



Instructional Hockey Program Guidelines

Session Format (Hockey School - Mondays)

25 minutes skating. 5 minutes re-affirming last class with 20 minutes new skill

25 minutes skills, 5 minutes re-affirming last class, 20 minutes new skill

2 Hockey School Instructors, 5 assistants, Minimum 2 coaches per team.

Each team is required to provide a minimum of 3 Coaches helpers on ice per session.

The sessions will focus on the following skills over the course of the season:

- Basic Forward Stride
- Stopping Skills
- Passing Skills
- Forward Crossovers
- Basic Backwards Stride
- Shooting Skills

NOVICE “SUPER SIX” HOCKEY PROGRAM GUIDELINES

Focused Instruction

Once weekly, all participants aged 6 years old will enjoy the benefit of having “N.A.S.C. certified” instruction in addition to their regular program.

Those players who are 6 years of age will be placed onto 6-year old “only” teams and will continue to thrive and learn in their weekly “hockey school instructional environment” as they do now. However, their Saturday program will be expanded to truly teach those 6-year old players the “game”.

While confidence skills will always be the focus of the program, the players will also be introduced to positioning, and the rules of the game (offsides, icing, face-off structure, etc.)

The Saturday program will now consist of a bi-weekly structured game/practice (1 week game / 1 week practice) environment complete with referees and timekeeper. The focus of the program is to teach the players the game of hockey.

It is a mandatory requirement that coaching staff must assist the hockey school. The hockey school has been *designed to teach both the student and the teacher* in order to have consistency between the hockey school and the team practices.

Hockey School sessions will consist of the following:

- * Lots of activity going on
- * Using your whole ice surface
- * Focusing on the basic skills
- * Skating
- * Passing
- * Shooting
- * Puck Skills

Program Focus

The intention of this program is to first and foremost continue building confidence skills but to also prepare those players who will graduate to the Novice 7&8 level where they begin playing games on a regular basis. The focus is to concentrate on the players learning all facets of the game.

PROGRAM STRUCTURE

Coaches

All "Super Six" coaches will be required to attend a "coaches instructional on-ice session" with the lead instructor of the Super Six program. The focus of the session is to receive on-ice drills, coaching instruction and methods, and an introduction into hockey education for young players. (This is very helpful for first time coaches)

Coaching staff member(s) will accompany the kids on the ice during practices and a designated coach will also accompany the kids during game play to assist.

The role of the designated coach during game play is to assist the players during game play and will also be introducing the players to positioning, and the rules of the game (offsides, icing, face-off structure, etc.)

Coaches will also be aware of body contact and children who fall down as a method of puck recovery.

Teams

The teams are formed from 6-year old players only. Each team will register players with maximum 14 players per team to reinforce a higher coach to student ratio.

Once the teams are formed, the league convener will hold a coaches meeting with the coaches and the lead instructor of the hockey program to outline how the division will operate throughout the year. All coaching staff need to understand the OMHA requirements and need to be aware of the coaches, trainer(s), and PRS (Speak Out) clinics which are required.

All players aged six (6) years will be assessed for their skating ability. If required, a child in question may be moved down into the hockey school until such a time that their ability improves enough to move back up to the Super Six division.

Each week, all players will be rotated through all positions in order to educate them on all positions played in the game. As scores and standings are not kept track of, penalty calls will not be a factor.

Game Play

There is never a score on the scoreboard at any time. The clock is set to buzz every 2 minutes (usually by the convener) for the amount of time allowed (i.e. - 48 minutes, and the players play on) There will be one coach from each team on the ice, who is wearing a helmet with the chinstrap done up at all times. In the event that a penalty is to be assessed, the referee and on-ice coach will explain to the player in question, why the play has been stopped and a penalty has been called. No penalty will be assessed, but a face-off will take place at the nearest face-off circle.

Continued Follow-Up

At the beginning of the second half of the season (after the Christmas break) there will be a second coaches meeting in January to evaluate the kids' progress and how to proceed for the second half of the season. (ie. Integration of additional games, specific areas of skill development needed)

The league supplies Spirit Sportswear "Super Six" jerseys, socks, pylons and blue 4oz. pucks in which to teach the kids. We have also assembled a handy "Hockey Drills" package that coaches can download as a guide to help to refresh even a veteran coach!

At the end of the season, all players are treated to a pizza party and are presented with a "gift bag" and a trophy. All team pictures are also provided to each team included with registration and at no additional cost.

Program Benefits

Fun and increased confidence
Structured, focused instruction
Age / skill level appropriate teaching
Comprehensive introduction to game play
League supplied uniforms and goalie equipment
League supplied education tools (pucks, pylons, etc.)
N.A.S.C./Oshawa Community Credit Union Christmas tournament
Timbits "Oshawa Generals" night featuring two teams
Season ending Pizza party
Team/player pictures
All players receive a "champions" trophy at both the Christmas tournament and season finals

MAKING HOCKEY "FUN"

