

HOCKEY EDMONTON

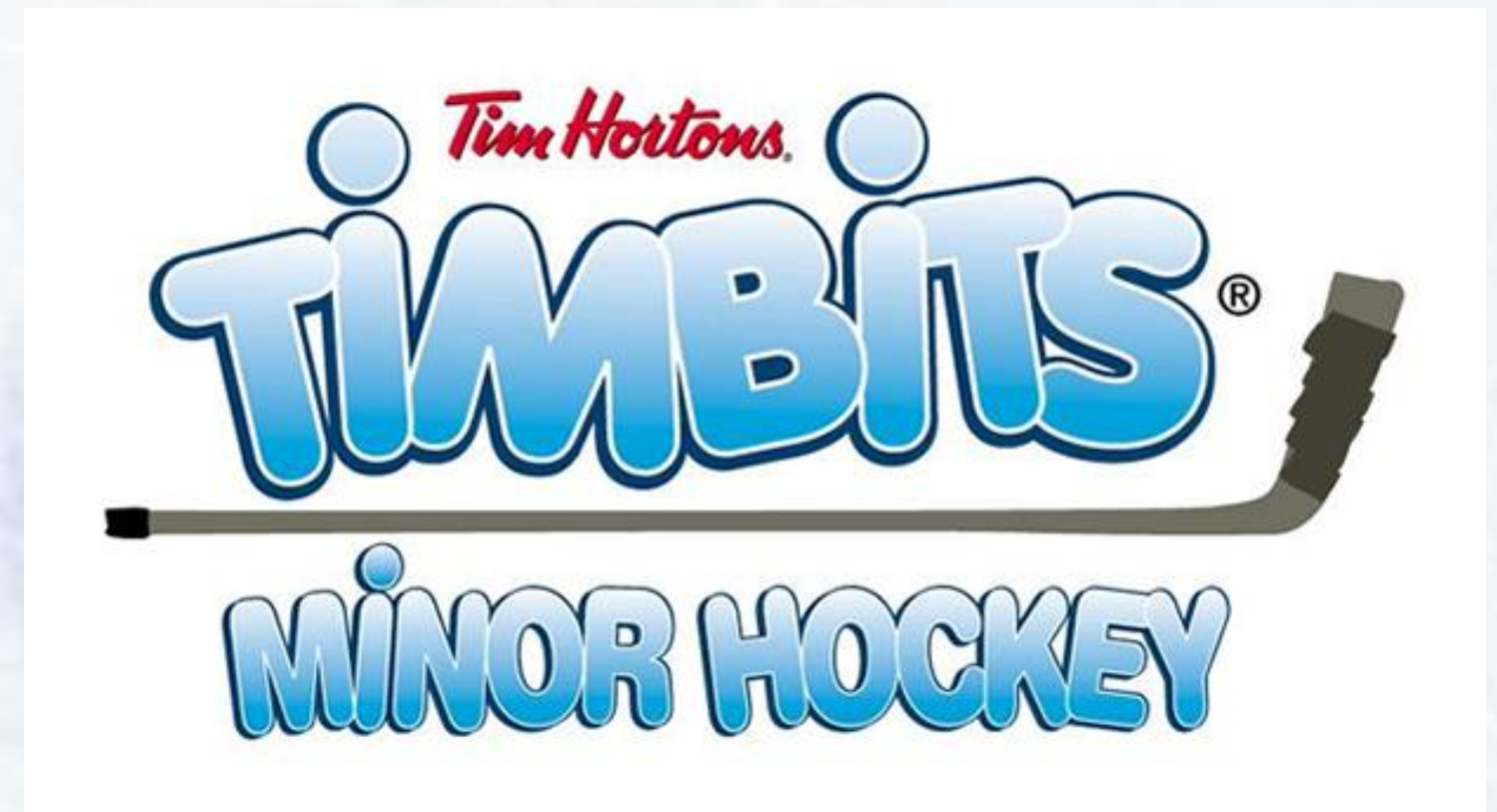
TIMBITS INSTRUCTORS

2018-19



AGENDA

- Welcome & Session Goals;
- TIMBITS Events;
- “Intro to Hockey” Programming;
- “Intro to Hockey” Acceleration/Deceleration;
- TIMBITS Program Levels;
- TIMBITS Core Skills;
- “Intro to Hockey” Season Structure;
- Skill Development Sessions;
- Small Area Game Sessions;
- Development & Practice Resources;
- Hockey Canada/Alberta NCCP Coach Certifications;
- 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;
- This is their entry point to the minor hockey system.

GOALS:

- To address how the TIMBITS program should be run & providing execution tips;
- To provide increased support to Hockey Edmonton volunteers;
- To interact with other volunteers and work together to produce an optimal program.

TIMBITS EVENTS

- Oil Kings Games (TBA);
- Hockey Edmonton Night Out - University of Alberta (November 9, 2018);
- TIMBITS Fall Festival (December 15, 2018);
- TIMBITS Winter Jamboree (March 16-17, 2019).

“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>

“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.

TIMBITS PROGRAM LEVELS

- **Discovery** – 4-year old's as of December 31, or older;
- **Junior TIMBITS** – 5-year old's as of December 31, or older;
- **Senior TIMBITS** – 6-year old's as of December 31;
 - If a **Junior TIMBITS** athlete is proficient in the outlined the Hockey Edmonton Core Skills and is physically and mentally capable, they may be assessed by the DOA Initiation Program Director, and moved to a **Senior TIMBITS**;
 - An athlete MUST participate in a lower TIMBITS Program Level if they are NOT proficient in the Hockey Edmonton Core Skills and is physically and mentally capable;
 - An athlete MAY participate in a lower TIMBITS Program Level if they choose;
 - Hockey Edmonton District and Operating Area's who operate the TIMBITS Program, must offer all THREE TIMBITS Program levels;
 - TIMBITS HCR rosters are unlocked for the entire season, to facilitate athlete program level adjustment.

TIMBITS CORE SKILLS

Discovery

- Basic stance
- Getting up from the ice
- Balance on one foot
- Gliding on two skates – forward and backward
- Gliding on one skate – forward and backward
- Lateral Crossovers – step and plant
- C-cuts – left foot / right foot / alternating
- Forward Striding
- Backward Striding
- Outside leg forward one-foot stop (half-snowplows)

Junior TIMBITS

- C-cuts – around circle – outside foot – forward & backward
- Figure 8's – forward – inside & outside edge
- Figure 8's – backward – inside & outside edge
- Glide turns
- Tight turns
- T-start
- Forehand flip shot
- Stationary Puck Control
 - Stance
 - Narrow
 - Wide
 - Side – front – side
 - Toe drag – side
 - Toe drag – front
- Stationary Passing and Receiving
 - Stationary forehand pass
 - Stationary backhand pass
 - Stationary bank pass
- Sweep Shot
 - Forehand & Backhand

Senior TIMBITS

- Front v-start
- Crossover starts
- Crossovers – forward & backward
- Backward one-foot stop (half-snowplows) and t-start
- Backward c-cut start
- Backward crossover starts
- One o'clock – eleven o'clock
- Two-foot parallel stop
- One-leg backward stop
- Two-leg backward stop
- Pivots – bwd to fwd & fwd to bwd
- Pivots – open & reverse
- Moving Puck Control
 - Narrow
 - Wide
 - Open ice carry – forehand & backhand
 - Weaving with puck
 - Toe drag – front & side
 - Puck in feet
- Moving Passing and Receiving
 - Moving forehand pass
 - Moving backhand pass
 - Lead pass
- Wrist Shot
 - Forehand – low
 - Backhand –

“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	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	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	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	Q	Q	1	1	1	1	1	1	PO	PO	18

- Designated practice/game arenas;
- More desirable schedule locations;
- **TIMBITS Fall Festival games (1 game);**
- **TIMBITS 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.

SKILL DEVELOPMENT SESSIONS

- Regardless of jersey color, athletes must be grouped with **LIKE ability athletes** during Skill Development Sessions (use identifiable helmet stickers, stick tape, etc.);
- All Skill Development Sessions must be in a **rotational teaching station format**, which facilitates increased instructor/child interaction and consistent repetition frequency;
 - Athletes should be moving/executing repetitions for significant periods of the practice;
 - Coaches should be positioned in stations to optimize individual teaching opportunities, instead of stopping entire group;
 - Coaches must be working together and interacting with ALL on-ice groups;
- Hockey Edmonton's TIMBITS program must utilize the Hockey Edmonton TIMBITS curriculums **as a structure** for Discovery, Junior, and Senior TIMBITS sessions;
 - **Coaches should regress and progress drills as required.**

INSTRUCTOR ORGANIZATION

- View Practice Plan and resources on Sportgo Lite/Hockey Edmonton website;
- Communicate with other group instructors on curriculum, responsibilities, organization, goals, expectations, etc. (email, phone, group text, etc.);
 - Discuss possible regressions/progressions and grouping;
- **Pre-ice (5-minutes):** Meet with ALL instructors to review curriculum, responsibilities, organization, goals, expectations, etc.;
- **On-ice:** Execute Practice Plan (ensure athletes are moving, instructors are instructing);
 - Maximize use of skill development equipment to create a more welcoming environment for easier learning;
- **Post-ice (5-minutes):** Review on-ice session with ALL instructors.

SKILL DEVELOPMENT EQUIPMENT

EQUIPMENT AND SPACE

AN INSTRUCTORS MOST IMPORTANT RESOURCES ARE EQUIPMENT & TEACHING AIDS

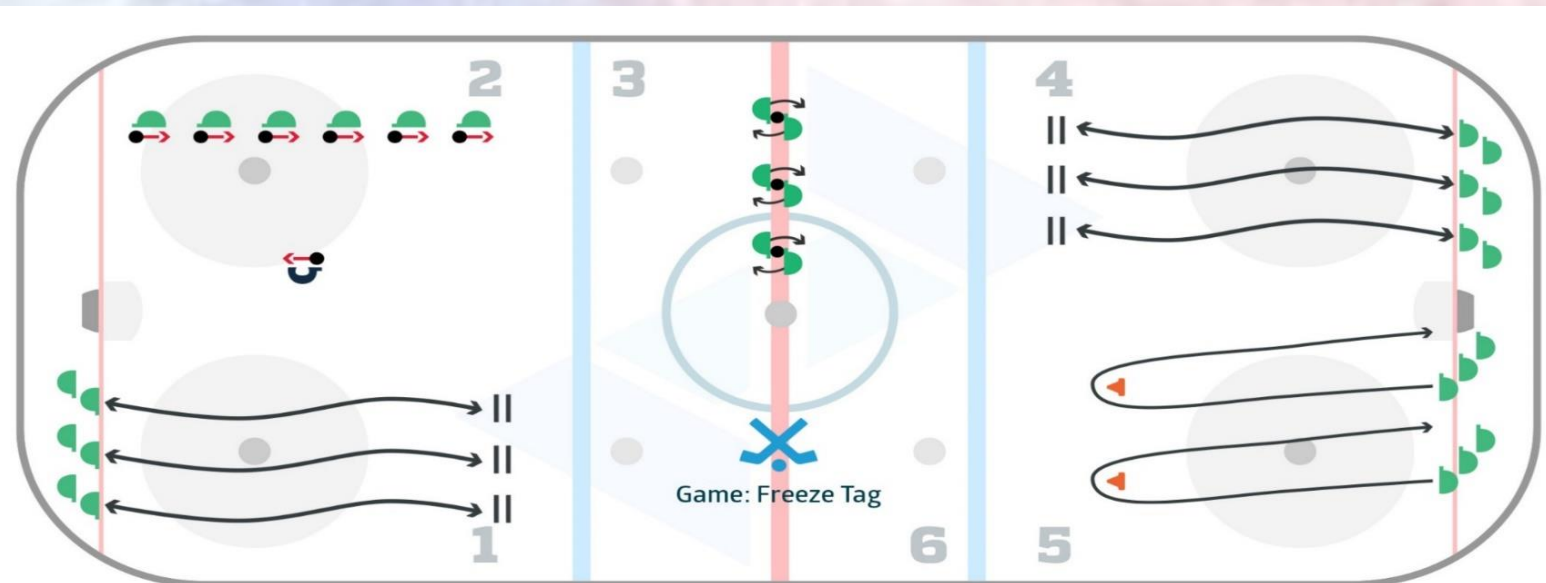


SKILL DEVELOPMENT SESSIONS

- A sample weekly Skill Development Session schedule should resemble: **1-hour:**

- 1. 6-minute:** (Warmup & set-up) - group skating, fun game, etc.
- 2. 48 minutes:** (teaching station design rotation – i.e. 4 stations x 12 minutes/station, etc.)
- 3. 6-minute:** (Cool-down & cleanup) - group skating, fun game, challenge drill, etc.

BLUE PUCKS ONLY!



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.

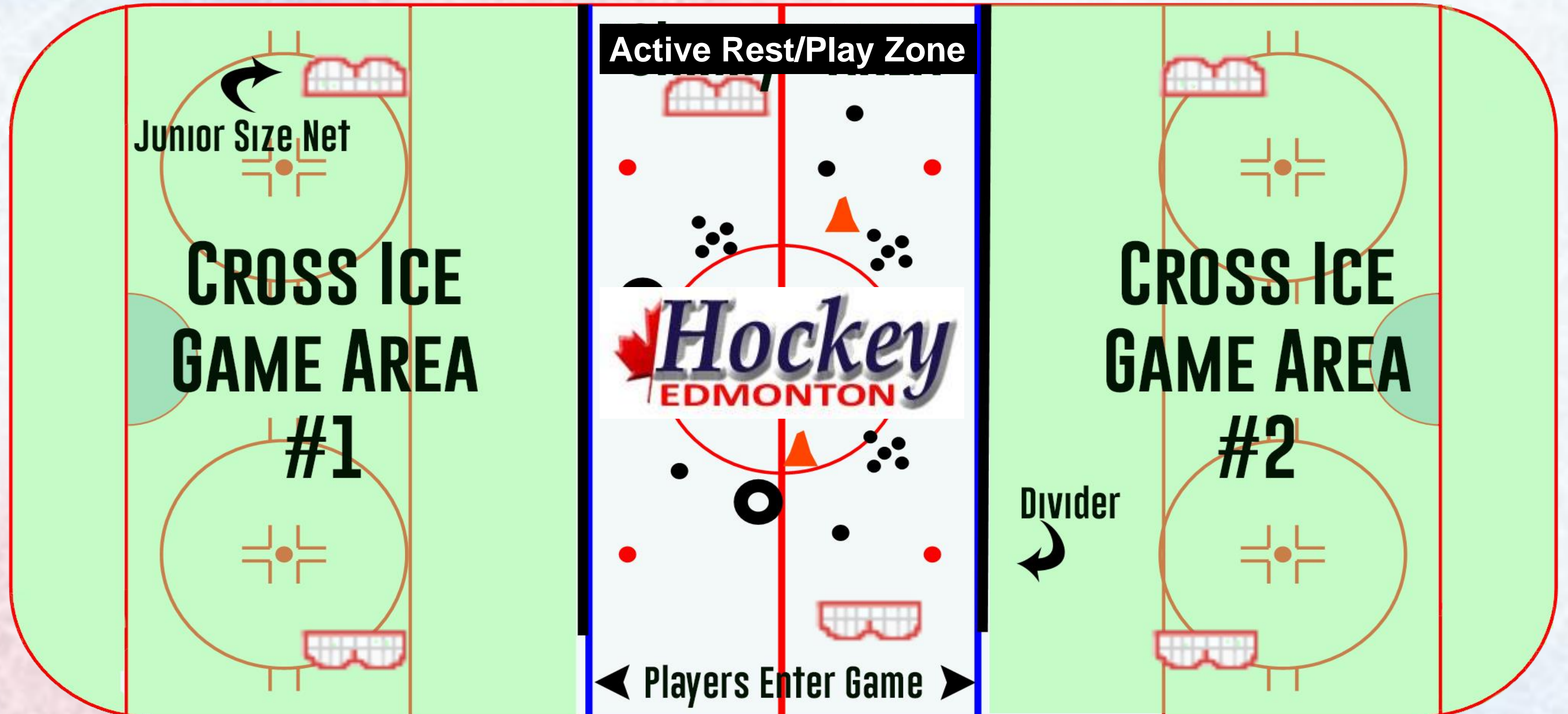
6. Freeze Tag

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.

SMALL AREA GAME SESSIONS



SMALL AREA GAME SESSIONS

- A sample weekly Small Area Game Session should resemble: **1-hour:**

- 1. 3-minutes:** (Warmup & set-up) - group skating, fun game, etc.;
- 2. 54 minutes:** (18 shifts of 3 minutes);
- 3. 3-minutes:** (Cool-down & cleanup) - group skating, fun game, challenge drill, etc.

Cross Ice boards will be used for all Sr. TIMBITS games and stored in the pre-selected arenas. Divider videos, schedules, and instructions are available on the TIMBITS Program Resources webpage.

BLUE PUCKS ONLY!

Shift #	SAG ZONE 1	SAG ZONE 2	ACTIVE REST/PLACE ZONE
1	Red A vs. Blue A	Green A vs. Yellow A	RED, BLUE, GREEN, YELLOW B
2	Red B vs. Blue B	Green B vs. Yellow B	RED, BLUE, GREEN, YELLOW A
3	Red A vs. Blue A	Green A vs. Yellow A	RED, BLUE, GREEN, YELLOW B
4	Red B vs. Blue B	Green B vs. Yellow B	RED, BLUE, GREEN, YELLOW A
5	Red A vs. Blue A	Green A vs. Yellow A	RED, BLUE, GREEN, YELLOW B
6	Red B vs. Blue B	Green B vs. Yellow B	RED, BLUE, GREEN, YELLOW A
7	Red A vs. Blue A	Green A vs. Yellow A	RED, BLUE, GREEN, YELLOW B
8	Red B vs. Blue B	Green B vs. Yellow B	RED, BLUE, GREEN, YELLOW A
9	Red A vs. Blue A	Green A vs. Yellow A	RED, BLUE, GREEN, YELLOW B
10	Red B vs. Blue B	Green B vs. Yellow B	RED, BLUE, GREEN, YELLOW A
11	Red A vs. Blue A	Green A vs. Yellow A	RED, BLUE, GREEN, YELLOW B
12	Red B vs. Blue B	Green B vs. Yellow B	RED, BLUE, GREEN, YELLOW A
13	Red A vs. Blue A	Green A vs. Yellow A	RED, BLUE, GREEN, YELLOW B
14	Red B vs. Blue B	Green B vs. Yellow B	RED, BLUE, GREEN, YELLOW A
15	Red A vs. Blue A	Green A vs. Yellow A	RED, BLUE, GREEN, YELLOW B
16	Red B vs. Blue B	Green B vs. Yellow B	RED, BLUE, GREEN, YELLOW A
17	Red A vs. Blue A	Green A vs. Yellow A	RED, BLUE, GREEN, YELLOW B
18	Red B vs. Blue B	Green B vs. Yellow B	RED, BLUE, GREEN, YELLOW A

SMALL AREA GAME SESSIONS

SMALL AREA GAME ZONE (end zones)

- 5v5 in-zone game;
- Pond Hockey Rules (see rules in TIMBITS Manual);
- Goalies may wear equipment if desired (no full-time goalies)
- Let athletes enter game zone first, exiting athletes should line up against boards to exit;
- Coaches may stop play to Introduce or Develop a necessary concept such as space, passing, defensive play, etc.;
 - Limit “talking time.”

ACTIVE REST/PLAY ZONE (neutral zones)

- Unstructured play;
- Structured drills;
- Rest and recovery;
- Water break;
- Bathroom break;
- “Chalk-talk”;
- Watch other shifts;
- Wave to family.

RESOURCES

SUPPLEMENTARY:

- Hockey Canada Drill Hub ([CLICK HERE](#));
- Hockey Canada Network App ([CLICK HERE](#));
- Sportgo Lite ([CLICK HERE](#));

REQUIRED:

- Hockey Edmonton TIMBITS curriculum will be available on Hockey Edmonton website ([CLICK HERE](#));
- Hockey Edmonton TIMBITS Program Resources ([CLICK HERE](#)).

HOCKEY CANADA/ALBERTA NCCP COACH CERTIFICATIONS

Hockey Canada/Alberta NCCP Initiation Program Coach Requirements:

- **NCCP Hockey Canada COACH 1:** 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.

IMPORTANT NOTES

Hockey Canada announcement 1

Hockey Canada announcement 2