

WELCOME



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How a player gets his/her initial taste of hockey is crucial. Their first four years of hockey must be a positive experience full of fun and excitement. If the beginner has fun and develops some basic skills and builds confidence, there is a good chance they will go on to enjoy hockey for life.

As a result, it becomes imperative to design hockey programming that is suitable to the age, size, and skill level of the participant, based on the following key principles:



CHILDREN ARE NOT MINIATURE ADULTS



CHILD DEVELOPMENT IS A MARATHON NOT A SPRINT



CHILDREN SHOULD BE BUILT INTO:

People 1st; Athletes 2nd; Hockey players last.

A Minor Hockey Association's programming for its youngest players serves as an important building block upon which the entire MHA is built. Youngsters at every level of play benefit from getting the "right start" in the game.

Hockey Canada made it mandatory that all games are played on cross ice/half ice starting in the 2016-17 season for Initiation age category (ages 5 and 6) participants, and in the 2019-20 season for Novice age category (ages 7 and 8) participants. These policy changes were designed to address ongoing challenges to player development, including:

OVER-COMPETING AND UNDER-TRAINING.

FUNDAMENTAL MOVEMENT SKILLS AND SPORT SKILLS NOT BEING TAUGHT PROPERLY.

PREPARATION GEARED TO SHORT-TERM OUTCOMES.

A COMPETITION SYSTEM THAT INTERFERES WITH ATHLETE DEVELOPMENT.

EARLY SPECIALIZATION IS DEMANDED.



IT IS OKAY FOR PARENTS TO WANT THEIR KIDS TO GET TO THE HIGHEST LEVELS, BUT WE ALL NEED TO WORK TOGETHER TO IMPLEMENT AND ACHIEVE THE BEST WAY FOR THAT TO OCCUR.

Effective for the 2019-20 season, Hockey Canada is mandating that all hockey for players aged eight years and younger (Initiation and Novice) is to be played according to age-appropriate development guidelines. Minor Hockey Associations not operating according to these standards will be considered in violation of the Hockey Canada policy.

In Alberta, effective for the 2019-20

season, Initiation and Novice hockey will run under the title **Intro to Hockey**.



The goals and objectives of Intro to Hockey programming are to:

01

Teach the basic skills of hockey so players can enjoy the game.

02

Assist in the development and enhancement of physical literacy and basic motor patterns.

03

Deliver a program that is age appropriate for the size, skill and age of the players.

04

Encourage the aspects of fitness, fair play and co-operation while having fun playing the game.

Hockey Alberta's goal through Intro to Hockey is to create a "new normal" which will encourage a cultural change for how players experience the game at Initiation and Novice.

INTRO TO HOCKEY

THE NEW NORMAL

PURPOSE

Give the game back to the kids

OUTCOME

Reach your potential

LOOKS LIKE

Action and activity

FEELS LIKE

Energy and excitement



INTRO TO HOCKEY MODEL
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