Junior Hurricanes Player Development (PD) Program

Player Development (PD) sessions are a foundational part of the Junior Hurricanes program. These sessions are designed by our Player Development staff using a structured, age-appropriate curriculum focused on skill development and long-term athlete growth. Each session includes dedicated goaltending instruction to support balanced team development.

The PD framework is regularly reviewed by our Coaching Directors to ensure consistency, efficiency, and alignment with Junior Hurricanes standards. The purpose of this overview is to clearly explain how Player Development fits within the overall Junior Hurricanes model.




Purpose & Mission

The Junior Hurricanes Player Development Program provides players at all levels with consistent, progressive, and skill-focused training. The goal is to reinforce strong foundational habits while preparing athletes for the increasing demands of modern hockey.

The mission of the program is to improve skating, puck skills, shooting, puckhandling, and game awareness through sessions that:

- Reinforce fundamental hockey skills
- Progress in difficulty through structured 4–6 week training blocks
- Develop confidence, decision-making, and awareness under game-like pressure
- Promote long-term growth and advancement within the sport

Program Design & Philosophy

Player Development sessions are built around structured phases that target essential skating and puck skills. As players progress, drills become faster, more complex, and more decision-driven to reflect real game situations. Player Development sessions are broken down into skill specific drills and mechanics, identifying how those skills are applicable in a game situation, then applying skills in situational environments under pressure.

Core Development Focus

- **Skating:** Edge control, balance, acceleration, transitions, and agility
- **Puck Skills:** Control, protection, and execution under pressure
- **Game Awareness:** Understanding time, space, and decision-making

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Program Phases

The Player Development Program is delivered through four primary phases throughout the season:

Phase 1: Skating Fundamentals (4–6 weeks)

Emphasis on edge control, transitions, backward skating, pivots and efficient movement. Strong skating fundamentals improve speed, balance, positioning, and support all other hockey skills.

Phase 2: Puck Protection, Puck Handling & Body Positioning (4–6 weeks)

Focus on maintaining possession, using proper body positioning, increasing scoring opportunities, improving physical play, reducing turnovers, teaching game awareness, and making composed decisions under pressure.

Phase 3: Situational Passing, Shooting & Skating (4–6 weeks)

Integrates skating, passing and shooting in game-like situations to improve accuracy, timing, play making abilities and offensive creativity. Improves game speed and fluidity, builds confidence under pressure, and enhances offensive options.

Phase 4: Incorporating Phases 1-3 and Small Area Games (4–6 weeks)

Uses competitive, high-tempo games in reduced spaces to reinforce skills, increase decision-making speed, encourage creativity, reinforce defensive habits, improve compete habits through more repetitions, and improve game sense development in a fun, competitive format.

Overall Player Benefits

Players who actively engage in Player Development sessions gain:

- Increased confidence and composure in game situations
- More efficient movement and energy use
- Reduced injury risk through proper mechanics
- Greater creativity and adaptability
- Stronger all-around skill development

Summary

The Junior Hurricanes Player Development Program is designed to provide a clear, progressive pathway for player growth. By focusing on foundational skills and advancing them through structured phases, the program supports long-term development, improved performance, and readiness for higher levels of play.