

HOCKEY EDMONTON

MINOR NOVICE COACHES

2018-19



AGENDA

- Welcome & Session Goals
- “Intro to Hockey” Programming
- Hockey Canada/Alberta NCCP Coach Certifications
- “Intro to Hockey” Acceleration/Deceleration
- “Intro to Hockey” Season Structure
- Minor Novice Events
- Novice Core Skills & Season Planning
- Practices
- Practice Equipment
- Development & Practice Resources
- Half-ice Game Logistics
- Half-ice Game Report
- Half-ice Boards Setup
- Half-ice Game Execution/Rules
- Important Notes



WELCOME & SESSION GOALS

WELCOME:

- Thank you for volunteering your time to work with these young athletes;
- This is a very impressionable time in their physical, mental, and athletic development;
- To some, this is their entry point to the minor hockey system.

GOALS:

- To address how the Novice Program should be run, program logistics, and execution tips;
- To provide increased support to Hockey Edmonton Coach volunteers;
- To interact with other volunteers and work together to produce an optimal on-ice program.

“INTRO TO HOCKEY” PROGRAMMING

COMMUNITY SPORT PHASE	Hockey Edmonton – Intro to Hockey Programming
	DISCOVERY STAGE
	<ul style="list-style-type: none"> Hockey Edmonton – Discovery Program (4 years old); <i>Learn to Skate.</i>
	FUNDAMENTALS 1 STAGE
	<ul style="list-style-type: none"> Hockey Edmonton – Junior TIMBITS (5 years old); <i>Introduction of Hockey Skills.</i>
	<ul style="list-style-type: none"> Hockey Edmonton – Senior TIMBITS (6 years old); <i>Development of Hockey Skills, Introduction to Cross-ice Hockey.</i>
	FUNDAMENTALS 2 STAGE
	<ul style="list-style-type: none"> Hockey Edmonton – Minor Novice (7 years old); <i>Development of Hockey Skills, Introduction to Half-ice Hockey.</i>
	<ul style="list-style-type: none"> Hockey Edmonton – Major Novice (8 years old); <i>Full-ice Hockey (modified rules/structure);</i> <i>Half-Ice Hockey 2019-20 start date.</i>

HOCKEY CANADA / ALBERTA NCCP COACH CERTIFICATIONS

Hockey Canada/Alberta NCCP “Intro to Hockey” Coach Requirements ([CLICK HERE](#)):

- **Hockey Canada NCCP COACH 1 (Intro to Coaching):** 1 Team Official / 10 Players;
 - COACH 1 (online) – must be completed first;
 - COACH 1 (in-class) – classroom and on-ice component;
- **Respect in Sport “Activity Leader” Training (Online):** ALL Team Officials;
- **Hockey Canada Safety Program (Online):** 1 Team Official / 10 Players.

“INTRO TO HOCKEY”

ACCELERATION/DECELERATION

- **During the Spring of 2017**, The Hockey Edmonton Board of Directors voted to NOT allow any underage/accelerated (underage registration) player applications from Initiation Program (TIMBITS) to Novice;
- **During the Spring of 2018**, The Hockey Edmonton Board of Directors voted to NOT allow any accelerated (underage registration) player applications from the Novice Program to Atom;
 - 4-year old's MUST ONLY participate in Discovery Program;
 - Deceleration (overage registration) is possible for 5-year old Junior TIMBITS athletes;
 - Deceleration (overage registration) is possible for 6-year old Senior TIMBITS athletes;
 - **Hockey Alberta's Application for Minor Hockey Overage players** WILL NOT be required for Deceleration (overage registration) in the TIMBITS Program (flexible rosters on HCR);
 - **Deceleration (overage registration) is possible for 7-year-old Minor Novice athletes;**
 - **Deceleration (overage registration) is possible for 8-year-old Major Novice athletes;**
 - **Hockey Alberta's Application for Minor Hockey Overage players** WILL be required for Deceleration (overage registration) from the Novice Program to the TIMBITS Program;
 - **TIMBITS to Minor Novice, and Minor Novice to Major Novice affiliations WILL NOT be accepted;**
 - **Major Novice to Atom affiliations WILL NOT be accepted;**
- DOA's must follow all criteria and steps as outlined on **Hockey Alberta's Application for Minor Hockey Overage players**;
 - Athletes MUST meet the requirements for Deceleration (overage registration) as outlined on the **Hockey Alberta's Application for Minor Hockey Overage players** document;
 - Athletes MUST first participate in evaluations within their appropriate division of play (age group). Upon review from DOA's executive/staff, athlete may then be permitted to Deceleration (overage registration) application.

“INTRO TO HOCKEY” SEASON STRUCTURE

Month		SEP				OCT				NOV				DEC				JAN				FEB				MAR						
Week		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
	S N	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	3	10	17	24	3	10	17	24	
	M	3	10	17	24	1	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	28	4	11	18	25	4	11	18	25	
	T	4	11	18	25	2	9	16	23	30	6	13	20	27	4	11	18	25	1	8	15	22	29	5	12	19	26	5	12	19	26	
	W	5	12	19	26	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	6	13	20	27	6	13	20	27	
	TH	6	13	20	27	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24	31	7	14	21	28	7	14	21	28	
	F	7	14	21	28	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	1	8	15	22	1	8	15	22	29	
	Sat	8	15	22	29	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26	2	9	16	23	2	9	16	23	30	
Sun	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	3	10	17	24	3	10	17	24	31		
Learn To Play		1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
Seasonal Phases		Development Season																														
		District & OA					Hockey Edmonton Ice																									
Discovery	Skill Dev.							1	1	1	1	1	1	1	1	1	TBF		1		1	1	1	1	1	1	1	1	TBJ	18		
JR Timbits								1	1	1	1	1	1	1	1	1	TBF		1		1	1	1	1	1	1	1	1	TBJ	18		
SR Timbits								2	2	2	2	2	2	2	2	2	TBF		2		2	2	2	2	2	2	2	2	2	TBJ	36	
Seasonal Phases		Development Season										Regular Season																				
		District & OA PRE-SEASON					Hockey Edmonton Ice																									
Minor Novice (7 YO)	Practices					2	2	2	2	2	1	1	1	1	1	1	1		1	Q	Q	1	1	1	1	1	1	1		25		
	P MW					1			1					1				1					1						5			
	Games							1	1	1	1	1	1	1	1	1	1		1	Q	Q	1	1	1	1	1	1	MNJ		16		
Seasonal Phases		Development Season										Regular Season																				
		District & OA PRE-SEASON					Hockey Edmonton Ice																									
Major Novice (8 YO)	Practices					2		1	1	2	1	1	1	1	1	1	1		1	Q	Q	1	1	1	1	1	1			20		
	P MW				1				2					1				1					1						6			
	Games						2	1	1	1	1	1	1	1	1	1	1		1	Q	Q	1	1	1	1	1	1	PO	PO	18		

- (16) Half-ice “Season” Games;
- (30) Half-ice “Season” practices;
 - Some weekday practices;
 - Designated practice/game arenas;
 - More desirable schedule locations;
- Minor Hockey Week games (3 games);
- Winter Jamboree (2 games).

Please note: This Season Structure document is not guaranteed. Hockey Edmonton will use this as a structural template to build the Intro to Hockey season.

MINOR NOVICE EVENTS

- **Hockey Edmonton Night Out - University of Alberta** (November 10, 2018);
- **Minor Hockey Week** (January 11-20, 2019);
- **Minor Novice Winter Jamboree** (March 16-17, 2019).

NOVICE CORE SKILLS & SEASON PLANNING

NOVICE SKILLS LTPD STAGE - Fundamentals 2



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 Balance on one foot Gliding on two skates Gliding on one skate – forward and backward Lateral Crossovers 	<ul style="list-style-type: none"> Figure 8's – forward – inside & outside edge Figure 8's – backward – inside & outside edge Heel to Heel (Mohawk) 1 leg weaving – fwd / bwd 	<ul style="list-style-type: none"> Front v-start Crossover start Backward c-cut start One o'clock – eleven o'clock stops Outside leg stop Two-foot parallel stop One-leg backward stop Two-leg backward stop 	<ul style="list-style-type: none"> C-cuts – left foot / right foot / alternating Crossunders T-push Forward striding 	<ul style="list-style-type: none"> C-cuts – left foot / right foot Gliding on two skates – backward Gliding on one skate – backward Backward Striding 1 Crossover / Reach 	<ul style="list-style-type: none"> Glide turns / Tight turns C-cuts – around circle – outside foot – forward & backward Crossovers – forward & backward 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	Individual Offensive Tactics
<ul style="list-style-type: none"> Stance Narrow / Wide Side – front – side Toe drag – side/front Attack Triangle 	<ul style="list-style-type: none"> Narrow / Wide Open ice carry – forehand & backhand Weaving with puck Toe drag – front & side Attack the Triangle 	<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 Pass and Follow 	<ul style="list-style-type: none"> Forehand - wrist shot Backhand - sweep shot Forehand / backhand shots in motion Forehand - flip shot Backhand - flip shot 	<ul style="list-style-type: none"> Body fakes Stick fakes Dekes Moves in Combination Net Drives
Individual Defensive Tactics	Team Play				
<ul style="list-style-type: none"> Angling Basic 1 on 1's Escape moves Puck retrievals 	<ul style="list-style-type: none"> Basic Positioning – all players should play all positions 				

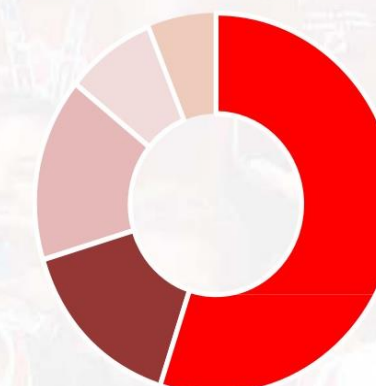
NOVICE PATHWAY



PLAYER DEVELOPMENT PYRAMID



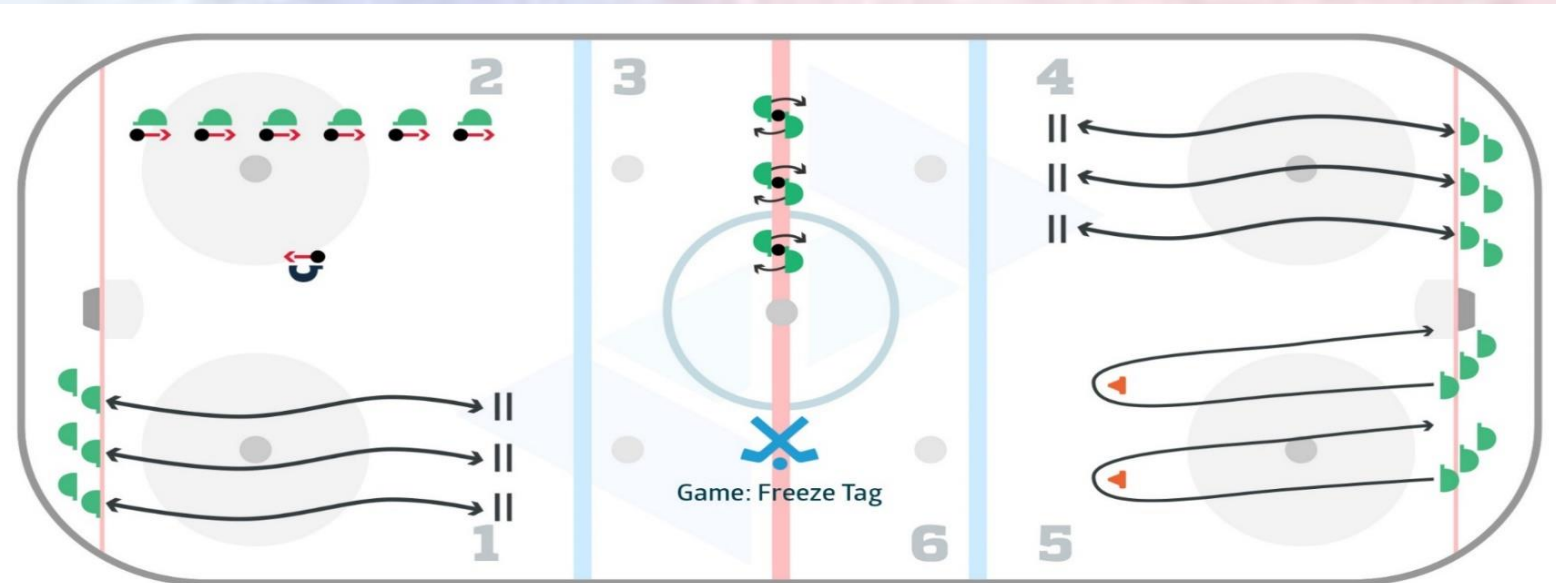
SEASONAL STRUCTURE BREAKDOWN CHART



- 40% - Introducing Technical Skills
- 25% - Developing Technical Skills
- 20% - Refining Technical Skills
- 10% - Introducing Individual Tactics
- 5% - Developing Individual Tactics

SKILL DEVELOPMENT SEQUENCE: INTRODUCE, DEVELOP, REFINE

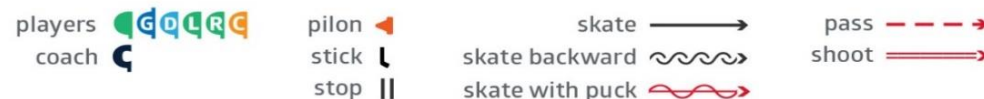
PRACTICES



Alternate Layouts



Legend



Warm-up

The coach will go over the basic practice rules and guidelines with all the players. Players will skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating

This segment's fundamental skating skill will be skating stance, two and one-foot glides, and jumping.

2. Puckhandling 1

Facing the coach, players will learn the fundamental stance and hand position for proper puck handling. Players will progress from narrow to wide puck handling as they gain confidence in their ability. Focus on cradling the puck on the forehand and backhand.

3. Puck Press

Two players face each other with a puck sandwiched between the blades of their sticks. The players will work together to press the puck on their forehands as they rotate it forward and backward simulating the fundamental movement of passing.

4. Wave Skating

This segment's fundamental skating skill will be how to get up on skates, stationary c-cuts, and t-pushes.

5. Relay Race 1

Players will skate around the far cone and return. Emphasis is on speed and tight turns. Ensure that the turning direction is switched halfway through the time frame. Add pucks for increased difficulty.

6. Freeze Tag

Select one player to be the tagger. When a player gets tagged, they must stop and stand still (frozen) with their arms held outwards until a teammate comes and skates under their arms. Make sure everyone gets an opportunity to be the tagger.

+ British Bulldog

The coaches start as the bulldogs in the middle at centre ice. Players will have to skate the full length of the ice and elude being tagged by the bulldog. Once a player is tagged, then he joins the clan of bulldogs in the neutral zone. The game continues until there are no more players left trying to skate through.

- All practices are in a half-ice format;
- Two full teams per ice sheet (shared or split);
- Coaches should create plan for practice;
 - No designated curriculum;
- A sample weekly practice plan should resemble: **1-hour:**

- 1. 10-minute:** (Warmup & Set-up) - group activity, fun game, etc.
- 2. 40 minutes:** (Teaching Stations Rotation – i.e. 5 stations or SAG x 8 minutes/station, etc.)
- 3. 10-minute:** (Cool-down & cleanup) - group activity, fun game, challenge drill, etc.

PRACTICE EQUIPMENT

EQUIPMENT AND SPACE

AN INSTRUCTORS MOST IMPORTANT RESOURCES ARE EQUIPMENT & TEACHING AIDS



DEVELOPMENT & PRACTICE RESOURCES

- Hockey Canada Drill Hub ([CLICK HERE](#))
- Hockey Canada Network App ([CLICK HERE](#))
- Sportgo Lite ([CLICK HERE](#))
- Hockey Edmonton Novice curriculums ([CLICK HERE](#))
- Hockey Edmonton Novice Program Resources ([CLICK HERE](#))
- “Intro to Hockey” – Hockey Alberta ([CLICK HERE](#))
- Novice Program – Hockey Canada ([CLICK HERE](#))

SUPPLEMENTARY DEVELOPMENT PROGRAMS

- Hockey Canada NCCP Instructional Stream Clinics ([CLICK HERE](#))
- Hockey Edmonton Coach Education Programs ([CLICK HERE](#))
- Hockey Alberta Coaching ([CLICK HERE](#))
- Hockey Edmonton Player Development Programs ([CLICK HERE](#))
- S4 Skills Program ([CLICK HERE](#))
- Hockey Alberta Player Development Programs ([CLICK HERE](#))

HALF-ICE GAME LOGISTICS

• TRAVEL / EVENT PERMITS:


- ([CLICK HERE](#)) to fill out online form;
- Permits will only be granted for programming, which does not contradict Hockey Edmonton's Novice Program guidelines (i.e. No full-ice permits, no scorekeeping, no standings, etc.).

REFEREES:

- There will be **4 referees per ice-sheet**;
 - **2 referees per half-ice game** (Hockey Alberta standard);
 - Each team will give cash (in envelope) to referee group before half-ice game;
 - **\$15 cash per referee in attendance.**

HALF-ICE GAME REPORT

[illegible]

- **Only 5 COACH hard-card/bench roster positions are available for games;**
 - **Unlimited COACH positions for practice (as long as Hockey Canada credentials are met);**
 - **Teams can use pre-printed roster stickers in place of writing/listing roster each game;**
 - **Game report is to monitor the 40% goalie mandate (you must indicate who is playing goalie that game);**
 - **Game report is for suspendable offences (penalties) only;**
 - **Abuse of official (coach and players);**
 - **Match penalty (players).**
- 
- The logo for Hockey Canada is located in the bottom right corner. It features a stylized red maple leaf to the left of the word "Hockey" in a large, blue, serif font. Below "Hockey" is the word "CANADA" in a smaller, red, sans-serif font. The letters "EDM" are visible at the bottom right of the logo.

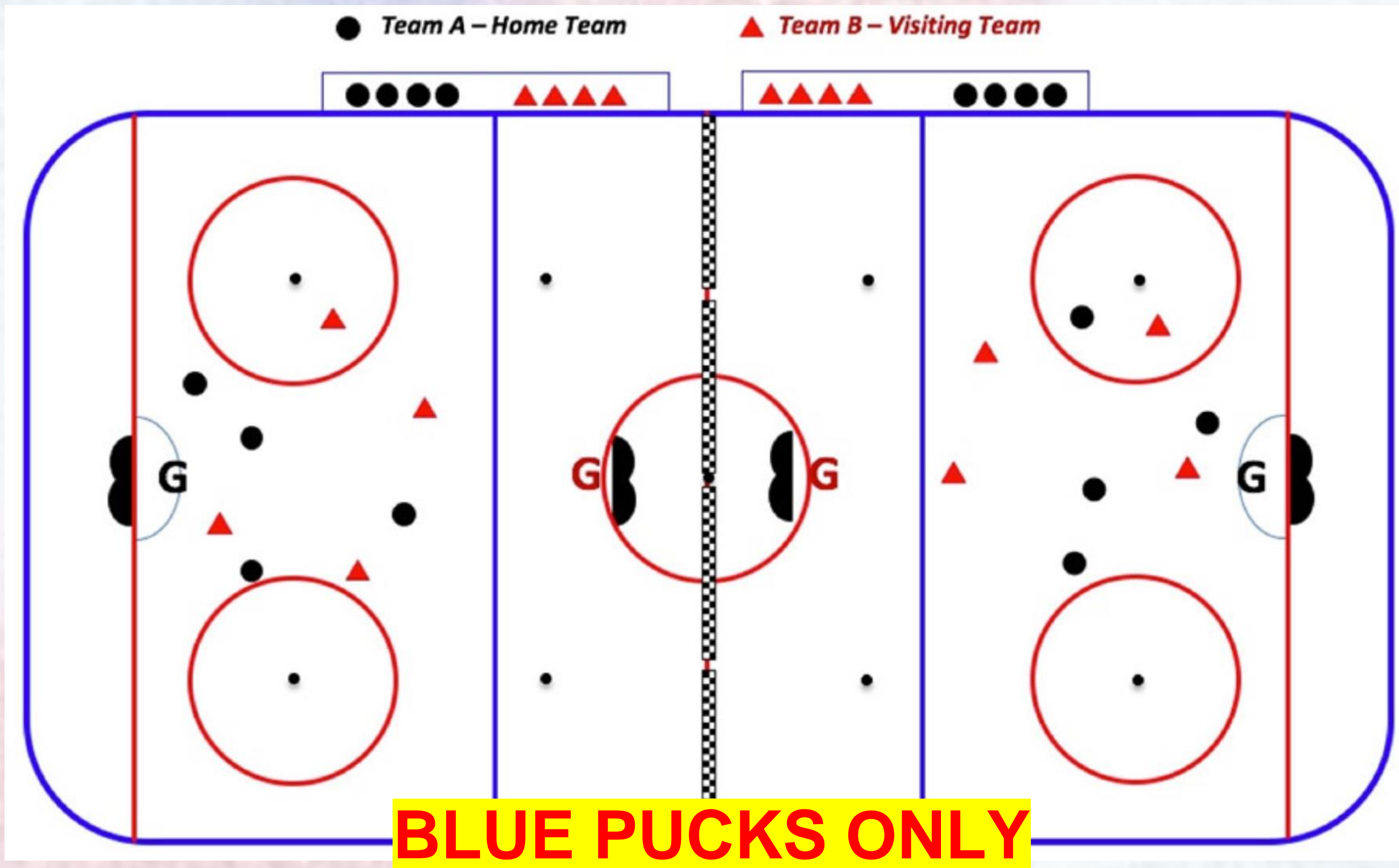


HALF-ICE BOARDS SETUP



- A minimum of **2 coaches per team** must assist with boards assembly, movement, or takedown;
- Coaches must wear **helmet and skates** to operate half-ice boards setups;
- Operation will vary dependent upon your game slot time (**assembly, movement, or takedown**);
- Once assembly, movement, or takedown is complete, coaches can move over to bench;
- Some arenas may facilitate different shift executions (i.e. side gate, penalty box, staggered lines, etc.). This will be outlined before season on Hockey Edmonton Novice Program Resources webpage ([CLICK HERE](#)).

HALF-ICE GAME EXECUTION/RULES



- “Intro to Hockey” – Hockey Alberta ([CLICK HERE](#)) – “game rules”;
- Novice Program – Hockey Canada ([CLICK HERE](#));
- Opposing coaches have the ability to communicate before games and match opposing skilled lines, or can simply play games with mixed ability lines;
- Away teams will switch at “half-time”;
- Home teams will receive priority for utilizing players bench.

IMPORTANT NOTES

Hockey Canada announcement 1

Hockey Canada announcement 2