



FEMALE PLAYER PATHWAY

Sport Canada's Long-Term Player Development (LTPD) Resource Paper "Canadian Sport for Life" sets out a framework for sport development in Canada. Hockey Canada's **Long Term Player Development (LTPD)** model is nine (9) stages, based on the physical, mental, emotional and cognitive development of children and adolescents. Each stage reflects a different point in developing the player. The first four (4) stages emphasize physical literacy and a broad range of sport experiences.

The next five (5) stages focus on development and competitive excellence. Active for Life encourages life-long physical activity and informed healthy lifestyle choices with participation in hockey long after the competitive years.

ACTIVE FOR LIFE

SENIOR HOCKEY (LOCAL)

TRAIN TO TRAIN

U18 C
(LOCAL)

U15 C
(LOCAL)

U13 C
(LOCAL)

LEARN TO TRAIN

COMPETITIVE

LEARN TO TRAIN
TRAIN TO TRAIN
TRAIN TO COMPETE
TRAIN TO WIN

SCWHL
(PROVINCIAL)

UBC
(NATIONAL)

U18 A
(LOCAL)

U18 AAA
(PROVINCIAL)

CSSL
(PROVINCIAL)

U15 A
(LOCAL)

U13 A
(LOCAL)

HIGH PERFORMANCE

TRAIN TO TRAIN
TRAIN TO COMPETE
TRAIN TO WIN
EXCEL

NATIONAL TEAMS
(INTERNATIONAL)

HOCKEY CANADA PROGRAM OF EXCELLENCE
(NATIONAL)

U18 TEAM BC
(NATIONAL)

U16/U18
(PROVINCIAL)

U12/U14
(REGIONAL)

LEARN TO PLAY

PHYSICAL LITERACY

This is an important period for acquiring fundamental movement skills (running, gliding, jumping, kicking, catching...) that lay the foundation for more complex movements, thereby preparing children for a physically active lifestyle. Participation in many sports/activities is encouraged.



U11

This stage is the most important window to develop fine motor skills on an individual technical basis that leads to utilizing these skills into individual and team tactics later on. Players should be able to begin to transfer skills/concepts from practices to games.

U9

During this period players continue to develop motor skills and coordination. The Novice skills program is designed to promote the continued development of physical literacy, fitness, and the basic skills required to play hockey.

U6

Fundamental movement skills should be mastered and motor development emphasized. For optimal skill acquisition, the basic hockey skills of skating and puck control are introduced through the Initiation Program.

**RECRUITMENT
INITIATIVES**

(FIRST SHIFT, ESSO FUN DAYS,
LEARN TO PLAY, ETC.)