



14 & Under Development Overview

- Building the “engine” and consolidating sports skills
- Optimal window for stamina or endurance
- Critical window to aerobic training begins with onset of Peak Height Velocity
- Optimal training window for speed (second speed window)
 - Develop anaerobic lactic power and capacity
- Optimal window for strength
 - 12 – 18 months after Peak Height Velocity
- Play hockey 45% of the time, play multiple sports or engage in activities like soccer, running, gymnastics, swimming, skiing or other activities 35% of the time and engage in fitness through other sports (like lacrosse, baseball, golf, track and field, etc.) 20%.
- 160 ice sessions per year
- 4-5 ice sessions per week
- 80-minute practice sessions
- Combined and separate practices for team and position
- 9-month training and competition calendar
 - 16 skaters and 2 goalies per team
 - 120-130 practices and 40-50 games
 - 16 skaters and 2 goalies per team
 - Appropriate off-ice training for LTAD stage

