INTRO TO HOCKEY

MODEL

HOCKEY CANADA POLICIES

- Effective for the **2017-18 season**, Hockey Canada approved a policy that mandates all U7-aged players receive age-appropriate programming on cross-ice or half-ice surfaces.

- In the **2017-18 and 2018-19 seasons**, it was recommended all games played at the U9-aged level be cross-ice or half-ice games.

- In the **2019-20 season**, Hockey Canada approved a policy that mandates all games played at the U9-aged level be cross-ice or half-ice.

STAGES

Where are you at?

Implementation Stage
Enhancement Stage
Messenger / Champion Stage

USS Montana

BY THE NUMBERS

Alberta Intro to Hockey Numbers					
	U7		U9		Total:
	Male	Female	Male	Female	
Players	9099	1786	9534	1668	22,087

What Does It Mean?

Intro to Hockey = **36%**
of all minor players in AB

ALBERTA ONE

- Strategic Objective to align the entire hockey system and work together to provide consistent operations for all hockey.
- Establish operational procedures and regulations for different delivery categories.
- Define “Intro to Hockey” category based on LTPD principles.
    - Intro to Hockey (U7 & U9)
    - Minor Hockey (U11 – U18)

COMMUNICATION PYRAMID

INTRO TO HOCKEY - THEMES

Purpose: Give the Game Back to the Kids

Outcome: Reach Your Potential

Looks Like: Action and Activity

Feels Like: Energy and Excitement

INTRO TO HOCKEY - THEMES

Complexity of the sport of hockey….

INTRO TO HOCKEY - THEMES

Cultural Change – “New Normal”

This is “REAL” hockey…for players 8 and under

INTRO TO HOCKEY - THEMES

Parental Guidance

INTRO TO HOCKEY

THE OBJECTIVE OF THE MODEL

- Create a safe and positive environment for players to experience the sport.
- Deliver an “Age Appropriate” program that has modified rules, surface and equipment.
- Incorporate physical literacy, fair play, co-operation and FUN into the sport.
- Teach and enhance basic hockey skills so players can enjoy the sport.
- Continue to build upon and further develop the players love for the sport.

HOCKEY LANDSCAPE

Odds of Making it to the NHL
• 560,000 minor hockey players registered in Canada
• 0.7% drafted into Major Junior
• 0.2% drafted into NHL
• 0.025% of players that played minor hockey make a NHL career
• Average NHL career 5.5 years
• 690 players on active NHL rosters

HOCKEY LANDSCAPE

- It is important to recognize and understand the challenges facing amateur sport today.
- 4 reasons parents are <u>not</u> enrolling their young daughters and sons in hockey:
  - The **expense** of hockey
  - The amount of **time** hockey consumes (quality vs. quantity)
  - The lack of **enjoyment**
  - The lack of a **safe** environment

Drawbacks In Our Development System

- Over-competing & under training.
- Fundamental movement skills and sport skills are not taught properly.
- Preparation geared to short-term outcomes.
- Competition system interferes with athlete development.
- Early specialization is demanded.

It is okay for parents to want their kids to get to the highest levels, but they need to know the best way to go about it.

AGE APPROPRIATE

Definition: Designing hockey programming that is suitable to the age, size, and skill level of the participant.

- Children are not miniature adults.
- Child development is a marathon not a sprint.
- Children should be built into:

People *First* → Athletes *Second* → Hockey Players *Last*

ALBERTA	Discovery M & F (0-4)	Fundamentals M & F (5-6)	Fundamentals M & F (7-8)	Learn to Play M (9-10) F (8-9)	Learn to Train M (11-12) F (10-11)	Train to Train M (12-16) F (11-15)
Stamina	Developed through play and habits of regular activity.					Interval training, progressive increase in duration with sufficient work to rest ratios.
Strength	Developed through play, climbing & hanging, weight bearing and explosive change of direction or level activities.			Introduce activities with body weight supported by arms & legs, explosive pushes, proper technique, and hopping & bouncing.		Introduce plyometrics, focus on technique, low weight high reps for endurance and higher weights low reps for max strength.
Speed	Developed through active play.			Arm/hand & foot/leg speed, chasing games and multiple bursts of 5 to 10 & 15 to 20 second activities.		Focus on linear and lateral, multi-directional and hockey specific speed.
Suppleness	Developed through active play with focus on reaching and stretching activities.			Develop range of motion.		Maintain range of motion through both static and dynamic mobility.

LONG TERM PLAYER DEVELOPMENT

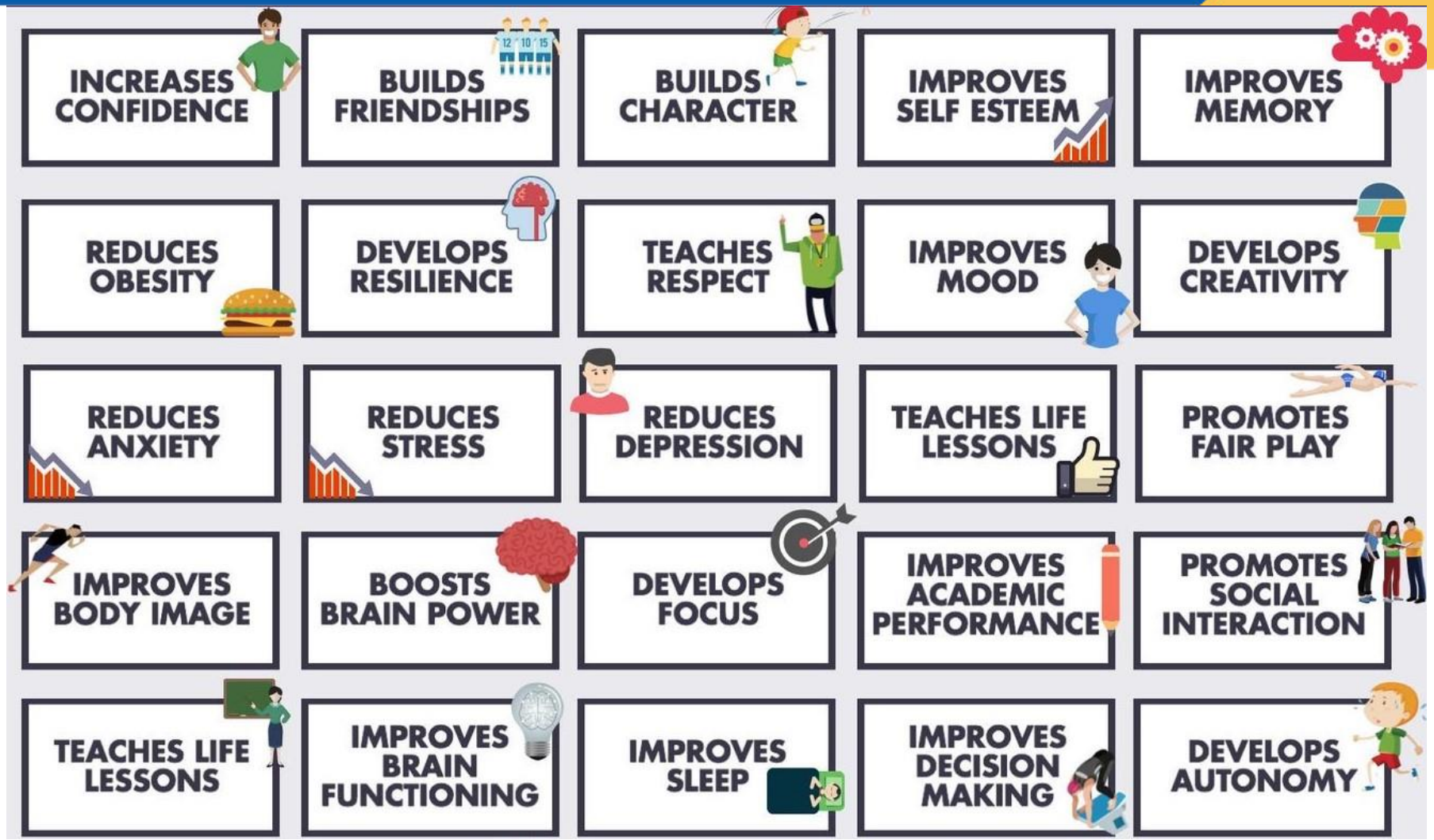
Physical capacities are trainable throughout a players lifetime.

Sensitive periods are described as “windows” of accelerated adoption.

- **Strength** – (Girls 13-17) (Boys 17+)
- **Speed** – (Girls 6-8 and 11-13) (Male 7-9 and 13-16)
- **Suppleness** – (Girls and Boys 6-10)
- **Stamina** – (Girls 13) (Boys 16)

ALBERTA	Discovery M & F (0-4)	Fundamentals M & F (5-6)	Fundamentals M & F (7-8)	Learn to Play M (9-10) F (8-9)	Learn to Train M (11-12) F (10-11)	Train to Train M (12-16) F (11-15)
Nutrition	Basic nutrition supplied by parents.		Adult supported in picking own “activity” snacks and assist with food preparation in home.	Prepare and pack own snacks to eat at sport activities, help plan meals and understand what is quality food and what is junk food.		Start to link food demands to training & recovery and develop pre/during/post competition nutritional plan.
Hydration	Ensure adequate hydration with water & diluted fruit juice and take precautions in conditions of high temperature and humidity.					Develop hydration plan for training & competition and monitor hydration status through urine colour.
Sleep	Ensure adequate sleep of 11-13 hrs./night & afternoon nap.	Ensure adequate sleep of 10-11 hrs./night & 30 min nap between 2-4 PM, establish pre-bedtime routine, reduce or eliminate screen time and establish predictable meal times.		Ensure adequate sleep of 9.5-10 hrs./night & 30 min nap between 2-4 PM, maintain bedtime routine, get early morning light exposure, avoid caffeine intake, maintain predictable meal times and reduce or eliminate screen time.		Ensure adequate sleep of 9 hrs./night & 30 min nap between 2-4 PM, maintain bedtime routine, get early morning light exposure, avoid caffeine intake, maintain predictable meal times and reduce or eliminate screen time.
Recovery	Play in multiple bursts of short duration.	Increase duration while allowing adequate rest.				Allow adequate rest days in training schedule, avoid over-training, incorporate stretching in cool down and consider compression garments.

50 BENEFITS OF SPORT

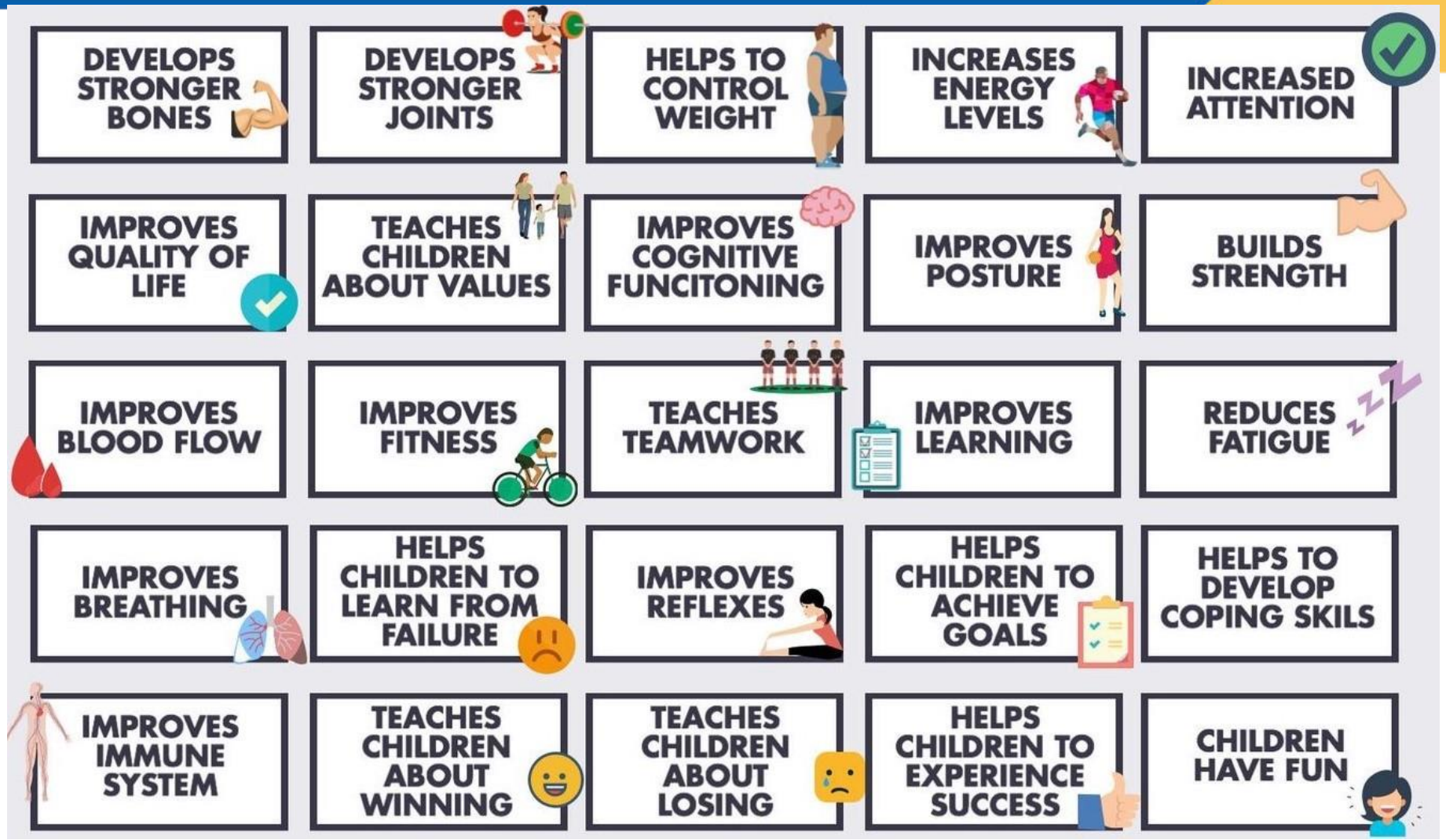


ALBERTA

LEADING OUR LEADERS

50 BENEFITS OF SPORT

ALBERTA



U7 & U9

A National Approach to Age-Appropriate Programming

HOCKEY CANADA HISTORY

- Hockey Canada Initiation Program Program (37 + years old)
- Recommended Modified Ice Surface
- National Initiation Program (4-year program)
- Consists of four phases of instruction
- IIHF (Learn to Play, ADM Red/White/Blue)

HALF ICE BENEFITS

- Individual technical skills develop more quickly.
- More ice time for each player, each player's activity increases greatly.
- Increased puck possession time for each player.
- Scoring skills are enhanced since the players have more shooting opportunities.
- Goalie reading & reaction to changing situations becomes more effective.
- More repetitions for goalkeepers.
- The game is full of continuously changing situations.
- The speed in playing increases, which require quicker mental/physical reactions.
- Due to increased tempo, all of the team take part in solving playing situations.
- Hockey sense, or understanding the principles of the game, is being developed.

INTERNATIONAL CASE STUDY

Country / Province	Youth Players	Indoor Rinks	Population	# Players in NHL	% Players in NHL
Canada	529,250	3,300	35.6 million	451	0.08
Alberta	61,050	580	4.2 million	63	0.10
Finland	45,653	268	5.5 million	37	0.09

INTERNATIONAL CASE STUDY

ALBERTA

2019 MEN'S WORLD RANKING

RANK	TEAM	POINTS	MOVEMENT
1	Canada	3705	0
2	Russia	3640	+1 ▲
3	Finland	3615	+2 ▲
4	Sweden	3615	-2 ▼
5	Czech Republic	3465	+1 ▲
6	United States	3430	-2 ▼

2019 WOMEN'S WORLD RANKING

RANK	TEAM	POINTS	MOVEMENT
1	United States	3900	0
2	Canada	3730	0
3	Finland	3675	0
4	Russia	3560	0
5	Switzerland	3415	0
6	Japan	3290	+1 ▲

FINLAND MODEL

LION HOCKEY SCHOOL (IP & NOVICE)

- 1-2 practice a week (45-90 min) Ice and Off Ice
- No Games

LION LEAGUE (ATOM)

- 1-3 practice a week (45-90 min) Ice and Off Ice
- 8-10 (1 day tournaments) (15-20 games)
- **NO Full-Ice Hockey!**
- Minimum 20h in week sports, where
- 25-40% sport specific run by club
- 60-75% multisport on their own

HOCKEY LANDSCAPE

ADM USA HOCKEY AMERICAN DEVELOPMENT MODEL

8 & Under (Mites)	
Ice Sessions	50-60
Weekly Breakdown	(2-3 on-ice & 1 off-ice)
Ice Session Duration	50-60 minutes
Team Size	9-12 skaters
Full Time Goalies	0
Quality Practices	34-40
Cross-Ice Game Days	16-20

AGE APPROPRIATE

HOCKEY IS THE ONLY MAJOR SPORT THAT DOESN'T SHRINK ITS PLAYING SURFACE TO MATCH THE AGE GROUP.

We would never consider having our children at 8 years of age play on a big-league-sized diamond. Instead, they play on an appropriately sized Little League diamond. When attempting to teach your 8-year-old to play golf, you would not have them tee off from the black tees. Football shrinks the playing field. Soccer uses a smaller ball and smaller field. Basketball uses a smaller ball and lowers the rim. Sensing a theme?

SOCCER

A pro-size ball measures 28 inches, while a youth-size ball measures 24 inches.

BASEBALL

In pro baseball, the distance from the pitcher's mound to home plate is 60 feet 6 inches, while in Little League it's only 46 feet.

BASKETBALL

A pro basketball hoop measures 10 feet high. Younger kids play with a hoop that's as much as 2 feet lower.

AGE APPROPRIATE

Hockey Canada “More”

AGE APPROPRIATE

USA Analytics

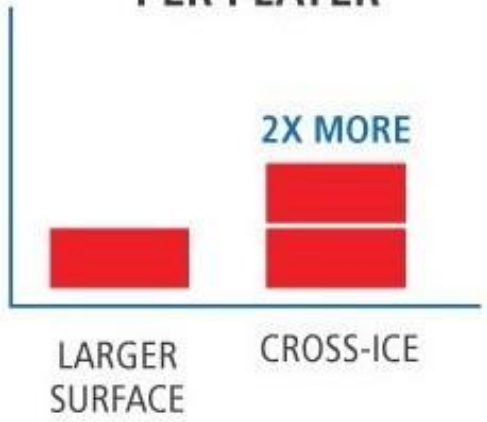
NHL ANALYTICS

Tracking of 8U Hockey Players

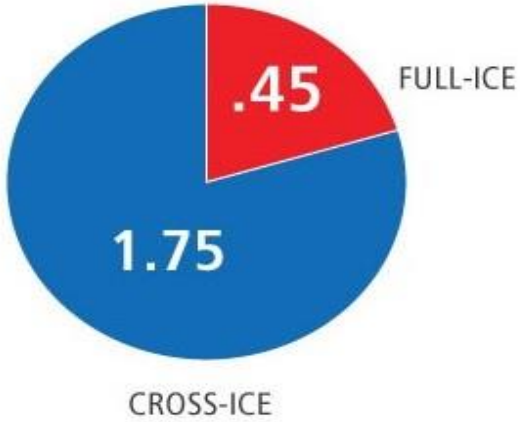
CROSS-ICE HOCKEY

ALBERTA

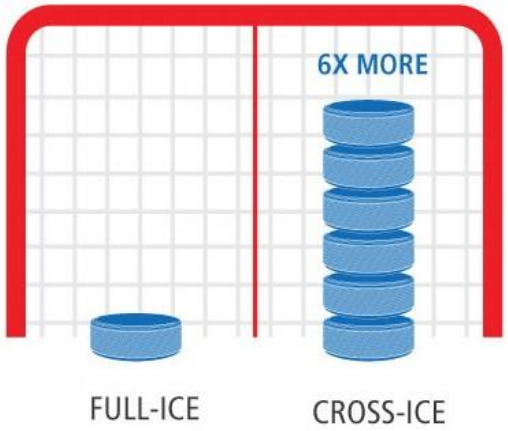
CHANGES OF DIRECTION PER PLAYER



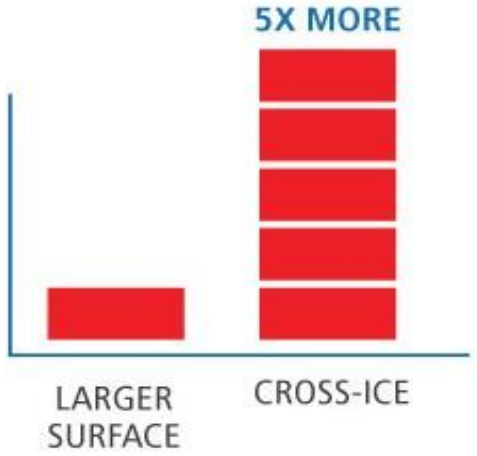
SHOTS PER MINUTE ON GOALIE



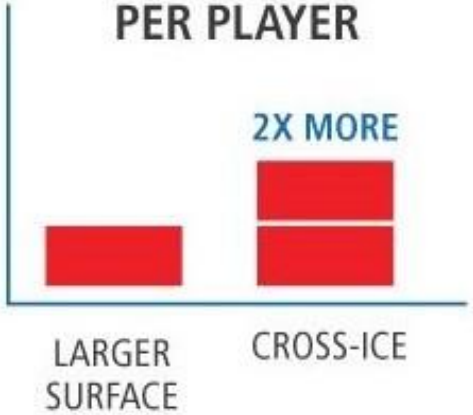
SHOTS PER PLAYER



PASSES RECEIEVED PER PLAYER



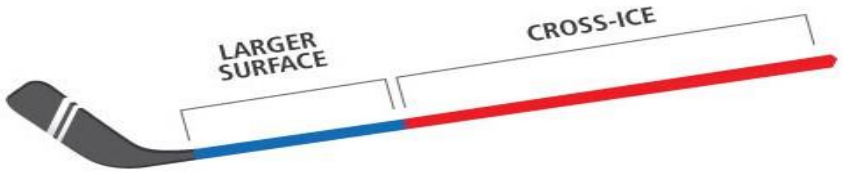
PASS ATTEMPTS PER PLAYER



CROSS-ICE HAD:

2X MORE	2X MORE	2X MORE
↓	↓	↓
PUCK TOUCHES	SHOT ATTEMPTS	PASS ATTEMPTS

PUCK TOUCHES PER PLAYER



LEADING OUR LEADERS

CONCLUSION:

Cross-Ice training is better at supporting kids to reach their hockey potential and more fun!

"Every player benefited from Cross-Ice hockey but more advanced players benefited the most."

SKATING STUDY

Skating Acceleration

- Acceleration speeds ***increased*** as the ice surface size was reduced.

Top Speed

- Average distance players needed to reach top speed was ***65 feet***.
- Advanced skaters reached top speed in ***60 feet*** or less.

SKATING STUDY

What does it mean?

- Effective skating is a combination of turns, pivots, cross overs, stops, starts and transitions.
- NHL's No. 1 skill isn't top speed; it's the ability to change speeds and accelerate quickly.
- Cross Ice / Half Ice trains players to skate the game, rather than simply skating fast in straight lines.

AGE APPROPRIATE

"The flat-out use of maximum speed in hockey 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… smaller areas generate more stops, starts and turns."

Dr. George Kingston
Former NHL & Team Canada
Head Coach

Corey McNabb
Hockey Canada

STRIDE TO CROSSOVER RATIO

	Cross Over	Stride	Cross Over to Stride Ratio
Average NHL Player	1	13	1:13
Top 25 NHL Player	1	4	1:4
Connor McDavid	1	2	1:2

8U HOCKEY

getting more of what's good.

ADM USA HOCKEY
AMERICAN DEVELOPMENT MODEL

A recent study quantified the skating benefits of cross-ice hockey for 8U players and also dispelled a myth about reaching top speed. Among the key findings:

ACCELERATION INCREASED BY 10%

8U skating acceleration speeds ***increased*** as the ice surface size was reduced. Average skating acceleration speeds were 10 percent faster in cross-ice hockey compared to full-ice hockey.

TOP SPEED REACHED IN 65 FEET

The average distance 8U players needed to reach top speed was 65 feet. Advanced skaters reached top speed in 60 feet or less. The cross-ice playing surface is 85 feet in length, meaning 8U players ***can*** and ***do*** reach top speed in cross-ice hockey.

WHAT DOES IT MEAN?

Effective skating, especially at higher levels, is a combination of turns, pivots, stops, starts and transitions. It's been said that the NHL's No. 1 skill isn't ***top*** speed; it's the ability to ***change*** speeds and ***accelerate quickly***.

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.

NSCA NATIONAL STRENGTH AND CONDITIONING ASSOCIATION

"Maximal speed is rarely reached in a hockey game. As a result, the preferable method of performance enhancement would be to increase acceleration."

National Strength & Conditioning Association

"NHL players have a top speed of approximately 25 mph, but they only spend 20 percent of each game skating above 12 mph and they reach top speed less than 2 percent of the time."

PowerScout Hockey

"The flat-out use of maximum skating speed in hockey 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 ... smaller areas generate more stops, starts, turns and most importantly, more puck touches."

Dr. George Kingston
former NHL and Canadian National Team Head Coach

DYLAN LARKIN
NHL All-Star Game Fastest Skater

"Speed is good, but quick acceleration and agility is what matters most. That's what makes you a consistent difference-maker everywhere on the ice."

ALBERTA

NHL players have a top speed of approx. 40 km/h, but they only spend 20% of each game skating above 19 km/h and they reach top speed less than 2% of the time.

PowerScout Hockey

LEADING OUR LEADERS

NHL GAME

85 feet

75 feet

Average NHL Player

Height: 6’1” (73.1”)

Weight: 200.7 lbs.

Age: 27.1 years

Where is the game played?

87% - O-Zone & D-Zone

13% - Neutral Zone

CHILD GROWTH AVERAGES

Age	Size	Boys	Girls
5 years	Weight	37.5 - 44.7 pounds	36.3 - 44.0 pounds
	Height	41.7 - 44.2 inches	41.3 - 43.8 inches
6 years	Weight	41.9 - 50.6 pounds	40.8 - 50.0 pounds
	Height	44.2 - 46.9 inches	43.9 - 46.7 inches
7 years	Weight	46.5 - 56.8 pounds	45.6 - 56.6 pounds
	Height	46.6 - 49.5 inches	46.5 - 49.4 inches
8 years	Weight	51.5 - 63.6 pounds	50.9 - 64.3 pounds
	Height	48.9 - 52.0 inches	48.8 - 51.9 inches

AGE APPROPRIATE

CHARLES UNIVERSITY IN PRAGUE STUDY

(Tomas Peric)

STATION-BASED PRACTICES	Number of Practices Observed		TRADITIONAL PRACTICES
	20	50	

Min.	Max.		Individual Skills		Min.	Max.
45	145	80	Shooting Average Number of Repetitions	25	15	45
45	170	90	Passing Average Number of Repetitions	30	20	50
45	155	70	Stickhandling Average Number of Repetitions	20	10	25

AGE APPROPRIATE

Stations →	Small Area Games →	Cross-Ice / Half Ice
Initiation 85% Technical Skills	15% Individual Tactics	0% Team Tactics
Novice 75% Technical Skills	15% Individual Tactics	10% Team Tactics
Fun & Enjoyment	Fun & Enjoyment	Fun & Enjoyment
Skill Acquisition	Decision Making Skills	Application of Skills
Error Detection / Correction	Transition	Play in Traffic
Maximize Activity	Puck Protection	Battle / Compete
Confidence	Support	Tactics

GAME TRACKER

2012 Birth Year - Spring Hockey - Activity Tracker (5 on 5, full-ice, full rules, 3 – 15-minute stop time periods)		
Position	**Forward**	**Defense**
Time On Ice	18 min	18 min
Time with Puck	1.23 mins (83 sec.)	1.02 mins (62 sec.)
Shots on Net	0	0
Passes Made	0	6
Passes Received	0	2
45-minute game took 1 hour 16 minutes of actual time to complete excluding warm-up, intermissions and ice resurface.		

GAME FORMAT

Continuous vs. Puck Drop on line changes:

- On average it takes 8 seconds to complete a line change and 5 seconds for players to gain possession of puck.
- A 60-minute game (15 players) using puck drops would facilitate ~ 5 minutes 20 seconds of gameplay for each player.
- A 60-minute game (15 players) not dropping the puck would facilitate ~18 minutes 20 seconds of gameplay for each player.
- ~245% increase in gameplay per player (8.83% to 30.50%)
- ~3.5 times as much gameplay by simply removing faceoffs

BLUE vs. BLACK

What puck should be used?

- Blue puck bounced a little more but allowed players to manipulate, pass and shoot easier.
- Goalies had to react quicker, and players were taking chances making passes they otherwise may not have with the black pucks.
- Skill wise the blue puck let the players make quick lateral plays under control, some of the moves were very impressive.
- Blue pucks didn't slide as well when in motion (newtons law) but was a real benefit, it made them handle it rather than bump it in front of themselves and skate into it.
- Blue puck allowed players to experience the game as it is intended.
- More complete passes, quicker shots and the skills that you can introduce and develop are greater with the blue puck.
- Pace of play was increased with the blue puck over the black puck.

IMPLEMENTATION

Topic	Expectations / Standards	√	Resources / Service Elements
<u>Intro to Hockey</u> - Full implementation is expected in accordance to Provincial and National Policies	- U7 & U9 Director Training - On Ice Instructor Training and Support - On Ice Curriculum (HC Network App, HC Drill Hub, Hockey Alberta) - Modified Ice Surface (practice and competition environments) - Age-appropriate equipment and rules - Parent Education Strategy		- HA hosts training seminars for Intro to Hockey specific personnel. - Resources and templates will be available through the the HA website. - HA Regional Managers are available to be a resource and support mechanism for MHA's to access.

GAME FORMAT

Hockey Canada Game Format

INTRO TO HOCKEY MODEL

NON-NEGOTIABLES
&
NEGOTIABLES

NON-NEGOTIABLES

- Playing Surface Size for Games – Maximum 100’ x 85’
- Hockey Canada Playing Rules
- Officials for U9 – 1 per game with a game fee of $20.00
- No score is kept
- 4 on 4 with a goalie
- No Goalie Equipment for Initiation and Full Goalie Equipment for Novice
- No Full Time Goalies
- Buzzer For Line Changes
- Continuous play on line changes and stoppages in play
- Face off only to start periods

NON-NEGOTIABLES

- Penalties called only in U9
- No position specialization
- No standings or stats kept
- Game Summary or Game Sheet required
- No affiliation in Intro to Hockey required
- Travel Permits
- Jamboree / Festival Sanctioning (none prior to Nov. 1)
- Discipline – Officials report only required for majors in U9

NEGOTIABLES

- Single Year Age Groups (Minor / Major)
- Grouping of Players
- Practice Format
- Shift Length (recommend 3 min for U7 & 1.5 min for U9)
- Puck (blue – black)
- Game Length
- Use of Officials for U7
- Net Size
- Player Acceleration determined by MHA
- Player Movement determined by MHA(s)

IDEAL SEASONAL STRUCTURE

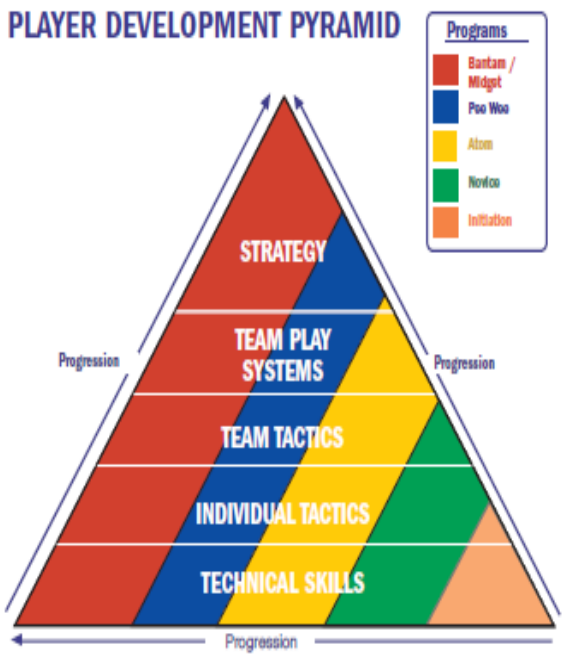
INTRO TO HOCKEY SEASONAL STRUCTURE		
Months	September - October	November - March
Phase	Development	Regular
Approx. Dates	Sept. 15 – Oct. 31	Nov. 1 – Mar. 22
Ice Sessions (Maximum)	**Development Season**	**Regular Season**
26 Weeks	6 Weeks	20 Weeks
50 Practices	12 Practices	38 Practices
25 Games	2 Games	23 Games
3 Jamborees / Festivals	0 Jamborees / Festivals	3 Jamborees / Festivals
Seasonal Practice to Game Ratio:	2:1	
Maximum Ice Sessions per Week:	2 or 3	
Recommended Ice Session Times:	Weekdays, no earlier than 5:00 pm Weekends, no earlier than 8:00 am	
* Ensure adequate sleep of 10-13 hrs./night & 30-minute nap between 2-4 pm, establish pre-bedtime routine, reduce or eliminate screen time and establish predictable meal times for young players aged 5-8 years old. *		

COACH REQUIREMENTS

	Coach 1 Intro to Coach	Respect in Sport Coach	Safety
U7	1 per 10 players	All	1 per 10 players
U9	1 per 10 players	All	1 per 10 players

- Hockey University Online
- Instructional Stream
- Intro to Hockey Coach Sessions

SEASONAL PLAN



<u>Technical Skill (75-85%)</u> – fundamental skills that are required to play the game. (skating, shooting, passing)

<u>Individual Tactic (15%)</u> – action by one player using one or a combination of technical skills in order to create an advantage or take away the advantage of an opponent. (1 vs. 1)

<u>Team Tactic (0-10%)</u> – collective action of two or more players using technical skills and / or individual tactics in order to create an advantage or take away the advantage of an opponent. (3 vs. 2)

PLAYER DEVELOPMENT

U7	U9	U11
85 % - Technical Skills	75 % - Technical Skills	50 % - Technical Skills
15 % - Individual Tactics	15 % - Individual Tactics	20 % - Individual Tactics
0 % - Team Tactics	10 % - Team Tactics	15 % - Team Tactics
0 % - Team Play Systems	**0 % - Team Play Systems**	10 % - Team Play Systems
0 % - Strategy	**0 % - Strategy**	5 % - Strategy

PLAYER DEVELOPMENT

TECHNICAL SKILLS - SKATING (U7 - 85% and U9 - 75%)			
BALANCE / AGILITY / EDGES	**STARTING / STOPPING**	**FORWARD / BACKWARD**	**TURNING / CROSS OVERS**
➢ Hockey Stance ➢ Balance on 1 foot ➢ Jumping on 1 foot / 2 feet ➢ Gliding on 2 skates ➢ Gliding on 1 skate ➢ Lateral cross overs (step & plant / continuous) ➢ Inside & outside edge glide (figure 8 / cones) ➢ Slalom ➢ Heel to heel (Crosby)	➢ T-start ➢ V-start ➢ Crossover start ➢ Backward c-cut start ➢ Snow plow stop ➢ 1 foot stop ➢ 2 foot parallel stop	➢ T-push ➢ Forward stride ➢ Backward stride ➢ C-cuts (both feet, 1 foot) ➢ C-cuts alternating	➢ Glide turns ➢ Tight turns ➢ Cross-overs ➢ Cross-unders ➢ Pivots
KEY TEACHING POINTS	**KEY TEACHING POINTS**	**KEY TEACHING POINTS**	**KEY TEACHING POINTS**
➢ Knees over toes ➢ Nose over knees ➢ Head up ➢ Inside / outside edges ➢ 1 edge ➢ 2 edges ➢ 4 edges (flats)	➢ 3 quick strides (blast off) ➢ Make snow / pizza slice ➢ Inside edges ➢ Outside edges ➢ Turn, sit, stop	➢ Full extension ➢ Full recovery ➢ Deep knee bend ➢ Arm swing (north /south motion) ➢ 4 edges (flats) ➢ Backward (sit tall, ride horse, wiggle hips, c-cut) ➢ Bubbles	➢ Stick, head, feet ➢ Inside foot / outside edge ➢ Shoulders level ➢ Cross-over (knee over knee) ➢ Hockey stance ➢ Toes first on pivot

PLAYER DEVELOPMENT

TECHNICAL SKILLS - PUCK SKILLS (U7 - 85% and U9 - 75%)			
BASICS	**PUCK CONTROL**	**PASSING / RECEIVING**	**SHOOTING**
➢ Stick Length ➢ Grip ➢ Hand Position ➢ Wrist Action ➢ Width & Depth	➢ Stationary ➢ Narrow / wide ➢ Side / Front / Side ➢ Toe Drag – front / side ➢ Spin puck ➢ Top / bottom hand only ➢ Moving (multi-directional) ➢ Open ice carry – forehand / backhand ➢ Weaving	➢ Stationary ➢ Forehand / backhand / bank pass ➢ One handle & pass ➢ Catch & pass (one touch) ➢ Moving ➢ Pass in skates ➢ Bad pass retrieval	➢ Stationary ➢ Forehand & backhand ➢ Sweep, wrist, flip ➢ Shooting in motion ➢ Quick release ➢ Change release angel ➢ Fake shot and shot ➢ Fake pass and shot ➢ Look off and shot
KEY TEACHING POINTS	**KEY TEACHING POINTS**	**KEY TEACHING POINTS**	**KEY TEACHING POINTS**
➢ Stick – under chin when off skates ➢ Grip – V-grip, burry the knob ➢ Hands away from body ➢ Roll wrist, butter bread ➢ Top hand power hand ➢ Bottom hand violin	➢ Quiet upper body ➢ Stick control ➢ Hockey stance ➢ Skate from waist down ➢ Handle puck from waist up	➢ Hands & elbow away from body ➢ Follow through (wrist roll) ➢ Hips open to target (forehand) ➢ Hips closed to target (backhand) ➢ Eyes at target ➢ Release puck heel to toe	➢ Hockey stance ➢ Weight transfer (back to front) ➢ Point toe of stick at target on follow through ➢ Roll wrist over ➢ Turn hips while in motion

PLAYER DEVELOPMENT

INDIVIDUAL TACTICS (U7 - 15% and U9 - 15%)		TEAM TACTICS (U7 - 0% and U9 - 10%)	
OFFENSIVE	**DEFENSIVE**	**OFFENSIVE**	**DEFENSIVE**
➢ Body fakes ➢ Stick fakes ➢ Puck protection ➢ Dekes ➢ Evasive skating ➢ Races ➢ Battles ➢ Small area games ➢ 1 on 1	➢ Angling ➢ Stick checking ➢ Protect the middle ➢ Body positioning	➢ Net Drive ➢ Middle Drive ➢ High Delay ➢ Wrap around ➢ Cross & drop ➢ Pass & follow ➢ Give & go ➢ Headman puck ➢ Create 2 on 1's	➢ Escape moves ➢ Puck retrieval ➢ Protect house ➢ Funnel wide ➢ Inside out
KEY TEACHING POINTS	**KEY TEACHING POINTS**	**KEY TEACHING POINTS**	**KEY TEACHING POINTS**
➢ Stick control ➢ Body positioning ➢ Hockey stance ➢ Reinforce technical skills	➢ Stick on puck ➢ 2 hands in battle ➢ Shoulder checking ➢ Steer with stick	➢ Head up ➢ Communication ➢ Move puck quick ➢ Accelerate to open ice	➢ Angles ➢ Jump on loose pucks ➢ Quick transition to offense ➢ Communicate with goalie

WHAT WE’VE LEARNED

Wide Drive

Nice Goal

D Net Front

P1, P2, P3, P4

WHAT WE’RE BUILDING

Skill Stations

[redacted]

[redacted]

Small Area Games

Relay Races

[redacted]

[redacted]

Individual Tactics

OUTCOMES

- Transition from a competition model to a development model
- Potential to curve adult behaviors and keep tempers low
  - Dealing and communicating with officials
  - Coaching to win the wrong way (shortening the bench)
  - Coaches not respecting penalty procedure
  - Coaches looking for upper hand (opening gate early)
- Its about players playing the game and not focusing on the outcome
- Player Retention Strategy

WHY DO CHILDREN QUIT SPORT?

6 Signs You Are A Pushy Sports Parent

YOU WANT TO WIN MORE THAN YOUR CHILD

YOU KEEP ARGUING WITH PARENTS AND COACHES

YOU CONSTANTLY INSTRUCT YOUR PLAYER WHEN PLAYING IN A GAME OR TRAINING

YOU FORCE THEM TO PARTICIPATE IN SPORT

YOU ONLY CARE ABOUT HOW WELL YOUR CHILD PLAYS

YOU MAKE THEM SPECIALISE IN 1 SPORT

HOCKEY PARENTS

Sport Nova Scotia