



**AGE APPROPRIATE PROGRAMMING**  
**CROSS ICE HOCKEY / SMALL AREA GAMES**

2017 - 18

# INTRODUCTION

LEADERS IN COMMUNITY SPORT



“

***How a player gets that first taste of hockey is crucial***

”

If the beginner has fun, develops some basic skills and builds confidence, there is a good chance that player will go on to enjoy hockey for many years



# WHAT IS THE INITIATION PROGRAM?

INTRODUCTION

AGE APPROPRIATE

SKILL DEVELOPMENT

FAIR PLAY

FITNESS

FUN!





# 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



# WHAT IS AGE APPROPRIATE SKILLS PROGRAMMING?

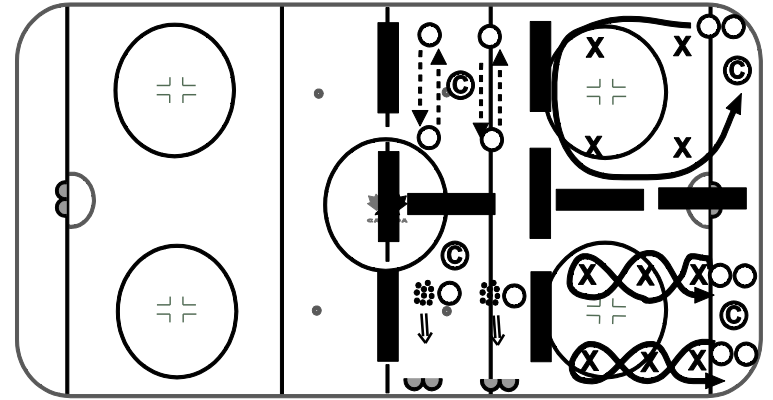
Designing practice and game play that is appropriate to the age, size and skill level of the participant



# AN INNOVATIVE APPROACH

## FUNdamental HOCKEY skills:

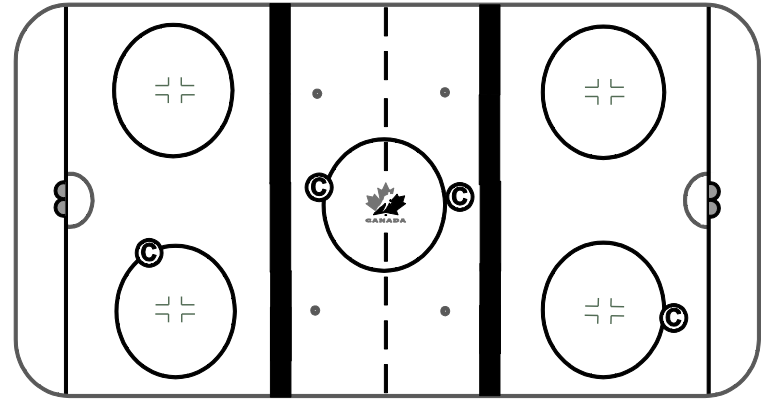
- Introduced through stations / small spaces
- Age appropriate skills programming



# WHAT IS AGE APPROPRIATE SKILLS PROGRAMMING?

## FUNdamental GAME skills:

- Introduced through cross-ice / half-ice games
- Age appropriate modified games
- **Cross-Ice Hockey:** 3 games / 2 games and a skills area / 2 games and a rest area

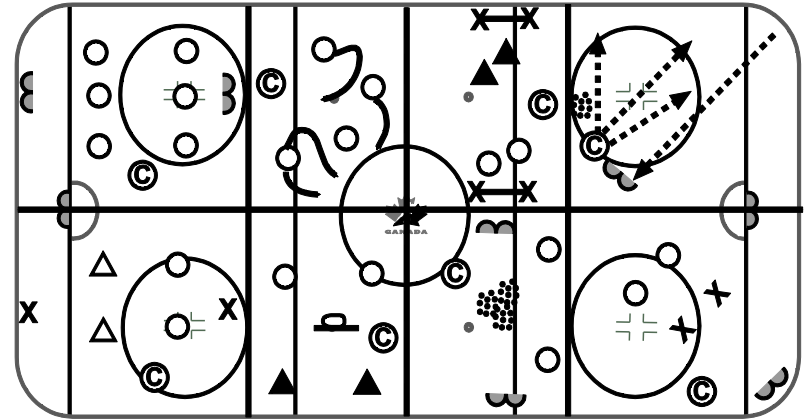




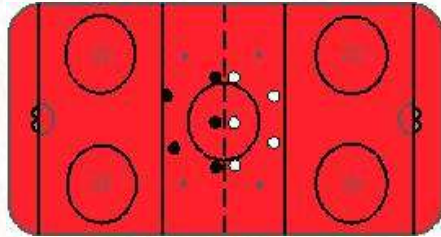
# WHAT IS AGE APPROPRIATE SKILLS PROGRAMMING?

## FUNdamental GAME skills:

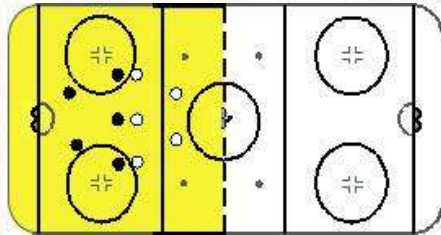
- Introduced through small area games
- Age appropriate modified games



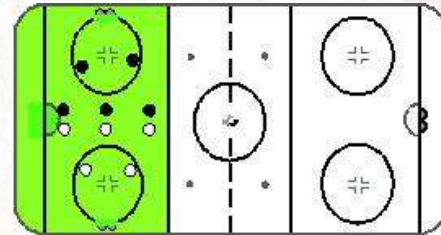
# WHAT DOES THE MATH TELL US?



**Full Ice** - 10 kids on ice  
20 sitting on bench



**Half Ice** - 20 kids on ice  
10 sitting on bench



**Multiple Cross Ice Games**  
0 sitting on bench



# BY THE NUMBERS

**6X** more SHOTS  
PER GAME in  
CROSS-ICE hockey

**2.75X** more Shots on  
Goal per minute

**2X** more Changes in  
Direction



We are shrinking the playing  
surface to match the age group



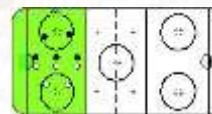
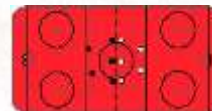
# BY THE NUMBERS



**5x**

more PUCK  
BATTLES PER GAME in  
CROSS-ICE hockey

**2X** more Puck Touches



We are shrinking the playing  
surface to match the age group

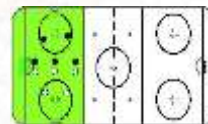




# BY THE NUMBERS

**5x** more PASSES  
RECEIVED PER GAME  
in CROSS-ICE hockey

**2X** more Pass Attempts



We are shrinking the playing surface to match the age group



# SKATING



## ACCELERATION INCREASED BY 10%

8U skating acceleration speeds increased as the ice surface size was reduced.

## TOP SPEED REACHED IN 65 FEET

Advanced skaters reached top speed in 60 feet or less  
The cross ice playing surface is 85 feet in length, meaning 8U players can and do reach top speed in cross ice hockey



# SKATING



## WHAT DOES IT MEAN?

Effective skating, especially at higher levels, is a combination of turns, pivots, starts and transitions.

It's said that the NHL's No 1 skill isn't top speed, it's the ability to change speeds and accelerate quickly.

Cross Ice hockey trains players to skate the game, rather than simply skating fast in straight lines.

It provides more acceleration, more agility, and more engagement. It also doubles players' puck handling opportunities





# SMALL AREA GAMES

- Competitive hockey drills done in a smaller than normal playing area
- This can be cross ice, neutral zone, corners - depending on what coaches are trying to teach
- Usually less players participating but with a higher and consistent intensity. Lots of puck touches.
- Designed to simulate possible game-like situations that players can experience and learn from



**DECREASE THE SPACE! INCREASE THE PACE!**







# 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



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



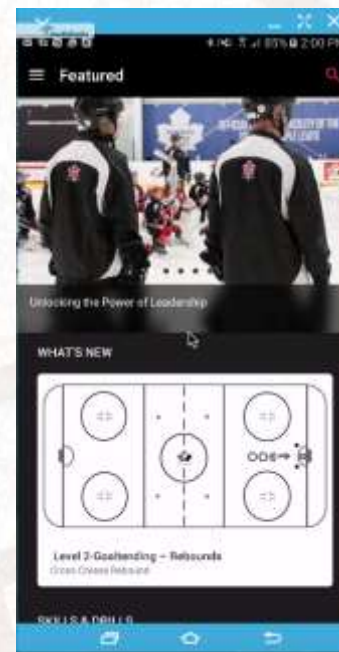
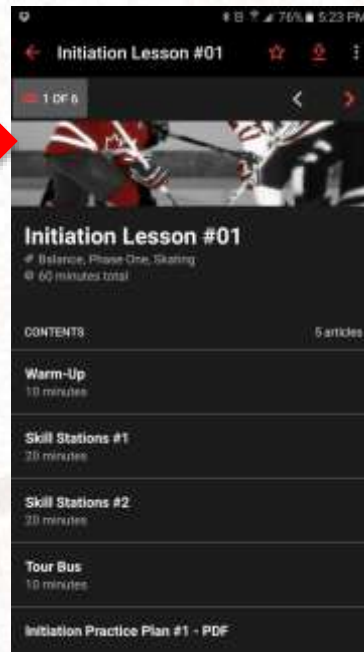
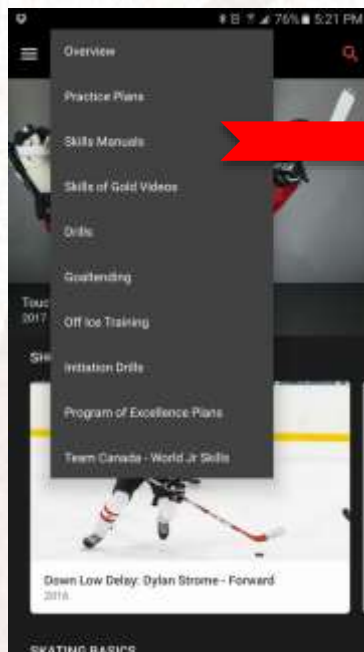
# RESOURCES





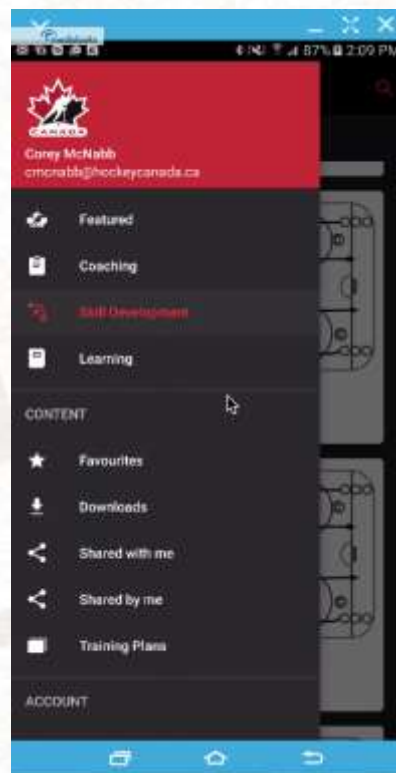
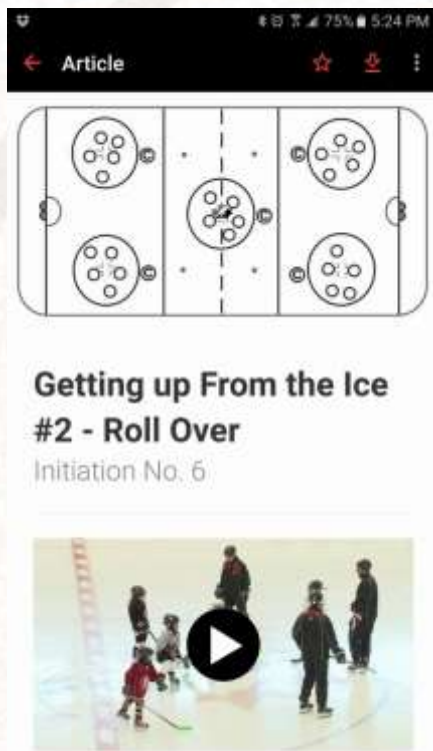
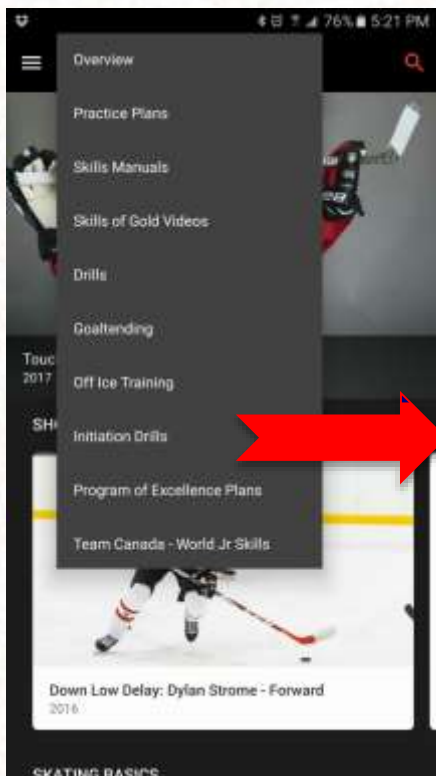
# RESOURCES

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



# THE MANDATE

***HOCKEY CANADA - January 2017***

***To accept the recommendation that the Initiation age group shall only use cross ice, or half ice for all game play effective the 2017-18 season. Full ice games shall not be permitted.***

*Unanimously Carried*



# EQUIPMENT



- Lightweight Blue Puck
- Rink Dividers
- Small nets
- Goaltenders



# WHAT DOES GAME DAY LOOK LIKE?

- Ice Layout
- Mini or Training Rinks
- Number of Players – 4v4, 5v5
- Officials
- Scoreboard / Stats / Standings
- Tournaments / Jamborees







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