



FINNISH ICE HOCKEY ASSOCIATION

FIHA Structure and Player Development



Kalle Väliaho

Work:

- FIHA Manager, Youth Hockey Operations
1st of August 2016-
- FIHA Regional Coach 2009-2016
- IIHF Instructor since 2007
- Youth Coaching Experience in different
levels from Finland, Hungary and China

Education:

- Currently pursuing Masters Degree in Sport
at Vierumaki,
- Bachelor in Sports and Leisure
Management (2006)
- Educated Masseur (2003)





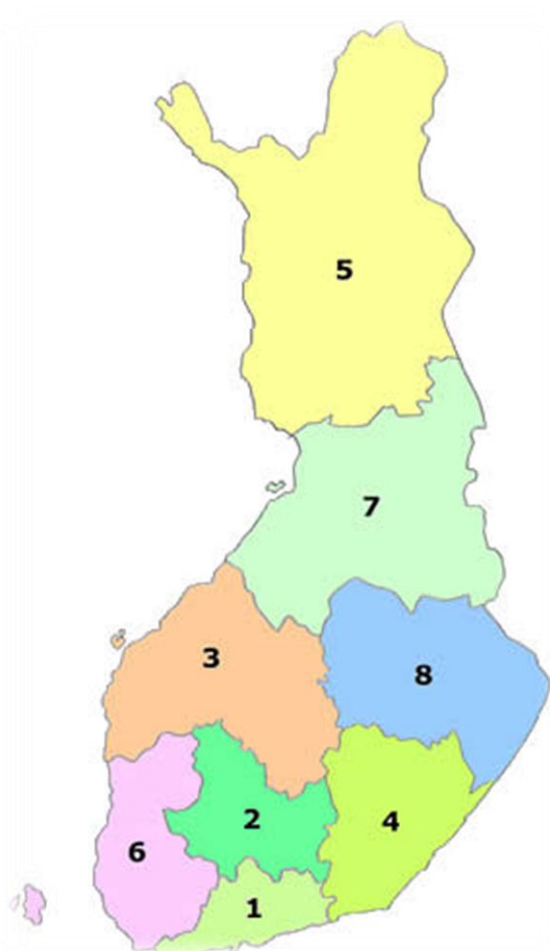
FINNISH ICE HOCKEY ASSOCIATION (FIHA)

- Founded on 1929
- 50 fulltime workers
- 72000 registered players and coaches
 - About 35000 youth players
- 260 indoor rinks
- 400 clubs which 210 have youth program
- Population of Finland about 5,3 million
- IIHF World Ranking 2014: 2nd
- NHL 2015-2016: 28 Skaters and 11 Goalkeepers

IIHF Survey of Players (2014) – Olympic Participants

FEDERATION	REGISTERED PLAYERS		RINKS	NATIONAL POPULATION
	Jr./Youth	Female	In-door	
1. Canada (4)	518,008	86,612	2,631	34,834,841
2. United States (6)	302,203	67,230	1,898	318,892,103
3. Russia (3)	81,592	712	419	142,470,272
4. Sweden (1)	41,521	3,434	355	9,723,809
5. Finland (2)	39,263	5,830	260	5,268,799
6. Cze Republic (5)	22,302	2,647	158	10,190,213
7. Germany	18,084	2,898	202	80,996,685
8. Switzerland	13,740	1,091	158	8,061,516
9. Slovakia	8,675	511	64	5,443,583
10. Norway	4,179	632	45	5,147,792
11. Latvia	1,689	162	17	2,165,165

REGIONS

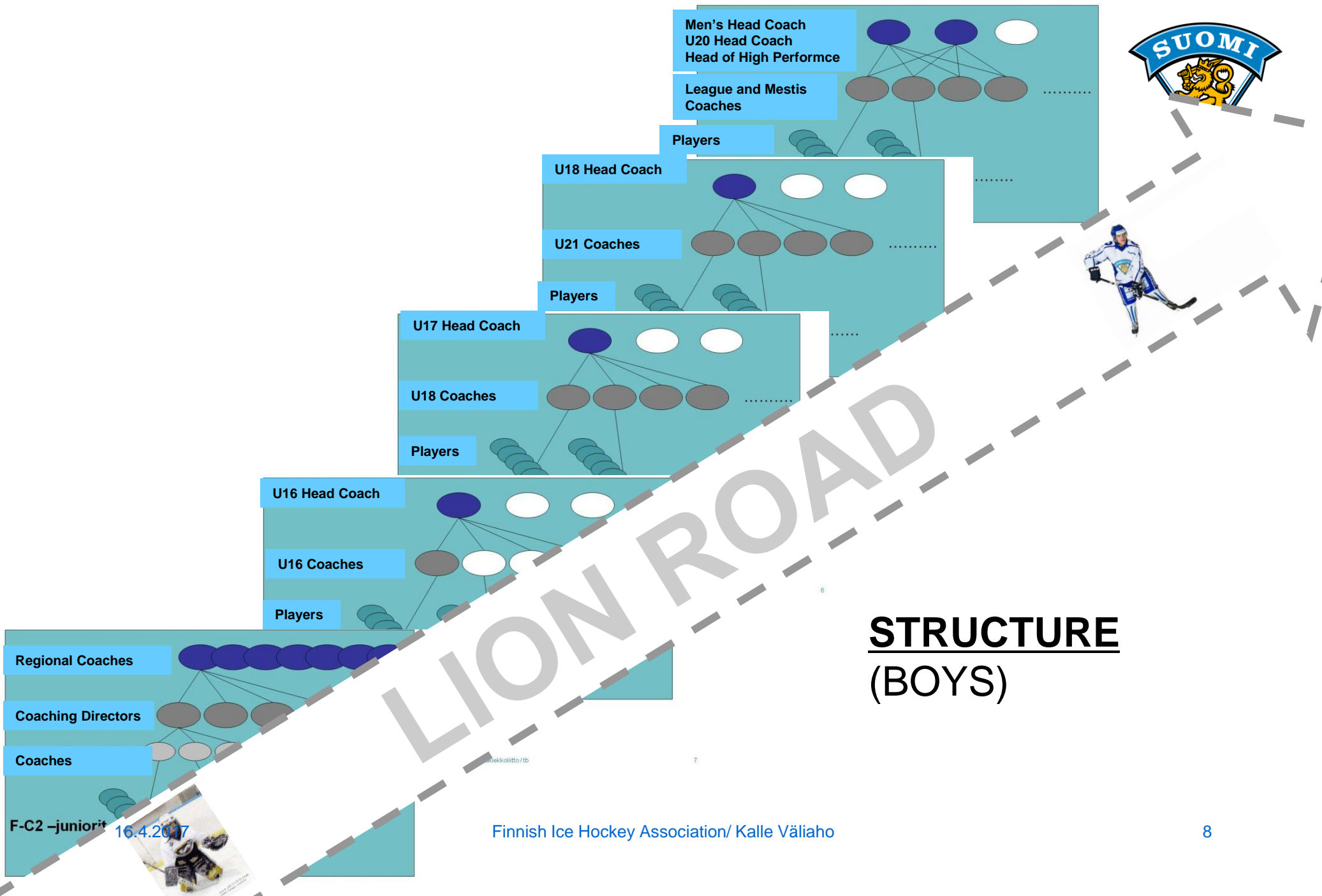


1. South (28% of licenses)
2. Häme (16%)
3. Mid Finland (12%)
4. Kymi-Saimaa (9%)
5. Lapland (4%)
6. Westcoast (15%)
7. North (10%)
8. Savo-Karjala (6%)



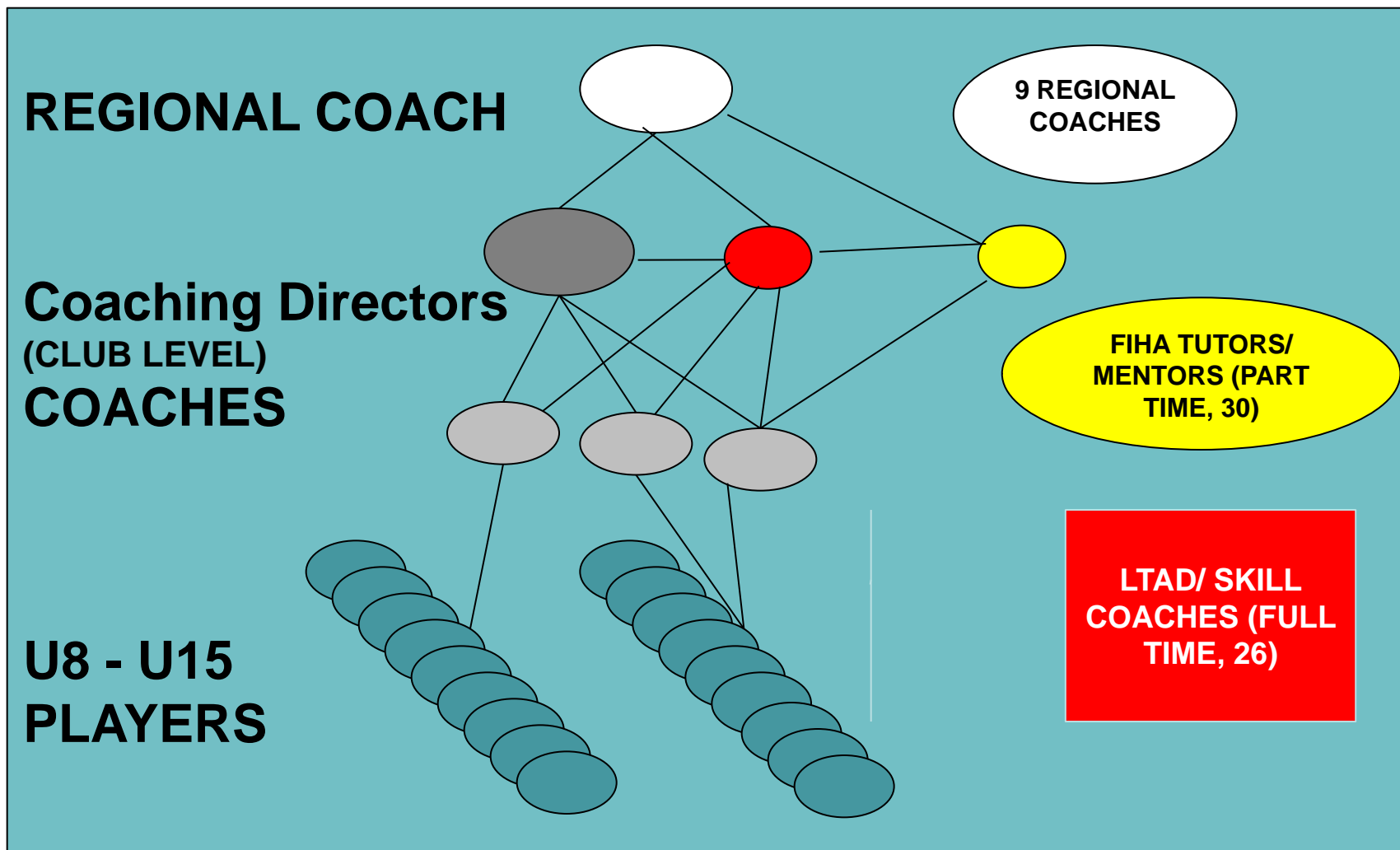
"SMALL HISTORY"

- 1998 First fulltime FIHA Instructors started
- 1998 FIHA supports Youth Clubs to hire full time Coaching Directors
 - 1997 and 2003 WC profits
 - Money was paid until 2006
- 2007 First fulltime Regional Coaches started
- 2007-2010 Clubs were financial supported by the quality of their youth programs
 - Audits 2007-2010
- 2012 First full time U16 Head Coach
- 2013 Skill Coaches
 - 26 Coaches for 100 Clubs
 - 2012 & 2013 WC profits



STRUCTURE (BOYS)

YOUTH HOCKEY





National Team Development Program Season 2015-2016

All together:
32 NTDP Camps
320 Days
100 Games

U20

Testi- ja jääleiri, 26.-30.7.2015, Vierumäki
30.7-10.8.2015, Lake Placid, USA
Neljän maan turnaus, 26.-31.8.2015, Venäjä
Maaotteluleiri, 4.-9.11.2015, Tsekki
Neljän maan turnaus, 6.-8.11.2015, Suomi
MM-leiri I & II, 13.-25.12.2015, Vierumäki & Helsinki

U18

Kesäopiskelu 1, 8.-15.6.2015, Kuortane
Kesäopiskelu 2 + testileiri, 27.7 - 4.8.2015, Vierumäki
Kahdeksan maan turnaus, 8.-16.8.2015, Slovakia/Tsekki
Viiden maan turnaus, 1.-9.11.2015, Sveitsi
Viiden maan turnaus, 25.-30.12.2015, Zuchwill, Sveitsi
Viiden maan turnaus, 10.-14.2.2016, Suomi
MM-leiri I & II, maaliskuuhuhtikuu 2016, Suomi & USA
MM-kisat, 14.-26.4.2016, Grand Forks, USA

U17

Testileiri, 3.-6.5.2015, Vierumäki
Jääleiri, 12.-16.8.2015, Vierumäki
Maaotteluleiri, 14.-16.8.2015, Vierumäki
Finnkampen, 28.-30.8.2015, Suomi
Kv. turnaus, 30.10 - 10.11.2015, Kanada
Maajoukkueleiri, 27.-29.12, Suomi
Viiden maan turnaus, 8.-16.2.2016, Plymouth, USA
Neljän maan turnaus, 13.-17.4.2016, Ruotsi

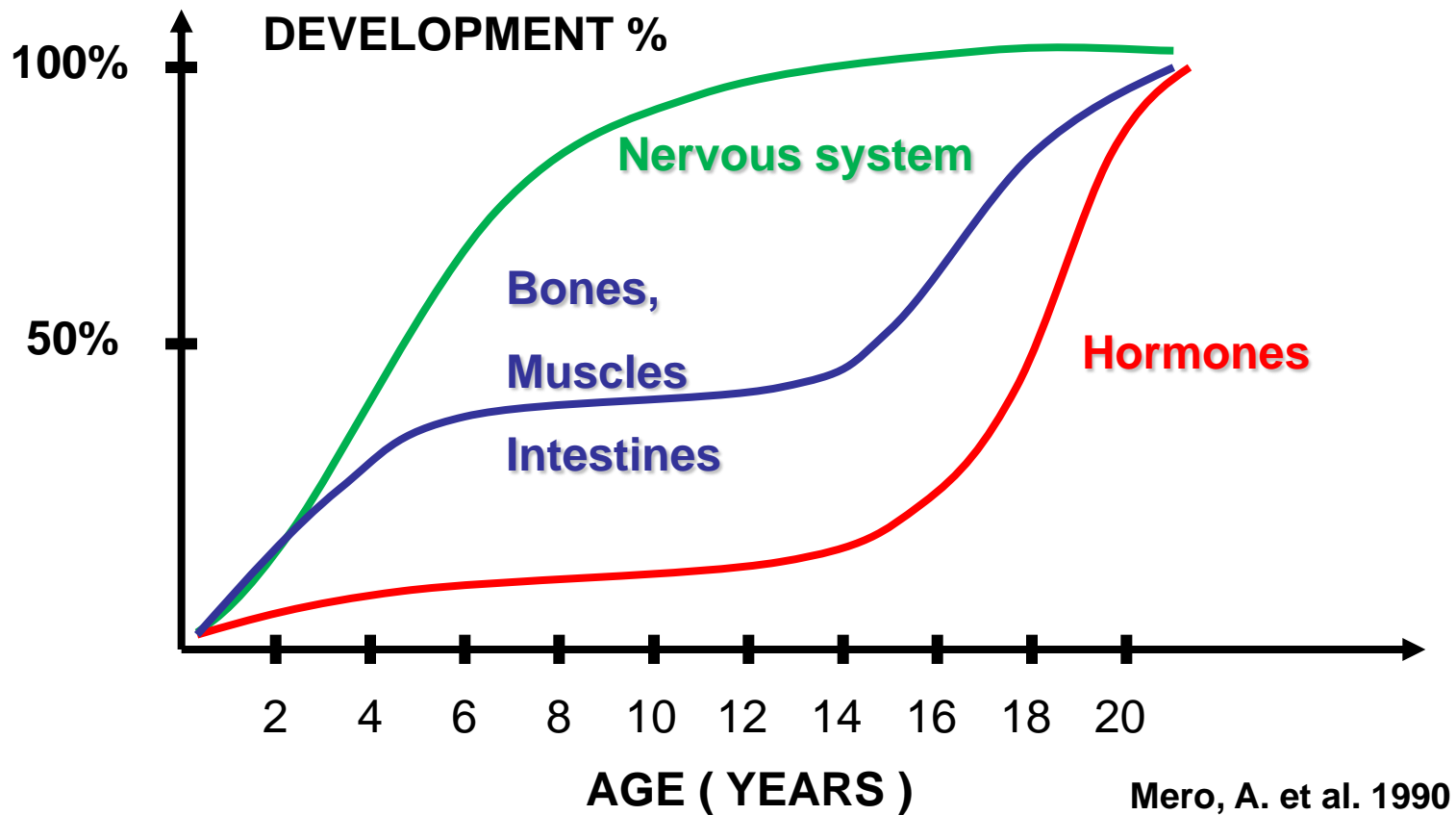
U16

Testileiri, 2.-5.5.2015, Vierumäki
Jääleiri, 21.-25.7.2015, Vierumäki
Finnair-turnaus, 22.-25.10.2015, Vierumäki
Maaotteluleiri, 16.-20.12.2015, Ruotsi
Kv. turnaus, 24.12 - 2.1.2016, Kanada
Neljän maan turnaus, 26.-31.12.2015, Slovakia
Neljän maan turnaus, 9.-14.2.2016, Ruotsi
Youth Winter Olympic Games, 12.-21.2.2016, Norja
Neljän maan turnaus, 15.-17.4.2016



**LION ROAD
-FIHA LTAD**

GROWTH AND DEVELOPMENT



Quantity counts!!!

Amount of practise between 12-14 years old (h / week)

Name	Sport	Organized sport	Self-motivated sport	other physical activity	Combined.
Tuomas Sammelvuo	Volleyball	14	5	8	27
Ville Lång	Badminton	11	5	10	26
Aino-Kaisa Saarinen	Cross country skiing	3	4	19	26
Johanna Ylinen	Judo	9	6	6	21
Jarkko Nieminen	Tennis	7	2	24	33
Mika Poutala	Ice skating	5	3	17	25
Tero Tiitu	floorball	9	15	15	39
Jarkko Ruutu	ICE HOCKEY	6	15	8	29
Tuomo Ruutu	ICE HOCKEY	6	4	24	34
Jari Mönkkönen	Gymnastics	15	4	25	44
Hanno Möttölä	Basketball	8	5	10	23
Matti Rajakylä	Swimming	6	2	23	31
Aki Parviainen	Javelin	9	9	10	28
Aki Riihilahti	Soccer	8	10	15	33
Jere Dahlström	Finnish baseball	7	20	8	35
Sami Uotila	Alpine skiing	6	3	15	24
Thomas Johanson	Sailing	14	2	18	34
Avg.		8h	7h	15h	30h

PRACTICE AND GAMES



Age Group (Season 2016-2017)	Practice minutes (Ice and Off Ice)	Games/ Player/ Season	Tournaments	Days a week
Lion Hockey School	45-90	0	0	1-3
F1 and F2 (2007 & 2008)	45-90	15-20	1-3	2-3
E2 (2006)	60-100	20-25	3-5	3-4
E1 (2005)	60-120	25-30	3-5	3-4
D2 (2004)	60-120	20-25 / 30-35	2-3 / 2-4	2-3 / 4-5
D1 (2003)	80-120	25-30/ 35-40	2-3 / 2-4	2-3 / 4-5

5-9 YEARS – GET EXCITED IN GREAT ATMOSPHERE!



Passion for sport and playing ice hockey

Health related fitness

Right self-esteem

LION HOCKEY SCHOOL for U8 and younger

- 1-2 practice a week, no games

LION LEAGUE for F2 (U9) and F1 (U10)

- 1-3 practice a week, 8-10 1 day tournaments
- **NO Full-Ice Hockey!**

Minimum 20h in week sports, where

- 25-40% sport specific run by club
- 60-75% multisport on their own



10-14 YEARS – TIME TO PLAY!

- Learning to play and teaching the game
- Learning to train
- REGIONAL LEAGUES A, AA, AAA
 - First time full ice
- SKILL COACHES
- Minimum 20h in week sports, where
 - 25-40% sport specific run by club
 - 60-75% multisport on their own



BALANCE U6-U14





15-19 YEARS - TO BE COMPETETIVE!

- What does it take to be an athlete
- Goal setting by the players themselves

YOUTH NATIONAL TEAMS

- U16, U17, U18, U19, U20

NATIONAL CHAMPIONSHIPS

- Practice 5-8 times a week
 - 40-50 league games
-
- Sport minimum of 20h in a week, where
 - 50-75% sport specific run by the club
 - 25-50% multisport on their own





B1 (U18) TEAM'S WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
FREE	ON OR OFF ICE (INDIVIDUAL DEVELOPMENT)	ON OR OFF ICE (INDIVIDUAL DEVELOPMENT)	ON OR OFF ICE (INDIVIDUAL DEVELOPMENT)	ON OR OFF ICE (INDIVIDUAL DEVELOPMENT)/ TEAM PRACTICE	MORNING SKATE/ TRAVEL	FREE
EVENING						
FREE	TEAM PRACTICE	TEAM PRACTICE	TEAM PRACTICE	TEAM PRACTICE/ TRAVEL	GAME	GAME

DEVELOPMENT OF A PLAYER



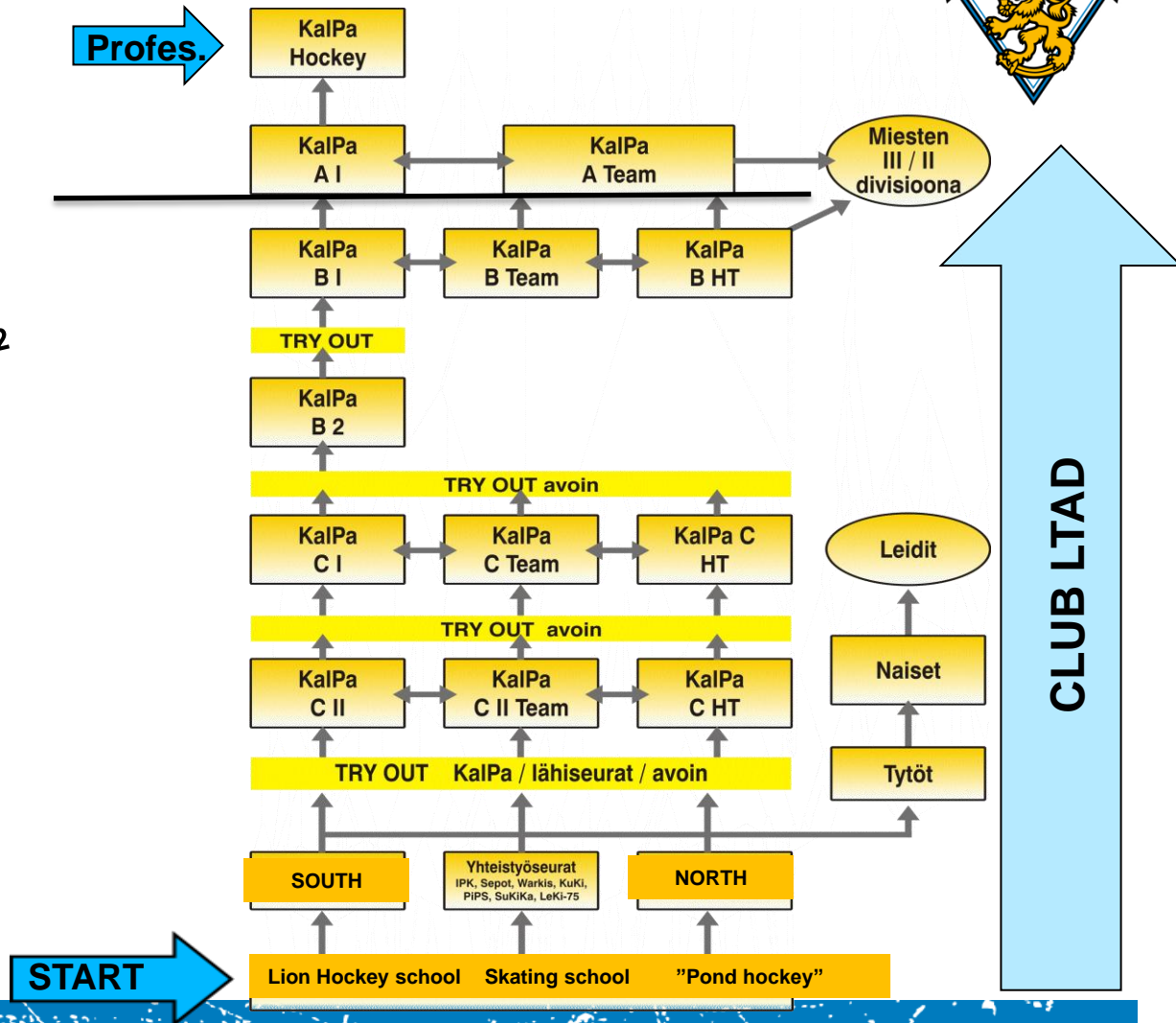


CLUB STRUCTURE & UMBRELLAS

STRUCTURE OF SINGLE CLUB – KalPa, Kuopio



900+ players and coaches
 Youth side has 6 full time workers
 2014 National teams: U16: 2, U17: 3, U18: 3, U20: 2
 2014: 2 NHL Drafts (7 in last 4 years)
 11 NHL players all time:
 Sami Kapanen, Olli Jokinen, Kimmo Timonen



RECOMMENDED LOCAL CLUB GOALTENDING STRUCTURE



- Every youth club should have their own LTAD for Goalies
 - Written down to the strategy
- Each team should have its own goalie coach
- The head of goalie coaching in club is in charge of all the goalie coaches and their development
- Age-specific training at all times
- Weekly goalie specific on-ice and off-ice practices



26 "Model clubs" (25 w/skill coach- 1 without)
121 co-operation clubs (102 w/ skill coach
- 19 without)
40 miscellaneous (3 w/ skill coach - 37 without)

LAPIN SATEENVARJOT

- ROKI
 - KIPS
 - SoPa
 - TIHC
 - PeKi
 - Pantterit
 - KeKi
 - RaPe (ei joukkueita kaudella 2015-2016)
- SITOUTUMATTOMAT:
 - TuKi, PosPy, SaPS, EtPo, KoTu (Rokin alla taitovalmennuksessa)

POHJOISEN SATEENVARJOT

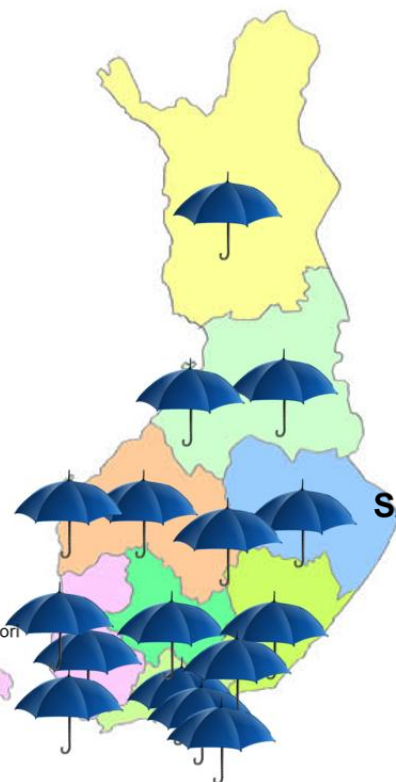
- KÄRPÄT
 - K-Laser
 - Lämärit
 - KKP
 - Ahmat
 - K-Oulu
 - MuJK
 - LiKi
- HOKKI
 - SoKi
 - SuPS
 - KiVa HT ??, suuntautunut Kuopioon
- SITOUTUMATTOMAT:
 - JHT, RJK, PJK, OuHu, YJK, Hau, Kiilat, PyPo, PaKa, Cowboys (työn alla Hermes)

LÄNSIRANNIKON SATEENVARJOT

- TPS
 - VG-62
 - RNK
 - Kiekko-67
 - TarU
 - PaiHa
 - KaKiPo
 - Kiekkohait
 - SoPa
- LUKKO
 - LaJy
 - UJK
 - LäKi
 - PaRa
 - EJL
 - FoPS
 - Lluja
- ÄSSÄT
 - KJK
 - LuKi-82
 - VaPS
 - MJS
- TUTO
 - Rockets
 - ParSport
 - TuK-V (mukana pelaajaliikenne yhteistyössä)
- SITOUTUMATTOMAT:
 - Ei ole

ETELÄN SATEENVARJOT

- HIFK
 - HJK
 - GRIFK
 - Kiekko-Tiikerit
 - Salamat
 - Wolf, pelaajaliikenne IFK, TV IFK ja KJT
- JOKERIT
 - K-Kissat
 - Viikingit
 - Hunters
 - Kurra
 - K-Vantaa, pelaajaliikenne sopimus
 - EVU, pelaajaliikenne sopimus
- EVU
 - K-Vantaa
 - PiTa
 - EKS
- SITOUTUMATTOMAT:
 - HaKi
 - Ice Team Raasepori
 - Nikkarit, TV HPK
 - Ahmat
 - IHK
 - OKK
 - Red Wings
 - KoJo
 - LJK
- KJT
 - Haukat
 - Jää-Tiikerit, TV KJT, muut toim. Lahti
 - KeLa
 - Wolf
- BLUES
 - EPS, pelikkä pelaajaliikenne
 - EKS, pelikkä pelaajaliikenne



HÄMEEN SATEENVARJOT

- TAPPARA
 - HC Nokia
 - Uplakers
 - KPK
 - LeKi
 - RuosKA
 - K-Karhut
- KIEKKOREIPAS
 - Pelicans2000
 - HeKi
 - Naski
 - KaPa80
 - VeKi
 - Jäätiikerit (TV tulee KJT:n alta, muut toiminnot Päijät-Hämeestä)
- ILVES
 - Pingviinit
 - Kisa-Eagles
 - PYRY
 - Fortuna
 - Hokkarit
 - PK-83
- HPK
 - K-Ahma
 - Kiekko-Nikkarit
 - USiKi
- SITOUTUMATTOMAT:
 - KooVee, SiSu, Rengon Syke, VAPS (Ässien alla)

KESKIMÄÄN SATEENVARJOT

- JYP
 - Diskos
 - Pelikaanit
 - JyKi
- HERMES
 - IF-Pucken
 - IKK
 - TUS
 - Cowboys ??
- S-KIEKKO (ei omaa TV)
 - Virkiä
 - APV
 - He-Ki
 - KuKu
 - KieHa
 - SoTi
 - JPK
- SPORT
 - MUIK
 - IFK Lepplax
 - KuRy
 - Kraft
 - Malax Hockey
- SITOUTUMATTOMAT:
 - J-Ilves, KeuPa, KiVa, Jeppis, Urho, LKP

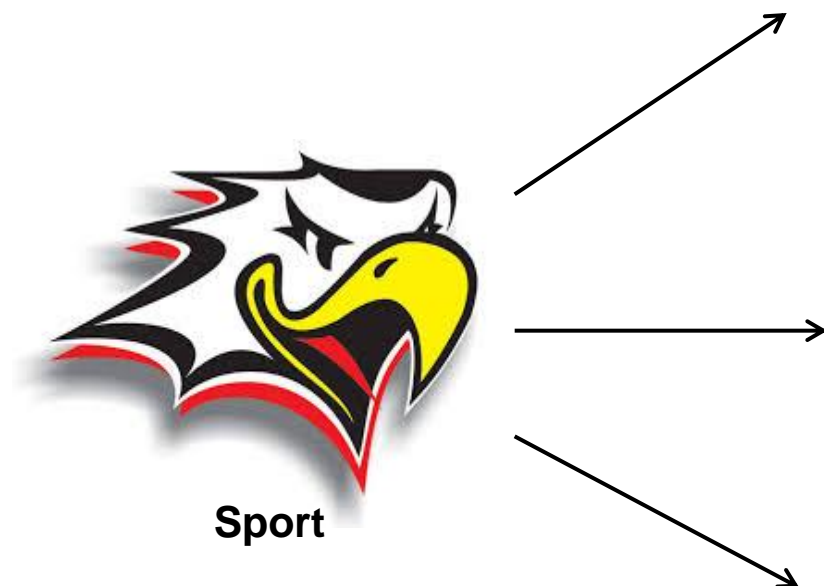
KYMI-SAIMAAN SATEENVARJOT

- SAIPA
 - Ketterä
 - StU
 - LuPo
 - SiU
- JUKURIT
 - KaPa-51
- SAPKO
 - RU / RaJu Team
- POKLI
 - AaKoo
 - IiHoo
 - KY-80
 - Titaanit
- SITOUTUMATTOMAT:
 - PePo, LiTi, PaU

SAVO-KARJALAN SATEENVARJOT

- KALPA
 - IPK
 - LeKi-75
 - SuKiKa
 - Sepot
 - Warkis, SaPkon TV
 - PIPS, Jukurit TV
- JOKIPOJAT
 - Hurtat
 - OoKoo
 - PouLi
 - Jets
 - Kajastus
 - Jääsudet
- SITOUTUMATTOMAT:
 - KK-81, LL-89, KalSi

Cooperation clubs



S-Kiekkö



Virkiä



Ryhti



He-Ki



Kraft



GOAL OF THE UMBRELLA

- Keep the players in the same club as long as possible
 - "Model Club" shares the information
 - Best players move to model clubs in the age of 14-17
- Better co-operation between the clubs
 - To improve the sport in the region together
- No recruitment in early years
 - Between club to club, no calls by the coach

COACHING EDUCATION PROGRAM



BASIC EDUCATION

START
HOCKEY SCHOOL
OFF-ICE SKILLS
BASIC HOCKEY SKILLS 1
BASIC HOCKEY SKILLS 2
PHYSICAL TRAINING
GAME SKILLS
GOALKEEPING BASIC SKILLS
GOALKEEPING GAME SKILLS

SEMINARS

REGIONAL
THEME-EDUCATION

Club education of the FIHA and the
IIHCE

6 y. - adults

LEVEL 1

EXTENSIVE EDUCATION

YOUTH COACH
(2 X 4 DAYS)
ICE HOCKEY COACH
(2 X 5 DAYS)
GOALTENDING CLINIC
(4 DAYS)

SEMINARS

(FIHA, IIHCE, ICE HOCKEY COACHES
ASSOCIATION)

14 Y.- adults

LEVEL 2-3

PRELIMINARY EDUCATION

LOT

(professional degree for children
coaches)

VPK

(professional degree for Head of
Coaching)

HVT + VAT

(professional degree for elite coaches)

Special degrees (4)
Universities (5)

6 y.- adults

LEVEL 4-5

Competence-based FIHA Coach Licence System – developing the quality at the club level



1. SELF-DEVELOPMENT

1.1 Self-awareness

Self-assessment skills

Reasoning skills

1.2 Development orientation

Motivation to develop

Dev. methods awareness

1.3 Resources

2. PEOPLE SKILLS

2.1 Athlete-centered approach

Athlete engagement

Player-Coach -relationship

2.2 Communication and atmosphere

Creating atmosphere

Optimizing the use of staff

2.3 Co-operation skills

Sharing responsibilities

Co-op w/ interest groups

3.3 Ice hockey know-how

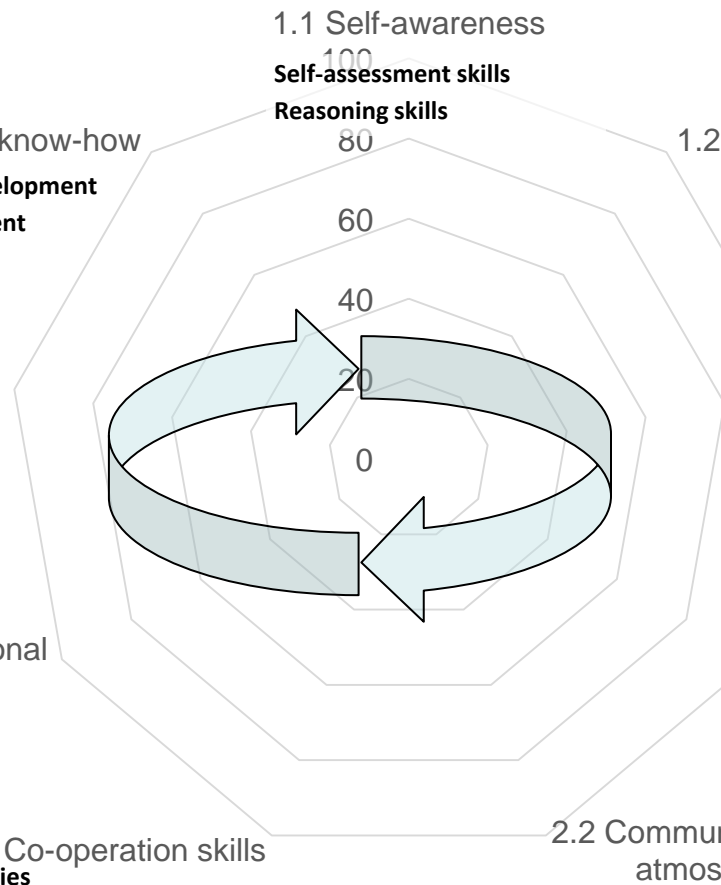
Individual player development

Team play development

3.2 Sports know-how

3.1 Planning and organizational skills

3. SUBSTANCE SKILLS





FIHA SUMMARY – The Result....

- ...every player could practice in the rink that is the closest one
- ...every player would practice in the same club as long he or she has to move to bigger city
- ...clubs would co-operate together to develop athletes in their community
- ...there would not be try-outs or cut-outs in youth hockey
- ...coaches would share their knowledge to develop the game
- ...LTAD would be priority number 1, not the next game
- ...goals of the season would be more about developing individuals than to be successful as a team

FIHA VALUES

**RESPECT
FUN
COMMUNALITY
PURSUING EXCELLENCE**



THANK YOU

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