

HOCKEY EDMONTON

TIMBITS Program Implementation Guide & Operations Manual



Discovery, Junior, Senior TIMBITS



Table of Contents

Hockey Canada – Initiation Program	4
About Cross-Ice Hockey	4
Hockey Alberta – Initiation Program	5
Hockey Alberta – Initiation Program Keys to Success.....	6
Hockey Edmonton – Initiation Program Background.....	7
Hockey Canada – Long Term Player Development model	8
Hockey Canada – Skill Development Philosophy	9
Hockey Edmonton – Athlete Participation Models.....	10
Hockey Canada – Stages of Training/Learning	11
Hockey Edmonton – Initiation Program Rationale	12
Hockey Edmonton – Intro to Hockey Programming	13
Hockey Canada – FUNdamentals 1	13
FUNdamentals 1 – To Do list.....	15
About TIMBITS Hockey.....	16
Hockey Edmonton – TIMBITS Program Fees	17
Hockey Edmonton – TIMBITS Registration.....	17
Hockey Edmonton – Recruiting Volunteers	17
Hockey Edmonton - TIMBITS Program Administrator/Director	18
Hockey Edmonton - TIMBITS Lead Instructors & Support Instructors	19
Hockey Canada NCCP Training for IP Instructors	20
Hockey Edmonton – Instructor Organization and Responsibilities	21
Hockey Edmonton – TIMBITS Mentorship Committee	21
Hockey Edmonton – TIMBITS Program Levels/Developmental Groupings.....	22
Hockey Edmonton – TIMBITS Programs	22
Discovery	22
Junior TIMBITS.....	23
Hockey Edmonton – Athlete Acceleration/Deceleration	24
Hockey Canada – Initiation Program Seasonal Structure	25
Hockey Edmonton – TIMBITS Program Seasonal Structure.....	25
Hockey Edmonton – TIMBITS Program Structure	26

Hockey Edmonton – TIMBITS Program Grouping of Athletes	27
Hockey Canada – Initiation Program Core Skills	29
Hockey Edmonton – TIMBITS Core Skills	30
Hockey Edmonton – Discovery Curriculum & Ice Set-up	32
Hockey Edmonton – TIMBITS Curriculums & Ice Set-up	33
Hockey Edmonton – Small Area Game Session Plan – Shift Set-up (A)	36
Hockey Edmonton – Small Area Game Session Plan – Round-Robin Set-up (B)	37
Hockey Edmonton – TIMBITS Festival & Jamboree	38
Hockey Edmonton - Outside Tournaments/Permits	38
Hockey Edmonton – Athlete Assessment & Evaluation	38
Hockey Edmonton – Cross-Ice Rink Dividers Set-up Regulations	39
Hockey Edmonton – TIMBITS Program Meetings	39

Hockey Canada – Initiation Program

The Initiation Program is Hockey Canada's premier 'Learn to Play' program for beginning hockey and is the foundation of skill development for Hockey Edmonton. Hockey Canada developed the Initiation Program to make athletes' (5-6 years old) first contact with hockey a safe and positive experience. It's a structured, learn-to-play hockey program designed to introduce beginners to the game's basic skills, in a teaching station and cross-ice hockey format. It enables participants to become contributing members of a team, develop self-confidence, and experience a sense of personal achievement. These goals are achieved in an atmosphere of fun and fair play.

Benefits of the Initiation Program include:

- Fun for all participants;
- Age appropriate skill development;
- More puck touches;
- Maximum ice usage;
- Increased competition in smaller space;
- Increased participation.

March 27, 2017 - A New Hockey Canada policy mandates that all Initiation-aged athletes receive age-appropriate programming, on cross-ice or half-ice (modified) surfaces. [CLICK HERE](#) for more information.

About Cross-Ice Hockey

Shrink the Rink | Reduce Space, Increase Participation, Increase Fun!

The Initiation Program provides athlete the opportunity to learn fundamental movement and fundamental sport skills in a quality sport program tailored just for them. The program maximizes ice utilization using Teaching Stations, Cross-Ice Hockey, and Small Area Games. More puck touches mean more skill development and more fun! In the Cross-Ice environment, an athlete's activity increases, and so does their skill set and love of the game!

IIHF | Cross-ice Hockey and Small Area Games

Cross-ice hockey or Small Area Games simply defined are technical and game-like competitive drills that use a playing surface that has been reduced in size and allows athletes to practice hockey skills.

Small-area hockey has been around for as long as the game has been played. When athletes played on a pond did they use an ice surface 60 metres x 30 metres? No, they played in a small area that developed and sharpened their skills without the rules of off-sides, icing, penalties, face-offs, etc. Somehow coaches have moved away from this idea of practicing and playing in an environment with little control or structure, to one with greater control. Many of the greatest hockey athletes to ever play the game will attribute their success to growing up playing on the ponds and not in highly controlled practices!

When the playing surface is reduced in size, young athletes are being correctly prepared for the

speed and quickness, they will encounter as they grow older. Can you imagine a child eight and under playing basketball using a ten-foot basket? Cross-ice develops a positive environment, increases puck handling, and teaches puck protection by forcing athletes to play in smaller, confined areas.



IIHF | Teaching Stations and Small Area Practices

For practicing it means that more athletes are on the ice, but the group sizes are smaller. With more athletes on the ice it reduces the costs of the individual athlete for practicing. This increases the ice usage and the efficiency of the practice by increasing the activity level of the individual athlete during the practice as their involvement time grows. Time spent waiting in line for the next chance to go is greatly reduced. Athletes have more time with the puck for puck handling, passing, and shooting. Drills are designed to focus on multiple skills and situations, increasing puck touches and situational repetition. On top of this the goalkeepers are more involved in the drills and get more shots to stop. Practicing cross-ice and in small areas is beneficial for athletes of all ages and levels and they have fun.



Hockey Alberta – Initiation Program

Hockey Alberta has adopted the Initiation Program as the formal structure for the operation of hockey for athletes 6 years old and younger and is to be implemented by all Minor Hockey Associations (LMHA's) in Alberta. The Hockey Alberta Initiation Program was formed from a combination of Hockey Canada's Initiation guidelines, Hockey Quebec's MAHG guidelines, and specific modifications to reflect Hockey Alberta's athlete first approach.

Philosophy | Objectives

1. Create a safe and positive environment for athletes to experience the sport;
2. Incorporate physical literacy, fair play, co-operation, and FUN into the sport;
3. Teach basic hockey skills so athletes can enjoy the sport.

An Initiation Program's success will be measured by the levels of enjoyment and development achieved by the athletes. To optimize those levels of enjoyment and development, it is necessary for dedicated adults to play a large role as effective leaders and teachers who will create a safe, fun, learning, challenging and motivating environment for the athlete.

Hockey Alberta | Initiation Program Guidelines

- **Category Name:** All hockey is open to athletes 6 years of age and younger will be classified as Initiation Program;
- **Playing Surface:** All ice sessions (practices and games) are to be cross-ice, half ice or third ice of the regulation playing surface. For practices, station work is encouraged;
- **Surface Dividers:** It is not mandatory, but highly recommended to divide the ice with small rink dividers, or other rink dividers. (Note: A few cones or other objects are sufficient to divide the surface);
- **Puck:** Recommend the blue 4 oz. puck to be used and other implements such as tennis balls, soccer balls, rubber chickens etc.;
- **Modified Game Rules:** No offside or icing will need to be called. (Pond Hockey Rules);
- **Game Operations:** No timekeepers, scorekeepers or goal judges are needed;
- **Officials:** The use of officials is optional; however, it is recommended the coaches be on ice for all sessions;
- **Goalies:** No goalie equipment is required other than a goalie stick (Athletes may wear full goalie equipment for Small Area Game Sessions ONLY);
- **Curriculum:** Hockey Canada Initiation Skill Development Manual;
- **Coach Support:** Recommended to identify a Coach Mentor and support system for coaches.

Hockey Alberta – Initiation Program Keys to Success

The Hockey Alberta Initiation Program is designed for 5 and 6-year old athletes but is suitable for any entry-level hockey athlete. The program lays out specific guidelines based on human growth and development philosophies, to ensure a youngster's start in hockey consists of having fun and learning skills while developing confidence. The LMHA must commit to the Initiation Program and be prepared to support it. The commitment involves creating an implementation plan and maintaining that plan as the way of operating Initiation Program hockey in the community. The structure for an Initiation Program is different from those normally offered, because it does not focus on playing "standard" games. As a result, there will be critics who will challenge the LMHA to advocate a more traditional approach. However, it is important to remind all "doubters" that the Initiation Program has been designed by subject matter experts who specialize in child development; therefore, the format will be different than that utilized for older athletes and adults. An effective Initiation Program must be designed with the best interest of the athletes and should not be used as a form of entertainment for the adults involved.

Program support must come from a variety of different people. For the District and Operating Area, it is essential that support is provided.

- Identify and recruit volunteers to manage and run the programs. A ratio of one volunteer per five participants is ideal.
- Appoint an experienced administrator, and hold information/update sessions. Coaches and other volunteers should not be expected to administer the program for themselves.
- Training and support for the instructors beyond the required Coach 1 Clinic.
- Identify an experienced technical person (mentor) or committee to help with follow-up training throughout the season. The mentor should have experience in developing and delivering such programs.
- Ensure communications exists between the Initiation Program and other areas of the association. The athletes, coaches and other volunteers in the Initiation Program are the future of your association; make sure to include them from the outset. Develop a plan to sell the program to parents. Get them on your side. Options could include information sessions, newsletters, and athlete surveys.

Hockey Edmonton – Initiation Program Background

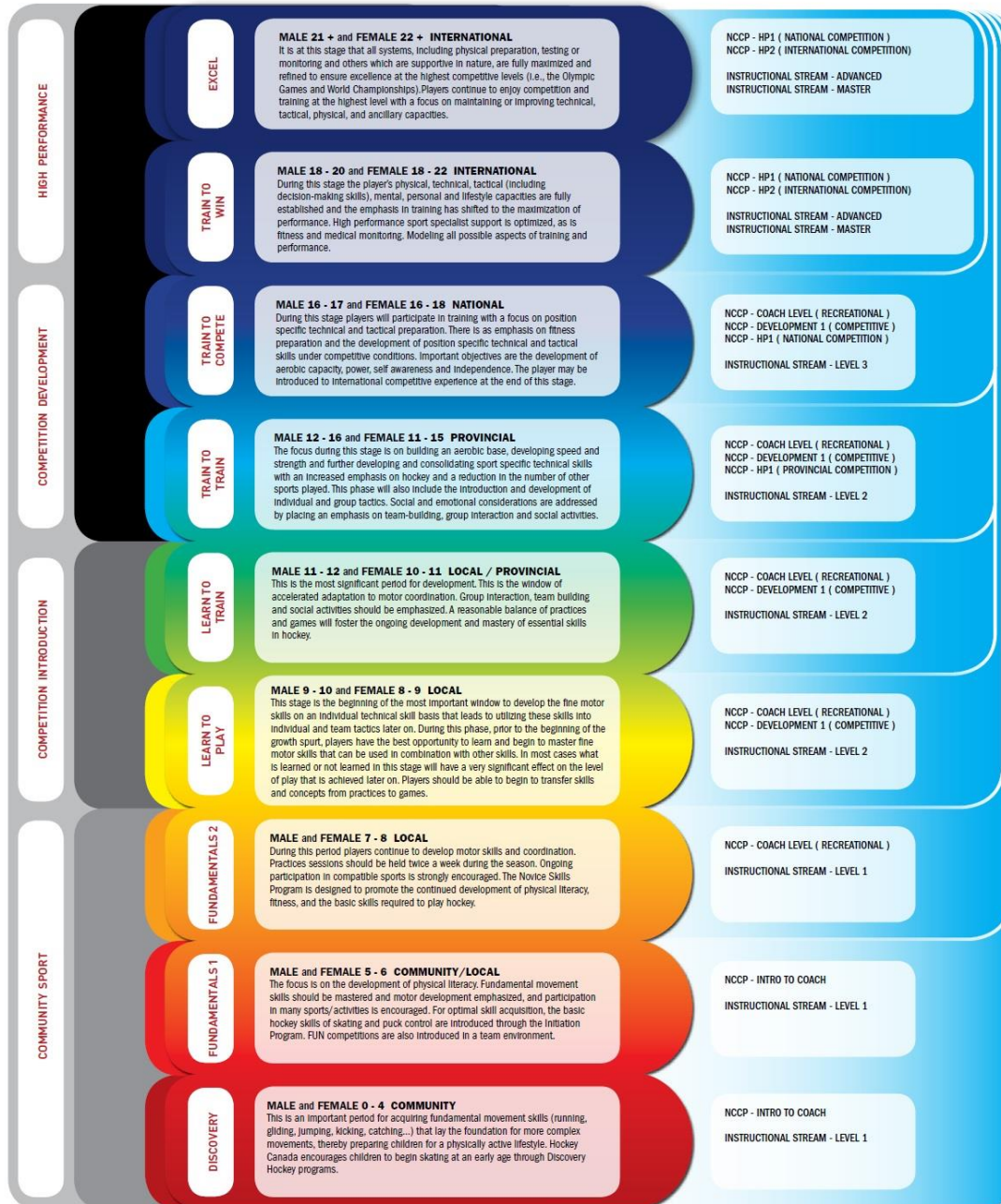
Hockey Edmonton's Board passed the motion to use the Hockey Alberta Initiation Program Guidelines to design the IP implementation for Hockey Edmonton. A committee was formed consisting of District and Operating Area (DOA) representative's familiar with the Initiation Program in their respective jurisdictions. Four design planning meetings were held over the course of Spring 2016 to develop the design principles for refocusing from a division of play to a program for development based on these Hockey Alberta guidelines. These design principles were approved on April 23rd, 2016 with requested committee review of: New category names, fee equity, ice allocation geography, ice session length, etc.

March 27, 2017 - A New Hockey Canada policy mandates that all Initiation-aged athletes receive age-appropriate programming, on cross-ice or half-ice (modified) surfaces. [CLICK HERE](#) for more information.

Hockey Canada – Long Term Player Development model

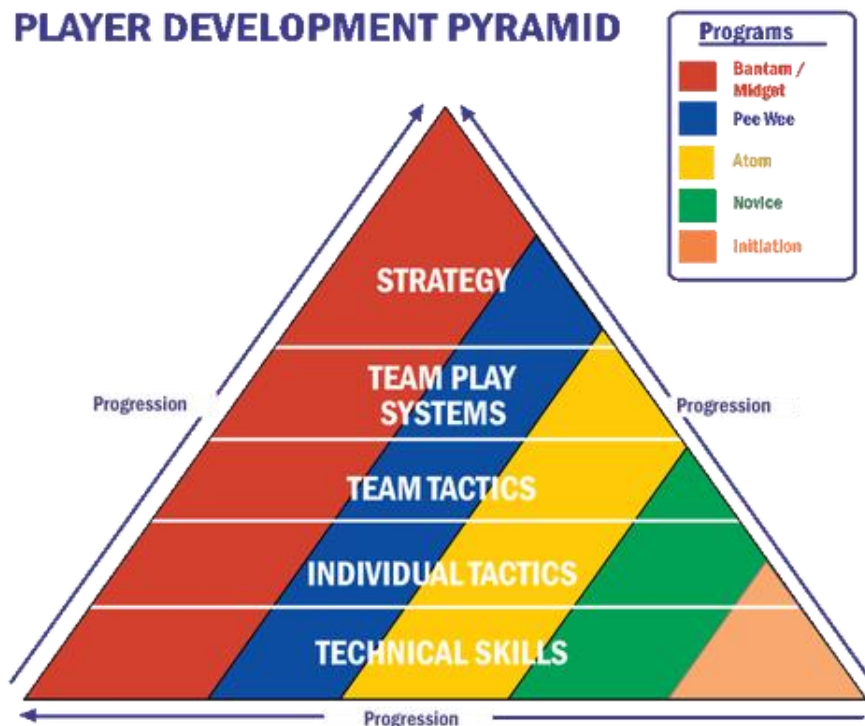


Sport Canada's Long-Term Player Development (LTPD) Resource Paper "Canadian Sport for Life" sets out a framework for sport development in Canada. Hockey Canada's Long Term Player Development (LTPD) is an nine stage model based on the physical, mental, emotional and cognitive development of children and adolescents. Each stage reflects a different point in developing the player. The first four stages emphasize physical literacy and a broad range of sport experiences. The next five stages focus on development and competitive excellence. The corresponding boxes on the right hand side indicate the appropriate NCCP Coaching programs that are applicable at each stage of LTPD. This ensures that coaches are being educated in accordance with the age and ability of the athletes they are coaching.



Hockey Canada – Skill Development Philosophy

The Hockey Canada Player Development pyramid was created to provide the coach with a comprehensive guideline to help develop a seasonal plan. The natural progression starting at the base of the triangle emphasizes the development of fundamental skills. Fundamental skills are the foundation of each player's success.



As the pyramid is climbed, a greater emphasis is placed on individual tactics; adding the dimension of “hockey sense” to skill development. Once a player has developed the skills of skating and puck handling then the individual tactic of puck control can be learned. The player now understands the “why” of each tactic, i.e. the read and react skills that are being developed.

Moving up the pyramid, players perform drills that will develop team tactics and systems. The bantam and midget levels of hockey emphasize team performance practices. But even at this program level, time spent on team tactics and team play should not exceed 50-60% of the practice. The coach, through practice must continue to develop the fundamental skills and individual tactics of each player which lead into team tactics and systems of team play.

Strategy is the peak of the pyramid. It sets the style of play that will combat the opposition. The coach determines the strategy based upon their own philosophy, the age of the players, and the skill level of the team. As players age and competitive levels increase, game strategies become more complex. The age and skill level of the team defines the seasonal plan. The Hockey Canada Skills Development Programs are based on progressive steps and follow the appropriate allocation of time illustrated in the pyramid.

TECHNICAL SKILLS

- The fundamental skills that are required to play the game (e.g. skating, shooting, passing and checking).

INDIVIDUAL TACTICS

- Action by one player using one or a combination of technical skills to create an advantage or to take away the advantage of an opponent. A tactic may be classified as offensive or defensive (e.g. 1-on-1 offensive fake and driving to the net).

TEAM TACTICS

- A collective action of two or more players using technical skills and 1 or individual tactics to create an advantage or take away the advantage of an opponent (e.g. 3 vs.2).

TEAM PLAY SYSTEMS

- A pattern of play in which the movement of all players is integrated in a coordinated fashion to accomplish an offensive or defensive objective (e.g. 2-1-2 forechecking system).

STRATEGY

- The selection of team plays systems to impose upon the opposition, the style of play and tactics which will build on the coach's, team's strengths and neutralize those of the opponent while at the same time taking advantage of the opponent's weaknesses. For example: when opponent's defensive players have weak puck handling skills, the strategy might be to shoot the puck in and use a 2-1-2 aggressive forechecking system.

Hockey Edmonton – Athlete Participation Models

Hockey Edmonton recognizes two distinct athlete participation models. These participation models are about an athlete “playing-time” during game situations:

1. **Equal Play Model:** All athletes receive the same amount/situations of playing time, no matter what.
2. **Fair Play Model:** Athletes earn their playing time based upon criteria outlined by team leadership in advance of the season.

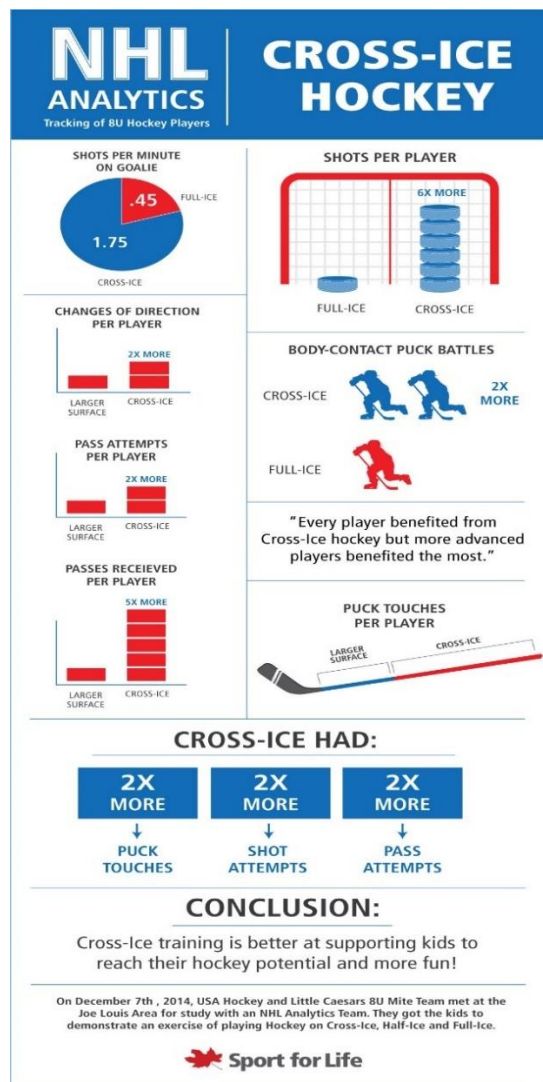
Hockey Canada – Stages of Training/Learning

In developing the skills of young athletes there are three stages of training objectives. These three stages correspond with athlete “readiness” to acquire and develop the skill to a higher level. These stages are:

- **INTRODUCE:**
 - To bring (something, especially a product, measure, or concept) into use or operation for the first time;
 - Presenting athletes with a new element in an artificial or easy and constant, stable, predictable condition;
 - Dominant: comprehension and good execution of the task;
 - Characteristics: performed well under maximum speed;
 - Requirements: require athletes to be rested and concentrated.
- **DEVELOP:**
 - To grow or cause to grow and become more mature, advanced, or elaborate;
 - to pursue learning in conditions controlled by the coach without opponents or in the presence of and with the cooperation of opponents;
 - Dominant: Success rate (resulting from the action), objective: 7 / 10;
 - Characteristic: block of repetitions of the directive given by the Coach and isolated from reality of competition where the speed of execution is gradually augmented;
 - Requirements: requires rested and concentrated athletes.
- **REFINE:**
 - To improve (something) by making minor changes, make (an idea, theory, or method) subtler and more accurate;
 - To stabilise elements in conditions controlled by the Coach, semi-controlled conditions, and random conditions. This requires an opposition by opponents;
 - Dominant: decision taken by the athlete according to the current situation and the level of success;
 - Characteristics: Execution at maximum speed;
 - Requirements: requires that athletes be no more than lightly to mildly tired.

Hockey Edmonton – Initiation Program Rationale

The design principles set forth in this document will enable Hockey Edmonton to address the need to refocus this athlete age group's culture and values, back to the **FUNDamentals**. These principles enable more frequent puck touches per athlete, while working on skating capability. Improved skating ability is more conducive to the shorter reaction time and increased play making ability required within the smaller spaces available in the Initiation Program format. They also strive to use a variety of gaming sessions to provide athletes with competitive settings to apply their practiced skating and puck handling skills. No game winning centric tactics or the like are emphasized in the design principles. Tactics are reduced to those associated with the skating and puck handling skills needed to be effective in dealing with shorter time and reduced space created in game sessions.



This document should serve as the main resource for Initiation Program Implementation and Operations by Districts and Operating Areas within Edmonton, Alberta.

Hockey Edmonton – Intro to Hockey Programming

Within the **Community Sport Phase** of Hockey Canada’s Long Term Player Development model, Hockey Edmonton will offer five distinct and progressive programs. These programs can be further subdivided into three Hockey Canada LTPD STAGES: **Discovery**, **Fundamentals 1**, and **Fundamentals 2**. The Hockey Canada Long Term Player Development model is also attached below the Hockey Edmonton Programming chart:

Hockey Edmonton – Intro to Hockey Programming	
COMMUNITY SPORT PHASE	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>Intro to Hockey</i>
	<ul style="list-style-type: none"> Hockey Edmonton – Senior Timbits (6 years old) <i>Intro to Cross-ice Hockey</i>
	FUNDAMENTALS 2 STAGE
	<ul style="list-style-type: none"> Hockey Edmonton – Minor Novice (7 years old) <i>Intro 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 – FUNdamentals 1

The ultimate concentration of this age group is on the development of physical literacy. Fundamental movement skills should be mastered, motor development emphasized, and participation in many sports/activities is encouraged. For optimal skill acquisition, the basic hockey skills of skating and puck control are introduced through the Initiation Program. FUN competitions are also introduced in a team environment. Participants will learn all fundamental movement skills and build overall motor skills. Skill development in the FUNdamentals stage should be well-structured, positive, and FUN! The skill of skating speed can be developed quickly with athletes this age. Coaching should focus on developing skating speed in repetitions of less than 5 seconds. The ABC’s of agility, balance and coordination should be emphasized through the teaching of skills and small games to emphasize the ABC’s. Ensure that the skills the athlete acquires during the FUNdamentals stage will benefit them when they engage in recreational activities, enhancing their quality of life and health. Hockey Canada recommends in the early stages of FUNdamentals that athletes spend 85% of their time on the Introduction and Development of Technical Skills.

To educate and support associations in how athletes learn let's look at a report prepared by Ms. Madelaine Halle for Montreal University on athletes aged 5-7 years old.

Motor and Perception Motor Skills

Athletes aged 5 years old tend to have difficulties in terms of the mechanical effectiveness of their movements and in terms of combining movements like running and jumping or running and throwing. Skating is not considered a basic skill but rather a specialized one. It requires control of such skills as running and balance, both barely mastered at this age.

Dexterity and eye-limb coordination improves at this age, but is still not very good. It will take them many repetitions to adjust. The 5-year olds can tell their right from left, only if they have practiced. They are conditioned to know the difference but have yet to understand it.

Athletes aged 7 years old begin to understand what right and left means in the environment: the right side of the ice, the left rink dividers, etc., 5-year olds are already identified as right or left-handed, although in some cases their skill level is virtually equivalent.

Athletes aged 5 to 7 have just begun to see the link between an action and its result: shooting in a certain way will produce a certain result. They cannot structure their space such as moving half the length of ice or leaving one third of the ice free. They will try to do it, approximate it, because they don't really understand the exact value of numbers and fractions very well.

Motor development depends on experience but also on the child's physical and neuro development: the most developed are thus not necessarily the most skillful. Amongst athletes, there is a very large variation in motor skills, between motor activities like throwing and running, and between body segments such as upper and lower body skills. Accordingly, a 6-year-old child might be able to skate very well but shoot poorly, or control their right skate very well but their left one poorly. They need time to carry out instructions and need many repetitions to stabilize a movement and information to improve.

Cognitive Development

Athletes 5 to 7 years old decide to act solely based on how things look. They can evaluate only one criterion at a time; they are either fast or accurate, but rarely intentionally both at the same time. Athletes aged 5 years old have a very hard time reversing things, doing an action or movement, and repeating it in the opposite direction. They are still highly influenced by things that occur simultaneously, which are then considered cause and effect: I don't play well because my coach is watching me. Generally, they feel their point of view is right and much better than others' point of view, including the coach's.

Emotional Development

They hardly have two opposing feelings at the same time, like being disappointed with their own performance but pleased with that of their team. They have global self-esteem: either good or not good.

Social Development

They recognize authority mainly based on social status: father, coach. They have their own understanding of justice: everyone should be getting the same treatment. Their friendships begin to be based on trust and reciprocity.

- **Never:** Assume they have bad intentions.
- **Avoid:** Presenting too much information at one time and hurrying them.
- **Do:** Give instructions with concrete benchmarks, visual, auditory, or kinesthetic reference points; ask them to repeat your instructions in their own words.

FUNDamentals 1 – To Do list

For Associations

- Athletes develop skills in practices and apply those skills in modified games.
- Maximize your ice time by putting upwards of 40 athletes on the ice at a time.
- Utilize modified equipment appropriate for young athletes. Examples of this include Junior model sticks, light weight pucks and fun teaching implements.
- Provide coaches with the latest and most up to date resources to assist with seasonal planning and skill teaching.
- Provide coaches with continuing education opportunities.

For Coaches

- Teach appropriate and correct balance, agility, edge control, skating, turning and puck control skills using the ABC's of athletics.
- Introduce athletes to the simple rules and ethics of sports.
- Develop the skill of speed in athletes through short (5 seconds or less) repetitions.
- Utilize the Hockey Canada Initiation manual to deliver appropriately structured practices.
- Limit technical and tactical information communicated to the athletes, ensuring athletes enjoy the game and want to continue to play in the future.
- NCCP training in the Intro Coach Program -Continuing education through Mentorship Instructional Stream clinics offered at MHA level with a focus on teaching the technical skills.

About TIMBITS Hockey

The TIMBITS Minor Sports Program is a community-oriented sponsorship program that provides opportunities for kids aged four to nine to play house league sports. The philosophy of the program is not based on winning or losing, but on learning a new sport, making new friends, and just being a kid.

Due to sponsorship from Tim Hortons, Hockey Edmonton can run the TIMBITS Program which is a developmental program for Initiation Program level athlete aged 4 to 6. With the sponsorship dollars received from Tim Hortons, Hockey Edmonton can:

- Purchase jerseys;
- Host TIMBITS Festivals & Jamborees;
- Purchase pucks;
- Provide athletes with a TIMBITS Medal;
- Supply water bottles to various tournaments;
- Host educational sessions for coaches;
- Operate a learn to play hockey program for first year TIMBITS athletes.

Hockey Edmonton's Initiation Program (TIMBITS) is a mandated program in Edmonton for the Initiation Program division for 4, 5, and 6-year old's. The program focuses on skill development and the FUNdamentals of the game for the athletes, coaches, and parents. Hockey Edmonton's Initiation Program (TIMBITS) has been split into three separate and distinct programs:

1. **Discovery** (4-year old's, or older);
2. **Junior TIMBITS** (5-year old's, or older);
3. **Senior TIMBITS** (6-year old's).



Hockey Edmonton – TIMBITS Program Fees

As this is an Edmonton wide hockey program that is to be implemented in all DOA's, fee equity is desired. Based on cost coverage as the key rationale for determining fee equity and recognizing that all costs (Fixed and variable) will be similar in all DOA's given that the program is to be the same in all DOA's.

The following fees are recommended at a minimum per registered athlete respectively:

- 1. Discovery: \$165;**
- 2. Junior TIMBITS: \$165;**
- 3. Senior TIMBITS: \$250.**

A prorated fee structure must be implemented by the District and Operating Area's if participants are joining a program late, or if there is a transfer between the Junior TIMBITS and Senior TIMBITS levels.

Hockey Edmonton – TIMBITS Registration

District and Operating Area Registrars will register Hockey Edmonton TIMBITS participants into groups of 10-12 on the Hockey Canada Registry (HCR). For coach certification requirements & participant organization, 10 is the optimal number. The rosters will remain unlocked on the HCR for the season, allowing for athlete movement as the season progresses.

Grouping ranges of 10 participants will also accommodate room for late registrations or extra registrations, throughout the TIMBITS season.

The grouping rosters on HCR will remain unlocked for the season facilitating season long roster movement (only by District and Operating Area officials), which will allow Districts and Operating Areas to ensure athletes are in the appropriate level according to their developmental level also. The only way an individual can change from one level of TIMBITS to another, is if the District or Operating Area approach them to do so. This flexibility will allow associations to ensure that each athlete is in the appropriate group according to their emotional, mental, physical, and cognitive level - which is an essential LTPD philosophy. Changing between group and program is not something that can be initiated by the parent, it is the responsibility and oversight of an administrative representative from the District or Operating Area.

Hockey Edmonton – Recruiting Volunteers

Because the Initiation Program deals with athletes who may not have yet entered the school system, the need for quality leadership is critical. For some athletes, the Initiation Program may be the first time they have attended an organized event outside the home. Therefore, the coach may be the first authority figure, other than a parent, the child has encountered. Coaches and other volunteers must be positive, energetic, creative, fun-loving, and patient. The Hockey Canada NCCP Coach 1 Clinic will emphasize many of the attributes necessary to conduct the program successfully. It is not necessary that the potential coaches have previous experience in teaching hockey skills, although that would be an asset. At the beginning level, on-ice coaches may range from an interested parent who offers to come

out to offer encouragement to a seasoned coach who can demonstrate the skills covered in the manuals. Support Instructors can also include older athletes within the District or Operating Area. This is good practice for community service hours and coach recruitment. Ensure that insurance policies are being met.

The District and Operating Area must be innovative in their recruitment of Initiation Program volunteers. It can be a grooming area for the association's future coaches as well as athletes. A strong nucleus of volunteers is essential as numerous roles must be filled to effectively operate the program and deliver the curriculum. However, a single individual may be able to fill one or more roles. The basic framework or structure of the personnel required to implement the Initiation Program is:

1. Program Administrator/Director(s);
2. Lead Instructors;
3. Support Instructors.

Hockey Edmonton - TIMBITS Program Administrator/Director

This position is directly responsible for planning, organizing, and administering the implementation and delivery for the Initiation Program. The program administrator may be an executive member of the minor hockey association or may simply be the liaison to the association's executive.

The administrator has many responsibilities to fulfil which require many administrative skills, including: budgeting, liaising with the minor hockey association's executive, recruitment, and placement of instructors, coordinating the evaluation of the program, undertaking special events and recommending changes to the program and its delivery. They must work closely with the Head Instructor, and thus it is wise to select people for these two roles who both complement one another and who can work together.

The qualifications for a Program Administrator may contain the following requirements:

- Understand the fundamental elements of the Initiation Program;
- Possess a commitment to the established goals of the Initiation Program;
- Possess strong organizational, interpersonal and communication skills;
- Can conduct group presentations;
- Can liaise with volunteers, board members, administrators, instructors, and parents;
- Has demonstrated ability to provide adequate time to the delivery of the Initiation Program.

Program Administrator | Job Description

A typical job description for the program administrator may contain these responsibilities (some may be shared with the Initiation Program Mentor - if there is one):

Pre-Season:

- Prepare operating budget for review and adoption by the minor hockey association's board. This budget may contain estimates for expenditures and revenues for:
 - Ice Rental Equipment (Pucks, Pylons, Instructor Warm-Up Suits, Whistles, Etc.);
 - Supplies (Paper, Pens, Envelopes, Binders, Lesson Manuals, Etc.);
 - Training Fees (To Conduct Instructor Training Sessions);
 - Room Rentals (To Conduct Meetings);

- Promotion Supplies (Posters, Photocopying, Pamphlets, etc.);
 - Advertising (In Local Media Vehicles);
 - First Aid Supplies and Kits;
 - Instructor Recognition;
 - Sponsorship;
- Secure ice time in conjunction with the minor hockey association for practices and modified games;
- Prepare and implement recruitment procedures for participants, instructors, and head instructors;
- Co-ordinate the registration of participants;
- Assist in the selection and training of head instructor(s);
- Promotion of Coach 1 Clinics to instructors;
- Conduct a parent orientation meeting to familiarize parents of prospective participants with the objectives of the Initiation Program, and how it is to be implemented;
- Conduct or acquire a presenter to deliver a Long Term Athlete Development Parent Presentation to the parent group.

On-Ice Delivery:

- Co-ordinate the initial evaluation of participants for grouping in the appropriate skill level if desired by the association;
- Confirm arena facilities/schedule and provide copies to all parties;
- Liaise with the minor hockey association's board, the Initiation Program Mentor and/or Head Instructor and on-ice instructors, the parents of the participants;
- Co-ordinate special events (photo sessions, mini-games, festivals, jamborees etc.).

Post Season:

- Submit recommendations to the board of the minor hockey association with respect to any changes that could be made to improve the Initiation Program;
- Prepare equipment and supplies for storage;
- Undertake necessary actions for preparation for the next season.

Hockey Edmonton - TIMBITS Lead Instructors & Support Instructors

On-ice instructors are generally recruited from the Initiation Program's parent group. In some situations, the on-ice instructors may also be volunteers from other segments of the community including students (a minimum of 16 years of age), post-secondary students and other adult volunteers. Instructors deliver the Initiation Program curriculum on the ice to the participants as scheduled by the Administrator.

The qualifications within a typical recruitment advertisement may contain the following requirements:

- Possess a coaching and/or hockey background OR a strong desire to begin to learn instructional techniques in the delivery of fundamental ice hockey skills;
- Possess an enthusiastic attitude and desire to work with beginning hockey athletes;
- Possess strong communication skills;
- Possess a commitment to the goals and philosophy of the Initiation Program.

Lead Instructor & Support Instructor | Job Description

A typical job description for On-ice Instructors may contain these responsibilities:

Pre-Season

- Successfully complete the Coach 1 Clinic requirements;
- Successfully participate in the supplementary training sessions as co-ordinated by the minor hockey association.

On-Ice Delivery

- Deliver the program's curriculum to the assigned group;
- Exemplify fair play and co-operation;
- Provide instruction in a manner that motivates and challenges the participants while respecting where each athlete is developmentally;
- Demonstrate effective leadership on and off the ice, for example, providing effective feedback to the participants;
- Provide feedback to parents of the participants when required;
- Assist in the evaluation of the participants and the Initiation Program in general;
- Demonstrate necessary risk management skills always with the arena safety checklist at each ice session;
- Assist in assigning athletes to their respective groups;
- Effectively explain and demonstrate drills and games to the participants;
- Co-ordinate the orderly entrance and exit to/from the ice surface by the participants.

Hockey Canada NCCP Training for IP Instructors

To ensure a positive experience for the athlete, the Intro to Coach clinic (Coach 1) has been designed for the on-ice instructors. The Coach 1 clinic focuses on communication, teaching skills, leadership, skill development, lesson organization and safety and risk management. The Coach 1 Clinic is a part of the Hockey Canada/Alberta NCCP Coaching Program and consists of three sections:

1. Hockey University Online Module (to be done prior to attending the in-person session);
2. Classroom Session;
3. On-Ice Session.

As Coach 1 was not offered prior to the 2015-16 season Initiation Coaches who have taken Coach 2 prior to the 2015-16 season will not be required to take Coach 1. Coach 1 will be required for any new Initiation coaches starting in the 2015-16 season and beyond. The Hockey Canada/Alberta mandated coaching qualifications/requirements for the Initiation Program are as follows:

- **Coach 1 Clinic:** 1 TEAM OFFICIAL per 10 ATHLETES;
- **Respect in Sport Training (Online):** ALL TEAM OFFICIALS;
- **Hockey Canada Safety Program (Online):** 1 TEAM OFFICIAL per 10 ATHLETES.

Hockey Edmonton – Instructor Organization and Responsibilities

Junior TIMBITS and Senior TIMBITS Skill Development Sessions will require at minimum (1) **Lead Instructor** and multiple **Support Instructors**, ideally at the 1:5 ratios.

- The **Lead Instructor** is responsible for the execution of the Skill Development Session, as well as ensuring the Support Instructors are prepared and organized within their skill teaching station.
- The **Support Instructor** is responsible for viewing the skating and puck control skills on ProSmart and effectively transferring this knowledge to their assigned athlete group during the Skill Development Sessions.
- Hockey Edmonton has secured the [Sportgo Lite](#) licenses to enable the TIMBITS Instructors to gain access to the electronic database.
- All parents of registrants will have the ability to access the [Sportgo Lite](#) Learning System also. This learning system will promote city wide curriculum standards and will facilitate cooperation between different Districts and Operating Areas, when ice is being shared.
- Hockey Edmonton has also secured a Mentorship Committee who will also arrange for drill, skating and puck control instructor mentorship throughout the season.

Hockey Edmonton – TIMBITS Mentorship Committee

Hockey Edmonton will ensure that District and Operating Area's and provided with significant resources to run an optimal TIMBITS program. Consistent feedback from program administrators will be requested to ensure an environment of constant improvement and to also ensure consistent practices across Edmonton.

Each District and Operating Area will be visited randomly by a recognized **Hockey Edmonton TIMBITS Mentor** multiple times per year, to provide program support and to ensure that IP guidelines, principles, and practices are being implemented and followed. Program debrief/evaluation forms are available on the [TIMBITS Program Resources webpage](#). Incentives will be provided to programs that are appropriately following the guidelines outlined within this manual.

Hockey Edmonton representatives will also be randomly visiting the District and Operating Area TIMBITS programs to film sessions and gather feedback from parents, coaches, volunteers, and association members, regarding best practices. This video will not be posted without parental consent.

TIMBITS champions will be recruited throughout the season to support the Hockey Edmonton Initiation Program Mentors. This network of mentors will be asked to relay LTPD messages, support TIMBITS programs that require additional development, be a quality control resource, and to provide input as a committee member for future Initiation Program revitalization or alterations.

Hockey Edmonton – TIMBITS Program Levels/Developmental Groupings

- **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.

Hockey Edmonton – TIMBITS Programs

Discovery

This program is for brand new skaters, wearing full hockey equipment; learning to skate and incorporating limited hockey skills throughout the season. Skill Development Sessions will occur on the weekends (once per week), with each session being 45 to 60-minutes in length.

- **LEARN TO SKATE;**
- **4-year old's as of December 31, or older;**
- Older athletes may also register for the Discovery program if they are brand new skaters;
- The Discovery Program is for brand new skaters who are learning to skate;
- The Discovery Program teaches basic movement and skating skills through development drills from Phase 1 of Hockey Canada's Initiation Program Manual;
- Non-competitive fun activities are also incorporated to further develop the skills that were learned;
 - Hockey Canada Membership and Insurance coverage;
 - Instruction from Certified Lead Instructors (1:10 ratio);
 - Hockey Edmonton curriculum;
 - TIMBITS Uniforms, Medals, and gifts;
 - Group formation of 10-12 players;
 - All sessions to be held on prime-time weekend ice slots;
 - (Once per week) 1-hour shared ice Skill Development Sessions (Rotational Teaching Station Format);
 - TIMBITS Fall Festival - December;
 - TIMBITS Winter Jamboree - March.

Junior TIMBITS

This program is for newer hockey players who already possess the ability to skate wearing full hockey equipment; introducing them to technical hockey skills. Sessions will occur on the weekends (once per week), with each session being 60-minutes in length.

- **INTRODUCTION OF HOCKEY SKILLS;**
- **5-year old's as of December 31, or older;**
- 4-year old's cannot register into the Junior TIMBITS program;
- Older athletes may also register for Junior TIMBITS if they are newer to hockey;
- Junior TIMBITS focuses on the **Introduction of Technical Skills** (Skating, Puck-handling, Passing, and Shooting). There will be a strong emphasis on Skating Skills;
 - Hockey Canada Membership and Insurance coverage;
 - Instruction from Certified Lead Instructors and Support Instructors (1:10 ratio);
 - Hockey Edmonton curriculum;
 - TIMBITS Uniforms, Medals, and gifts;
 - Group formation of 10-12 players;
 - All sessions to be held on prime-time weekend ice slots;
 - (Once per week) 1-hour shared ice Skill Development Sessions (Rotational Teaching Station Format);
 - TIMBITS Fall Festival - December;
 - TIMBITS Winter Jamboree - March.

Senior TIMBITS

This program is for more experienced hockey players, who can skate wearing full hockey equipment, and who have already been introduced to the technical hockey skills. Sessions will occur on the weekends (twice per week), with each session being 60-minutes in length. There are TWO weekly sessions (1-Skill Development Session and 1-Small Area Game Session) to be held on Saturday's and Sunday's. During the Small Area Game Sessions, there will be TWO Small Area Game Zones on each end of the rink, with the middle of the ice being used as an Active Rest/Play Neutral Zone.

- **DEVELOPMENT OF HOCKEY SKILLS & INTRODUCTION TO CROSS-ICE HOCKEY;**
- **6-year old's as of December 31;**
- 4-year old's cannot register into the Senior TIMBITS program;
- 5-year old's may be promoted to Senior TIMBITS if approved by Association, after meeting Hockey Edmonton Core Skills proficiency;
- Senior TIMBITS focuses on the **Development of Technical Skills** (Skating, Puck-handling, Passing, and Shooting) and an **Introduction to Individual Tactics**. There will be a strong emphasis on Skating Skills;
 - Hockey Canada Membership and Insurance coverage;
 - Instruction from Certified Lead Instructors and Support Instructors (1:10 ratio);
 - Hockey Edmonton curriculum;
 - TIMBITS Uniforms, Medals, and gifts;
 - Group formation of 10-12 players;
 - All sessions to be held on prime-time weekend ice slots;

- (Once per week) 1-hour shared ice Skill Development Sessions (Rotational Teaching Station Format);
- (Once per week) 1-hour shared Cross-Ice Game Sessions (with Active Rest/Play Neutral Zone);
 - No structured game play, no scores, no standings;
 - No full-time goaltenders;
- TIMBITS Fall Festival - December;
- TIMBITS Winter Jamboree - March.

Hockey Edmonton – Athlete 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;
- 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;
- Please visit Hockey Edmonton Operating Directives **5.1 Overage Player Approval** for additional information on Hockey Edmonton's Overage Player Approval Policy.

Hockey Canada – Initiation Program Seasonal Structure

Hockey Edmonton's Season Structure planning is based upon the following Season Structure documents from Hockey Canada:



Hockey Edmonton – TIMBITS Program Seasonal Structure

	Discovery	Junior TIMBITS	Senior TIMBITS
DOA'S:	SEPTEMBER 15 – SEPTEMBER 30	SEPTEMBER 15 – SEPTEMBER 30	SEPTEMBER 15 – SEPTEMBER 30
PREP & LEARN TO SKATE	Skill Development Sessions: 2	Skill Development Sessions: 2	Skill Development Sessions: 2
HOCKEY EDMONTON	OCTOBER 1 – DECEMBER 20	OCTOBER 1 – DECEMBER 20	OCTOBER 1 – DECEMBER 20
FALL SESSION	Skill Development Sessions: 10 <u>Fall Festival:</u> 1 Small Area Game Session	Skill Development Sessions: 10 <u>Fall Festival:</u> 1 Small Area Game Session	Skill Development Sessions: 10 Small Area Game Sessions: 10 <u>Fall Festival:</u> 1 Small Area Game Session
HOCKEY EDMONTON	JANUARY 1 – MARCH 20	JANUARY 1 – MARCH 20	JANUARY 1 – MARCH 20
WINTER SESSION	Skill Development Sessions: 10 <u>Winter Jamboree:</u> 1 Small Area Game Session	Skill Development Sessions: 10 <u>Winter Jamboree:</u> 1 Small Area Game Session	Skill Development Sessions: 10 Small Area Game Sessions: 10 <u>Winter Jamboree:</u> 2 Small Area Game Sessions
NOTES:	<i>Absolutely no tournament permits will be approved.</i>	<i>Absolutely no tournament permits will be approved.</i>	<i>Application for tournament permits will be accepted.</i>

Hockey Edmonton – TIMBITS Program Structure

1. **Discovery** will have (1) 60-minute Skill Development Session per week scheduled into two seasonal halves, 1 before and 1 after Christmas, each culminating in a celebratory event (E.g. Jamboree; Festival etc.). Ice sessions will follow the Hockey Edmonton progressive skating development curriculum.
2. **Junior TIMBITS** will have (1) 60-minute Skill Development Session per week scheduled into two seasonal halves, 1 before and 1 after Christmas, each culminating in a celebratory event (E.g. Jamboree; Festival etc.). Ice sessions will follow the Hockey Edmonton progressive skating and puck control development curriculum.
3. **Senior TIMBITS** will have (2) 60-minute ice sessions (Skill Development Session and Small Area Game Session) per week scheduled into two seasonal halves, 1 before and 1 after Christmas, each culminating in a celebratory event (E.g. Jamboree; Festival etc.). The first session will be a skill development session utilizing the Hockey Edmonton curriculum provided. The second session will be a small area game session (cross-ice) with active rest/play area in neutral zone.

Structural Recommendations:

- Hockey Edmonton does not provide or endorse TIMBITS ice until the month of October;
- Multiple themed exercise/drill stations;
- ALL Ice sessions will strive to have **40-45 skaters per ice session**;
- Ice session densities should not exceed 48 or fall below 35 skaters per ice session;
- Ice allocations will be made based on this ice session skater density;
- All special requests for arena locations, dates, times, etc. must be emailed to Hockey Edmonton by September 15, and will be taken into consideration during the planning stages;
- DOA's with enrollments that prevent this skater density, should consider combining enrollments with other OA's in the same Districts or with other OA's in other districts;
- Special events scheduled on one or more ice surfaces may result in temporary program relocation to other venues.

Games = Small Area Games Sessions:

- Cross-ice format with Active Rest/Play Neutral Zone;
- Rotate all players through all positions – no early specialization;
- No scores, No standings, No off-sides, No icings, No faceoffs, No structure, No designated positions, etc.;
- No full-time goaltenders (equipment can be utilized for safety reasons);
- Blue 4 Oz Pucks MUST be utilized;
- Small Nets should be utilized (mandatory for SAG Sessions);
- No referees required;
- 3 Minute buzzer for SAG shifts (Equal Play);
- **Senior TIMBITS Small Area Game Sessions (cross-ice) will be located ONLY at arenas with Cross-Ice rink dividers and ¾ sized nets. These arenas include: Callingwood Arenas, Terwillegar Arenas, The Meadows Arenas, Clareview Arenas, and Casteldowns Arenas.**

Practices = Skill Development Sessions:

- Hockey Edmonton's progressive TIMBITS Curriculums follows the Hockey Canada Skill Development Pyramid criteria;
- Blue 4 Oz Pucks MUST be utilized;
- Small Nets should be utilized (mandatory for SAG Sessions);
- Skill development sessions may be scheduled in designated practice facilities, in desirable locations for DOA's.

Hockey Edmonton – TIMBITS Program Grouping of Athletes

- TIMBITS Groups MUST be constructed with athletes of **HETEROGENEOUS** ability levels (**DIVERSE**). Groups of like ability levels that are constructed is not acceptable practice of the new program. If the District or Operating Area is struggling to create **HETEROGENEOUS** groups, a Hockey Edmonton representative can assist with this process.
- It is important to recognize that The TIMBITS Program is not a league and is rather a skill development program for the athlete. There will be no recognition of teams, standings, score-keeping, statistics, etc.
- The Hockey Edmonton TIMBITS Program does not officially start until October 1 and does not officially include pre-season evaluations, or guidelines for these evaluations within the program structure. The Hockey Edmonton TIMBITS Program Committee established these new guidelines. The program was built around being a large group format, where different ability levels are strongly encouraged to be working together.
- During ice sessions 1 to 3, groupings should be created, and TIMBITS sweater sets assigned. Evaluations should be occurring during your first 3 sessions in October; the program is structured to begin in October and end in March, with 2 ten-week semesters (Fall & Winter). The following ability level structure is encouraged:
 - For **Junior TIMBITS**, it is recommended to group athletes of **HOMOGENOUS (LIKE)** ability levels during Skill Development Sessions ONLY.
 - For **Senior TIMBITS**, it is recommended to group athletes of **HOMOGENOUS (LIKE)** ability levels during Skill Development Sessions ONLY. For Small Area Game Sessions, it is recommended to group athletes of **HETEROGENEOUS (DIVERSE)** ability levels. Low, medium, and high levels of ability should be represented in each grouping, for balance during game play.
- Jersey color mixtures is acceptable during Skill Development Sessions, however for Small Area Game Sessions, it is expected to keep the same jersey colors together as a "team/group."
- Hockey Canada Initiation Program Skill Evaluation Forms are useful tools for evaluating and grouping athletes. These forms are available on the new Hockey Edmonton website, within the Hockey Edmonton TIMBITS Program Resources webpage: [Hockey Edmonton TIMBITS Program Resources](#)

Pre-Season Ice Times and Evaluation/Grouping Skates from respective District or Operating Areas, are NOT a part of the Hockey Edmonton TIMBITS program.

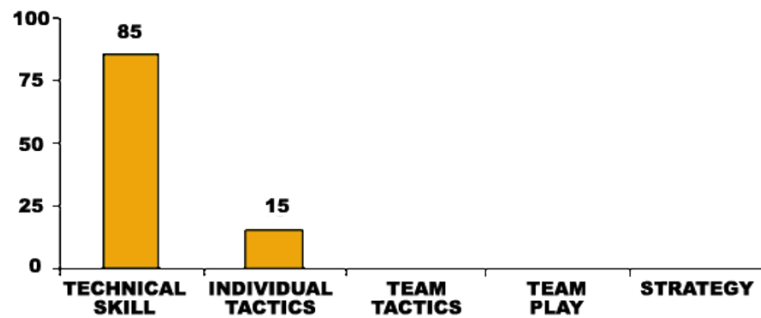
- A proactive approach to organizing and evaluating IP level athletes can be beneficial for organization, however there should be limited use of “evaluation skate” and “Tiering” terminology and structure, as this is not an age-appropriate philosophy for 4 to 6-year old’s. Instead, pre-season skates should be utilized to highlight the positive aspects of the new program; skill teaching stations, efficient use of ice, excellent instruction, small area games, and FUN.
- Do not create teams or groups during the pre-season skates, however the District and Operating Area can build a plan as to how they will group the athletes come October 1 (to be more prepared). Use these pre-season skates to iron out kinks and to get the athletes comfortable on the ice. Curriculum for pre-season skates could include Hockey Canada Initiation Program - Phases 1-4 curriculum and evaluation cards for teaching stations and structure. Additional curricular resources are available on the new Hockey Edmonton website, within the Hockey Edmonton TIMBITS Program Resources webpage.

[Hockey Edmonton TIMBITS Program Resources](#)

- Teams should be balanced and play against each other throughout the season to favour fair competition between teams in the same association and neighbouring associations. The responsibility lies with the involved association(s) and when a significant difference appears amongst teams a reorganization of the teams should take place.

Hockey Canada – Initiation Program Core Skills

The curricular emphasis of the 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%)**.



The Initiation Program Hockey Canada Core Skills chart outlines the specific **Technical Skills and Individual Tactics** which should be introduced and developed during the season:

INITIATION SKILLS

LTPD STAGE - Fundamentals 1



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 				

Initiation Program 

Hockey Edmonton – TIMBITS Core Skills

Hockey Edmonton has reviewed the Hockey Canada Initiation Program Core Skills and divided these core skills amongst the THREE appropriate Hockey Edmonton TIMBITS Program Levels (**Discovery**, **Junior**, **Senior**). These **Technical Skills** should be both *Introduced and Developed* at their respective TIMBITS Program Level. *For evaluation/grouping purposes, TIMBITS athletes should be proficient (able to execute on their own) in the identified skills before progressing to the next TIMBITS Program Level:*

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 –

As a TIMBITS athlete progresses to the subsequent TIMBITS Program Level, it is expected that they continue to develop and refine the skills that were introduced in the preceding TIMBITS Program Levels. For a TIMBITS athlete, constant repetition is crucial. All skills should be repeated on a regular basis. It can be detrimental to an athlete's development if they are progressing to the subsequent level of play without developing the prerequisite skills.

In addition to Technical Skills, Senior TIMBITS athletes should also be introduced to Individual Tactics and Team Tactics. These Tactics can be taught during a Skill Development Session or During a Small Area Game Session. During a Small Area Game Session, Instructors can reinforce these tactics and skills within the Cross-Ice Game Zone or within the Active Rest/Play Zone. Demonstrating a proficiency in these skills will be essential to progressing to the Novice division of play.

Individual Tactics (Senior TIMBITS)

- Body fakes
- Stick fakes
- Angling
- Stick Checks
- 1 v 1
- Driving to net

Team Tactics (Senior TIMBITS)

- Puck support
- Defensive Side
- Passing Lanes
- Shooting Lanes
- 2 v 1
- 3 v 2

Hockey Canada has identified the following exercises as Core Warm-up skills for the entire Initiation Program division of play. These skills will assist with developing a strong physical literacy:

Warm Ups (all)

- Arm circles
- Trunk rotations
- Leg swing front to back & Leg swing side to side
- High knees & Heel kicks

Each of these curriculums works through the respective Core Skills for each Hockey Edmonton TIMBITS Program Levels. It is mandatory that Hockey Edmonton TIMBITS Instructors utilize the curriculums and lessons plans, however modifying (regressions/progressions) exercises and drills as necessary.

Hockey Edmonton – Discovery Curriculum & Ice Set-up

The **Discovery** Program is for brand new skaters, learning to skate with hockey equipment and incorporating minimal hockey skills throughout the season. Please note:

- **Discovery** Program teaches basic movement and skating skills;
- Non-competitive fun activities are also incorporated to further develop the skills that were learned;
- There is an extremely strong emphasis on skating skill development.

Hockey Edmonton TIMBITS Instructors must utilize the **Discovery Program curriculum available on the Hockey Edmonton website. This curriculum is 20-weeks in length.**

[Hockey Edmonton TIMBITS Program Curriculums](#)

If this curriculum is too difficult for the participants, it is highly recommended that instructors utilize the Phase 1 Curriculum from the Hockey Canada Initiation Program Skill Manual. This Phase 1 is accessible on the Hockey Canada Network App and will also be available within the Hockey Edmonton website, within the Hockey Edmonton TIMBITS Program Resources webpage.

[Hockey Edmonton TIMBITS Program Resources](#)

All Discovery program Sessions should be in a rotational teaching station format.

Hockey Edmonton – TIMBITS Curriculums & Ice Set-up

Skill Development Sessions

Hockey Edmonton's TIMBITS program will utilize the Hockey Edmonton TIMBITS Program skating and puck control skill development curriculums, for the weekly Skill Development Session. The curriculums for these sessions will be available for digital retrieval on the Hockey Edmonton website.

Hockey Edmonton TIMBITS Program Curriculums

THREE Distinct curriculums are available for each Hockey Edmonton TIMBITS Program (**Discovery, Junior, Senior**). Each curriculum is 20-weeks in length. Hockey Edmonton TIMBITS Instructors must utilize and trail the progressive curriculums.

Each of these curriculums works through the respective Core Skills for each Hockey Edmonton TIMBITS Program Levels. It is expected that coaches are consistently utilizing these curriculums and lessons plans, however modifying (regress and progress) exercises and drills as necessary.

All Skill Development Sessions should be in a **rotational teaching station format**, which facilitates increased instructor/child interaction and consistent repetition frequency. Curriculum material is designed using a rotational teaching station format. Additional educational material/documentation regarding teaching station design and coaching techniques are available within the Hockey Edmonton website, within the Hockey Edmonton TIMBITS Program Resources webpage.

Hockey Edmonton TIMBITS Program Resources

In circumstances where additional curriculum is required by instructors, TIMBITS Instructors can incorporate extra curriculum material or modify stations according to group ability level (regressions/progressions) using the following Hockey Edmonton recognized resources:

- [Sportgo Lite](#);
- The Hockey Canada Network App;
- The Hockey Canada Initiation Program Skills Manuals;
- [The Hockey Canada Drill Hub](#);
 - These resources are also available within the Hockey Edmonton website, within the Hockey Edmonton TIMBITS Program Resources webpage.

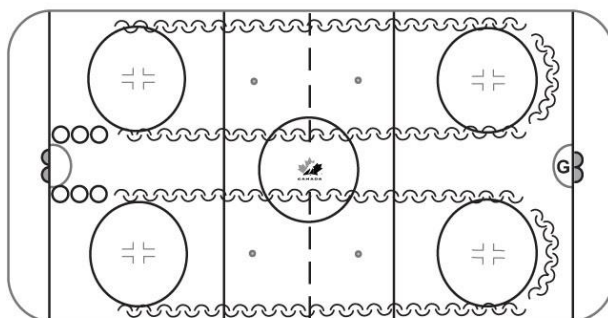
A sample weekly **Skill Development Session** schedule should resemble:

1-hour session:

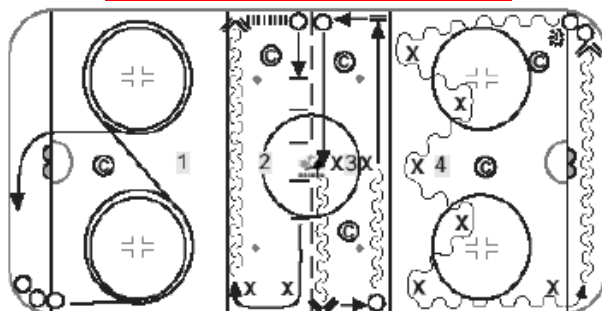
- 1.** 5-minute (Warmup & set-up) - group skating, fun game, etc.;
- 2.** 50 minutes (teaching station design rotation – i.e. 5 stations x 10 minutes/station, etc.);
- 3.** 5-minute (Cool-down & cleanup) - group skating, fun game, challenge drill, etc.

A flood is recommended for every two-hours of HE Skill Development Session ice usage.

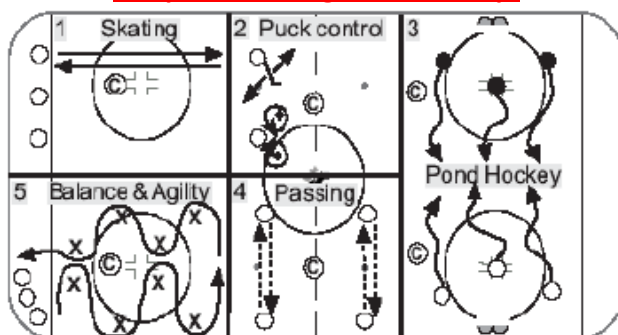
Sample Warmup skating set-up:



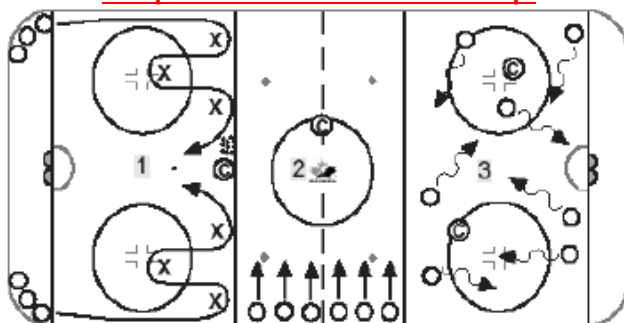
Sample 4 teaching station set-up:



Sample 5 teaching station set-up:



Sample 3 station Cool-down set-up:



Small Area Game Sessions

For Hockey Edmonton's **Senior TIMBITS program ONLY**, the second weekly ice session will be a Small Area Game Session. All Hockey Edmonton TIMBITS "game sessions" will be referred to as Small Area Games (SAG's), which will be in a cross-ice format. Athletes will rotate back and forth between Cross-Ice Small Area Game End Zones (SAG Zones) and Active Rest/Active Play Neutral Zone.

The Set-up of the Small Area Game sessions will be the following:

- (2) Cross-Ice Small Area Game set-ups in each End Zone (SAG Zones);
- (1) Active Rest/Active Play Neutral Zone;
 - **A shift will be recognized as 3-minutes of time spent in either the SAG Zone or Active Rest/Active Play Neutral Zone.** An athlete will participate in 18 shifts during a 1-hour session;
 - 4 groups of 10 in different colors (i.e. Red, Blue, Green, Yellow), therefore 5 athletes of each color will be within one of the two SAG Zones, and the remaining 5 athletes of each color will be in the Active Rest/Active Play Neutral Zone;
 - See TWO game format options below (Shift set-up OR Round robin set-up).

The SAG Zones: will be 4 vs. 4 formats, with 1 goalie per side (10 athletes total). The SAG Zones will follow "Pond-Hockey rules" and can be managed by 1 to 2 Instructors. Additional SAG Zone guidelines include:

- Blue pucks only;
- No scores, No standings, No off-sides, No icings, No faceoffs, No structure, No designated positions, etc.;
- After a goal is scored, **the team that scored the goal** must skate back behind their respective net before playing the puck again (this allows team/coach to pull puck out of net on goals scored);
 - No full-time goaltenders (equipment can be utilized for safety reasons);
 - **SAG WITHOUT designated goalie** – Goalies will rotate each shift;
 - Goalies should wear a glove, blocker, and stick ONLY for ease of rotation;
 - **SAG WITH designated goalie** – Goalies CAN also wear full goalie equipment for Small Area Game Sessions ONLY.

The Active Rest/Active Play Neutral Zone: will be guided by the Hockey Canada skill challenge drills, rotated equitably for the first 8 sessions and then at the instructors' discretion for the last 2 ice sessions based on the observed need for development progression enhancement. Equipment required for the four skill challenge drills shall be set up in the middle zone and athletes should be encouraged to practice those drills on a free-form basis and should be encouraged to play unstructured small area games in the middle area as well. 3 to 4 instructors should be in the middle zone to encourage athletes to have fun and to assist them in any skills the athletes are choosing to work on. Instructors in the middle zone should refrain from implementing highly structured drills, the intent of the middle zone is to permit athletes to rest and have unstructured ice time for personal skill development of choice. This zone is also a useful space to reinforce lessons relevant to the SAG.

A sample weekly HE **Small Area Game Session** schedule should resemble:

1-hour session:

1. 3-minute (warmup & set-up) – group skating, fun game, etc.;
2. 54 minutes (18 shifts of 3 minutes);
3. 3-minute (cool-down & cleanup) – group skating, fun game, challenge drill, etc.

A flood is recommended for every two-hours of HE Skill Small Area Game Session ice usage.

Hockey Edmonton – Small Area Game Session Plan – Shift Set-up (A)

Color	Team 1 (5)	team 2 (5)
RED	A	B
BLUE	A	B
GREEN	A	B
YELLOW	A	B
40 athletes total (10 per color group)		

with Cross-Ice rink dividers and ¾ sized nets in each SAG Zone



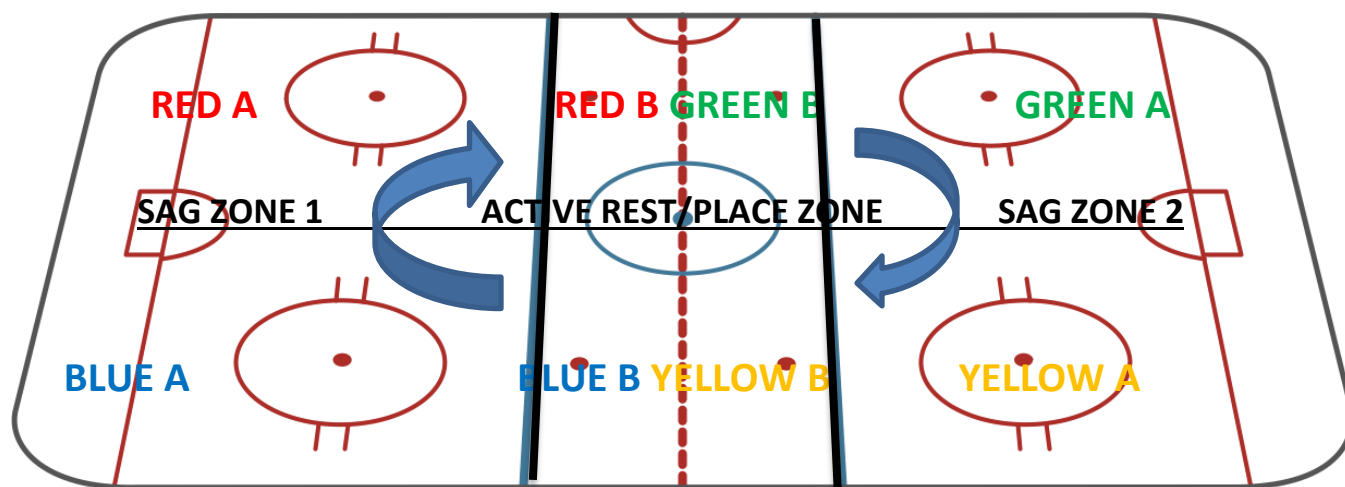
Shift #	SAG ZONE 1	SAG ZONE 2	ACTIVE REST/PLACE ZONE
1	Red A vs. Blue A	Green A vs. Yellow A	RED, BLUE, GREEN, YELLOW B
2	Red B vs. Blue B	Green B vs. Yellow B	RED, BLUE, GREEN, YELLOW A
3	Red A vs. Blue A	Green A vs. Yellow A	RED, BLUE, GREEN, YELLOW B
4	Red B vs. Blue B	Green B vs. Yellow B	RED, BLUE, 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

This set-up is less diverse, however may be easier to execute. For this week, Red will play Blue and Green will play Yellow. The matchups MUST change each week.

Hockey Edmonton – Small Area Game Session Plan – Round-Robin Set-up (B)

Color	Team 1 (5)	team 2 (5)
RED	A	B
BLUE	A	B
GREEN	A	B
YELLOW	A	B
40 athletes total (10 per color group)		

with Cross-Ice rink dividers and ¾ sized nets in each SAG Zone



Shift #	SAG ZONE 1	SAG ZONE 2	ACTIVE REST/PLACE ZONE	Round #
1	Red A vs. Blue A	Green A vs. Yellow A	RED, BLUE, GREEN, YELLOW B	RR1
2	Red B vs. Blue B	Green B vs. Yellow B	RED, BLUE, GREEN, YELLOW A	
3	Blue A vs. Yellow A	Red A vs. Green A	RED, BLUE, GREEN, YELLOW B	RR2
4	Blue B vs. Yellow B	Red B vs. Green B	RED, BLUE, GREEN, YELLOW A	
5	Blue A vs. Green A	Red A vs. Yellow A	RED, BLUE, GREEN, YELLOW B	RR3
6	Blue B vs. Green B	Red 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	RR4
8	Red B vs. Blue B	Green B vs. Yellow B	RED, BLUE, GREEN, YELLOW A	
9	Blue A vs. Yellow A	Red A vs. Green A	RED, BLUE, GREEN, YELLOW B	RR5
10	Blue B vs. Yellow B	Red B vs. Green B	RED, BLUE, GREEN, YELLOW A	
11	Blue A vs. Green A	Red A vs. Yellow A	RED, BLUE, GREEN, YELLOW B	RR6
12	Blue B vs. Green B	Red 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	RR7
14	Red B vs. Blue B	Green B vs. Yellow B	RED, BLUE, GREEN, YELLOW A	
15	Blue A vs. Yellow A	Red A vs. Green A	RED, BLUE, GREEN, YELLOW B	RR8
16	Blue B vs. Yellow B	Red B vs. Green B	RED, BLUE, GREEN, YELLOW A	
17	Blue A vs. Green A	Red A vs. Yellow A	RED, BLUE, GREEN, YELLOW B	RR9
18	Blue B vs. Green B	Red B vs. Yellow B	RED, BLUE, GREEN, YELLOW A	

This set-up allows each Group A to play the other 3 group A's multiple times in one 60-minute session, and the same for Group B's. This set-up remains the same each week.

Hockey Edmonton – TIMBITS Festival & Jamboree

Hockey Edmonton TIMBITS Fall FESTIVAL | December

The first TIMBITS event, at the end of the first half schedule, will follow the Hockey Edmonton Fall Festival design. The Festival's on-ice intent is to take the cross-ice round-robin game sessions to involve all teams in a District. The off-ice intent is to introduce athlete to other activities that will also further develop physical literacy and fundamental movement skills.

Hockey Edmonton TIMBITS Winter Jamboree | March

The second TIMBITS event, at the end of the second half schedule, will follow the Hockey Edmonton Winter Jamboree design. The Jamboree's on-ice intent is to take the cross-ice round-robin game sessions to involve all teams in a District. The off-ice intent is to introduce athlete to other activities that will also further develop physical literacy and fundamental movement skills.

ALL Hockey Edmonton (Discovery, Junior, and Senior) TIMBITS athletes will be participating in the Fall Festival and Winter Jamboree. TIMBITS jerseys MUST be worn for all Hockey Edmonton TIMBITS on-ice sessions, Festivals, Jamborees, and activities.

Hockey Edmonton - Outside Tournaments/Permits

Tournament Permit requests must be sent to Hockey Edmonton administration (Office). If Hockey Edmonton DOA's wish to host/attend an Initiation Program category activity, it must meet the Hockey Edmonton curricula guidelines for TIMBITS Festivals and Jamborees listed below:

- Non-competitive Small Area Game Sessions (blue pucks, no structure, standings, scores, stats, no designated positions, etc.);
 - Cross-Ice game set-up;
- Team registration only/team size of 10-12 athletes (no individual registrations);
- Consider the physical, emotional, mental, and developmental needs of the child;
- Accessible to all families on the team;
- Limited travel for participants.

Hockey Edmonton – Athlete Assessment & Evaluation

The Hockey Canada Initiation Program Skills Evaluation forms should be utilized in a practice session at the beginning, middle and end of the hockey season for all levels of Hockey Edmonton TIMBITS. These forms are useful for reporting progress to parents. They are also a resource for developmental measurements in Edmonton. The drill results for each participant, for each of the three progress assessment practice sessions, should be recorded and sent to Hockey Edmonton administration for collection and use for annual comparisons. These resources are available within the Hockey Edmonton website, within the Hockey Edmonton TIMBITS Program Resources webpage: [Hockey Edmonton TIMBITS Program Resources](#)

Hockey Edmonton – Cross-Ice Rink Dividers Set-up Regulations

Cross-ice rink dividers will be used for all Senior TIMBITS games and stored in the pre-selected arenas. Videos and instructions have been uploaded to the TIMBITS Program Resources webpage to display how to assemble, move, and disassemble the cross-ice rink dividers. A seasonal cross-ice rink dividers schedule will also be uploaded to the webpage: [Hockey Edmonton TIMBITS Program Resources](#)

TIMBITS Rink Divider Instructions: Please ensure TIMBITS teams are following the scheduled game times for the season. Please also refer to the instructions on divider assembly, movement, and disassembly within the Program Resources webpage. TIMBITS Coaches MUST support the assembly, movement, and disassembly of these rink dividers (Coaches must be wearing helmets and skates/shoes with grip). TIMBITS games will require a flood between every 2-3 games (with the rink divider systems remaining on the ice). The execution should be as follows:

- 1. First TIMBITS Session of Day:** Coaches (both teams) from the first session Setup rink dividers (Arena staff brings cart to gate).
- 2. TIMBITS Session before a Flood:** Coaches (both teams) from the previous session always move the rink dividers.
- 3. Final TIMBITS Session of Day:** Coaches (both teams) from the final session Disassemble rink dividers (arena staff brings cart to gate):
 - 30-minute “flood-times” are allotted for the first and last sessions of the Day.
 - 30-minute “flood-times” are allotted to facilitate movement of rink dividers.
 - This schedule cannot be adjusted or manipulated for longer/shorter ice-times.

TIMBITS Rink Divider Logistics:

- The rink dividers will be stored in the arena on a trolley for easy transport. Please stack the rink dividers on the flat side and remove or return the rink dividers gently.
- Athletes MUST NOT be on the ice DURING the rink divider assembly, movement, disassembly is completed.
- The rink dividers will take approximately 15 minutes to assemble, move, and disassemble, with approximately 4-6 adults assisting (Coaches must be wearing helmets and skates/shoes with grip).
- The more coaches that assist, the quicker the athletes can get on the ice for their session.
- City of Edmonton arena staff will flood ice every 2-3 hours for TIMBITS games.
- City of Edmonton arena staff is responsible for guiding the trolley to and from arena gates – City of Edmonton SOP's are utilized for TIMBITS rink divider logistics (Please see Program Resources webpage).

Hockey Edmonton – TIMBITS Program Meetings

- TIMBITS/Initiation Program Directors Meeting – **September (early).**
- TIMBITS Instructor meetings – **September (end).**
- TIMBITS Program Review – **March (end).**