



INTRODUCTION

The information in this document provides an overview of Hockey Alberta’s Intro to Hockey Model that will be in effect for the 2019-20 season to comply with Hockey Canada’s new policy. For more information, go to hockeyalberta.ca or email info@hockeyalberta.ca.

GROUPING OF PARTICIPANTS

Intro to Hockey participants will be split into single birth years.

Division Name	Age as of Dec. 31	Division Name	Age as of Dec. 31
Minor Initiation	5-year olds	Minor Novice	7-year olds
Major Initiation	6-year olds	Major Novice	8-year olds
* Combined Initiation	5- and 6-year olds	* Combined Novice	7- and 8-year olds

* If an association does not have enough participants to create single birth year age divisions, combined (2 year) age divisions are acceptable. *

SEASONAL STRUCTURE

INTRO TO HOCKEY SEASONAL STRUCTURE		
Months	September - October	November - March
Phase	Development	Regular
Approx. Dates	Sept. 15 – Oct. 31	Nov. 1 – Mar. 22
Ice Sessions (Maximum)	Development Season	Regular Season
26 Weeks	6 Weeks	20 Weeks
50 Practices	12 Practices	38 Practices
25 Games	2 Games	23 Games
3 Jamborees / Festivals	0 Jamborees / Festivals	3 Jamborees / Festivals
Seasonal Practice to Game Ratio:	2:1	
Maximum Ice Sessions per Week:	2 or 3	
Ideal Ice Sessions:	Weekdays, no earlier than 5:00 pm Weekends, no earlier than 8:00 am	

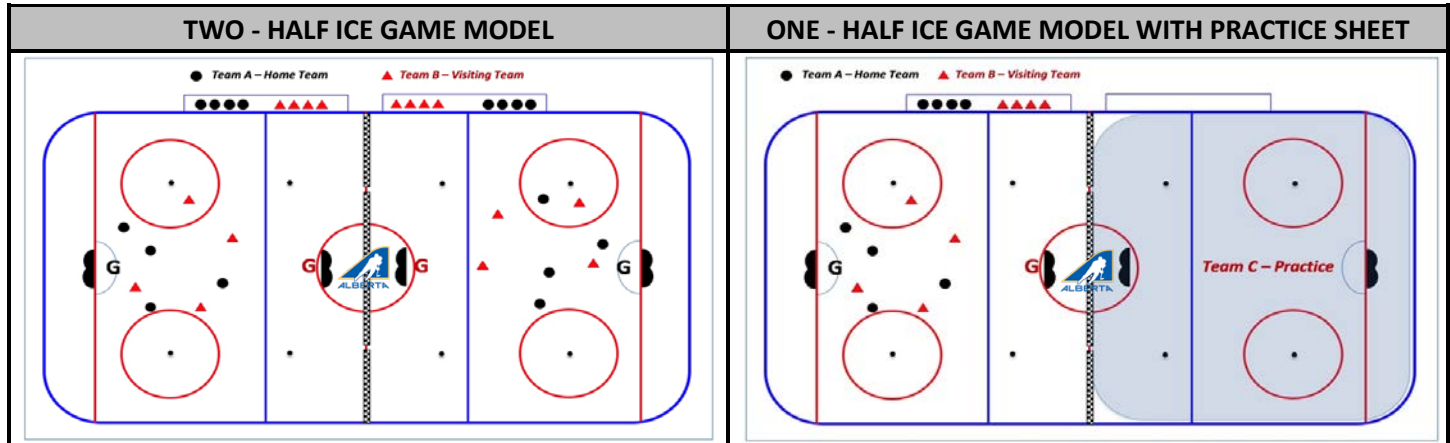
PRACTICE ENVIRONMENT

Full Ice Practice: 2-4 teams on ice - Half Ice Practice: 1-2 teams on ice

PRACTICE FORMAT	
Energizer Drill	Engage players through a fun game or unstructured drill to start.
3-5 Station Setup	Focus on technical skill development by utilizing circuits and continuous drills.
Finisher Drill	Fun small area game, relay race or high energy activity to finish.

When splitting up players for station work in practices, separate based on skill so all players can be challenged by enabling coaches to progress and regress drills as needed based on the skill set of each station group.

GAME FORMAT



Team Format:	Two to Four Team Model for Initiation and Two Team Model for Novice
Ice Orientation:	Half Ice
Rink Dividers:	Optimal: foam dividers or board system
Centre Net Placement:	Place net at bottom of circle to enable the middle circle ice marking to be used as the goal line. This allows for a buffer to prevent pucks from crossing into the other playing surface.
Roster Size:	If roster size is 14 or more use Two - Half Ice Game Model or 13 or less use One - Half Ice Game Model. Minimum roster size is 7 players.
Game Format:	4 vs. 4 plus goalie
Game Length:	Two 24-minute halves
Game Warm Up:	3 minutes
Face-Off Dot	Draw a face-off dot in the middle of each half ice rink
Nets:	Regulation (4' x 6') or smaller
Puck:	Recommend Blue Puck (4 oz.)
Score Kept:	None
Benches:	Teams share benches
Positional Play:	No position specialization, no full-time goalies – every player takes a turn
Line Matching:	Encouraged to ensure likeminded skill levels are playing against each other
Standings, Statistics:	None
Game Sheets:	Not Required
Face-Offs:	Start of game and second half
Off-Side & Icing:	None
Puck Out of Play:	Drop new puck to non-offending team
Goaltender Freezes Puck:	Offending team backs off and goalie gives puck to a teammate to resume play
Goal is Scored:	Scoring team backs off and goalie pulls puck out of his net and gives to teammate to resume play
Initiation Shift Length	3 mins (Buzzer is set to 3 min intervals, on buzzer players leave puck, go to bench and new players enter the ice and continue to play)
Novice Shift Length	1.5 mins (Buzzer is set to 1.5 min intervals, on buzzer players leave puck, go to bench and new players enter the ice and continue to play)
Initiation Goalie Equipment:	No, goalie stick is allowed
Novice Goalie Equipment:	Yes, please note: 2 sets will be required for 2-game model
Initiation Officials:	Not Required, coaches are to be on ice to control play
Novice Officials:	1 or 2 per game – both are acceptable
Penalties: Only applicable for Novice Hockey	Referee puts arm up to signal penalty, if offending team has the puck it is a change of possession as indicated by the referee. At buzzer at the end of the shift the referee tells the coach what the penalty was and who got it. Offending player misses next shift, team still plays full strength.