



Northumberland Minor
Hockey Association

LONG TERM DEVELOPMENT PLAN

VERSION 1 January 2016

FIRST YOU LEARN TO PLAY, THEN YOU LEARN TO WIN – GORDIE HOWE



Northumberland Minor Hockey Association

The Northumberland Minor Hockey Association represent the opportunity for young hockey players to play the game of hockey in the community in which they live.

This manual provides an overview of the NMHA programming including philosophy, policies and expectations for Players and Team Staff

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Peter Karmanos, upon being elected to the Hockey Hall of Fame under the builders category, had the following to say:

“It's really hard to describe,” the 72-year-old said. “I did start it because I wasn't happy with, just in general, how people were approaching hockey with their kids. God bless 'em, but it was all parents and volunteers, and they didn't seem to have a plan or they weren't even thinking about that. I wanted to put together a program where it was really organized. I wanted to make it sustainable.”

Karmanos helped create Compuware Hockey, a Michigan-based program that has produced 15 national championships and 34 state championships, sent 235 players to NCAA Division I schools, and produced 14 NHL first-round draft picks.

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Goal | *What we want to do ...*

*To develop players who are technically proficient, tactically aware,
physically athletic and mentally confident*

This is a comprehensive approach to player development, and we believe that this approach will maximize every player's enjoyment of the game, and overall development.

It is imperative that all players in our organization are provided with the appropriate skill development to provide a foundation for their future activity in the game. Learning the fundamental skills of the game will determine their future enjoyment and success in the game.

Our program will adhere to the principles of Long-Term Player Development (LTPD) in the design and application of age-specific hockey programming.

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Vision | *Who we are ...*

The NMHA has implemented a Hockey Development Program that will include a player-centric approach to development with the following goals:

- Establish the “Gold Standard” for all hockey programming
- Provide all participants with a positive experience focusing on building a strong skill base
- Adhere to the principles of Hockey Canada’s Long Term Participant Development (LTPD) in the design and application of age-specific programs

A Minor Hockey Association’s success from a coaching / player standpoint will be based on 3 main elements:

1. Enjoyment of players coming to the rink everyday
2. Improvement of players’ skills
3. Developing players to play at the next level

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Programming Goals | *How we will do it ...*

The most important aspects of Minor Hockey Association development are:

1. Consistency in the coaching philosophy
2. Consistency in what the coaches are teaching

Age-Group Development

- Adhere to the principles of Hockey Canada's Long Term Participant Development (LTPD) in the design and application of age-specific programs
- Provide core skills curriculum for each age group
- Ensure consistency in what is being taught and developing the deepest talent pool at each age-group
- Taking the same approach as school, the goal will be to ensure core curriculum will be introduced to players whether they play AA or AE and will meet the age-specific needs of our players

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Coach Support & Mentoring

Affect player development through development of our coaches

Create a network of support for coaches that will include resources, in-house clinics and specialty sessions

Mentoring of coaches through observation of training sessions and game environments, winning is often the by-product of a consistent and thorough skill development program, which we will put in place.

Investing in our coaches will benefit all players in our organization

What about winning?

Winning is not our focus or priority. Ironically

Beyond the physical, technical, and tactical development — including decision-making skills — our programs aim to enhance the mental, cognitive, and emotional development of each athlete.

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LTPD SUMMARY

- **Is a philosophy and a vehicle for change.**
- Is athlete-centred from a child's first involvement in sport to the transition to lifelong physical activity or other sport related activities.
- Provides a framework for reviewing current practices, developing new initiatives, and standardizing programs.
- Establishes a clear development pathway
- Identifies the shortcomings in Canada's sport system and provides guidelines for problem solving.
- Provides guidelines for planning for optimal performance for all stages of athlete development.
- Provides key partners with a coordinated structure and plan for change.
- Provides an aligned and integrated model for delivering systems including
- Long-term athlete development — technical, physical, tactical, and behavioral.
- Long-term coaching development.

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IMPACT OF LTPD

On Coaching

- To be successful, an athlete development model such as LTPD requires highly skilled, certified coaches who understand the stages of athlete development and the various interventions that should be made.

LTPD will

- Have a significant impact on the coaching education curriculum.
- Have a significant impact on sport specific coaching education.
- Identify a need for part-time and full-time coaches who will specialize in coaching developmental athletes.

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TRAINABILITY

WHAT SHOULD WE BE DOING AND WHEN

The goal of a practice in hockey is to improve. This improvement could be in diverse areas such as the speed of skating for a player in a breakaway, the skill needed to perform an accurate wrist shot, or the strength of a player trying to get puck control behind the goal. Trainability makes the link between the drills and activities completed during practice the improvements in performances in areas

such as skills, stamina, speed, strength and suppleness that are needed to be successful during games.

Trainability varies between different players. For example, a drill during a practice that has the goal of improving skating speed will increase the speed of some of the players but not all of them. The ones who do not respond as well may, in a few more speed drills, catch up in speed or even surpass the faster learning and improving players.

Naturally, this is problematic for coaches as they have to now decide how to address these differences between players. The coaches can move at the pace set by the 'fast trainers' and have the slow trainers become discouraged or move at the pace of the slow trainers and have the rest become bored during practice.

The differences in trainability are due to a number of factors. Genetics, developmental age (age with respect to Growth Spurt), diet and types of activities all change the trainability of an individual.

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TRAINABILITY CON'T

Developmental age also plays a large role in differences between the trainability of different players. One of the keys within the LTPD is to encourage parents and coaches to use developmental age to maximize the trainability of players. For example, skills are best introduced and refined prior to the growth spurt. Delaying this will mean much more work further down the road when the player is attempting to play at higher levels. Trainability is highest during this period in a player's development. Skills can include things like puck handling, shooting and passing, checking and most importantly skating. In addition, speed, which in this case means how fast a player can move their arms or legs, can also be considered a skill. Speed in terms of, say, skating speed will increase with the growth in size and muscle mass which occurs normally during and following the growth spurt.

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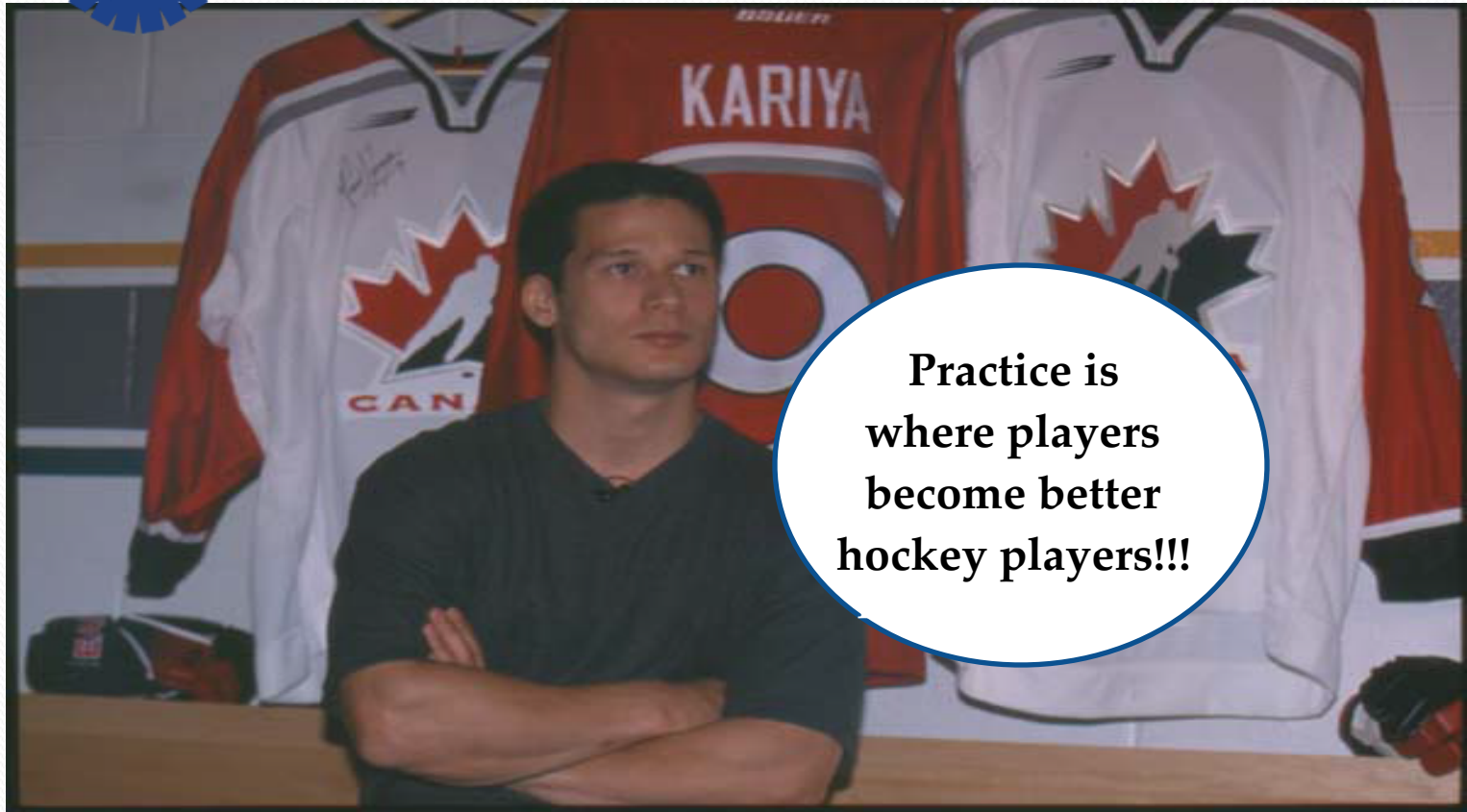
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- The Hockey Canada Skills Development Program for Novice hockey recommends **75% on technical skills, 15% on individual tactics, and 10% on team tactics.**
- The Atom program recommends **50% technical skills, 20% individual tactics, 15% team tactics, 10% team play, and 5% strategy.**
- The Pee wee program recommends **45% technical skills, 20% individual tactics, 15% team tactics, 10% team play, and 10% strategy.**
- The Bantam program recommends **40% technical skills, 15% individual tactics, 20% team tactics, 15% team play, and 10% strategy.**
- The Midget program recommends **35% technical skills, 20% individual tactics, 20% team tactics, 15% team play, and 10% strategy.**

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**Practice is
where players
become better
hockey players!!!**

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THE BUILDER

I saw a group of men in my hometown
I saw a group of men tearing a building down.
With a heave and a ho and a might yell,
They swung a beam and the sidewalk fell.
And I said to the foreman, "Are these men skilled,
The type you'd hire if you wanted to build?"
And he laughed and said, "Why no indeed."
He said "Common labour's all I need.
For I can tear down in a day or two
What it took a builder ten years to do."
And I thought to myself as I walked away.
"Which of these roles am I going to play?
Am I the type that constantly tears down
As I make my way, foolishly around?
Or am I the type that's trying to build with care,
In hope that my organization'll be glad I was there?"

Source: A Championship Season at Notre Dame, Lou Holtz

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There's really no limit to how hard you can work in your life. You're only limited by your mind and what you think you can accomplish. I persevered because I had the attitude and a commitment I made a promise to myself to keep aspiring to be the best that I can be, the best person that I can be. You have to make a goal for yourself and when you meet that make another one because a goal without a plan is simply a wish."

"Practice doesn't always make perfect, but it does make you better. That's what I try to do and have a positive attitude and be the best you can be." ----- Justin Williams

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“TELL ME AND I’LL
FORGET, SHOW ME AND I
MIGHT REMEMBER,
INVOLVE ME AND I’LL
UNDERSTAND”

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