



Canadian Player Pathway

NOVICE



2018 - 19

TABLE OF CONTENTS



3 INTRODUCTION

4 MESSAGES

- Lead, Develop and Promote Positive Hockey Experiences
- Tom Renney

5 WHAT IS THE NOVICE PATHWAY?

- Who is it for
- Goals
- Purpose

7 SEASONAL STRUCTURE

- Ideal Season
- Monthly Goals
- Skills Pyramid

11 INSTRUCTORS / COACHES

- NCCP Clinic
- Requirements
- Professional Development

12 NOVICE SKILLS

13 RESOURCES

- Hockey Canada Network
- Skills Manuals
- 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



NOVICE PATHWAY

INTRODUCTION



The Novice pathway is both introduction and transition from Initiation to Atom



NOVICE PATHWAY

WHAT IS THE NOVICE PATHWAY?

- ❖ The Novice Pathway is a progressive, learn to play teaching curriculum. This pathway is an important transition from the Initiation pathway and into the Atom pathway
- ❖ Consists of four phases of instruction, designed for entry level hockey players as well as those graduating from Initiation.
- ❖ **Introduces, develops and refines** 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 NOVICE PATHWAY?

Coach 1 – Intro to Coach

2017/18

- ❖ Recommended that all Coaches/Instructors that coach Novice (age 7 and 8) be Coach 1 - Intro to Coach trained.
- ❖ Recommended that all assistant coaches / instructors in an on-ice leadership position are Coach 1 - Intro to Coach trained.

2018/19

- ❖ Mandatory all coaches / instructors coaching Initiation and/or Novice must be Coach 1 – Intro to Coach trained.



Novice Level Programming

2018/19

The Novice age category (age 7 and 8) it is recommended that all games will be cross ice/half ice.

2019/20

The Novice age category (age 7 and 8) it is mandatory that all games will be cross ice/half ice. Full Ice permitted after Jan 15



WHAT IS THE **NOVICE** PATHWAY?

Developing fundamental movement skills (striding, turning, stopping), manipulation skills (shooting, puck control) and overall motor skills (balance, coordination, agility) in a fun and safe environment that promotes self-confidence



THE OBJECTIVES OF THE PROGRAM

- ❖ Continue to grow their impression of hockey a positive one for players and parents.
- ❖ Play/Games exist primarily in a modified form – formalized games introduced throughout the season.
- ❖ Some streaming of the players –goal is to have players working with players of like skills to develop confidence and self esteem





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.

NOVICE: AGE 7-8

DEVELOPMENT PHASE

10 WEEKS 20 PRACTICES 4 GAMES (MODIFIED)

REGULAR SEASON PHASE

16 WEEKS 32 PRACTICES 16 GAMES
(modified games first half / full ice second half)

PLAYOFFS
No playoffs
End of season March 31
TOURNAMENTS
3 tournaments
12 games

TOTAL PRACTICES: 45 - 55 | TOTAL GAMES: 30 - 40

CONSIDERATIONS:

- Blue 4 Oz pucks first half / Regulation 6 Oz pucks second half
- Cross Ice / Half Ice games in first half / Full ice Games in second half
- No full time goalies – Everyone takes turn playing goal
- Rotate all players through all positions – no early specialization

- Multiple station work
- Jamborees / Festivals for Tournaments – 3 on 3 / 4 on 4 / 5 on 5 cross ice or half ice in first half
- Regular game tournaments in second half
- Minimum 2 Practices per week
- Equal ice time

RECOMMENDATIONS:

- Small Nets / Regular Nets
- Ball Hockey / Floor Hockey / Floor Ball – as additional activities
- 5 to 1 Player to Coach Ratio Maximum
- Consistent prime time ice sessions for practices and games (consistent days & times)
- Develop Tool Kit to keep at rink (kit should contain all possible on ice equipment – soccer balls, tennis balls. Ringette rings, spray paint etc)

For the 2019/20 season:

The Novice age category (age 7 and 8) it is mandatory that all games will be cross ice/half ice. Full Ice Games permitted after Jan 15.

SEASONAL STRUCTURE

PLAYER DEVELOPMENT PYRAMID



The Hockey Canada Skills Development Program for Novice hockey recommends 75% on technical skills, 15% on individual tactics, and 10% on team tactics.





SEASONAL STRUCTURE

SEPTEMBER

-Technical Skills - Introduce

Skating
- Agility
- Balance
- Coordination

Puck Control
-Stationary & Moving

Passing
--Stationary

Fun Games

OCTOBER

-Technical Skills - Develop

Skating
- Agility
- Balance
- Coordination

Puck Control
- Stationary & Moving

Passing
-Stationary

Fun Games

NOVEMBER

-Technical Skills - Develop

Skating
- Agility
- Quickness
- Speed

Puck Control
- Moving
- Dekes

Passing
- Moving

Fun Games

DECEMBER

Technical Skills – Develop /
Refine

Skating
- Agility
- Quickness
- Speed

Puck Control
- Moving
- Dekes

Passing
-Stationary
-Moving

Fun Games

Relays

Competitive Drills

JANUARY

Individual Tactics - Introduce

1 on 1's

Give and Go's

Refine Technical Skills
Skating
- Agility
- Quickness
- Speed

Puck Control
- Moving
- Dekes

Passing
- Stationary / Moving

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





SEASONAL STRUCTURE

FEBRUARY

Individual Tactics - Develop

1 on 1's

Give and Go's

Positioning

Breakouts

Technical Skills – Refine

Skating
- Quickness
- Speed

Puck Control
- Stationary/ Moving
- Dekes

Passing
-Stationary / Moving

MARCH

Technical Skills - Refine

Skating
- Quickness
- Speed

Puck Control
- Stationary/ Moving
- Dekes

Passing
-Stationary / Moving

Individual Tactics -Develop

1 on 1's

Give and Go's

Positioning

Basic Breakouts

APRIL

Tournaments

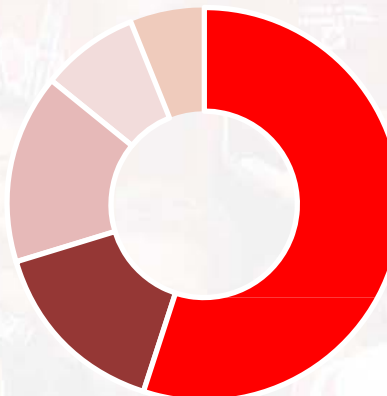
MAY / JUNE / JULY / AUGUST

Off season

Multisport Activities

FUN!!!

SEASONAL STRUCTURE BREAKDOWN CHART



40% - Introducing Technical Skills

25% - Developing Technical Skills

20% - Refining Technical Skills

10% - Introducing Individual Tactics

5% - Developing Individual Tactics



INSTRUCTORS / COACHES

Novice 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



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



NOVICE SKILLS

LTPD STAGE - Fundamentals 2



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

RESOURCES

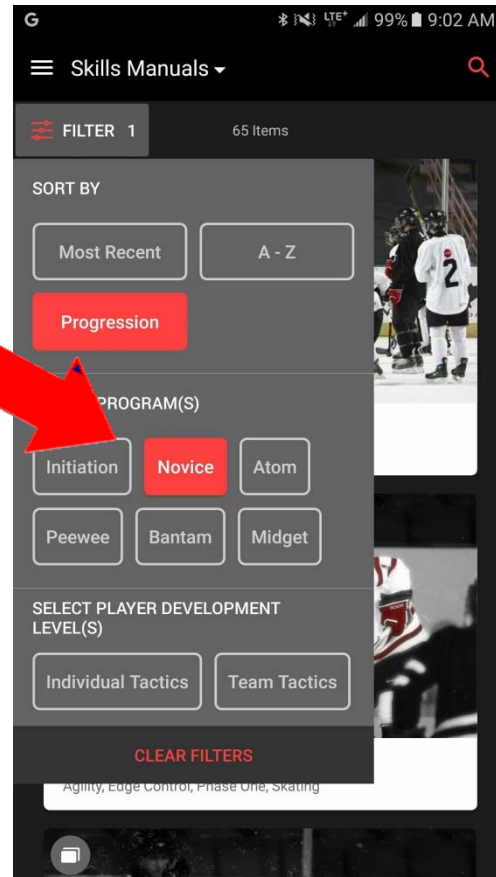
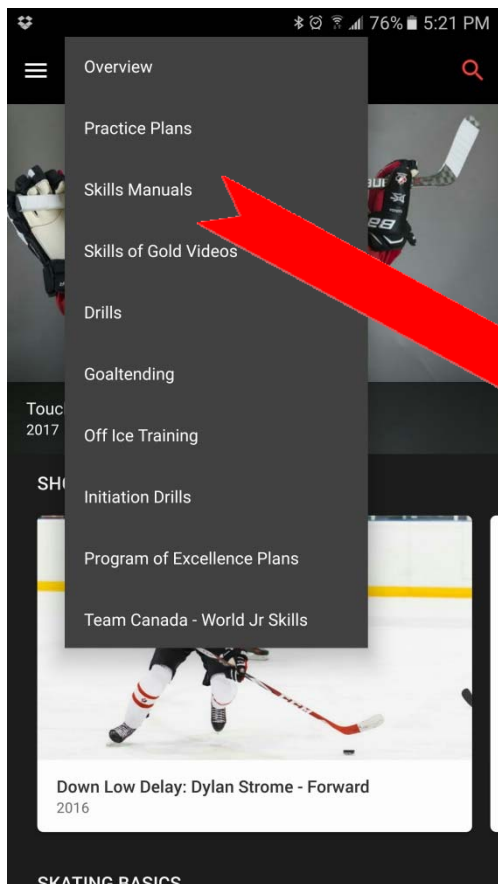


NOVICE PATHWAY 



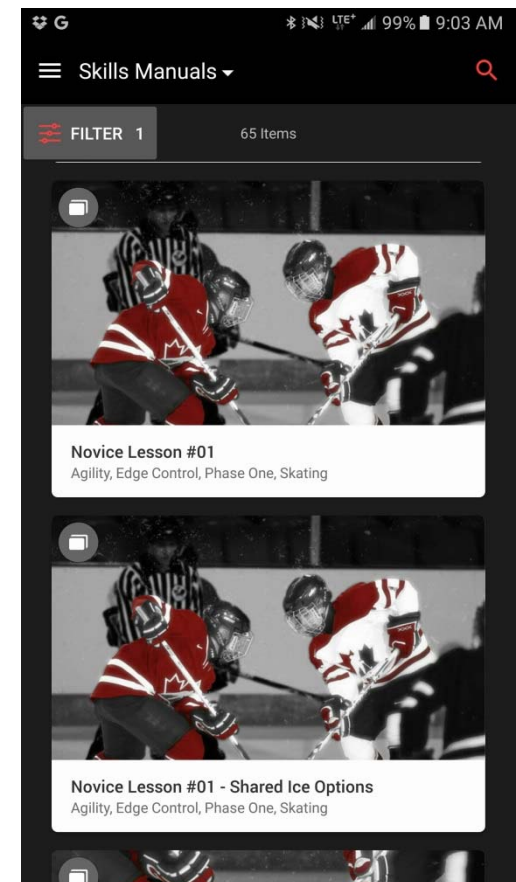
RESOURCES

Skill Development – Skills Manuals



The Hockey Canada Skills Development Novice Manual is broken up into 32 separate practice plans. Each individual drill can also be accessed.

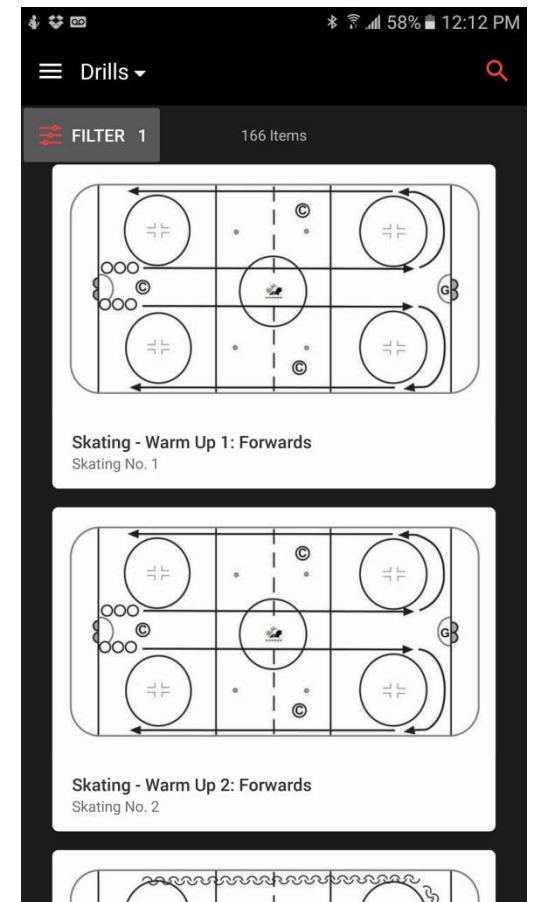
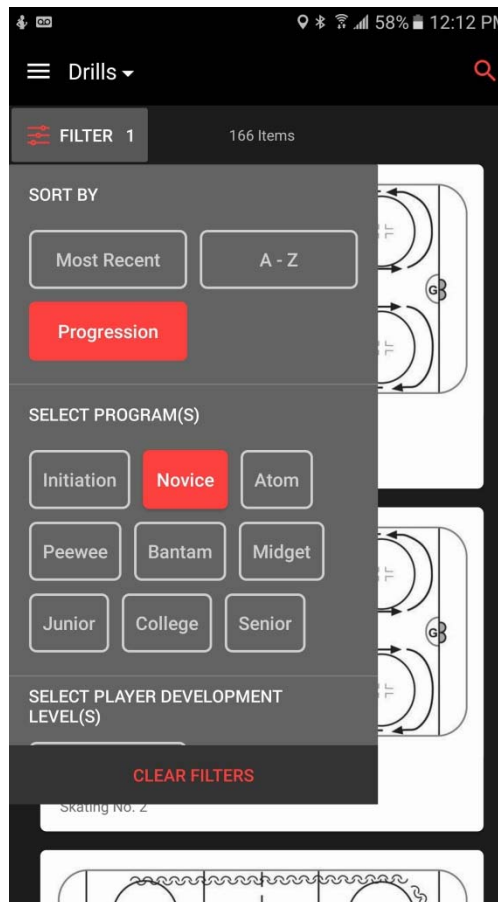
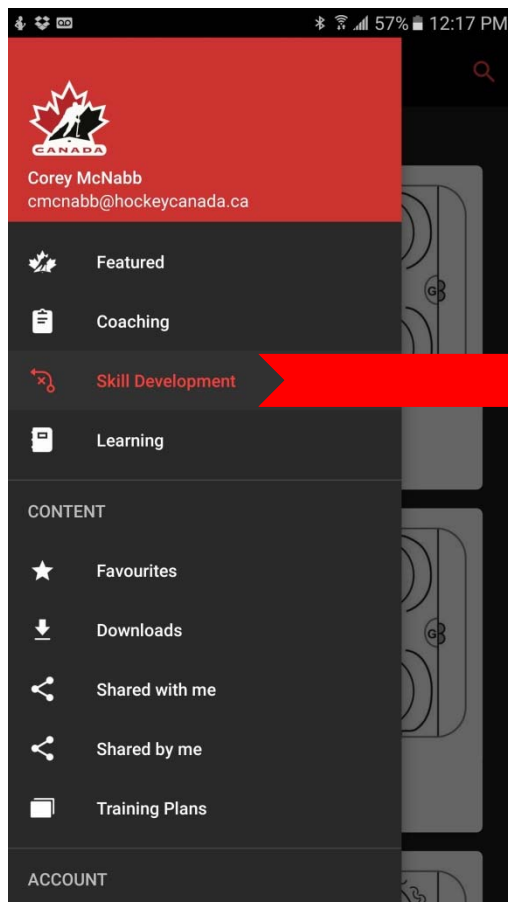
Favorite, download and share an entire practice plan or individual drill



RESOURCES



Skill Development – Novice Skills



MEMBERS & PARTNERS



BC HOCKEY

President: Randy Henderson
6671 Oldfield Road
Saanichton, B.C. V8M 2A1
Tel: (250) 652-2978
Fax: (250) 652-4536
bchockey.net



HOCKEY ALBERTA

President: Terry Engen
100 College Blvd.,
Box 5005, Room 2606 Red Deer, Alta.
T4N 5H5 Tel: (403) 342-6777
Fax: (403) 346-4277
hockeyalberta.ca



SASKATCHEWAN HOCKEY ASSOCIATION

President: Mary-Anne Veroba
#2- 575 Park Street Regina,
Sask. S4N 5B2 Tel: (306) 789-5101
Fax: (306) 789-6112
sha.sk.ca



HOCKEY MANITOBA

President: Bill Whitehead
145 Pacific Avenue, Room 508 Winnipeg,
Man. R3B 2Z6 Tel: (204) 925-5755
Fax: (204) 343-2248
hockeymanitoba.ca



ONTARIO HOCKEY FEDERATION

President: Tony Foresi
400 Sheldon Drive, Unit 9
Cambridge, Ont. N1T 2H9 Tel: (226) 533-9070
Fax: (519) 620-7476
ohf.on.ca



HOCKEY NORTH-WESTERN ONTARIO

President: Glenn Timko
216 Red River Road, Suite 100 Thunder Bay, Ont. P7B 1A6
Tel: (807) 623-1542
Fax: (807) 623-0037
hockeyhno.com



HOCKEY EASTERN ONTARIO

President: Ron McRostie
Richcraft Sensplex Suite 201-813
813 Sheppard Road Ottawa, Ont. K1J 8H9 Tel: (613) 224-7686
Fax: (613) 224-6079
hockeyeasternontario.ca



HOCKEY QUÉBEC

President: Nicolas Minville
7450 boulevard les Galeries d'Anjou, suite 210 Montreal,
Que. H1M 3V3 Tel: (514) 252-3079
Fax: (514) 252-3158
hockey.qc.ca



HOCKEY NEW BRUNSWICK

President: Ray Carmichael
861 Woodstock Road
P.O. Box 456 Fredericton,
N.B. E3B 4Z9 Tel: (506) 453-0089
Fax: (506) 453-0868
hnb.ca



HOCKEY PRINCE EDWARD ISLAND

President: Barry Thompson
P.O. Box 302
40 Enman Crescent
Charlottetown,
P.E.I. C1E 1E6
Tel: (902) 368-4334
Fax: (902) 368-6366
hockeypei.com



HOCKEY NOVA SCOTIA

President: Garth Isenor
7 Mellor Avenue, Suite 17
Dartmouth, N.S. B3B 0E8
Tel: (902) 454-9400
Fax: (902) 454-3883
hockeynovascotia.ca



HOCKEY NEWFOUNDLAND & LABRADOR

President: Jack Lee
32 Queensway Grand Falls-
Windsor,
N.L. A2A 2J4
Tel: (709) 489-5512
Fax: (709) 489-2273
hockeynl.ca



HOCKEY NORTH CANADA

President: Mike Gravel
3506 McDonald Drive
Yellowknife, N.T. X1A 2H1 Tel: (867) 920-2729
Fax: (867) 873-3816
hockeynorth.ca



HOCKEY CANADA

201-151 Canada Olympic Road SW
Calgary, AB T3B 6B7 Tel: (403) 777-3636
Fax: (403) 777-3635
N204- 801 King Edward Avenue
Ottawa, ON K1N 6N5 Tel: (613) 562-5677
Fax: (613) 562-5676
hockeycanada.ca

