



INITIATION PROGRAMMING

2017-2018





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THE INITIATION PROGRAM



How a player gets that first taste of hockey is crucial



A PROGRESSIVE, LEARN TO PLAY TEACHING CURRICULUM

The Initiation Program serves as the foundation upon which the entire minor hockey association is built. Youngsters at every level of play benefit from getting the “right start” in the game. The Initiation Program is crucial in building the skills of house league and competitive players alike. Children learn through participating in practice drills and informal modified games. The Initiation Program is closely aligned with Hockey Canada’s Long-Term Player Development (LTPD) Model.

If the beginner has fun, develops some basic skills and builds confidence, there is a good chance that player will go on to enjoy hockey for many years.

CORNERSTONES & FOCUS OF THE INITIATION PROGRAM

- A progressive learn to play teaching curriculum
- To ensure that the child’s first contact with hockey is a safe and positive experience.
- To have fun while playing hockey and engaging in physical activity
- To learn the fundamental skills required to play the game of hockey - Introduced through stations/small spaces/small area games
- To develop self-confidence, and experience a sense of personal achievement
- To create and refine basic motor patterns

- Emphasis is on fun and fundamental skill development, while also allowing youngsters to experience fitness, fair play and cooperation and to ensure a positive experience for children
- Age-Appropriate - Designed practice and game play that is appropriate to the age, size and skill level of the participant

WHAT IS AGE APPROPRIATE SKILLS PROGRAMMING?

Designing practice and game play that is appropriate to the age, size and skill level of the participant.

FUNDAMENTAL HOCKEY SKILLS

- Age-appropriate skills programming
- Introduced through Skills Stations/Small Spaces

FUNDAMENTAL GAME SKILLS

- Age-appropriate modified games
- Introduced through Small Area Games and Cross-Ice / Half-Ice games

CROSS-ICE HOCKEY



Cross-Ice hockey allows each player to spend developing skills for future success and enjoyment in the game.

For more experienced players, instead of the comfort of open ice, they are forced to make quicker decisions because the game area is smaller - which makes them better.

The players that are less experienced improve because they spend more time with the puck.

For all players, more ice-time and more repetitions mean increased development.

BENEFITS OF CROSS-ICE & HALF-ICE HOCKEY

- Increased emphasis on skating skills including agility, balance, coordination and quickness
- Number of puck battles increases significantly
- Puck control and puck protection skills are enhanced resulting in more confidence with the puck
- Fundamentals of skating, puck control, passing, and shooting are reinforced
- Less time and space increases the frequency and speed of making hockey decisions
- Offers a more challenging environment to improve ice awareness and elevate hockey sense
- Increased intensity of competition results through the progressive skill improvement of players

THE RESEARCH | WHAT THE NUMBERS TELL US



2.75x more shots on goal per minute

2x more pass attempts

5x more passes received

2x more shot attempts/player

5x more puck battles

2x more change of direction pivots

2x more puck touches

1.75 shots/minute vs 0.45 shots/minute playing full ice

SKATING

- Acceleration increased by **10%**
- Advanced skaters reached top speed in 60 feet or less
- The cross ice playing surface is 85 feet in length, meaning players can and do reach top speed in cross ice hockey
- Effective skating, especially at higher levels, is a combination of turns, pivots, starts and transitions.
- Cross Ice hockey trains players to skate the game, rather than simply skating fast in straight lines. It provides more acceleration, more agility, and more engagement. It also doubles players' puck handling opportunities



The flat-out use of maximum skating in the game of hockey, it simply doesn't happen very often. What does happen is that you have to be adjusting, changing, going forward, backward, lateral, always turning and moving toward the puck; that's agility skating. Practices in smaller areas generate more stops, starts, turns and, most importantly, more puck touches.'

George Kingston - Former Canadian Men's National Team, NHL, International Coach



COACH EDUCATION | Coach 1-Intro to Coach

Designed with focus on communication, teaching skills, leadership, skill analysis, lesson organization and safety and risk management



THE MANDATE

HOCKEY CANADA - January 2017

To accept the recommendation that the Initiation age group shall only use cross ice, or half ice for all game play effective the 2017-18 season. Full ice games shall not be permitted.

Unanimously Carried

HOW TO IMPLEMENT 'GAME DAY'

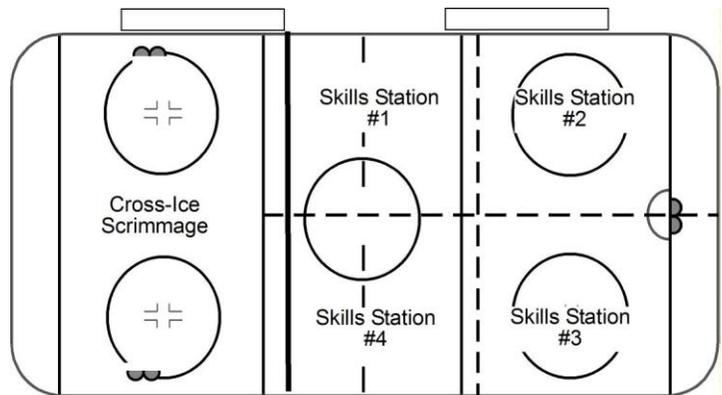
DIVISION	INITIATION
Age	5-6 years old
Levels	House League; Local League
Coach Qualification	Coach 1 – Intro to Coach
Practice Format	Station-based Hockey Canada Initiation curriculum
Game Format – prior to Dec.1st	Initiation Program Development Season Low Org / Modified Games
Game Format – after Dec.1st	Cross-Ice / Half-Ice
Tournaments	Cross-Ice format Initiation Jamborees
Shift Length	Set Time/Buzzer
Officials	n/a
Coaches On-Ice during Games	Yes
Puck	Lightweight (4 oz.) Blue Puck
Nets	Small/Modified (Recommended/Not required)
Boards / Dividers / Bumpers	Recommended/Not required (Flexibility in what is used to create ice divisions)
Roster Size	Ideally 8 – 12, to a maximum of 19 Rostering requirements unchanged from 2016-2017 season
Number of Players on Ice	4V4 or 5V5
Goaltenders	Part-Time
Faceoffs	Start game/period
Score	No
Standings	No
Penalties	No
Offside/Icing	No
Policy Reference	OMHA Policy 2.3 – Program Below Novice

SETTING UP THE RINK

CROSS-ICE RINK CONFIGURATION OPTIONS

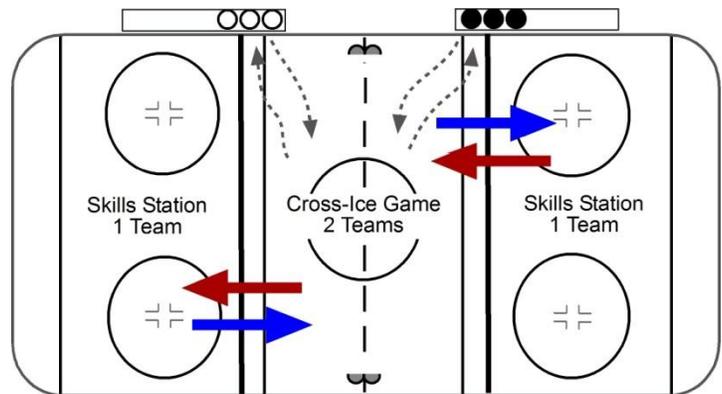
1-Scrimmage / 4-Skills Stations

The cross-ice scrimmage in this set-up is part of the overall practice plan. Effectively becomes the fifth skills station. Keeps all players active, on the ice and engaged.



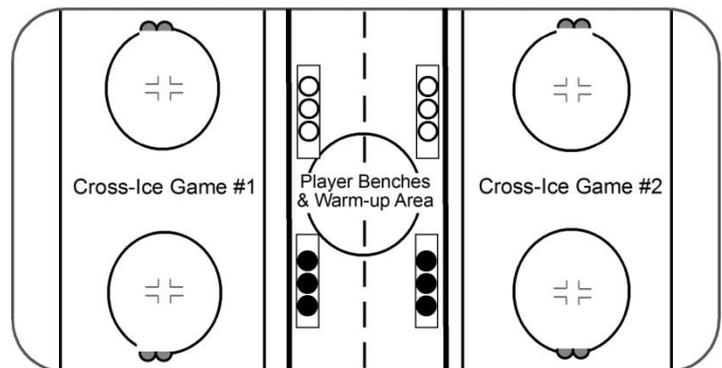
1-Scrimmage / 2-Skills Stations

In this set-up, there are four (4) teams on the ice together. For the first half of the session, two teams play cross-ice in the middle rink section. The two other teams 'practice' in the two 'end' zones. Half-way through the session, the teams switch - the two teams in the Skills Stations move into the middle to play against each other and the two teams that were playing move into the two Skills Stations.



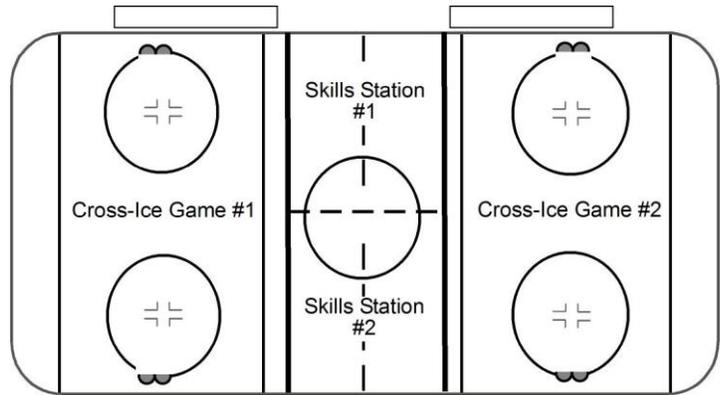
2-Games

Two cross-ice game run simultaneously. Neutral zone is set-up for the player benches. This could be used during a Jamboree.



2-Games / 2-Skills Stations

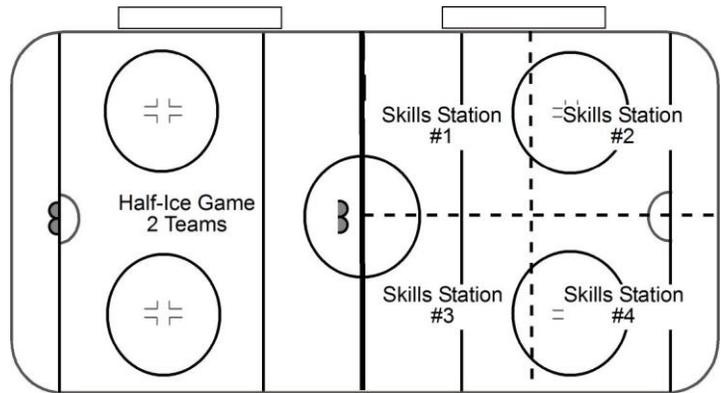
A variation on the previous set-up where two (2) skills stations are set-up in the neutral zone and all players are active and engaged.



HALF-ICE RINK CONFIGURATION OPTIONS

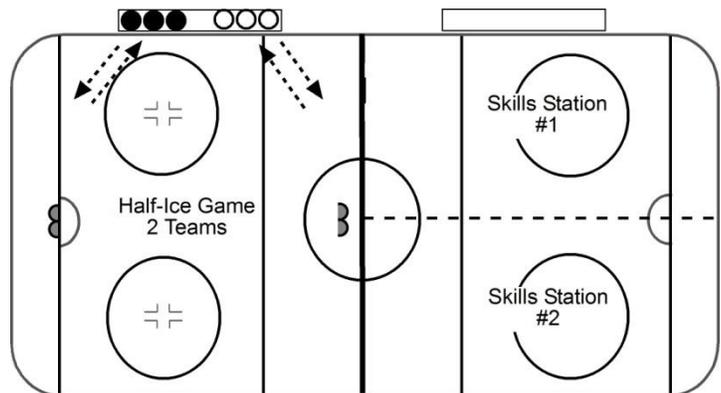
1-Scrimmage / 4-Skills Stations

The cross-ice scrimmage in this set-up is part of the overall practice plan. Effectively becomes the fifth skills station. Keeps all players active, on the ice and engaged.



1-Game / 2-Skills Stations

Variation of the previous set-up. Could have four (4) teams on the ice – two (2) playing half-ice game and two (2) in skills stations, or; Have two (2) teams playing and instead of players sitting on the bench, have them active between game-shifts in the skills stations.

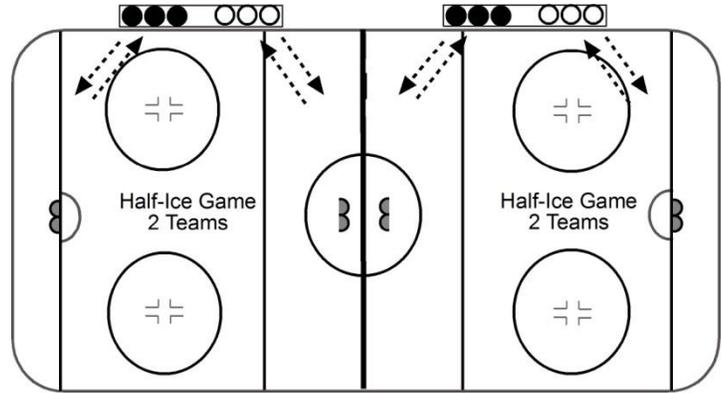


2-Games

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.



RESOURCES

Additional resources, including Video, Curriculum and Implementation Guides can be found on the [OMHA Initiation Page](#)



OMHA.NET

