

## Train to Compete

Ages 19-21 female

Ages 19-23 male



The objective of the Train to Compete stage is to transfer from the training environment to a competitive environment. Athletes must consolidate technical skills, and maintain ancillary skills and underlying physical capacities. The competitive performance should be predictable and appropriate.

### General Description of the Learn to Compete stage:

During the Train to Compete stage training volume remains high while intensity increases with the importance of competitions. The training is usually 10 months of the year and is discipline and event-specific. Athletes will usually be required to move away from home for training and competition environments that fit this level of athlete development. The training is individualized to the athlete's particular needs in skill development, mental preparation, fitness and recovery. Athletes need to continue to consolidate individual strengths and rectify weaknesses.

### USA Hockey's key focus for this stage:

- Competing well in a variety of conditions
- Understand their own role in critical thinking and decision making both in and out of sport settings
- Manage lifestyle to meet training and competition commitments

### USA Hockey Programs:

USA Hockey has 20 and Under Junior A classification programs at several levels with the USHL being the top level league classified as Tier 1. USA Hockey recognizes NCAA Division 1 college hockey as the pinnacle of the amateur player developmental process in the United States.

### Monitoring:

Must conduct regular medical monitoring

- Monitor for fatigue and under-recovery
- Monitor to maximize individual performance potential

### LTAD Window of Opportunity:

In this stage, both male and female athletes will have reached physical maturity. Individual capacities can continue to be developed but there is not an enhanced window of optimal trainability.

### Components of the Hockey Learn to Compete Stage:

#### Physical Development:

Maturation is completed during this stage.

- Ensure that all muscle groups and body alignments are well-balanced, complemented with optimal flexibility ranges.
- All physiological systems are fully trainable
- Use periodized training programs to develop:
  - Stabilization of upper and lower body as well as core
  - maximum strength
  - anaerobic endurance
  - speed strength

### **Psychological Development:**

- The athlete in this stage takes full responsibility for his/her training and competitive performance.
- Work with coaches is more collaborative, as athlete is capable of self-analyzing and correcting and refining skills.
- Goal setting is important to give direction and purpose to the training program

### **Training and Competitive Environment:**

#### **High Performance Track**

- **Training/Competition Ratio:** 40% training, 30% competition specific training, and 30% competition
- **Training Volume:** 5 to 6 times hockey per week, with session length of 60 to 120 minutes at 20 and Under Junior level. 4 to 6 fitness sessions per week.
- **Training Year:** 4 weeks/month, 10-11 month/year - Periodization calendar will aid structuring; Preparatory >> Competition >> Transition Phases
- **Team Composition:** Team composition includes a flexible roster. 18 skaters and 2 goaltenders dress for competitions, however roster size includes additional supporting players due to the frequency of injury
- **Team Structure:** Teams in these age groups are made up of players of like ability with out restrictions.
- **Competition format:** 20 and Under Junior A teams shall play 20-minute stop-time period games with one (1) ice resurface after the first period and a second ice resurface after the second period
- **Overall activity ratios:** 60% hockey, 40% fitness
- **Complimentary Sports:** Athletes are encouraged to participate in outside sporting recreation

### **Technical Development:**

- Continued refinement of skills at a high speed
- Execution of skills must be detailed and performed in tactical situations

### **Tactical Skills:**

- Speed of transition from offense to defense and defense to offense
- Speed of decision making skills
- Competitive events should be carefully planned, with the goal of developing performance on demand abilities
- Athletes must apply critical reasoning skills to maximize performance in competition
- Model high level competitions in training and develop competitive abilities under a range of simulated training conditions
- Continue to focus on long-term, not short-term success

### **Ancillary Skills:**

Ensure all programs for fitness, recovery, technical skill development and psychological preparation are individualized to focus on the specific needs of the athlete.

### **Life Style:**

- The athlete must learn to balance the demands of training, competition, school, employment, family and social life
- The athlete makes a full commitment to specialization in ice hockey

- As more travel is required, athlete must learn to travel with a team, adapt to new environments and make choices for meals, hydration, rest and recovery that promote sound training and meeting competition performance goals