



# GAMEPLAY BEST PRACTICES

INITIATION PROGRAM AND NOVICE





**Mission Statement:** To Lead, Develop and Promote Lifelong Hockey Experiences

In an effort to ensure our sport systems are best equipped to follow the strategies outlined in the Hockey Canada Long Term Player Development (LTPD) model, BC Hockey has created a Best Practices document for athletes in the FUNdamental stages of development (5-8). Our goal with this document is to give strategies and ideas to Minor Hockey Associations (MHA) and Districts as they design and implement their minor hockey programming. The focus of athlete development in the FUNdamental stage should be:

- Physical Literacy/Competence: Developing movement skills, and patterns. Enhanced physical competence enables an individual to participate in a wide range of physical activities and settings.
- Motivation/Confidence: An individual's enthusiasm for, enjoyment of, and self-assurance in adopting physical activity as an integral part of life.
- Engagement for Life: Individual taking personal responsibility for physical literacy by freely choosing to be active on a regular basis.

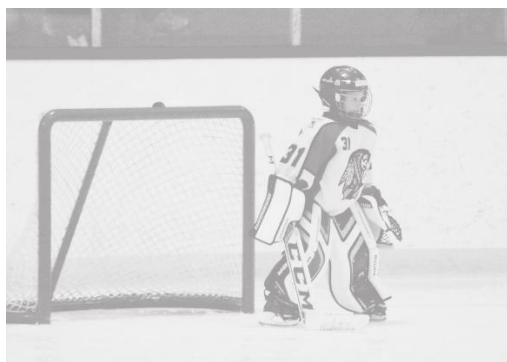
One of the most important aspects of age appropriate skill development and physical literacy is ensuring that the playing surface is relevant to the athlete's size and ability.

#### CROSS-ICE MANDATE

9.04 Hockey Canada Initiation and Cross-Ice Program Delivery: All games involving any team below the Atom division shall be played utilizing a cross-ice setup. Associations may apply for a variance/allowance to utilize half ice if the total surface area of the arena is less than that of a standard National Hockey League (NHL) ice surface (200' length x 85' width). The standard gameplay area for cross ice hockey is 85' x 78'.

#### CROSS-ICE DETAILS

A standard NHL arena is 200' by 85' which makes the cross-ice format approximately 85' by 78' (diagram below). We recognize that not all arenas are the same dimensions however, nets should be stationed across the ice surface with separation barriers bear the dots outside of the blue line.





## CROSS-ICE MEASUREMENTS

Diagram A

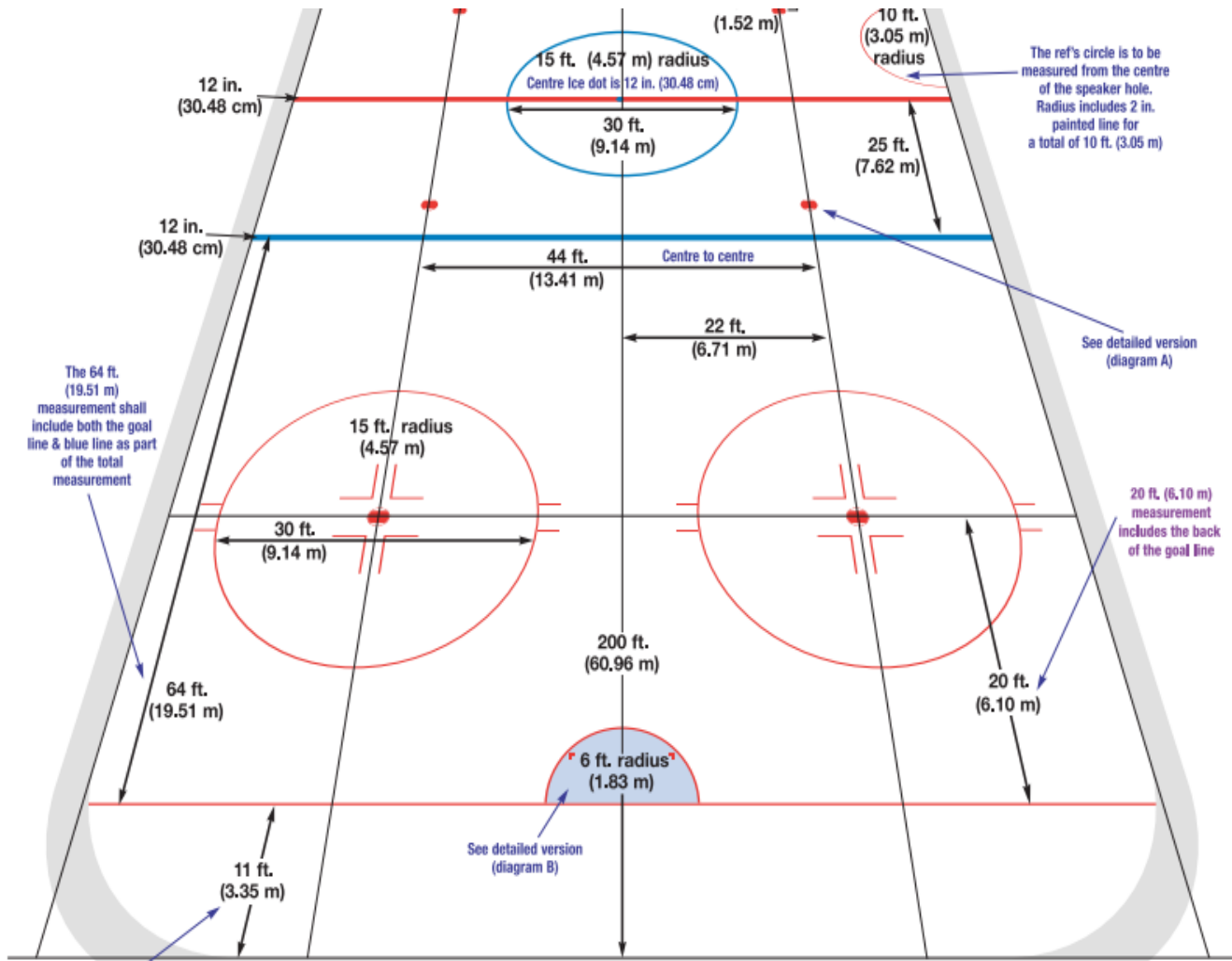




Diagram B

### Staging and Technical

#### Development Area



#### Face-off Location



78'

85'



## TEAM SIZE AND FORMATION

- For game situations, teams should be comprised of no more than 14 players. This would ensure that players can efficiently operate in a 3-on-3 and 4-on-4 format.
- Four (4) teams should be playing at once, maximizing the use of ice; a total of 56 players per ice slot.
- Teams should be created based on age:
  - Minor IP 1 – 5-years-old
  - Major IP 2 – 6 years-old
  - Minor Novice – 7 years-old
  - Major Novice – 8 years-old
- Teams should be balanced.
- MHA's and leagues may structure practice sessions with more players.
- It is recommended that games are played in a 4-on-4 structure but other formats (3-on-3 and 5-on-5) are also acceptable.
- Communication is essential between opposing teams when arranging games. This will ensure the best possible experience for the players.
- The cross-ice format allows for the area in the neutral-zone to be used for both skills development and staging players. Coaches should be stationed within that area to lead players through small area games or other technical development.
- If player numbers are insufficient to operate two (2) simultaneous games, teams shall play cross-ice through the centre ice, allowing the two (2) ends for additional skill development. Dividers should be placed slightly outside each blue line. This allows coaches to use the benches.

## SEASONAL STRUCTURE - INITIATION

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFFS	
12	24	0	14	20	10	No playoffs	
WEEKS	ICE SESSIONS	FORMAL GAMES	WEEKS	ICE SESSIONS	MODIFIED GAMES	End of season March 31	
						TOURNAMENTS	
						3 Festivals/ Jamborees	
						12 modified games	
TOTAL PRACTICES: 35 - 45						TOTAL GAMES: 15-25	



## SEASONAL STRUCTURE - NOVICE

DEVELOPMENT PHASE	REGULAR SEASON PHASE	PLAYOFFS
10 WEEKS 20 PRACTICES 4 GAMES (MODIFIED)	16 WEEKS 32 PRACTICES 16 GAMES	No playoffs End of season March 31 <b>TOURNAMENTS</b> 3 tournaments 12 games

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

## INITIATION SKILLS INVENTORY

Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<ul style="list-style-type: none"> <li>Basic stance</li> <li>Getting up from the ice</li> <li>Balance on one foot</li> <li>Jumping on 2 feet / 1 foot</li> <li>Gliding on two skates</li> <li>Gliding on one skate – fwd and bwd</li> <li>Lateral Crossovers – step and plant / continuous</li> </ul>	<ul style="list-style-type: none"> <li>Inside edge glide</li> <li>Figure 8's – forward – inside &amp; outside edge</li> <li>Figure 8's – backward – inside &amp; outside edge</li> <li>Slalom</li> </ul>	<ul style="list-style-type: none"> <li>T-start</li> <li>Front v-start</li> <li>Crossover start</li> <li>Backward c-cut start</li> <li>One o'clock – eleven o'clock</li> <li>Outside leg stop</li> <li>Two-foot parallel stop</li> <li>One-leg bwd stop</li> <li>Two-leg bwd stop</li> </ul>	<ul style="list-style-type: none"> <li>C-cuts – left foot / right foot /</li> <li>C-cuts alternating</li> <li>T-push</li> <li>Forward striding</li> </ul>	<ul style="list-style-type: none"> <li>C-cuts – left foot / right foot /</li> <li>C-cuts alternating</li> <li>Gliding on two skates – backward</li> <li>Gliding on one skate – backward</li> </ul>	<ul style="list-style-type: none"> <li>Glide turns</li> <li>Tight turns</li> <li>C-cuts – around circle – outside foot – forward &amp; backward</li> <li>Crossovers – forward &amp; backward</li> <li>Backward on-foot stop and t-start</li> <li>Pivots – bwd to fwd &amp; fwd to bwd</li> <li>Pivots – open &amp; reverse</li> </ul>
Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and Receiving	Shooting	
<ul style="list-style-type: none"> <li>Stance</li> <li>Narrow</li> <li>Wide</li> <li>Side – front – side</li> <li>Toe drag – front &amp; side</li> </ul>	<ul style="list-style-type: none"> <li>Narrow</li> <li>Wide</li> <li>Open ice carry – forehand &amp; backhand</li> <li>Weaving with puck</li> <li>Toe drag – front &amp; side</li> </ul>	<ul style="list-style-type: none"> <li>Stationary forehand pass</li> <li>Stationary backhand pass</li> <li>Stationary bank pass</li> </ul>	<ul style="list-style-type: none"> <li>Moving forehand pass</li> <li>Moving backhand pass</li> </ul>	<ul style="list-style-type: none"> <li>Forehand - sweep shot</li> <li>Forehand - wrist shot</li> <li>Backhand - sweep shot</li> <li>Forehand - flip shot</li> </ul>	
Individual Offensive Tactics	Individual Defensive Tactics				
<ul style="list-style-type: none"> <li>Body fakes</li> <li>Stick fakes</li> </ul>	<ul style="list-style-type: none"> <li>Angling</li> </ul>				



## NOVICE SKILLS INVENTORY

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

## HOCKEY CANADA CORE SKILLS DEVELOPMENT AND EVALUATION GUIDE

[CLICK HERE](#) for the Hockey Canada resources.

### COACHES

- All Coaches at the Initiation and Novice level should have achieved Coach 2 – Coach Level qualification by the start of the 2017-2018 season, or be registered for a Coach 1 seminar.
- There should be a minimum of six (6) coaches available per game.
  - Two (2) operating the skill station in the neutral zone
  - Two (2) staging the players/organizing line changes
  - Two (2) monitoring the game on each side

### BECOME A COACH

Parents should be encouraged to become active and educated participants with their sons and/or daughters team throughout their journey through minor hockey. BC Hockey would encourage parents to take the appropriate training and be available to assist in practices and games.



## TIME CLOCK

- Running time should be used for game sessions.
- 60 minute Ice Slot:
  - 5 minute warm-up and divider set up
  - 25 minute running-time period
  - 2 minute instructional break
  - 25 minute running-time period
- 90 Minute Ice Slot:
  - 5 minute Warm-up and divider set up
  - 35 minute running-time period
  - 2 minute instructional break
  - 30 minute running-time period
  - 2 minute Instructional break
  - 10 minute running-time period
- No score is to be kept for either game and team balancing should occur if the skill difference is noticeable.
- Games should start at the same time and the buzzer should sound every two (2) minutes to indicate a line change.
- Play should start with a puck-drop at the midpoint of each cross-ice game.

## GAME SHEETS

If required by the District, game sheets can be used to track games played by individual players. Game statistics should not be tracked.

## REFEREES

- BC Hockey has created an “Officiating Guideline” that sets out procedures for cross-ice hockey programming. This document is available here: [Officiating Guide](#)
- Coaches should take an active support role with the on-ice official. They are to explain rules, penalties and strategies to players throughout the game.

## ADDITIONAL CONSIDERATIONS

- Mini Nets: should be an available option for the Initiation (5,6 year old) division.
- Rotating Positions: Players should play every position, including goaltender.
- All players should line up at centre ice after the final buzzer and participate in a handshake with the other team(s).

## RINK DIVIDER PURCHASE INFORMATION

BC Hockey has arranged special pricing for member Associations to purchase cross-ice equipment (detailed below).

### **Athletica Sport Systems – BC Hockey**

Contact RecSport Products LTD.

Phone: 604-583-3103

Email: [perry@recsportproducts.com](mailto:perry@recsportproducts.com)







**Item:** Border Patrol Rink Divider Set (Foam Dividers)

**Includes:** Eight (8) dividers, each 12" x 8" x 127.5", 85' in total (box style, UV outdoor vinyl)

**Retail:** \$2,275.00 shipping included

**BC Hockey Member Pricing (shipping included, + tax)**

1 unit - \$2,150.00

10 + units - \$1,750.00/unit

20 + units - \$1695.00/unit

30 + units - \$1,660.00/unit

**Item:** Optimizer Rink Divider Set (Dividing Boards)

**Includes:** 2" aluminum frame, .220" thick HDPE facing on both sides, 500" thick red HDPE top plate, 36" high x 90" long panels with rigid slide connections, pass thru gate panel, four (4) radius panels (two per end), adjustable tension buckles, aluminum storage cart with heavy duty casters. Consists of nine (9) standard, 1-61' gate and two (2) Y panels. Includes two (2) year warranty. 1150 pounds, requires dock or forklift for delivery.

**Retail:** \$7,725.00 (shipping included, + tax)

**BC Hockey Member Pricing (shipping included, + tax)**

1 unit - \$7511.00

10 + units - \$7,250.00

10 + units - \$7,075.00

20 + units - \$6,940.00

**Item:** Goal Nets (36" x 24 ")

**Includes:** 2 Nets/per order

**Retail:** \$570 (shipping included)

**BC Hockey Member Pricing (shipping included, + tax)**

1 unit - \$550.00

20 + units - \$490.00

30 + units - \$470.00

40 + units - \$460.00

\*\* Prices are based on shipping to Vancouver Island, costs could fluctuate for other locations across BC/YK \*\*

**ADDITIONAL RESOURCES**

- The [BC Hockey cross-ice webpage](#) should be utilized throughout the season with additional and continually updated resources:
- Hockey Canada has placed a number of Initiation and cross-ice resources on both their mobile app ([Network App](#)) and Drill Hub ([Drill Hub](#)).