

INITIATION (5&6 YEARS OLD) | SEASONAL STRUCTURE

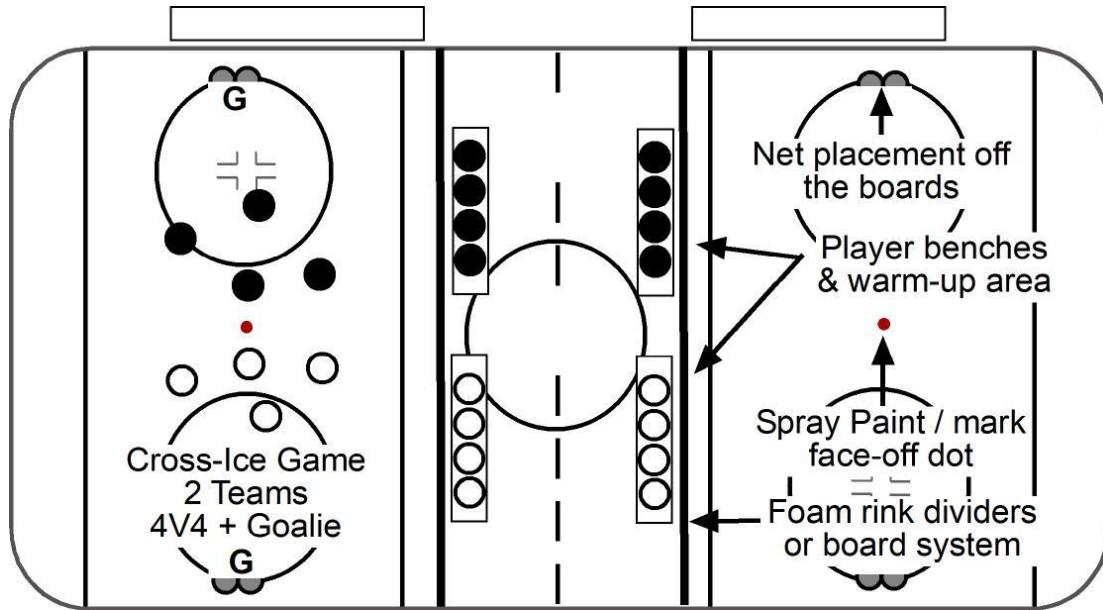
Effective 2017-18



MONTHS	September - October	November - March
PHASE 26 weeks	Development Season 8 Weeks	Regular Season 20 Weeks
VOLUME 42 practices 22-30 games 3 jamborees	12 Practices Hockey Canada Curriculum Station-based 85% technical skills	30 Practices Hockey Canada Curriculum Station-based 75% technical skills
	4 Games Cross-Ice	18-26 Games Cross-Ice
	None	3 Jamborees after December 1 st
FACTORS	3:1 Practice to Game 5:1 Player to Coach	2:1 Practice to Game 5:1 Player to Coach
TIERING	Tier players of similar skill. All tiers allocated the same number of practices and games. All tiers work on same skills.	
POSITIONAL PLAY	Rotate all players through all positions. No Full-Time goalies – every player takes a turn in goal.	

INITIATION (5&6 YEARS OLD) | GAME FORMAT • CROSS-ICE

Effective 2017-18



TEAM FORMAT:	Two Team Model	GAME FORMAT:	4 V 4 plus Goaltenders
GAME LENGTH:	Two 22 Minute halves (44 minutes)	OFFICIALS:	N/A
WARM UP:	3 minutes	SCORE KEPT:	None
PUCKS:	Blue (4 oz.)	BENCHES:	Teams share benches
RINK DIVIDERS:	Optimal: Foam rink dividers or board system		
FACE-OFF DOT:	Spray paint or draw face-off dot in the middle of each Cross-Ice Rink		
NETS:	Small (3' x 4') or Regulation (4' x 6') – both are acceptable Place nets on edge of centre circle using the line of the circle as the goal line.		

INITIATION (5&6 YEARS OLD) | GAME PLAY GUIDELINES • CROSS-ICE

Effective 2017-18

FACE-OFFS:	Start of Game & Second Half	OFF-SIDE & ICING:	None
SHIFT LENGTH:	<ul style="list-style-type: none"> • Buzzer is set to 1:00 minute shift length intervals. • On buzzer, players leave puck where it is and go to bench. • Coach or On-Ice Volunteer will direct players to “leave puck”. • Players on bench come on the ice and continue to play. • If there are fewer than 4 players on the bench, the active player designated to stay out for the following shift must tag up at the bench prior to racing to play the loose puck. • Both games synchronized through officials. 		
PUCK OUT OF PLAY:	<ul style="list-style-type: none"> • New puck to non-offending team. 		
GOALTENDER FREEZES PUCK:	<ul style="list-style-type: none"> • Whistle to indicate shooting team to back off and call out possession of team that now gets the puck. • Goaltender gives puck to a teammate to begin play the other way. 		
WHEN GOAL IS SCORED:	<ul style="list-style-type: none"> • Whistle to signal goal. • Scoring team backs off to let the team that was scored on retrieve the puck out of the net. • Play resumes with team that was scored on going on offense. 		
PENALTIES:	<ul style="list-style-type: none"> • If offending team has the puck it is a change of possession and puck goes to the other team. 		