HOCKEY EDMONTON

U9 (Novice) Program Implementation Guide & Operations Manual

U9 (Novice) Program

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Hockey Canada – U9 Program

How a player gets their initial taste of hockey is crucial. The first few years of hockey must be a positive experience full of fun and excitement. That is the goal of the Hockey Canada U9 Program.

If the beginner has fun, develops basic skills, and builds confidence, there is a better chance they will go on to enjoy hockey for a lifetime. But if a young player has an unhappy, unrewarding experience, they may quit at an early age and never discover the real joy of Canada's game. Every young player should have the opportunity to enjoy hockey for life!

Almost all local minor hockey associations organize house leagues and/or representative teams. But more and more minor hockey associations are also delivering age-appropriate programming. It is obvious that unprepared young players who are put directly into playing the adult version of the game are at a distinct disadvantage to youngsters who have had the benefits of experiencing progressive skill development.

The goal of Hockey Canada is to see the day when every youngster across Canada getting started in hockey will have the opportunity to participate in and benefit from a program designed to meet their specific needs. One that ensures progressive skill development through well-delivered practice sessions and age-appropriate game play in an environment well-suited to their skill level.

A minor hockey association's programming at the U9 level will serve as the foundation upon which the entire minor hockey association is built. Youngsters at every level in minor hockey benefit from getting the 'right start' in the game. Programming at the U9 level is a crucial piece in building the skills of house league and rep team players alike.

More than 30 years ago, Hockey Canada developed the Initiation Program to ensure a fun, safe and positive hockey experience. It served as a structured, learn-to-play program designed to introduce beginners to basic skills. It also enabled young players to build a solid skill base and become contributing members of a team effort, develop self-confidence, and experience a sense of personal achievement – goals achieved in an atmosphere of fun and fair play.

Dating back to 1995, Hockey Canada passed a motion requiring the Initiation Program to be implemented by every minor hockey association across the country and to change their constitution/bylaws to reflect the creation of a new division in hockey.

- Programming should be delivered through a progressive learn-to-play teaching curriculum that spans the five- to eight-year-old age group.
- Children learn best through participating in practice drills and sessions as well as informal and modified games such as shinny, freeze tag and obstacle courses.
- The program consists of two levels of instruction, designed specifically for young hockey players. Each level consists of a series of practice plans (lesson plans) that follow a defined path of progressions.
- The skills of skating, puck control, passing and shooting are introduced and refined in a progressive 'one step at a time' manner.
- Although the emphasis is on fun and skill development, hockey at these ages should also allow youngsters to experience fitness, fair play, and cooperation.
- To ensure a positive experience for the children, a coaching clinic has been designed for the on-ice coaches that focuses on communication, teaching skills, leadership, skill analysis, lesson organization, and safety and risk management.

About Half-Ice Hockey

Parents and coaches need to think long-term and not worry about children being the best player on the ice in U9 hockey. Research has proven that putting young athletes into a competitive environment too early will compromise their development. Children should only be placed into competitive situations that suit their development level and abilities. It is important to fully understand and appreciate the benefits of cross-ice and half-ice hockey and why Hockey Canada has a national policy ensuring that all Initiation and U9 hockey is played in smaller, modified spaces. An illustration of very simple statistics illustrates highlight the advantages to the smaller surface games model.

Small spaces equate to more engagement in the play:
All players are always close to the play and have much more opportunity for puck touches. Regardless of the skill level or the ability of each player, their opportunities to be engaged in the play are doubled when the playing area is smaller.

A very large difference between full-ice and small areas:
There are six times as many shots at goal in a cross-ice or half-ice game, because players are always closer to the puck and the puck finds its way to the net much more often.

Shrinking the playing surface increases offence:
Players are much closer to the net, skate shorter distance from goal to goal and have increased opportunities for offensive play.

More of a team game is apparent:
Players are observed passing and attempting to pass the puck more often.
This is for two reasons:

1. All players are close enough to pressure the puck more frequently.
2. Teammates are always in close support of the puck carrier

Short, quick passes find their mark:
In smaller spaces, more passes are attempted and most of these passes are five to 10 feet in length. When passes are shorter, accuracy improves, and players have more success receiving the pass. Players also start to understand the important of team puck possession.

Hockey Canada – Long Term Player Development model

Hockey Canada – FUNdamentals 2

During this period U9 aged players continue to develop motor skills and coordination. Practices sessions should be held twice a week during the season. Ongoing participation in compatible sports is strongly encouraged. The U9 Skills Program is designed to promote the continued development of physical literacy, fitness, and the basic skills required to play hockey. Ensure that the skills the player 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 players spend 75% of their time on the introduction and development of technical skills as well as begin to focus on team tactics.

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 "Intro to Hockey" 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**
	• Hockey Edmonton – **Discovery Program** (4 years old). • *Learn to Skate.*
	FUNDAMENTALS 1 STAGE
	• Hockey Edmonton – **Junior TIMBITS** (5 years old). • *Introduction of Hockey Skills.*
	• Hockey Edmonton – **Senior TIMBITS** (6 years old). • *Development of Hockey Skills, Introduction to Cross-ice Hockey.*
	FUNDAMENTALS 2 STAGE
	• Hockey Edmonton – **U9 Program** (7 and 8 years old). • *Development of Hockey Skills, Introduction to Half-ice Hockey.* • *Half-Ice Hockey 2019-20 start date.*

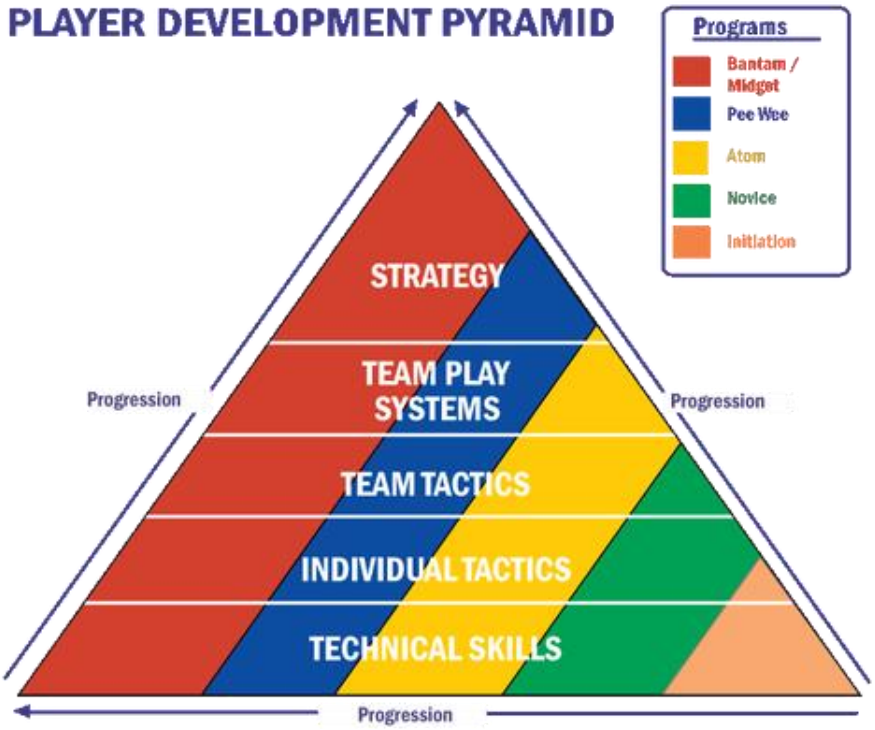
Hockey Edmonton – U9 Program Background

The Hockey Edmonton executive Rink divider passed the motion to use the Hockey Canada/Alberta U9 Program Guidelines to design the U9 Program implementation for Hockey Edmonton. A committee was formed consisting of District and Operating Area (DOA) representatives familiar with the U9 Program in their respective jurisdictions. Five design planning meetings were held over the course of Spring 2018 to develop the design principles for refocusing from a division of play to a program for development based on these Hockey Canada/ Alberta guidelines. These design principles were approved on May 9, 2018 with requested committee review of: New category names, season structure, 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 – 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.

March 27, 2017 – All Hockey Edmonton Intro to Hockey Program teams will adhere to the Equal Play model.

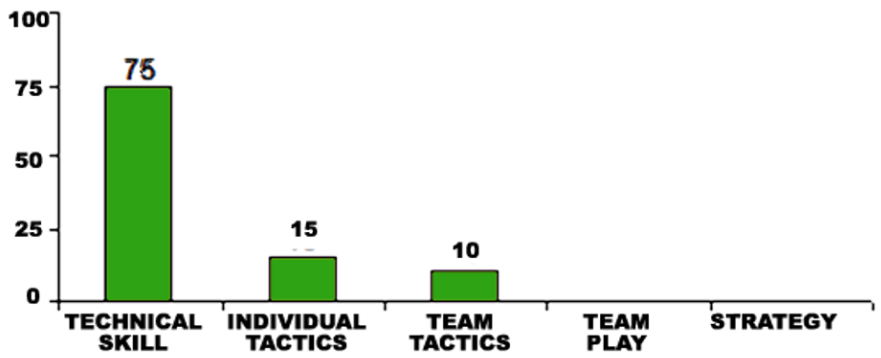
Hockey Canada – Stages of Training/Learning

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 CANADA – U9 Program Curricular Outcomes

The Hockey Canada Skills Development Program for U9 hockey recommends **75% on technical skills, 15% on individual tactics, and 10% on team tactics.**



The U9 Hockey Canada Core Skills chart outlines the specific **Technical Skills and Individual Tactics and Team Tactics** which should be introduced and developed during the season:

NOVICE SKILLS
LTPD STAGE - Fundamentals 2

CANADA

Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
• Basic stance • Balance on one foot • Gliding on two skates • Gliding on one skate – forward and backward • Lateral Crossovers	• Figure 8's – forward – inside & outside edge • Figure 8's – backward – inside & outside edge • Heel to Heel (Mohawk) • 1 leg weaving – fwd / bwd	• 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	• C-cuts – left foot / right foot / alternating • Crossunders • T-push • Forward striding	• C-cuts – left foot / right foot • Gliding on two skates – backward • Gliding on one skate – backward • Backward Striding • 1 Crossover / Reach	• 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
• Stance • Narrow / Wide • Side – front – side • Toe drag – side/front • Attack Triangle	• Narrow / Wide • Open ice carry – forehand & backhand • Weaving with puck • Toe drag – front & side • Attack the Triangle	• Stationary forehand pass • Stationary backhand pass • Stationary bank pass	• Moving forehand pass • Moving backhand pass • Pass and Follow	• Forehand - wrist shot • Backhand - sweep shot • Forehand / backhand shots in motion • Forehand - flip shot • Backhand - flip shot	• Body fakes • Stick fakes • Dekes • Moves in Combination • Net Drives

Individual Defensive Tactics	Team Play				
• Angling • Basic 1 on 1's • Escape moves • Puck retrievals	• Basic Positioning – all players should play all positions				

NOVICE PATHWAY

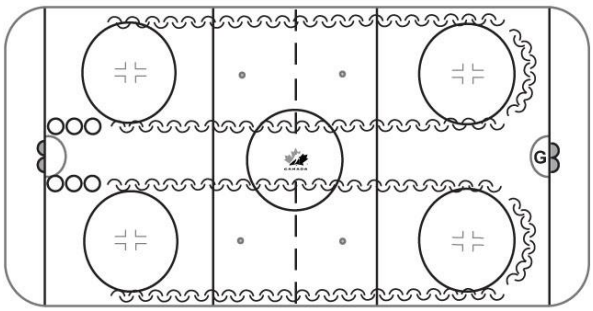
Hockey Edmonton – Curricular Resources

- Hockey Canada Network App:
  - https://www.hockeycanadanetwork.com/
- Hockey Canada Drill Hub:
  - https://www.hockeycanada.ca/en-ca/hockey-programs/drill-hub
- Hockey Canada Coach Manuals.

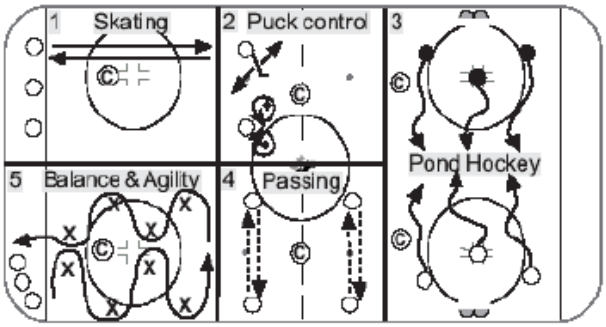
Hockey Edmonton – U9 Program Sample Curriculums & Ice Set-up

Hockey Edmonton U9 Program Curriculums

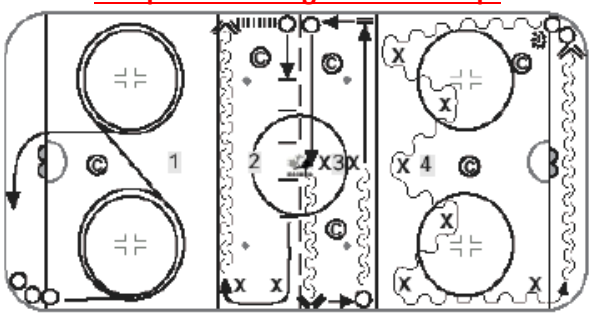
Sample Warmup skating set-up:



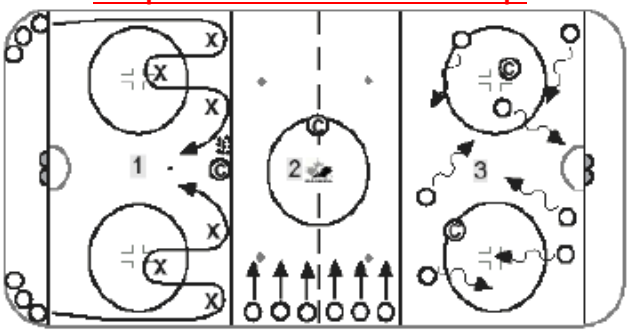
Sample 5 teaching station set-up:



Sample 4 teaching station set-up:

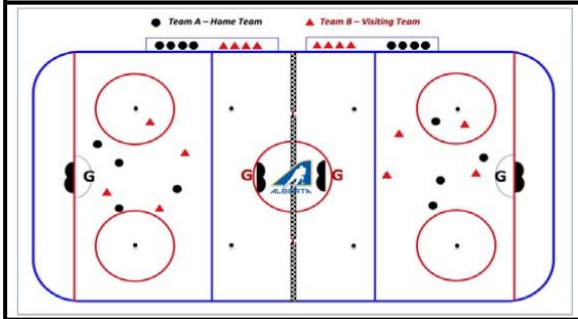
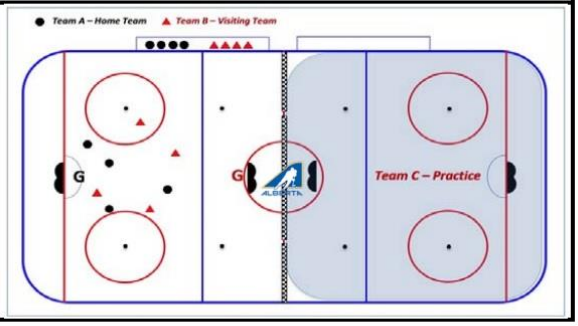


Sample 3 station Cool-down set-up:



Hockey Alberta – U9 Program Game Format

GAME FORMAT

TWO - HALF ICE GAME MODEL	ONE - HALF ICE GAME MODEL WITH PRACTICE SHEET
	

Team Format:	Two to Four Team Model for Initiation and Two Team Model for Novice
Ice Orientation:	Half Ice
Rink Dividers:	Optimal: foam dividers or board system
Centre Net Placement:	Place net at bottom of circle to enable the middle circle ice marking to be used as the goal line. This allows for a buffer to prevent pucks from crossing into the other playing surface.
Roster Size:	If roster size is 14 or more use Two - Half Ice Game Model or 13 or less use One - Half Ice Game Model. Minimum roster size is 7 players.
Game Format:	4 vs. 4 plus goalie
Game Length:	Two 24-minute halves
Game Warm Up:	3 minutes
Face-Off Dot	Draw a face-off dot in the middle of each half ice rink
Nets:	Regulation (4' x 6') or smaller
Puck:	Recommend Blue Puck (4 oz.)
Score Kept:	None
Benches:	Teams share benches
Positional Play:	No position specialization, no full-time goalies – every player takes a turn
Line Matching:	Encouraged to ensure likeminded skill levels are playing against each other
Standings, Statistics:	None
Game Sheets:	Not Required
Face-Offs:	Start of game and second half
Off-Side & Icing:	None
Puck Out of Play:	Drop new puck to non-offending team
Goaltender Freezes Puck:	Offending team backs off and goalie gives puck to a teammate to resume play
Goal is Scored:	Scoring team backs off and goalie pulls puck out of his net and gives to teammate to resume play
Initiation Shift Length	3 mins (Buzzer is set to 3 min intervals, on buzzer players leave puck, go to bench and new players enter the ice and continue to play)
Novice Shift Length	1.5 mins (Buzzer is set to 1.5 min intervals, on buzzer players leave puck, go to bench and new players enter the ice and continue to play)
Initiation Goalie Equipment:	No, goalie stick is allowed
Novice Goalie Equipment:	Yes, please note: 2 sets will be required for 2-game model
Initiation Officials:	Not Required, coaches are to be on ice to control play
Novice Officials:	1 or 2 per game – both are acceptable
Penalties: Only applicable for Novice Hockey	Referee puts arm up to signal penalty, if offending team has the puck it is a change of possession as indicated by the referee. At buzzer at the end of the shift the referee tells the coach what the penalty was and who got it. Offending player misses next shift, team still plays full strength.

- **After a goal is scored, the team that scored the goal must skate back to their respective net before attacking the puck again (this allows team/coach to pull puck out of net on goals scored).**

Hockey Canada NCCP Training for U9 Coaches

To ensure a positive experience for the athlete, the NCCP Intro to Coach clinic (Coach 1) has been designed for the on-ice coaches. The Coach 1 clinic focuses on communication, teaching skills, leadership, skill development, lesson organization and safety and risk management. The Coach 1 Clinic is apart 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 – U9 Mentorship Committee

Hockey Edmonton will ensure that District and Operating Area's and provided with significant resources to run an optimal U9 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 by a recognized **Hockey Edmonton U9 Mentor** throughout the year to provide program support and to ensure that IP guidelines, principles, and practices are being implemented and followed. Incentives will be provided to programs that are appropriately following the guidelines outlined within this manual.

Hockey Edmonton representatives will also be visiting the District and Operating Area U9 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.

U9 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 U9 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 – Athlete Acceleration/Deceleration

- **During the Spring of 2017**, The Hockey Edmonton Rink divider of Directors voted to NOT allow any underage/accelerated (underage registration) player applications from the TIMBITS (U7) Program to the U9 Program.
- **During the Spring of 2018,** The Hockey Edmonton Rink divider of Directors voted to NOT allow any accelerated (underage registration) player applications from the U9 Program to U11 (Atom) Program.
- 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.
    - **Hockey Alberta's Application for Minor Hockey Overage players** WILL NOT be required for Deceleration (overage registration) in the TIMBITS and U9 Programs (flexible rosters on HCR):
        - 4-year old's MUST ONLY participate in the 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.
        - Deceleration (overage registration) is possible for U9 athletes.
- **Hockey Alberta's Application for Minor Hockey Overage players** WILL be required for Deceleration (overage registration) from the U9 Program to the TIMBITS Program.
- **TIMBITS and U9 player affiliations WILL NOT be accepted.**
- Please visit Hockey Edmonton Operating Directives **5.1 Overage Player Approval** for additional information on Hockey Edmonton's Overage Player Approval Policy.

Hockey Edmonton – U9 Program Tiering

Commencing in the 2018-19 season, Hockey Edmonton has streamlined its tiering structure for U9 through Midget Divisions of Play. This streamlining is a product of the new **Alberta One Standardized Tiering Model**, put in place by Hockey Alberta. The Alberta One Standardized Tiering Model will help to create consistent tiering numbers and competition across the province of Alberta. Please **Click Here** for examples of Hockey Edmonton's old and new tiering structure. For additional information released by Hockey Alberta on the new Alberta One Standardized Tiering Model, please utilize the following resources:

- **Hockey Alberta - Standardized tiering coming to Alberta for 2018-19 season (Announcement)**
- **Alberta One - Standardized Tiering Model**
- **Alberta One Standardized Tiering Model Information**
- **Alberta One Standardized Tiering Model Grid**

HOCKEY EDMONTON – U9 Program Divisional Recommendations:

The U9 Program is Hockey Edmonton's premier Fundamentals Program and is the foundation of skill development for young hockey players. The U9 Program is apart of Hockey Edmonton's Intro to Hockey Programs.

The Hockey Edmonton U9 Program is for athletes ages **7 to 8 years old.** These athletes will participate in practice and half-ice game play together, within a combined U9 division of play. The U9 division of play is categorized under the Alberta One Standardized Tiering Model (Tier's 1-6). Please view the **Hockey Edmonton U9 Resources** web page and the details listed below for further information regarding the Hockey Edmonton U9 program:

DEVELOPMENT OF HOCKEY SKILLS & HALF-ICE HOCKEY.

- The U9 Program focuses on the **Development of Technical Skills** (Skating, Puck-handling, Passing, and Shooting) and the **Development of Individual Tactics.**
- Hockey Canada Membership and Insurance coverage.
- Competitive Tiering Model - Alberta One Standardized Tiering Model (Tier's 1-6).
    - Re-tiering (by application only) for Second Half-season schedule.
- Hockey Edmonton ice allocation: **18 half-ice games and 18 half-ice practices** (October 1 to March 15).
    - First Half-season schedule provided in September (Practices and Games).
    - Second Half-season schedule provided in December (Practices and Games).
    - Consistent event locations, dates, times - Hockey Edmonton.
    - U9 Jamboree - March (No playoffs).
    - Quickcard Minor Hockey Week participation - January.
    - No participant medals.
    - **Hockey Edmonton Equal Play Model.**
    - **No full-time goalies** (40% maximum, goalie must also play out).
    - **Rotate all players through all positions.**
    - Modified team roster sizes **(18 minimum, 20 maximum)** - one dressing room per team.
    - If you do not field 12+ players for a game, your team shall practice on other half-ice side, while other team plays game.
- **Full implementation of Hockey Canada/Alberta half-ice U9 Program in effect.**
- **Half-ice games ONLY.**
    - Floods every 1-hour.
    - Hockey Canada/Alberta U9 half-ice game regulations.
    - U9 Game Format 4v4 (can be modified if necessary, depending upon roster size/game attendance).
    - No score keeping (game sheet) no standings - Hockey Canada/Alberta.
    - Game Regulations: No faceoffs, off-sides, icings, etc. (see Hockey Canada/Alberta model).
    - 1.5-minute (90 seconds) shift buzzers during games.
    - Regulation sized nets.
    - **Blue pucks only** (practices and games).
    - Increased playing time (Increased shifts during game-time, less time spent at faceoffs).
    - Increased puck touches, passes, shots.

  - Increased awareness/ability to play in traffic and tight spaces.
  - Increased shots on net for goaltenders.
- **Half-ice/shared-ice practices ONLY.**
  - Multiple station works practices to develop technical skills and individual tactics.
  - Progressive curriculums should follow the Hockey Canada Skill Development Pyramid.
  - Hockey Canada U9 Curriculums.
  - Hockey Canada Network App, Drill Hub, AND Sportgo Lite available to coaches.
- **Hockey Edmonton Season Structure and Standards of Play (recommended).**
  - Seasonal Phases: Preseason/Team Formation Phase, Development Phase, Regular Season Phase.
  - 45-55 total practices (maximum) - Hockey Canada/Alberta.
  - 30-40 total games (maximum) - Hockey Canada/Alberta.
  - 3 tournaments (maximum) - Hockey Canada/Alberta.
  - Enhanced NCCP Coach Certification standards - Hockey Canada/Alberta.

Hockey Edmonton – U9 Program Logistical Notes:

- If operating areas are unable to field a full appropriate minor/major team size, it is encouraged to amalgamate with other operating areas/districts to create optimal team size and skill groupings.

Hockey Canada – U9 Program Season Structure

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

HOCKEY EDMONTON – U9 Guidelines of Play

Guidelines of Play

Hockey Edmonton Allocated and Scheduled Ice

2020-21

Counts

Commmunity Tiered Hockey

Division	Practices		Games*
	Shared	Full	
U7 (INITIATION: Sr T)	18	N.A	18 SAG
U7(INITIATION: D & Jr T)	18	N.A	N.A
U9 (NOVICE)	18	0	18
U11 (ATOM)	0	18	18
U13 (PEEWEE 1 to 6)	0	18	20
U15 (BANTAM)	0	18	20
U18 (MIDGET)	0	18	20

*Games - exclusive of QEMHW and Playoffs

Competitive & Elite Hockey (Hockey Alberta Models)

	Cat	Practices	Games
U13	AA	40	27
U15	AAA	60	33
	AA	40	32
	Female Elite	40	26
U18	AAA Major	60	34
U16	AAA Minor	60	37
U18	AA	40	32
U18	Female AAA	60	30
U18-U15	Female Elite	40	26

Recreational Hockey

Division	Practices		Games*
	Shared	Full	
U9 (Novice)	1	0	18
U11 (Atom)	1	0	18
U13 (Peewee)	0	1	18
U15 (Bantam)	0	1	18
U18 (Midget)	0	1	18
U21 (Junior)	0	1	18

15AA, Junior & College

League	Practices	Games
U16 AA (Midget 15 AA)	40	28
Junior B	20	38
Junior C	20	24
ACAC	100	36

Game Lengths and Formats

Division	Category	Length	Format		
U7 (Initiation)	SR. Timbits	1 HR	1 HR - Cross Ice SAG's		
U9 (Novice)	1 to 6	1 HR	2-25 minute periods, 90 second shifts		No Floods
U11 (Atom)	1 to 6	1 HR	13 - 13 - 13	Stop Time	
U13 (Peewee)	1 to 6	1.5 HR	15 - 20 - 20		
	AA	1.5 HR	15 - 20 - 20		
U15 (Bantam)	EFHL	1.5 HR	15 - 20 - 20		
	AA and AAA	2.25 HR	20 - 20 - 20		2 Floods
U18 (Midget)	EFHL				
	AA and AAA				
U21 (Junior)	C				
U21 (Junior)	B	2.75 HR			
College	all				

Practice Times

Division	Start: Earliest			Finish: Latest		
	Mon - Thu	Fri	Sat - Sun	Mon - Thu	Fri	Sat - Sun
U7 (Initiation)		17:00	08:00		19:45	18:00
U9 (Novice)	17:00		06:30	19:45		
U11 (Atom)			06:30	20:45		
U13 (Peewee)			06:30	21:45		
U15 (Bantam)	18:00			22:00		
U18 (Midget)				23:00		
U18 (Major Midget AAA)	16:00			21:00		

Game Times

Division	Start: Earliest			Finish: Latest		
	Mon - Thu	Fri	Sat - Sun	Mon - Thu	Fri	Sat - Sun
U7 (Initiation: SR Timbits)		17:00	7:45		19:45	18:00
U9 (Novice)	17:45		9:00	19:45		
U11 (Atom)				20:45		
U13 (Peewee)				21:45		
U15 (Bantam Community)	18:00		16:00	22:00		
U18 (Midget Community)				22:30		
U15 (Bantam Elite)			12:00	22:00		
U18 (Midget Elite)				22:30		

Hockey Edmonton – U9 Program Jamboree

Hockey Edmonton U9 Program JAMBOREE | March

The Hockey Edmonton U9 Jamboree will occur at the end of the second half schedule and will take place in lieu of playoffs. The Jamboree's on-ice intent is to take the half-ice round-robin game sessions to involve all teams in a District. The off-ice intent is to introduce athletes to other activities that will also further develop physical literacy and fundamental movement skills.

ALL Hockey Edmonton U9 Program athletes will be participating in the Jamboree.

Hockey Edmonton – U9 Program Outside Tournaments/Permits/Hosting

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 U9 Festivals and Jamborees listed below:

- Non-competitive Small Area Game Sessions (blue pucks, no structure, standings, scores, stats, no designated positions, etc.).
    - Cross-Ice/Half-ice game set-up.
- Team registration only (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 – U9 Program 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 U9. 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 U9 Program Resources webpage: **U9 Program Resources webpage.**

Hockey Edmonton – Half-ice Rink Divider Set-up Regulations

Half-ice rink dividers will be used for all U9 games and stored in the pre-selected arenas. Videos and instructions have been uploaded to the U9 Program Resources webpage to display when/where/how to assemble, move, and disassemble the cross-ice rink dividers. The City of Edmonton SOP's for the half-ice rink dividers have also be uploaded to the following webpage: **U9 Program Resources webpage**.

U9 Rink Divider Instructions: Please ensure U9 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. U9 Coaches MUST support the assembly, movement, and disassembly of these rink dividers (Coaches must be wearing helmets and skates/shoes with grip). U9 games will require a flood between each game (with the rink divider systems remaining on the ice). Times for U9 games vary each weekend so there is no "common" schedule (unlike TIMBITS), allowing flexibility for permit requests. The execution should be as follows:

1. **First U9 Session of Day:** Coaches (both teams) from the first session Setup rink dividers (Arena staff brings cart to gate).
2. **U9 Session before a Flood:** Coaches (both teams) from the previous session always move the rink dividers.
3. **Final U9 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. 15-minute "flood-times" are allotted to facilitate movement of rink dividers.
    - This schedule cannot be adjusted or manipulated for longer/shorter ice-times.

U9 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 hour for U9 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 U9 rink divider logistics (Please see Program Resources webpage).
- Referees may assist with setup, moving, or disassembly of rink dividers if they choose; but process should be executed by coaches, and safety managed by City of Edmonton arena staff.

Hockey Edmonton – U9 Program Meetings

- U9 Program Directors Meeting – **September (early).**
- U9 Program Coach meetings – **October (end).**
- U9 Program Communications – **all season.**
- U9 Program Review – **March (end).**