



Hockey Eastern Ontario Player Development Pathways Framework (U9-U15)

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

Player development is at the core of player pathways, with a focus on skill development so that each player will experience success in both practice and game settings. When viewed from the perspective of how kids learn, the number of repetitions of specific skills and situations that occur in practice versus a game, we quickly learned where players have a chance to develop the most: practice. Note that information below does not include mandatory pre-tryout/sort out skills sessions and tryout/sort outs sessions.

Seasonal Structure once teams rosters are tryouts/sort outs are completed.

Recreational	U9	U11	U13	U15
Practices (practices to reg games)	1:1 ratio	1:1 ratio	1:1 ratio	1:1 ratio
Regular Season Games	22	24	24	24
Exhibition Games	4	4	4	4
Tournaments Games	9	9	12	12
Playoffs Games	8	8	8	8
Total Games	43	45	48	48

Competitive	U9	U11	U13	U15
Practices (practices to reg games)	2:1 ratio	2:1 ratio	2:1 ratio	2:1 ratio
Regular Season Games	22	24	24	28
Exhibition Games	4	4	4	4
Tournaments Games	9	12	12	12
Playoffs Games	8	10	10	10
Total Games	43	50	50	54

Special Instructions

1. This table shows the maximum number of games. A district or league may decide to have less games.
2. For U9, teams may participate in full ice games after 15 January, up to a maximum of 7 of 22 regular season games. Games originally scheduled before 15 January must be played on half ice.
3. Travel permits are required for all exhibition games and all tournaments signed by the District Chair.
4. Each tournament equals to 3 games regardless of numbers of games played.
5. Teams are encouraged to participate in tournaments across the whole season. Districts or leagues may have blackout dates for tournaments during the playoffs.
6. Team advancing past the regional Silver Stick Tournament must seek permission from HEO to participate.
7. Playoffs must be tournament/short-term competition-style format versus elimination rounds.
8. Season is to have two seasonal breaks (not including Christmas). Minimum five days without a scheduled game or mandatory practice. One must be March break. Districts or leagues may determine the second seasonal break.
9. Districts and leagues are to submit regular season/playoffs seasonal plan to HEO NLT than 1 July (Starting 2025-2026 season).
10. Districts are responsible to review and report number of games/practices for all teams to HEO.
11. Head Coach may be subject to discipline which may include a suspension if their teams exceed number of games or tournaments.