



Canadian Player Pathway

NOVICE



2019 - 20

TABLE OF CONTENTS



3 INTRODUCTION

4 MESSAGES

- Lead, Develop and Promote Positive Hockey Experiences
- Tom Renney

5 WHAT IS THE NOVICE PATHWAY?

- Who is it for
- Goals
- Purpose

7 SEASONAL STRUCTURE

- Ideal Season
- Monthly Goals
- Skills Pyramid

16 NOVICE SKILLS

17 INSTRUCTORS / COACHES

- NCCP Clinic
- Requirements
- Professional Development

18 RESOURCES

- Hockey Canada Network
- Skills Manuals
- Drill Hub

How a player gets that first experience of hockey is crucial.

If a beginner has fun while developing the fundamental skills and building confidence in their ability to perform those fundamental skills, there is a strong probability that player will go on to enjoy hockey for many years.

INTRODUCTION

LEAD, DEVELOP AND PROMOTE POSITIVE HOCKEY
EXPERIENCES



TOM RENNEY
Chief Executive
Officer, Hockey
Canada

Hockey is Canada and Canada is hockey.

Let's face it – hockey is a touchstone of Canadian life. It is Canada's national theatre and it is the chatter of the country. Hockey is more than a sport for Canadians, it is a part of the country's heart and soul.



Whoever said those words took the pulse of a nation that has had a long and storied love affair with hockey

VISION: WORLD SPORTS LEADERS



NOVICE PATHWAY

INTRODUCTION



The Novice pathway is both introduction and transition from Initiation to Atom



NOVICE PATHWAY

WHAT IS THE **NOVICE** PATHWAY?

- ❖ The Novice Pathway is a progressive, learn to play teaching curriculum. This pathway is an important transition from the Initiation pathway and into the Atom pathway
- ❖ Consists of four phases of instruction, designed for entry level hockey players as well as those graduating from Initiation.
- ❖ **Introduces, develops and refines** the skills of skating, passing, puck control and shooting in a progressive one step at a time manner



The main goal is to make the beginner's first impression of hockey a good one! When Players get started on a positive note they automatically enjoy the game and usually go on to have fun playing hockey for many years

WHAT IS THE **NOVICE** PATHWAY?

Coach 1 – Intro to Coach

2017/18

- ❖ *Recommended that all Coaches/Instructors that coach Novice (age 7 and 8) be Coach 1 - Intro to Coach trained.*
- ❖ *Recommended that all assistant coaches / instructors in an on-ice leadership position are Coach 1 - Intro to Coach trained.*

2018/19

- ❖ *Mandatory all coaches / instructors coaching Initiation and/or Novice must be Coach 1 – Intro to Coach trained.*



Novice Level Programming

2018/19

The Novice age category (age 7 and 8) it is recommended that all games will be cross ice/half ice.

2019/20

The Novice age category (age 7 and 8) it is mandatory that all games will be cross ice/half ice. Full Ice games permitted after Jan 15

WHAT IS THE **NOVICE** PATHWAY?

Developing fundamental movement skills (striding, turning, stopping), manipulation skills (shooting, puck control) and overall motor skills (balance, coordination, agility) in a fun and safe environment that promotes self-confidence



THE OBJECTIVES OF THE PROGRAM

- ❖ Continue to grow their impression of hockey a positive one for players and parents.
- ❖ Play/Games exist primarily in a modified form – formalized games introduced throughout the season.
- ❖ Some streaming of the players –goal is to have players working with players of like skills to develop confidence and self esteem



SEASONAL STRUCTURE

IDEAL HOCKEY SEASON: Refers to an optimal seasonal structure – this is a guideline and is subject to a range of minor differences regarding suggested numbers.

PREP / TRYOUT PHASE: Refers to the period of time prior to the season starting – typically when prep camps and / or tryouts are held.

DEVELOPMENT PHASE: Refers to the period of time following tryouts or evaluation prior to the regular season starting.

REGULAR SEASON PHASE: Refers to the period of time from first regular season game to the start of playoffs or Provincial / Branch Championships.

PLAYOFF PHASE: Refers to the period of time from the end of the regular season through to the end of Playoffs.

OFF SEASON: Refers to the period of time from the end of the playoff season to the start of the next Prep or Tryout season. No tryouts are allowed during the off season

NOVICE: AGE 7-8

DEVELOPMENT PHASE

Up To

8

WEEKS

16

PRACTICES

4

GAMES
(Half Ice)

REGULAR SEASON PHASE

Up To

20

WEEKS

36

PRACTICES

16

GAMES

PLAYOFF PHASE

No playoffs
Up to 4 Weeks

TOURNAMENTS

3 tournaments
12 games

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

REQUIREMENTS:

- No tryouts / evaluations prior to or during the first week of school
- Must provide a minimum of 4 skates before formal tryouts
- Tryouts must be minimum 3 sessions (1 skills session / 1 small area games session / 1 formal game)
- No Full Time Goalies / Rotate all players through all positions F / D / G
- No Playoffs
- Fair / Equal Ice Time
- Regulation Sized Nets
- Blue 4 Oz pucks first half / Regulation 6 Oz pucks second half
- 5 to 1 Player to Coach Ratio Maximum / Station based practices
- Consistent prime time ice sessions for practices and games (consistent days & times)

CONSIDERATIONS:

For the 2019/20 season: The Novice age category (age 7 and 8) it is mandatory that all games will be cross ice/ half ice. Full Ice Games / Tournaments permitted after Jan 15.





SEASONAL STRUCTURE

Requirements

Prep / Tryout Phase: Refers to the period of time prior to the season starting – typically when prep camps and / or tryouts are held

- 1) No tryouts / evaluations prior to or during the first week of school
 - No tryouts during Off Season Phase (Previous season including March through August)
 - No tryouts during the first week of school where school starts the week after labor day
 - Where school starts prior to labor day, there must be 4 skates / practices starting the week following labor day before tryouts commence
- 2) Must have a minimum of 4 practices / skill sessions prior to formal evaluations starting
- 3) Must have a minimum of 3 formal tryout / evaluation sessions – Recommended - 1 skills session, 1 small area games session, 1 game

Development Phase: Refers to the period of time following tryouts or evaluation prior to the regular season starting.

- 4) Must have a period of development time following team selection and prior to the start of the regular season

Playoff Phase: Refers to the period of time from the end of the regular season through to the end of playoffs

- 5) NO Playoffs





SEASONAL STRUCTURE

Rationale

1) No tryouts / evaluations prior to or during the first week of school

- Give MHA's and parents back the summer – season does not need to start that early only to be finished in February (Start later / End later)
- Start of school year is stressful enough for players, they do not need to have hockey tryouts start the same time
- Give MHA's a chance to get organized and begin planning

2) Must have minimum of 4 practices / skill sessions prior to formal evaluations starting

- A players first experience with hockey should not be a formal tryout – give all players the chance to get back on the ice in a more “ player friendly “ scenario
- Helps to level the playing field as not all kids have a chance to go to hockey schools or prep camps
- Give an MHA a chance to run their own prep camp instead of members spending money outside the association

3) Tryouts must be minimum of 3 formal tryout / evaluation sessions – Recommended - 1 skills sessions, 1 small area games session, 1 formal game

- Players need a fair chance to evaluate – a standard process will show transparency and consistency
- Will provide coaches with the basis of a development plan based on a solid and quantifiable evaluation.

4) Must have a period of development time following team selection and prior to the start of the regular season

- Very important to give coaches the chance to develop and improve their players skills prior to getting into organized games
- Skills before tactics, tactics before systems
- Eliminate or reduce pressure to try and win right away

5) No Playoffs in Novice

- Give all teams the chance to play to same end point.
- All players deserve the same chance to play to the end of the year finishing with fun tournament





SEASONAL STRUCTURE

Recommendations

General Development

- Season should allow for 2 seasonal breaks (not including Christmas / long weekends – Seasonal Break would be considered minimum 5 days without a scheduled game or practice)
- Recommended maximum of 40 games per year (including exhibition / league / tournaments)
- Recommended length of game is a 60 minute ice time
- Small Area Games in practice / Station based practices / Skill focused drills

Tryouts / Evaluations

- Players should not tryout based on a specific position
- Players should be selected for teams based on their skill, not positional preference ie teams should be selected based on the top X number of players and not based on position specific player preferences

Ice Time

- Fair / equal ice time (No full time goalies)

Position Specific Teaching

- Only 10% of practice time should be spent on team play and strategy / systems – 90% of practice should be on skills and tactics
- Basic positional play / rules of the game can be introduced at the end of the novice season or prior to the start of the atom regular season. Basic defensive zone positioning, off side / icing etc can be introduced during the ice sessions prior to tryouts / evaluations or after teams are selected and prior to the regular season starting
- Players should rotate through Defence and Forward positions in the first half of the year and then may move to more consistent positions in the second half.
- Limit position specific specialization (all players try all positions)



SEASONAL STRUCTURE

PLAYER DEVELOPMENT PYRAMID



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





MONTHLY GOALS

SEPTEMBER

-Technical Skills - Introduce

Skating
- Agility
- Balance
- Coordination

Puck Control
-Stationary & Moving

Passing
--Stationary

Fun Games

OCTOBER

-Technical Skills - Develop

Skating
- Agility
- Balance
- Coordination

Puck Control
- Stationary & Moving

Passing
-Stationary

Fun Games

NOVEMBER

-Technical Skills - Develop

Skating
- Agility
- Quickness
- Speed

Puck Control
- Moving
- Dekes

Passing
- Moving

Fun Games

DECEMBER

Technical Skills – Develop / Refine

Skating
- Agility
- Quickness
- Speed

Puck Control
- Moving
- Dekes

Passing
-Stationary
-Moving

Fun Games

Relays

Competitive Drills

JANUARY

Individual Tactics - Introduce

1 on 1's

Give and Go's

Refine Technical Skills
Skating
- Agility
- Quickness
- Speed

Puck Control
- Moving
- Dekes

Passing
- Stationary / Moving

Competitive Drills

SEPTEMBER / OCTOBER

-No tryouts prior to or during the first week of school – must have 4 Development skates prior to formal tryouts commencing

-Players can be grouped by skill

-Multiple Stations





MONTHLY GOALS

FEBRUARY

Individual Tactics - Develop

1 on 1's

Give and Go's

Positioning

Breakouts

Technical Skills – Refine

Skating
- Quickness
- Speed

Puck Control
- Stationary/ Moving
- Deker

Passing
-Stationary / Moving

MARCH

Technical Skills - Refine

Skating
- Quickness
- Speed

Puck Control
- Stationary/ Moving
- Deker

Passing
-Stationary / Moving

Individual Tactics -Develop

1 on 1's

Give and Go's

Positioning

Basic Breakouts

APRIL

Tournaments

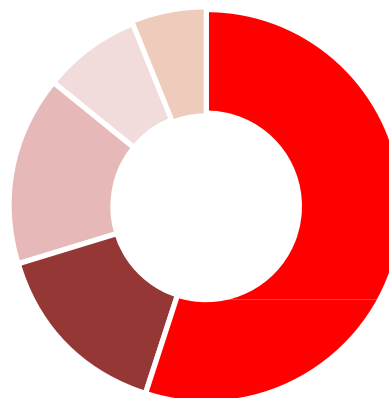
MAY / JUNE / JULY / AUGUST

Off season

Multisport Activities

FUN!!!

SEASONAL STRUCTURE BREAKDOWN CHART



40% - Introducing Technical Skills

25% - Developing Technical Skills

20% - Refining Technical Skills

10% - Introducing Individual Tactics

5% - Developing Individual Tactics



NOVICE SKILLS

LTPD STAGE - Fundamentals 2



Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<ul style="list-style-type: none"> Basic stance Balance on one foot Gliding on two skates Gliding on one skate – forward and backward Lateral Crossovers 	<ul style="list-style-type: none"> Figure 8's – forward – inside & outside edge Figure 8's – backward – inside & outside edge Heel to Heel (Mohawk) 1 leg weaving – fwd / bwd 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> C-cuts – left foot / right foot / alternating Crossunders T-push Forward striding 	<ul style="list-style-type: none"> C-cuts – left foot / right foot Gliding on two skates – backward Gliding on one skate – backward Backward Striding 1 Crossover / Reach 	<ul style="list-style-type: none"> 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
<ul style="list-style-type: none"> Stance Narrow / Wide Side – front – side Toe drag – side/front Attack Triangle 	<ul style="list-style-type: none"> Narrow / Wide Open ice carry – forehand & backhand Weaving with puck Toe drag – front & side Attack the Triangle 	<ul style="list-style-type: none"> Stationary forehand pass Stationary backhand pass Stationary bank pass 	<ul style="list-style-type: none"> Moving forehand pass Moving backhand pass Pass and Follow 	<ul style="list-style-type: none"> Forehand - wrist shot Backhand - sweep shot Forehand / backhand shots in motion Forehand - flip shot Backhand - flip shot 	<ul style="list-style-type: none"> Body fakes Stick fakes Dekes Moves in Combination Net Drives
Individual Defensive Tactics	Team Play				
<ul style="list-style-type: none"> Angling Basic 1 on 1's Escape moves Puck retrievals 	<ul style="list-style-type: none"> Basic Positioning – all players should play all positions 				

INSTRUCTORS / COACHES

Novice 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

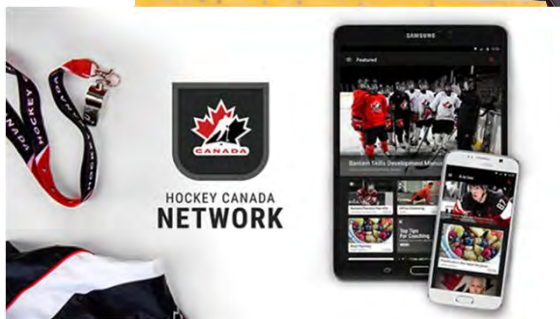
PATHWAY	TRAINED	CERTIFIED	CERTIFICATION MAINTENANCE
ALL YEARS	HOCKEY UNIVERSITY MODULES 1-12 ALL IN CLASS TASKS CLINIC ATTENDANCE	N/A	N/A

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

Continuing Education Opportunities

- NCCP Instructional Stream
- Skating Clinic
- Skills Clinic
- Small Area Games Clinic

RESOURCES



RESOURCES



BY THE NUMBERS

800 TEAM CANADA
GAME CLIPS

3,200 ARTICLES

300
PRACTICE PLANS

1,500
DRILLS

900 VIDEOS



www.hockeycanadanetwork.com



HOCKEY CANADA
NETWORK

RÉSEAU
HOCKEY CANADA

PLAY VIDEO

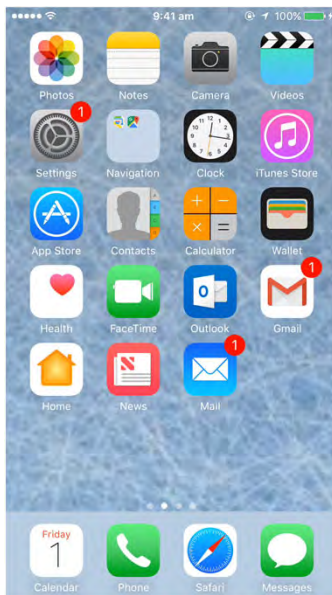


RESOURCES

SUBSCRIBE

Getting started is easy...

Download the app through the App Store or Google Play.



**PLAY
VIDEOS**



Subscribe in-app or online for immediate access, distribution and savings.

www.hockeycanadanetwork.com

Purchase Hockey Canada Network access codes online for your team or local minor hockey organization.

NETWORK

The Hockey Canada Network app is available for iOS and Android devices. Download it now for free from the Apple App Store or Google Play and start exploring videos and articles. For full, unlimited access to all content and features, subscribe to Hockey Canada Network Premium.

Free	Premium
Explore the app on your phone or tablet and view a limited selection of videos, articles, practice plans, drills and more.	Subscribe for unlimited access to exclusive and regularly updated content and enhanced features.
Free	As low as \$4.00/month*
	* Based on Annual Subscription

Subscribe Online and Save.

Subscribe for Premium access to the Hockey Canada Network through our website and get an **ADDITIONAL 20% OFF** the in-app annual subscription price. Single or group access codes available.

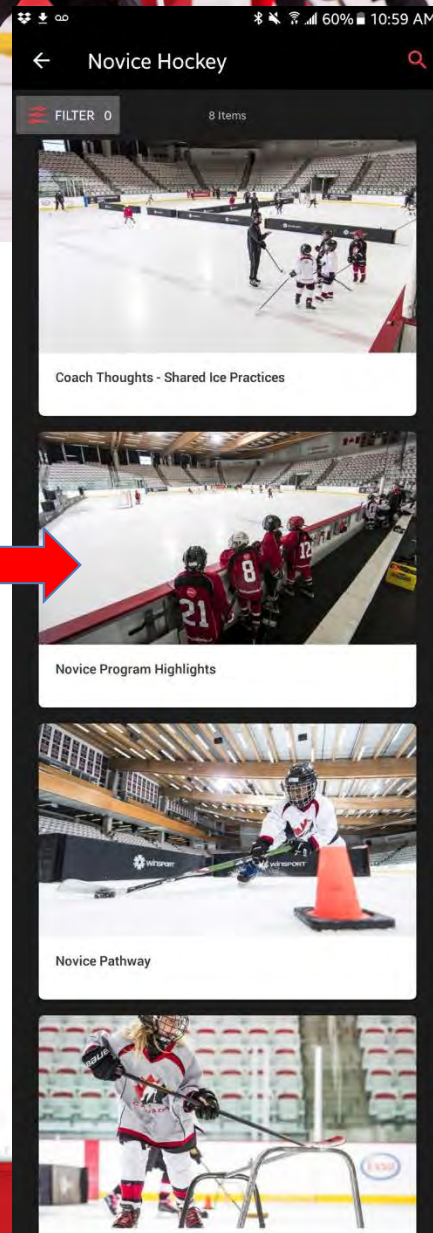
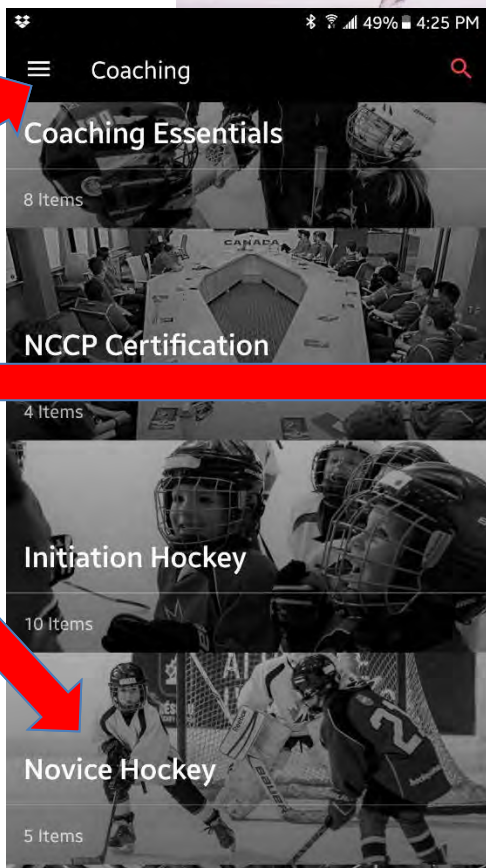
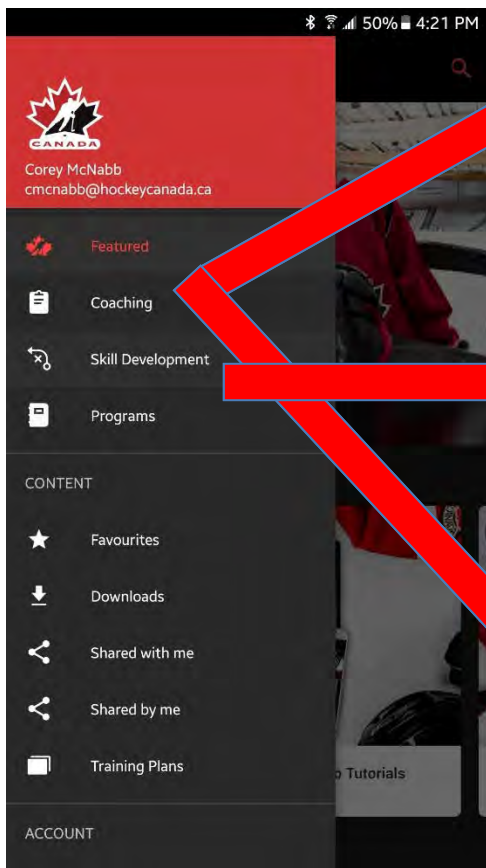
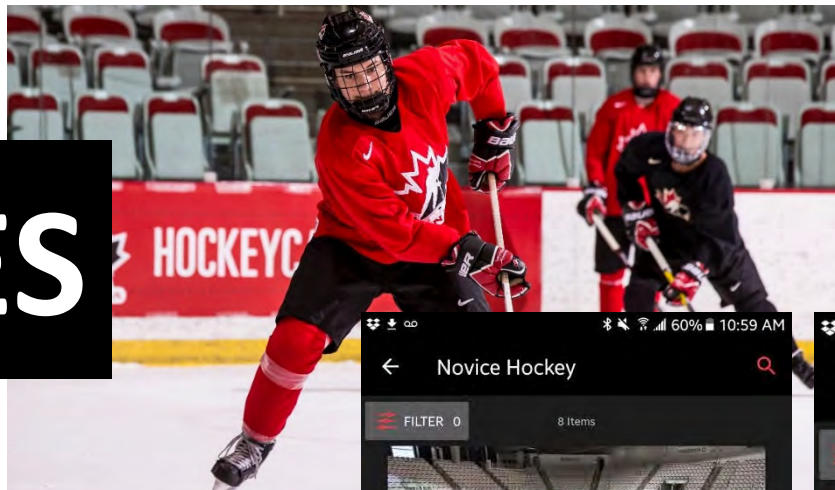
SUBSCRIBE

GET IT ON Google play | Download on the App Store

Join our Email list for the latest news and updates about the new Hockey Canada Network App. johnsmith@email.com

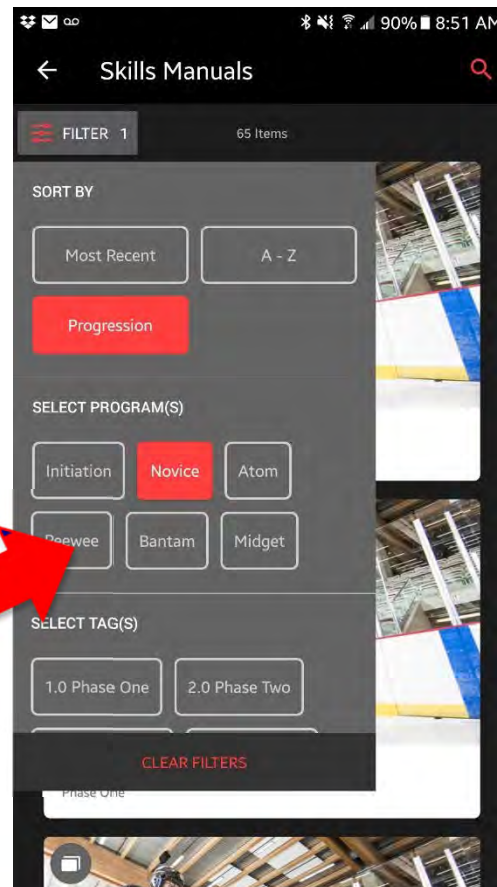
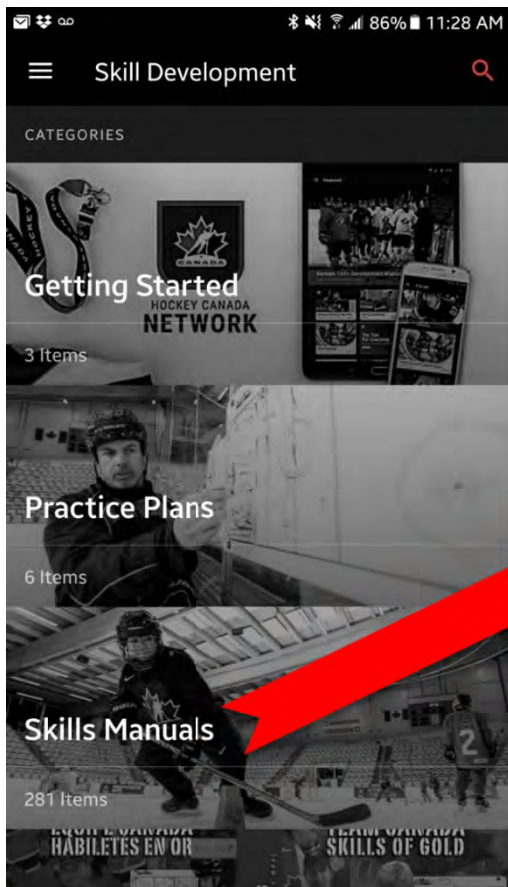


RESOURCES

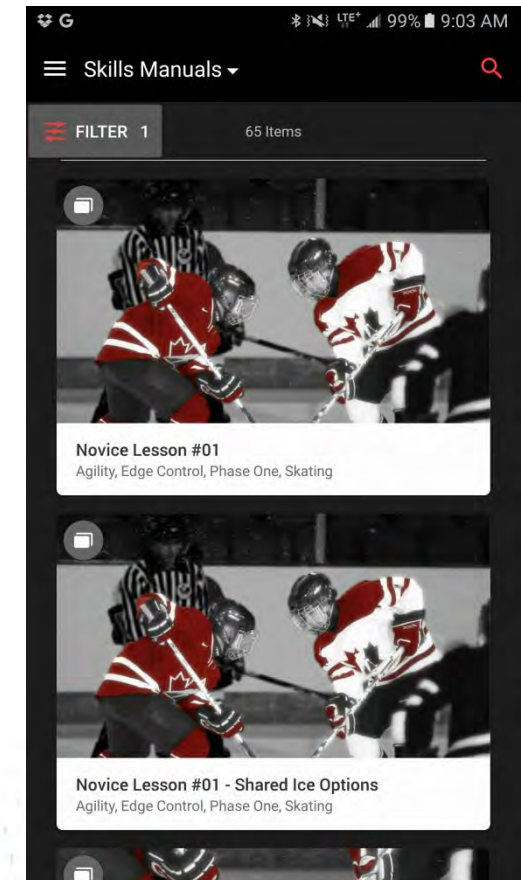


RESOURCES

Skill Development – Skills Manuals



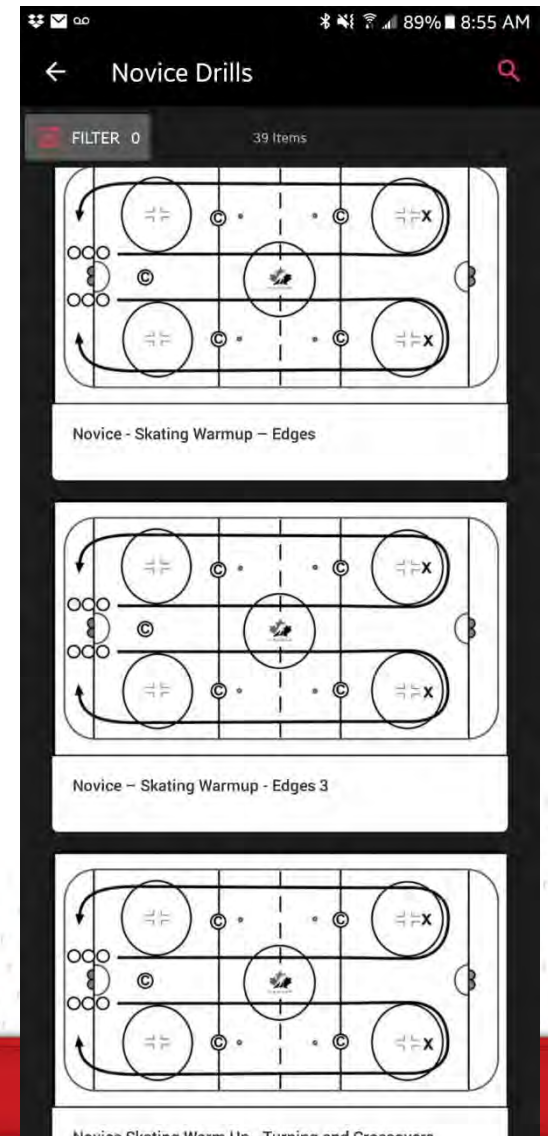
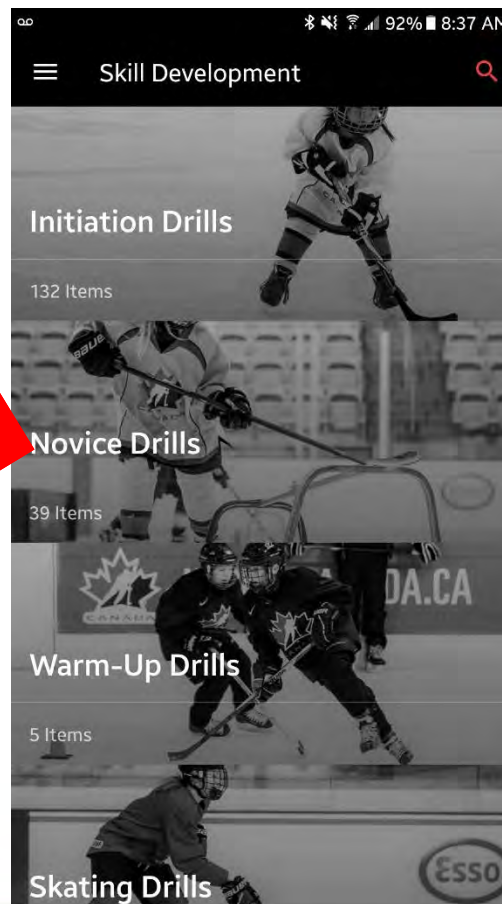
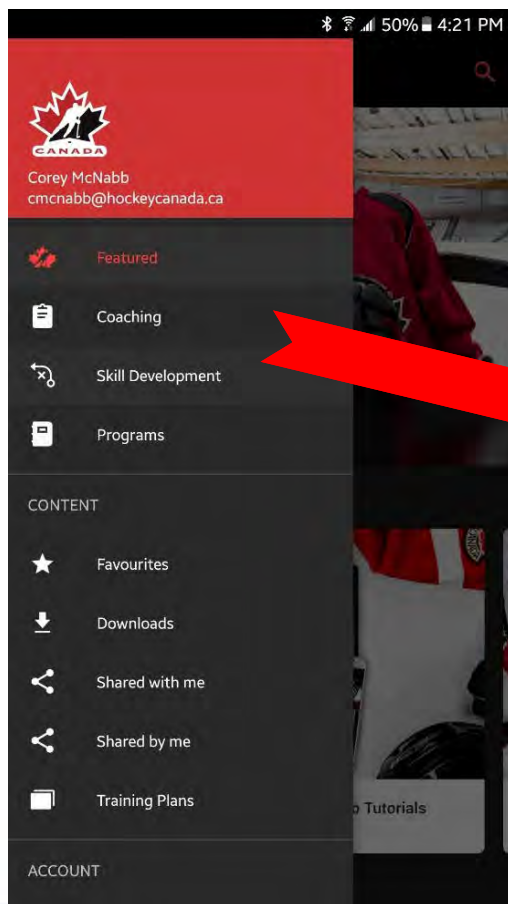
The Hockey Canada Skills Development Novice Manual is broken up into 32 separate practice plans. Each individual drill can also be accessed. Favorite, download and share an entire practice plan or individual drill



RESOURCES



Skill Development – Novice Skills



What is Hockey Canada Drill Hub?

Hockey Canada Drill Hub is a Free resource for players and coaches of all levels with a continuously growing library of:

- Drills
- Videos
- Practice Plans

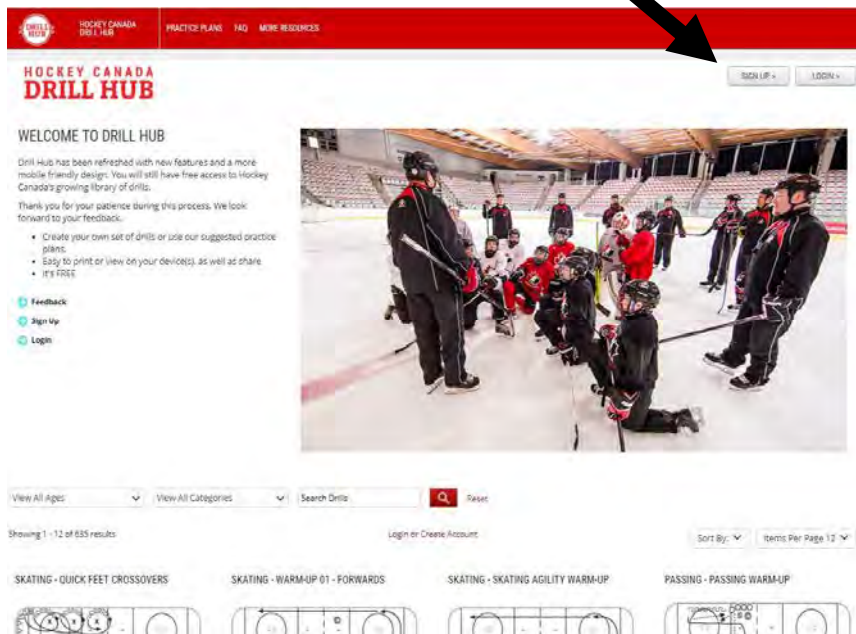
The screenshot shows the Hockey Canada Drill Hub website. At the top, there is a red navigation bar with the 'DRILL HUB' logo, 'HOCKEY CANADA DRILL HUB', and links for 'PRACTICE PLANS', 'FAQ', and 'MORE RESOURCES'. Below the navigation bar, the main header features the 'HOCKEY CANADA DRILL HUB' logo and 'SIGN UP >' and 'LOGIN >' buttons. The main content area includes a 'WELCOME TO DRILL HUB' section with a welcome message and a list of features: 'Create your own set of drills or use our suggested practice plans', 'Easy to print or view on your device(s), as well as share', and 'IT'S FREE'. Below this are links for 'Feedback', 'Sign Up', and 'Login'. To the right of the text is a large photograph of a coach in a black jacket addressing a group of young hockey players on an ice rink. Below the welcome message is a search bar with filters for 'View All Ages' and 'View All Categories', a search input field, and a 'Reset' button. Below the search bar, it says 'Showing 1 - 12 of 635 results' and 'Login or Create Account'. At the bottom, there are four drill thumbnails: 'SKATING - QUICK FEET CROSSOVERS', 'SKATING - WARM-UP 01 - FORWARDS', 'SKATING - SKATING AGILITY WARM-UP', and 'PASSING - PASSING WARM-UP'. Each thumbnail shows a diagram of a hockey rink with player positions and movement arrows.

The promotional graphic features the 'HOCKEY CANADA DRILL HUB' logo at the top left. Below the logo, it says 'Practice Like Team Canada' and 'Access a Library of Free Drill Videos & Diagrams'. On the right side, there is a large image of a Samsung tablet displaying a hockey player in a red jersey. At the bottom left, the website address 'HockeyCanada.ca/DrillHub' is displayed.

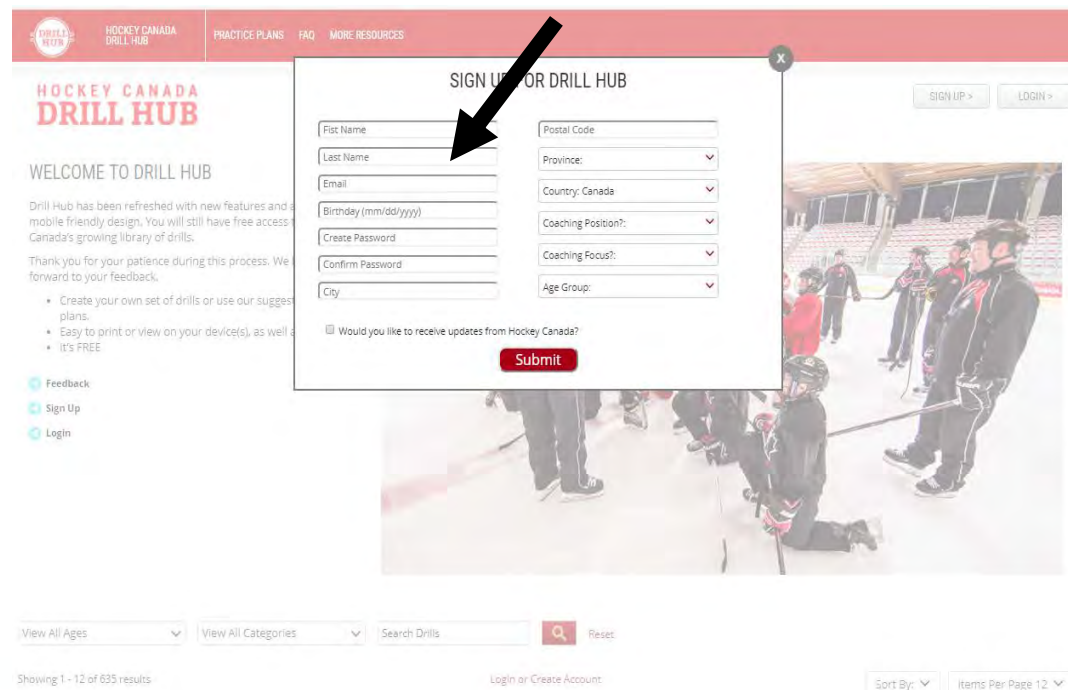


Creating an Account

Click the *Sign Up* button



Fill in your information and click *Submit*



MEMBERS & PARTNERS



BC HOCKEY

6671 Oldfield Road
Saanichton, B.C. V8M 2A1
Tel: (250) 652-2978
Fax: (250) 652-4536
www.bchockey.net



HOCKEY ALBERTA

#201, 120 College Circle
Red Deer, Alta. T4R 0T7
Tel: (403) 342-6777
Fax: (403) 346-4277
www.hockeyalberta.ca



SASKATCHEWAN HOCKEY ASSOCIATION

#2 - 575 Park Street
Regina, Sask. S4N 5B2
Tel: (306) 789-5101
Fax: (306) 789-6112
www.sha.sk.ca



HOCKEY MANITOBA

145 Pacific Avenue
Winnipeg, Man. R3B 2Z6
Tel: (204) 925-5755
Fax: (204) 925-5761
www.hockeymanitoba.ca



ONTARIO HOCKEY FEDERATION

400 Sheldon Drive, Unit 9
Cambridge, Ont. N1T 2H9
Tel: (226) 533-9070
Fax: (519) 620-7476
www.ohf.on.ca



HOCKEY NORTHWESTERN ONTARIO

107 Cumberland Street North
Thunder Bay, Ont. P7A 4M3
Tel: (807) 623-1542
Fax: (807) 623-0037
www.hockeyhno.com



HOCKEY EASTERN ONTARIO

813 Shefford Road,
Suite 201
Ottawa, Ont. K1J 8H0
Tel: (613) 224-7686
Fax: (613) 224-6079
www.hockeyeasternontario.ca



HOCKEY QUEBEC

7450 boulevard les
Galeries d'Anjou, suite
210 Montreal, Que. H1M
3M3
Tel: (514) 252-3079
Fax: (514) 252-3158
www.hockey.qc.ca



HOCKEY NEW BRUNSWICK

861 Woodstock Road
Fredericton, N.B. E3B
7R7
Tel: (506) 453-0089
Fax: (506) 453-0868
www.hnb.ca



HOCKEY PRINCE EDWARD ISLAND

40 Enman Crescent,
Suite 209
Charlottetown, P.E.I.
C1E 1E6
Tel: (902) 368-4334
Fax: (902) 368-4337
www.hockypei.com



HOCKEY NOVA SCOTIA

7 Mellor Avenue, Suite 17
Dartmouth, N.S. B3B 0E8
Tel: (902) 454-9400
Fax: (902) 454-3883
www.hockeynovascotia.ca



HOCKEY NEWFOUNDLAND AND LABRADOR

32 Queensway
P.O. Box 176
Grand Falls-Windsor,
N.L. A2A 2J4
Tel: (709) 489-5512
Fax: (709) 489-2273
www.hockeynl.ca



HOCKEY NORTH

3506 McDonald Drive
Yellowknife, N.T. X1A 2H1
Tel: (867) 446-8890
www.hockeynorth.ca



HOCKEY CANADA

201-151 Canada Olympic
Road SW
Calgary, AB T3B 6B7
Tel: (403) 777-3636
Fax: (403) 777-3635
RA Centre
2451 Riverside Drive
Ottawa, ON K1H 7X7
Tel: (613) 696-0211
Fax: (613) 696-0787
hockeycanada.ca