

# 8 & Under - Mites

## 'FUNdamentals' Stage

### Fundamental Movement Skills (FMS)

- A, B, C's – Agility, Balance & Coordination
- Flexibility

### Optimal 'Speed 1' window

- agility, quickness, change of direction, <5 second intervals

### Off-ice training

- 1x per week @ 30+ min, prior to practice (A, B, C's + Speed)

### Play multiple sports – 25% hockey/ 75% other sports

- Running, gymnastics, swimming, skiing, soccer

### Divide players into top 1/3, middle 1/3, beginner 1/3

## 8 & Under – Mites

30 – 50 players each practice session

2-3 Ice sessions per week

50 min ice sessions

5 month's = 20 weeks per season

50 to 60 ice sessions

Min 16 half-ice games & 34 practices

Max 20 half-ice games & 40 practices

9 to 13 players/team; no full time goalies

# 10 & Under - Squirts

'Learning to Train' Stage

Optimal window for training = 'Skills' (9-12 yrs)

- motor coordination

Learning Fundamental Sports Skills

- Throwing, striking, kicking

Play multiple sports

Off-ice training

- 2x's / wk @ 30 – 40 min before practice
- Focus on athleticism & hockey skills

Small area games = decision making skills

Divide players into two halves: top ½, bottom ½

# 10 & Under – Squirts

20 – 50 players per practice session

3 - 4 Ice sessions per week

60 min ice sessions

6 - 7 month season = 24 – 28 weeks

95 to 100 ice touches (70/30 ratio)

75 to 80 practices 20 to 25 games

- intro of formal full-ice games

10-12 skaters & 1 goalie per team

- Increases puck touches / participation/ development

# 12 & Under - Peewee

‘Learning To Train’ stage

Optimal ‘Skills’ window (9-12 yrs)

- Always trainable but significantly declines with age

Learning Fundamental Sports Skills

Still individual development focused/ not outcome

Keep the top level as broad as possible

- Allows better players greater success
- Pushes lesser players to emulate

All levels should receive same touches

# 12 & Under – Peewee

4 Ice sessions per week

60 min ice sessions

7 month season

105 to 120 ice sessions (70/30 ratio)

80 to 90 practices

- 2-3 teams per = 30 - 45 players

30 to 35 games

- Local geographic area

15 skaters & 2 goalies per team

# 14 & Under – Bantam

‘Training to Train’ Stage

Building the ‘Engine’ & consolidating sports skills

Optimal window for ‘Stamina/ endurance’ (12 – 13 yrs)

- Critical window to aerobic training begins with onset of PHV.. but always trainable

Optimal ‘Speed 2’ window (13 – 16 yrs)

- Anaerobic lactic power & capacity; linear, lateral, multi-directional, chaotic speed, 5 – 20 seconds

Optimal window for ‘Strength’

- 12 – 18 mo’s after PHV...always trainable but declines significantly

# 14 & Under – Bantam

18 – 36 players per practice session

3 – 4 ice sessions per week

60 to 80 minutes per session

120 total ice sessions

7 – 8 month season

80 - 85 practices

- 1-2 teams per session

35 to 45 games

16 skaters and 2 goalies per team

Appropriate off-ice training for LTAD stage

# 16 & Under – Midget Minor

‘Training to Train’ Stage

Building the ‘Engine’ & consolidating sports skills

Optimal training window for ‘Speed 2’ (13 – 16 yrs)

- Anaerobic lactic power & capacity; linear, lateral, multi-directional, chaotic speed, 5 – 20 seconds

Optimal training window for ‘Strength’

- 12 – 18 mo’s after PHV...always trainable but declines significantly

# 16 & Under – Midget Minor

18 – 36 players per practice session

3 – 4 ice sessions per week

60 to 80 minutes per session

120 total ice sessions

7 – 8 month season

80 - 85 practices

- 1-2 teams per session

35 to 45 games

16 skaters and 2 goalies per team

Appropriate off-ice training for LTAD stage

# 18 & Under – Midget Major

‘Learning to Compete’ stage

Optimizing the ‘engine’ & refining sport skills

Monitor development of endurance, strength and speed

Monitor fitness – endurance, core strength, flexibility

Speed Window #2 for Boys early in stage

Strength Window for boys is 12-18 months after PHV

# 18 & Under – Midget Major

20 – 40 players per practice session

3 – 4 ice sessions per week

60 to 80 minutes per session

7 – 8 months

125 total ice sessions

80 - 85 practices

40 to 50 games

18 skaters and 2 goalies per team

Appropriate off-ice training for LTAD stage

# 14 & Under to 16 & Under (HPC)

4-5 Ice touches per week

80 min ice sessions

9 month training and competition season

160 ice touches

120 to 130 practices

40 to 50 games

16 skaters & 2 goalies per team

Showcase events

# 18 & Under – Midget (HPC)

5-6 Ice touches per week

80 min ice sessions

10 month training & competition season

200 ice touches

130 to 140 practices

50 to 60 games

18 skaters & 2 goalies per team

Showcase events