

Hockey Regina Inc - Timbit U7 Hockey Program

Purpose:

- To make children's 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. It enables participants to become contributing members of a team effort, develop self-confidence, and experience a sense of personal achievement. These goals are achieved in an atmosphere of fun and fair play.
- To provide guidelines which encourage coaches and other team executives to improve their own coaching qualifications and instructing skills by participating in coach's certification programs.
- To promote other instruction programs which provide opportunities for coaches to improve their own instructional techniques in theory, technical and practical skills, and coaching philosophy.

Team Concept

1. Overview

Emphasis shall be placed on:

- having fun while playing hockey and engaging in physical activity
- learning the basic skills required to play the game of hockey. Program focus shall be on developing basic hockey skills of skating, puck handling, shooting, stopping, passing, and turning.
- developing an understanding of basic teamwork through participation in a variety of activities and adapted game situations
- introduction to the concepts of cooperation and fair play
- Following Hockey Canada guidelines, the U7 program recommends the following practice time allotment:
 - 85% technical skills
 - 15% individual tactics
 - 0% team tactics, team play, strategy

2. Team Formation

- Beginning in the 2024/25 season U7 will be split into 'Beginner' and 'Experienced'. Children who have previously played either 3,4,5 Fun Hockey or U7 will be in Experienced and children with no previous hockey experience will be in Beginner. Parents will be given the option prior to team formation to move their child up into Experienced or down into Beginner if that is their preference.

- There will be no evaluations for U7. Teams will be formed by the Director considering such items as address, school, etc.
- Each team should have no more than 15 skaters, no goalies on the team.

3. **Season Model**

- a) The Season model will follow the directive established by Hockey Canada for U7 and look like this:
 - o The first set of four shared ice times would be used solely for individual player development.
 - Teams may use this ice time as individual teams but are encouraged to work together through station work. HRI will work to ensure teams are grouped together to provide consistency of coaching.
 - HRI will attempt to schedule 2 teams for each of these 1st 4 ice times
 - o After the 1st 4 shared ice times each team will be assigned specific game and practice ice times. The goal is to provide 2 hours of practice ice for every 1 hour of game time. When your game time has 3 teams scheduled teams will share the ice as follows:
 - Each team will play 40 minutes of game on cross ice surface. The remaining 20 minutes will be used to hold a skill development session.
 - Coaches will stop play every 2 minutes to change lines during your game session.
 - o The yearend tournament will consist of half ice games.
- b) Teams can schedule their own extra practice ice or exhibition games. Cost of additional ice is to be within the team budget which should be presented to parents prior to booking of any additional ice.
- c) Each team may attend a maximum of 3 parent-approved one day tournaments, not including the yearend tournament.

4. **Rules**

- U7 will use a lighter 4.5oz (blue) puck. Each team will be provided with 20 pucks.
- All players must wear full hockey equipment (including neck guards, mouth guards are recommended but not mandatory) from the time they step onto the ice until they leave the ice surface.
- There will be no scoring posted on scoreboards in the U7 program at all HRI scheduled games and tournaments.
- No penalties will be called. If a player commits an obvious offense, that player's coach will confer with that player about the infraction while play is continuing.