



ABRIDGED VERSION

U11

Canadian Player Pathway





What is the Canadian Player Pathway?

The Canadian Player Pathway is supported by the Hockey Canada Long-Term Player Development Model. This framework provides the guiding principles for age-appropriate and skill-specific programming for all players in Hockey Canada’s minor hockey system. By utilizing LTPD principles, Hockey Canada membership offers systems and structures that are more consistent and ensures continuity as players move through the system from one age level to the next.

Player development is at the core of the Canadian Player Pathway, with a focus on skill development so each player will experience success in both practice and game settings.

About the U11 Player Pathway

Programming should be delivered through a progressive learn-to-play teaching curriculum that spans the nine- and 10-year-old age group. Children learn best through participating in practice drills and sessions, as well as informal and small area games.

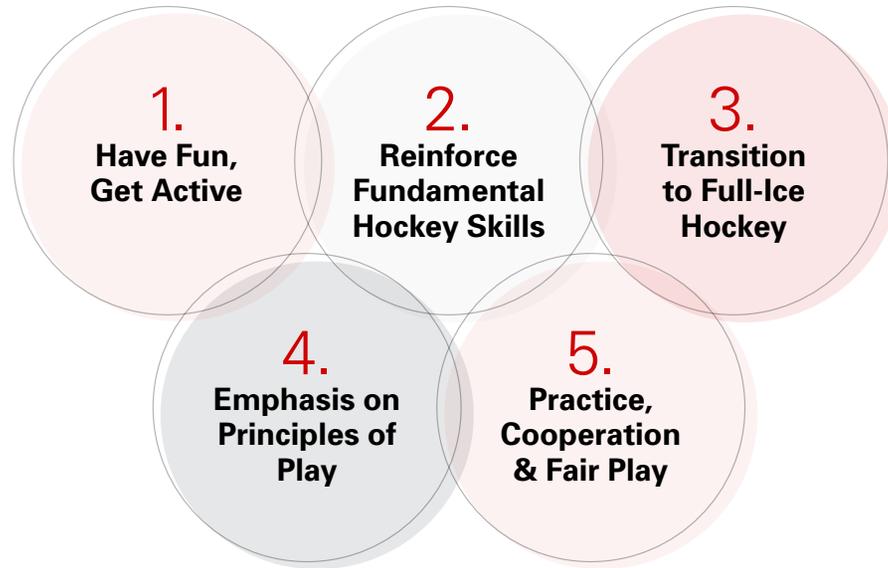
The program consists of four levels of instruction, designed specifically for young hockey players. Each level consists of a series of practice plans (lesson plans) that follow a defined path of progressions. The skills of skating, puck control, passing and shooting are introduced and refined in a one-step-at-a-time manner.

HOCKEY CANADA Long-Term Player Development Model

1. Discovery Hockey Skills
0-4 YEAR OLDS | COMMUNITY
2. FUNdamental Hockey Skills 1
MALE & FEMALE 5-6 | COMMUNITY/LOCAL
3. FUNdamental Hockey Skills 2
MALE & FEMALE 7-8 | LOCAL
4. Learn to Play
MALE 9-10 & FEMALE 8-9 | LOCAL
5. Learn to Train
MALE 11-12 & FEMALE 10-11 | LOCAL/PROVINCIAL
6. Train to Train
MALE 12-16 & FEMALE 11-15 | PROVINCIAL
7. Train to Compete
MALE 16-17 & FEMALE 16-18 | NATIONAL
8. Train to Win
MALE 18-20 & FEMALE 18-22 | INTERNATIONAL
9. Excel
MALE 21+ & FEMALE 22+ | INTERNATIONAL



U11 Program Goals



“As players transition into full ice hockey, having fun, continuing to develop fundamental skills and being introduced to game play concepts, they will continue to develop their love of the game.”

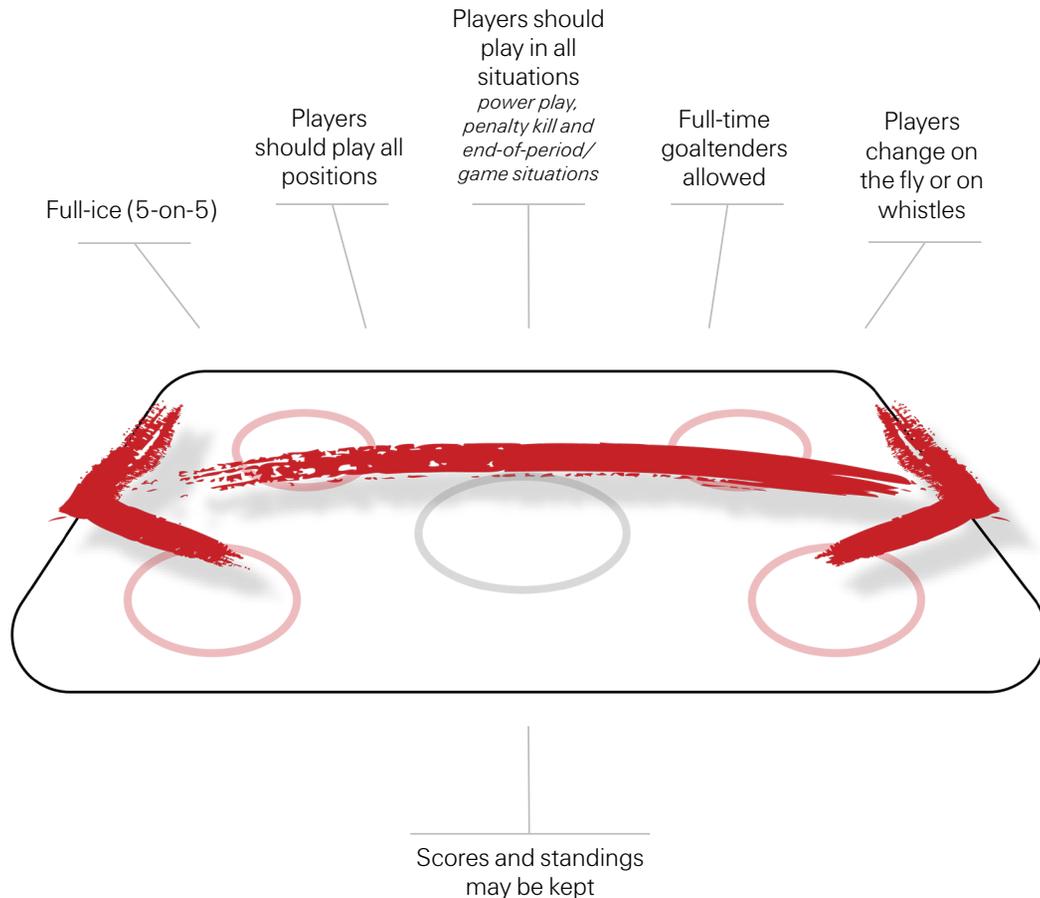
Corey McNabb

Director, Hockey Development
Hockey Canada





What does the game look like at U11?



What does the season look like at U11?

-  **Preparation Phase**
Introduction to skill development in a fun environment prior to evaluation/selection
-  **Evaluation/Selection Phase**
Teams are formed to participate in season activities
-  **Development Phase**
Continuous skill development through practice, lessons, small area games
-  **Regular Season Phase**
Practices, games and tournaments
-  **Playoff Phase**
Tournament-style playoffs at U11
-  **Off-Season Phase**
Transition to other sports



What U11 policies will benefit my child's experience?

Player Evaluation/Selection

- No player evaluation/selection/tryouts during the off-season phase (March through August).
- No player evaluation/selection/tryouts prior to the first week of school, or during the first week if it starts the week after Labour Day.
- Where school starts prior to Labour Day, there must be four skates/practices starting the week following Labour Day before player evaluation/selection/tryouts commence.
- Must offer a minimum of four practices/skill sessions prior to evaluation/selection/tryouts.
- Must have a minimum of three evaluation/selection/tryout sessions.

Development Phase

- Must be a period of development time following player evaluation/selection/tryouts.

Fair and Equal Ice Time

- Fair and equal ice time is designed to ensure that all players get the same opportunity to contribute to the outcome of games, regardless of skill or ability. A coach's responsibility is to develop all players to contribute. Shortening of the bench in an attempt to win games is not permitted. All players and goaltenders should receive fair and as close to equal as possible ice time.

Positional rotation:

- All players play all positions
- Full-time goaltenders allowed

Playoffs

- Playoffs in U11 hockey must be tournament-style versus elimination rounds.



CANADIAN PLAYER PATHWAY | U11 HOCKEY



**make
hockey
more**

