

IIHF Development Camp – Development Program

Agenda

Sunday

- 9:00 – 9:30 Welcome & Introductions – Kevin McLaughlin & Tony Hall
Icebreaker Exercise – Tony Hall
- 9:30 – 10:30 Development overview from each class participant on their own country - Tony
- 10:30 Coffee Break
- 10:45 – 11:15 Where Does This Program Fit with IIHF Development Program - Darryl Easson
- 11:15 – 12:30 Hockey Development - Dr. Steve Norris – video on LTAD
- 1:00 – 2:00 Lunch
- 2:15 – 3:30 Introduction to Key Components of Long Term Athlete Development – Kevin M

Critical components maximizing development:

- *8 Stages of LTAD: Active Start, Fundamentals, Learning to Train, Training to Train, Learn to Compete, Training to Compete, Training to Win, Hockey for Life*
- *Windows of Trainability*
- *5 Trainable Physical Capacities – stamina, strength, speed, skill, suppleness*
- *10 Year Rule – 10,000 hours*
- *Biological Age vs Chronological Age*
- *Periodization & Training Principles*
- *System Alignment & Integration*

- 3:30 – 4:00 Coffee Break
- 4:00 – 4:30 “Active Start” Stage: 0-6 years old – Ken Martel
- Fundamental movement skills
- 4:30 – 5:30 “FUNdamental” Stage: 6 – 9 years old – Ken Martel
- Developing Agility, Balance & Coordination (A, B, C's) / Flexibility/ 1st ‘speed’ window

Monday –

- 9:00 – 9:15 Feedback from Sunday’s Program – Tony Hall

9:15 - 10:15 IIHF Recruitment Program – Darryl Easson

10:15 – 10:45 Coffee Break

10:45 – 11:15 Teambuilding activity – Tony Hall

11:15 – 12:30 IIHF Learn To Play program overview – Junnu Kataja

Junnu will also explain ‘activity tracker’ form

1:00 – 1:45 Lunch

2:00 – 3:30 Observe LTP on-ice with players @ rink (activity tracker exercise)

3:30 – 3:45 Coffee Break

3:45 – 5:30 Review different federation’s age specific programs for young players

3:45 – 4:15 Finland’s Lion’s Liga – Junnu

4:15 – 4:45 Sweden’s Tre Kronor hockey – Bjorn Petersson

4:45 – 5:15 USA’s Red, White & Blue hockey – Ken Martel

- US Tennis Association Quick Start video - Kevin

Tuesday –

9:00 – 9:30 – Feedback from Monday program – Tony Hall

9:30 – 10:30 “Learn To Train” Stage: 9 – 12 years old – Kevin McLaughlin

Learning fundamental sports skills: coordination, throwing, striking, kicking

Van Gundy video – Golden Age of Skill Development

10:30 – 11:00 Coffee break

11:00 – 12:30 “Strength & Conditioning for the Young Player” by Mike Boyle

1:00 – 2:00 Lunch

2:00 – 5:30 Review of Different Federation Development programs

2:00 – 2:45 Germany – Jim Setters

2:45 – 3:30 Belgium – Johan Bollue

3:30 – 4:00 Coffee Break

4:00 – 5:30 Age specific athletic development discussion (speed, power, endurance, etc. – (Learn To Play 2 will join us) – Tomas Peric

Wednesday –

9:00 – 9:30 Feedback from Tuesday’s program – Tony Hall

9:30 - 10:30 “Train To Train” stage – 12 – 16 years old – Kevin McLaughlin

“Train To Train”: 13 – 15 years old

- Building the ‘engine’ & consolidating sports skills:
- 12-13 years old - stamina, endurance, aerobic training @ PHV onset; 2nd speed window;
- 13 – 16 years old- anaerobic lactic power & capacity; linear, lateral, multi-directional, chaotic speed of 5 – 20 seconds
- ‘Strength’ – 12 – 18 months after PHV

10:30 – 11:00 Coffee break

11:00 – 11:45 Design your own 10 & under program

12:00 – 8:00 Trip to Helsinki

Thursday –

9:00 – 9:30 Feedback on Wednesday’s program

9:30 – 10:30 “The Role of Practice & Environment in Developing Elite Players” – Ken Martel

10:30 – 11:00 Coffee Break

11:00 – 12:30 Age Specific Goalie Development - Tommi Niemela

1:00 – 1:45 Lunch

2:00 – 5:30

2:15 – 3:30 Finland’s Development Program – Kalle Valiaho

3:30 – 4:00 Coffee Break

4:00 – 5:30 Visualization – Birger Aaserud

Friday –

9:00 – 9:30 Feedback from Thursday’s program

9:30 – 10:30 “Learn To Compete”: 16 – 19 years old

Optimizing the ‘engine’ & refine the sports skills

Beginning of National Camps/ National Teams, etc.

10:30 – 11:00 Coffee Break

11:00 – 12:00 Maximizing Practice Time Utilization – Tomas Peric

12:00 – 12:30 IIHF Symposiums – Darryl Easson

1:00 – 2:00 Lunch

2:00 – 2:45 Sweden's Development Program – Goran Pegenius

2:45 – 4:00 "Developing Game Sense With-in Game Situation Roles" – Birger Aaserud

4:00– 4:30 Coffee Break

4:30 – 5:30 "The Values of Hockey" – Darryl Easson

Saturday –

9:00 – 9:30 Feedback on Friday's program

9:30 – 10:30 "What is Talent" – Daniel Coyle

10:30 – 11:00 Coffee Break

11:00 – 11:30 IIHCE Web Site Update – Robert Anderson

11:30 – 12:30 Class Exercise – Tony

1:00 – 2:00 Lunch

2:30 – 5:45 Observe Games

"Train to Compete": 19 – 23 years old

Optimizing the 'engine' & refine sports skills & performance

“Training to Win” Stage:

Maximizing the ‘engine’, skills & performance

Extra stuff – TBD where to use:

Mark Messier’s video

Daniel Coyle – The Talent Code

Malcolm Gladwell – Outliers

Design a development program – for your country/ for a single age group

Design off-ice and on-ice drills & practice plans for a single age group

Age specific issues: # of players per team; # players playing at a time; playing surface size; puck; net size; team compilation; travel; # of practices; # of games; season start date; season length; body-contact/ body-checking;

Age specific goaltending training

Team play & systems – what’s appropriate at each age group

Dr. Norris No – Asshole