



Canadian Player Pathway

INITIATION



2018 - 19

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- Hockey Canada Network
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- Drill Hub

How a player gets that first experience of hockey is crucial.

If a beginner has fun while developing the fundamental skills and building confidence in their ability to perform those fundamental skills, there is a strong probability that player will go on to enjoy hockey for many years.

INTRODUCTION



**LEAD, DEVELOP AND PROMOTE POSITIVE
HOCKEY EXPERIENCES**



TOM RENNEY
President & Chief
Executive
Officer, Hockey
Canada

Whoever said
those words took
the pulse of a
nation that has
had a long and
storied love affair
with hockey

Hockey is Canada and Canada is Hockey.

Let's face it – hockey is a touchstone of Canadian life. It is Canada's national theatre and it is the chatter of the country. Hockey is more than a sport for Canadians, it is a part of the country's heart and soul.



VISION: WORLD SPORTS LEADERS



MESSAGE



The Initiation Program is the foundation of Hockey in Canada!



WHAT IS THE **INITIATION** PROGRAM?

- ❖ The Initiation Program is a progressive, learn to play teaching curriculum. Children learn through participating in practice drills and informal modified games
- ❖ Consists of four phases of instruction, designed for any entry level hockey player.
- ❖ Introduces the skills of skating, passing, puck control and shooting in a progressive one step at a time manner



The main goal is to make the beginner's first impression of hockey a good one! When Players get started on a positive note they automatically enjoy the game and usually go on to have fun playing hockey for many years



WHAT IS THE **INITIATION** PROGRAM?

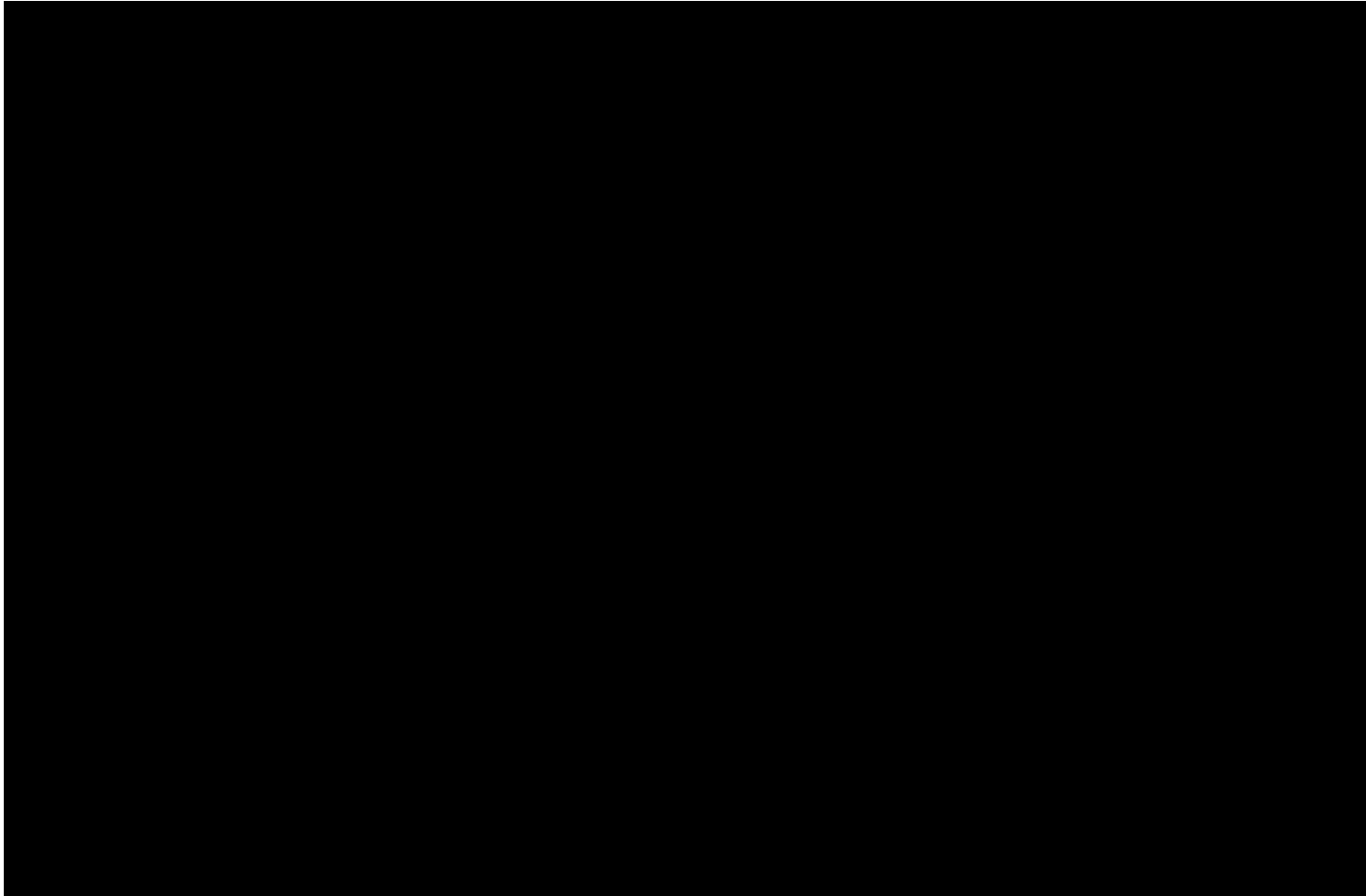
- ❖ A comprehensive program for the development of young children as hockey players.
- ❖ Focus is on skill development and fun without the pressures of winning.
- ❖ Aims to create participants and instructors who will continue in the game.
- ❖ Motto is Fun, Fitness, and Fair Play



- ❖ To learn the basic skills required to play the game of hockey.
- ❖ To develop an understanding of basic teamwork through participation in a variety of activities and game situations.
- ❖ To create and refine basic motor patterns.
- ❖ To develop self-confidence and experience personal achievement within a positive team atmosphere.



WHAT IS THE INITIATION PROGRAM?





SEASONAL STRUCTURE

IDEAL HOCKEY SEASON: Refers to an optimal seasonal structure – this is a guideline and is subject to a range of minor differences regarding suggested numbers.

PREP / TRYOUT PHASE: Refers to the period of time prior to the season starting – typically when prep camps and / or tryouts are held.

DEVELOPMENT PHASE: Refers to the period of time following tryouts or evaluation prior to the regular season starting.

REGULAR SEASON PHASE: Refers to the period of time from first regular season game to the start of playoffs or Provincial / Branch Championships.

PLAYOFF PHASE: Refers to the period of time from the end of the regular season through to the end of Playoffs.

OFF SEASON: Refers to the period of time from the end of the playoff season to the start of the next Prep or Tryout season.

INITIATION: AGE 5-6

DEVELOPMENT PHASE

12 WEEKS 24 ICE SESSIONS 0 FORMAL GAMES

REGULAR SEASON PHASE

14 WEEKS 20 ICE SESSIONS 10 MODIFIED GAMES

PLAYOFFS

No playoffs
End of season March 31

TOURNAMENTS

3 Festivals/ Jamborees
12 modified games

TOTAL PRACTICES: 35 - 45 | TOTAL GAMES: 15-25

CONSIDERATIONS:

- Blue 4 Oz pucks
- Cross Ice / Half Ice-games
- No full time goalies (no goalie equipment)
- Multiple station work
- Jamborees / Festivals – 3 on 3 / 4 on 4 / 5 on 5 cross ice or half ice
- Ideally 2 Practices per week
- 5 to 1 Player to Coach Ratio Maximum

RECOMMENDATIONS:

- Small Nets
- Ball hockey / Floor Hockey / Floor Ball as additional activities
- Consistent prime time ice sessions for practices and games (consistent days and times)
- Develop IP Tool Kit to keep at rink (kit should contain all possible on ice equipment – soccer balls, tennis balls, Ringette rings, spray paint etc)





SEASONAL STRUCTURE

The emphasis of Hockey Canada's 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%.

PLAYER DEVELOPMENT PYRAMID



Initiation Program



SEASONAL STRUCTURE

SEPTEMBER

Technical Skills - Introduce

Skating
- Agility
- Balance
- Coordination

Puck Control
- Stationary & Moving

Fun Games

OCTOBER

Technical Skills – Introduce /
Develop

Skating
- Agility
- Balance
- Coordination

Puck Control
- Stationary & Moving

Fun Games

NOVEMBER

Technical Skills – Introduce /
Develop

Skating
- Agility
- Quickness
- Speed

Puck Control
- Moving
- Dekes

Passing
- Stationary

Fun Games

DECEMBER

Technical Skills – Develop

Skating
- Agility
- Quickness
- Speed

Puck Control
- Moving
- Dekes

Passing
- Stationary

Fun Games

JANUARY

Technical Skills - Refine

Skating
- Agility
- Quickness
- Speed

Puck Control
- Moving
- Dekes

Passing
- Stationary / Moving

Fun Games

Relays

Competitive Drills

SEPTEMBER / OCTOBER

-Ideally there are no tryouts or evaluations to begin, all players should be doing " Hockey School " .

-Players can be grouped by skill

-Multiple Stations



Initiation Program



SEASONAL STRUCTURE

FEBRUARY

Technical Skills – Develop / Refine

Skating
- Quickness
- Speed

Puck Control
- Stationary/ Moving
- Dekes

Passing
-Stationary / Moving

Individual Tactics - Introduce

1 on 1's

Give and Go's
- Stationary / Moving
- Dekes

Passing
- Moving

MARCH

Technical Skills – Develop / Refine

Skating
- Quickness
- Speed

Puck Control
- Stationary/ Moving
- Dekes

Passing
-Stationary / Moving

Individual Tactics -Develop

1 on 1's

Give and Go's
- Stationary / Moving
- Dekes

Jamborees / Festivals
- 3 on 3
- 4 on 4
- Half ice / Cross ice

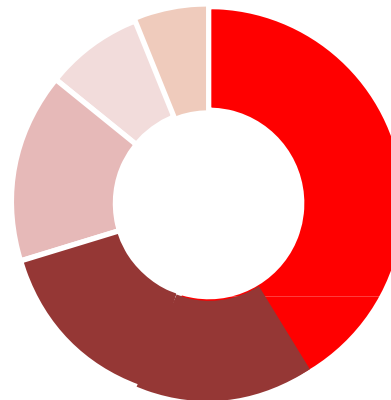
APRIL

Jamborees / Festivals
- 3 on 3
- 4 on 4
- Half ice / Cross ice

MAY / JUNE / JULY / AUGUST

- Off season
- Multisport Activities
- FUN!!!

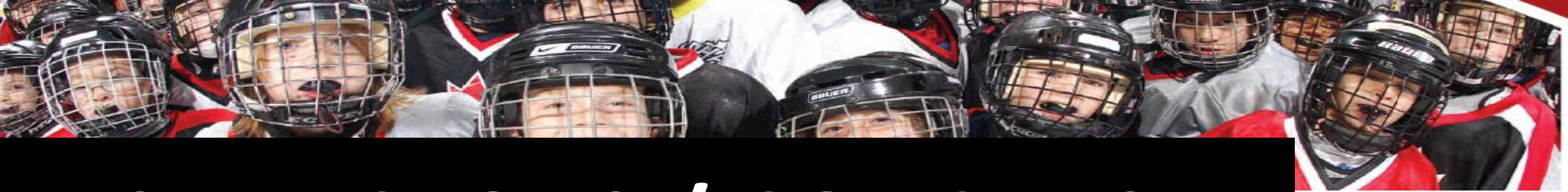
SEASONAL STRUCTURE BREAKDOWN CHART



- 35%** - Introducing Technical Skills
- 35%** - Developing Technical Skills
- 15%** - Refining Technical Skills
- 10%** - Introducing Individual Tactics
- 5%** - Developing Individual Tactics



Initiation Program



INSTRUCTORS / COACHES

Initiation Coaching Pathway

- Hockey University – On-line Module
- Coach 1 – Intro to Coach in class and on ice clinic
- RIS – Activity Leader – On-line module

PATHWAY FOR COACH 1 - INTRO TO COACH

PATHWAY	TRAINED	CERTIFIED	CERTIFICATION MAINTENANCE
ALL YEARS	HOCKEY UNIVERSITY MODULES 1-12 ALL IN CLASS TASKS CLINIC ATTENDANCE	N/A	N/A

CERTIFICATION IS NOT REQUIRED AT COACH 1 AND A COACH CAN STAY "TRAINED" INDEFINITELY.

Continuing Education Opportunities

- NCCP Instructional Stream
- Skating Clinic
- Skills Clinic
- Small Area Games Clinic



INITIATION SKILLS

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 			





RESOURCES

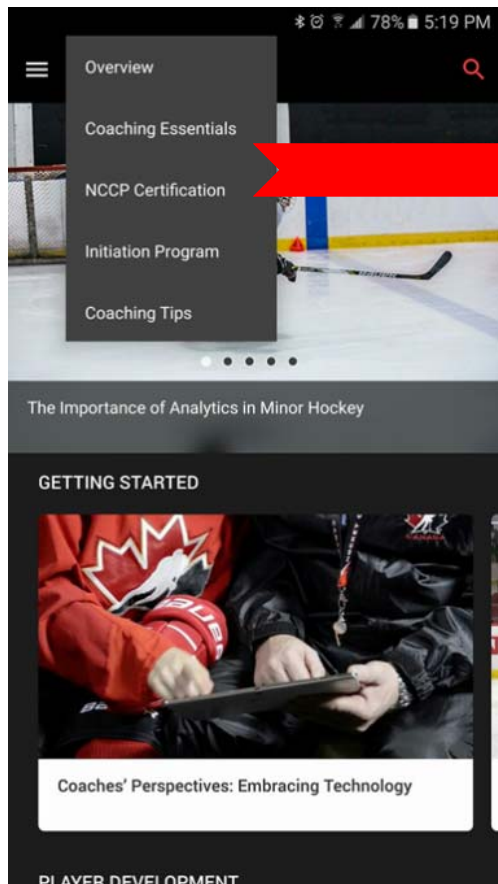


INITIATION PATHWAY 

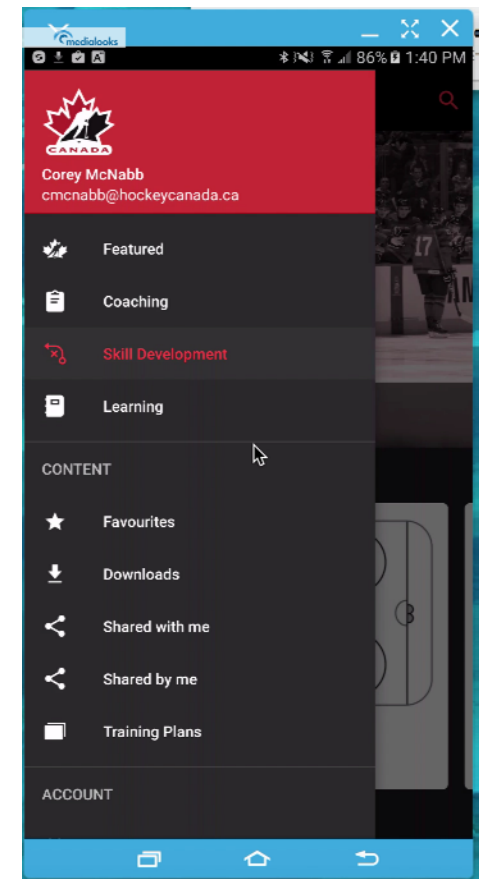


RESOURCES

Coaching – Initiation Program



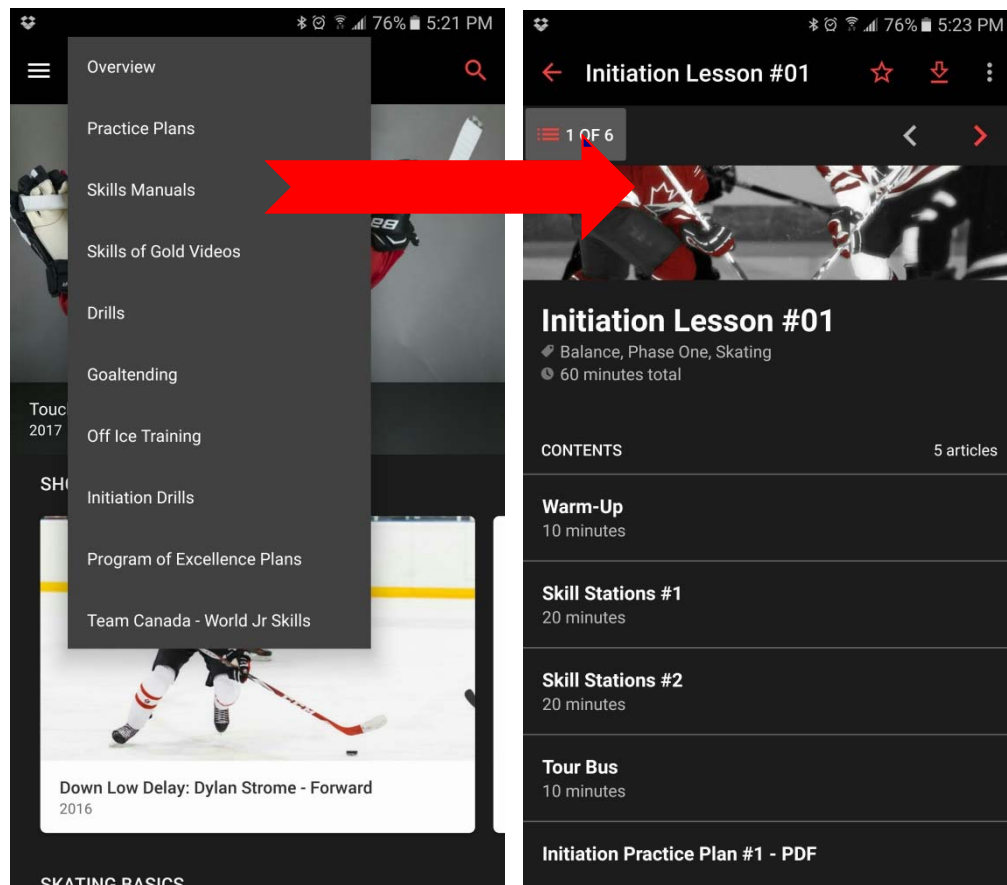
The Initiation Program portion of the Coaching section on the app contains key messages, promotional materials, administrator & coach messaging, ice setups etc...



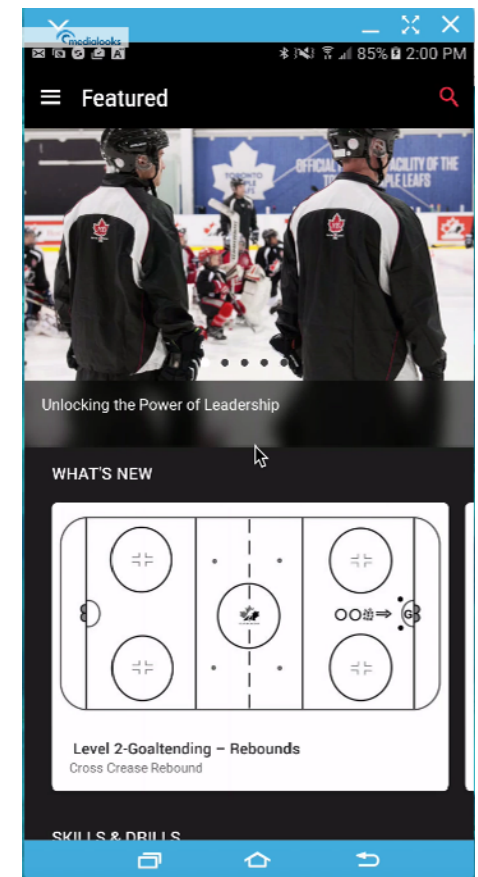


RESOURCES

Skill Development - Skills Manuals - Initiation



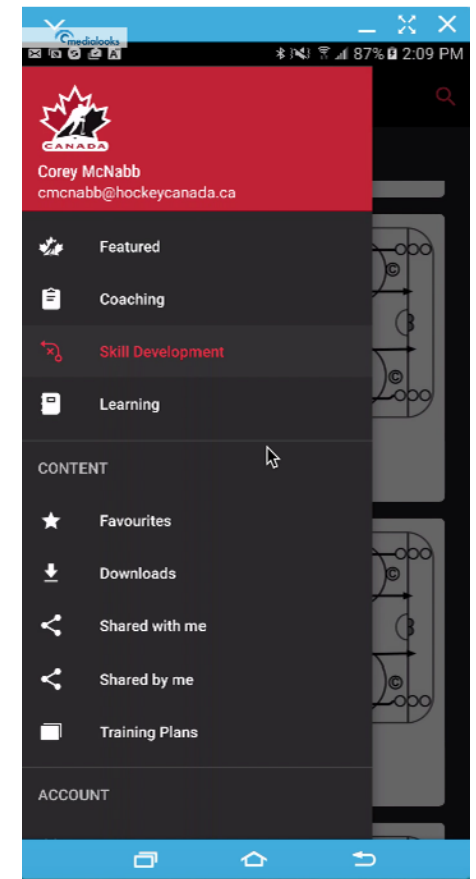
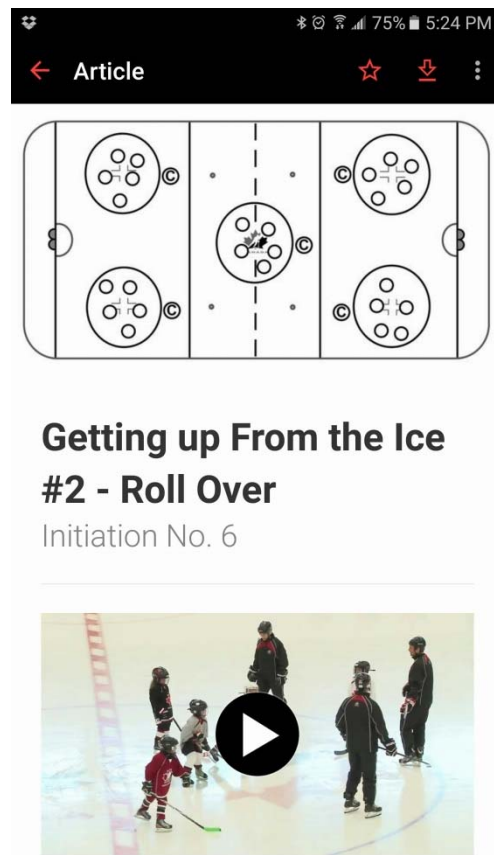
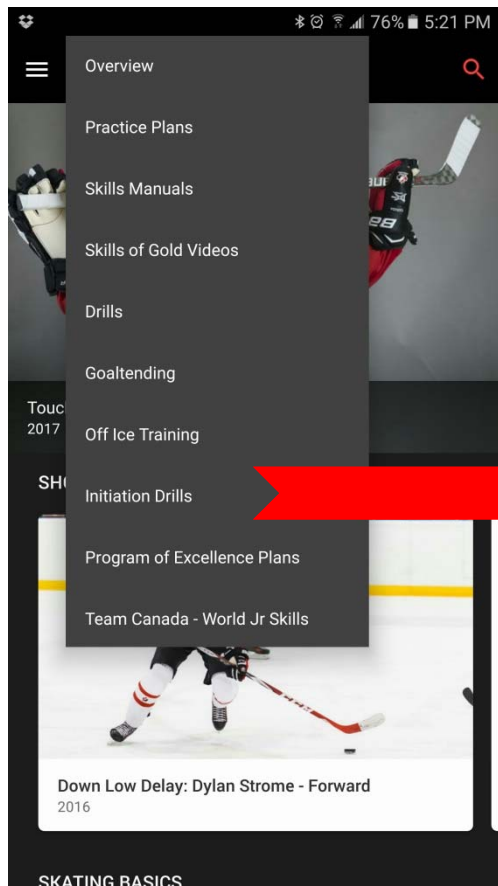
The Hockey Canada Skills Development Initiation Manual is broken up into 32 separate practice plans. Each individual drill can also be accessed. Favorite, download and share an entire practice plan or individual drill





RESOURCES

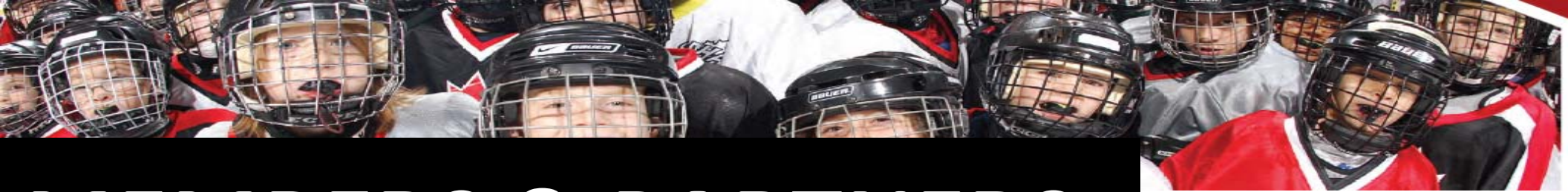
Skill Development - Initiation Skills Videos





INITIATION PROGRAM





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