



**SASKATCHEWAN**

 **GRASSROOTS**

**DEVELOPMENT MODEL**

**A GUIDE TO DEVELOPING INITIATION AGED  
HOCKEY PLAYERS IN SASKATCHEWAN**

**◀ 2017-18 ▶**



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### **SHA MANDATE**

DURING THE 2016-17 PLAYING SEASON, THE SASKATCHEWAN HOCKEY ASSOCIATION MANDATED AGE APPROPRIATE TRAINING FOR INITIATION PLAYERS WHICH CONSISTS OF CROSS ICE SECTIONS TO A MAXIMUM OF HALF ICE.

### **HOCKEY CANADA MANDATE**

BEGINNING IN THE 2017-18 SEASON, A NEW HOCKEY CANADA POLICY NOW MANDATES THAT INITIATION-AGED PLAYERS RECEIVE AGE-APPROPRIATE PROGRAMMING ON CROSS-ICE OR TO A MAXIMUM OF HALF-ICE SURFACES.

## **INTRODUCTION**

The Saskatchewan Grassroots Development Model provides age-appropriate guidelines for Initiation players as well as a curriculum to Minor Hockey Associations across Saskatchewan to work towards the common goal of helping more kids to play, excel and love hockey in a positive environment.

## **RULES AND REGULATIONS**

**ALL GAMES AT THE INITIATION LEVEL SHALL USE CROSS ICE OR TO A MAXIMUM OF HALF ICE. THE SASKATCHEWAN HOCKEY ASSOCIATION RECOMMENDS SKILL STATIONS DURING ALL PRACTICES**

It is important to note that there are **NO** exceptions to this regulation in regards to the participation in games and practices at the Initiation level which would include **ALL** exhibition, regular season **and** tournament games.

The SHA along with Hockey Canada mandates that all tournament games will be played either Cross Ice or to a **MAXIMUM** of Half Ice formats. Minor Hockey Associations applying for a tournament sanction **MUST** indicate which format they will be using.

*If you have any questions or concerns, please contact the Saskatchewan Hockey Association.*

## **INITIATION COACHING REQUIREMENTS**

**HEAD COACHES** – Must have Coach 1 - Intro to Coach & Respect in Sport

**ASSISTANT COACHES** - Must have Coach 1 - Intro to Coach & Respect in Sport

**MANAGER, TRAINER, VOLUNTEER, BENCH ASSISTANT** – Must have Respect in Sport

**HOCKEY CANADA SAFETY PROGRAM (HCSP LEVEL 1 OR HU SAFETY)** – One (1) of the registered team officials (manager, coach, trainer or volunteer).



## IP COACH MENTORSHIP

The Saskatchewan Hockey Association with the support of the Minor Hockey Association will appoint an IP Mentor to an assigned region.

Duties include; regular visits to supervise, mentor the IP Coach(s), offer Coach 1 clinics and promote the benefits of Cross Ice hockey.

Please see below for an IP Mentor in your area. If you don't see your Minor Hockey Association on the list below, that means that we currently don't have an IP Mentor for that region.

If working with coaches is your passion and you would like to know more information on becoming an IP Mentor, please contact Blaine Stork at [blaines@sha.sk.ca](mailto:blaines@sha.sk.ca)

<u>MHA (Region)</u>	<u>IP Mentor</u>
Moose Jaw, Caronport	Courtney Lacelle
PSMHA, Quad Town, Lumsden, Southey, Cupar	Brian Flaman
Kindersley, Brock, Kerrobert, Dodsland, Eatonia, Eston, Luseland, Elrose	Chris Keleher
Yorkton, Foam Lake, Keliher	Jason Gordon
Radville, Ogeema, Bengough, Cornach, Midale, Torquay	Brett Tuschcherer
Carnduff, Estevan, Alameda, Carievale, Oxbow, Bienfait, Lampman	Blair Beck
Prince Albert	James Mays
Prince Albert, La Ronge, JRMCC	Ryan Cox
Radisson, Dalmeny, Langham, Waldheim, Hepburn, Martensville, Laird	Hugh Hamilton
Humboldt, Watson, Wynyard, Muenster, Lake Lenore, Wadena, Rose Valley/Archerwill	Kent Armbruster
Warman	Cam Kayter
Battleford, Cut Knife, Wilkie, Unity, Macklin, Edam	Jean Fauchon
Saskatoon	Kelly Toporowski
Regina	Corey Terry
Fox Valley, Leader, Maple Creek, Consul, Eastend, Frontier, Shaunavon, Gull Lake, Swift Current, Ponteix, Cabri	Al Fournier
Melfort, Naicam, Kinistino, Birch Hills, St Brieux, Wakaw, Cudworth	Wayne Nogier
Meadow Lake, Pierceland, ST Walburg, Turtleford, Goodsoil	Regan Beck
Wapella, Kipling, Carlyle, Arcola, Wawota, Redvers, Moosomin, Whitewood	Matt Scott
Gravelbourg, Kincaid, Assiniboia, Mossbank, Lafleche, Glentworth	Milt Mastad
Kamsack, Canora, Norquay, Preeceville	Jeremy Allard
Rocanville, Esterhazy, Langenburg, Churchbridge, Balcarres, Melville	John Svenson
Herbert, Central Butte, Loreburn, Davidson	Josh Houseman
Nipawin, Carrot River	Derek Sekinger
Tisdale, Porcupine Plaine, Bjorkdale, Hudson Bay	Dennis Kubat
Ochapowace, Kahkewistahaw	Brad McEwan
Clavet, Aberdeen, Hague, Beardy's, Rosthern	Tim Willoughby
Grenfell, Wolseley, Fort Qu'Appelle, Indian Head, Monmartre	Dean Harcourt
Viscount, Hanley, Imperial, Watrous, Kenaston, Dundurn	Noel Kingwell
Weyburn, Yellow Grass	Shaun Scrubbs



## WHY CROSS ICE?

The Saskatchewan Hockey Association along with Hockey Canada believes that hockey should be, first and foremost, fun for all participants. A big part of delivering that is ensuring the programming is age-appropriate.

Cross-ice/half-ice hockey at the Initiation age ensures the playing surface is altered to an appropriate size for young players:

- For development, you likely won't put five-and six-year-olds on a full-size soccer pitch, or expect them to play basketball on a full-sized court with no height adjustments – hockey is no different.
- Cross-ice/half-ice hockey allows young players the opportunity for more puck-touches which promotes greater opportunity for skill development (puck-handling, shooting, skating, coordination) and decision-making.
  - Players on cross-ice/half-ice have been shown to receive five times more passes and take six times more shots than when they are on a full-sized rink.
  - Small-area games are used at all levels of the game – including Senior hockey with National Teams and in the NHL.

The benefits of cross-ice/half-ice hockey go beyond player development; the special boards and bumpers allow minor hockey associations to alleviate pressure around scheduling and ice-time availability by safely allowing multiple practices and games to take place on one rink simultaneously.

## GENERAL ORGANIZATION OF CROSS ICE

- ✓ More efficient use of ice time and space.
- ✓ The size of the rink is in proportion to the size of the players.
- ✓ The child sized goal nets are in proportion with the size of players.
- ✓ The middle zone is available for other purposes (player's bench, warm-up area, skill competition) while games are played in the end zones.
- ✓ Recommend that teams play with two or three units of four or five players and one goalkeeper which results in each player having more ice time.
- ✓ The use of the Blue 4oz pucks is recommended.
- ✓ More ice time for practicing and playing is made available to more teams within a single Minor Hockey Association.
- ✓ Many teams can practice and play by sharing the ice surface.
- ✓ Drills designed according to the varying skill levels of players within the group are easier to organize.



## GENERAL SPIRIT OF PARTICIPATION, FUN AND BENEFITS OF CROSS ICE

- ✓ More children get a chance to play hockey.
- ✓ Hockey IQ, or understanding the principles of the game, is being developed at a young age.
- ✓ More children will experience a feeling of success when playing hockey.
- ✓ The same exciting and fun environment as in a “real” game is created.
- ✓ All children, regardless of skill level, will benefit from close/tight action on the ice.
- ✓ Children are excited and motivated to continue playing hockey.
- ✓ Hockey will be more appealing and rewarding to a wider range of children and their parents.
- ✓ Group sizes become smaller which means learning and teaching will become more effective.
- ✓ The close feeling of belonging to a team will motivate a child to participate with even greater enthusiasm.
- ✓ More repetition/frequency in drills in one ice session.
- ✓ More frequent line changes in the game means more ice time for each player.
- ✓ Children remain active between their shifts with various activities in the neutral zone.
- ✓ The feeling of being engaged increases because of the small size of the rink.
- ✓ The children have more energy with which they can improve their skills when they are skating 85 feet across the ice surface as opposed to the 200-foot length of the ice surface.
- ✓ Playing on a smaller surface allows for more puck contact resulting in improved puck control skills.
- ✓ The high tempo of cross ice games results in players needing to make quicker decisions.
- ✓ Individual technical skills are established sooner.
- ✓ Scoring skills are enhanced and although child sized goal nets are not mandatory, using these will give the players more accurate shooting opportunities.
- ✓ More repetition for goalkeeper’s which improves reading of the game, and reaction to changing game situations becomes more effective.
- ✓ The game is full of continuously changing situations.
- ✓ The rate of play increases, which will require quicker mental and physical reactions by the players. This is because there are no unnecessary breaks in the game.



## MYTHS ABOUT CROSS ICE HOCKEY

**Myth #1:** To develop understanding of positional play and off-sides, Initiation players should play full ice hockey.

**Truth:**

- ✓ Not only can positional play and off-sides be taught with Cross Ice hockey, it can be taught more efficiently than in a full-ice environment.
- ✓ When the puck is dropped, positional play becomes a player's relationship to the puck, the opponent and the net. These elements are key components of the small-area games. By teaching these concepts in the context of small-area games (spacing, gap control, angles, support, body positioning)
- ✓ Players not only learn the concepts, but also learn them more efficiently thanks to increased repetition
- ✓ Off-sides can be easily taught by using a marker and drawing a line across the middle of a Cross Ice environment. This line represents the offensive blue line. And, much like positional play, it can be taught more efficiently through Cross Ice play, since the number of zone entries (and especially non-breakaway zone entries) is dramatically increased in a Cross Ice setting.

**Myth #2:** Long Term Player Development (LTPD) fails in youth goalie development. Kids need to be identified as goaltenders and taught goaltending specific skills at young ages.

**Truth:**

- ✓ Almost none of the NHL's top goaltenders began playing between the pipes until they were at least nine-years-old. Finland, which is viewed as a model for producing great goaltenders, doesn't let kids play full-time in goal until age 10. Goaltending experts worldwide state that, at 8U, it's far more important to develop overall athleticism and skating ability than goaltending technique.
- ✓ As Kevin Woodley recently wrote in InGoal Magazine, "Most NHL goaltending coaches will tell you they'd rather add some structure to a skilled athletic goalie than try to add athleticism to a technician." Thus, the LTPD emphasis on development of athleticism at young ages is ideal for skaters and future goalies alike.

**Myth #3:** Cross Ice practices don't provide enough skating, especially long distance skating.

**Truth:** In August 2016, Hockey Alberta partnered with Powerscout Hockey and St. Albert Minor Hockey to conduct a study on the effectiveness of smaller ice surfaces in skill development. The study featured 40 Initiation-aged players



(five- and six-year-olds) who participated in a series of tests to collect data on several game and practice scenarios.

With regards to skating development, specific data for skating speed and acceleration was collected from the following scenarios:

- ✓ 200-foot sprints
- ✓ half-ice games
- ✓ cross-ice games
- ✓ a full ice game

The average distance for the 5-6-year-old players to reach top speed was **65 feet**.

### **Why is this significant?**

65 feet is exactly the distance from goal line to the nearest blue line (one zone) on a regulation-sized ice surface. A regulation ice surface is 200 feet x 85 feet. That means an average player CAN reach top speed in the cross-ice scenario and CAN EASILY reach top speed in a half-ice scenario.

**SPECIAL NOTE:** The strongest skater needed only **60 feet** to reach top speed, confirming the importance of acceleration. To view the full skating study done by Hockey Alberta please visit their website:

<https://www.hockeyalberta.ca/players/initiation-program>

## **LONG TERM ATHLETE DEVELOPMENT (LTAD)**

### **DISCOVERY (Ages 0-4, Male and Female)**

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

### **FUNDAMENTALS (Ages 5-6, Male and Female)**

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





## CROSS ICE VS FULL ICE STATISTICS

### PUCK TOUCHES



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 opportunity to be engaged in the play doubles when the playing area is smaller.

### SHOT ATTEMPTS



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

### SHOTS ON GOAL



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

### PASS ATTEMPTS



In the smaller area games, players are observed passing and attempting to pass the puck more often. This results for two reasons:

1. All players are close enough to pressure the puck more frequently.
2. Teammates are in close support of the puck carrier at all times.

### PASSES RECEIVED



In smaller spaces, more passes are attempted and most of these passes are 5 to 10 feet in length.

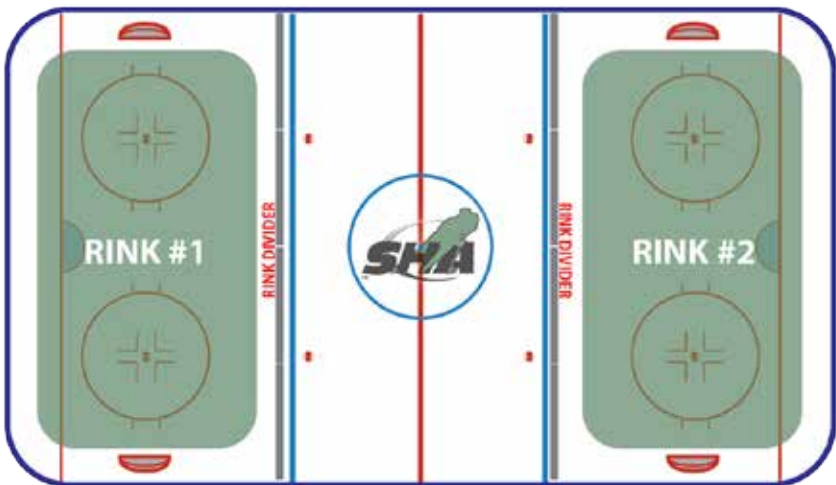
When passes are shorter in distance, accuracy improves and players tend to have more success receiving the pass.

Players then begin to understand the importance of **team puck possession!**



## HOSTING CROSS ICE TOURNAMENTS

- ✓ Tournament rules **MUST** meet Saskatchewan Hockey Association (SHA) regulations.
- ✓ All participating Teams **MUST** be registered with the SHA through their Minor Hockey Association.
- ✓ For a 45-minute ice allotment, games will consist of two (2) twenty (20) minute straight time periods.
- ✓ For an hour ice allotment, games will consist of two (2) twenty-five (25) minute straight time periods.
- ✓ Teams will **NOT** change ends after each period.
- ✓ Coaches are encouraged to be on the ice.
- ✓ Time-outs are **NOT** allowed to be called by any team.
- ✓ **TOURNAMENT FORMAT:** Initiation - In an eight (8) team format. See Below.
- ✓ There will be **NO** overtime played.



- The SHA has labelled which is Rink 1 and which is Rink 2.
- The middle of the ice surface can be used for skill development for the players not playing in the game.
- For easier access into the rinks from the Neutral Zone leave a gap in the dividers for the players to skate in and out.



## CROSS ICE TOURNAMENT SCHEDULE TEMPLATE

### 45-Minute Ice Allotment

### 1-Hour Ice Allotment

<u>Time</u>	<u>Teams</u>	<u>Rink</u>	<u>Pool</u>
9:00am-9:45am	Team 1 vs. Team 2	1	A
9:00am-9:45am	Team 3 and Team 4	2	A
10:00am-10:45am	Team 5 vs. Team 6	1	B
10:00am-10:45am	Team 7 and Team 8	2	B
11:00am-11:45am	Team 2 vs. Team 3	1	A
11:00am-11:45am	Team 4 and Team 1	2	A
12:00pm-12:45pm	Team 6 vs. Team 5	1	B
12:00pm-12:45pm	Team 8 and Team 7	2	B
1:00pm-1:45pm	Team 3 vs. Team 1	1	A
1:00pm-1:45pm	Team 2 and Team 4	2	A
2:00pm-2:45pm	Team 7 vs. Team 5	1	B
2:00pm-2:45pm	Team 6 and Team 8	2	B

<u>Time</u>	<u>Teams</u>	<u>Rink</u>	<u>Pool</u>
9:00am-10:00am	Team 1 vs. Team 2	1	A
9:00am-10:00am	Team 3 and Team 4	2	A
10:00am-11:00am	Team 2 vs. Team 3	1	A
10:00am-11:00am	Team 4 and Team 1	2	A
11:00am-12:00pm	Team 5 vs. Team 6	1	B
11:00am-12:00pm	Team 7 and Team 8	2	B
12:00pm-1:00pm	Team 5 vs. Team 8	1	B
12:00pm-1:00pm	Team 6 and Team 7	2	B
1:00pm-2:00pm	Team 3 vs. Team 1	1	A
1:00pm-2:00pm	Team 2 and Team 4	2	A
2:00pm-3:00pm	Team 5 vs. Team 7	1	B
2:00pm-3:00pm	Team 6 and Team 8	2	B

### SHA CROSS ICE JAMBOREES

The Saskatchewan Hockey Association released a new program called Cross Ice Jamborees. A Cross Ice Jamboree is a half day event that consists of four Initiation teams developing their skills in various skill stations as well as a chance to play Cross-Ice Games.



Two teams will play the Cross Ice game for 20 minutes, while the other two teams will be working on skill development at various stations. After the 20 minutes is complete the four teams will switch; the two teams that were playing the game will move to the skills, and the two teams that were doing the skills will move over and play the Cross-Ice game. Each team will get a total of three - 20-minute Cross Ice Games, and six - 10 minute sessions at the skill stations.

For more information on how to host a Cross Ice Jamboree please contact Matt Miller, [mattm@sha.sk.ca](mailto:mattm@sha.sk.ca)

### 2016-2017 Cross-Ice Jamboree Statistics

- ✓ 45 Jamborees hosted
- ✓ 2,546 players attended (4,455 total IP players in the Province)
- ✓ 78 MHAs involved (132 Associations in the Province have Initiation Hockey)

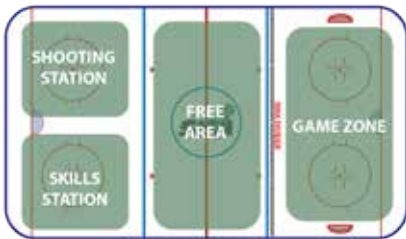


### **SKILL STATIONS**

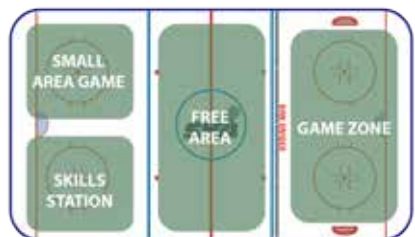
- ✓ Taught by SHA Instructors.
- ✓ Taken from Hockey Canada's Development Model.
- ✓ All the skill sessions will use Blue 4oz pucks.
- ✓ PROMOTION OF FUN!!

### **GAME ZONE**

- ✓ Games are 20 minutes.
- ✓ Games can be played 5 on 5 or 4 on 4. The number of players will vary depending on each team.
- ✓ There will be **NO** face-offs after a goal is scored, or after a line change. In both instances a puck will be shot in the corner to resume play.
- ✓ The goal of the **NO** face-offs during the game is to ensure the players skate as much as possible during the 20 minutes.
- ✓ Each game will be played with a Blue 4oz puck.
- ✓ **NO** permanent goalies.
- ✓ **NO** specific skater position.
- ✓ **NO** KEEPING SCORE!
- ✓ **PROMOTION OF FUN!!**



### ***Cross Ice Setup Examples***





## RINK ORGANIZATION

The most effective way to teach basic skills of hockey is to divide your total group of players up into smaller manageable groups. The number of smaller groups you will be able to use depends upon:

- ✓ The total number of players (try to divide them evenly).
- ✓ The different skill levels of the players.
- ✓ The number of assistant instructors you have.
- ✓ The number of different skills or components of each skill you intend to teach.
- ✓ The amount of ice available for your use.

The following diagrams are suggestions for dividing the ice into suitable areas for skills instruction, depending on the number of groups you have.



*Cross Ice Setup Examples*





## CROSS ICE DIVIDERS

The Saskatchewan Hockey Association is NOT making Cross Ice dividers mandatory for associations to purchase, but they can be very useful and come in many different forms. They are used to help stop pucks from crossing into different “zones”. They also form a barrier that define where kids should be concentrating their efforts.

However if associations are looking to purchase dividers, the Saskatchewan Hockey Association recommends Saskatoon Bag and Case. Below are some features and options of the Dividers from Saskatoon Bag and Case.

### Features

- ✓ Standard size is 85’.
- ✓ Each set contains 9 sections. (8 @ 10’ and 1 @ 5’)
- ✓ Made from a flexible non-tear tarpaulin material.
- ✓ High density polyurethane foam padding.
- ✓ Velcro on each end to connect the sections together.
- ✓ Available in these colors; Black, Red, Royal Blue, Navy Blue, Kelley Green, Light Charcoal Grey

### Options

- ✓ Advertising pockets
- ✓ Custom sizes
- ✓ Individual sections
- ✓ Volume discounts

For more information, please visit their website [www.sbccase.com](http://www.sbccase.com) or to get a quote on how to purchase your dividers please email [quotes@sbccase.com](mailto:quotes@sbccase.com)

## VIDEOS AND MORE

<https://sha.sk.ca/players/grassroots/cross-ice-jamboree>





## SKILL EVALUATION CHECKLIST

### Phase I (Evaluation after 8 Practices)

<u>Skill</u>	<u>Evaluation Item</u> <u>(1= Weak, 10=</u> <u>Strong</u>	<u>COMMENTS</u>
<b>BALANCE AND AGILITY</b>		
1. Basic Stance		
2. Getting up from Ice		
3. Balance on one foot		
4. Jumping- One foot		
5. Gliding on 2 Skates		
6. Gliding on one skate- Forward		
7. Lateral crossover step and plant		
<b>STARTING AND STOPPING</b>		
8. T-Start		
9. One o'clock- eleven o'clock stops		
<b>FORWARD SKATING AND STRIDING</b>		
10. C-Cuts-Alternating		
11. C-Cuts- Both Feet		
12. Forward Striding		
<b>EDGE CONTROL</b>		
13. Figure 8's Forward- Inside edge		
14. Figure 8's Forward- Outside edge		
<b>TURNING AND CROSSOVERS</b>		
15. Glide Turns		
<b>STATIONARY PUCK CONTROL</b>		
16. Stance		

\*For an electronic version of the checklists, please visit [www.hockeycanada.ca](http://www.hockeycanada.ca)\*



**Phase II (Evaluation after 16 Practices)**

<u>Skill</u>	<u>Evaluation Item</u> <u>(1= Weak, 10=</u> <u>Strong</u>	<u>COMMENTS</u>
<b>BALANCE AND AGILITY</b>		
1. Gliding with knee bend		
2. Gliding on one skate-backward		
3. Lateral crossover- continuous		
<b>EDGE CONTROL</b>		
4. Figure 8's- backward- inside edge		
<b>FORWARD SKATING AND STRIDING</b>		
5. Exaggerated Stride		
6. C-Cuts-Alternating		
7. Gliding on two skates backwards		
<b>STARTING AND STOPPING</b>		
8. Outside leg stop		
9. Backward c-cut start		
10. Front v-start		
11. 2 leg backward stop		
<b>TURNING AND CROSSOVERS</b>		
12. Tight Turns		
13. 360's-left and right		
14. C-Cuts around circle-outside foot-backward		
<b>STATIONARY PUCK CONTROL</b>		
15. Side-front-side		
16. Hands wide		
17. Hands together		
18. Narrow and wide combination		
<b>MOVING PUCK CONTROL</b>		
19. One leg- left and right		
20. Narrow and wide combination		
21. Weaving with the puck		
<b>SWEEP SHOT</b>		
22. Sweep shot- forehand		
23. Sweep shot- backhand		





### Phase III (Evaluation after 24 Practices)

<u>Skill</u>	<u>Evaluation Item</u> <u>(1= Weak, 10=</u> <u>Strong</u>	<u>COMMENTS</u>
<b>TURNING AND CROSSOVERS</b>		
1. C-Cuts-around circle-outside foot		
2. Crossovers- forward		
3. Crossovers- three quick- left and right		
4. Backward one foot stop and t-start		
<b>STARTING AND STOPPING</b>		
5. Crossover start		
6. One-leg backward stop		
7. Toe drag side and front		
8. Partner on knees- moving stick		
9. Stick through legs		
10. Rotation		
11. Puck through legs from back		
<b>MOVING PUCK CONTROL</b>		
12. Open ice carry- forehand		
13. Open ice carry- backhand		
14. Stick through legs		
<b>STATIONARY PASSING AND RECIEVING</b>		
15. Stationary forehand pass		
16. Stationary backhand pass		
17. Stationary bank pass		
<b>MOVING PASSING AND RECIEVING</b>		
18. Moving forehand pass		
19. Moving backhand pass		



### Phase IV (Evaluation after 32 Practices)

<u>Skill</u>	<u>Evaluation Item</u> <u>(1= Weak, 10=</u> <u>Strong</u>	<u>COMMENTS</u>
<b>STARTING AND STOPPING</b>		
1. Two-foot parallel stop		
<b>TURNING AND CROSSOVERS</b>		
2. Mohawk on circles-open and reverse		
3. Pivots- bwd to fwd/ fwd to bwd		
4. Pivots open and reverse		
5. Crossovers- backward		
<b>STATIONARY PUCK CONTROL</b>		
6. Switch hands		
7. Two pucks		
<b>MOVING PUCK CONTROL</b>		
8. Puck dots		
9. Puck inside pylon- off stick		
10. Puck in feet		
11. Toe drag skates on one side		
12. Puck through legs from back		
13. Switch hands		
14. Toe drag- front and side		
15. Figure 8's- two pylons		
<b>STATIONARY PASSING AND RECEIVING</b>		
16. Forehand pass- backhand receive		
17. Backhand pass- forehand receive		
<b>MOVING PASSING AND RECEIVING</b>		
18. Lead pass		
<b>WRIST SHOT</b>		
19. Wrist shot-forehand- low		
20. Wrist shot backhand- low		
<b>FLIP SHOT</b>		
21. Flip shot- forehand		
<b>INDIVIDUAL OFFENSIVE TACTICS</b>		
22. Body/stick fakes		



## FREQUENTLY ASKED QUESTIONS

Now that the Saskatchewan Hockey Association along with Hockey Canada has developed and approved Cross Ice Hockey for ALL Initiation players, the SHA Board of Directors have developed the following FAQ's to offer further clarification to Minor Hockey Associations or teams as they move forward with the new format.

### **WHAT ARE THE IMPLICATIONS IF I OR OUR TEAM DOESN'T FOLLOW THE CROSS ICE OR MODIFIED HALF ICE MANDATE AND SIMPLY USE FULL ICE FOR ALL IP ACTIVITIES?**

oThe SHA Board of Directors has granted the following options to the Officer in Charge of Discipline, for any reported violations reported regarding teams or Associations not following the cross-ice or modified half ice mandate at the Initiation Program level. An investigation may conclude with:

- o Letter of warning and probation to the MHA and Team.
- o A fine of \$500 levied upon the MHA.
- o Eliminate any tournament sanctions being granted to the offending MHA.
- o Prevent any teams from entering or hosting an SHA Sanctioned Tournaments from the offending MHA.
- o Eliminate any entry into SHA Provincial Playoffs for any teams in the offending MHA.

### **WHAT SHOULD INITIATION PROGRAM GAME STRUCTURE BE?**

- o Should there be periods? If so, how long? What should the length of the game be?
  - o Be Flexible! Make the game fit the time of your ice slot.
  - o If there is a one-hour time slot play 2–25-minute periods with a short warm-up.
- o Should score be kept? If not, can we? Should scoresheets be completed?
  - o Don't keep score, there is no need to do so.
  - o If you are hosting a tournament, simply fill out the game sheets to indicate what players and coaches participated in the event for insurance purposes but please do not concentrate on score.
  - o The IP age division is about fun and skill development, not who wins a game.
- o What should referees do?
  - o Have a young official be in uniform and drop the puck and get used to acting like an official but do not call penalties. If a young player does continually commit penalties direct him off the game area for a change and have his coach talk to him about that behavior.



- o Have the young official drop the puck at the beginning of the game. If you want to drop the puck after each goal, have the young official do so or simply throw the puck in the corner and let the kids keep playing.
  - o The young official will get the opportunity to get the feel of the game, how to skate to keep up to the play and with the smaller area how to move to keep out of the play.
  - o These officiating aspects help ensure we develop & promote experiences for on-ice officials, which is an investment for the game as a whole.
- o Do we need timekeepers? If they blow the horn when should this be done? In what intervals?
- o If you use a time keeper, simply have them set the clock for 2 or 3 minutes to blow the horn for a change of players.
  - o What should the size of the nets be?
  - o Your choice. Options include:
    - o Full size nets
    - o Modified smaller nets
    - o Flip full sized nets over
    - o Two pylons 4 feet apart
  - o Should there be dedicated goalkeepers?
    - o Absolutely not – don't worry about goaltenders let the players simply play and have fun!
  - o What are the options if we don't have bumpers?
    - o Have coaches on skates along Blue lines chipping pucks back into play.
    - o Use 2 x 4's or 2 x 6's and lay them across the blueline.
  - o Should the player's boxes be used and if not why not?
    - o Recommend not using them as it simply wastes time.
    - o Have all kids on the ice and those not participating in the game portion can be undertaking small area skill development with another coach and be ready to interchange.
    - o Keep kids moving and on the ice the entire length of the ice time.
  - o Should games be 6 on 6; 5 on 5; 4 on 4; 3 on 3?
    - o Again, be flexible and it is your choice depending upon the number of players per team!
    - o If there are 8 players on one team and 9 on the other – play 4 on 4 with the extra players doing skill development drills while awaiting their time to play in the game.
    - o If each team has 15 players have two games of 5 on 5 going on at each end with the extra players working on skills in the neutral zone.



**WHY CAN'T WE PLAY FULL ICE AT SOME TIME LATER IN THE YEAR? IF WE CAN WHAT DATE CAN WE DO IT?"**

o The mandate is for the entire year and there are no exceptions. The focus on this age group is fun, skill development and modified small area games.

**IS THIS JUST A MONEY-GRAB THAT ALLOWS MHAS TO PUT MORE KIDS ON THE ICE AT THE SAME TIME? WILL IP REGISTRATION COSTS BE LOWERED NOW THAT MORE TEAMS CAN BE ON THE ICE AT THE SAME TIME, REDUCING ICE TIME COSTS?**

- o No!
- o Half-ice/cross-ice hockey at the Initiation age is not new – it has always been part of the program, which was built more than 35 years ago.
- o This isn't about revenue – it's about delivering age-appropriate programming and skill development.
- o One of the benefits of cross-ice or half ice hockey is that it will allow MHAs who have not been delivering cross-ice or half ice hockey at the Initiation level to make more effective use of their ice time and availability in a safe manner. For further questions on Cross Ice hockey please contact Matt Miller - [MattM@sha.sk.ca](mailto:MattM@sha.sk.ca)

**CONCLUSION**

For young players in the “full-ice game model” of development, the youngest players would require 180 games and the older youth players would require 80 games to enjoy 60 minutes of actual puck possession time to execute their stickhandling, passing, pass receiving and shooting skills.

Professional and international players would require 60 games to ensure 60 minutes of puck control skill development. Many players never touched the puck in the game, especially in youth hockey. By giving children the opportunity to participate in Cross Ice practicing and playing, their enjoyment of hockey as well as their hockey skills will be greatly enhanced.





## OFFICIATING CROSS ICE GAMES

### INTRODUCTION

Based on the mandate set by the Saskatchewan Hockey Association and Hockey Canada to use Cross Ice Hockey for all Initiation level hockey to better help develop the skills of the players and offer age appropriate regulations, the SHA's Referee's Division sees an opportunity to also help develop and introduce our officials in this controlled environment.

The option to use one official on the ice for Initiation games is still the local association's choice and this officiating guide does not make this system mandatory, but simply provides an outline for those who chose to use this option and give young officials some guidance.

### BENEFITS

This is a valuable opportunity for newer officials to put on their uniform and get on the ice in live action.

This system will help them learn some basic aspects of being an official in a less formal and positive atmosphere.

Basic skills include: dropping pucks, skating skills, foundational positioning, spatial awareness, establishing good sightlines, making decisions such as goals and minor infractions.

This format also provides an excellent opportunity for senior officials to mentor newcomers by shadowing them on the ice or evaluating them from the stands. The ability to mentor officials at ice level in this structure provides instantaneous feedback and assists in preparing these officials for half ice and full ice games in a two (2) or three (3) official system in their future.

It also gives the players and those at the rink that this is a 'real game' and that planning and professionalism has gone into the experience for the players.

### PROCEDURES

There is no absolute right or wrong way to handle every situation and local branches need to understand the importance of flexibility with the officials and procedures.



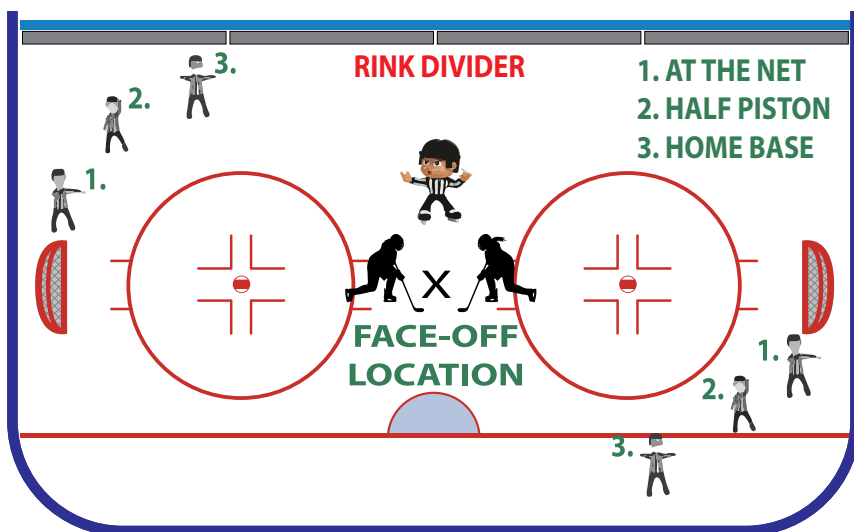
**Face-offs** – There will be one face-off location. Face-offs will occur at the start of each period and possibly each shift, there will be no need for face-offs after the puck is covered by the goalie or a goal is scored, the puck can be released to the corner and the game can continue.

**Goals** – When the puck is scored, the official can signal the puck went in the net and assist in tossing the puck out and continuing play.

**Frozen Pucks & Game Flow** – When play is stopped because the acting goalie covered the puck the official can blow their whistle and have the puck tossed to the corner to continue play. This can be the same procedure for pucks leaving the playing surface, or a player falling on the puck.

**Penalties** – There will very seldom be penalties called at the initiation level. Often, it will be a coaching opportunity for the coaches on the ice to communicate with the player instead of sending someone off the ice.

**Positioning** - Foundational positioning principles will be used. The concept of the “cone” should be reserved for when full ice play begins. Under the cross-ice structure, approximate “home base, half piston and at the net” positions should be used to get officials comfortable with their proximity to the goal. Officials should follow the play approximately 10-15 feet behind the puck carrier. They should remain about 5-10 feet from the boards or playing area perimeters. The examples on the diagram below show guidelines for establishing recommended end-zone positions around the nets.





**SHAPING CHARACTER FOR LIFE... MORE THAN A GAME.**