



Updated August 2017

SWAT Hockey Development Model

In order to build a Hockey Development model within the SWAT Hockey organization and to provide appropriate programs for all players within the organization, the SWAT Board of Directors recommends the following.

Identifying with Hockey Canada Long Term Player Development and ensuring we as an organization adhere to the "Hockey for Life" program.

The "Hockey for Life" program ensures we focus on the following stages for athlete development as recommended by Hockey Canada, they are outlined below:

Fundamentals 1 (Male and Female 5-6)

The focus is on the development of physical literacy. Fundamental movement skills should be mastered and motor development emphasized, and participation in many sports/activities is encouraged. For optimal skill acquisitions, the basic hockey skills of skating and puck control are introduced through the initiation program. Fun competitions are also introduced in a team environment.

Fundamentals 2 (Male and Female 7-9)

During this period players continue to develop motor skills and coordination. Practice sessions should be held twice a week during the season. Ongoing participation in competitive sports is strongly encouraged. The Novice Skills Program is designed to promote the continued development of physical literacy, fitness, and the basic skills required to play hockey.

Learn to Play (Male 9-10 and Female 8-9)

This stage is the beginning of the most important window to develop the fine motor skills on an individual technical skill basis that leads to utilizing these skills into individual and team tactics later on. During this phase, prior to the beginning of the growth spurt, players have the best opportunity to learn and begin to master fine motor skills that can be used in combinations with other skills. In most cases what

is learned or not learned in this stage will have a very significant effect on the level of play that is achieved later on. Players should be able to begin to transfer skills and concepts from practices to games.

Learn to Train (Male 11-12 and Female 10-11)

This is the most significant period for development. This is the window of accelerated adaptation to motor coordination. Group interaction, team building and social activities should be emphasized. A reasonable balance of practices and games will foster the ongoing development and mastery of essential skills in hockey.

SWAT Hockey will use the above to develop a base line of standards at each age group that players will be taught through the use of Hockey Canada accredited coaches in all levels of play from Initiation to Peewee.

SWAT Hockey also realizes that different commitment levels exist within our organization based on a number of factors. Therefore, through the above framework for our development model, the organization will separate our players into the below three categories to align ourselves within the Edmonton Minor Hockey Association tiering levels, which may change from time to time.

We will separate our players into three different streams:

- High Performance Stream (Tiers 1-2)
- Competitive Stream (Tiers 3-4)
- Recreational Stream (Tiers 5-6)

We have outlined the season plan and requirements for the different streams below:

Rep Hockey Stream

Player/Parent Requirements of Rep Hockey Stream

- Initial try out fee of \$100 per player with a guaranteed minimum of 2 tryout skates for **Atom and Peewee**. All players must register at least one week prior to the first tryout skate to ensure the evaluation team is able to properly manage the numbers on the ice for each tryout. Novice will continue to be administered as per the current SWAT evaluation process. All Evaluations will be completed by non-parents of participating players.
- Additional cost for Rep Hockey program of between \$500-\$1000 per player in addition to SWAT registration fees for additional team ice time, tournaments and training. (fundraising would reduce the cost)
- Parents and Players should expect additional practices and games in addition to those provided by EMHA, in and out of town tournaments, off ice training and other team events up to a maximum of three or four ice times per week

- Off Ice training will be utilized to continue physical literacy growth for athletes
- Optional SWAT apparel package (Winter Jacket, Third Jerseys, Ties, jersey bags (if needed))
- Equal ice time will be given to all players selected for the High Performance Program with the coaching staff having discretion in the last two minutes of the game during playoffs and tournaments playoffs. The coach will have the discretion to deal with behaviour or attitude issues during all games and practices that fall outside of the “respect in sport” or SWAT code of conduct policy.

Rep Hockey Stream Yearly Plan by Category

It is the goal of the SWAT High Performance Stream to follow Hockey Canada Player Development Guidelines for all age groups and provide a solid Long Term Development Plan for all SWAT players regardless of age and ability.

NOVICE:

- Including the top four SWAT Novice teams, typically Novice Tier 1 (two teams), Tier 2 and Tier 3 (discretion of Category Director, VP Eval’s, VP Operations to field more teams if player skill permits)
- Focus on building fundamental skills adhering to Hockey Canada guidelines which are 75% technical skills, 15% individual tactics and 10% team tactics
- On ice component of 3 times per week being made up of the following: 2-4 weeks of practice and skill development sessions, 20-24 weeks of practice and game play sessions, 3-4 tournament game sessions
- One off ice session per week
- General Objective: The development of fundamental skills (skating, turning, twisting), manipulation skills (shooting, puck control), and overall motor skills (balance, coordination, agility) in a fun and safe sport environment that promotes self confidence
- Guiding Principles: Ensure a positive experience and impression of hockey for both players and parents and having players of like capabilities developing confidence and self esteem.

Regular weekly example of Novice High Performance program:

Sunday : EMHA game vs opponent

Monday: Off

Tuesday: 5-6pm set skill development/power skating session

Wednesday: Off

Thursday: Off

Friday: Off Ice program, indoor soccer, handball, baseball, etc. (Gym time)

Saturday: EMHA Team practice

Atom:

- Including the top SWAT Atom team, typically Atom Tier 1-2 (discretion of Category Director, VP Eval's, VP Operations to field more teams if player skill permits)
- Focus on building fundamental skills adhering to Hockey Canada guidelines which are 50% technical skills, 20% individual tactics, 15% team tactics, 10% team play and 5% strategy
- On ice component of 4 times per week made up of the following: 3-4 weeks of skill development sessions, 20-24 weeks of practice and game play sessions, 3-4 tournament games sessions
- One Off ice session per week
- General Objective: To learn overall sports skills. One of the most important periods of motor development for children is between the ages of 9-12. This is a window of accelerated adaptation to motor co-ordination. Every specialization in late specialization sports can be detrimental to later stages of skill development and to refinement of the fundamental sports skill
- Guiding Principles: At this stage, children are developmentally ready to acquire general sports skills that are the cornerstones of all athletic development. Hockey Canada recommends that players in the "learning to train" phase continue to focus on the development and refinement of individual skills and individual tactics.
- Pre-Season Training: Other sports to further develop their agility, balance and coordination.

Regular weekly example of Atom High Performance program:

Sunday: EMHA game vs opponent

Monday: Off Ice program, Indoor soccer, handball, baseball, etc. (Gym time)

Tuesday: Off

Wednesday: 4:15-5:30 regular team practice

Thursday: Off

Friday: 5:00-6:00pm set skill development/power skating session

Saturday: EMHA team practice

Peewee:

- Including the top SWAT Peewee team, typically Peewee Tier 1-2 (discretion of Category Director, VP Eval's, VP Operations to field more teams if player skill permits)
- Focus on building fundamental skills adhering to Hockey Canada guidelines which are 45% technical skills, 25% individual tactics, 10% team tactics, 10% team play and 10% strategy

- On ice component of 4 times per week made up of the following: 3-4 weeks of skill development sessions, 20-24 weeks of practice and game play sessions, 3-4 tournament games sessions
- One Off ice session per week
- General Objective: To learn overall sports skills. One of the most important periods of motor development for children is between the ages of 9-12. This is a window of accelerated adaptation to motor co-ordination. Every specialization in late specialization sports can be detrimental to later stages of skill development and to refinement of the fundamental sports skill
- Guiding Principles: At this stage, children are developmentally ready to acquire general sports skills that are the cornerstones of all athletic development. Hockey Canada recommends that players in the “learning to train” phase continue to focus on the development and refinement of individual skills and individual tactics.
- Pre-Season Training: Other sports to further develop their agility, balance and coordination.

Regular weekly example of Pee wee High Performance program:

Sunday: EMHA game vs opponent

Monday: Off Ice program, Indoor soccer, handball, baseball, etc. (Gym time)

Tuesday: Off

Wednesday: Off

Thursday: 4:15-5:30pm regular team practice

Friday: 6:15-8:00pm set skill development/power skating session

Saturday: EMHA team practice

Competitive Stream

Player/Parent Requirements of the Competitive Stream

- No tryout fee, will follow current SWAT evaluation procedures for tiers 4-8
- Additional cost for competitive stream of between \$250-\$500 per player in addition to SWAT registration fees for additional team ice time, tournaments and training. (fundraising would reduce the cost)
- Parents and Players should expect additional practices and games in addition to those provided by EMHA, in and out of town tournaments, up to a maximum of three or four ice times per week.
- Equal ice time will be given to all players selected for the Competitive Program with the coaching staff having discretion in the last two minutes of the game during playoffs and tournaments playoffs. The coach will have the discretion to deal with behaviour or attitude issues during all games and practices that fall outside of the “respect in sport” or SWAT code of conduct policy.

Competitive Stream Yearly Plan by Category

It is the goal of the SWAT Competitive Stream to follow Hockey Canada Player Development Guidelines for all age groups and provide a solid Long Term Development Plan for all SWAT players regardless of age and ability.

NOVICE:

- Including Novice Tier 3-4 teams
- Focus on building fundamental skills adhering to Hockey Canada guidelines which are 75% technical skills, 15% individual tactics and 10% team tactics
- On ice component of 3 times per week being made up of the following: 2-4 weeks of practice and skill development sessions, 20-24 weeks of practice and game play sessions, 3-4 tournament game sessions
- General Objective: The development of fundamental skills (skating, turning, twisting), manipulation skills (shooting, puck control), and overall motor skills (balance, coordination, agility) in a fun and safe sport environment that promotes self confidence
- Guiding Principles: Ensure a positive experience and impression of hockey for both players and parents and having players of like capabilities developing confidence and self esteem.

Regular weekly example of Novice Competitive program:

Sunday : EMHA game vs opponent

Monday: Off

Tuesday: 5-6pm SDP Skills session (every other week)

Wednesday:Off

Thursday:Off

Friday: Off

Saturday: EMHA Team practice

Atom:

- Including Atom Tier 3-4 teams.
- Focus on building fundamental skills adhering to Hockey Canada guidelines which are 50% technical skills, 20% individual tactics, 15% team tactics, 10% team play and 5% strategy
- On ice component of 4 times per week made up of the following: 3-4 weeks of skill development sessions, 20-24 weeks of practice and game play sessions, 3-4 tournament games sessions
- One Off ice session per week
- General Objective: To learn overall sports skills. One of the most important periods of motor development for children is between the ages of 9-12. This is a window of accelerated adaptation to motor co-ordination. Every specialization in late specialization sports can be detrimental to later stages of skill development and to refinement of the fundamental sports skill
- Guiding Principles: At this stage, children are developmentally ready to acquire general sports skills that are the cornerstones of all athletic development. Hockey Canada recommends that players in the “learning to train” phase continue to focus on the development and refinement of individual skills and individual tactics.
- Pre-Season Training: Other sports to further develop their agility, balance and coordination.

Regular weekly example of Atom Competitive program:

Sunday: EMHA game vs opponent

Monday: SDP Skills session (every other week)

Tuesday: Off

Wednesday: 4:15-5:30 regular team practice

Thursday:Off

Friday: Off

Saturday: EMHA team practice

Peewee:

- Including Peewee Tier 3-4 teams.
- Focus on building fundamental skills adhering to Hockey Canada guidelines which are 45% technical skills, 25% individual tactics, 10% team tactics, 10% team play and 10% strategy
- On ice component of 4 times per week made up of the following: 3-4 weeks of skill development sessions, 20-24 weeks of practice and game play sessions, 3-4 tournament games sessions
- One Off ice session per week
- General Objective: To learn overall sports skills. One of the most important periods of motor development for children is between the ages of 9-12. This is a window of accelerated adaptation to motor co-ordination. Every specialization in late specialization sports can be detrimental to later stages of skill development and to refinement of the fundamental sports skill
- Guiding Principles: At this stage, children are developmentally ready to acquire general sports skills that are the cornerstones of all athletic development. Hockey Canada recommends that players in the “learning to train” phase continue to focus on the development and refinement of individual skills and individual tactics.
- Pre-Season Training: Other sports to further develop their agility, balance and coordination.

Regular weekly example of Peewee Competitive program:

Sunday: EMHA game vs opponent

Monday: Off

Tuesday: Off

Wednesday: SDP Skills session (every other week)

Thursday: Off

Friday: Off

Saturday: EMHA team practice

Recreational Stream

Player/Parent Requirements of the Recreational Stream

- No tryout fee, will follow current SWAT evaluation procedures for tiers 4-8
- Additional cost for recreation stream of \$0-\$100 per player in addition to SWAT registration fees. (Additional fees may apply if teams utilizes SWAT development opportunities-fundraising would reduce any additional cost)
- Parents and Players should not expect additional practices and games in addition to those provided by EMHA, unless decided by majority of the team.
- Equal ice time will be given to all players selected for the Recreational Program. The coach will have the discretion to deal with behaviour or attitude issues during all games and practices that fall outside of the “respect in sport” or SWAT code of conduct policy.
- Provide a safe and friendly environment for all players to gain an understanding of the game which built into the fabric of Canadian society

Recreational Stream Yearly Plan by Category

It is the goal of the SWAT Recreational Stream to follow Hockey Canada Player Development Guidelines for all age groups and provide a solid Long Term Development Plan for all SWAT players regardless of age and ability.

NOVICE:

- Including Novice Tier 5-6 teams
- Focus on building fundamental skills adhering to Hockey Canada guidelines which are 75% technical skills, 15% individual tactics and 10% team tactics
- On ice component of 2 times per week being made up of the following: 2-4 weeks of practice and skill development sessions, 20-24 weeks of practice and game play sessions, 3-4 tournament game sessions
- General Objective: The development of fundamental skills (skating, turning, twisting), manipulation skills (shooting, puck control), and overall motor skills (balance, coordination, agility) in a fun and safe sport environment that promotes self confidence
- Guiding Principles: Ensure a positive experience and impression of hockey for both players and parents and having players of like capabilities developing confidence and self esteem.

Regular weekly example of Novice Recreational program: (games and practices may occur during weekdays)

Sunday : EMHA game vs opponent

Monday: Off

Tuesday: 5-6pm SDP Skills session (every other week)

Wednesday: Off

Thursday: Off

Friday: Off

Saturday: EMHA Team practice

Atom:

- Including Atom Tier 5-6 teams.
- Focus on building fundamental skills adhering to Hockey Canada guidelines which are 50% technical skills, 20% individual tactics, 15% team tactics, 10% team play and 5% strategy
- On ice component of 2 times per week made up of the following: 3-4 weeks of skill development sessions, 20-24 weeks of practice and game play sessions, 3-4 tournament games sessions
- General Objective: To learn overall sports skills. One of the most important periods of motor development for children is between the ages of 9-12. This is a window of accelerated adaptation to motor co-ordination. Every stages of specialization in late specialization sports can be detrimental to later stages of skill development and to refinement of the fundamental sports skill
- Guiding Principles: At this stage, children are developmentally ready to acquire general sports skills that are the cornerstones of all athletic development. Hockey Canada recommends that players in the “learning to train” phase continue to focus on the development and refinement of individual skills and individual tactics.

Regular weekly example of Atom Recreational program: (games and practices may occur during weekdays)

Sunday: EMHA game vs opponent

Monday: Off

Tuesday: Off

Wednesday: Off

Thursday: Off

Friday: Off

Saturday: EMHA team practice

Peewee:

- Including Peewee Tier 5-6 teams.
- Focus on building fundamental skills adhering to Hockey Canada guidelines which are 45% technical skills, 25% individual tactics, 10% team tactics, 10% team play and 10% strategy

- On ice component of 4 times per week made up of the following: 3-4 weeks of skill development sessions, 20-24 weeks of practice and game play sessions, 3-4 tournament games sessions
- One Off ice session per week
- General Objective: To learn overall sports skills. One of the most important periods of motor development for children is between the ages of 9-12. This is a window of accelerated adaptation to motor co-ordination. Every specialization in late specialization sports can be detrimental to later stages of skill development and to refinement of the fundamental sports skill
- Guiding Principles: At this stage, children are developmentally ready to acquire general sports skills that are the cornerstones of all athletic development. Hockey Canada recommends that players in the “learning to train” phase continue to focus on the development and refinement of individual skills and individual tactics.

Regular weekly example of Peewee Recreational program: (games and practices may occur during weekdays)

Sunday: EMHA game vs opponent

Monday: Off

Tuesday: Off

Wednesday: Off

Thursday: Off

Friday: Off

Saturday: EMHA team practice