

TALENT DEVELOPMENT PRIORITIES

The long-term development of Canada's Targeted Athletes is a fundamental priority of this program. Our goal is to provide the best possible experiences for players to realise their potential of representing Canada on the International Stage.

HUMAN DEVELOPMENT

CULTURE – Performance Behaviours – Communication – Expectations – Commitment
Leadership - Attitudes – Mindset – Integrity – Collaboration – Inclusion – Diversity –
Determination - Grit

PHYSICAL DEVELOPMENT

Sport Science
Strength and Conditioning
Superior Game Fitness
Health / Well-Being
Load Monitoring
Mental Performance
Nutrition
Injury Prevention and Management
Concussion Management



SPORT DEVELOPMENT

Technical Fundamentals
Principles of Play
In ball possession
Out of ball possession
Decision Making
Specialty Skills
Speed of Execution

PERFORMANCE DEVELOPMENT

A healthy talent development culture values performance and excellence. It encourages and drives high standards of behaviour on and off the pitch. Players are required to stretch themselves physically and mentally. They need to experience setbacks and be uncomfortable at times, and they need opportunities to experiment, innovate and have fun. All this will be present in a high functioning performance orientated development environment.