



**Novice Half-Ice
Development Manual**

Welcome Message to Novice Hockey Coaches

This Manual has been primarily put together to be a resource for you, **the Coach**, to rely upon during the upcoming season. Hockey Manitoba has brought significant rule changes to the Novice age group that will help enhance player development and the overall experience of playing hockey. In order to make the transition to this format as smooth as possible, this Manual will serve as a guide to the Novice half-ice program.

Hockey Winnipeg has worked with Hockey Manitoba and Hockey Canada, as well as with local coaches, to bring to you a comprehensive coaching resource. By familiarizing yourself with the contents of this Manual, and by keeping it on hand for team activities, you will be prepared to lead your team into the upcoming season.

Hockey Winnipeg would like to thank you for the time and dedication that you will be spending this season and for being directly involved with the implementation of this program. Within this booklet, you will find information on the rationale for the recent changes, game guidelines and procedures, rules, and information on officiating. You will also find resources that will help you plan practices and deliver fun and competitive activities in the Development Zone.

At the core of the Novice program, we would like to remind all coaches, parents, administrators, and everyone else involved in the game that the goal at this stage is for the young players to have fun, be active, be involved, and develop their hockey skills. Remember: Novice Hockey should serve as an avenue for children to be surrounded by positive experiences that will result in long-term involvement in sport and physical activity.

*Hockey Winnipeg is committed to the success of our Novice Hockey Program. To help make this season the best it can be, every Novice team will be given a one year subscription to the Hockey Canada Network App. Please go to page **43** to see information on the app.*



*Look for the Hockey Canada logo and **KEYWORD** throughout this manual that will allow you to search the app for helpful articles, videos and information!*

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Introduction to the Novice Half-Ice Program

From Hockey Manitoba's Novice Half-Ice Guidelines:

All players in the Novice age category (7-8 yrs) will play on a half-ice surface for the duration of the season. This continues Hockey Manitoba's Novice half-ice program originally developed in 2017-2018 and continued in 2018-2019. Novice half-ice hockey has now been mandated across the country by Hockey Canada. Minor Hockey Association volunteers and administrators are encouraged to review this document carefully, which incorporates concepts and non-negotiables from Hockey Canada's guidelines as well as specific guidelines created by Hockey Manitoba. **All Minor Hockey Associations and leagues in Manitoba are required to follow Hockey Manitoba's Novice half-ice guidelines.**

Hockey is amongst one of the last sports to consider "area of play" modifications. With Sport Canada's focus on the long term development of athletes, we have been exposed to the modification of many of the major sports in Canada. Picture this: A 7 year old soccer player playing on a World Cup field. Or an 8 year old baseball player standing at home plate with a pitcher 60 feet, 6 inches away at Winnipeg Goldeyes Field. (Children playing on a) basketball court with 10 foot baskets. A 7 year old on the goal line looking to the other end at Investor's Group Field. Putting our 7 and 8 year old players on an ice surface similar or equivalent to what players in the National Hockey League play on is a disadvantage to our athletes. Our collective focus is to create an age appropriate, healthy environment where all players can develop skills and have fun as they grow in our game.

We believe these modifications will benefit every participant and we will support our players, coaches, officials and administrators with a well structured program. We ask everyone to approach this continued change with an open mind and support our direction in a positive manner to allow our players to learn the game in this exciting progressive direction.

Hockey Winnipeg understands that transitioning to new rules and on-ice structures is an ongoing process. We would like to support the Novice players, coaches, parents, and Area Associations every step of the way. It will be a collaborative effort between all parties involved to ensure the successful delivery of this program. **A key factor in delivering a successful program is remembering that at Novice level, the goal should be to encourage and emphasize fun and the enjoyment of the game.**

Rationale for Change

Novice Hockey Goals:

- To have fun while playing hockey and engaging in physical activity.
- To learn the fundamental skills required to play the game of hockey.
- To develop and refine basic motor patterns.
- To be introduced to the concepts of cooperation and fair play.

Players at the Novice level require a continued focus on physical literacy while also beginning to develop some of the more advanced individual skills inherent in the game. By moving from cross-ice at Initiation to half-ice at Novice, we increase the size of the ice surface in accordance with the increase in the size of player. This modified ice will continue to provide players with an environment that is more inclusive, competitive, and conducive to skill development through puck touches and puck control, shots, passes completed, transitions, decision making, puck support, overall involvement...and FUN!

The following Novice half-ice guidelines have been developed to assist our Minor Hockey Associations and Community Clubs with the implementation of half-ice hockey in the Novice age category. This will ensure a consistent, organized delivery model across the province.

Information on Hockey Canada's Novice Guidelines can be found at the link below, however please note HOCKEY MANITOBA HAS MADE SOME MODIFICATIONS which are outlined in this document.

<https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/novice>

Hockey Winnipeg and all ten Area Associations share the same philosophy as Hockey Manitoba when it comes to the value of skill development and the responsibility that we have to our young hockey players. We feel that by making the change to the size appropriate playing area and by properly utilizing the Development Zone, we can make Novice hockey more fun and improve the development of our players.



Keyword: Half-ice Philosophy

Half-Ice Benefits

“You have to be able to make plays in pretty small areas. The more you practice in small spaces the better off you are.” – Sidney Crosby, Canada’s National Men’s Team

“You need to be able to make quick passes and have quick communication. Small area games are important.” – Brianne Jenner, Canada’s National Women’s Team

“Kids can have a riot and there’s more goal scoring and there’s more touches. When you think about the National Hockey League, at the best league, some of the guys hardly touch the puck. They don’t have it on their stick forever. That’s why you need all these games and touches so you can advance your skill. I think it’s the greatest thing going.” – Mike Babcock, Canada’s National Men’s Team

Research has proven that putting young athletes into unsuitable environments too early will compromise their development. Children should only be placed into competitive situations that reflect their age, physical maturity, skill level, and abilities. It is important to fully understand and appreciate the benefits of cross-ice and half-ice hockey and why Hockey Canada has a national policy ensuring all Initiation and Novice hockey is played in smaller, modified spaces.

Various Benefits Using a Smaller Ice Surface:

1. More efficient use of ice time and, as a result, more ice time for young players.
2. Allows more kids to be on the ice at the same time.
3. Increases the use of the core skating skills (ABCs – agility, balance, coordination).
4. Focuses on lateral movements, stops and starts, changes of direction.
5. Increases the number of puck touches per player.
6. Provides a better environment for teaching ice awareness and hockey sense.
7. Puts players in a position where they need to read the play and react to pressure quickly.
8. Improves abilities to avoid checks and puck protection skills.
9. Promotes stronger passing, pass receiving, and puck support skills.
10. Allows young goaltenders, when introduced, to experience more game-like action.
11. Builds confidence of lesser-skilled players because they are more involved in play.
12. Creates a stronger challenge for the more advanced players by having them face more opposition on a smaller playing surface.
13. The best players are challenged simply by the fact that others get in their way in a smaller area, forcing them to change direction, protect the puck and play in traffic instead of avoiding it.

Check the Statistics:

In 2014, the National Hockey League (NHL) data-analytics division brought their professional expertise and technology to Detroit and gathered data from children 8 years of age and younger who had experienced playing on both a full-ice and a small ice sheet. They found:

1. **6x more shots on goal per player** - *A very large difference between full-ice and small areas:*
With players being closer to the puck at all times, the puck naturally finds its way to the net more often. This is beneficial to both players and goalies for a variety of reasons.
2. **5x more passes received per player** - *Short, quick passes find their mark:*
In smaller spaces, more passes are attempted – most of which are 5 to 10 feet in length. When passes are shorter, accuracy improves and players have more success receiving the pass. Players also start to understand the importance of team puck possession.
3. **2x more pass attempts per player** - *More of a team game is apparent:*
Smaller areas are conducive to passing and attempting to pass the puck more often. This is for two reasons: a) All players are close enough to pressure the puck more frequently, and b) Teammates are in close support of the puck carrier at all times.
4. **2x more puck touches per player** - *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 are doubled when the playing area is smaller.
5. **2x more shot attempts per player** - *Shrinking the playing surface increases offence:*
Players are much closer to the net, skate shorter distance from goal to goal and have increased opportunities for offensive play, experimentation, and skill development.
6. **2x more puck battles per player** - *More involvement and challenges:*
Players of all skill level are faced with greater opportunities and difficulties due to smaller playing areas. With more players involved, more puck battles occur. This forces players to be aware and react to pressure as well as develop body-contact confidence.
7. **2x more change of direction pivots** - *Tight spaces means more transitions:*
Players have to change direction more often in a smaller area. Players therefore work on their lateral movements, stops and starts, and pivots with and without the puck. This in turn increases on-ice awareness, balance, agility, and coordination.
8. **1.75 shots/minute vs 0.45 shots/minute playing full ice** - *Benefits the goalies:*
The smaller ice allows players to shoot more often and forces goalies to be aware at all times. Goalies face more shots and must read/react quicker in the small area games.

A common misconception about half-ice hockey is that it will only serve to develop the players of the lowest skill level on the ice, while the players of the highest skill level will flat-line in their development. This is **NOT** the case. All players benefit from the increased amount of puck touches, the need to make decisions faster, and the added ice time.

The statistics that this study captured reveals a clear story: Kids who played on the smaller ice surface touched the puck more often, attempted more passes, and took twice the number of shots as kids who played on a full ice. Simply put, the numbers show that it works for all players on the ice and that it is beneficial for development.

The conclusion to take away is this: ALL kids who played on the smaller ice surface had a better opportunity to improve their skills and, more importantly, they had more FUN.

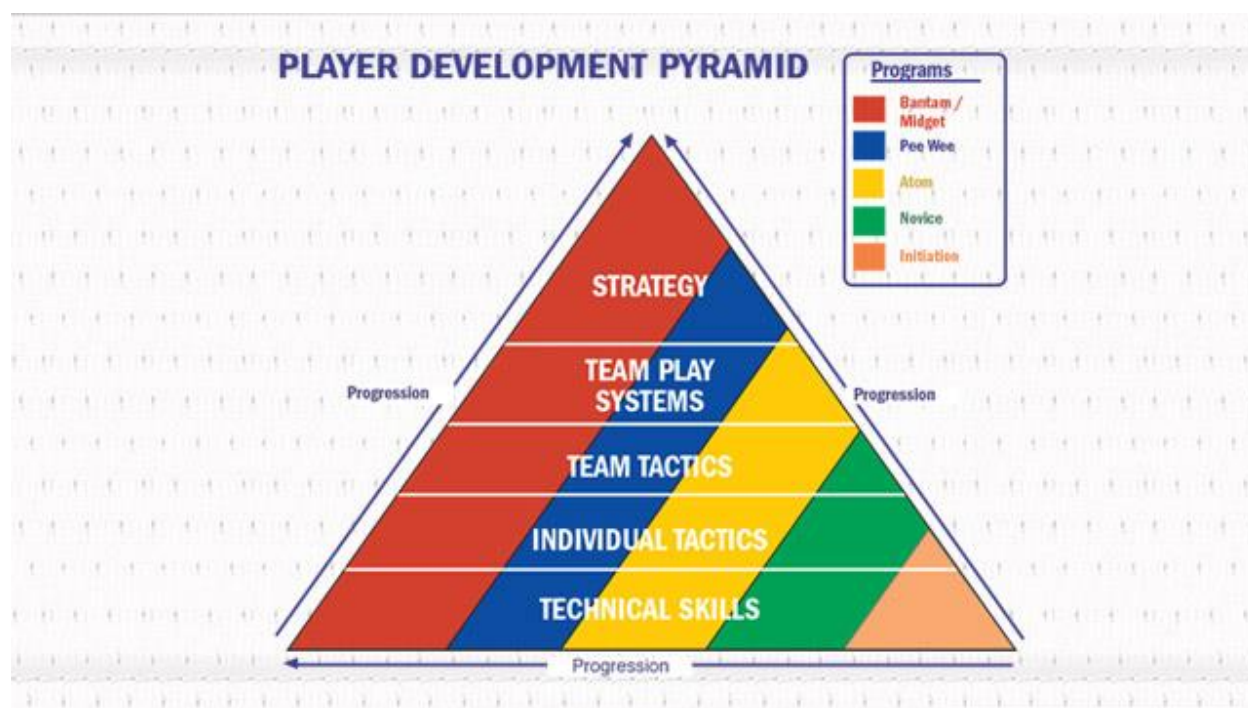
There's more:

Also, by adding the Development Zone to the Novice game experience, skaters will be able to stay on the ice to participate in skill development opportunities instead of waiting for multiple shifts in a row on the team bench. More ice-time and more repetitions mean increased development. It allows young players the opportunity to participate in small area competitive games and drills which promote greater opportunity for skill-development (puck-handling, shooting, skating, passing, and coordination) and decision-making. Inevitably, this also improves every player's physical conditioning.

For players, time on the team bench observing their teammates in the Game Zone and receiving feedback from the coaches is a very important part of the game. Although this will still occur, the Development Zone will eliminate the times that players will have to spend consecutive shifts on the bench waiting to re-enter the play.

Hockey Canada Player Development

Hockey Canada has developed the Player Development Pyramid to help coaches lead players through the season. The emphasis in this model is the development of fundamental/technical skills which are the foundation of every player's success. As we move along the pyramid, emphasis is then placed on individual tactics; this is where "hockey sense" comes into play. Moving along the pyramid again, emphasis is placed upon learning team tactics. The team tactics are the basic systems that groups of players use to effectively play the game of hockey.



The Hockey Canada Skills Development Program recommends that Novice Hockey teams should spend %75 of their time practicing technical skills, %15 practicing individual tactics, and %10 practicing team tactics.

Technical Skills – the fundamental skills that are required to play the game (ex. skating, passing, shooting, stick handling, and checking).

Individual Tactics – actions by a player using one or a combination of technical skills in order to create an advantage or to take away the advantage of an opponent. A tactic may be classified as offensive or defensive (ex. 1-on-1 offensive fake and driving to the net).

Team Tactics – a collective action of two or more players using technical skills and/or individual tactics in order to create an advantage or take away the advantage of an opponent (ex. 3 vs. 2).



Keyword: Player Development Pyramid



Keyword: Novice Pathway



Keyword: Long Term Player Development



Keyword: LTPD Model – Novice

It is important to remember that this stage is simply an introduction to team tactics. The vast majority of time needs to be spent on practicing individual skills in order for players to get maximum development.

Long Term Player Development for Novice Hockey Players: Fundamentals

During this period players continue to develop motor skills and coordination. Practice 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.

Remember, as a hockey coach you are playing an important role in the growth and development of young athletes. At the Novice age, children should be encouraged to participate in many different sports. Specializing in one sport at an early age is not conducive to becoming a well-rounded athlete and can lead to burn out, overuse injuries, and not living an active and healthy lifestyle in the future.

Developing All Positions

At the Novice level of hockey, it is important that players are able to develop at all positions. **Early specialization is not conducive to long term player development.** The coach should play an active role in making sure that both in games and in practices, Novice hockey players are trying all positions, including goalie.

At the Novice level, every player should get at least have the option of having one opportunity to play in Goal. Goaltender is not for everyone, but it is important for young individuals to experiment and see if they enjoy it. Again, specialization at this age is not recommended as picking a single position now will not benefit long term athletic development.

Exposure to all positions at this age is critical to the development of the overall hockey player. There are different skills used more and less frequently at each position and it is critical that all skills are developed equally. For example, if a Novice player never plays defence, they will not be honing their backwards skating skills. Therefore, Novice hockey players should refrain from specific positional or role specialization as playing forward, defence, and goalie allows all players the opportunity to develop physical and cognitive skills that they can eventually apply into their primary position. As a result, they will increase their overall athletic skills, understand the game from multiple perspectives, and become better players.

NOTE: Skill development is important for all players. Skating, puck control, passing and shooting are necessary pillars for all positions, including Goaltender.



Keyword: Developing Goaltenders



Keyword: Novice Skills Development



Keyword: Teaching Tips

Novice Program Summary

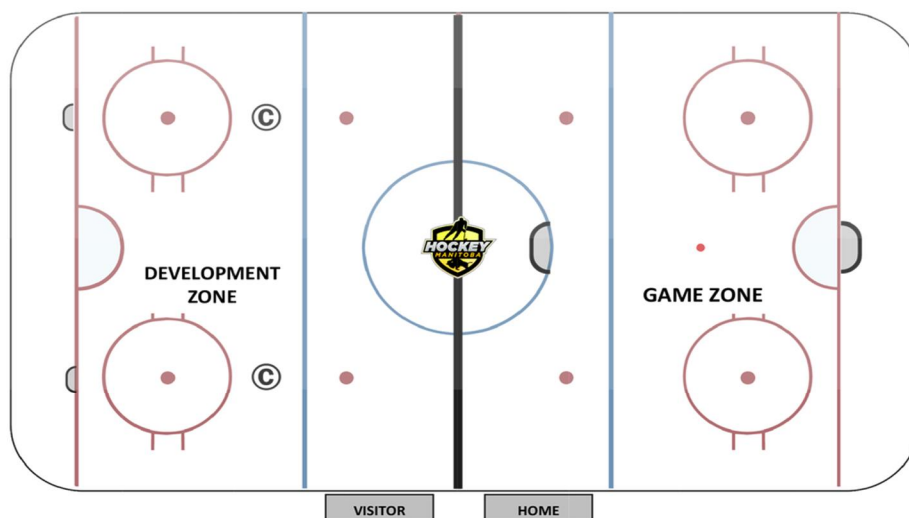
Below is the general summary of the Novice half-ice program from with regards to ice format, practices, roster size, and equipment set up.

Scheduling: Minor Hockey Associations and leagues are strongly encouraged to schedule Novice half-ice games in succession whenever possible to allow for fluid transition between games. Ideally this group of Novice half-ice games would also follow a group of Initiation cross-ice games to limit the movement of rink dividers.

Practices: To maintain the concepts of long term player development and modified ice, practices at the Novice level should be on half-ice whenever possible. This allows for the focus to be on skill development and competitive games in small, modified spaces rather than full-ice flow drills or team tactics. In addition, this will save your team/association money!

Roster Size: Although Hockey Manitoba understands there are challenges in consistent roster sizes across the branch, when possible team rosters should consist of 12 skaters plus one (1) rotating goalie. This ensures utilization of the Development Zone and equal and adequate rest time for all players. A minimum of 10 skaters is recommended.

Ice Surface:



Equipment & Set-up:

- One rink divider across the centre red line (or set of boards)
- Two full size (6' x 4') or junior size nets (4' x 3') nets in Game Zone
- Two mini nets (3' x 2') utilized in Development Zone (can also be junior or full size)

The Zones: As indicated above, the rink will be divided into two zones for Novice half-ice games (1 Game Zone and 1 Development Zone). Each zone is important and plays a vital role in the game experience – The Game Zone will likely be the focal point for players and coaches on the benches as well as spectators. This zone will also be the only zone of responsibility for the Officials and Timekeeper.

Warm up: A three-minute warm up will take place prior to each game, and will begin once set up for the half-ice game is complete. The home team will utilize the Game Zone for its warm-up, and the visiting team will utilize the Development Zone.

Rules: Format and structure for Novice half-ice games in the Game Zone are:

- Teams use their own bench for the duration of the half-ice game (if agreed, teams may share one bench)
- The half-ice game will be played 4 vs. 4 (skaters) and 1 goalie from each team
- Games are 2 x 24-minute periods (teams switch ends after 1st period)
- The visiting team defends the net on the centre red line in the 1st period
- Officials will draw a dot in the middle of the Game Zone for all face-offs
- Each team has 8 players in the Game Zone at all times (4 on the ice, 4 on the bench)
- The remaining players are in the Development Zone
- Shifts are 2 minutes, running time; continuous play within each shift
- Buzzer sounds once at the end of each 2-minute shift, however clock continues to run
- A face-off will take place at the start of every shift
- After a 4 shift segment (8 minutes), clock is stopped and buzzer is sounded to signify player rotations
- Each team rotates new players into the Development Zone for the next segment
- There are NO icing or offside calls
- Score will be kept, however goals and assists will not be recorded
- Goalies may only be pulled in the last shift of any game
- Players and coaches shake hands after the game

Continuous Play & Change of Possession: As identified by Hockey Canada as a core element at the Novice category, one of the keys to improving the flow of the each game and reducing stoppages is to create continuous play, particularly on change of possession. These basic rules apply:

- There will be no face-offs or lengthy stoppages in play during shifts; continuous play will be used (exception; injury)
- Puck shot out of play: Official blows whistle, offending team backs off and non-offending team gets possession
- Goalie freezes puck: Official blows whistle, attacking team backs off and defending team gets possession
- Goal scored: Official blows whistle, attacking team backs off and defending team gets possession

NOTE: In all cases, “backing off” will require the offensive team to move back to the ringette line (or top of circles). The defensive team must wait for the official to indicate they can begin their attack, and must start with the puck on or behind their goal line. Both teams resume play on the officials’ signal.

Coaches should ensure all players understand this concept from both the offensive and defensive perspective.

Penalties: The following guidelines apply to minor penalties during Novice half-ice games:

- Standard delayed penalty procedures are followed (note: goalie can’t be pulled during delay)
- The official calling the penalty blows whistle, identifies offending player and penalty
- Offending player is escorted to player bench by the official who called the penalty
- The 2nd official gives possession to the non-offending team (offending team must back off)
- The offending player is eligible to return during the same shift if a goal is scored by the non-offending team

Player Rotations: Players will rotate between the Game Zone and Development Zone after each 8-minute segment. The timekeeper will sound the buzzer at the end of each 8-minute segment to identify rotations. There are 8 players in the Game Zone at all times (4 on the ice, 4 on the bench), and the additional players will be in the Development Zone. Coaches simply rotate new players into the Development Zone after each 8-minute segment. This rotation MUST be done fairly to ensure all players receive as equal time in the Game Zone and Development Zone as possible for every game. Example:

- Team with 10 skaters = 2 players in Development Zone
- Team with 11 skaters = 3 players in Development Zone
- Team with 12 skaters = 4 players in Development Zone

NOTE: Teams that have less than 10 or more than 12 skaters at any game can determine the appropriate method of utilizing the Development Zone in accordance with their Minor Hockey Association.

Coaches should meet before each game to discuss equal ability line combinations. For example, both teams could ensure their more developed players are on the ice for the 1st and 3rd shift, and the less developed players are on the ice for the 2nd and 4th shift for each segment (or vice versa).

Game Outline: The following is an outline of a standard half-ice game:

<u>Period 1</u>		<u>Period 2</u>	
<u>Time</u>	<u>Shift #</u>	<u>Time</u>	<u>Shift #</u>
24:00	1	24:00	13
22:00	2	22:00	14
20:00	3	20:00	15
18:00	4	18:00	16
<i>ROTATION AT 16:00</i>		<i>ROTATION AT 16:00</i>	
16:00	5	16:00	17
14:00	6	14:00	18
12:00	7	12:00	19
10:00	8	10:00	20
<i>ROTATION AT 8:00</i>		<i>ROTATION AT 8:00</i>	
8:00	9	8:00	21
6:00	10	6:00	22
4:00	11	4:00	23
2:00	12	2:00	24
<i>ROTATION AT 0:00</i>		<i>GAME OVER</i>	

Officials: The half-ice game will be run by 2 officials who will be responsible for face-offs, goal determination, penalties, etc. while working on fundamentals such as skating, positioning and communication. This will assist young officials in building confidence and experience, reacting “with” the play rather than “to” it, while creating a foundation to take with them into full-ice games at the Atom level and beyond. Hockey Manitoba includes officials’ half-ice procedures at all Level 1 officiating clinics, which will also be circulated to all Minor Hockey Associations. Officials will continue to learn about offside, icing and other full-ice rules at their clinics.

Please be supportive and respectful to our young officials!

Development Zone: The purpose of the Development Zone is to maximize ice usage, while providing additional age appropriate skill development using drills and competitive game opportunities for players. It also provides on-ice coaches (1 from each team) teaching, instructional and mentorship opportunities. Use of the Development Zone will create approx. 30-40% more ice time for players compared to traditional formats. Basic rules for the Development Zone are:

- Use of the Development Zone is MANDATORY during all exhibition, regular season and playoff games
- With 8 skaters in the Game Zone at all times, the remaining skaters will be in the Development Zone
- Development Zone will focus on both skill development (drills) and competition (small area games)
- One coach from each team is required to be on the ice (coaches should be rotated from game to game)
- Each Development Zone “segment” will be 8 minutes in length
- Mini nets are recommended for use, however full sized nets can be used
- The number of players in the Development Zone will vary, depending on each team’s numbers

If coaches are not available, regions, leagues and/or associations may train appropriate aged players (must be registered members of Hockey Manitoba) to run Development Zone activities (Bantam or Midget players for example). However, these players should understand the appropriate concepts being taught and given adequate support to ensure safety and productivity in the Development Zone.

Hockey Manitoba has created a DEVELOPMENT ZONE SEASONAL PLAN for all Novice coaches in Manitoba. This includes a game to game outline of specific drills and small area games to be utilized. Progressions and key teaching points are also included. The plan includes transitional drills at the end of the season to introduce concepts such as off-sides and icings. The

Development Zone Seasonal Plan can be found on the Hockey Manitoba website:

<http://www.hockeymanitoba.ca/players/novice-half-ice-program/>

Tournament Play: Hockey Manitoba will allow certain modifications to its Novice half-ice program for sanctioned tournaments, at the discretion of the tournament organizer. All half-ice game rules will apply, however the Development Zone will be optional. Options for Novice tournament play are as follows:

- Standard half-ice game, use of Development Zone (2 teams)
- Standard half-ice game, no use of Development Zone (2 teams)
- 2 half-ice games simultaneously (4 teams)

NOTE: Teams will be required to share benches if running 2 half-ice games simultaneously.

Transition Season: Hockey Manitoba recognizes that it may be beneficial for graduating Novice players (8 year olds) to be introduced to the full-ice game prior to their first year of Atom hockey. The Transition Season will provide this opportunity and the ability for players to learn basic rules such as off-sides and icing, along with introductory positional play and face-offs.

Regulations and basic rules for the Transition Season are as follows:

- Games will be played on full-ice with standard Hockey Canada rules in affect
- All players must be 8 years old as of December 31, 2019 (no underage or overage players allowed)
- A "home center" and host association must be declared for registration purposes
- All players must have been registered and participated in the winter Novice program
- Players can only register and play with one Transition Season team
- The program is inclusive, therefore no "cuts" are allowed
- Teams must be rostered in accordance with Hockey Manitoba regulations (including coach certification)
- Teams may only play in Hockey Canada or USA Hockey sanctioned activities
- There can be no on-ice activity until the regular season (including playoffs) is completed for all players
- The Transition Season can operate from March 1st (earliest) until April 30th
- Associations must submit a fee of \$50 plus gst for each Transition Season team to Hockey Manitoba
- All other fees, schedules, ice times, etc. are at the discretion of the Association and/or Region

The Transition Season is an OPTIONAL program; Regions and/or Associations will make this decision.

Coach Responsibilities

The role of a coach is one that comes with a lot of responsibility. Generally, coaches need to keep the following at the top of mind:

- Creating a safe, positive and fun environment
- Focusing on development rather than winning
- Making a point of communicating with all players
- Being a role model
- Showing respect to players, parents and officials

When it comes to novice practices and running Development Zone activities during novice games, coaches should consider these two main principles:

1. Keep Them Moving - Ice sessions should be designed to engage every participant consistently. Kids don't want to stand still and watch others play. Kids enjoy hockey when they are active and experience an improvement in their overall skills.
2. Emphasize The Fundamentals - Build a foundation that will never crack by properly teaching the basics. Learning the fundamentals and perfecting the same basics at every level of play is essential to having any chance of success. If one player does not execute the fundamentals of the game correctly, drills or plays will not work. Novice activities that focus on team play over executing fundamentals are cheating every participant out of the chance to learn the game properly.

NOTE: Do not attempt to replicate plays you see in NHL and junior hockey games. Every scheme that is attempted in a junior or NHL game is supported by years of training and practicing the fundamentals of the game.

To prepare your team for the game experience, it will be important to familiarize the players with the entire game process. The following aspects of half-ice hockey should be demonstrated or "rehearsed" before you get into a regular game situation:

- Ice Surface Layout
- Pre-Game Warmup
- Transitions Between Zones

When it comes to the half-ice game, coaches are responsible for:

- Having the team ready on time

- Helping arena staff and officials with setting up and taking down the rink dividers
- Ensuring fair and equal ice time (Game Zone and Development Zone)
- Full utilization of Development Zone
- Being positive and encouraging to all players



Keyword: Coach Responsibility



Keyword: Coach Pathways



Keyword: Developing Team Rules

Hockey Canada's Fair Play Code for Coaches:

1. I will be reasonable when scheduling games and practices, remembering that players have other interests and obligations.
2. I will teach my players to play fairly and to respect the rules, officials, and opponents.
3. I will ensure that all players get equal instruction, support, and playing time.
4. I will not ridicule or yell at my players for making mistakes or performing poorly.
5. I will remember that players play to have fun and must be encouraged to have confidence in themselves.
6. I will make sure that equipment and facilities are safe and match the players' ages and abilities.
7. I will remember that participants need a coach they can respect. I will be generous with praise and set a good example.
8. I will obtain proper training and continue to upgrade my coaching skills.
9. I will work in cooperation with officials for the benefit of the game.

Development Zone Resource for Coaches

The Development Zone should be utilized as much as possible. It provides an opportunity for players to stay active during the game, reinforce their skills they learn in practice, and will serve to increase development with added puck touches, passes, and shots.

Remember: The Development Zone is not linked to the game on the other side of the ice and is there to serve as a positive environment where ALL players can have fun, be involved, stay active, and continue to work on and further develop their athletic skills.

Hockey Winnipeg supports Hockey Manitoba and recognizes the numerous advantages of incorporating and utilizing the Development Zone. Therefore, Hockey Winnipeg has also included **20** Development Zone Activities to be used during Novice games. These Development Zone Activities are here as a resource for coaches to supplement Hockey Manitoba's Development Zone Seasonal Plan.

By utilizing our activities, Hockey Winnipeg feels the Development Zone can:

1. Foster love and enjoyment for hockey and physical activity.
2. Provide an opportunity for novice players to develop motor skills, balance, coordination, confidence, and the basic skills required to play hockey and become better athletes.
3. Provide age appropriate skill development opportunities as players will learn through playing various games and having fun.
4. Create a unique environment that promotes creativity and experimentation.
5. Create an inclusive and competitive environment that will accelerate skill development in small areas.
6. Eliminate the need for traditional "conditioning" drills.
7. Stimulate technical and individual skill development for players of all positions.

Hockey Winnipeg has included these age appropriate Development Zone Activities to assist Novice players in continuing to develop physical literacy, fitness, and the five fundamentals of the game – skating, passing, shooting, stick handling, and checking – in a fun and competitive environment. We are hopeful that these activities will help local players acquire the knowledge, confidence, and skills that will translate to maintaining an active lifestyle and experiencing athletic success in the future. Please modify/alter these activities based on the number of

players/goalies and type of equipment you have. Remember, these activities are here as a resource to provide additional support to your own creative ideas.

Hockey Winnipeg will recruit appropriate aged hockey players to run our Development Zone Activities during Novice A hockey games. These players will serve as “Development Zone Coordinators” (DZCs) and will be instructed that home team Novice A coaches decide what activity to run in the Development Zone during Novice A games. If Novice A coaches choose to go on the ice during Novice A hockey games when DZCs are there, the DZCs will be instructed to assist (moving pucks, doing demonstrations, participating in the activities, etc.) the coaches with whatever activities the coaches choose to run. Coaches should always bring their on-ice equipment to their Novice A games in case DZCs are unable to attend games.

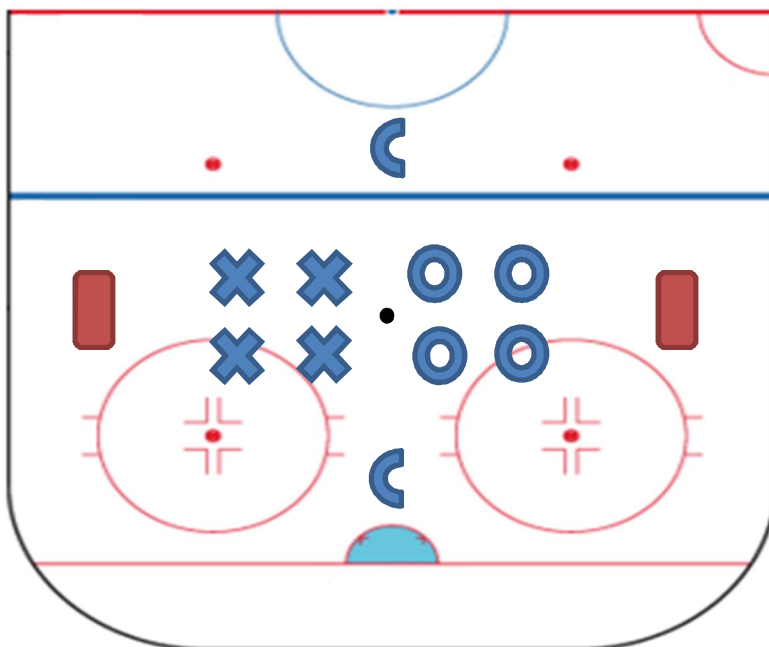
11 Tips for Development Zone Coaches/Coordinators:

1. At the beginning of each development zone session, take approximately 30 seconds to introduce yourself and explain the first segment’s activity so there is no confusion among the players.
2. Make adaptations/changes to the activities frequently. Players are in the development zone for 8 minutes at a time and children can get bored quickly. But, when you make changes, stop the game and explain the new activity.
3. Take a knee and speak softly when explaining the activity. Encourage the players to lean right in close to you.
4. Don’t speak too long. The development zone is meant to keep players active. But, demonstrating the activity when you make changes will give players a chance to rest.
5. Don’t worry too much about technique at this point, give them 1 to 2 teaching points maximum if you would like. Remember, these are 7 and 8 year old children. They should be learning the fundamentals of hockey through participating in the activities (this is not a practice – this is an opportunity for kids to have fun, be creative, experiment, and continue to develop the fundamentals of hockey through playing).
6. Don’t expect too much. Try to be patient, encouraging, and energetic.
7. Make sure all players are following the rules and have an equal amount of time participating in all positions in each of the development zone activities.
8. Ensure player safety as much as possible. Make sure players are keeping their heads up at all times and are aware of their surroundings. It is also very important to be aware of the players in the game zone who are changing from the ice to their benches.
9. If goalies are unavailable, make players hit posts or place objects/targets in the nets.
10. Start each activity, and each segment of the activity, with a faceoff. This will make it feel more like a game and give the kids another brief moment to rest.
11. Join in on the activity if the number of players is low. If the players see you having fun and being engaged in the activity, they will have fun and be engaged.

20 Development Zone Activities:

1. 4 on 4 “Jump the Lines” Cross-Ice Scrimmage

- Goal: Improve balance, agility, coordination, and promote fun.



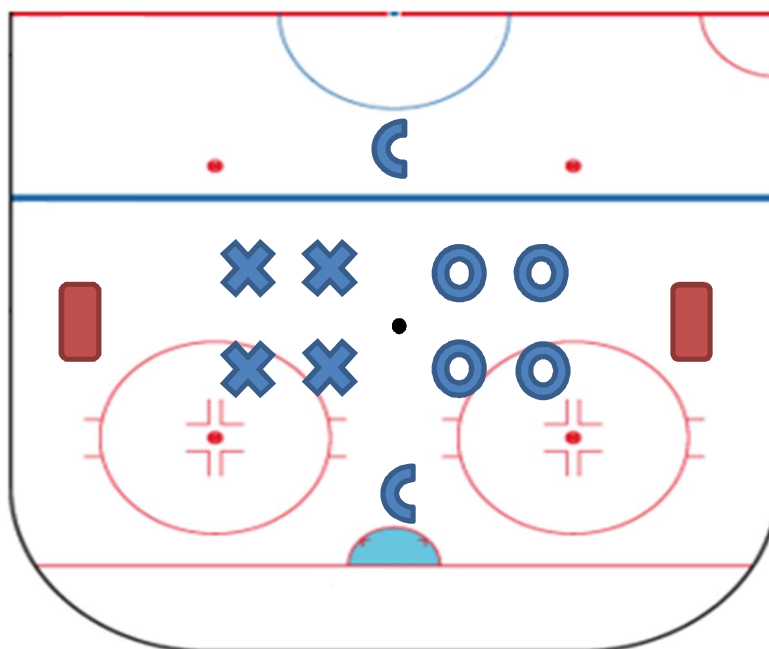
2 nets are placed on opposite sides. All players from each team are in the Development Zone and play a cross-ice game. Coach drops the puck like a faceoff to begin each segment.

- For the first 2 minute segment - Have all of the players play a regular cross-ice game (get them comfortable being in the Development Zone).
- For the second 2 minute segment - New Rule - *All players can't touch the blue line with their skates at all times.* A regular cross-ice game occurs, but all players must jump (while they are either skating forward, backward, or side to side) with or without the puck, over the blue line at all times.
- For the third 2 minute segment - New Rule - *All players can't touch the ringette line with their skates at all times.* A regular cross-ice game occurs, but all players must now jump over the ringette line, with or without the puck at all times.
- For the last 2 minute segment - New Rule - *All players can't touch the ringette line AND blue line with their skates at all times.* A regular cross-ice game occurs, but all players must now jump over the blue line and ringette line at all times.

Make sure players are paying attention and using the entire Development Zone ice surface.

2. 4 on 4 “Hop the Lines” Cross-Ice Scrimmage

- Goal: Improve balance, agility, coordination, and promote fun.



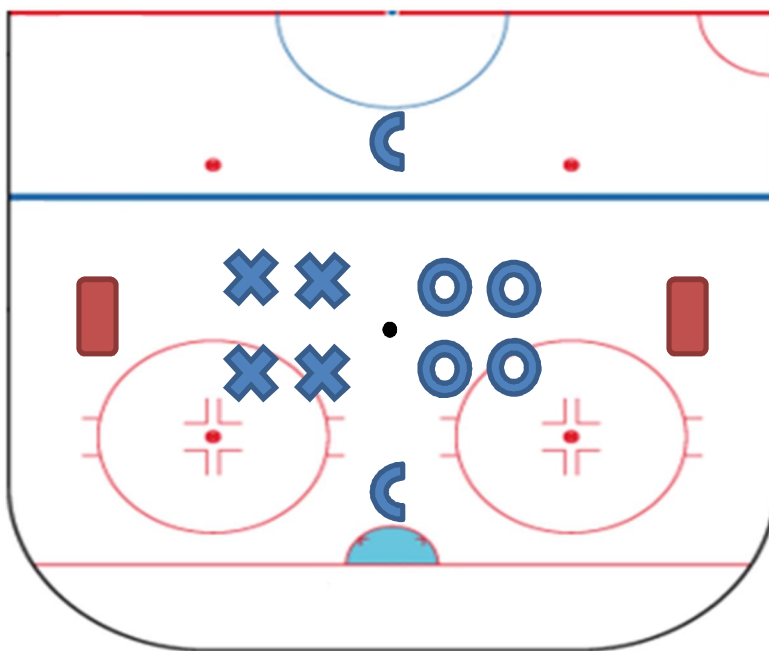
2 nets are placed on opposite sides. All players from each team are in the Development Zone and play a cross-ice game. Coach drops the puck like a faceoff to begin each segment.

- For the first 2 minute segment - Have all of the players play a regular cross-ice game (get them comfortable being in the Development Zone).
- For the second 2 minute segment - New Rule - *All players must hop over the blue line and ringette line with their RIGHT SKATE ONLY at all times.* A regular cross-ice game occurs, but all players must hop (while they are either skating forward, backward, or side to side) when they have the puck or don't have the puck, over those two lines with their right skate only at all times.
- For the third 2 minute segment - New Rule - Switch - Same as above, but now *all players must hop over the blue line and ringette line with their LEFT SKATE ONLY at all times.*
- For the final 2 minute segment - New Rule - *All players must hop over every single line on the ice (blue line, ringette line, circles) with both skates at all times.*

Make sure you are watching players carefully. This is an excellent drill to increase balance, coordination, and stamina. Not only should players be having fun, but they should be participating correctly so they are not cheating themselves.

3. 4 on 4 “Glide / Stride” Cross-Ice Scrimmage

- Goal: To simulate a game-like environment in which players are working on their skating fundamentals that primarily focuses on balance and edge work.



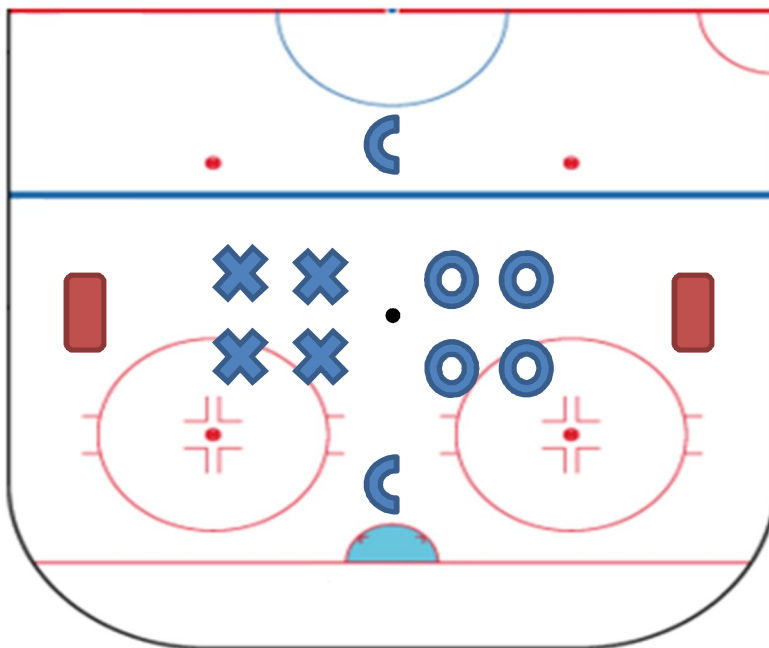
2 nets are placed on opposite sides. All players from each team are in the Development Zone and play a cross-ice game. Coach drops the puck like a faceoff to begin each segment.

- For the first 2 minute segment - Have all of the players play a regular cross-ice game (get them comfortable being in the Development Zone).
- For the second 2 minute segment - New Rule - *All players must keep their left skate on the ice at all times.* Players play in a cross-ice game, but can only push off with their right skate while their left skate - their ‘support leg’ - remains on the ice.
- For the third 2 minute segment - New Rule - Switch - *All players must keep their right skate on the ice at all times.* Players can push off with their left skate only while their right skate remains on the ice.
- For the final 2 minute segment - New Rule - *All players must keep both skates on the ice at all times.* Players play in a cross-ice game, but must push their outside skate (and leg) while gliding on the inside skate. This might look/feel awkward, but it will help players get used to both edges of their skate blades.

Tell players that falling over is okay - it means they are trying. Remind players to keep their eyes up, to fully extend their leg (toe snap), and recover back to the middle (to their support leg) when they are skating.

4. 4 on 4 “Backwards” Cross-Ice Scrimmage

- Goal: To simulate a game-like environment in which players are working on their backwards skating fundamentals and on-ice awareness with or without the puck.



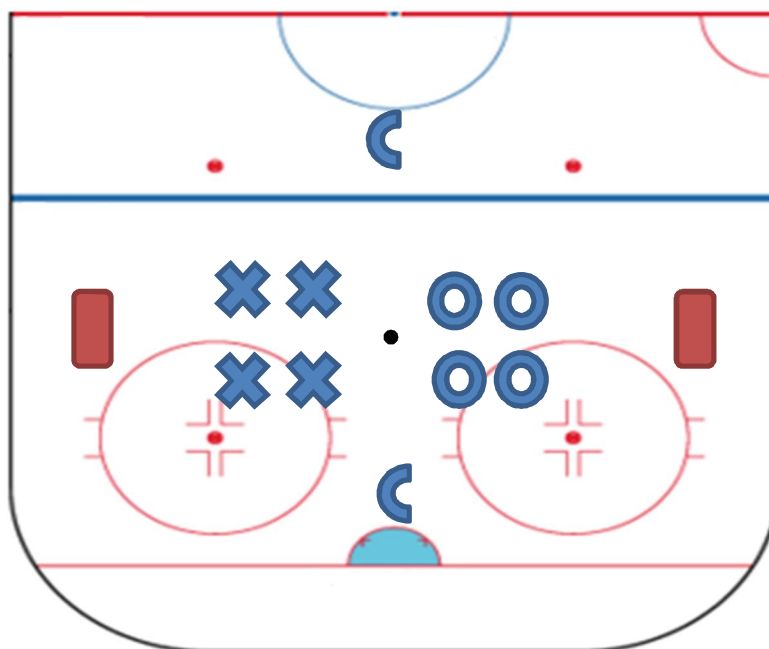
2 nets are placed on opposite sides. All players from each team are in the Development Zone and play a cross-ice game. Coach drops the puck like a faceoff to begin each segment.

- For the first 2 minute segment - Have all of the players play a regular cross-ice game (get them comfortable being in the Development Zone).
- For the second 2 minute segment - New Rule - All players compete in a cross-ice game but *all players on Team X must skate backwards at all times* (even when they have the puck).
- For the third 2 minute segment - New Rule - Switch - All players compete in a cross-ice game but *all players on Team O must skate backwards at all times* (even when they have the puck).
- For the final 2 minute segment - New Rule - *All players must skate backwards at all times while playing the cross-ice game.* Make sure all players keep their eyes up (“head on a swivel”).

Tell players to keep their eyes up, head on a ‘swivel’, and that it is okay to fall down. This is an excellent time to develop backward skating fundamentals while increasing on-ice awareness.

5. 4 on 4 “Excess / No Passing” Cross-Ice Scrimmage

- Goal: To simulate a game-like environment in which players acquire skills by passing, receiving, carrying the puck, as well as begin to experiment on how to skillfully stick check and support the puck carrier.



2 nets are placed on opposite sides. All players from each team are in the Development Zone and play a cross-ice game. Coach drops the puck like a faceoff to begin each segment.

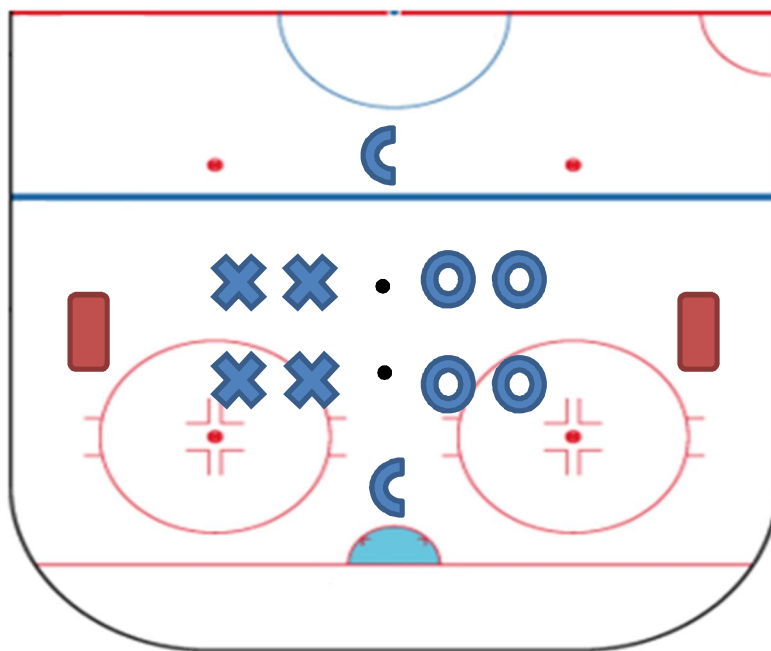
- For the first 2 minute segment - A regular cross ice game occurs, *but all players on each team must touch the puck once before they can shoot the puck on their opposing net.*
- For the second 2 minute segment - New Rule - Same rule as above, but now *only 'one touch' passes are allowed ("hot puck")*. Players can't stick handle or carry the puck at all.
- For the third 2 minute segment - New Rule - All players on each team must touch the puck once before they can shoot the puck. But, *all passes must be made with backhands only.*
- For the final 2 minute segment - New Rule - *All players are not allowed to pass the puck.* The puck must be carried until it is lost or a shot is attempted.

For the first three segments, encourage players to get open and keep their eyes up so their teammates can find them and make good passes. Tell them that communication is key.

For the last segment, encourage puck carrier to find open ice and their teammates to get into position to pick up loose pucks. Tell the defensive players to close gaps and create turnovers.

6. 4 on 4 “Multi-Puck / Score Anywhere” Cross-Ice Scrimmage

- Goal: To simulate transition and offensive attack situations that allow players to think creatively and will teach them to “see the ice” better.



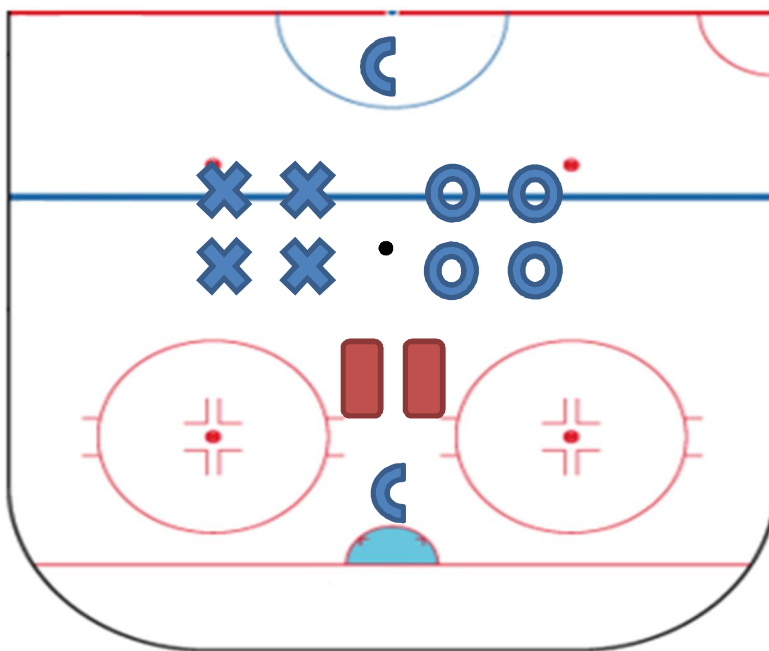
2 nets are placed on opposite sides. All players from each team are in the Development Zone and play a cross-ice game. Coach drops the puck like a faceoff to begin each segment.

- For the first 2 minute segment - A regular cross-ice game occurs, but *a second puck is added to the playing area*. One player is allowed to control 2 pucks at once if they are capable.
- For the second 2 minute segment - New Rule - Same format as above, but *all passes must be made with backhands only*.
- For the third 2 minute segment - New Rule - Remove one puck so it is a regular cross-ice game with one puck, but *teams can score on either net*. Attack should frequently change directions, with players looking to create odd-man situations and potential breakaways.
- For the final 2 minute segment - New Rule - Same format as above, continue the cross-ice game where teams can choose to attack either net, but *passes must be made with backhands only*.

Encourage players to play offense and defence when two pucks are on the ice. This is an excellent drill for children to learn and experiment while having to transition from offense to defense quickly as they may be defending the net they were just attacking.

7. 4 on 4 “Back-to-Back” Cross-Ice Scrimmage

- Goal: To simulate game situations that force skaters to get comfortable spreading the ice and creating unfamiliar scoring opportunities.



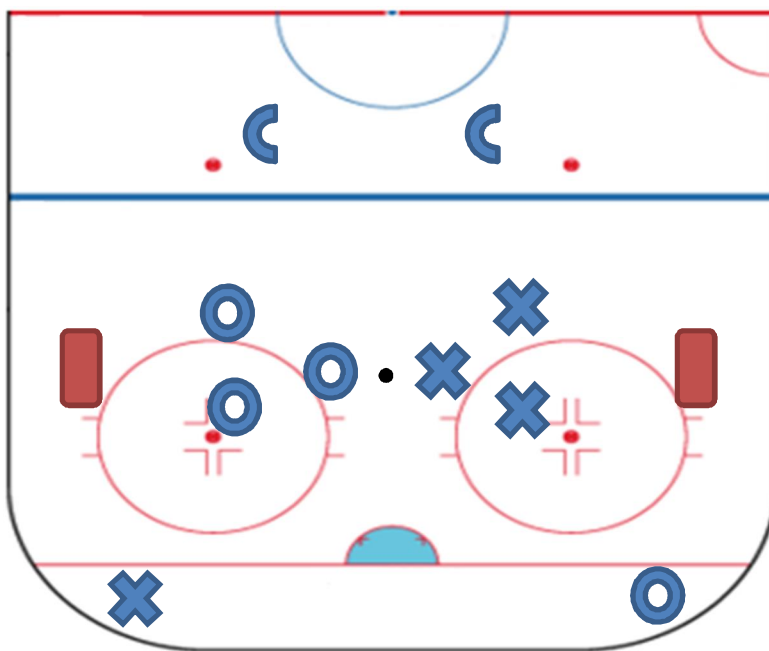
Nets are placed back-to-back between the face-off circles. One goaltender covers both nets (if there is no goalie, players must hit posts or place objects/targets in the nets).

- For the first 2 minute segment - A 4 on 4 game occurs. After the faceoff, players attack the nets opposite of the side they began. Make sure players know what net they are attacking.
- For the second 2 minute segment - New Rule - Same format as above, but *all players on each team must touch the puck once before they can shoot the puck on their opposing net.*
- For the third 2 minute segment - New Rule - All players on each team must still touch the puck once before they can shoot the puck. But, *all passes must be made with backhands only.*
- For the final 2 minute segment - New Rule - *All players are not allowed to pass the puck.* The puck must be carried until it is lost or a shot is attempted.

A great drill for developing offensive creativity. Players should take advantage of the entire half-ice surface (spread the ice, communicate, and move the puck around). This is also an excellent drill if you have goaltenders available - helps with position play, quickness, and recovery.

8. 3 on 3 “With a Safe Zone” Cross-Ice Scrimmage

- Goal: To simulate a game situation in which players are communicating and working various passing / give and go plays from the offensive corner leading to a shot on net.



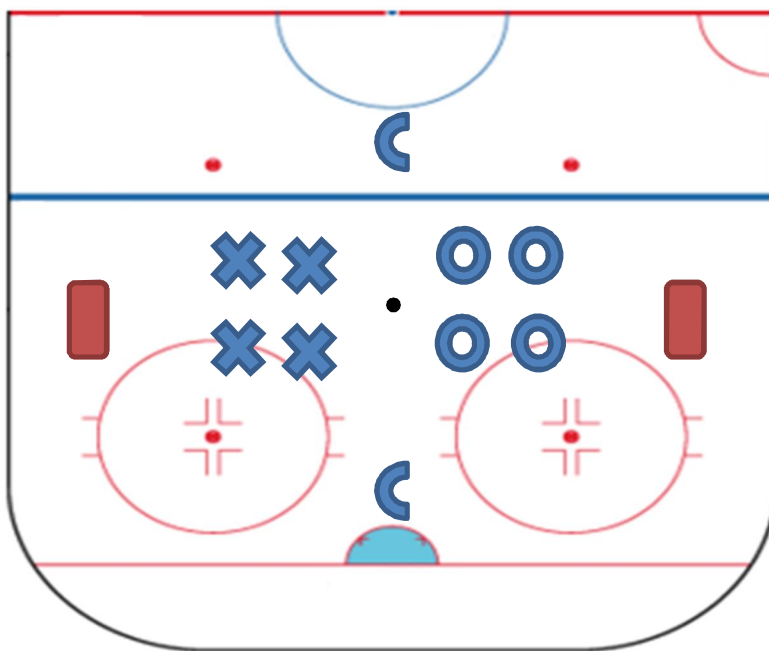
2 nets are placed on opposite sides. 3 players from each team enter the Development Zone and play a cross-ice game. 1 player from each team enters the “safe zone” in opposite corners.

- Rule 1: “Safe zone” player cannot be pressured and cannot leave their corner.
- Rule 2: Before attempting a shot on net, players must make a pass to their “safe zone” player and have their “safe zone” player make a return pass to them.
- Rule 3: A turnover will result in the new offensive team making a pass to their “safe zone” player and moving into position to receive a return pass.
- Players must work to always keep their feet moving and find open space on the ice so their “safe zone” player can make a clear pass to them.
- Encourage players to use the area behind the net as well as other open areas on the ice and to communicate.
- For each of the 2 minute segments - Coach drops the puck for a faceoff to begin game. Have one new player from each team take a turn in the “safe zone” (each player should have 2 minutes in the “safe zone”).
- For added difficulty, make all players pass with their backhands only.

If you are short players, coaches should play in this game as well. This is a great drill to force players to get open and call for the puck.

9. 4 on 4 “Shooting and Scoring” Cross-Ice Scrimmage

- Goal: To simulate a game situation in which players are forced to work on various forms of shooting methods from both comfortable and awkward situations.



2 nets are placed on opposite sides. All players from each team are in the Development Zone and play a cross-ice game. Coach drops the puck like a faceoff to begin each segment.

- For the first 2 minute segment - All players compete in a cross-ice game but are *only allowed to shoot the puck using a wrist shot for the entire segment.*
- For the second 2 minute segment - New Rule - *All players are now only allowed to shoot the puck using a backhand for the entire segment.*
- For the third 2 minute segment - New Rule - *All players are now only allowed to shoot the puck using a slap shot for the entire segment.*
- For the final 2 minute segment - New Rule - All players are allowed to shoot the puck using any of the three previous shots mentioned, but *they must look at the net while they shoot.*

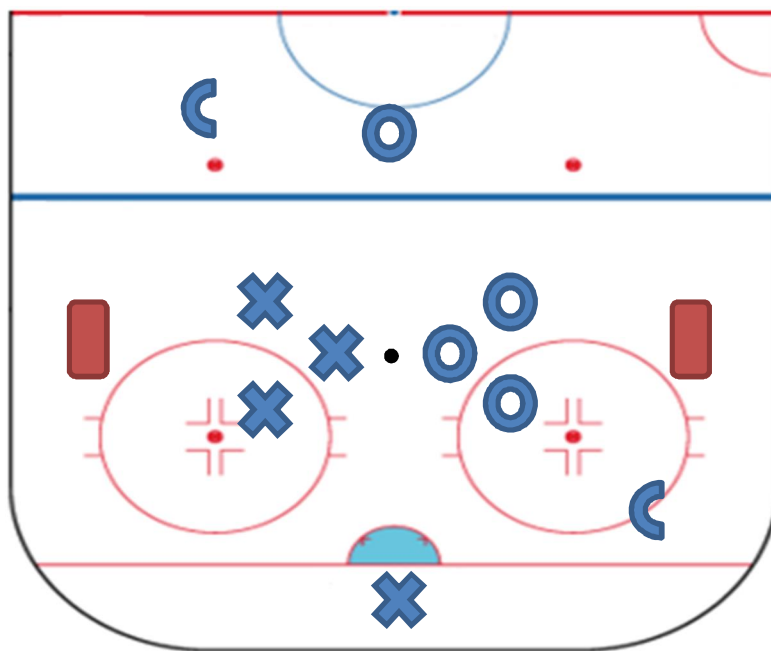
Before each segment, coaches should quickly demonstrate/explain each type of shot. Encourage players to bend their knees, pull the puck back (except for slap shot), and follow through.

For the third segment, make sure the puck is in the middle of their stance (between their feet).

For the last activity, encourage players to keep their “eyes on the target” and look where they are shooting when they release.

10. 3 on 3 “Support to Score” Cross-Ice Scrimmage

- Goal: To simulate a game situation in which players are working various passing plays with a mobile support target leading to a shot on net.



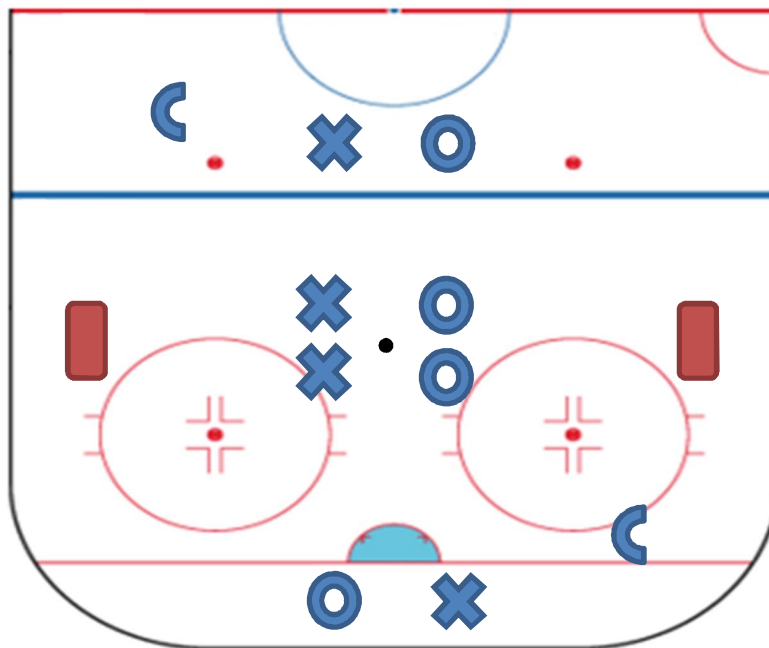
2 nets are placed on opposite sides. 3 players from each team enter the Development Zone and play a cross-ice game. 1 player from each team enters the “support zone” on opposite sides. Team X support zone is behind goal line. Team O support zone is between red line & blue line.

- Rule 1: “Support zone” players cannot be pressured and cannot leave their zone. But, they can skate throughout their entire support zone to get open and create better passing plays/opportunities for both offensive and defensive support.
- Rule 2: Before a team can attempt a shot on net, players must make a pass to their “support zone” player and have their “support zone” player make a return pass.
- Rule 3: A turnover will result in the new offensive team having to make a pass to their “support zone” and moving into position to receive a return pass.
- Players must work to always keep their feet moving and find open space on the ice.
- Encourage players to use the area behind the net as well as other open areas on the ice.
- For each of the 2 minute segments - Coach drops the puck for a faceoff to begin game. *Have one new player from each team take a turn in the “support zone” (each player should have 2 minutes in the “support zone”).*

If you are short players, coaches should play in this game as well. This is a great drill to force players to get open and call for the puck.

11. 2 on 2 “Compete to Support” Cross-Ice Scrimmage

- Goal: To simulate a game situation where players are competing to get open while making difficult passes to players that are attempting to score



2 nets are placed on opposite sides. 2 players from each team enter the Development Zone and play a cross-ice game. 1 player from both teams is in the “support zone” (behind the goal line). 1 player from both teams is in the “support zone” (between the red line & blue line).

- Rule: “Support zone” players cannot be pressured from players in the cross-ice game area and cannot leave their support zone. But they are competing with their opponent in the same zone as them and must skate throughout their entire support zone to get open. Players in game area cannot enter “support zone”.
- For the first 2 minute segment - Coach drops the puck for a faceoff to begin game. *Before attempting a shot on net, game area players must make a pass to one of their “support zone” players and have that “support zone” player make a return pass. A turnover will result in the new offensive team making a pass to one of their “support zone” players and moving into position to receive a return pass.*
- For the second 2 minute segment - Switch - Support zone players are now in cross-ice game area and cross-ice game area players are now “support zone” players.
- For the third 2 minute segment - New Rule/Switch - Players switch positions. *Before attempting a shot on net, players must pass to both of their “support zone” players.*
- For the final 2 minute segment - Switch - Same rule as above, but players switch positions.

12. 4 on 4 “Quick Hands / Stick Check” Activity

- Goal: To encourage and promote stick handling creativity and awareness for offensive players and introductory stick checking opportunities for defensive players. **NOTE – extra objects are encouraged to be placed throughout the Development Zone.**

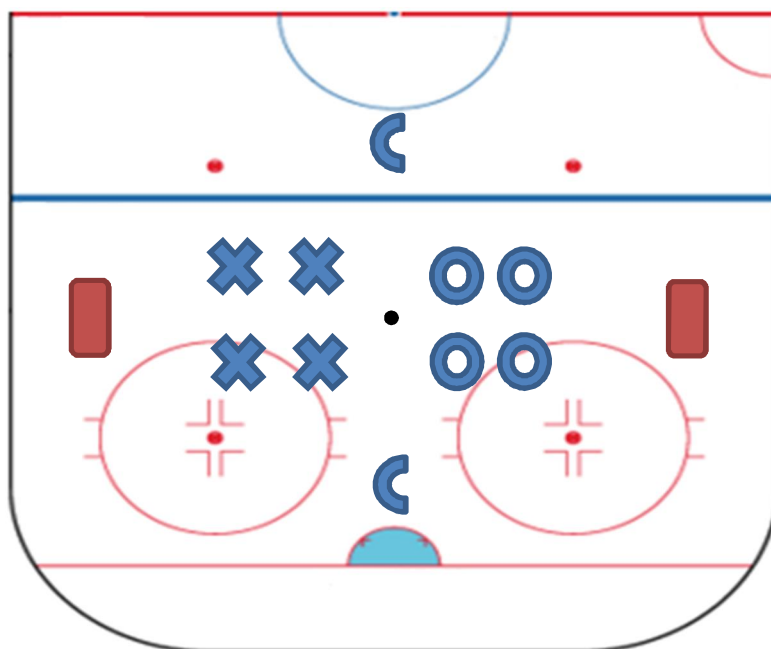


2 nets are placed on opposite sides. 6 cones are placed in zone (2 cones are a pair and should be placed close together as a “gate”). All players enter the zone. 2 coaches are defenders/stick checkers at all times. 4 pucks are needed. Defenders/stick checkers are SPREAD OUT.

- For the first 1 minute segment - All 4 O's each carry a puck and stick handle while the 6 defenders (4 X's and 2 C's) stand still with their sticks out but do NOT move their sticks. 4 O's are stick handling around the nets, between the defenders sticks, skates, keeping their eyes up, and *must skate backwards when they go through “gates”*.
- For the second 1 minute segment - Switch - Same rules but 4 X's are puck carriers.
- For the third 1 minute segment - Switch - 4 O's are now puck carriers but the 6 stationary defenders move their sticks in a predictable way (forwards and backwards).
- For the fourth 1 minute segment - Switch - Same rules but 4 X's are puck carriers.
- For the fifth 1 minute segment - Switch - 4 O's are now puck carriers but the 6 stationary defenders move their sticks in a predictable way (across their bodies – side to side).
- For the sixth 1 minute segment - Switch - Same rules but 4 X's are puck carriers.
- For the seventh 1 minute segment - Switch - 4 O's are now puck carriers but the 6 stationary defenders now try to stick check/poke pucks away from puck carriers.
- For the final 1 minute segment - Switch - same rules but 4 X's are now puck carriers.

13. 4 on 4 “Checking and Defending” Cross-Ice Scrimmage

- Goal: To simulate a game situation in which offensive players are working on their stick handling and passing while defensive players are working on proper body positioning, stick checking, and developing “contact confidence.”



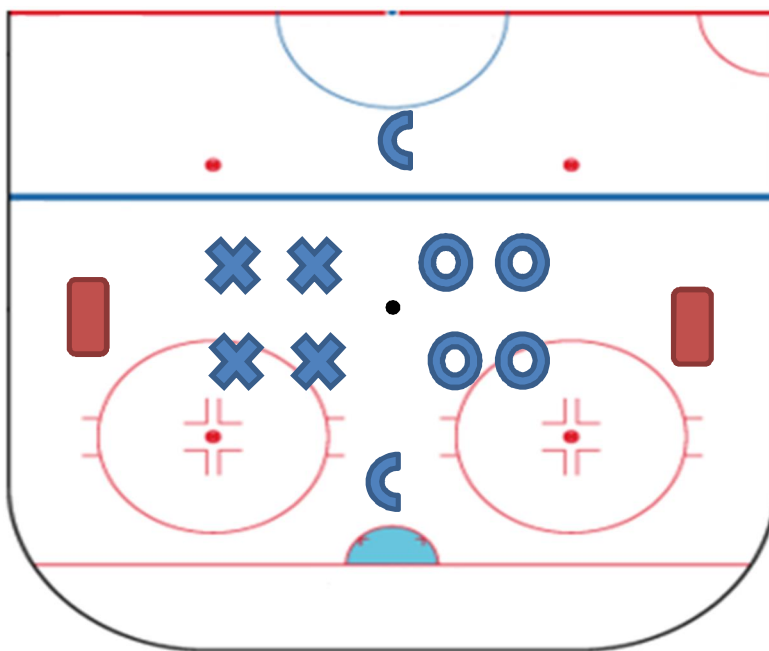
2 nets are placed on opposite sides. All players from each team are in the Development Zone and play a cross-ice game. Coach drops the puck like a faceoff to begin each segment.

- For the first 2 minute segment - All 4 X's are the offensive team trying to score on the opposing net. All 4 O's are playing *WITHOUT STICKS* trying to defend (NO sliding or body checking). All 4 X players must touch the puck once before a shot can be made.
- For the second 2 minute segment - Switch - 4 O's are the offensive team trying to score, must touch the puck once each before shooting, and 4 X's are playing *WITHOUT STICKS*.
- For the third 2 minute segment - All 4 X's are the offensive team trying to score and must touch the puck once each before a shot can be made. All 4 O's are trying to defend and are playing with their sticks *UPSIDE DOWN*.
- For the final 2 minute segment - Switch - 4 O's are trying to score, must touch the puck once each before shooting, and 4 X's are defending with their sticks *UPSIDE DOWN*.

Encourage defensive players to WATCH their opponents (not the puck) when they don't have sticks, and lift sticks/stick check correctly when their sticks are upside down.

14. 4 on 4 “Quick Feet / Highs and Lows” Cross-Ice Scrimmage

- Goal: To simulate a game situation in which players are working on athletic coordination and puck handling abilities with added difficulty when shooting.



2 nets are placed on opposite sides. All players from each team are in the Development Zone and play a cross-ice game. Coach drops the puck like a faceoff to begin each segment.

- For the first 2 minute segment - A regular cross-ice game occurs, but before any shot can be made in the game, *the shooter must lightly pass the puck to his/her own RIGHT foot, and kick the puck up back to their blade before they can shoot the puck.*
- For the second 2 minute segment - Switch - *the shooter must lightly pass the puck to his/her own LEFT foot, and kick the puck up back to their blade before they can shoot.*
- For the third 2 minute segment - Before any shot can be made in the game, the shooter *must lightly pass the puck to either his/her left or right foot, but must shoot the puck LOW/ALONG THE ICE.*
- For the final 2 minute segment - Same rules as the third segment apply, but the shooter *must shoot the puck HIGH/OFF THE ICE.*

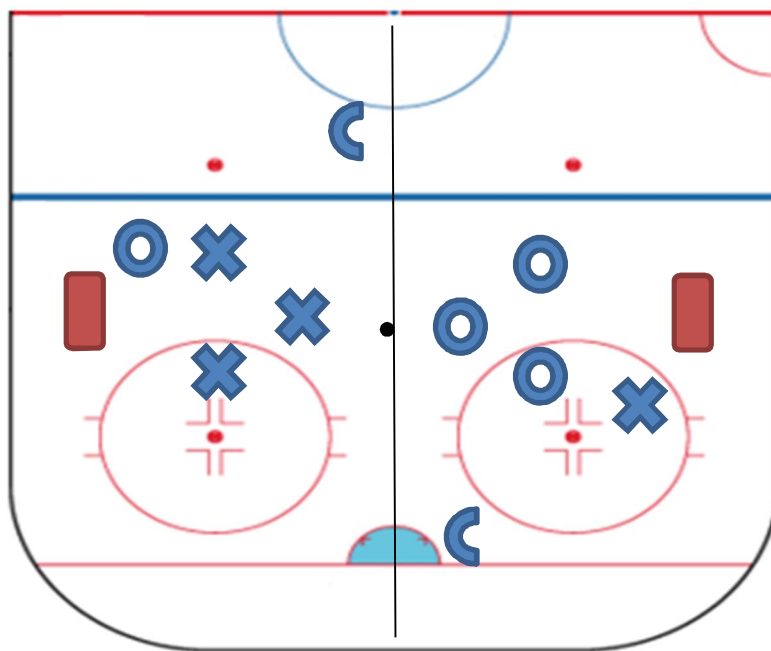
Encourage players to use both their forehand and backhands when lightly passing the puck to their own feet and to keep their eyes up as much as possible. Coaches should demonstrate how to lightly pass the puck to their feet and kick puck back to their blade before each segment.

For the third segment, tell players to follow through low on their shots (blade on the ice).

For the final segment, tell players to follow through high on their shots.

15. 4 on 3 “Cherry Picker” Cross-Ice Scrimmage

- Goal: To simulate a game situation in which players are given the opportunity to execute and defend a 4 on 3 in a small area.



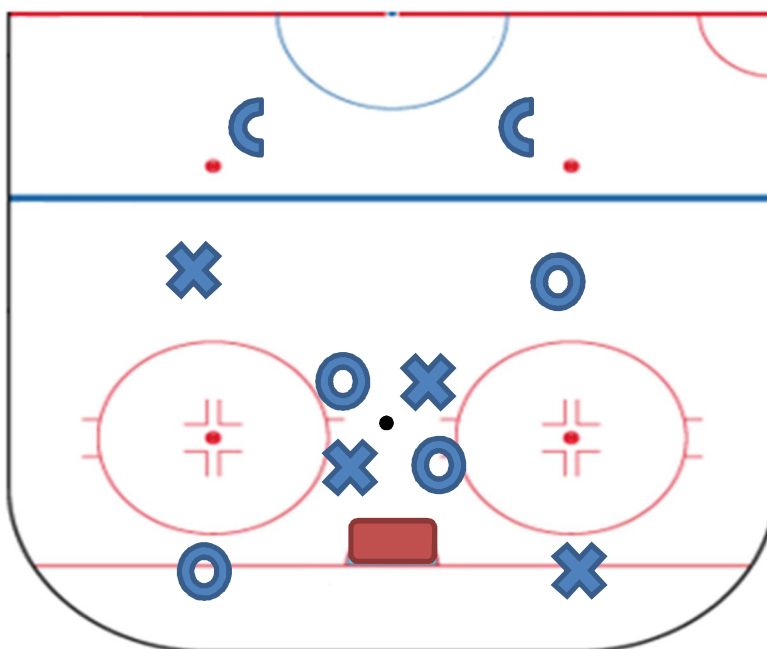
2 nets are placed on opposite sides. All players from each team enter the Development Zone and play a cross-ice game. An imaginary line crosses the middle of the playing surface. Coach drops the puck like a faceoff to begin each segment.

- Rule 1: One player from each team is always on offense (a “cherry picker”) and cannot cross the dividing line.
- Rule 2: After the defensive team forces a turnover, they can move the puck up the ice to the full-time offensive player or skate the puck.
- Teams will always have a 4 on 3 advantage when they are in the offensive zone.
- The offensive player may have the opportunity for a breakaway or may stall and wait for their teammates to enter the offensive zone.
- For each of the 2 minute segments - Have one new player from each team be the player always on offense (each player should have 2 minutes as the “cherry picker”).
- For added difficulty, make all players pass with their backhands only.

Encourage the offensive player to call/get open for the puck, other players to support the puck carrier to create passing options, and the 3 defenders to block passing lanes when they are defending 4 on 3 situations.

16. 2 on 2 “Opposite Corner Support” Activity

- Goal: To simulate a game situation in which players make a pass to the offensive corner or point and receive a return pass, leading to a shot on net. An excellent drill for introductory offensive and defensive positional play.



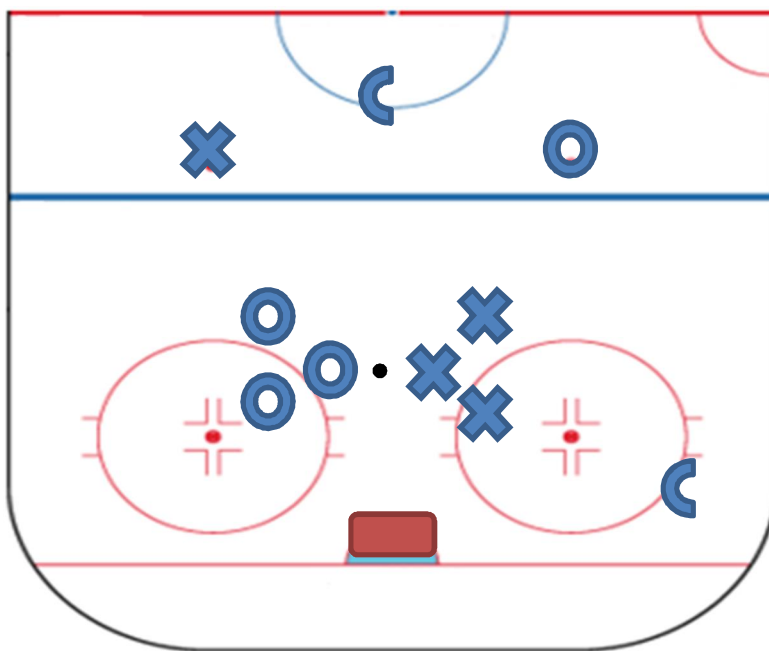
One net is placed in the traditional position. Four support (stationary) players are placed in the zone as shown in the diagram. Two players from each team are playing 2 on 2. Coach drops the puck like a faceoff to begin each segment.

- Rule 1: “Support players” are *mostly* stationary - they can move around slightly in their designated areas.
- Rule 2: Players play a 2 on 2 game and must pass the puck to a “support player” on their team before they can shoot. If there is a turnover, the new offensive team must make a pass to one of their “support players”.
- Rule 3: “Support players” are not allowed to shoot or pass to one another. They must pass the puck to one of their teammates competing in the 2 on 2 game.
- Rotate players positions every 2 minutes - *Players should each have 2 minutes as a support player in the corner, 2 minutes as a support player at the point, and 4 minutes competing in the 2 on 2 format* (make sure players don’t play 4 minutes in a row in the 2 on 2 format). Encourage 2 on 2 players to spread the ice (get open).

Make players pass to BOTH support players before shooting the puck in 2nd D-Zone session.

17. 3 on 3 “Puck to Partner” Activity

- Goal: To simulate a game situation in which players must play both offense and defense low in the zone and are introduced to making breakout passes.



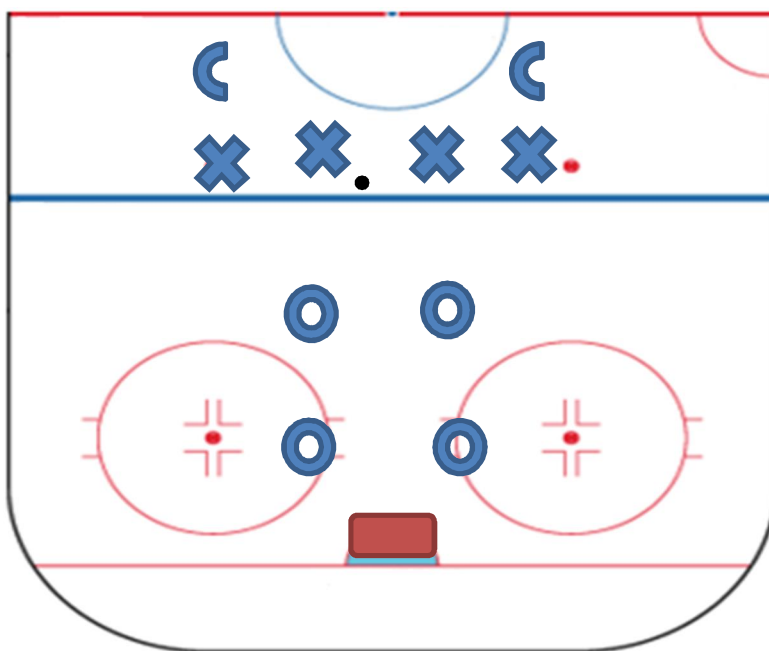
One net is placed in the traditional position. Three players from each team enter the Development Zone to play. One player from each team is standing on a blue line dot. Coach drops the puck like a faceoff to begin each segment.

- Rule 1: One player from each team is standing (stationary) on a dot outside of the blue line and acts as a “partner player” for their team.
- Rule 2: Team that wins the faceoff is on offense. Before the offensive team can attempt a shot on net, players must make a pass to their “partner player” and have their “partner player” make a return pass.
- Rule 3: Upon forcing a turnover, the defensive team must get the puck to their “partner player” over the blue line. They are now the offensive team.
- Rule 4: 3 on 3 players never leave the game area (they are always below the blue line).
- For each of the 2 minute segments - Have one new player from each team as the “partner player” (each player should have 2 minutes as a “partner player”).
- Make all partner players pass with their backhands only in 2nd D-Zone session.

Encourage players to keep their eyes up and make good passes to their “partner player” waiting outside of the game area. Tell the offensive team to move throughout the game area to get open and find ways to create scoring opportunities.

18. 4 on 4 “Regroup to Shoot” Activity

- Goal: To simulate a game situation in which players must play both offense and defense, break the puck out of the zone, and regroup in the neutral zone. Excellent drill to help introduce the concept of ‘off-side’.

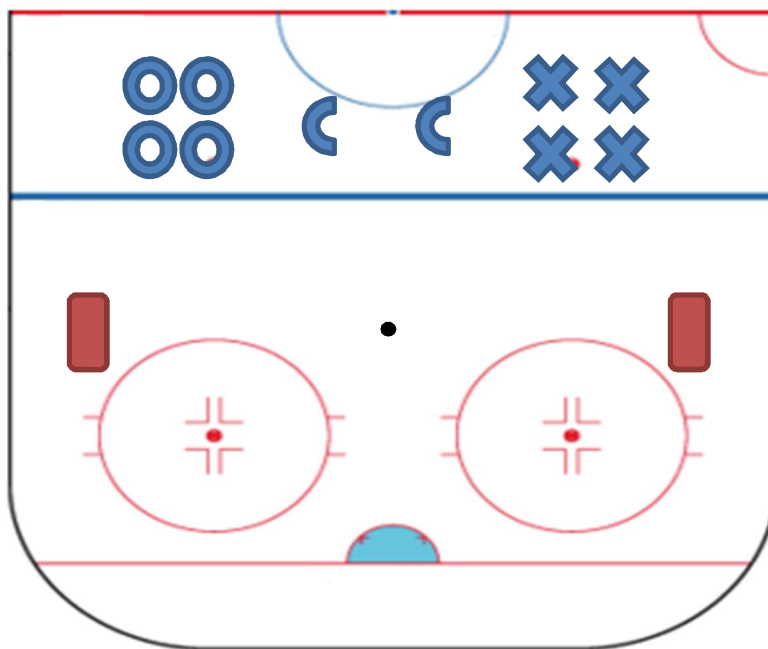


One net is placed in the traditional position. All four players from each team enter the Development Zone to play. Coaches stand outside the blue line to receive pucks from defending team trying to get puck out of the game area.

- Rule: Defensive team players are NEVER allowed to leave game area/cross the blue line (between the blue line and red line) in pursuit of the puck.
- For the first 2 minute segment - Team X is on offense and Team O is defence. Team X is trying to score. Team O is defending, trying to get the puck out of the game area. Team O must either skate or pass the puck out of the game area to the coaches (can't just shoot/ice it). Once the puck is out of the game area, all four X players must leave the game area to retrieve it, and then go back in (onside) and to try to score (puck must enter the game area/cross the blue line first before any X players can).
- For the second 2 minute segment - Switch - Team O is now on offense trying to score, Team X is defending/trying to pass the puck to the coaches.
- For the third 2 minute segment - Switch - Team X is now on offense trying to score. But, *every Team X player must touch the puck once before they can shoot the puck.*
- For the final 2 minute segment - Switch - Team O is now on offense trying to score. But *every Team O player must touch the puck once before they can shoot the puck.*

19. “Never know” Cross-Ice Scrimmage

- Goal: To simulate competitive game situations with numerous variations that promotes teamwork, creativity, awareness, and fun.



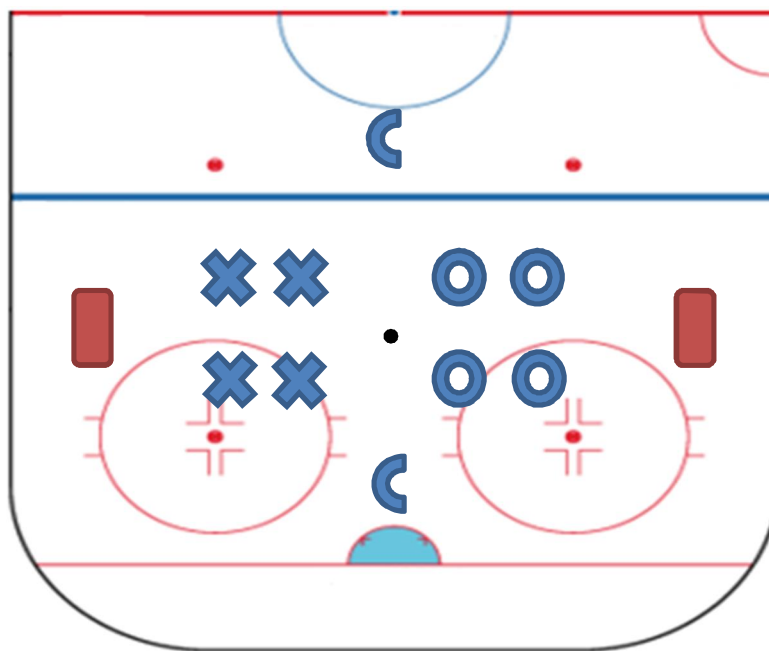
2 nets are placed on opposite sides. All players on Team X are on one blue line dot and all players on Team O are on the other dot. A cross-ice game occurs, but coaches will shout out the number of players from each team that enter to play.

- For the first 1 minute segment - Both teams send 3 players in to play (3 X vs 3 O). 1 player from Team X and 1 player from Team O wait on the blue line dots.
- For the second 1 minute segment - New Rule - 1 Team X player vs 1 Team O player (6 original players now waiting on their respective blue line dots).
- For the third 1 minute segment - New Rule - 3 Team X players vs 2 Team O players.
- For the fourth 1 minute segment - New Rule - 2 X Team players vs 3 Team O players.
- For the fifth 1 minute segment - New Rule - 2 X Team players vs 2 Team O players.
- For the sixth 1 minute segment - Switch - same as above but switch the players.
- For the seventh 1 minute segment - New Rule - 4 X Team players vs 4 Team O players
- For the final 1 minute segment - Switch - 5 vs 5 - coaches join in!

This is a great opportunity for players to compete and be creative. Also, this is an opportunity for Development Zone Coordinators to work on their communication skills and build confidence. An overall exciting activity that should keep everyone engaged.

20. 4 on 4 “Scrimmage Central” Cross-Ice Scrimmage

- Goal: To simulate competitive game situations with numerous variations that promotes teamwork, creativity, awareness, and fun.



2 nets are placed on opposite sides. All players from each team are in the Development Zone and play a cross-ice game. Coach drops the puck like a faceoff to begin each segment.

- For the first 1 minute segment - Regular 4 on 4 cross-ice game.
- For the second 1 minute segment - *Include another puck in the game so there are 2 pucks.* Encourage all players to keep their eyes up.
- For the third 1 minute segment - Remove 1 puck; *tell all players they can now only make backhand passes.*
- For the fourth 1 minute segment - New Rule - *Team X has to play with their sticks upside down.* Team O uses their sticks normally.
- For the fifth 1 minute segment - Switch - *Team O now has to play with their sticks upside down.* Team X uses their sticks normally.
- For the sixth 1 minute segment - New Rule - *Both teams play with sticks normally, but all players must jump over the blue line AND ringette line every time they skate over them.*
- For the seventh 1 minute segment - *Make all players use their sticks the “wrong way”* (left handed players use their own stick as if they were right handed and vice versa).
- For the eighth 1 minute segment - Regular cross-ice game but next goal wins! (Crossbar)

Practice Planning Resource for Coaches

The greatest opportunity for coaches to impact development is in practice. By effectively using the space and time available, a practice can be used to teach new skills, reinforce skills that have already been taught and give players the maximum amount of puck touches and meaningful interaction with their teammates.

Hockey Canada's 32 Novice practice plans map out easy-to-follow ice sessions. Novice hockey players need to progress through these practices to ensure they are exposed to age-appropriate drills and activities that will develop their confidence. Use these complete practice plans or choose your favourite drills to build a practice for your Novice team. **You can access these 32 Novice practice plans online for free at:**

<https://www.hockeycanada.ca/en-ca/hockey-programs/drill-hub/novice>

Hockey Canada Network App:

Hockey Canada is committed to supporting you, the Novice Coach by connecting you to resources that will allow you have maximized success. The Hockey Canada Network App is filled with articles, practice plans, drills, skills videos and tips that you can access on your tablet or phone. The App is very user friendly and even has tutorials that will help you to make the best use of the resource. Coaches will have the ability to access plans, videos and articles that will help them navigate the hockey season.

The Hockey Canada Network App has everything you need:

Skills: Over 300 videos to help players develop their skills, covering hockey fundamentals for all ages.

- Skating and agility, stickhandling and shooting—no player is too advanced or too old to work on hockey basics. The Hockey Canada Network offers a library of videos and articles to help players properly develop and improve their skills on and off the ice.

Drills: Over 1,000 drill videos, diagrams and descriptions, helping coaches get the most out of practice time.

- Practice makes perfect. The Hockey Canada Network is loaded with drills to help coaches run more effective practices. Whether your goal is to develop individual skills,

improve conditioning or build on team tactics, there are drills for teams at any level to improve their game.

Plans: Short- and long-term practice plans designed by some of Canada's best coaches.

- In addition to hundreds of drills, the Hockey Canada Network offers comprehensive practice plans. Each plan gives you a series of drills and training advice to use within a single practice, or over several weeks. These plans were created by our most experienced and knowledgeable coaches and trainers.

Coaching: Essentials for anyone looking to get involved or advance their own coaching careers.

- Every season, thousands of coaches across Canada volunteer their time to step behind the bench. The Hockey Canada Network is the perfect assistant for new and experienced coaches, giving you information on player development, certification and other valuable resources.

Experts: Over a century of experience and the largest network of hockey professionals in the world.

- We've dedicated the last 100 years to growing this sport and developing young players. The videos and articles in the Hockey Canada Network were created by experienced coaches and top players, as well as trainers, nutritionists, sports psychologists and other leading experts.



Keyword: How to Plan a Practice



Keyword: Utilizing Your Coaching Staff



Keyword: Half-ice Practice Plan



Keyword: Fun & Games

Frequently Asked Questions

Why are there so many recent changes to the Novice Program?

Hockey Manitoba has extensively reviewed its Novice half-ice program from inception in 2017 - 2018 and into the 2018 - 2019 season. Hockey Canada has now made half-ice mandatory across the country, and Hockey Manitoba has incorporated key concepts from the national model in addition to some modifications for the benefit of player development. We believe our model utilizes the best components of each - with a focus on development and engagement at its core - while also ensuring we recognize Hockey Canada's core elements at this age level.

Does my player regress by having to play half-ice at 7 or 8 years old?

No, research shows that players benefit more (and have more fun) by playing in an age appropriate environment (half-ice). All players benefit from increased puck touches, scoring chances, quick transitions, read & react situations, puck support and passing plays in half-ice hockey. Physical literacy and skill acquisition are the cornerstones of development at this age. Learning game rules (offside, icing) will come in time.

Some 8 year old players are very big; what about incidental contact and collisions?

Incidental contact and collisions will always be part of the game and are unavoidable any time you have players around the puck, however the reduction in the playing area from full-ice to half-ice will force players to accelerate their thought process and reaction times. It should also be noted that Junior/NHL players, all of whom are much larger than Novice players, spend the majority of their time in either the defensive or offensive zones (smaller areas than that of our half-ice zone), so to think 7 & 8 year old development is going to be stunted rather than accelerated by playing on a reduced ice surface is inaccurate.

With a reduced ice surface, won't this have a negative impact on skating development?

Quite the opposite. Hockey is no longer a linear game and skating is much more than simply moving in a straight line. The reduction of the ice surface will again help to develop players complete skating skills which include stops and starts, transitions, turning, pivots, agility, edge work and balance. Good skaters will always be good skaters but playing in a half-ice concept will assist in the development of every player's skating acumen rather than primarily relying or limiting their skating arsenal to full acceleration. In addition, a study conducted by Hockey Alberta found that young players can reach top speeds in a distance less than half of the ice,

therefore we are confident that half-ice games will improve rather than handicap players' skating skills. Hockey Canada studies support this research.

Won't there be increased whistles with the reduction of the ice surface, and pucks shot over the divider(s)?

With the removal of off-sides and icings, and the modification to continuous play within shifts, there will essentially be no stoppages of play during games. The result is continuous, competitive play and engagement. Trials have shown that the amount of pucks shot over the divider(s) is very limited.

Why has a 4 vs. 4 model been implemented, don't players need to learn positions?

The 4 vs. 4 model follows Hockey Canada's core requirements for the Novice program, and was designed to maximize the opportunity to engage all players in the game. Age appropriate training at the Novice level includes fundamental skill development and competition. Introductory concepts to positional play such as puck support are key in a 4 vs. 4 half-ice game, however learning specific positions, team tactics etc. are better introduced at older age levels.

For more information on Hockey Manitoba's Novice Guidelines, please visit their website at <http://www.hockeymanitoba.ca>

Important Rules for Novice Hockey Parents

The following 10 rules for hockey parents reflect literature by fitness expert Lloyd Percival. Although his rules were initially publicized in 1987, the information below still applies to the contemporary minor hockey system:

1. Make sure your child knows that win or lose, you love them. Let them know that you appreciate their efforts and you won't be disappointed in them if they fail. Be the person in their life that they can always look to for support.
2. Try to be completely honest with yourself about your child's athletic capability, competitive attitude, and level of skill. Although parents should always encourage and support their child, it is crucial to be aware and realistic of their abilities and desires.
3. Be helpful, but don't coach your child on the way to the game or at the breakfast table. Think how tough it must be on them to be continually inundated with advice, pep talks, and criticism.
4. Teach your child to enjoy the thrill of competition, to be "out there trying," and to be constantly working to improve their skills. Don't tell them that winning doesn't count, because it does and they know that. Instead, help them to develop a healthy competitive attitude, a "feel" for competing, for trying hard, and for having fun while doing so.
5. Try not to live your life through your child. Yes, your children are an extension of you. But, don't assume they feel the same way you did, or have the same desires or attitudes. Don't push them in the direction that will give you the most satisfaction.
6. Don't compete with your child's coach. A coach may become a hero to them for a while, someone who can do no wrong, and you may find that hard to take. Or, if your child may become disenchanted with the coach, don't side with them against the coach. Talk to your child about the importance of learning how to handle problems and how to react to criticism. Try to help them understand the necessity for discipline, rules, and regulations.

7. Don't compare your child to other players on their team. If they have a tendency to resent the treatment they get from the coach or if they are jealous of the approval other players get, encourage them to work harder and work on their weaknesses so they can develop into a better player. Remember, if you are over protective, you will perpetuate the problem.
8. Get to know your child's coach. Make sure you approve of their attitude and ethics. A coach can be very influential, and you should know what their values are so you can decide whether or not you want them passed on to your child.
9. Remember that children tend to exaggerate when they are praised and when they are criticized. Temper your reactions to the stories your child brings home from the rink. Don't criticize them for exaggerating, but don't over-react to the stories they tell you.
10. Teach your child that making mistakes when they try their best is common and will only help them in the future. In order to succeed, you cannot be afraid to fail.

Key note: Remember to enjoy your children as much as possible. They are young for such a short time. Do not rush them through childhood – it is a very small but very important period of time in their lives.

Conclusion

Hockey Winnipeg is committed to supporting our coaches, young hockey players and officials every step of the way. Initiatives like the Novice half ice program are designed and implemented with one major goal in mind: to grow the game of hockey. This move is beneficial for players, coaches, and officials. By working as a team and remembering that it is about development and fun, we can all make this Novice half ice program a positive experience for everyone.

We want to hear how the program is working, and what we can do to support Novice hockey.



Visit www.hockeywinnipeg.ca, or email development@hockeywinnipeg.ca



Visit www.hockeymanitoba.ca



Visit www.hockeycanada.ca

Hockey Winnipeg wishes you all the best for this upcoming season, and as always, HAVE FUN!