



Canadian Player Pathway

Bantam / Midget



Community to Emerging High Performance 2018 - 19

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How a player gets that first experience of 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
President & 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



BANTAM / MIDGET PATHWAY

WHAT IS THE **BANTAM / MIDGET** PATHWAY?

- ❖ The Bantam / Midget 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 Bantam and onto Midget
- ❖ 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 **BANTAM / MIDGET** PATHWAY?

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



THE OBJECTIVES OF THE PROGRAM

- ❖ Continue to grow their impression of hockey a positive one for players and parents.
- ❖ Play/Games exist for fun as well as formalized games 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.

COMMUNITY (recreational)

DEVELOPMENT PHASE

4 WEEKS 8 PRACTICES 2 EXHIBITION GAMES

REGULAR SEASON PHASE

24 WEEKS 24 PRACTICES 20 GAMES

PLAYOFFS

Mar 15 - 30 Playoff Tournaments
March 31 end of season

TOURNAMENTS
3 tournaments
12 games

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

CONSIDERATIONS:

Prep Camp: 2 Weeks
8 – 10 sessions – 1 60 minute session per day

Tryouts: 5 skates then evaluate
2 practices / 3 Inter-squad games

- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)
- Tournament Style Playoffs vs rounds

DEVELOPMENTAL (competitive)

DEVELOPMENT PHASE

4 WEEKS 12 PRACTICES 4 EXHIBITION GAMES

REGULAR SEASON PHASE

24 WEEKS 60 PRACTICES 28 GAMES

PLAYOFFS

April 1 - 15 Playoff Tournaments
April 16 end of season

TOURNAMENTS
4 tournaments
16 games

TOTAL PRACTICES: 65 - 75 | TOTAL GAMES: 50 - 55

CONSIDERATIONS:

Prep Camp: 2 Weeks
8 – 10 sessions – 1 60 minute session per day

Tryouts: 5+ skates then evaluate
2+ practices / 3+ Inter-squad games

- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)
- Tournament Style Playoffs vs rounds

BANTAM: AGE 13-14



SEASONAL STRUCTURE

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COMMUNITY (recreational)

DEVELOPMENT PHASE

4 WEEKS 8 PRACTICES 2 EXHIBITION GAMES

REGULAR SEASON PHASE

24 WEEKS 24 PRACTICES 20 GAMES

PLAYOFFS

Mar 15 - 30 Playoff Tournaments
March 31 end of season

TOURNAMENTS

3 tournaments
12 games

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

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Prep Camp: 2 Weeks
8 – 10 sessions – 1 60 minute session per day

Tryouts: 5 skates then evaluate
2 practices / 3 Inter-squad games

- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)
- Tournament Style Playoffs vs rounds

DEVELOPMENTAL (competitive)

DEVELOPMENT PHASE

4 WEEKS 16 PRACTICES 4 EXHIBITION GAMES

REGULAR SEASON PHASE

24 WEEKS 72 PRACTICES 32 GAMES

PLAYOFFS

April 1 - 15 Playoff Tournaments
April 16 end of season

TOURNAMENTS

3 tournaments
12 games

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

CONSIDERATIONS:

Prep Camp: 2 Weeks
8 – 10 sessions – 1 60 minute session per day

Tryouts: 5+ skates then evaluate
2+ practices / 3+ Inter-squad games

- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)
- Tournament Style Playoffs vs rounds

MIDGET: AGE 15-17

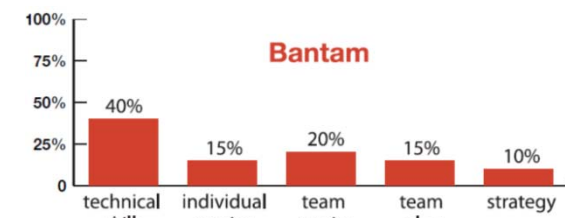


SEASONAL STRUCTURE

PLAYER DEVELOPMENT PYRAMID



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, 15% individual tactics, 20% team tactics, 15% team play, and 15% strategy.



SEASONAL STRUCTURE

SEPTEMBER

-Technical Skills - Introduce

OCTOBER

-Technical Skills - Develop
-Individual Tactics - Introduce

NOVEMBER

-Technical Skills – Develop
-Individual Tactics - Refine

DECEMBER

Technical Skills – Develop
/ Refine

JANUARY

Team Tactics - Introduce

FEBRUARY

-Team Tactics - Develop

MARCH

-Technical Skills – Refine
-Team Tactics - Refine

APRIL

Tournaments / Playoffs

MAY / JUNE / JULY / AUGUST

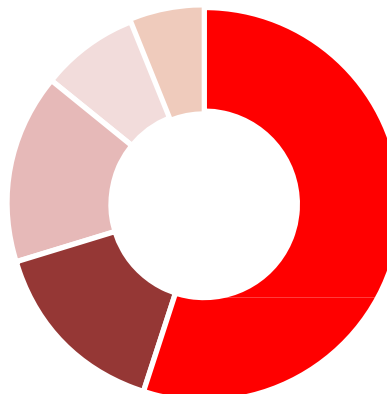
Off season

Spring Skills (No Games) Multisport Activities / Off Ice Training

SEPTEMBER

-Prep Camp – 2 Weeks – 8 – 10 sessions – (1 - 60 minute session per day)
-Tryouts – 5 skates then evaluate / Team Selection – combination of
practices / Inter-squad / Exhibition games

SEASONAL STRUCTURE BREAKDOWN CHART



25% - Introducing Technical Skills
25% - Refining Technical Skills
25% - Developing Individual Tactics
10% - Introducing Team Tactics
15% - Developing Team Tactics

COACH PATHWAY

BANTAM / MIDGET 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

PATHWAY

ALL YEARS

TRAINED

HOCKEY UNIVERSITY
MODULES 1-12

ALL IN CLASS
TASKS

CLINIC
ATTENDANCE

CERTIFIED

1. COMPLETION OF COACH WORKBOOK
2. MED - COMMUNITY SPORT

CERTIFICATION MAINTENANCE

10 PROFESSIONAL DEVELOPMENT
POINTS - 5 YEARS

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
- Small Area Games Clinic
- Goaltending Clinic



BANTAM / MIDGET PATHWAY

INSTRUCTORS / COACHES

All Head Coaches coaching Bantam, Midget, 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	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	1. WRITTEN ASSIGNMENT 2. FIELD EVALUATION (GAME AND PRACTICE) 3. MED ONLINE EVALUATION	30 PROFESSIONAL DEVELOPMENT POINTS - 5 YEARS
2013 - PRESENT	HPI CLINIC ATTENDANCE	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

BANTAM / MIDGET SKILLS

LTPD STAGE – Train to Train

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 		

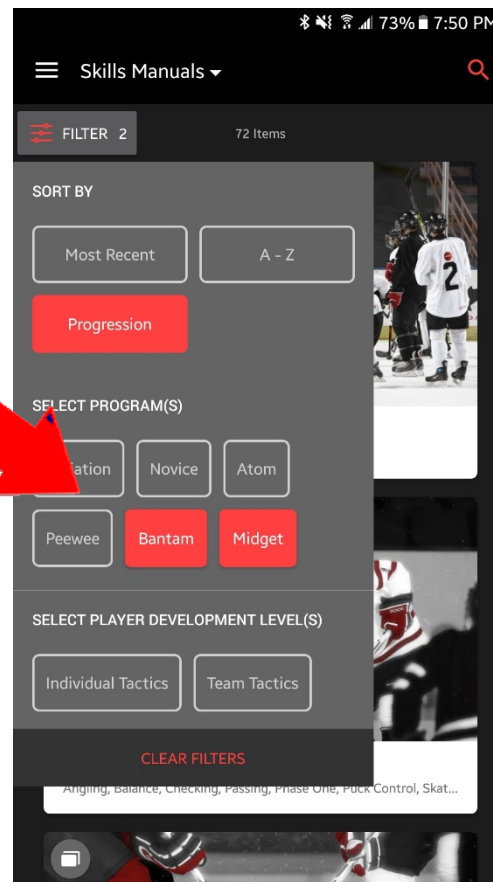
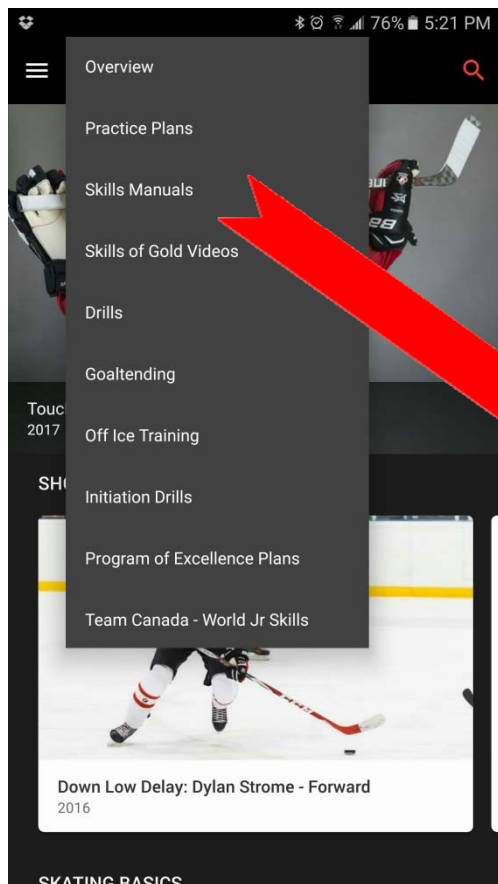


RESOURCES



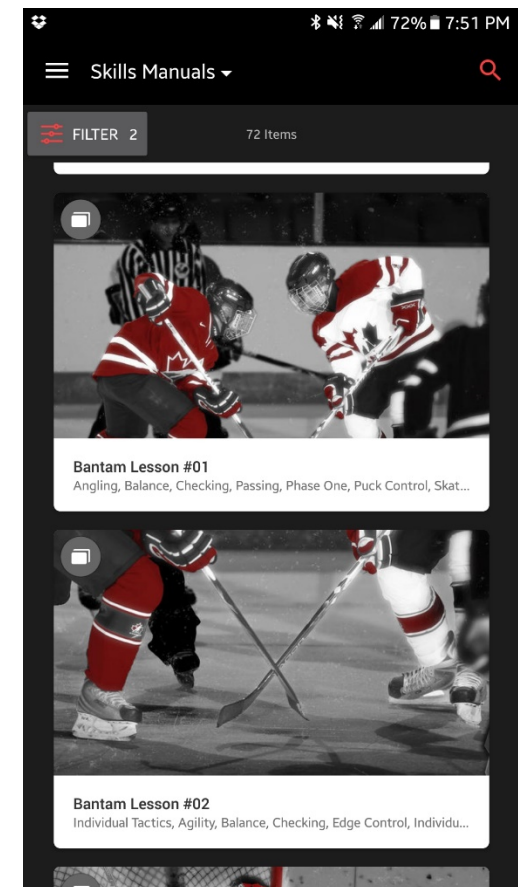
RESOURCES

Skill Development – Skills Manuals



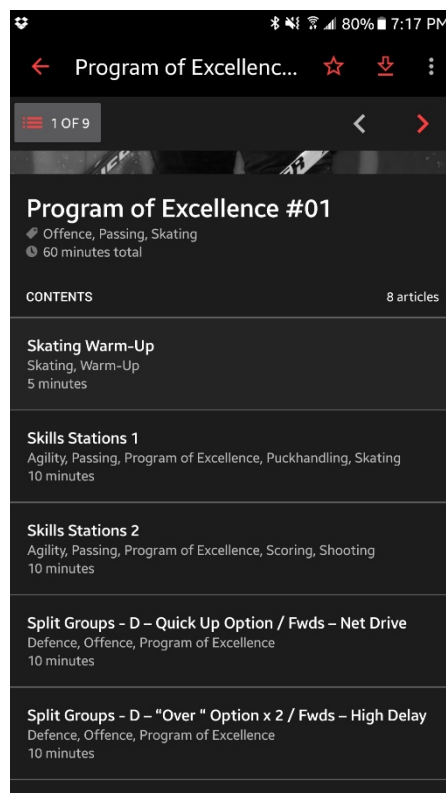
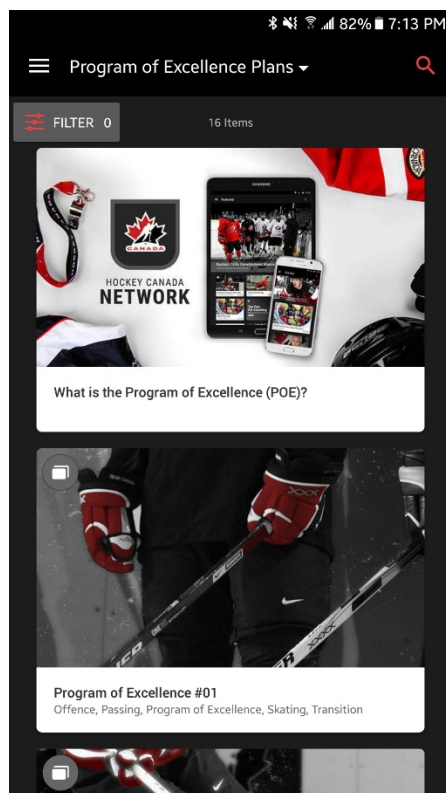
The Hockey Canada Skills Development Bantam and Midget Manuals are broken up into 32 separate practice plans. Each individual drill can also be accessed.

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



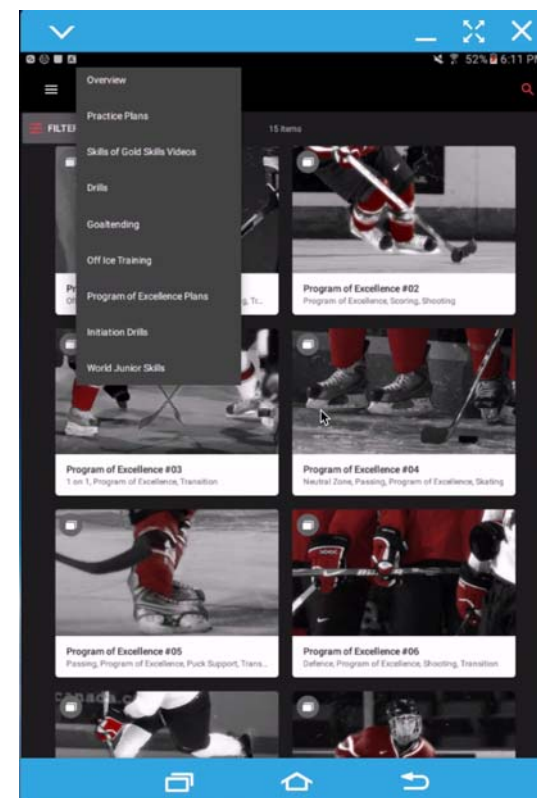
RESOURCES

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.

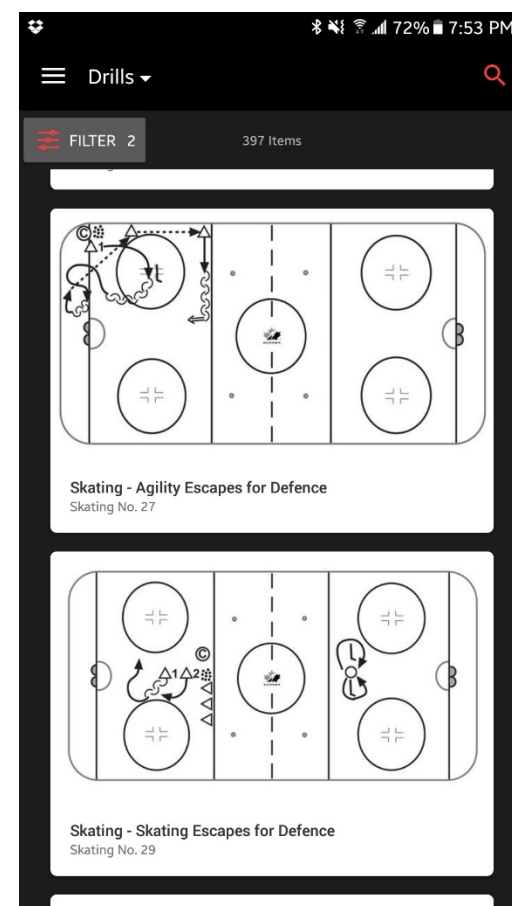
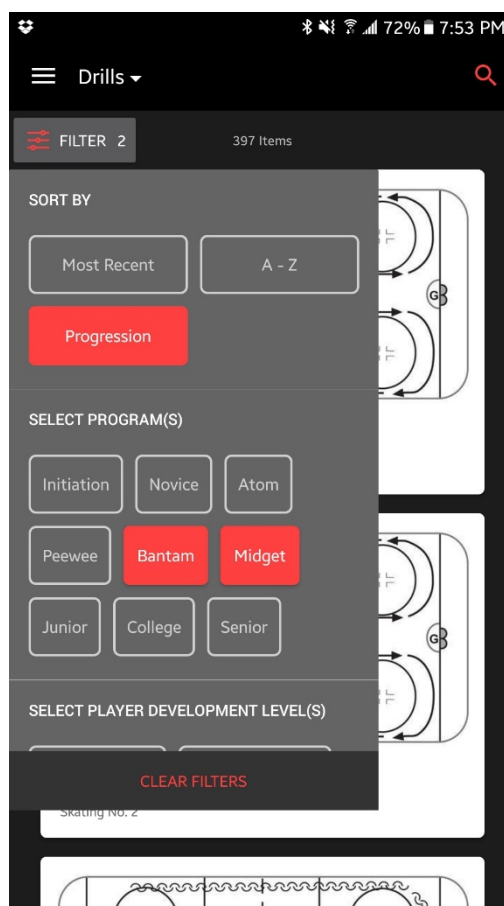
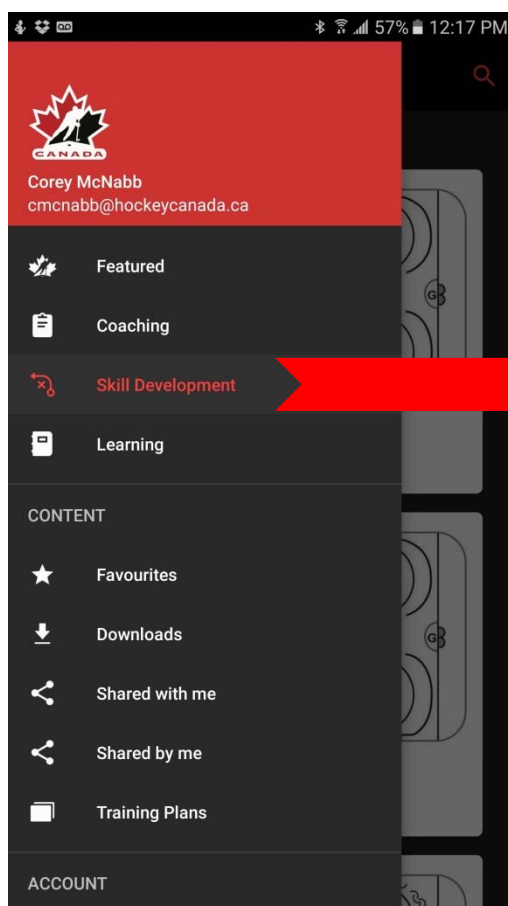
Favorite, download and share



RESOURCES



Skill Development – Bantam / Midget Skills



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