

PROGRAMMING NOVICE & BELOW



2017-18



2018-19



2019-20

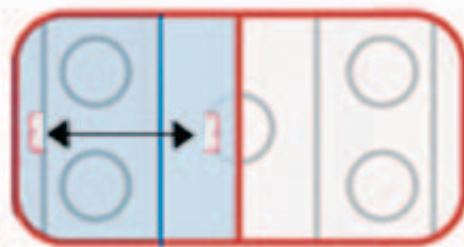


PROGRAMMING NOVICE & BELOW

EFFECTIVE 2018-19



INITIATION
AGE 5 & 6



TYKE
AGE 7

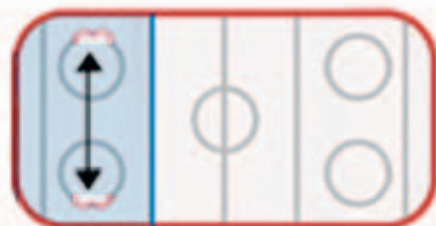


NOVICE
AGE 8

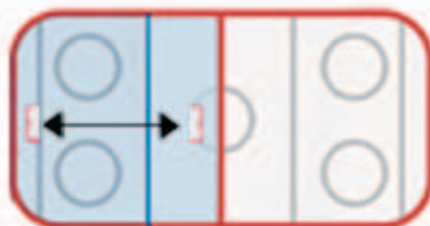


PROGRAMMING NOVICE & BELOW

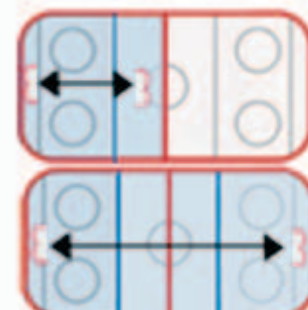
EFFECTIVE 2019-20



INITIATION
AGE 5 & 6



TYKE
AGE 7



NOVICE
AGE 8



THE RESEARCH

2x

more puck touches
more pass attempts
more shot attempts/player
more change of direction pivots

5x

more passes received
more puck battles

1.75

shots/minute vs 0.45 shots/minute
playing full ice

2.75x

more shots on goal per minute

10%

Skating Acceleration Increase



INITIATION / TYKE / NOVICE PROGRAMS



INITIATION (5&6 YEARS OLD)

EFFECTIVE 2017-18

TEAM FORMAT:	Two Team Model	GAME FORMAT:	4 V 4 plus Goaltenders
GAME LENGTH:	Two 22 minute halves (44 minutes)	OFFICIALS:	N/A
WARM UP:	3 minutes	SCORE KEPT:	None
PUCKS:	Regulation Blue Puck	BENCHES:	Teams share benches
RINK DIVIDERS:	Optimal: Foam rink dividers or board system		
FACE-OFF DOT:	Spray paint or draw face-off dot in the middle of each Half-Ice rink		
NETS:	Small (3' x 4') or Regulation (4' x 6') - both are acceptable Place nets on edge of centre circle using the line of the circle as the goal line		



INITIATION (5&6 YEARS OLD)

EFFECTIVE 2017-18

MONTHS	September – October	November – March
PHASE 26 weeks	Development Season 6 Weeks	Regular Season 20 Weeks
VOLUME 42 practices 22-30 games 3 tournaments	12 Practices Hockey Canada Curriculum Station-based 85% technical skills	30 Practices Hockey Canada Curriculum Station-based 75% technical skills
	4 Games Cross-Ice	18-26 Games Cross-Ice
	None	3 Jamborees after December 1
FACTORS	3:1 Practice to Game 5:1 Player to Coach	2:1 Practice to Game 5:1 Player to Coach



TYKE (7 YEARS OLD)

EFFECTIVE 2018-19

TEAM FORMAT:	Two Team Model	GAME FORMAT:	4 V 4 plus Goaltenders
GAME LENGTH:	Two 22 minute halves (44 minutes)	OFFICIALS:	1 or 2 per game – both are acceptable
WARM UP:	3 minutes	SCORE KEPT:	None
PUCKS:	Regulation Blue Puck	BENCHES:	Teams share benches
RINK DIVIDERS:	Optimal: Foam rink dividers or board system		
FACE-OFF DOT:	Spray paint or draw face-off dot in the middle of each Half-Ice rink		
NETS:	Small (3' x 4') or Regulation (4' x 6') - both are acceptable Place nets on edge of centre circle using the line of the circle as the goal line		



TYKE (7 YEARS OLD)

EFFECTIVE 2018-19

MONTHS	September - October	November - March
PHASE 26 weeks	Development Season 6 Weeks	Regular Season 20 Weeks
VOLUME 42 practices 22-30 games 3 tournaments	12 Practices Hockey Canada Curriculum Station-based 75% technical skills	30 Practices Hockey Canada Curriculum Station-based 75% technical skills
	4 Games Cross-Ice	18-26 Games Half-Ice
	None	3 Jamborees after December 1
FACTORS	3:1 Practice to Game 5:1 Player to Coach	2:1 Practice to Game 5:1 Player to Coach



NOVICE (8 YEARS OLD)

EFFECTIVE 2019-20

TEAM FORMAT:	Two Team Model	GAME FORMAT:	4 V 4 plus Goaltenders
GAME LENGTH:	Two 22 minute halves (44 minutes)	OFFICIALS:	1 or 2 per game – both are acceptable
WARM UP:	3 minutes	SCORE KEPT:	None
PUCKS:	Regulation Blue Puck	BENCHES:	Teams share benches
RINK DIVIDERS:	Optimal: Foam rink dividers or board system		
FACE-OFF DOT:	Spray paint or draw face-off dot in the middle of each Half-Ice rink		
NETS:	Small (3' x 4') or Regulation (4' x 6') - both are acceptable Place nets on edge of centre circle using the line of the circle as the goal line		



NOVICE (8 YEARS OLD)

EFFECTIVE 2019-20

MONTHS	September - October	November - January	January - March
PHASE 26 weeks	Development Season 6 Weeks	Regular Season 12 Weeks	Transition Season 8 Weeks
VOLUME 42 practices 24-30 games 3 tournaments	12 Practices Hockey Canada Curriculum Station-based 75% technical skills	24 Practices Hockey Canada Curriculum Station-based 75% technical skills	6 Practices Hockey Canada Curriculum Station-based 75% technical skills
	4 Games Cross-Ice	12-18 Games Cross-Ice	8 Games Full Ice after January 15
	1 Jamboree	1 Jamboree	1 Tournament/ Jamboree
FACTORS	3:1 Practice to Game 5:1 Player to Coach	2:1 Practice to Game 5:1 Player to Coach	1:1 Practice to Game 5:1 Player to Coach



GAME PLAY GUIDELINES



GAME PLAY MODIFICATIONS

FACE-OFFS:

Start of Game &
Second half

OFF-SIDE & ICING:

None

SHIFT LENGTH:

- Buzzer is set to 1:00 minute shift length intervals
- On buzzer, players leave puck where it is and go to bench
- Referee will direct players to "leave the puck"
- Players on bench come on the ice and continue to play
- If there are fewer than 4 players on the bench, the active player designated to stay out for the following shift must tag up at the bench prior to racing to play the loose puck
- Both games synchronized through officials

PUCK OUT OF PLAY:

- Referee drops new puck to non-offending team



GAME PLAY MODIFICATIONS

GOALTENDER FREEZES PUCK:

- Team that shot the puck backs off
- Referee blows whistle to indicate shooting team to back off and call out possession of team that now gets the puck
- Goaltender gives puck to a teammate to begin play the other way

WHEN GOAL IS SCORED:

- Referee blows whistle to signal goal
- Scoring team backs off to let the team that was scored on retrieve the puck out of the net
- Play resumes with team that was scored on going on offense

PENALTIES:

- Referee puts arm up to signal penalty call
- If offending team has the puck it is a change of possession as indicated by the Referee and puck goes to the other team
- At the buzzer at the end of the shift the referee tells the coach what the penalty was and who got it
- Offending player misses next shift, team still plays full strength



PROGRAMMING SUMMARY



SEASONAL STRUCTURE

DIVISION	INITIATION Effective 2017-18	TYKE Effective 2018-19	NOVICE Effective 2019-20	MINOR ATOM Current	
Age	5 & 6 years old	7 years old	8 years old	9 years old	
Category	HL; LL	HL; LL; Select	HL; LL; Select; Rep	Recreational: HL; LL; RS; MD;	Competitive: Rep
Coach Qualification	NCCP Coach 1	NCCP Coach 1	NCCP Coach 1	NCCP Coach 2	
Practice Format	Station-based Hockey Canada Initiation Program curriculum	Station-based Hockey Canada Initiation Program curriculum	Station-based Hockey Canada Novice curriculum	Hockey Canada Atom curriculum	
Evaluation/Selection	After Labour Day 2 weeks	After Labour Day 2 weeks	After Labour Day 2 weeks	2 weeks	Per OHF Regulations
Development Season	6 weeks	6 weeks	6 weeks	6 weeks	
Regular Season	20 weeks	20 weeks	12 weeks	22 weeks	
Transition Season	n/a	n/a	8 weeks	n/a	
Jamborees/ Tournaments	Jamboree After Dec. 1 st	Jamboree After Dec. 1 st	Jamboree	Tournament	
			Transition Season: Tournament		



GAME STRUCTURE

DIVISION	INITIATION Effective 2017-18	TYKE Effective 2018-19	NOVICE Effective 2019-20	MINOR ATOM Current
Age	5 & 6 years old	7 years old	8 years old	9 years old
Team Format	Two Team model 18 Players	Two Team model 18 Players	Two Team model 18 Players	Regulation
Goaltenders	Not required/ Rotational	Rotational	Rotational	Rotational/ Full-Time
Game Format	Cross-Ice 4v4	Half-Ice 4v4	Half-Ice - 4v4	Full-Ice 5v5
			Transition Season: Full-Ice - 5v5	
Boards / Dividers	Optimal: Foam rink dividers or board system	Optimal: Foam rink dividers or board system	Optimal: Foam rink dividers or board system	n/a
Puck	Blue (4 oz.)	Blue (4 oz.)	Black (6.oz)	Black (6.oz)
Nets	Small or Regulation	Small or Regulation	Small or Regulation	Regulation
			Transition Season: Regulation	
Shift Length	Set Time/Buzzer	Set Time/Buzzer	Set Time/Buzzer	Regulation
			Transition Season: Set Time/Buzzer or Regulation	



GAME STRUCTURE

DIVISION	INITIATION Effective 2017-18	TYKE Effective 2018-19	NOVICE Effective 2019-20	MINOR ATOM Current
Coaches On-Ice during Games	Yes	Optional	Optional	No
Officials	n/a	1 or 2 Officials	1 or 2 Officials	2 Officials
			Transition Season: 2 Officials	
Face offs	Start Game/2 nd Half	Start Game/2nd Half	Start game/2 nd Half	Regulation
			Transition Season: Regulation	
Offside/Icing	No	No	No	Regulation
			Transition Season: Regulation	
Penalties	No	Yes - Modified	Yes - Modified	Regulation
			Transition Season: Regulation	
Score	No	No	No	Yes
			Transition Season: Regulation	
Standings	No	No	No	Yes



AFFILIATION

AGE BY DEC. 31	DIVISION	CATEGORY	PLAY IN A HIGHER DIVISION?	MAY AFFILIATE?
4 & Under	Pre-school 2018-19	HL	NO	NO
5 & 6	Initiation 2018-19	HL; LL	If deemed able by ability using parameters identified by the Association or where registration numbers require*	NO
7	Tyke 2018-19	HL; LL; Select	If deemed able by ability using parameters identified by the Association or where registration numbers require*	NO
8	Novice 2018-19	HL; LL; RS; MD; Rep	If deemed able by ability using parameters identified by the Association or where registration numbers require*	YES
8	Novice Effective 2019-20	HL; LL; Select; Rep	If deemed able by ability using parameters identified by the Association or where registration numbers require*	**

* Centres must establish criteria that players would be required to meet in order to play on a higher division team.

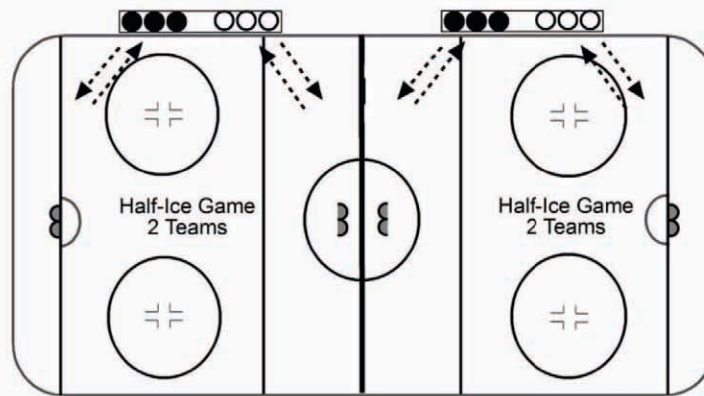
** Yes – to Minor Atom/Atom; only during the Transition Season - once the Novice program has transitioned to Full-Ice.



HALF-ICE CONFIGURATIONS

2-Games

Two Half-Ice games run simultaneously. Teams would share player benches and use one door each. This could be used during a Jamboree. Note: recommend boards to divide the rink in this set-up to keep pucks in their respective playing areas and reduce the chance of errant shots.





HOCKEY CANADA SKILLS DEVELOPMENT MANUAL

MANUEL DE DÉVELOPPEMENT DES HABILETÉS DE HOCKEY CANADA

INITIATION

INITIATION PROGRAM PRACTICE PLAN

2 OF 2

PHASE: 4

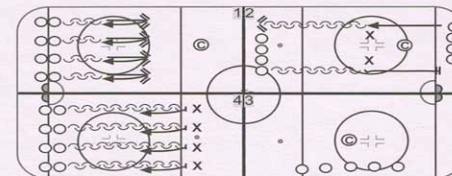
LESSON: 25

DURATION: 60

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skill Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

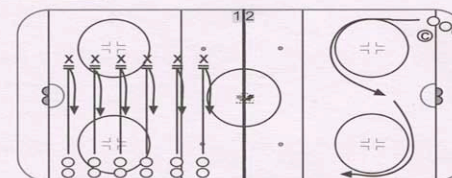
SKILL STATIONS #1 - 4 STATIONS SETUP

1. C-CUTS & BACKWARD STRIDING
(1.3.04/1.5.02/1.3.11/1.3.02)
2. PIVOTS FORWARD TO BACKWARD & BACKWARD TO FORWARD
3. STATIONARY STICKHANDLING (2.1.21)
4. CHANGE IN DIRECTION - 1 FOOT BACKWARD STOP
1.3.04/1.6.20



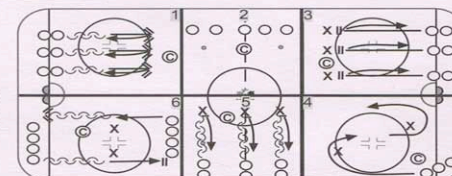
SKILL STATIONS #2 - 2 STATIONS SETUP

1. CHANGING DIRECTION - 2 FOOT STOP (1.3.08)
2. CROSSOVERS - HI-LOW (1.6.18)



SKILL STATIONS #3 - 6 STATIONS SETUP

1. C-CUTS & BACKWARD STRIDING
(1.3.04/1.5.02/1.3.11/1.3.02)
2. STATIONARY STICKHANDLING (2.1.21)
3. CHANGING DIRECTION - 2 FOOT STOP (1.3.08)
4. CROSSOVERS - HI-LOW (1.6.18)
5. CHANGE IN DIRECTION - 1 FOOT BACKWARD STOP
(1.3.04/1.6.20)
6. PIVOTS FORWARD TO BACKWARD & BACKWARD TO FORWARD





HOCKEY CANADA CORE SKILLS

INITIATION



Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<ul style="list-style-type: none"><input type="checkbox"/> Basic stance<input type="checkbox"/> Getting up from the ice<input type="checkbox"/> Balance on one foot<input type="checkbox"/> Gliding on two skates<input type="checkbox"/> Gliding on one skate – forward and backward<input type="checkbox"/> Lateral Crossovers – step and plant	<ul style="list-style-type: none"><input type="checkbox"/> Figure 8's – forward – inside & outside edge<input type="checkbox"/> Figure 8's – backward – inside & outside edge	<ul style="list-style-type: none"><input type="checkbox"/> T-start<input type="checkbox"/> Front v-start<input type="checkbox"/> Crossover start<input type="checkbox"/> Backward c-cut start<input type="checkbox"/> Backward crossover start<input type="checkbox"/> One o'clock – eleven o'clock<input type="checkbox"/> Outside leg stop<input type="checkbox"/> Two-foot parallel stop<input type="checkbox"/> One-leg backward stop<input type="checkbox"/> Two-leg backward stop	<ul style="list-style-type: none"><input type="checkbox"/> C-cuts – left foot / right foot / alternating<input type="checkbox"/> Forward striding	<ul style="list-style-type: none"><input type="checkbox"/> C-cuts – left foot / right foot<input type="checkbox"/> Gliding on two skates – backward<input type="checkbox"/> Gliding on one skate – backward	<ul style="list-style-type: none"><input type="checkbox"/> Glide turns<input type="checkbox"/> Tight turns<input type="checkbox"/> C-cuts – around circle – outside foot – forward & backward<input type="checkbox"/> Crossovers – forward & backward<input type="checkbox"/> Backward one-foot stop and t-start<input type="checkbox"/> Pivots – bwd to fwd & fwd to bwd<input type="checkbox"/> Pivots – open & reverse
Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and Receiving	Sweep Shot	Wrist Shot
<ul style="list-style-type: none"><input type="checkbox"/> Stance<input type="checkbox"/> Narrow<input type="checkbox"/> Wide<input type="checkbox"/> Side – front – side<input type="checkbox"/> Toe drag – side<input type="checkbox"/> Toe drag – front	<ul style="list-style-type: none"><input type="checkbox"/> Narrow<input type="checkbox"/> Wide<input type="checkbox"/> Open ice carry – forehand & backhand<input type="checkbox"/> Weaving with puck<input type="checkbox"/> Toe drag – front & side<input type="checkbox"/> Puck in feet	<ul style="list-style-type: none"><input type="checkbox"/> Stationary forehand pass<input type="checkbox"/> Stationary backhand pass<input type="checkbox"/> Stationary bank pass	<ul style="list-style-type: none"><input type="checkbox"/> Moving forehand pass<input type="checkbox"/> Moving backhand pass<input type="checkbox"/> Lead pass	<ul style="list-style-type: none"><input type="checkbox"/> Forehand<input type="checkbox"/> Backhand	<ul style="list-style-type: none"><input type="checkbox"/> Forehand – low<input type="checkbox"/> Backhand – low
Flip Shot	Individual Offensive Tactics	Individual Defensive Tactics	Warm Ups		
<ul style="list-style-type: none"><input type="checkbox"/> Forehand	<ul style="list-style-type: none"><input type="checkbox"/> Body fakes<input type="checkbox"/> Stick fakes	<ul style="list-style-type: none"><input type="checkbox"/> Angling	<ul style="list-style-type: none"><input type="checkbox"/> Arm circles<input type="checkbox"/> Trunk rotations<input type="checkbox"/> Leg swing front to back<input type="checkbox"/> Leg swing side to side<input type="checkbox"/> High knee<input type="checkbox"/> Heel kicks		

SIMCOE AND DISTRICT MINOR HOCKEY



Parents

- ❖ *There must be a responsible adult present at all ice sessions.*
- ❖ *When your child needs to leave the ice we will take him / her as far as the door to the ice*
- ❖ *If you are not there ask someone else to be responsible for your child.*
- ❖ *If during a practice you are helping with your child on the bench, close the door to the ice surface.*
- ❖ *Bring a drink bottle for your child with juice or water*

Who Are Our Volunteers

- ❖ *Parents / Grandparents / Guardians*
- ❖ *Students*
- ❖ *Former players*
- ❖ *Others?*

We need your help!
Please volunteer

Initiation Personnel

- ❖ Technical Coordinators
- ❖ Instructors / Coaches
- ❖ Group leaders
- ❖ Trainers
- ❖ Administrative coordinators

Everyone is a volunteer

Qualifications

- ❖ Intro Coach Clinic (C1)
- ❖ *Trainers Clinic – On Line*
- ❖ *Respect in Sport – On Line*
- ❖ *All Personnel in a position of authority will need a police check*

We need your help!

Please volunteer

Have a great season
and
Have Fun

