

# PLAYER DEVELOPMENT MODEL

# INTRODUCTION TO

# HOCKEY



# 8-AND-UNDER

# OHF PLAYER DEVELOPMENT MODEL

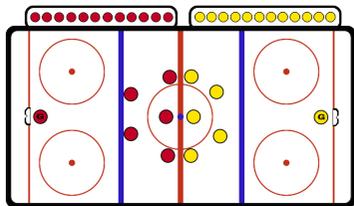
Welcome to the Ontario Hockey Federation Player Development Model for players 8 years old and under! This guide outlines the player pathway for those entering the game before they are 8-years-old.

Shared ice, multi-station practices and modified ice games are a key component to this PDM. Those allow for:

- An increased emphasis on skating skills including agility, balance, coordination and quickness.
- A significant increase in the number of puck battles.
- An increase in puck control and puck protection skills, resulting in more confidence with the puck.
- Reinforced fundamentals of skating, puck control, passing, and shooting.
- An increase in the frequency and speed of making hockey decisions.
- A more challenging environment to improve ice awareness and elevate hockey sense.
- Increased intensity of competition resulting in the progressive skill improvement of players.
- An increase in incidental body contact requiring players to focus on keeping their heads up.
- Improvements in the areas of contact confidence and body contact.

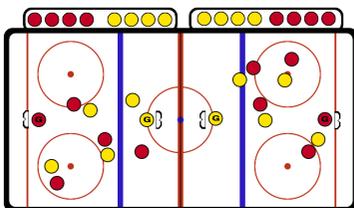
## What does the math tell us?

Based on two teams (18 players) in a 50 minute game (1 minute shifts) the following is true:



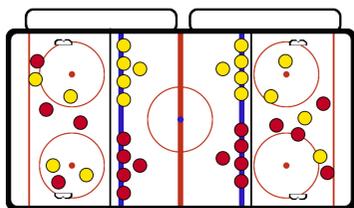
### Full Ice (1 game)

- 12 kids in game, 24 sitting on bench (5-on-5, with goaltenders)
- ~ 16 minutes of game time per player



### Half-Ice (2 games)

- 20 kids on ice, 16 sitting on bench (4-on-4, with goaltenders)
- ~ 25 minutes of game time per player



### Cross-Ice

- Two games + development
  - 16 kids in games, 0 on bench, 20 in development zone (4-on-4, no goalies)
  - ~ 23 min. of game time + 27 min. of development
- Three games
  - 24 kids in games, 12 on bench (4-on-4, no goalies)
  - ~ 33 minutes of game time per player

# BENEFITS

IT IS IMPORTANT TO FULLY UNDERSTAND AND APPRECIATE THE BENEFITS OF MODIFIED ICE HOCKEY AND WHY HOCKEY CANADA HAS A NATIONAL POLICY ENSURING ALL HOCKEY FOR PLAYERS 8-YEARS-OLD AND UNDER IS PLAYED IN SMALLER, MODIFIED SPACES.

## Small spaces equate to more engagement in the play:

- All players are close to the play at all times 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 increase by double when the playing area is smaller.



## The biggest difference between full ice and small areas:

- There are 6 times as many shots on goal or at goal in a cross-ice or half ice game.
- Players are closer to the puck at all times and the puck finds its way to the net much more often.



## Shrinking the playing surface increases offence:

- Players are much closer to the nets, skate shorter distance from goal to goal, and have increased opportunities for offensive play.



## More of a team game is apparent:

- In the smaller area games, players are observed passing and attempting to pass the puck more often. This happens for two reasons:
  1. All players are close enough to pressure the puck more frequently.
  2. Teammates are in close support of the puck carrier at all times.



## A short quick pass finds its mark:

- In smaller spaces, more passes are attempted and most of these passes are 5 to 10 feet in length.
- When passes are shorter, accuracy improves and players tend to have more success receiving the pass.
- Players also start to understand the importance of team puck possession.



# PHYSICAL LITERACY

LONG TERM PLAYER DEVELOPMENT RESEARCH HAS CONCLUDED THAT IT TAKES A MINIMUM OF 10 YEARS AND 10,000 HOURS OF DELIBERATE TRAINING FOR A TALENTED PLAYER TO REACH ELITE LEVELS.

THIS DOES NOT MEAN SPORT SPECIFIC – IT REFERS TO THE FACT THAT IT TAKES A LONG TIME TO GET TO ELITE LEVELS IN SPORT, BUT THAT EVERY ATHLETE HAS THE POTENTIAL.

THIS MEANS BEFORE THE 10 YEAR OR 10,000 HOUR RULE COMES INTO PLAY:

- 1) A PLAYER MUST HAVE DEVELOPED THE FUNDAMENTAL SKILLS
- 2) BE PHYSICALLY LITERATE

FOR A PLAYER AND COACH, THIS TRANSLATES INTO SLIGHTLY MORE THAN 3 HOURS OF TRAINING OR COMPETITION DAILY FOR 10 YEARS.



## Drawbacks in our Development System

- Over-competing & under training
- Adult programs imposed on children
- Preparation geared to short-term outcomes
- Competition system interferes with athlete development
- Early specialization is demanded



## What are the results of these shortcomings?

- Poor movement abilities.
- Lack of proper fitness.
- Poor skill development.
- Bad habits developed from over-competition focused on winning.
- Undeveloped and unrefined skills due to under-training.
- Female athlete potential not reached due to inappropriate programs.

# LTPD

PARENTS AND COACHES NEED TO THINK LONG TERM AND NOT WORRY TOO MUCH ABOUT CHILDREN BEING THE BEST PLAYER ON THE ICE AT THE AGE OF 5-OR-6-YEARS-OLD. PUTTING YOUNG PLAYERS INTO A COMPETITIVE ENVIRONMENT TOO EARLY WILL COMPROMISE THE CHILD'S DEVELOPMENT. CHILDREN SHOULD ONLY BE PLACED INTO COMPETITIVE SITUATIONS THAT SUIT THEIR ABILITIES. PARENTS AND COACHES MUST BE REALISTIC ABOUT WHAT CHILDREN SHOULD BE ABLE TO DO AT ALL AGE LEVELS.

PHYSICAL LITERACY

COMMUNITY

**Discovery - MALE and FEMALE 0 - 4**  
This is an important period for acquiring fundamental movement skills (running, gliding, jumping, kicking, catching...) that lay the foundation for more complex movements, thereby preparing children for a physically active lifestyle. Hockey Canada encourages children to begin skating at an early age through Discovery Hockey programs.

**Fundamentals 1 - MALE and FEMALE 5 - 6**  
The focus is on the development of physical literacy. Fundamental movement skills should be mastered and motor development emphasized, and participation in many sports/activities is encouraged. For optimal skill acquisition, the basic hockey skills of skating and puck control are introduced through the Initiation Program. FUN competitions are also introduced in a team environment.

**Fundamentals 2 - MALE and FEMALE 7 - 8**  
During this period 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 Novice Skills Program is designed to promote the continued development of physical literacy, fitness, and the basic skills required to play hockey.

INCREASING HOCKEY SPECIFIC

LOCAL

**Learn to Play - MALE 9 - 10 and FEMALE 8 - 9**  
This stage is the beginning of the most important window to develop the fine motor skills on an individual technical skill basis that leads to utilizing these skills into individual and team tactics later on. During this phase, prior to the beginning of the growth spurt, players have the best opportunity to learn and begin to master fine motor skills that can be used in combination with other skills. In most cases what is learned or not learned in this stage will have a very significant effect on the level of play that is achieved later on. Players should be able to begin to transfer skills and concepts from practices to games.

**Learn to Train - MALE 11 - 12 and FEMALE 10 - 11**  
This is the most significant period for development. This is the window of accelerated adaptation to motor coordination. Group interaction, team building and social activities should be emphasized. A reasonable balance of practices and games will foster the ongoing development and mastery of essential skills in hockey.

INCREASING HOCKEY SPECIFIC

PROVINCIAL

**Train to Train - MALE 12 - 16 and FEMALE 11 - 15**  
The focus during this stage is on building an aerobic base, developing speed and strength and further developing and consolidating sport specific technical skills with an increased emphasis on hockey and a reduction in the number of other sports played. This phase will also include the introduction and development of individual and group tactics. Social and emotional considerations are addressed by placing an emphasis on team-building, group interaction and social activities.

**Train to Compete - MALE 16 - 17 and FEMALE 16 - 18**  
During this stage players will participate in training with a focus on position specific technical and tactical preparation. There is an emphasis on fitness preparation and the development of position specific technical and tactical skills under competitive conditions. Important objectives are the development of aerobic capacity, power, self awareness and independence. The player may be introduced to international competitive experience at the end of this stage.

INCREASING HOCKEY SPECIFIC

NATIONAL

**Train to Win - MALE 18 - 20 and FEMALE 18 - 22**  
During this stage the player's physical, technical, tactical (including decision making skills), mental, personal and lifestyle capacities are fully established and the emphasis in training has shifted to the maximization of performance. High performance sport specialist support is optimized, as is fitness and medical monitoring. Modeling all possible aspects of training and performance.

**Excel - MALE 21 + and FEMALE 22 +**  
It is at this stage that all systems, including physical preparation, testing or monitoring and others which are supportive in nature, are fully maximized and refined to ensure excellence at the highest competitive levels (i.e., the Olympic Games and World Championships). Players continue to enjoy competition and training at the highest level with a focus on maintaining or improving technical, tactical, physical, and ancillary capacities.

INTERNATIONAL

# 5-YEAR-OLD HOCKEY (IP)

IN THE LONG-TERM PLAYER DEVELOPMENT (LTPD) MODEL, PLAYERS 5-YEARS-OLD AND UNDER ARE PART OF FUNDAMENTALS 1: The focus is on the development of physical literacy. Fundamental movement skills should be mastered and motor development emphasized. For optimal skill acquisition, the basic hockey skills of skating and puck control are introduced through the Initiation Program. FUN competitions are also introduced in a team environment.

## Ideal Seasonal Structure

### SEASON START

Player evaluations for the first two weeks on ice

### PRACTICES

Two per week, 30-40 over the season  
Multiple station work  
Shared-ice  
85% focus on technical skills  
15% individual tactics  
5:1 player to coach ratio

### DEVELOPMENT PHASE

Ten weeks starting after player evaluations  
(Twelve weeks total, including player evaluations)

### REGULAR PHASE

Fourteen weeks starting after Development Phase

### GAMES

15-20 over the whole season, including tournaments

### TOURNAMENTS

Jamboree-style  
Three maximum (5-10 games total)

### PLAYOFFS

None

## Ideal Game Structure

### RINK SIZE

Cross-ice, **mandated** to a maximum of 100x60\*  
\*Please see rink layout page 16

### OFFICIALS

None, controlled by coaches

### DESIGNATED POSITIONS

No goaltenders  
No position specialization

### PUCKS

Blue, 40z

### NETS

Small, 3' x 4' or smaller

### SCORE

Not kept



# 6-YEAR-OLD HOCKEY (IP)

WORKING THROUGH THE LTPD MODEL, 6-YEAR-OLDS CONTINUE IN FUNDAMENTALS 1, WITH THE FOCUS REMAINING ON FUNDAMENTAL SKILLS. THOSE INCLUDE FOREHAND AND BACKHAND PASSING, FORWARD AND BACKWARD CROSS-OVERS, A FOREHAND SWEEPING SHOT AND WRIST SHOT, TOE DRAGS AND FOUR DIFFERENT STOPPING VARIATIONS. FUN remains the emphasis, with tournaments near the end of the season taking on the form of jamborees or festivals.

## Ideal Seasonal Structure

### SEASON START

Player evaluations for the first two weeks on ice

### PRACTICES

Two per week, 35-45 over the season  
Multiple station work  
Shared-ice  
85% focus on technical skills  
15% individual tactics  
5:1 player to coach ratio

### DEVELOPMENT PHASE

Ten weeks starting after player evaluations  
(Twelve weeks total, including player evaluations)

### REGULAR PHASE

Fourteen weeks starting after Development Phase

### GAMES

20-25 games over the whole season, including tournaments

### TOURNAMENTS

Jamboree-style  
Three maximum (5-10 games total)

### PLAYOFFS

None

## Ideal Game Structure

### RINK SIZE

Cross-ice, **mandated** to a maximum of 100x60\*  
\*Please see rink layout page 16

### OFFICIALS

None, controlled by coaches

### DESIGNATED POSITIONS

No full-time goaltenders  
Goaltender equipment optional  
No position specialization

### PUCKS

Blue, 40z

### NETS

Small, 3' x 4' or smaller

### SCORE

Not kept



# 7-YEAR-OLD HOCKEY (MINOR NOVICE)

IN THE LONG-TERM PLAYER DEVELOPMENT (LTPD) MODEL, 7-YEAR-OLDS ARE PART OF FUNDAMENTALS 2: During this period players continue to develop motor skills and coordination. Practices sessions should be held twice a week during the season. The Novice Skills Program is designed to promote the continued development of physical literacy, fitness, and the basic skills required to play hockey.

## Ideal Seasonal Structure

### SEASON START

Player evaluations for the first two weeks on ice

### PRACTICES

Two per week, 45-50 over the season  
Multiple station work  
Shared-ice  
75% focus on technical skills  
15% individual tactics  
10% team tactics  
5:1 player to coach ratio

### DEVELOPMENT PHASE

Eight weeks starting after player evaluations  
(Ten weeks total, including player evaluations)

### REGULAR PHASE

Sixteen weeks starting after Development Phase

### GAMES

30-40 games over the whole season, including tournaments

### TOURNAMENTS

Jamboree-style  
Three maximum (5-10 games total)

### PLAYOFFS

None

## Ideal Game Structure

### RINK SIZE

Half-ice, **mandated** to a maximum of 100x100\*  
\*Please see rink layout page 16

### OFFICIALS

One official per game

### DESIGNATED POSITIONS

No full-time goaltenders (everyone tries)  
No position specialization

### PUCKS

Blue, 40z

### NETS

Regular, 4' x 6'

### SCORE

Not kept



# 8-YEAR-OLD HOCKEY (NOVICE)

FUNDAMENTALS 2 OF THE LTPD MODEL ALSO INCLUDES 8-YEAR-OLDS. SKILLS BEING FOCUSED ON IN NOVICE INCLUDE AN ADVANCEMENT OF THE SKILLS LEARNED IN THE INITIATION PROGRAM AND THE INTRODUCTION OF TEAM PLAY. PLAYERS ARE ALSO LEARNING MORE OFFENSIVE (DEKES AND NET DRIVES) AND DEFENSIVE (BASIC ONE-ON-ONES AND ESCAPE MOVES) TACTICS.

## Ideal Seasonal Structure

### SEASON START

Player evaluations for the first two weeks on ice

### PRACTICES

Two per week, 45-50 over the season  
Multiple station work  
Shared-ice  
75% focus on technical skills  
15% individual tactics  
10% team tactics  
5:1 player to coach ratio

### DEVELOPMENT PHASE

Four weeks following player evaluations  
(Six weeks total, including player evaluations)

### REGULAR PHASE

Twelve weeks following Development Phase

### TRANSITION PHASE

Eight weeks following Regular Phase

### GAMES

30-40 games over the whole season, including tournaments

### TOURNAMENTS

Jamboree-style  
Three maximum (5-10 games total)

### PLAYOFFS

Optional

## Ideal Game Structure

### RINK SIZE

Half-ice, **mandated** to a maximum of 100x100\*  
for Development and Regular Phase  
Full-ice games in Transition Phase  
\*Please see rink layout page 16

### OFFICIALS

One official per half-ice game  
Two officials per full-ice game

### DESIGNATED POSITIONS

Designated goaltenders (optional)  
No position specialization

### PUCKS

Regular, Black, 60z

### NETS

Regular, 4' x 6'

### SCORE

Optional



# 5 & 6-YEAR-OLD MIXED PROGRAMMING (IP)

PARENTS AND COACHES NEED TO THINK LONG TERM. THE INITIATION PROGRAM IS A PROGRESSIVE, LEARN-TO-PLAY TEACHING CURRICULUM. CHILDREN LEARN THROUGH PARTICIPATING IN PRACTICE DRILLS AND INFORMAL MODIFIED GAMES. THE INITIATION PROGRAM INTRODUCES THE SKILLS OF SKATING, PASSING, PUCK CONTROL AND SHOOTING IN A PROGRESSIVE, ONE-STEP-AT-A-TIME MANNER. FOCUS IS ON SKILL DEVELOPMENT AND FUN WITHOUT THE PRESSURES OF WINNING.

## Ideal Seasonal Structure

### SEASON START

Player evaluations for the first two weeks on ice

### PRACTICES

Two per week, 35-45 over the season  
Multiple station work  
Shared-ice  
85% focus on technical skills  
15% individual tactics  
5:1 player to coach ratio

### DEVELOPMENT PHASE

Ten weeks following player evaluations  
(Twelve weeks total, including player evaluations)

### REGULAR PHASE

Fourteen weeks starting after Development Phase

### GAMES

20-25 over the whole season, including tournaments

### TOURNAMENTS

Jamboree-style  
Three maximum (5-10 games total)

### PLAYOFFS

None

## Ideal Game Structure

### RINK SIZE

Cross-ice, **mandated** to a maximum of 100x60\*  
\*Please see rink layout page 16

### OFFICIALS

None, controlled by coaches

### DESIGNATED POSITIONS

No goaltenders  
Goaltender equipment optional  
No position specialization

### PUCKS

Blue, 40z

### NETS

Small, 3' x 4' or smaller

### SCORE

Not kept



# 7 & 8-YEAR-OLD MIXED PROGRAMMING (NOVICE)

THE EVOLUTION OF A PLAYER FROM THE INITIATION PROGRAM TO NOVICE HOCKEY INVOLVES A CHANGE IN THE LANDSCAPE OF GAME PLAY, BUT THE FOCUS OF SKILL DEVELOPMENT REMAINS THE CORE FOCUS. PLAYERS WILL REPEAT THE TRANSITION FROM HALF-ICE TO FULL-ICE GAMES OVER BOTH SEASONS, REINFORCING THE IMPORTANCE OF USING THE SAME SKILLS DEVELOPED IN MODIFIED-ICE GAMES IN FULL-ICE GAMES.

## Ideal Seasonal Structure

### SEASON START

Player evaluations for the first two weeks on ice

### PRACTICES

Two per week, 45-50 over the season  
Multiple station work  
Shared-ice  
75% focus on technical skills  
15% individual tactics  
10% team tactics  
5:1 player to coach ratio

### DEVELOPMENT PHASE

Four weeks following player evaluations  
(Six weeks total, including player evaluations)

### REGULAR PHASE

Twelve weeks following Development Phase

### TRANSITION PHASE

Eight weeks following Regular Phase

### GAMES

30-40 games over the whole season, including tournaments

### TOURNAMENTS

Jamboree-style  
Three maximum (5-10 games total)

### PLAYOFFS

Optional

## Ideal Game Structure

### RINK SIZE\*\*

Half-ice, **mandated** to a maximum of 100x100\* during Development and Regular Phase  
Full-ice games during Transition Phase  
\*Please see rink layout page 16  
\*\*This rink size transition will repeat every season, so players will participate in the change for two years.

### OFFICIALS

One official per half-ice game  
Two officials per full-ice game

### DESIGNATED POSITIONS

Designated goaltenders (optional)  
No position specialization

### PUCKS

Regular, Black, 60z

### NETS

Regular, 4' x 6'

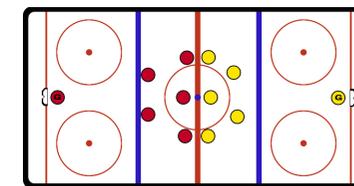
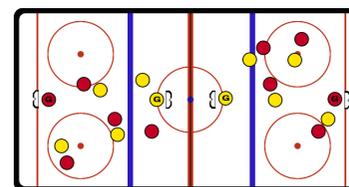
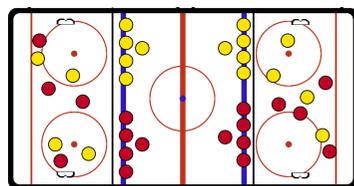


MIXED PROGRAMMING CAN BE USED BY ASSOCIATIONS WHEN INDIVIDUAL AGED PROGRAMMING IS NOT FEASIBLE.

# THE PROGRESSION FROM 5-TO-8-YEAR-OLD HOCKEY

## Ideal Seasonal Structure

Age Group	5-year-old	6-year-old	5 & 6-year-old mixed	7-year-old	8-year-old	7 & 8-year-old mixed
<b>Season Start</b>	Two weeks of player evaluations					
<b>Season Length</b>	26 weeks					
<b>Practices</b>	30-40 per season	35-45 per season	35-45 per season	45-50 per season	50-55 per season	50-55 per season
<b>Games</b>	15-20 per season	20-25 per season	20-25 per season	30-40 per season	30-40 per season	30-40 per season
<b>Tournaments</b>	Jamboree, 3 max/season					
<b>Playoffs</b>	None	None	None	None	Optional	Optional



## Ideal Game Structure

Age Group	5-year-old	6-year-old	5 & 6-year-old mixed	7-year-old	8-year-old	7 & 8-year-old mixed
<b>Rink Size</b>	Cross-ice, to a maximum of 100x60	Cross-ice, to a maximum of 100x60	Cross-ice, to a maximum of 100x60	Half-ice, to a maximum of 100x100	Half-ice for Dev. & Reg., Full-ice in Transition Phase	Half-ice for Dev. & Reg., Full-ice in Transition Phase
<b>Officials</b>	None, controlled by coaches	None, controlled by coaches	None, controlled by coaches	One per half-ice game	One per half-ice game, Two per full-ice game	One per half-ice game, Two per full-ice game
<b>Designated Positions</b>	No goaltenders, no specialization	No full-time goaltenders, no specialization	No full-time goaltenders, no specialization	No full-time goaltender, no specialization	Full-time goalie optional, no specialization	Full-time goalie optional, no specialization
<b>Pucks</b>	Blue, 4 oz	Blue, 4 oz	Blue, 4 oz	Regular, Black, 6 oz	Regular, Black, 6 oz	Regular, Black, 6 oz
<b>Nets</b>	Small, 3' x 4' or smaller	Small, 3' x 4' or smaller	Small, 3' x 4' or smaller	Regular, 4' x 6'	Regular, 4' x 6'	Regular, 4' x 6'

# IP SEASONAL STRUCTURE

THE AGE SPECIFIC CHARTS ON THE FOLLOWING PAGES ARE GUIDELINES TO WHAT AN OPTIMAL SEASON COULD LOOK LIKE, TAKING INTO ACCOUNT THE PRINCIPALS OF THE LONG TERM PLAYER DEVELOPMENT MODEL.

## Ideal Seasonal Structure 5-year-olds

Seasonal Phase	Whole	Development	Regular
<b>Length</b>	26 weeks	12 weeks	14 weeks
<b>Practices</b>	40 maximum	24, 2/week	16 practices
<b>Games</b>	20 maximum	4	7
<b>Tournaments (Jamborees)</b>	3 maximum	1 - 3 games	2 - 6 total games
<b>Considerations</b>	Games are cross-ice	Includes two weeks for player evaluations	

## Ideal Seasonal Structure 6-year-olds

Seasonal Phase	Whole	Development	Regular
<b>Length</b>	26 weeks	12 weeks	14 weeks
<b>Practices</b>	45 maximum	24, 2/week	21 practices
<b>Games</b>	25 maximum	6	10
<b>Tournaments (Jamborees)</b>	3 maximum	1 - 3 games	2 - 6 total games
<b>Considerations</b>	Games are cross-ice	Includes two weeks for player evaluations	

Mixed programming of 5 & 6-year-olds should follow the seasonal structure for 6-year-olds.

# NOVICE SEASONAL STRUCTURE

HERE ARE THREE FACTS THAT CAN HAVE AN IMMEDIATE IMPACT ON DEVELOPING PLAYERS: THERE IS NO NEED TO RUSH INTO TRYOUTS, ATHLETIC WARM UPS AND COOL DOWNS SHOULD BE INTRODUCED BEFORE AND AFTER EVERY ICE TIME, AND A YEAR-END TOURNAMENT KEEPS EVERY TEAM ON THE ICE UNTIL THE VERY END.

## Ideal Seasonal Structure 7-year-olds

Seasonal Phase	Whole	Development	Regular
<b>Length</b>	26 weeks	10 weeks	16 weeks
<b>Practices</b>	50 maximum	20, 2/week	30 practices
<b>Games</b>	40 maximum	9	22
<b>Tournaments (Jamborees)</b>	3 maximum	1 - 3 games	2 - 6 games
<b>Considerations</b>	Games are half-ice	Includes two weeks for player evaluations	

## Ideal Seasonal Structure 8-year-olds

Seasonal Phase	Whole	Development	Regular	Transition
<b>Length</b>	26 weeks	6 weeks	12 weeks	8 weeks
<b>Practices</b>	50 maximum	12, 2/week	24, 2/week	14, ~2 per week
<b>Games</b>	40 maximum	6	10	15
<b>Tournaments (Jamborees)</b>	3 maximum		1 - 3 games	2 - 6 games
<b>Considerations</b>		Includes two weeks for player evaluations	Games are half-ice	Games are full-ice

Mixed programming of 7 & 8-year-olds should follow the seasonal structure for 8-year-olds. However, it should be noted 7-year-old players in this programming will repeat the same seasonal structure (including the half-ice to full-ice transition) for two seasons.

# TIERING

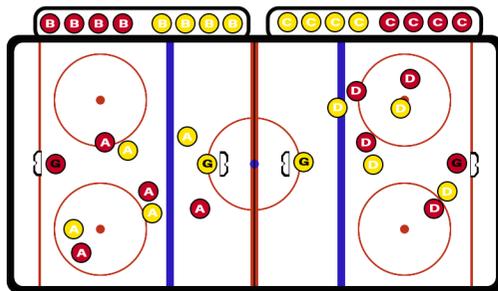
A MAJOR COMPONENT TO TIERING COMES DOWN TO TEAM COMPOSITION. ALL TEAMS ARE GOING TO LOOK A LITTLE DIFFERENT AS THE NEEDS OF THE ASSOCIATIONS AND COMMUNITIES ARE VARIED. THE EXAMPLES BELOW ARE BASED ON A TEAM OF 18 PLAYERS, WHICH IS RECOMMENDED BY HOCKEY CANADA AS THE IDEAL NUMBER FOR A ROSTER.

## TEAM SIZE

Given every association is different, getting to 18 players per team may be difficult, especially for smaller associations. However, consider why 18 is the ideal. That allows for 4 lines (4-on-4 hockey) and two goaltenders. In most situations, that means a player is on the ice every other shift and that is where the focus should be - keeping kids on the ice as much as possible.

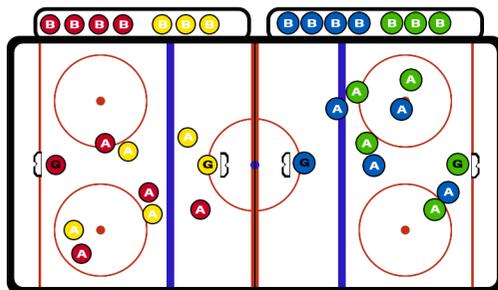
\*\*If your association has a great discrepancy based on the suggestions below, you are encouraged to contact your Member for further support in rostering teams.\*\*

## TIERING WITHIN A TEAM



The 18 players on these two teams have been divided into skill-based lines, with like-skill players from each team playing against the other. These teams can be from the same or different associations.

## TIERING WITHIN AN ASSOCIATION



This association decided to split its 34, 7-year-old house league players into four teams. There are two teams of nine and two of eight, all participating in half-ice games. The teams are balanced but the lines are divided by skill (see above for explanation). All four teams play at the same time every week.

# BASIC GAME RULES

IN ADDITION TO UPDATING THE SIZE OF THE PLAYING SURFACE TO ENCOURAGE DEVELOPMENT FOR OUR YOUNGEST PLAYERS, THE BASIC RULES OF THE GAME HAVE ALSO BEEN ADAPTED TO FIT THE NEEDS OF A MODIFIED-ICE GAME. BELOW IS A SELECTION OF THOSE ADAPTATIONS AS **RECOMMENDED** BY HOCKEY CANADA.

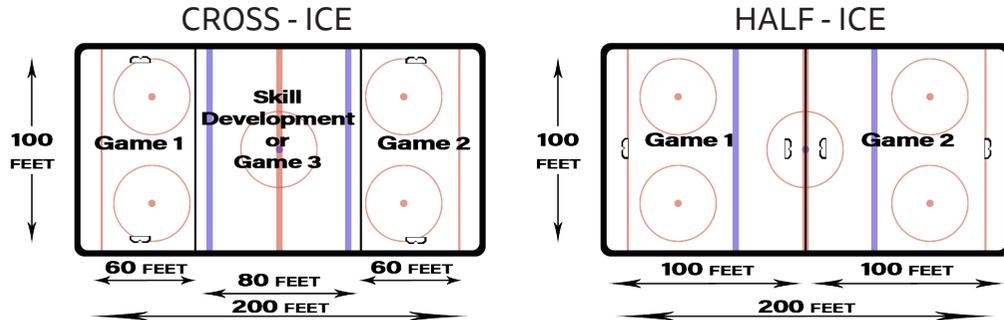
RULE	CROSS-ICE	HALF-ICE
<b>Lines</b>	4-on-4	4-on-4
<b>Warm Up</b>	3 minutes	3 minutes
<b>Length</b>	2-25 minute halves	2-25 minute halves
<b>Face-offs</b>	To start game and second half	To start game and second half
<b>Keep Score</b>	No	Not recommended
<b>Standings</b>	None	None
<b>Off-side</b>	None	None
<b>Icing</b>	None	None
<b>Line Changes</b>	On the fly, every minute. Play stops at the buzzer/whistle and players leave puck where it is and go to bench. Play resumes immediately as new players take to the ice.	On the fly, every minute. Play stops at the buzzer/whistle and players leave puck where it is and go to bench. Play resumes immediately as new players take to the ice.
<b>Puck out of bounds</b>	Offending team backs away, coach drops new puck to non-offending team.	Offending team backs away, <b>referee</b> drops new puck to non-offending team.
<b>Goaltender Save</b>	Shooting team backs away on coach's whistle, goalie passes to own teammate.	Shooting team backs away on <b>referee's</b> whistle, goalie passes to own teammate.
<b>Goal scored</b>	Coach blows whistle. Scoring team backs away, defending team removes puck from net and immediately starts on attack.	<b>Referee</b> blows whistle. Scoring team backs away, defending team removes puck from net and immediately starts on attack.
<b>Penalties</b>	Coach indicates penalty, if offending team has puck, it is a change of possession. At end of shift, coach notifies of offending player, who misses their following shift. Teams play at even strength.	<b>Referee</b> indicates penalty, if offending team has puck, it is a change of possession. At end of shift, referees notifies coach of offending player, who misses their following shift. Teams play at even strength.

# MODIFIED ICE - GAME PLAY

EVERY ARENA IN THE ONTARIO HOCKEY FEDERATION HAS ITS OWN UNIQUE FEEL. SOME ICE SURFACES ARE STANDARD OLYMPIC SIZE WHILE OTHERS WERE MADE TO FIT THE BUILDING IN WHICH THEY ARE HOUSED. REGARDLESS OF THE SET UP, FOLLOWING MODIFIED-ICE PROGRAMMING IS ACHIEVABLE BY KEEPING IN MIND THE MAXIMUM GAME SIZE AREA AND BEING CREATIVE IN THE APPROACH TO ICE SET UP.

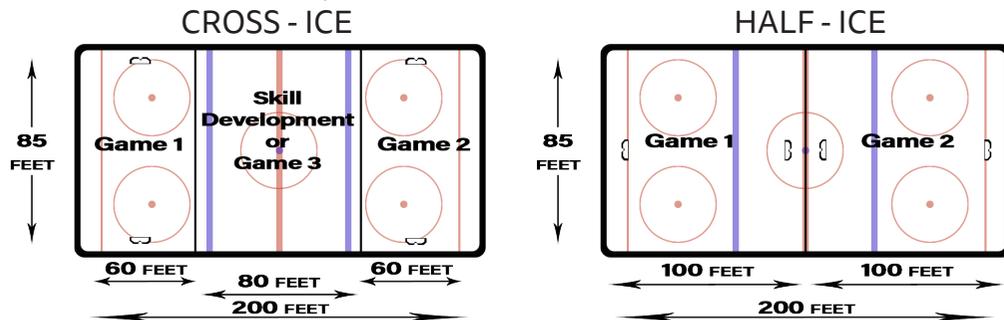
## OLYMPIC SIZE RINK

The maximum measurements for modified-ice is based off a rink 200' x 100'.



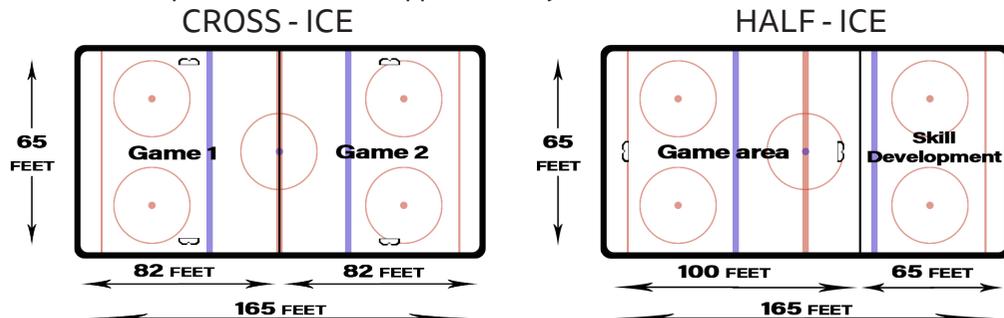
## NHL SIZE RINK

A standard NHL rink (and many around North America) is 200' x 85'.



## SMALL SIZE RINK

Below is an example of a rink that is approximately 165' x 65'.



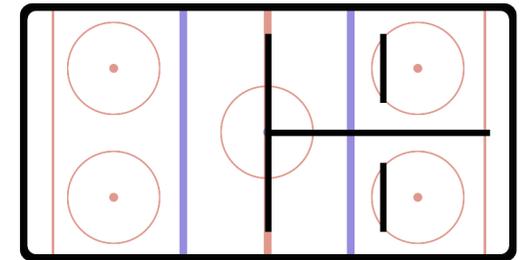
# MODIFIED ICE - PRACTICE

SHARED ICE PRACTICES ARE THE MOST PRACTICAL WAY TO ENSURE BOTH PLAYERS AND ASSOCIATIONS ARE FULLY BENEFITING FROM EVERY MOMENT OF ICE AVAILABILITY. BY SHARING PRACTICES WITH ANOTHER TEAM, PLAYERS OF SIMILAR CALIBERS CAN PRACTICE ALONGSIDE EACH OTHER AND BUILD SKILLS ON THE SAME PACE.

Here are some examples of ice layout for practices. There are no limits to the set up and no reason it has to stay the same for the whole season.

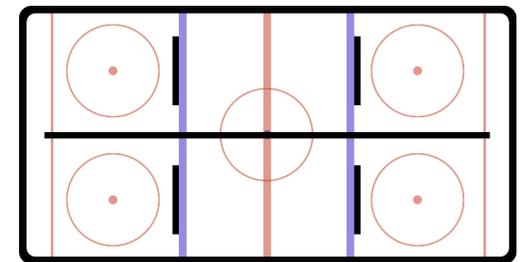
### 5 station practice

- room for a half-ice game or scrimmage and four skill stations
- one coach per skill station



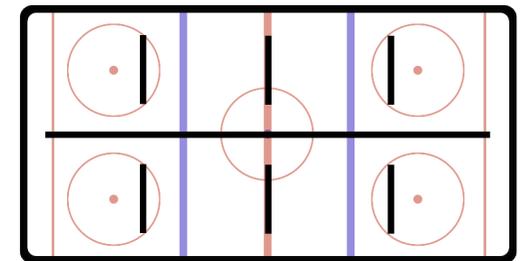
### 6 station practice

- room for a scrimmage and four skill stations
- one coach per skill station



### 8 station practice

- small stations for focused skill development
- one coach per skill station



# SUPPORT MODIFIED ICE

THE BENEFITS OF MODIFIED-ICE GAMES HAVE BEEN WELL KNOWN IN THE PROFESSIONAL RANKS FOR YEARS. BUT WHY DO PROFESSIONAL ATHLETES STILL NEED TO FOCUS ON SMALL-AREA GAMES AND SKILL-STATIONS? BECAUSE THEY WORK!

For 21 years, Gartner and partners such as fellow ex-Leaf Wes Jarvis have run National Training Rinks, teaching skills on a smaller surface north of Toronto in Barrie, Newmarket and Richmond Hill.

“It’s great,” Gartner said of the Matthews connection. “Not only is it someone such as Matthews who grew up doing that or Connor McDavid who also grew up in our Newmarket rink, but now Hockey Canada has said that younger kids should be playing on smaller ice surfaces. So, we feel a little vindicated after so many years of doing this. We are finally getting to the point that the game we knew in teaching skills is actually coming full circle.”  
- Ottawa Citizen, November 13, 2017

For me, that’s what I grew up playing on so it really helped me out with stick handling in tight and making quicker plays and processing the game a little faster.”  
- Auston Matthews, on CityNews September 21, 2017

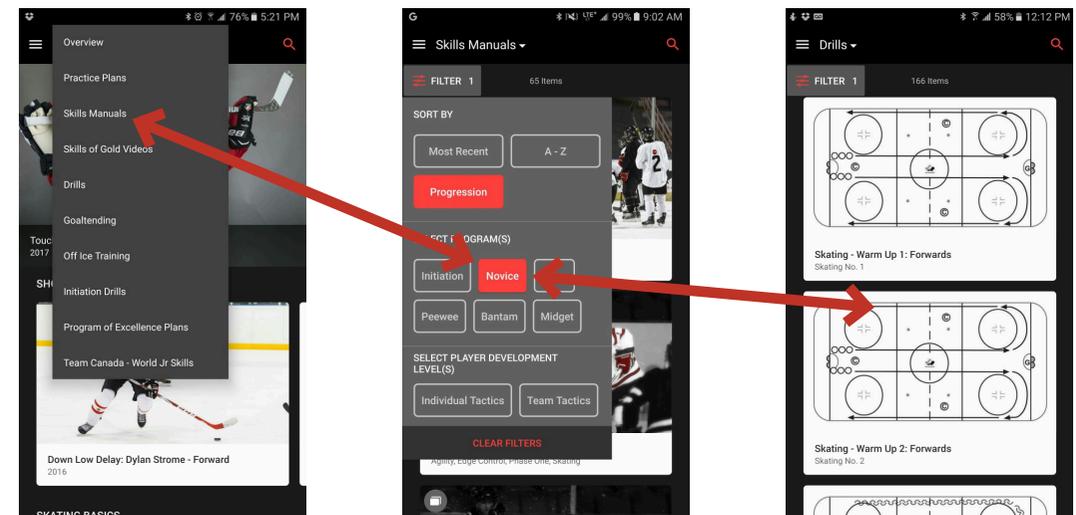
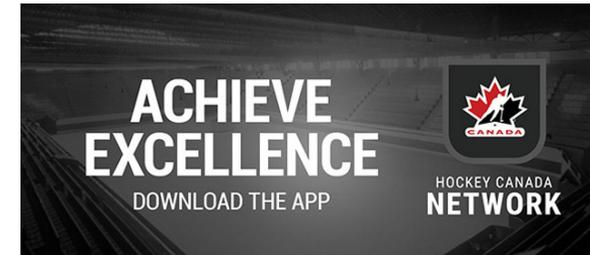
It should have been happening a long time ago. There’s nothing worse, I mean it’s just pack hockey, you see five chasing the puck, it’s a waste of time.”  
- Mike Babcock, on CityNews September 21, 2017



**GTHL Top Prospects practice using small area games**

# RESOURCES

HOCKEY CANADA HAS CREATED A PLETHORA OF RESOURCES FOR THE INITIATION PROGRAM AND NOVICE MODIFIED-ICE. THIS IS NOT A COMPREHENSIVE LIST, BUT A SUGGESTION OF STARTING POINTS WHERE OTHER RESOURCES CAN BE FOUND. THE OHF MEMBERS ARE ALSO GREAT RESOURCES AND A CONTACT LIST IS INCLUDED ON THE BACK COVER.



The Hockey Canada Skills Development Novice Manual is made up of 32 individual practice plans. Each individual drill can also be accessed. These are available free of charge through the Hockey Canada Network and Drill Hub.



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