



Canadian Player Pathway

INITIATION



2019 - 20

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How a player gets that first experience of hockey is crucial.

If a beginner has fun while developing the fundamental skills and building confidence in their ability to perform those fundamental skills, there is a strong probability that player will go on to enjoy hockey for many years.

INTRODUCTION



**LEAD, DEVELOP AND PROMOTE POSITIVE
HOCKEY EXPERIENCES**



TOM RENNEY
Chief Executive
Officer, Hockey
Canada

Whoever said
those words took
the pulse of a
nation that has
had a long and
storied love affair
with hockey

Hockey is Canada and Canada is Hockey.

Let's face it – hockey is a touchstone of Canadian life. It is Canada's national theatre and it is the chatter of the country. Hockey is more than a sport for Canadians, it is a part of the country's heart and soul.



VISION: WORLD SPORTS LEADERS



MESSAGE



The Initiation Program is the foundation of Hockey in Canada!



WHAT IS THE **INITIATION** PROGRAM?

- ❖ The Initiation Program is a progressive, learn to play teaching curriculum. Children learn through participating in practice drills and informal modified games
- ❖ Consists of four phases of instruction, designed for any entry level hockey player.
- ❖ Introduces the skills of skating, passing, puck control and shooting in a progressive one step at a time manner



The main goal is to make the beginner's first impression of hockey a good one! When Players get started on a positive note they automatically enjoy the game and usually go on to have fun playing hockey for many years



WHAT IS THE **INITIATION** PROGRAM?

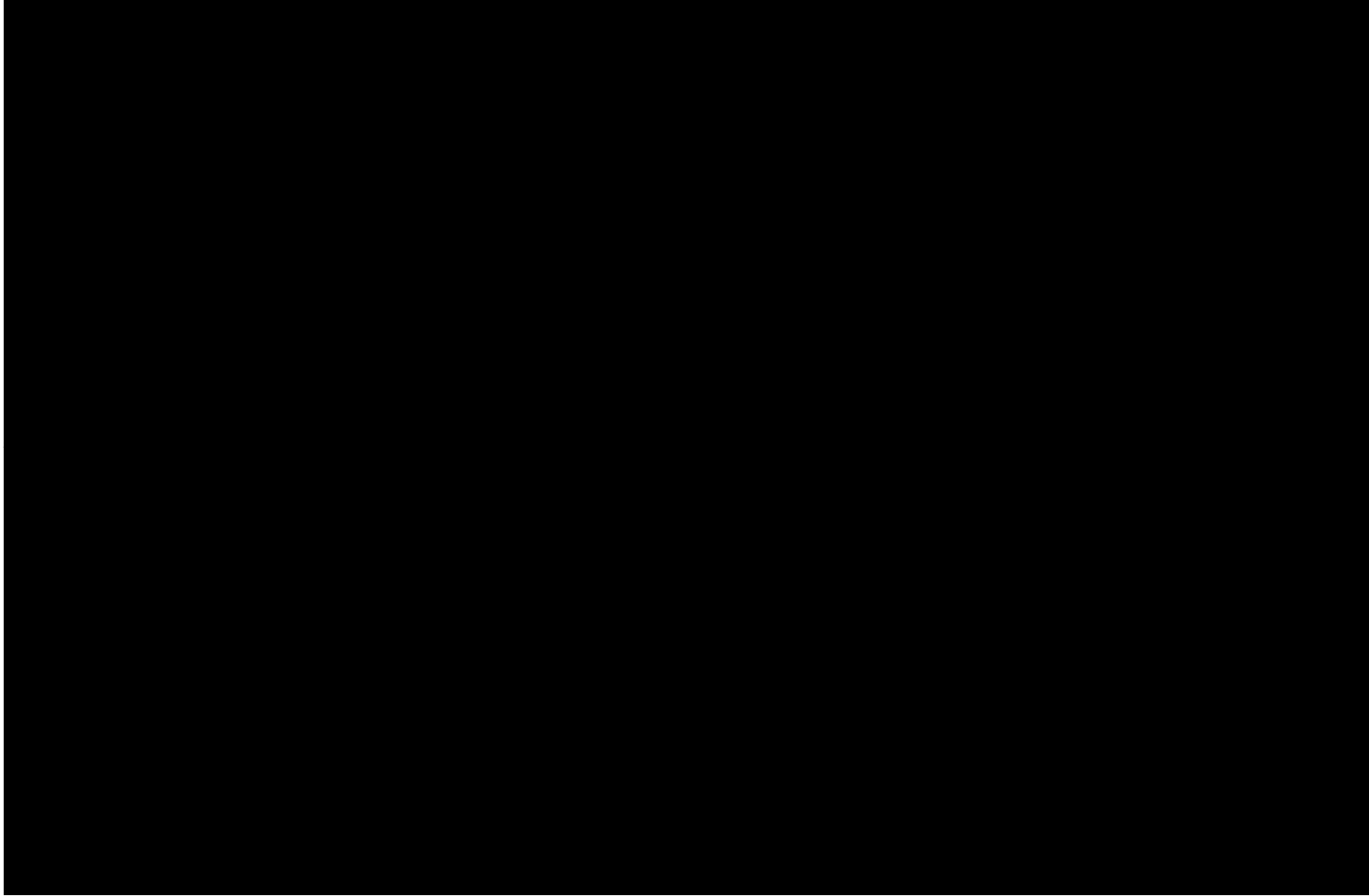
- ❖ A comprehensive program for the development of young children as hockey players.
- ❖ Focus is on skill development and fun without the pressures of winning.
- ❖ Aims to create participants and instructors who will continue in the game.
- ❖ Motto is Fun, Fitness, and Fair Play



- ❖ To learn the basic skills required to play the game of hockey.
- ❖ To develop an understanding of basic teamwork through participation in a variety of activities and game situations.
- ❖ To create and refine basic motor patterns.
- ❖ To develop self-confidence and experience personal achievement within a positive team atmosphere.



WHAT IS THE **INITIATION** PROGRAM?





SEASONAL STRUCTURE

IDEAL HOCKEY SEASON: Refers to an optimal seasonal structure – this is a guideline and is subject to a range of minor differences regarding suggested numbers.

PREP / TRYOUT PHASE: Refers to the period of time prior to the season starting – typically when prep camps and / or tryouts are held.

DEVELOPMENT PHASE: Refers to the period of time following tryouts or evaluation prior to the regular season starting.

REGULAR SEASON PHASE: Refers to the period of time from first regular season game to the start of playoffs or Provincial / Branch Championships.

PLAYOFF PHASE: Refers to the period of time from the end of the regular season through to the end of Playoffs.

OFF SEASON: Refers to the period of time from the end of the playoff season to the start of the next Prep or Tryout season. No tryouts are allowed during the off season

INITIATION: AGE 5-6

DEVELOPMENT PHASE

Up To		
12	24	0
WEEKS	PRACTICES	FORMAL GAMES

REGULAR SEASON PHASE

Up To		
14	20	10
WEEKS	PRACTICES	CROSS ICE GAMES

PLAYOFF PHASE

No playoffs
Up to 4 weeks

TOURNAMENTS

3 Festivals/ Jamborees
12 modified games

TOTAL PRACTICES: 35 - 45 | TOTAL GAMES: 15-25

REQUIREMENTS:

- No tryouts / evaluations prior to or during the first week of school
- Must provide a minimum of 4 skates before formal tryouts
- Tryouts must be minimum 3 sessions (1 skills session / 1 small area games session / 1 formal game)
- No Full Time Goalies - No goalie equipment
- Rotate all players through all positions F / D / G
- No Playoffs
- All games 4 on 4 Cross ice
- Fair / Equal ice time

CONSIDERATIONS:

- Small Nets
- Blue 4 Oz Pucks
- Consistent prime time ice sessions for practices and games (consistent days and times.
- Ideally 2 Practices per week
- 5 to 1 Player to Coach Ratio Maximum
- Multiple Stations during practice





SEASONAL STRUCTURE

Requirements

Prep / Tryout Phase: Refers to the period of time prior to the season starting – typically when prep camps and / or tryouts are held

- 1) No tryouts / evaluations prior to or during the first week of school
 - No tryouts during Off Season Phase (Previous season including March through August)
 - No tryouts during the first week of school where school starts the week after labor day
 - Where school starts prior to labor day, there must be 4 skates / practices starting the week following labor day before tryouts commence
- 2) Must have a minimum of 4 practices / skill sessions prior to formal evaluations starting
- 3) Must have a minimum of 3 formal tryout / evaluation sessions – Recommended - 1 skills session, 1 small area games session, 1 game

Development Phase: Refers to the period of time following tryouts or evaluation prior to the regular season starting.

- 4) Must have a period of development time following team selection and prior to the start of the regular season

Playoff Phase: Refers to the period of time from the end of the regular season through to the end of playoffs

- 5) NO Playoffs





SEASONAL STRUCTURE

Rationale

1) No tryouts / evaluations prior to or during the first week of school

- Give MHA's and parents back the summer – season does not need to start that early only to be finished in February (Start later / End later)
- Start of school year is stressful enough for players, they do not need to have hockey tryouts start the same time
- Give MHA's a chance to get organized and begin planning

2) Must have minimum of 4 practices / skill sessions prior to formal evaluations starting

- A players first experience with hockey should not be a formal tryout – give all players the chance to get back on the ice in a more “ player friendly “ scenario
- Helps to level the playing field as not all kids have a chance to go to hockey schools or prep camps
- Give an MHA a chance to run their own prep camp instead of members spending money outside the association

3) Tryouts must be minimum of 3 formal tryout / evaluation sessions – Recommended - 1 skills sessions, 1 small area games session, 1 formal game

- Players need a fair chance to evaluate – a standard process will show transparency and consistency
- Will provide coaches with the basis of a development plan based on a solid and quantifiable evaluation.

4) Must have a period of development time following team selection and prior to the start of the regular season

- Very important to give coaches the chance to develop and improve their players skills prior to getting into organized games
- Skills before tactics, tactics before systems
- Eliminate or reduce pressure to try and win right away

5) No Playoffs in Initiation

- Give all teams the chance to play to same end point.
- All players deserve the same chance to play to the end of the year finishing with fun tournament





SEASONAL STRUCTURE

Recommendations

General Development

- Season should allow for 2 seasonal breaks (not including Christmas / long weekends – Seasonal Break would be considered minimum 5 days without a scheduled game or practice)
- Recommended maximum of 25 games per year (including exhibition / league / tournaments)
- Recommended length of game is a 60 minute ice time
- Small Area Games in practice / Station based practices / Skill focused drills

Tryouts / Evaluations

- Players should be evaluated based on skill level
- Players should be selected / grouped for teams based on their skill

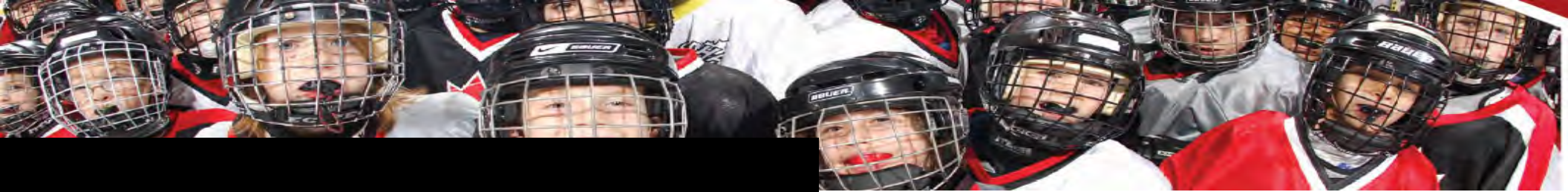
Ice Time

- Fair / equal ice time (No full time goalies)

Position Specific Teaching

- 100% of practice should be on individual skills, tactics and fun.
- Players should rotate through Defence and Forward positions the entire season
- Limit position specific specialization (all players try all positions)

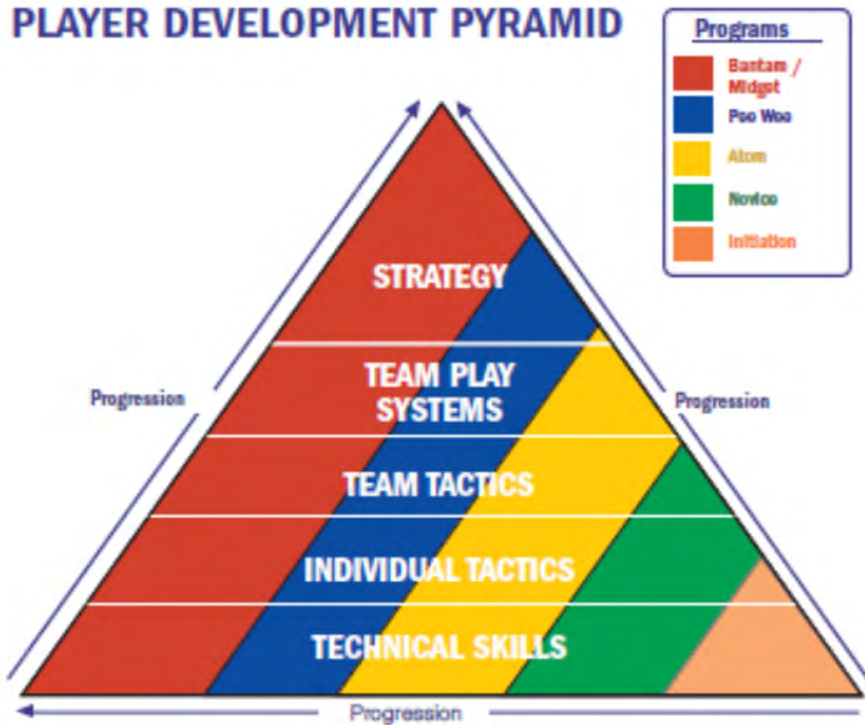


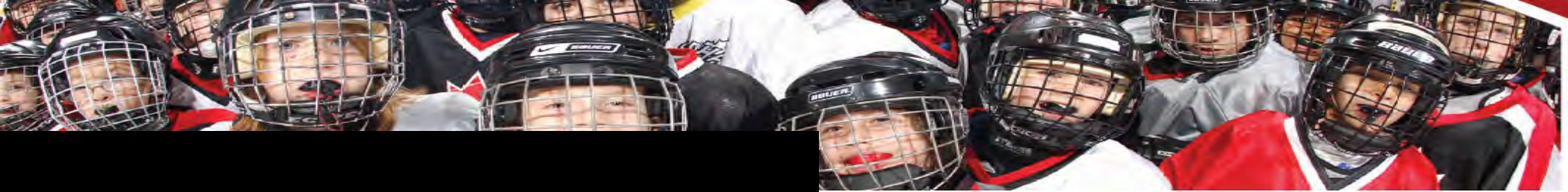


SEASONAL STRUCTURE

The emphasis of Hockey Canada's Initiation Program is on teaching technical skills and individual tactics. This foundation of skills will enhance a player's enjoyment of the game. The Initiation Program recommends that player development be built on practicing technical skills 85% and individual tactics 15%.

PLAYER DEVELOPMENT PYRAMID





MONTHLY GOALS

SEPTEMBER

Technical Skills - Introduce

- Skating
- Agility
- Balance
- Coordination

- Puck Control
- Stationary & Moving

Fun Games

OCTOBER

Technical Skills – Introduce / Develop

- Skating
- Agility
- Balance
- Coordination

- Puck Control
- Stationary & Moving

Fun Games

NOVEMBER

Technical Skills – Introduce / Develop

- Skating
- Agility
- Quickness
- Speed

- Puck Control
- Moving
- Dekes

- Passing
- Stationary

Fun Games

DECEMBER

Technical Skills – Develop

- Skating
- Agility
- Quickness
- Speed

- Puck Control
- Moving
- Dekes

- Passing
- Stationary

Fun Games

JANUARY

Technical Skills - Refine

- Skating
- Agility
- Quickness
- Speed

- Puck Control
- Moving
- Dekes

- Passing
- Stationary / Moving

Fun Games

Relays

Competitive Drills

SEPTEMBER / OCTOBER

-Ideally there are no tryouts or evaluations to begin, all players should be doing " Hockey School ".

-Players can be grouped by skill

-Multiple Stations





MONTHLY GOALS

FEBRUARY

Technical Skills – Develop / Refine

- Skating
- Quickness
- Speed

- Puck Control
- Stationary/ Moving
- Dekes

- Passing
- Stationary / Moving

Individual Tactics - Introduce

- 1 on 1's
- Give and Go's
- Stationary / Moving
- Dekes
- Passing
- Moving

MARCH

Technical Skills – Develop / Refine

- Skating
- Quickness
- Speed

- Puck Control
- Stationary/ Moving
- Dekes

- Passing
- Stationary / Moving

Individual Tactics -Develop

- 1 on 1's
- Give and Go's
- Stationary / Moving
- Dekes
- Jamborees / Festivals**
- 3 on 3
- 4 on 4
- Half ice / Cross ice

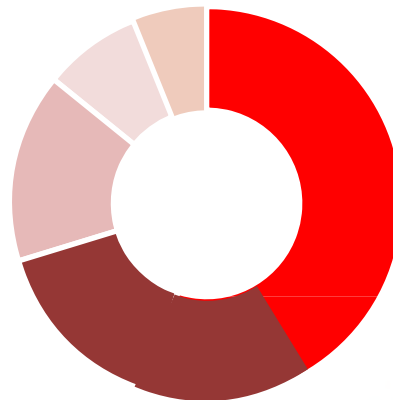
APRIL

- Jamborees / Festivals
- 3 on 3
- 4 on 4
- Half ice / Cross ice

MAY / JUNE / JULY / AUGUST

- Off season
- Multisport Activities
- FUN!!!

SEASONAL STRUCTURE BREAKDOWN CHART



- 35%** - Introducing Technical Skills
- 35%** - Developing Technical Skills
- 15%** - Refining Technical Skills
- 10%** - Introducing Individual Tactics
- 5%** - Developing Individual Tactics

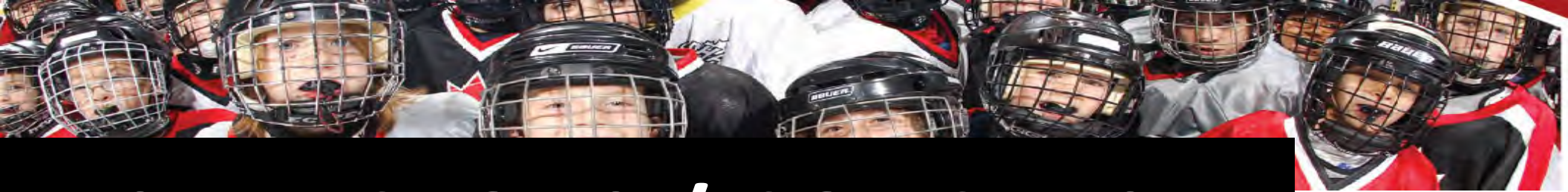




INITIATION SKILLS

LTPD STAGE – Fundamentals

Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<ul style="list-style-type: none"> • Basic stance • Getting up from the ice • Balance on one foot • Jumping on 2 feet / 1 foot • Gliding on two skates • Gliding on one skate – fwd and bwd • Lateral Crossovers – step and plant / continuous 	<ul style="list-style-type: none"> • Inside edge glide • Figure 8's – forward – inside & outside edge • Figure 8's – backward – inside & outside edge • Slalom 	<ul style="list-style-type: none"> • T-start • Front v-start • Crossover start • Backward c-cut start • One o'clock – eleven o'clock • Outside leg stop • Two-foot parallel stop • One-leg bwd stop • Two-leg bwd stop 	<ul style="list-style-type: none"> • C-cuts – left foot / right foot / • C-cuts alternating • T-push • Forward striding 	<ul style="list-style-type: none"> • C-cuts – left foot / right foot / • C-cuts alternating • Gliding on two skates – backward • Gliding on one skate – backward 	<ul style="list-style-type: none"> • Glide turns • Tight turns • C-cuts – around circle – outside foot – forward & backward • Crossovers – forward & backward • Backward on-foot stop and t-start • Pivots – bwd to fwd & fwd to bwd • Pivots – open & reverse
Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and Receiving	Shooting	
<ul style="list-style-type: none"> • Stance • Narrow • Wide • Side – front – side • Toe drag – front & side 	<ul style="list-style-type: none"> • Narrow • Wide • Open ice carry – forehand & backhand • Weaving with puck • Toe drag – front & side 	<ul style="list-style-type: none"> • Stationary forehand pass • Stationary backhand pass • Stationary bank pass 	<ul style="list-style-type: none"> • Moving forehand pass • Moving backhand pass 	<ul style="list-style-type: none"> • Forehand - sweep shot • Forehand - wrist shot • Backhand - sweep shot • Forehand - flip shot 	
Individual Offensive Tactics	Individual Defensive Tactics				
<ul style="list-style-type: none"> • Body fakes • Stick fakes 	<ul style="list-style-type: none"> • Angling 				



INSTRUCTORS / COACHES

Initiation Coaching Pathway

- Hockey University – On-line Module
- Coach 1 – Intro to Coach in class and on ice clinic
- RIS – Activity Leader – On-line module

PATHWAY FOR COACH 1 - INTRO TO COACH

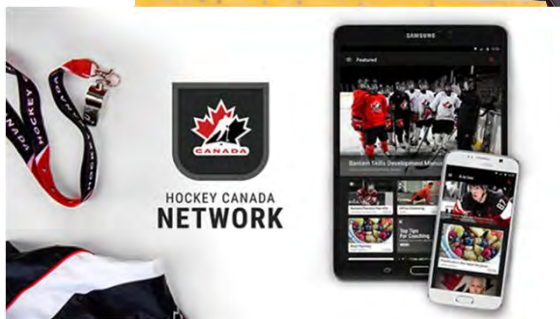
PATHWAY	TRAINED	CERTIFIED	CERTIFICATION MAINTENANCE
ALL YEARS	HOCKEY UNIVERSITY MODULES 1-12 ALL IN CLASS TASKS CLINIC ATTENDANCE	N/A	N/A

CERTIFICATION IS NOT REQUIRED AT COACH 1 AND A COACH CAN STAY "TRAINED" INDEFINITELY.

Continuing Education Opportunities

- NCCP Instructional Stream
- Skating Clinic
- Skills Clinic
- Small Area Games Clinic

RESOURCES



RESOURCES



BY THE NUMBERS

800 TEAM CANADA
GAME CLIPS

3,200 ARTICLES

300
PRACTICE PLANS

1,500
DRILLS

900 VIDEOS



HOCKEY CANADA
NETWORK



www.hockeycanadanetwork.com



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PLAY VIDEO

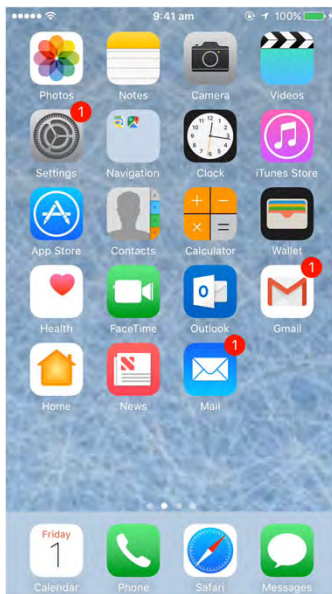


RESOURCES

SUBSCRIBE

Getting started is easy...

Download the app through the App Store or Google Play.



**PLAY
VIDEOS**



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Subscribe for Premium access to the Hockey Canada Network through our website and get an **ADDITIONAL 20% OFF** the in-app annual subscription price. Single or group access codes available.

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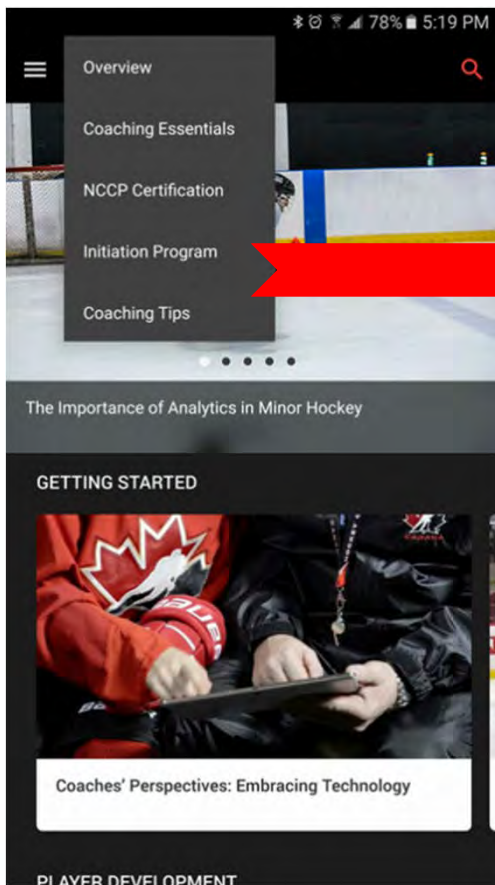
GET IT ON Google play | Download on the App Store

Join our Email list for the latest news and updates about the new Hockey Canada Network App. johnsmith@email.com

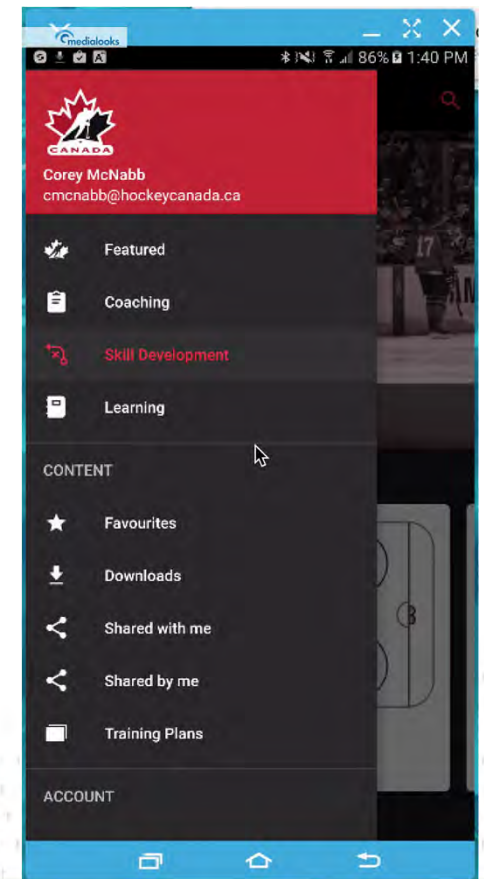


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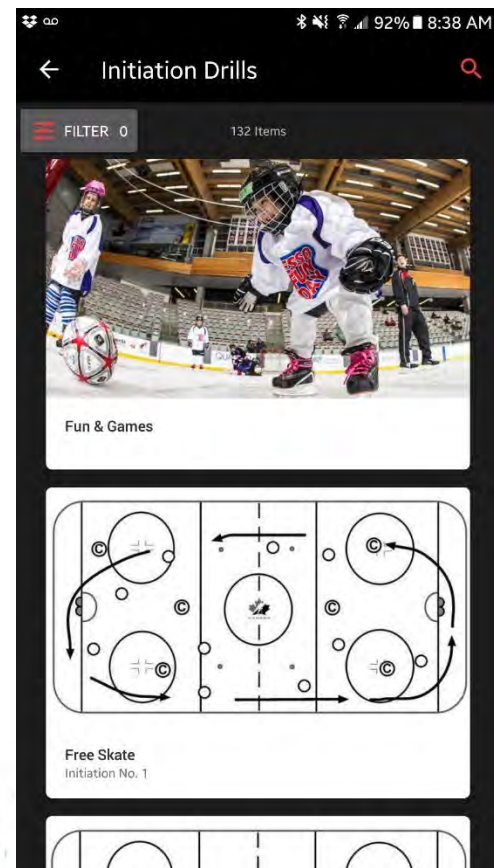
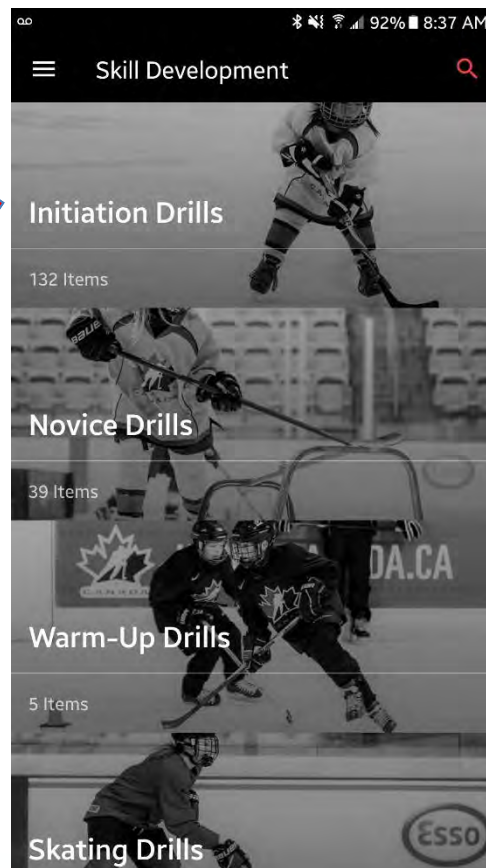
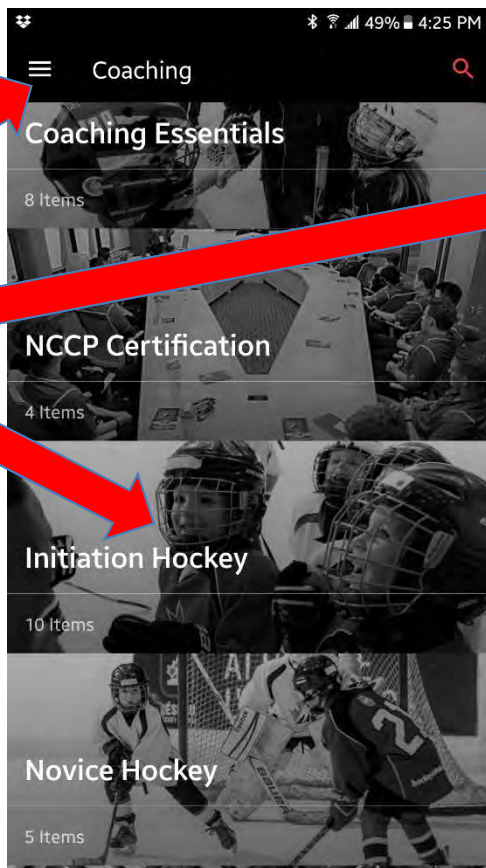
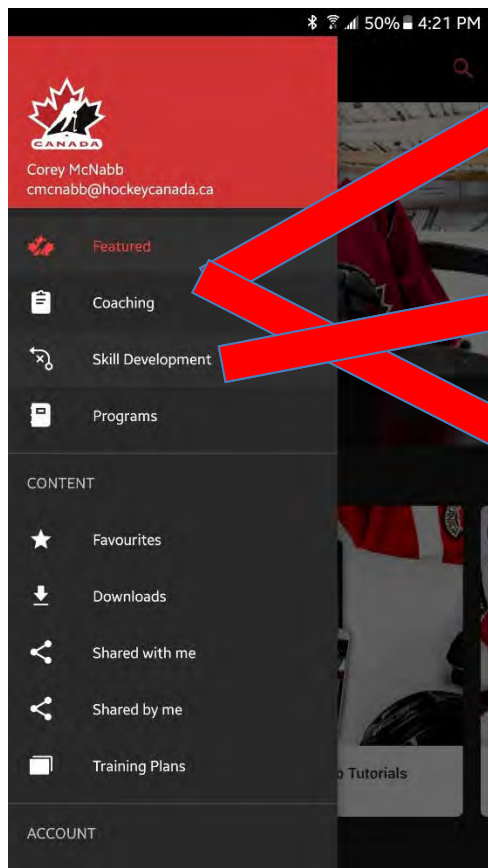
Coaching – Initiation Program



The Initiation Program portion of the Coaching section on the app contains key messages, promotional materials, administrator & coach messaging, ice setups etc...

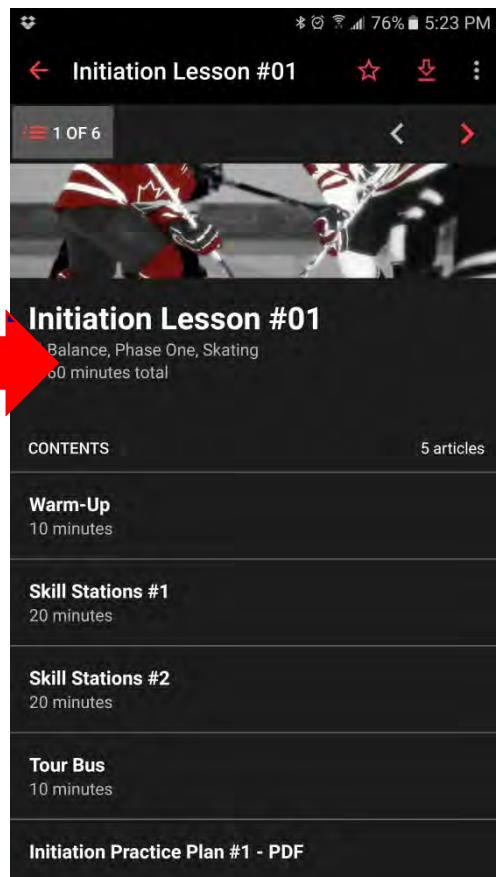
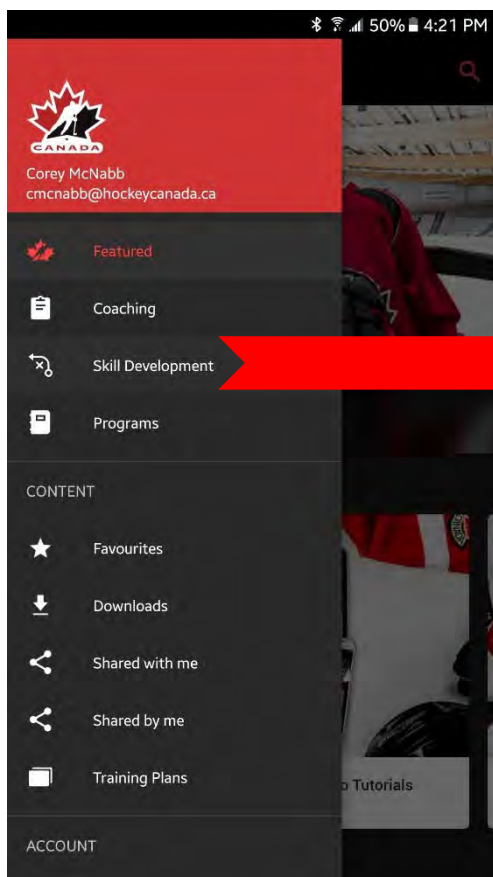


RESOURCES

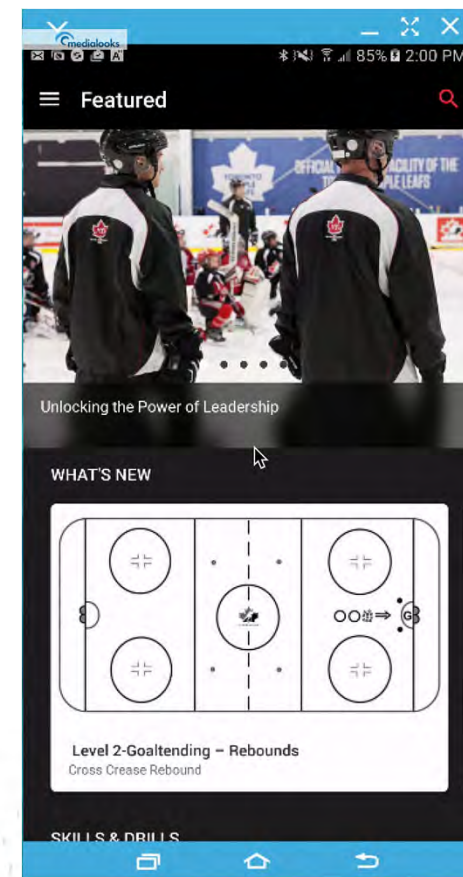


RESOURCES

Skill Development - Skills Manuals - Initiation

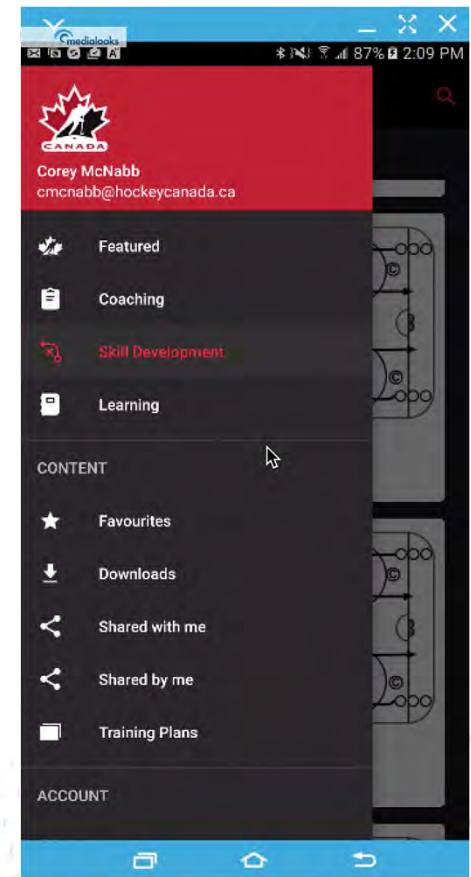
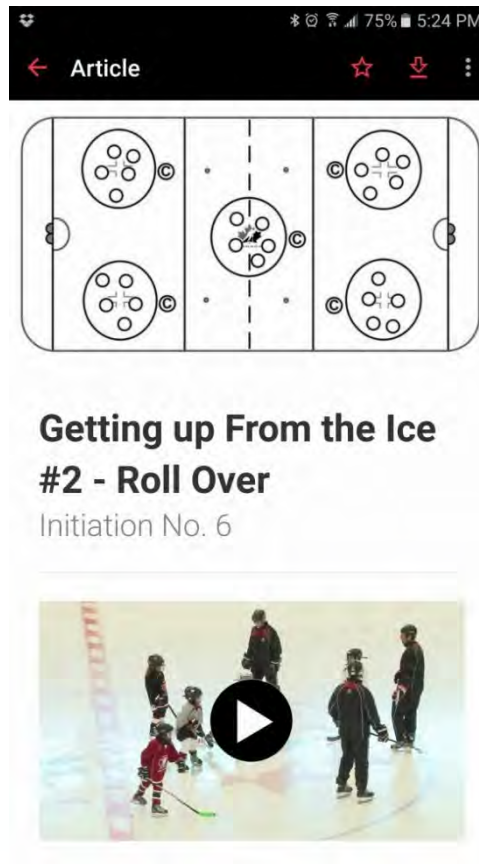
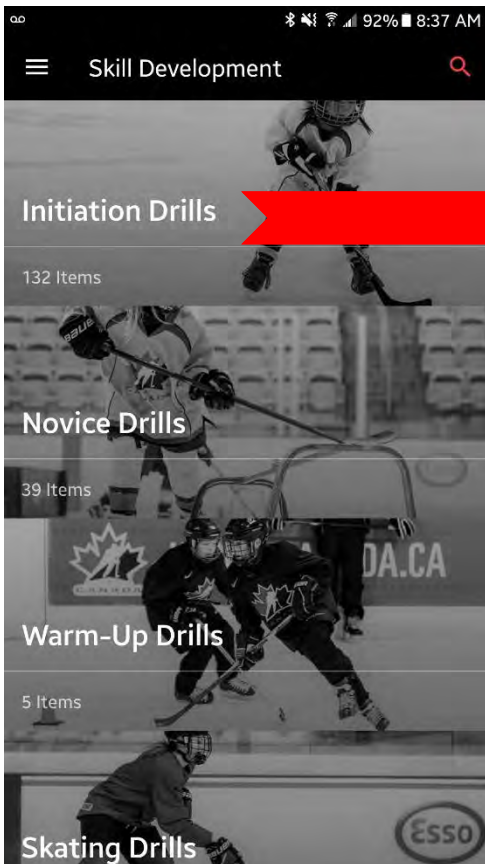


The Hockey Canada Skills Development Initiation Manual is broken up into 32 separate practice plans. Each individual drill can also be accessed. Favorite, download and share an entire practice plan or individual drill



RESOURCES

Skill Development - Initiation Skills Videos



What is Hockey Canada Drill Hub?

Hockey Canada Drill Hub is a Free resource for players and coaches of all levels with a continuously growing library of:

- Drills
- Videos
- Practice Plans

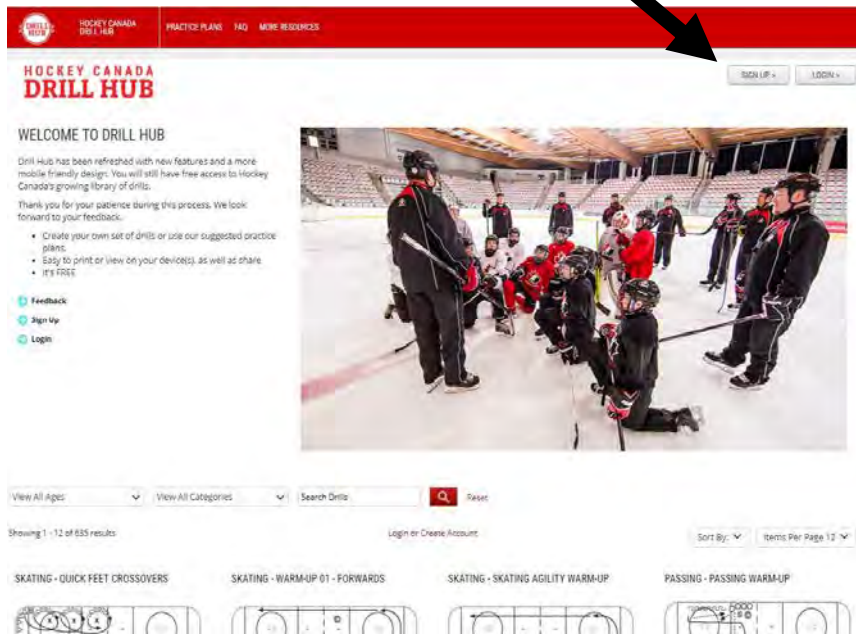
The screenshot shows the Hockey Canada Drill Hub website. At the top, there is a red navigation bar with the 'DRILL HUB' logo and links for 'PRACTICE PLANS', 'FAQ', and 'MORE RESOURCES'. Below the navigation bar, the 'HOCKEY CANADA DRILL HUB' logo is prominently displayed. To the right of the logo are 'SIGN UP >' and 'LOGIN >' buttons. The main content area features a 'WELCOME TO DRILL HUB' section with a paragraph of text and a bulleted list of features: 'Create your own set of drills or use our suggested practice plans', 'Easy to print or view on your device(s), as well as share', and 'IT'S FREE'. Below the list are links for 'Feedback', 'Sign Up', and 'Login'. To the right of the text is a large photograph of a coach in a black jacket addressing a group of young hockey players on an ice rink. Below the welcome section is a search bar with filters for 'View All Ages' and 'View All Categories', a search input field, and a 'Reset' button. Below the search bar, it says 'Showing 1 - 12 of 635 results' and 'Login or Create Account'. At the bottom, there are four drill thumbnails: 'SKATING - QUICK FEET CROSSOVERS', 'SKATING - WARM-UP 01 - FORWARDS', 'SKATING - SKATING AGILITY WARM-UP', and 'PASSING - PASSING WARM-UP'. Each thumbnail includes a small diagram of the drill on an ice rink.

The promotional graphic features the 'HOCKEY CANADA DRILL HUB' logo on the left. To the right is a large image of a Samsung tablet displaying a hockey player in a red jersey. Below the tablet, the text reads 'Practice Like Team Canada' and 'Access a Library of Free Drill Videos & Diagrams'. At the bottom left, the website address 'HockeyCanada.ca/DrillHub' is provided.

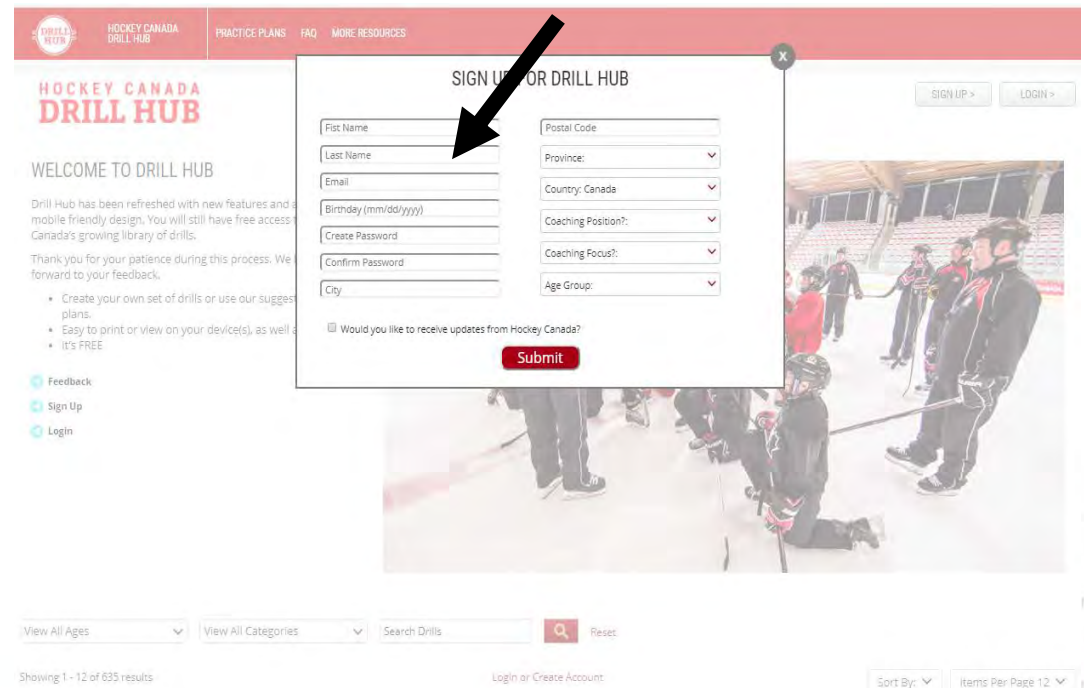


Creating an Account

Click the *Sign Up* button



Fill in your information and click *Submit*



INITIATION PROGRAM



MEMBERS & PARTNERS



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