

ABRIDGED VERSION

U13

CANADIAN PLAYER PATHWAY

 **make
hockey
more**





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 ensure 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 U13 Player Pathway

Programming should be delivered through a progressive learn-to-play teaching curriculum that spans the 11- and 12-year-old age group. Children learn best through participating in practice drills and sessions, as well as informal and small-area games.

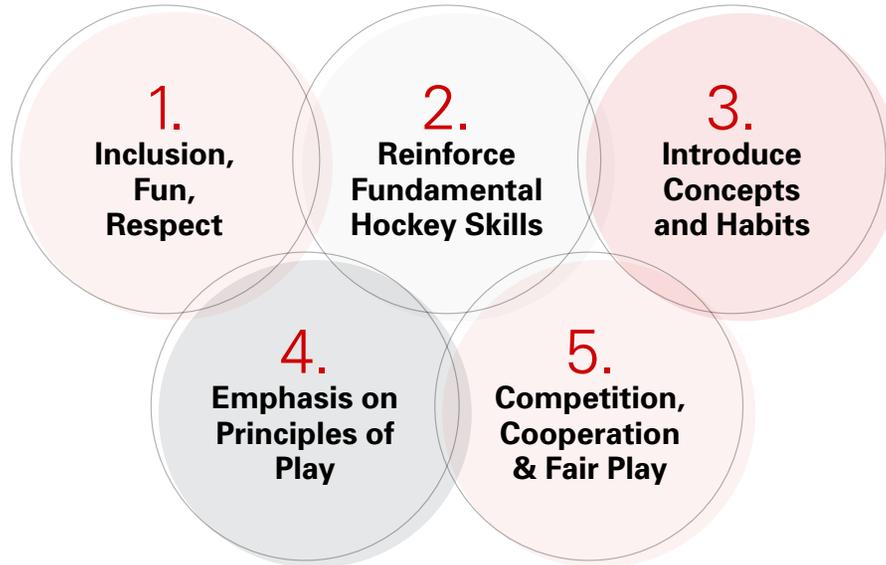
The program consists of four levels of instruction, designed specifically for young hockey players. Each level consists of a series of practice plans (lesson plans) that follow a defined path of progressions. The skills of skating, puck control, passing and shooting are refined with an emphasis on an introduction to concepts, tactics and decision making.

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



U13 Program Goals



“As players transition into a higher level of hockey, having fun, continuing to develop fundamental skills and being introduced to game play concepts, habits and decision making, they will continue to develop their love of the game.”

Corey McNabb

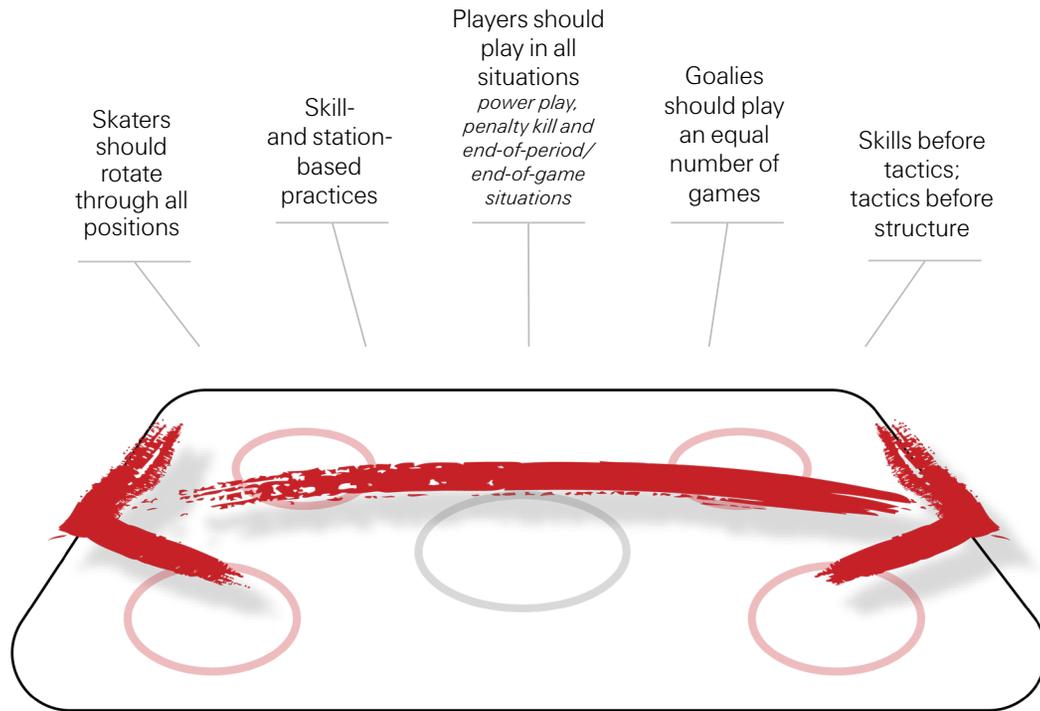
Director, NextGen Development,
Hockey Canada





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What does the game look like at U13?



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.

What does the season look like at U13?

-  **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 / Development Season Phase**
Practices, games and tournaments
-  **Playoff Phase**
Tournament/short-term competition-style playoffs at U13
-  **Off-Season Phase**
Transition to other sports



What U13 policies will benefit my child's experience at the Recreational / Community Level?

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 two skates/practices starting the week following Labour Day before player evaluation/selection/tryouts commence.

In situations where athletes are required to register for school or require billeting, the tryout/evaluation process as outlined above would not apply.

In situations where fall tryouts/evaluations are not possible, an initial spring ID/tryout camp may be held, providing roster spots are left open with final roster to be determined in September.

- Must offer a minimum of two practices/skill sessions prior to evaluation/selection/tryouts.
- Must have a minimum of three evaluation/selection/tryout sessions.

Where teams are compiled for balanced rosters, formal tryouts are not required.

Development Phase

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

Playoffs

- Playoffs in U13 hockey must be tournament/short-term competition-style versus elimination rounds.

[CLICK TO VIEW A SAMPLE SEASONAL STRUCTURE](#)



What U13 policies will benefit my child's experience at the Development / Competitive Level?

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.

In situations where athletes are required to register for school or require billeting, the tryout/evaluation process as outlined above would not apply.

In situations where fall tryouts/evaluations are not possible, an initial spring ID/tryout camp may be held, providing roster spots are left open with final roster to be determined in September.

- Must offer a minimum of four practices/skill sessions prior to evaluation/selection/tryouts.
- Must have a minimum of three evaluation/selection/tryout sessions.

Where teams are compiled for balanced rosters, formal tryouts are not required.

Development Phase

- Must be a period of development time following player evaluation/selection/tryouts. (Recommend minimum of 10 – 14 days from the time a team is selected until the regular season starts.)

Playoffs

- Playoffs in U13 hockey must be tournament/short-term competition-style versus elimination rounds.
- If tournament-style playoffs cannot be accommodated, an alternative structure should be used that minimizes elimination time between initial elimination and declaring a champion. Teams must participate in regular season play until at least March 1.

CLICK TO VIEW A SAMPLE SEASONAL STRUCTURE

Player Pathway Rationale

1. No tryouts / evaluations prior to or during the first week of school

- Give LHAs and parents back the summer – season does not need to start early only to be finished in February (start later/end later).
- Proper attention to the start of school year is important and stressful enough for players.
- Give LHAs a chance to get organized and begin planning.
- Because of varying growth spurts, especially at U13 we need to make sure to allow late developers to be at their best when they are evaluated.

2. Prep skates - Must have minimum of two (recreational) / four (competitive) practices / skill sessions prior to formal evaluations starting

- A player's first experience with hockey should not be a formal tryout – give all players the chance to get back on the ice in a more "player friendly" scenario.
- Give players more confidence going into tryouts.
- Help to level the playing field as not all players have a chance to go to hockey schools or prep camps.
- Give an LHA a chance to run its own prep camp.
- Great opportunity to run Checking skills sessions for U13 players.

3. Tryouts must be minimum of three formal tryout / evaluation sessions – Recommended: one skills sessions, one small-area games session, one formal game (minimum). (Where teams at the recreational level are compiled for balanced rosters, formal tryouts are not required.)

- This is a key part of a player's hockey experience.
- Players need a fair chance to evaluate – a standard process will show transparency and consistency.
- Will provide coaches with the basis of a development plan based on a solid and quantifiable evaluation.

4. Development time following team selection and prior to the start of the regular season

- Imperative to give coaches the chance to develop and improve their players' skills prior to getting into organized games.
- Put focus on skills and player development, improve practice-to-game ratio Skills before tactics, tactics before systems.
- Eliminate or reduce pressure to try and win right away and give players time to learn individual aspects of the game.

5. Tournament/short-term competition-style playoffs versus elimination rounds

- Give all teams the chance to play to same end point. (All players deserve the same chance to play to the end of the year.)
- More teams / more players playing longer into the season.
- Allow more rest and recovery within the season and the regular season schedule can be spread out.
- Greater opportunity for more players to participate in different activities in season.

The Player Pathways are an overall philosophy that focuses on the delivery of the game by Hockey Canada Members with an emphasis on player development. Members have approved the philosophy and the implementation of the Player Pathways. However, should a Member due to regional differences need to modify a required component of the U13 Player Pathway, it must ensure that the modification is done in a manner to maintain the overall philosophy of the Player Pathways. The Member will submit its adaptation and rationale as to how the change maintains the Player Pathway Philosophy to Hockey Canada.



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