



INITIATION PROGRAM

UPDATED JUNE 2018



Initiation Program

Bashaw Minor Hockey Association has developed this program in alignment with the Hockey Alberta Initiation Guidelines & Hockey Canada's Long Term Player Development Model (LTPDM) for entry level hockey players; to introduce the basic concept of the game and develop core skills as outlined by Hockey Canada

Philosophy: Introduce hockey to our youngest players in a fun and safe environment through passionate leadership and innovative skill development.

Objectives: Bashaw Stars Initiation Program is designed to teach fundamental hockey skills and develop the basic concept of the game to players varying in ages and skill levels.

1. Introduce the core skills of hockey at an initiation level (Appendix A)
2. Adapt Hockey Alberta and Hockey Canada's Program requirements to function within the Bashaw Minor Hockey Association. Our initiation players will range from players who are learning to balance on skates to those who are ready to move up to the Novice level. This program has been designed to meet the needs of ALL players by following the training objectives of introducing, developing & refining each skill.
3. Provide ideal opportunities for players to experience the game of hockey by altering the game for their age & skill level

Program Guidelines:

Ages: Players aged 5 or 6 before December 31st of the current season

Underage: players being 4 years old before December 31st will be allowed to register with BMHA for practices only. They **will not** play any league games.

Overage: parents are to approach the head coach, manager or registrar. The request will then be decided upon by the BMHA Board. Refer to BMHA Policies for the overage process and Hockey Alberta Guidelines.

Fees: 4 year olds	players born 2014	\$225
5 and 6 year olds:	players born 2012-2013	\$400

Volunteer Requirements:

As a small association we rely on our amazing parents to make hockey available to the children. If you are interested in managing or coaching, please speak with a BMHA board member.

Every family will be responsible to volunteer for fundraising throughout the season. This may include working at a Casino, selling Oilers 50/50 tickets, comedy night or any other opportunities as deemed by the board.

Volunteer Concession Hours: Each family is responsible to work 15 concession hours each season. A reduction of 5 hours will be offered to those who volunteer to manage or coach or board members.

Families with a *4 year old only* will not be expected to work any concession hours but still required to volunteer for fundraising throughout the season. Any concerns can be brought forward to the board.

Team Structure:

The number of registered players will vary yearly.

If there are 16 players or less, they will function as one team.

If there is 17+ players the BMHA Board will determine how the team is divided.

Division may include pods or teams or to continue as one large team.

Practice Guidelines

This program will aim for a 2:1 practice to game ratio.

(Practices will start once ice is installed, typically the first week of October)

Tuesdays 4:30 – 5:15pm

Thursdays 4:30pm – 5:15pm

Curriculum: Hockey Alberta U6 Initiation Skill Development guidelines (appendix B) utilizing a whole team teaching approach will be used

All players will be placed in groups of 4-6 according to their skills as decided by the coaches. These groups are flexible so as players develop at different rates, re-evaluation of the groups will be necessary throughout the season. Groups will rotate through each station designed to give adequate skill progression based on the ability of the group. Stations may be divided up using rink dividers.

Game Guidelines

The game of hockey will accommodate Initiation level players through the following alterations

1. Number of Games / Season: (Appendix C)

Games will be booked for December - March

Initiation will play 15-20 games each season

**Overall number of games will include tournaments*

**if applicable, games played against the other Bashaw Initiation team will not be included in the total number of games*

2. Altered Playing Surface: All home games will be played on 2/3 ice utilizing rink dividers

3. Puck: 4oz lightweight blue puck

4. Nets: smaller nets (36" x 54" x 20")

5. Game Rules All home games will follow these modified rules

a. Game length: Standard: 3 x 24 minute straight time periods however, variations are acceptable: i.e. 2 or 3 x 15 to 24 minute periods

b. No off-sides or icing calls will be made

c. Score will be posted on the clock but not recorded on a score sheet
If either team is ahead by >5 points, the posted score will not increase

d. Face-offs at the beginning of each period. Players will return to their own ends after each goal scored and referee will then toss the puck into the end where the goal occurred and players will bring the puck up the ice

e. Buzzers to allow line changes every 3 minutes

f. Maximum 3 goals per player per game to be tracked by coaches/referee

g. All players will rotate all positions including goalie

- h. No goalie equipment is required other than a goalie stick provided by the team
- 6. **Officials** The use of 1 official will be used. We will offer this learning opportunity and ice time for our Bashaw referees (in the event a ref is unavailable, 1 coach is required to be on ice with the players fulfilling the referee role)
- 7. **On-ice Coach Support** Recommend 1 coach/team to be on the ice surface during the games with the players to assist them with positioning and team tactics
- 8. Every effort should be made to schedule games against teams with similar skill levels

Home Ice Time: Saturdays @ 9:00am (until games begin in December or if a weekend is vacant, this may be used as an additional practice time)
-parent volunteers are required for Time box & 50/50 sales
Team Manager will create a work schedule and notify parents of required shifts.
If unable to fulfill role, it is the parents' responsibility to organize a trade with another parent

Home Tournament: 2nd Saturday in January

The tournament will be a *one day* tournament. The structure of the tournament will be set up by a volunteer tournament organizer, along with *all* the parents**. (i.e. 6 teams each playing 3 games, no playoff games)

Parents** will be required to help organize the tournament and work shifts during the tournament. (concession*, raffle table, 50/50 sales, time box)

Each family** will be responsible to contribute a \$100 donation towards the tournament. This can be a personal donation or sourced from a business.

*These concession shifts do not count towards the 15 volunteer hours required for BMHA.

** Families with a *4 year old only* will not be required to contribute to the tournament as they will not be playing games.

Refer to Tournament Guidelines for additional details.

Appendix A



HOCKEY CANADA CORE SKILLS



INITIATION

Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<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	<input type="checkbox"/> Figure 8's – forward – inside & outside edge <input type="checkbox"/> Figure 8's – backward – inside & outside edge	<input type="checkbox"/> T-start <input type="checkbox"/> Front v-start <input type="checkbox"/> Crossover start <input type="checkbox"/> Backward c-out 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	<input type="checkbox"/> C-cuts – left foot / right foot / alternating <input type="checkbox"/> Forward striding	<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	<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
<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	<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	<input type="checkbox"/> Stationary forehand pass <input type="checkbox"/> Stationary backhand pass <input type="checkbox"/> Stationary bank pass	<input type="checkbox"/> Moving forehand pass <input type="checkbox"/> Moving backhand pass <input type="checkbox"/> Lead pass	<input type="checkbox"/> Forehand <input type="checkbox"/> Backhand	<input type="checkbox"/> Forehand – low <input type="checkbox"/> Backhand – low

Flip Shot	Individual Offensive Tactics	Individual Defensive Tactics	Warm Ups
<input type="checkbox"/> Forehand	<input type="checkbox"/> Body fakes <input type="checkbox"/> Stick fakes	<input type="checkbox"/> Angling	<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

Appendix B

(Practice plans 1-20 available to coaches)



6U Practice: 1 & 2

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, cones, tires & ringette rings

Ice Time: 50 Minutes

Free Puck Time: 5 Minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

Warm Up: 5 min- Sharks & Minnows

Two players are designated as the sharks to start. The minnows must skate from side boards to side boards without being tagged. If they are tagged, they become sharks too.

Stations: 6 Stations x 5 minutes

On the whistle, players do 3 two foot jumps before changing stations. Be sure to give each player water after changing stations.

Station 1: ABC's - Wave Skating

2 foot glide, 2 foot glide with butt to heels, run on skates, glide & 2 foot jump, drop to knees & get up.

Station 2: Activity - Freeze Tag

Select one player to be the tagger. When a player gets tagged they must stand still (frozen) until a teammate touches them to become free again.

Station 3: Stationary Passing

Players partner up, stand 8-10' apart and pass back and forth. Work on proper technique, emphasize keeping the hands away from the body and sweeping the puck. Players should stand sideways so that they pass cross body.

Station 4: Relay Race

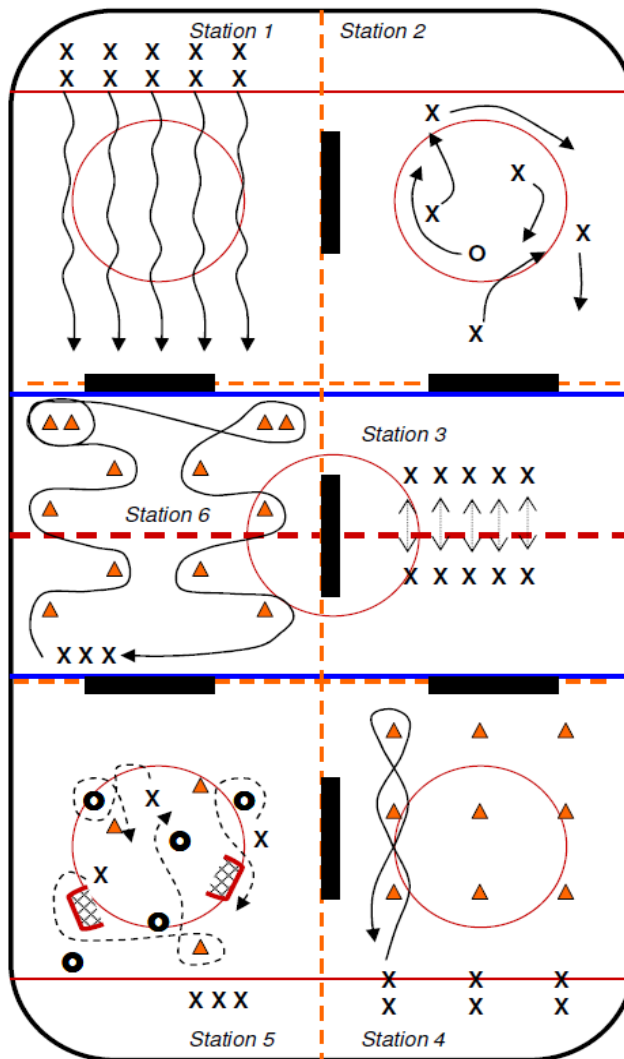
As shown or create your own. Variation: 360 around each obstacle.

Station 5: Chaos Puck-handling

Players stickhandle skating around obstacles. All players are involved. Check to see that each player is holding their stick properly. Hands about shoulder width apart and top hand at the end of the stick partially held in the palm with the V between thumb and forefinger on to of the stick like you would hold a hammer. Use ringette rings instead of pucks.

Station 6: Obstacle Course

Players skate through the course with emphasis on turns and edges. Have players maintain good control of their stick by leading with the stick blade around each cone.



Game: 2v2 Hit the Tire - 10 minutes

Have the players stay and play in each of the six zones. Play 2v2 for 30 to 40 second shifts. Use one tire in each zone as the goal. Teams score by hitting the tire with the puck.

Appendix C

Proposed Long Term Player Development (LTPD) Seasonal Chart – Initiation

Initiation	Number of Practices	Start date for Practices	Development Season	Start date for Games	Development & regular Season	Playoff Season	Tournaments	# of Games total
Ideal	35 - 40	Sept 15	12 weeks 20 practices (Limited and modified games)	Dec 15	10 weeks 20 practices 10 games	N / A	2 tournaments 8 games	15 - 20

Resources:

Hockey Alberta: Initiation Guidelines

<https://www.hockeyalberta.ca/uploads/source/Initiation/New%20Logo%20Files/-%20Guidelines%20Manual.pdf>

Hockey Canada: Long Term Player Development Model

http://cdn.agilitycms.com/hockey-canada/Hockey-Programs/Coaching/Downloads/long_term_player_development_framework_sept_2013.pdf

Hockey Canada: Initiation Program – Implementation Guideline

http://cdn.agilitycms.com/hockey-canada/Hockey-Programs/Coaching/Downloads/implementation_guide- e.pdf

IIHF – Cross Ice Benefits

<http://assets.ngin.com/attachments/document/0044/0875/IIHF - CROSS-ICE HOCKEY SAG.pdf>