck Management Skills • Passing • Look Offs • Receive And Control Consistently • Pick up Bad Passes • 1st Pass Threat • Finding Seams 	<ul style="list-style-type: none"> • Being An Option • Quick Release • In Stride • Change Puck Angle • Shot Choice • Shot Mentality • Find Shooting Lane 	<ul style="list-style-type: none"> • Head Up • Puck Protection • Puck Management • Quick Transition • Smart Puck Support Principles (Under Pressure) • Entries • Retrievals • Hinging • Delays • Cycling • Net Drives • Anticipation 	
Individual Defensive Skills	Team Play / Defensive Skills	Intangibles	Hockey Sense		
<ul style="list-style-type: none"> • Angling • Stick On Puck • Defensive Side Positioning • Shot Blocking • Boxing Out • Fronting • Controlled Skating • Tracking • Transition From Defense To Offense 	<ul style="list-style-type: none"> • Timing And Support - Spatial Awareness • Situational Gap Control • Read and React • Communication 	<ul style="list-style-type: none"> • Dedication To Being An Elite Athlete • Be In Every Battle • Resiliency • Work Ethic • Communication Skills • Emotional Control • Does “Whatever It Takes” 	<ul style="list-style-type: none"> • Ability To Make Decisions That Affect The Play • Ability To Understand The Tactics Necessary To Compete At This Level • Adaptability 		

COACH PATHWAY

U18 Coaching Pathway

- Hockey University – On-line Module
- Coach 2 – Coach 2 in Class and On Ice Clinic or **HP1**
- RIS – Activity Leader – On-line Module

PATHWAY FOR COACH 2 - COACH LEVEL



CERTIFICATION IS NOT REQUIRED AT COACH 2 AND A COACH CAN STAY "TRAINED" INDEFINITELY.

Continuing Education Opportunities - NCCP Instructional Stream

- Skating Clinic
- Skills Clinic
- Developing Defencemen Clinic
- Shooting and Scoring Clinic
- Small Area Games Clinic
- Goaltending Clinic



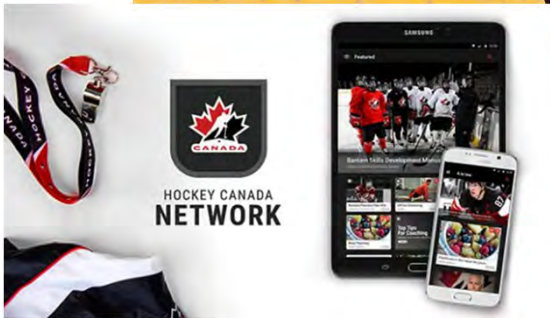
INSTRUCTORS / COACHES

All Head Coaches coaching Bantam, U18, Junior "A" teams that compete in Interprovincial or National Championships or the highest level as determined by the Member, must be High Performance 1 'certified'. It is recommended that all Assistant coaches be at minimum Development 1 "trained".

COMPETITION DEVELOPMENT STREAM: HIGH PERFORMANCE 1

PATHWAYS FOR HIGH PERFORMANCE 1			
PATHWAY	TRAINED	CERTIFIED	CERTIFICATION MAINTENANCE
PRE - 2010	ADVANCE 1 OR HPI CLINIC ATTENDANCE	<ol style="list-style-type: none"> 1. WRITTEN ASSIGNMENT 2. FIELD EVALUATION (GAME AND PRACTICE) 3. THEORY 3 	30 PROFESSIONAL DEVELOPMENT POINTS - 5 YEARS
AS OF DECEMBER 31, 2016 COACHES WILL NEED TO COMPLETE MAKING ETHICAL DECISIONS, MANAGING CONFLICT AND LEADING DRUG FREE SPORT IN PLACE OF THEORY 3 TO FULLY CERTIFY IN THIS PATHWAY			
2010 - 2012	HPI CLINIC ATTENDANCE	<ol style="list-style-type: none"> 1. WRITTEN ASSIGNMENT 2. FIELD EVALUATION (GAME AND PRACTICE) 3. MED ONLINE EVALUATION 	30 PROFESSIONAL DEVELOPMENT POINTS - 5 YEARS
2013 - PRESENT	HPI CLINIC ATTENDANCE	<ol style="list-style-type: none"> 1. WRITTEN ASSIGNMENT 2. FIELD EVALUATION (GAME AND PRACTICE) 3. MED ONLINE EVALUATION 4. LEADING DRUG FREE SPORT ONLINE EVALUATION 5. MANAGING CONFLICT ONLINE EVALUATION 	30 PROFESSIONAL DEVELOPMENT POINTS - 5 YEARS

RESOURCES



HOCKEY CANADA DRILL HUB

Practice Like Team Canada

Access a Library of Free Drill Videos & Diagrams

HockeyCanada.ca/DrillHub



RESOURCES



BY THE NUMBERS

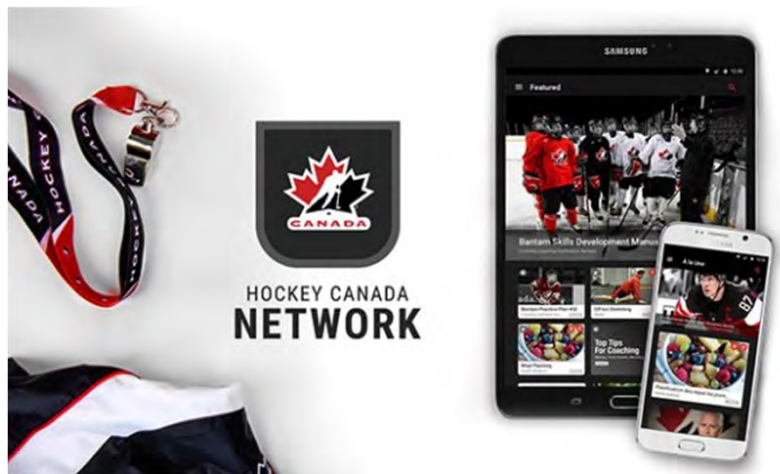
800 **TEAM CANADA**
GAME CLIPS

3,200 **ARTICLES**

300
PRACTICE PLANS

1,500
DRILLS

900  **VIDEOS**



www.hockeycanadanetwork.com



PLAY VIDEO

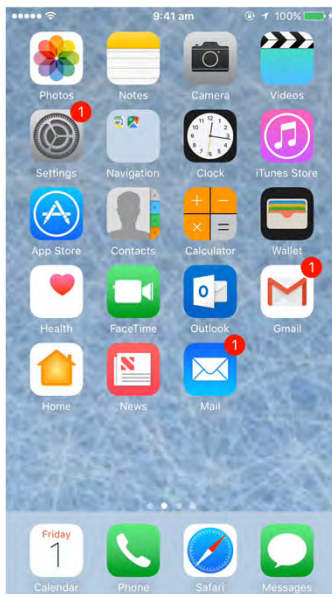


RESOURCES

SUBSCRIBE

Getting started is easy...

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**PLAY
VIDEOS**



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Explore the app on your phone or tablet and view a limited selection of videos, articles, practice plans, drills and more.	Subscribe for unlimited access to exclusive and regularly updated content and enhanced features.
Free	As low as \$4.00/month*

Subscribe Online and Save.

Subscribe for Premium access to the Hockey Canada Network through our website and get an **ADDITIONAL 20% OFF** the in-app annual subscription price. Single or group access codes available.

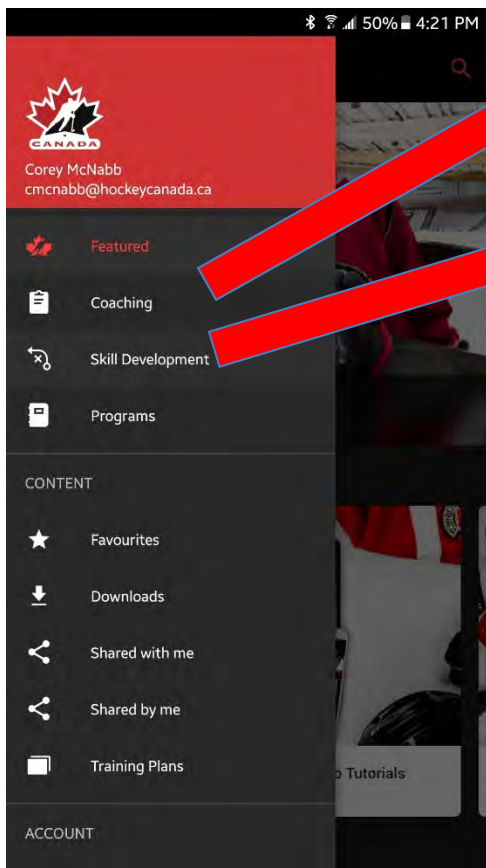
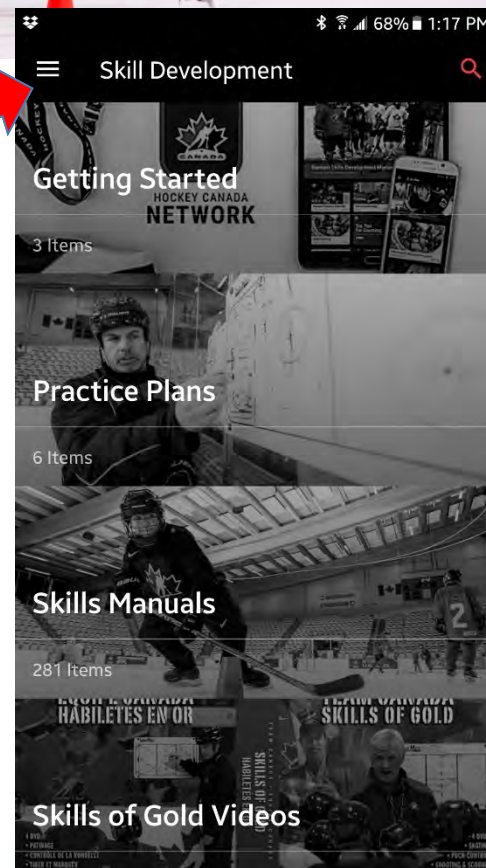
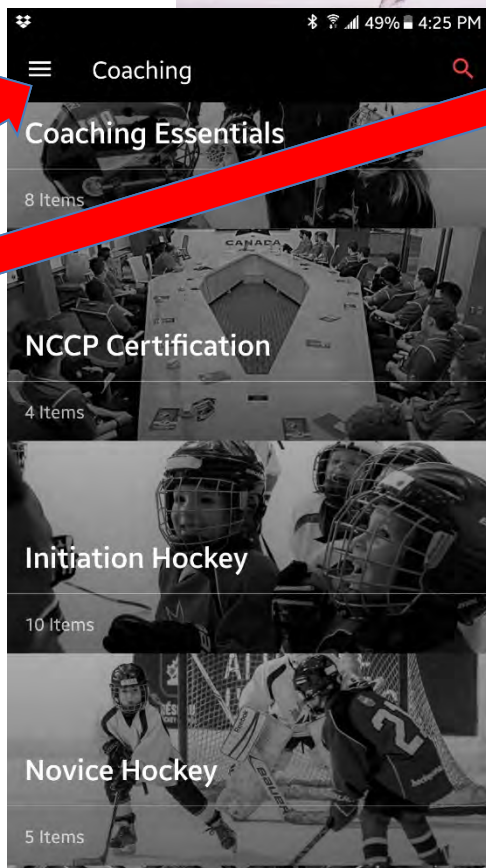
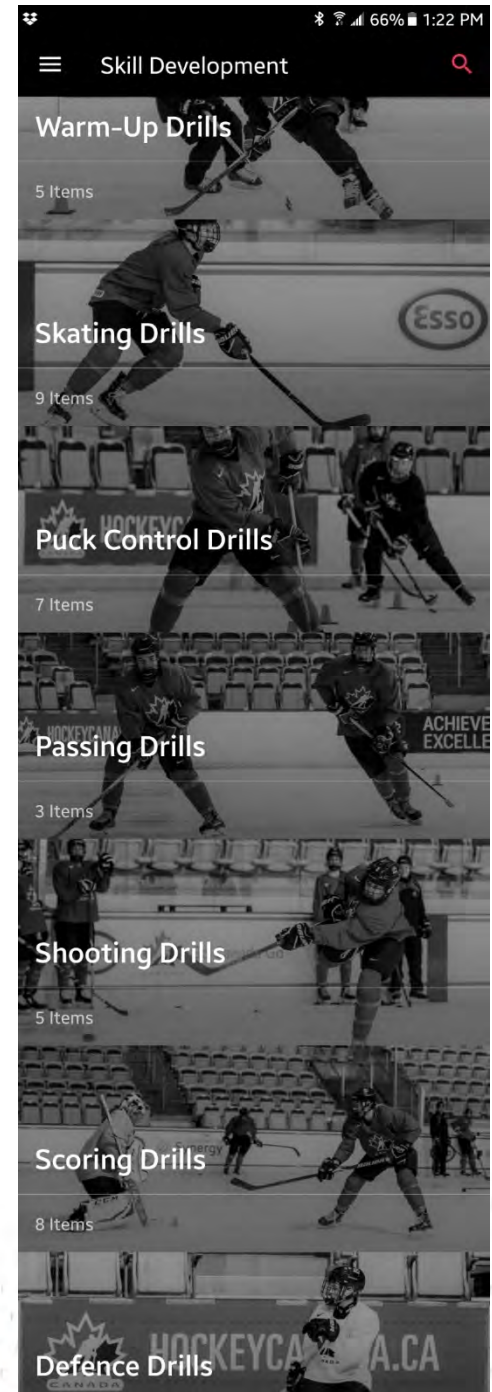
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GET IT ON Google play | Download on the App Store

Join our Email list for the latest news and updates about the new Hockey Canada Network App. bcnsmf@gmail.com

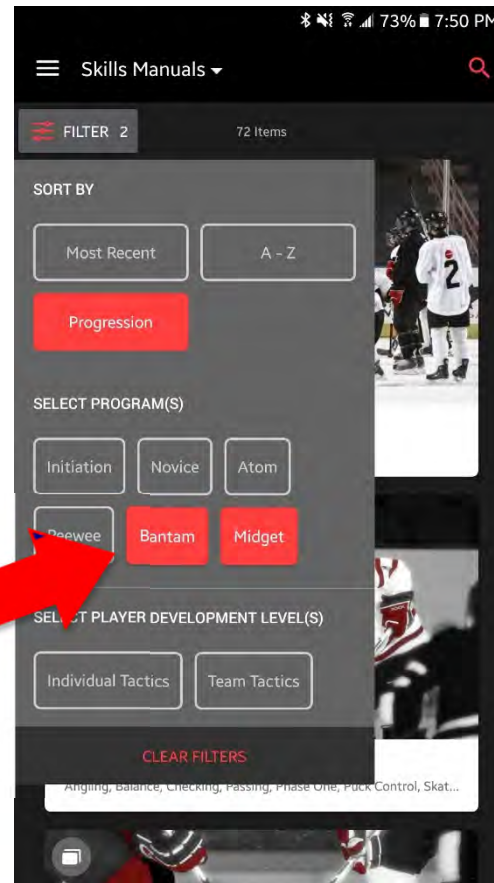
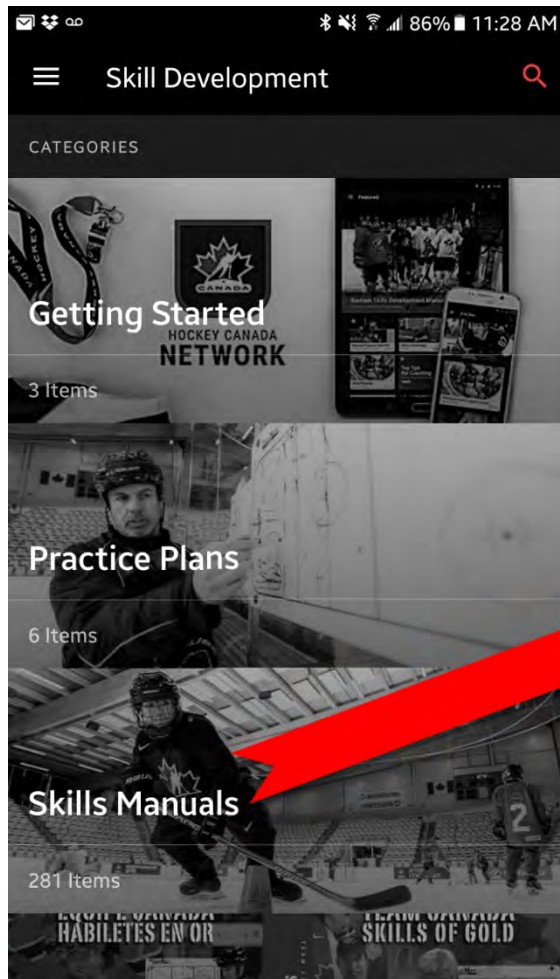


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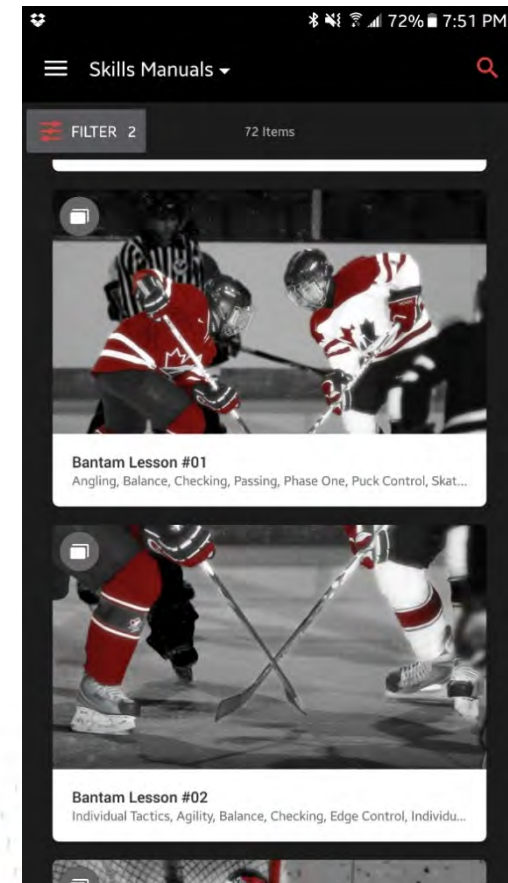
RESOURCES

Skill Development – Skills Manuals



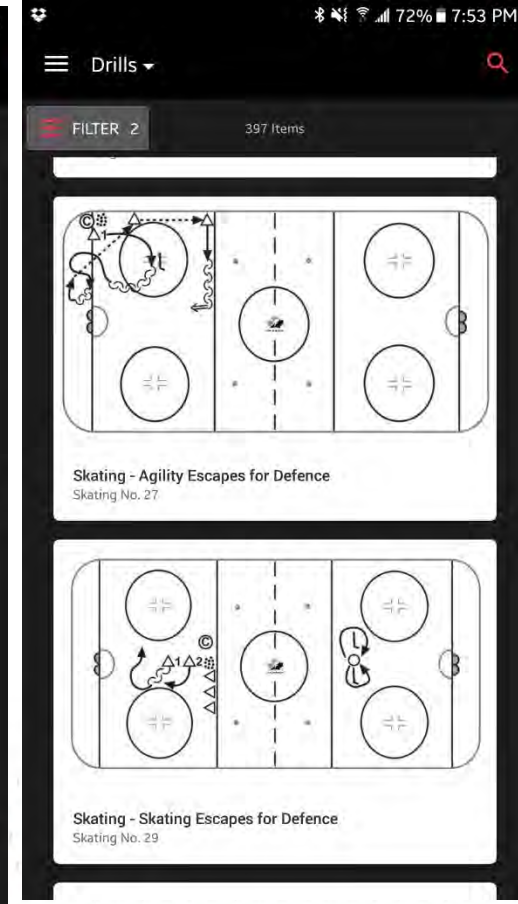
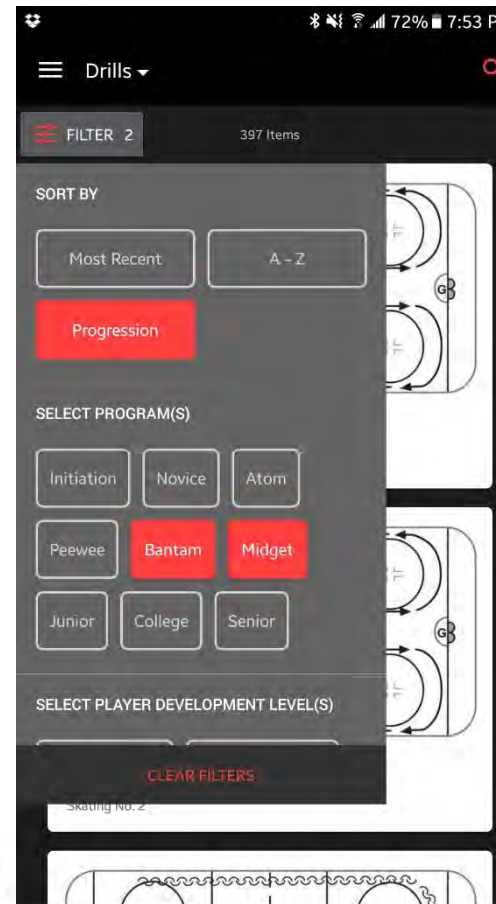
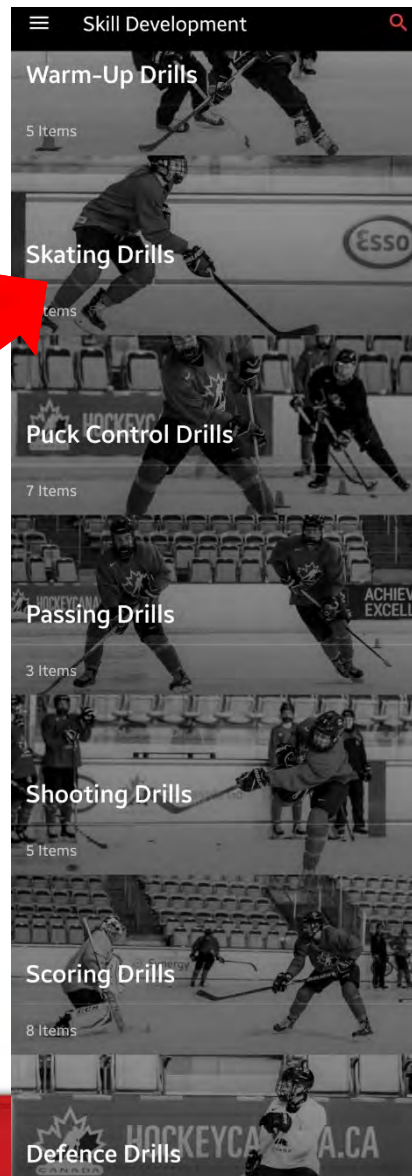
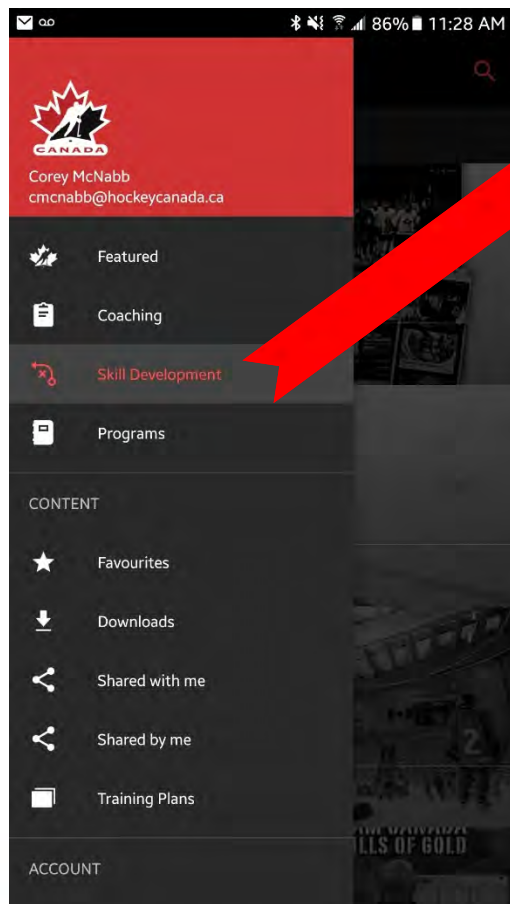
The Hockey Canada Skills Development U18 Manuals are broken up into 32 separate practice plans. Each individual drill can also be accessed.

Favorite, download and share an entire practice plan or individual drill



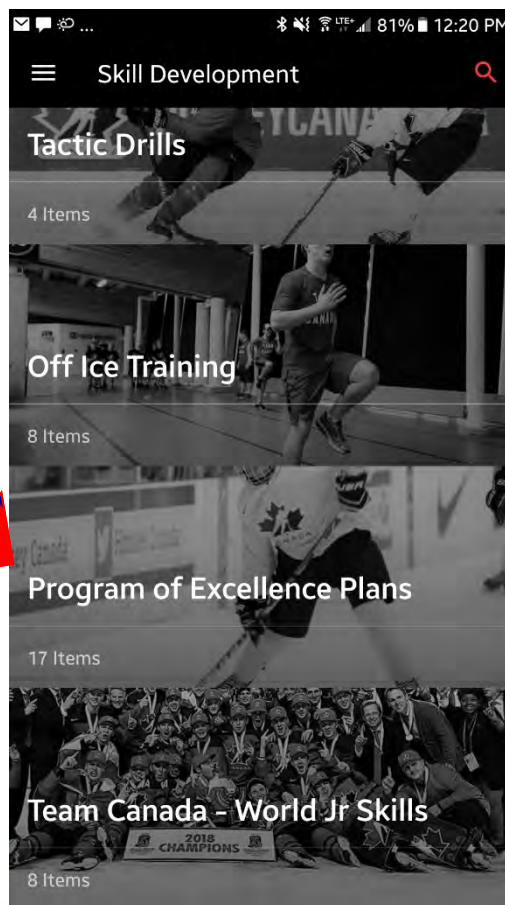
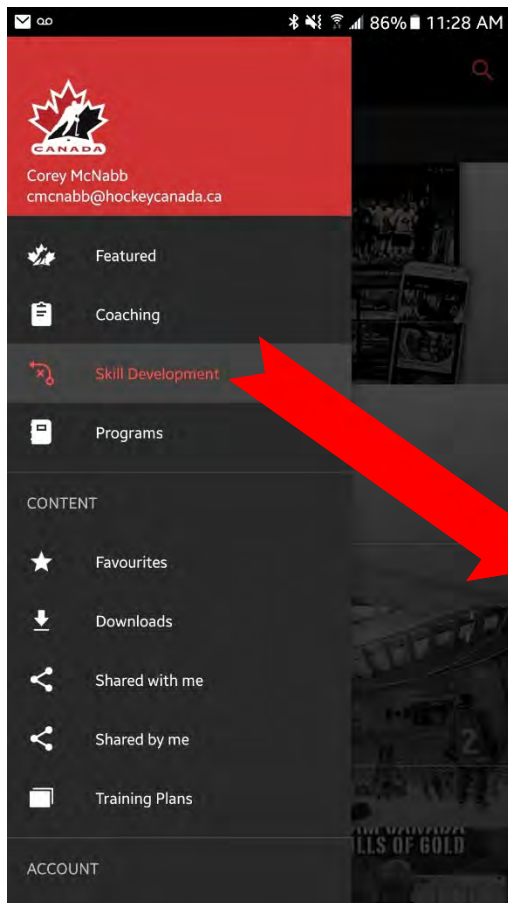
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Skill Development – U18 Skills



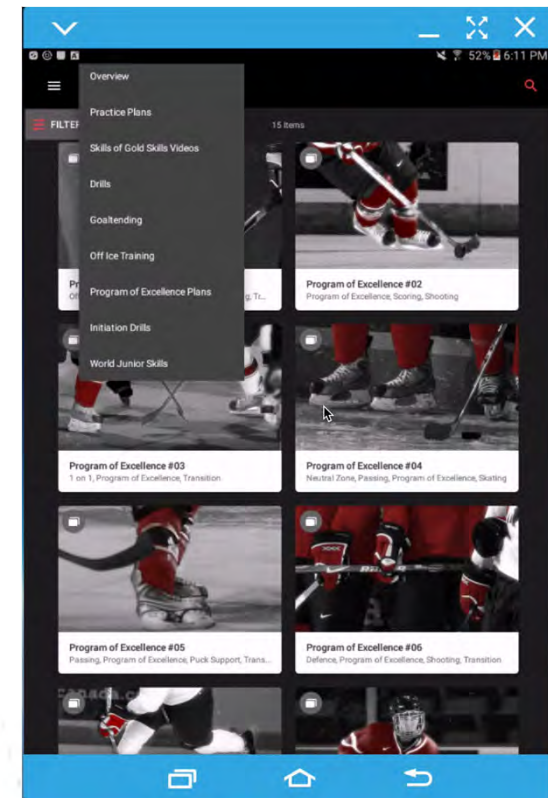
RESOURCES

Skill Development – Program of Excellence



15 set practice plans put together by former Team Canada Coaches. Combinations of skills, tactics and team play in ready made practice plans.

Favorite, download and share



What is Hockey Canada Drill Hub?

Hockey Canada Drill Hub is a Free resource for players and coaches of all levels with a continuously growing library of:

- Drills
- Videos
- Practice Plans

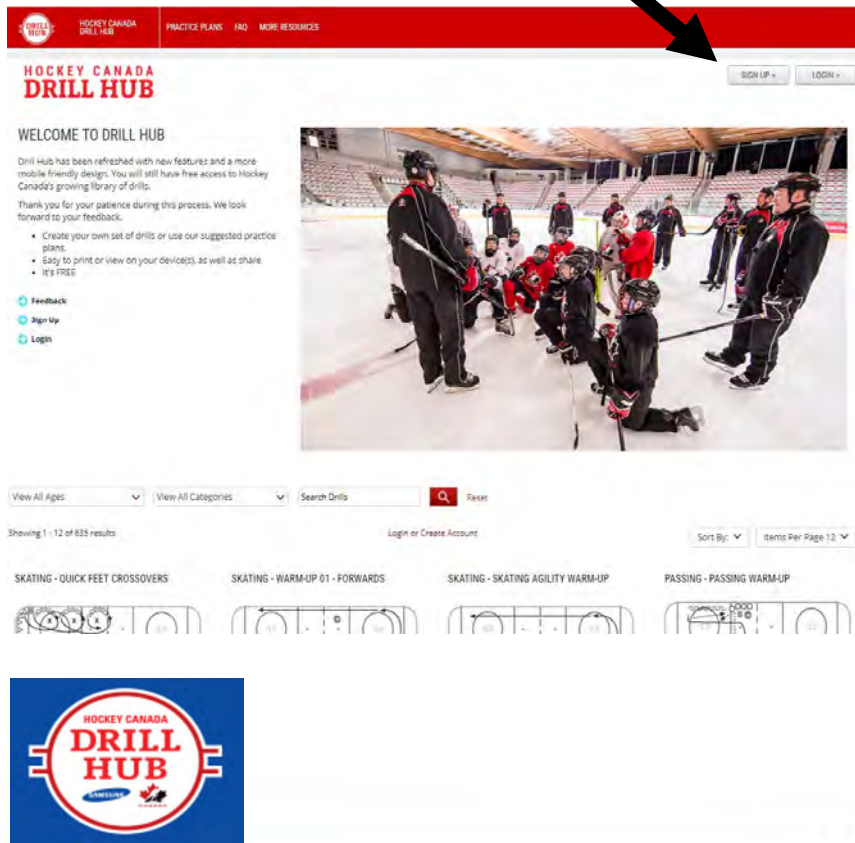
The screenshot shows the Hockey Canada Drill Hub website. At the top, there is a red navigation bar with the 'DRILL HUB' logo, 'HOCKEY CANADA DRILL HUB', and links for 'PRACTICE PLANS', 'FAQ', and 'MORE RESOURCES'. Below the navigation bar, the main content area features the 'HOCKEY CANADA DRILL HUB' logo, a 'WELCOME TO DRILL HUB' message, and a list of features: 'Create your own set of drills or use our suggested practice plans', 'Easy to print or view on your device(s), as well as share', and 'IT'S FREE'. There are also links for 'Feedback', 'Sign Up', and 'Login'. To the right, there is a large photo of a coach on an ice rink talking to a group of players. Below the photo, there is a search bar with filters for 'View All Ages' and 'View All Categories', a search input field, and a 'Reset' button. Below the search bar, there are four drill thumbnails: 'SKATING - QUICK FEET CROSSOVERS', 'SKATING - WARM-UP 01 - FORWARDS', 'SKATING - SKATING AGILITY WARM-UP', and 'PASSING - PASSING WARM-UP'. Each thumbnail shows a diagram of the drill on an ice rink.

The advertisement features the 'HOCKEY CANADA DRILL HUB' logo at the top left. Below the logo, it says 'Practice Like Team Canada' and 'Access a Library of Free Drill Videos & Diagrams'. At the bottom, the URL 'HockeyCanada.ca/DrillHub' is displayed. The central image shows a Samsung tablet displaying a video of a hockey player in a red jersey performing a drill on an ice rink.



Creating an Account

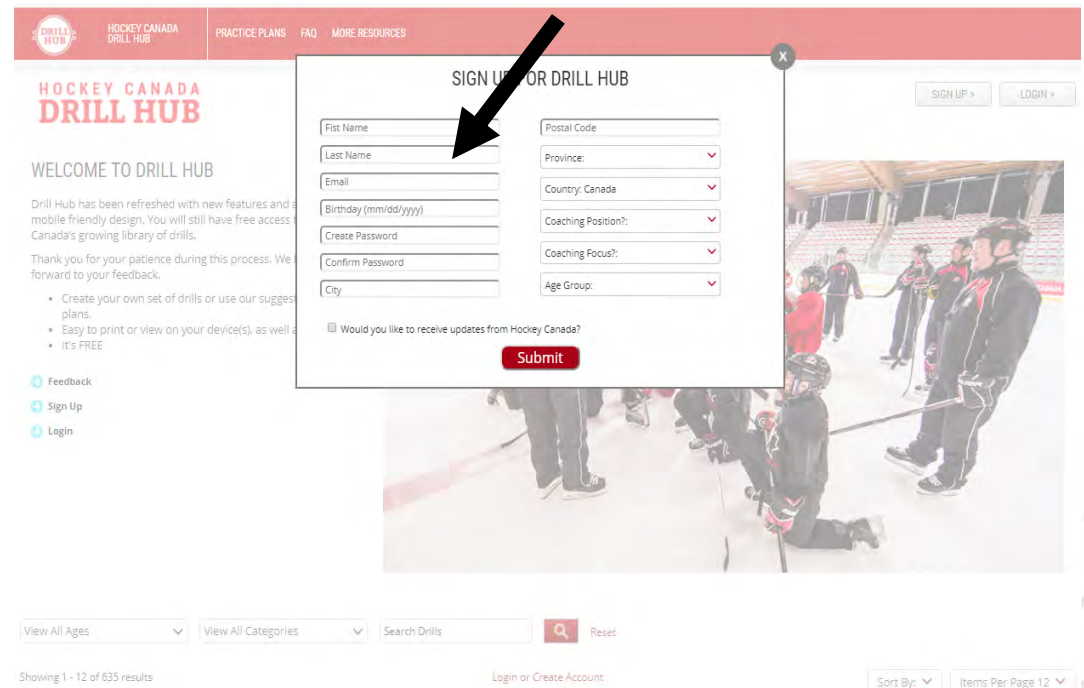
Click the *Sign Up* button



The screenshot shows the Hockey Canada Drill Hub homepage. At the top, there is a navigation bar with 'HOCKEY CANADA DRILL HUB', 'PRACTICE PLANS', 'FAQ', and 'MORE RESOURCES'. Below the navigation bar, the main heading is 'HOCKEY CANADA DRILL HUB'. A 'SIGN UP >' button is highlighted with a black arrow. The page content includes a 'WELCOME TO DRILL HUB' section with a welcome message and a list of features: 'Create your own set of drills or use our suggested practice plans', 'Easy to print or view on your device(s), as well as share', and 'It's FREE'. There are also links for 'Feedback', 'Sign Up', and 'Login'. Below the text is a large image of a coach on an ice rink. At the bottom, there is a search bar and a list of drill categories: 'SKATING - QUICK FEET CROSSOVERS', 'SKATING - WARM-UP 01 - FORWARDS', 'SKATING - SKATING AGILITY WARM-UP', and 'PASSING - PASSING WARM-UP'.



Fill in your information and click *Submit*



The screenshot shows the Hockey Canada Drill Hub sign-up form. The form is titled 'SIGN UP FOR DRILL HUB'. It has a 'SIGN UP >' button at the top right. The form fields are: 'First Name', 'Last Name', 'Email', 'Birthday (mm/dd/yyyy)', 'City', 'Postal Code', 'Province', 'Country: Canada', 'Coaching Position?', 'Coaching Focus?', and 'Age Group'. There is a 'Submit' button at the bottom of the form. Below the form, there is a 'Would you like to receive updates from Hockey Canada?' checkbox. The background of the form is a blurred image of the coach and players from the previous image.



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