



# Intro to Hockey (Initiation / Novice)

## Program Contents:

- 5-8 years old
- 70-85 ice times trough out the season (two/three ice times a week)

## Hockey Alberta's intro to Hockey Manual

- [www.hockeyalberta.ca/players/intro-hockey/](http://www.hockeyalberta.ca/players/intro-hockey/)

## Intro to Hockey Seasonal Structure

- September- March
- 40-50 practices +/-
- 25-30 games +/-
- 3-4 tournament's including your own
- 2-3 Blackout weekends throughout the season with NO HOCKEY (Initiation Group)

## Intro to Hockey On ice Helpers / Coaches

1. Parent volunteers that are required to have Coach 1 Intro to coach, Respect In Sport Coach and Safety Certifications from Hockey Alberta
  2. Players from the upper divisions will have the opportunity to come out and be an on ice helper/coach (mentorship)
  3. Coaches will have the support of the coach mentor and the division Director
  4. Coaches and on-ice helpers allows lots of one on one attention
  5. Teach basic hockey skills so players can enjoy the sport
- 6 months of fun filled proگرامing
  - A safe and positive environment for players to experience the sport
  - Age appropriate proگرامing that has modified rules, surface and equipment
  - Fair play, co-operation and fun into the sport



## Initiation

- **Initiation Teams will combine both age groups**
- **Team sizes will be between 9-13 kids pre-team**
- **5,6 year olds as of Dec.31 registered with SLMHA under the Initiation group**
- **May have players that come from the Learn to play program later in the year**
- **Small area games and Station based practices, kids split up with in skill groupings**
- **Games will be played within the Intro to Hockey (Initiation) will be cross ice or half ice games**
- **Goalies (no equipment just a goalie stick)**
- **Game play is 4-4 continues motion face off only at the beginning of each period**
- **Game time , 5min warm up, two 30 min periods(max) with a 5 min break between periods**
- **Fair play after a goal is scored the team that scores a goal must back off 3-5 meters to allow the other team to advance the puck, same if the goalie covers the puck**
- **Line changes every 3 min using the buzzer Initiation**
- **Coaches are on the ice with the kids encouraging them to make plays and keep the game fair and fun**
- **No penalties or paid officials on the ice**
- **Blue puck is required for initiation game play and practices**
- **No Score is Kept**
- **No Game sheet for Initiation**
- **Recommended 2 practices to 1 game, make sure every team has more practices then games Development Model**



## Novice

- Age groups will be separated, Younger birth year group Minor, Older birth year group Major
- May have players that come from the Learn to play program later in the year
- Team sizes will be from 9-11 kids
  - 7 year olds as of Dec.31 are registered with SLMHA under Novice
  - 8 year olds as of Dec.31 are registered with SLMHA under Novice
- Small area games Station based practices, kids will practice with in there age grouping (Minor/Major) and skill grouping
- Game play within intro to hockey (Novice) will be half ice games
- Goalies (Full equipment)
- Game play is to be 4-4 continues motion, face off only at the beginning of each period
- Game time , 5min warm up, two 30 min periods(max) with a 5 min break between periods
- Fair play after a goal is scored, the team that scores a goal must back off 3-5 meters to allow the other team to advance the puck, same if the goalie covers the puck
- Line changes every 1.5 min using the buzzer Novice
- One Paid official on the ice, to keep the game play fair
- Blue puck is recommended but the black puck is acceptable for Novice game play and practices
- No Score is Kept
- Game summary sheet for Novice is required
- Penalties, if the official calls a penalty the whistle blows is it a change of possession and the penalized player needs to sit out for one shift, teams do not play shorthanded.
- Recommended to affiliate the Novice Major group to the bottom Atom team to allow Novice kids to experience one or two full ice games
- Recommended 2 practices to 1 game, make sure every team has more practices then games Development Model



## Expectations

LEVEL	ACTIVITIES	SKILLS	PARENT EXPECTATIONS
<b>INITIATION</b> <b>Male &amp; Female 5-6 years</b>  <b>Hockey Canada LTPD:</b> <b>Discovery Fundamentals 1</b>	<p>ABC's of agility, balance and coordination emphasized through skills and small games.</p> <p>Develop fundamental movement skills (skating, jumping, twisting, turning), manipulation skills (shooting, puck control) and overall motor skills (balance, coordination, agility) in a fun and safe sport environment that promotes self-confidence.</p> <p>Positive first impression of hockey for the players and parents. Play/games exist in modified forms, with limited number of formalized games.</p>	<p>Skating  Puck control  Small area games</p>	<p>Encourage your child to participate in a wide variety of physical activities and sports programs</p> <p>Strength training should be done solely with the player's own body weight</p>
<b>NOVICE</b> <b>Male &amp; Female 7-8 years</b>  <b>Hockey Canada LTPD:</b> <b>Fundamentals 1</b> <b>Fundamentals 2</b>	<p>Continue general development of fundamental movement skills (skating, jumping, twisting, turning), manipulation skills (shooting, puck control) and overall motor skills (balance, coordination, agility) in a fun and safe sport environment that promotes self-confidence.</p> <p>Some streaming of the players – goal is to have players working with players of like skills to develop confidence and self-esteem to ensure continued positive experiences for the players and parents. Modified play/games with limited formalized games.</p>	<p>Skating  Puck control  Small area games  Creative thinking</p>	<p>Encourage your child to participate in a wide variety of physical activities</p> <p>Strength training should be done solely with the player's own body weight</p> <p>Other sports that build on fundamental movement skills applicable to hockey:</p> <ul style="list-style-type: none"> <li>• Gymnastics</li> <li>• Run, Jump, Throw programs</li> <li>• Soccer</li> <li>• Skating programs</li> </ul>