



RETURN to HOCKEY

COVID-19 RESPONSE

Seasonal Structure

July 10, 2020



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Message from Hockey Canada

Since early March 2020, earlier in many countries, the world as we knew it has changed dramatically. Many facets of our day-to-day routine have been altered by COVID-19. Hockey has not been immune; the pandemic has impacted each and every province and territory in Canada.

Hockey Canada has compiled this Return to Hockey document so everyone has access to the information they require to adapt the game to the current situation and return as smoothly and appropriately as possible.

This document outlines options for an effective delivery model for hockey in the post-COVID-19 world, including implications for local hockey associations and facilities, and accessibility to registration processes. It looks at contingency plans for possible Return to Hockey dates, and the effect those would have on player pathways, and allows for modified programming based on various seasonal structures.

Hockey Canada would like to thank our work group for its commitment to developing this resource. We have worked with our Members and Hockey Canada staff to ensure our game can return safely and will be accessible to all Canadians.

Michael Brind'Amour

Chair, Board of Directors

Tom Renney

Chief Executive Officer

Scott Smith

President & COO

Return to Hockey Safety Guidelines & Insurance Clarification

Hockey Canada has created Return to Hockey [Safety Guidelines](#) to ensure a safe return to the ice this season. While this comprehensive document applies on a national basis, it is important to recognize that most health and safety protocols are managed at the provincial/territorial level.

It should be used in concert with:

- Public health authority guidelines
- [Hockey Canada Member](#) guidelines
- Facility guidelines

NOTE: Within this document, *public health authority* refers to federal, provincial/territorial and local health authorities across Canada.

Hockey Canada Insurance Clarification

Under Hockey Canada's current General Liability policy, there is a specific definition for the term 'bodily injury' and that definition includes **sickness and disease**. Many insurance companies are implementing Communicable Disease/COVID-19 exclusions on policies, but Hockey Canada has successfully negotiated to leave that exclusion off until September 1, 2023 at the earliest.

As with all claim scenarios, the insurance company would investigate all claims presented against any Member of Hockey Canada that falls within the 'bodily injury' definition, and would confirm coverage based on the framing of the allegations.

Liability claims against Hockey Canada always need to be proven by the third party, so continuing to update and enforce risk-management guidelines as new risks emerge, such as COVID-19, are imperative.

Remember that insurance is only one part of the risk-management process. It is important that we all pay special attention to preventing COVID-19 in the hockey environment.

SECTION 1

Seasonal Planning

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Seasonal Planning

Organizations (local hockey associations (LHA), leagues, etc.) will face numerous options as they plan and prepare for a unique 2020-21 season. All applicable Hockey Canada and Member Return to Hockey guidelines and requirements must be followed.

Consider the following in your decision-making process when creating operations plans:

Safety & Compliance

The **safety of all participants is our top priority** and a key element in the planning and execution of any program. You must ensure implementation and compliance of the health, safety and hygiene protocols in accordance with public health authority requirements, in addition to Hockey Canada Safety Guidelines which can be found on the [Return to Hockey](#) website. The appointment of a **communications officer**, as described in the guide, at the association, league, and team level will be a key to success for a safe return to hockey.

Customer Experience

Creating a positive customer experience is essential to success. With today's uncertainty, the impact of COVID-19, changes in society and the abundance of choices, it is imperative to understand what is valued most in a hockey program. As the needs, interests and capacity of participants and their families continue to change, incorporating a flexible, **customer-driven** approach is important to both short- and long-term sustainability.

Communicate & Educate

Effective communication is paramount. Sharing information regularly and in a timely manner with all stakeholders will ensure that the message delivered is consistent; while educating families will help inform them to make the best choices for their children. Take the opportunity to introduce and implement new communication tools through virtual communication, online learning or other electronic means.

Improve Accessibility

COVID-19 is having a definite impact on our economy and that of parents who pay for their children's activities. Moreover, regardless of this pandemic, social inequalities continue to have a negative impact on the level of participation in hockey. It becomes more important than ever to **create sensible, affordable options** that will make hockey more accessible for everyone.

Diversity & Inclusion

Hockey is celebrated in many communities across Canada. As preparations for the season continue and programs are developed, it is our collective responsibility to recognize diversity and inclusion while ensuring safe and accessible hockey opportunities for all Canadians. Together, we can **make hockey more**.

Be Flexible & Adapt

Given that the situation continues to change and evolve rapidly throughout this pandemic, your organization's ability to adapt will be a major asset. It is possible that we **may have to adjust mid-season** as directed by public health authorities, so keep this in mind when developing your programming. Scenario planning and transparency will allow for a smoother transition should stricter guidelines be required during the season.

Collaboration

There are several key stakeholders to engage with when planning for a successful return to hockey including: public health authorities, LHAs, leagues, municipalities, facilities, other sports organizations, school programs, etc. This is a great opportunity to collaborate with these partners who are also committed to youth development.

Think of the Future

Currently, our attention is on the present situation and creating a safe, meaningful return to hockey for Canadians. However, we also need to collectively **envision new opportunities in hockey** that meet the future needs of our participants. As these needs evolve, our ability to provide positive experiences will be a key factor in the growth and development of our great game.

SECTION 2

Alternate Delivery Models

SECTION 2

Alternate Delivery Models

Return to Hockey Stages

Each public health authority and Hockey Canada Member has or will develop a phased-in plan for a return to hockey in their respective province/territory. Parameters defined within these plans must be followed and will vary across the country depending on the impact of COVID-19.

From a national perspective, we have developed four stages that outline a Return to Hockey framework. Regardless of the provincial/territorial “level” or “phase” that your organization is currently in, it should fall within the spectrum of these stages.

The specific content and duration of each stage, as well as the transition between stages, is dependent on the guidelines you are required to follow. There may not be a linear progression through the national Return to Hockey stages, as these guidelines may result in:

- Entering at various stages
- Moving quickly between stages
- Skipping a stage
- Returning to a previous stage

The situation in your jurisdiction may change quickly, so the ability to adapt and provide hockey programming in compliance with the public health authority and your Hockey Canada Member, regardless of the stage you are currently in, is essential this season.



All pertinent health and safety protocols required at the time by the public health authority, local facility, and Hockey Canada Member must be followed.

Return to Hockey Stages

Stage	Framework	Player Contact	# of Participants	Structure	Travel
RETURN TO Ice	Strict on-ice physical distancing with a variety of on-ice setups Skill development only Off-ice training & activity No competition Limited/no use of bench	None	Limited/defined consistent skills groups	Private instruction Hockey schools Teams/LHAs	None community-based only
RETURN TO Practice	May be some on-ice physical distancing Skill development/ drills progress to competitive Off-ice training & activity No competition May be limited use of bench	Limited gradually increased	May be limited/ defined consistent skills groups or teams	Teams/LHAs Cohort groups	None community-based only
RETURN TO Play	May be some or no on-ice physical distancing Regular practice Off-ice training & activity Competition may be modified Limited or normal use of bench	May be limited or allowed (Body-checking may be permitted in applicable category)	May be limited/ defined	Teams/LHAs Leagues May be modified game play or cohort groups	Limited community-based
RETURN TO Regular Competition	No on-ice physical distancing Regular practice Off-ice training & activity Standard competition May be normal use of bench	Allowed (Body-checking permitted in applicable category)	Regular team sizes	Teams/LHAs Leagues Regular game play	Travel Increased Tournaments Championships

On-Ice Delivery

Despite variability across the country, a return to hockey in some form seems increasingly possible this season. Three key elements, regardless of the specific province/territory, need to be considered to ensure consistency with public health authority and facility guidelines:

- Physical-distancing
- Size of gatherings allowed
- Hygiene protocols

In addition to the impact within the facility (lobby, stands, dressing rooms, entrances, etc.), these requirements established in accordance with the above will impact on-ice delivery throughout the various stages of the Return to Hockey framework.

With the overall goal to create a safe environment and reduce the risk of transmitting the virus, the following information is provided to assist in developing on-ice modeling and delivery within each stage.

STAGE 1: Return to Ice

This stage is established with strict on-ice physical distancing and a focus on individual skill development. To assist with implementation, Hockey Canada has created an Alternative Skills Instruction document which includes a variety of on-ice set-up variations, skill progressions and equipment needed for local hockey associations and coaches to utilize in maintaining a safe environment.

These set-ups can also be utilized in the transition to Stage 2, *Return to Practice*.

SEE APPENDIX A: Alternative Skills Instruction

STAGE 2: Return to Practice

On-ice training can resume with groups of players, preferably of similar skill level. These groups should remain together as consistently as possible. Although there may be some on-ice physical distancing measures applied (limited/incidental contact, no full competition drills, etc.), if permitted, contact should gradually increase as teaching progresses to a combination of skills, drills and competitive games.

Hockey Canada has numerous resources, drills and videos that are appropriate for a *Return to Practice*. Modifications can be made if limited contact, physical distancing, etc. is required. Download the [Hockey Canada Network](#) app on a tablet or smart phone for access to these resources.

STAGE 3: Return to Play

As restrictions by public health authorities begin to loosen, a *Return to Play* (games/modified games) may be possible in various parts of the country. However, there may be specific parameters for game-play adaptations, requirements to limit or reduce contact and maximize physical distancing when possible.

GENERAL GAME-PLAY CONSIDERATIONS

Always refer to the public health authority, local facility and your Hockey Canada Member to understand specific guidelines on game-play adaptations. A *Return to Play* must only be allowed under the approved re-opening phase of the corresponding province/territory. Considerations may include:

- Reduced team sizes and limits on the number of players on the ice (and parents in arenas) due to restrictions on capacities. 3-on-3 or 4-on-4 may be implemented to limit players on the ice; however, please note the following:
 - Reducing the number of players does not necessarily limit contact.
 - Smaller rosters may result in an increased number of teams, creating an additional strain on available ice.
 - Player ice-time/fatigue will need to be monitored.
 - Consider a warm-up or skills session followed by shorter game length.
- Games with two periods rather than the traditional three could be considered to:
 - Optimize available facility time.
 - Reduce gatherings of players.
 - Provide facilities more time for proper sanitization/hygiene controls.
- In collaboration with all stakeholders, implement other simplified game-play guidelines where appropriate to limit contact.
- Cohort groups may be required for game-play in some jurisdictions and could be an option for others.
- A progression of player contact within your game-play modeling may be required; consider introducing and/or reviewing the [Four-Step Checking Progression Model](#) where appropriate.
- Refer to on-ice game-play adaptation options below to limit player contact and maintain maximum physical distancing during games, if required.

POSSIBLE ON-ICE GAME-PLAY ADAPTATIONS

Additional adaptations to game-play may be required in some jurisdictions to limit player contact and maintain maximum physical distancing. These options may also be beneficial if an outbreak occurs and on-ice safety measures must be implemented quickly.

1

Continuous Play

- Limit or remove face-offs during the game (see [U9 pathway](#))
- Incorporate simple change of possession for:
 - Start of periods
 - Offsides and icings
 - Goal or stoppage of play

2

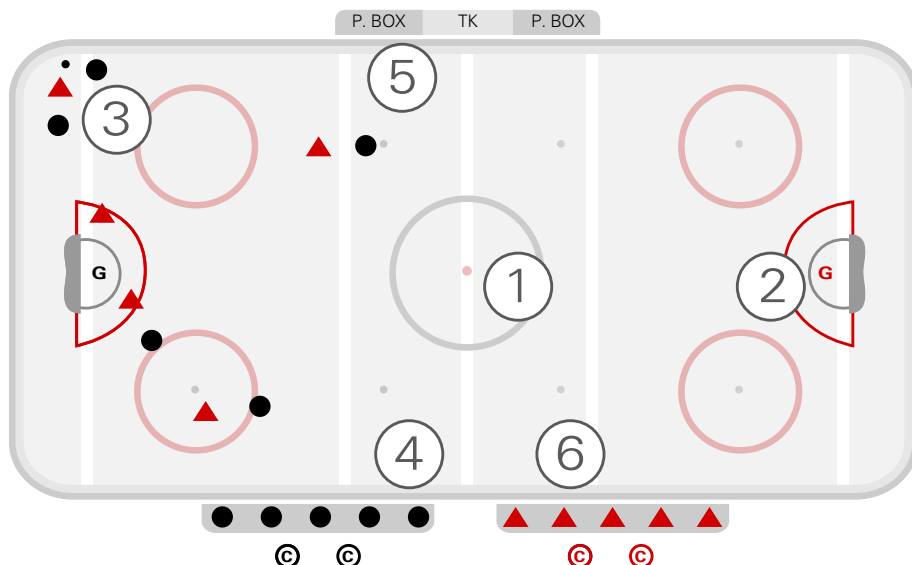
Crease

- Extend by spray painting a line six feet in front of each regular crease.
- Can be used as “shot line” in warm-up and practice for skaters to avoid contact and ensure proper distance between the player(s) and goaltender.
- Used as a reminder to avoid prolonged contact in the area during game play.
- Potential violation for entering the regular crease at any time.

3

Play the Puck

- Players must always play the puck, not the opponent (no contact, stick checks only).
- May result in change of possession if not followed.



4

Shift Changes

- Create age-appropriate protocols for entering and leaving the bench during game play that limits prolonged contact.

5

Penalty Shots

- Penalties served through penalty shots.
- May also be applied only if team already has a player in penalty box.

6

Bench Awareness

- Players and coaches adhere to physical-distancing requirements on the bench at all times, except for brief exchanges or in case of injury (benches marked).
- Coaches recommended to wear cloth masks.
- Limit number of coaching staff on the bench (others in stands).

See the Hockey Canada [Safety Guidelines](#) for additional information.

STAGE 4: Return to Regular Competition

Many areas of the country may not see a *Return to Regular Competition* this season. If restrictions are lifted in a specific province/territory, and teams are allowed to compete on-ice, there will likely continue to be safety measures and protocols required.

For a safe *Return to Regular Competition*, appropriate hygiene must remain in place and applicable health and safety protocols continue to be followed in all stages of the Return to Hockey framework. See the Hockey Canada [Safety Guidelines](#) for additional information.

ON-ICE & OFF-ICE OFFICIALS

On-ice and off-ice officials are a fundamental component of the game. Collaboration with officials is extremely important this season to ensure their safety and the safety of all participants. Communication is also key to a collective understanding and application of the game play procedures and/or adaptations in the *Return to Play* or *Return to Regular Competition* stages. Basic safety guidelines for officials can be found in the Hockey Canada Safety Guidelines.

OFFICIATING TASK TEAM

An Officiating Task Team has been created to review possible modifications to on-ice procedures and/or playing rules, this information will be available on the [Return to Hockey](#) website upon completion.

SECTION 3

Seasonal Structure

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Seasonal Structure

Canadian Player Pathways

The 2020-21 season marks the full implementation of the Canadian Player Pathways approved by the Hockey Canada Board of Directors and its 13 Members for Timbits Under-7 (U7), Under-9 (U9), and Under-11 (U11) age divisions.

[Timbits U7 Canadian Player Pathway](#)

[U9 Canadian Player Pathway](#)

[U11 Canadian Player Pathway](#)

The Canadian Player Pathway is supported by the Hockey Canada [Long-Term Player Development \(LTPD\) Model](#). This framework provides the guiding principles for age-appropriate and skill-specific programming for all players in Hockey Canada's youth hockey system. By utilizing LTPD principles, Hockey Canada membership offers systems and structures that are consistent and ensure continuity as players move through the system from one age division to the next.

IMPORTANCE OF PLAYER PATHWAY PRINCIPLES

It is likely that the seasonal structure model will need to be modified this season, with progressive Return to Hockey stages as illustrated in the previous section. It is in this context that the structure of the Canadian Player Pathways will naturally create several opportunities for progression and programming focused on the overall development of players.

With the need to modify a traditional season, the core principles of the Canadian Player Pathways remain more important and relevant than ever. These principles will guide local hockey associations in creating an optimal environment for player development and coaching.

Refer to the Canadian Player Pathways for full descriptions of the following principles:

PRINCIPLE:

Player evaluation/selection/tryouts cannot be scheduled prior to the start of the school year.

With the premature end of the previous hockey season, this principle can be implemented across the country and evaluations/selections/tryouts may take place at the appropriate time as we safely return to hockey, in accordance with public health authority and Hockey Canada Member guidelines.

PRINCIPLE:

Minimum of four practices and/or skill sessions prior to formal player evaluation/selection/tryouts.

As hockey gradually returns across the country with the primary focus on skill development, this principle can be easily implemented this season. However, even if a return to hockey is made without any significant difference from the past in certain provinces/territories, it is equally important to offer this preparation time for players.

PRINCIPLE:

Player evaluation/selection/tryouts must be a minimum of three formal sessions. Recommendation is one skills session, one small-area games session and one game (age appropriate format).

Once local hockey associations are permitted to form their teams, they must create a fair and transparent process that provides all players with a minimum of three on-ice sessions, as described. The format may need to be adjusted in accordance with public health authority, facility and/or Hockey Canada Member guidelines.

PRINCIPLE:

Development time following team selection and prior to the start of the regular season.

Although somewhat dependent on the progress of the Return to Hockey framework, this principle can be easily introduced as there is no rush to progress to a regular season, and players will benefit from additional development.

PRINCIPLE:

Playoffs must be tournament-style format versus elimination rounds (U11).

With the possibility of shortened or modified seasons, if a *Return to Regular Competition* is permitted, creating a format where all players play to the end of the season is important for an equitable player experience.

Note: No playoffs are allowed in Timbits U7 and U9.

Canadian Player Pathways (U13, U15, U18) RECOMMENDATION

Although Canadian Player Pathway principles, as previously outlined, have not been adopted at the U13, U15 and U18 age divisions, it is important for local hockey associations and leagues to discuss implementation where possible this season and beyond. This will create equal opportunity and improved development for all players through an appropriate progression within different phases of the season.

Length of Season

In addition to the principles that are included within the Canadian Player Pathways, you will also find annual seasonal structure calendars (including the appropriate number of practice sessions, games and jamborees/tournaments) that include these core seasonal phases:

- Preparation/Evaluation phase
- Development phase
- Regular Season phase
- End-of-Season/Playoff phase

It is within this seasonal structure that local hockey associations and leagues will likely have to adjust, depending on the situation in their province/territory. However, despite modifications to the season, it will continue to be extremely important to maintain the appropriate phases (percentage related to entire season) within your seasonal structure.

Again, if the season starts late, it is necessary to consider the guidelines associated with the last phase of the season, ensuring that as many players as possible finish at the same time, as late as possible, depending on facility availability.

SEASONAL STRUCTURE VARIATION CHARTS

The charts in Appendix B provide a seasonal structure breakdown in each age division, with consideration of variations and flexibility to the start and/or length of the season. If you are required to reduce your season length, or choose shorter seasons (half- or multi-seasons), local hockey associations and leagues are provided with a variety of sliding scale options to utilize in seasonal planning, which all maintain the key principles of the Canadian Player Pathways.

VERY IMPORTANT TO NOTE

- The number of practice sessions and games noted are a maximum, and it is quite possible these will need to be reduced within each phase due to ice availability (ratio should be maintained).
- Practice session structure and the allowance of games, jamborees or tournaments, at any given time during the season will depend on public health authority, facility and Hockey Canada Member guidelines, and game play may require modifications.

SEE APPENDIX B: Seasonal Structure Variation Charts

Seasonal Options to Consider

With the uncertainty and challenges that lie ahead, consider a variety of options when creating programming for this season and in future years. As outlined in the previous section, maintaining the Canadian Player Pathways principles remains an important component, although you may be required or find it beneficial to modify the delivery model of your hockey programs.

- Be adaptable, flexible and provide choice
- Plan for the potential of reduced available ice time
- Maximize usage of outdoor ice & off-ice development
- Strive for standardized scheduling
- Limit tournaments and non-essential travel
- Include seasonal breaks
- Incorporate flexible skills sessions or training/development weekends
- Increase practice to game ratio
- Consider impact on volunteers

PROVINCIAL/TERRITORIAL PHASE

Each province/territory has created a phased-in approach for the Return to Hockey plan in their respective jurisdiction. Creating a seasonal model in conjunction with each phase is an appropriate consideration when structuring your programming. Evaluate if families can opt-in to each phase, corresponding with fees and payment options.

HALF-SEASON

Developing a half-season model (e.g. October-December & January-March) creates choice for families, as parents can opt-in to either season or register for both. This model may work best for younger age divisions. There is also an opportunity, through a longer evaluation and development period, for improved equity in competition in the second half of the season. This is beneficial for children that play multiple sports in the fall/winter. Coordination with facilities is important.

MULTI-SEASON

Similar to the half-season, the multi-season model creates additional options for families throughout the year. Refer to the Seasonal Structure Variations charts (Appendix B), which provide structure for seasons of various length. This model creates more choice and reduces the length of commitment for families that may need increased flexibility. This is beneficial for children that play multiple sports. Coordination with facilities is extremely important due to scheduling.

COMMUNITY HOCKEY

Creating programs that keep players and families close to home is beneficial for numerous reasons and may be required by the public health authority and/or Hockey Canada Member. There are scheduling benefits and an increased ability to customize programming for each age division. This enhances safety, the celebration of community and eliminates excessive travel, time and cost for families.

LEAGUES/MINI-LEAGUES

Reducing the size of leagues and, therefore, the number of teams/players participating together enhances safety and adaptability, while eliminating excessive travel, time and cost for families. Similar to a community hockey model, there are scheduling benefits and an increased ability to customize programming. This is a good option for community arenas and cohort groups and could fit within the half- or multi-season model. **The role of each league is paramount in re-shaping any delivery model and requires collaboration with local hockey associations.**

INTRO TO HOCKEY/RECREATIONAL STREAM

Many associations pre-define their hockey programming and teams as club or rep, dependent on the number of registered players. Establishing an option for families that may struggle with a significant time or financial commitment, but are interested in their child participating in hockey for fun, is an important consideration. A consistent schedule (e.g. one or two days per week, same time, same location) and flexibility in structure (e.g. drop-in options or game-play adaptations), may be received positively by many of today's families. This could also create an opportunity for growth.

SPRING SEASON

It is important for young athletes to participate in multiple sports and have a break from hockey. However, there may be an option (given ice availability, capacity and Hockey Canada Member approval) to offer a sanctioned spring recreational program that focuses on fun and welcomes new players who are unable to play in the winter. Modified games, playing with friends and reasonable prices are all benefits. This may also reduce the desire for non-sanctioned spring/summer hockey and create a fundraising opportunity for associations due to lost tournaments.

END OF SEASON

As outlined in the Canadian Player Pathways, it is important to adopt a tournament-style playoff to ensure all players play as long as possible each season. Facilities will also benefit from this pre-confirmed and utilized ice. If this type of competition is permitted by the public health authority and Hockey Canada Member, consider additional creative ways to end the season where the best experience can be achieved for ALL players.

Facilities & Scheduling Modifications

COORDINATION WITH FACILITIES

Effective coordination with facilities is essential to prepare for the season. It is necessary to evaluate the impact of hygiene measures and safety protocols on available blocks of ice time, as this will have a direct impact on training, practice and game schedules. Enhanced planning and communication is required to maintain or improve facility booking to create consistent schedules (days/times) and encourage new families to play hockey.

Consider working with other ice sports or recreation groups using the same facility to re-configure ice-time schedules where possible. Ideally, initial meetings should take place immediately for a 2020-21 season start. Remember, a facility's main goal is to maximize their bookings.

PRIVATE/COMMUNITY-BASED FACILITIES

When planning schedules for this season, the availability of different arenas and venues should be evaluated. As these vary from private to community facilities, with completely different operation and management structures, it is important to know the status of those impacting your programs. Some facilities may start later or remain closed for the entire season.

For more information related to the reopening of facilities in each province/territory, visit the [Canadian Recreation Facilities Network](#) or confer with your facility.

PLANNING FOR REDUCED ICE AVAILABILITY

With the potential for reduced ice availability this season, factor this into your seasonal planning. Some possible solutions include:

- Collaboration with neighbouring associations or community programs
- Shared ice sessions (if within parameters of public health authority guidelines)
- Shorter ice sessions (e.g. 45 min vs. 60 min)
- Reduced games and/or practices (maintain proper practice-to-game ratio)
- Avoid or limit booking of additional ice by individual coaches

SEASON CANCELLED OR MODIFIED DUE TO OUTBREAK

Planning for different season scenarios is key. Be sure to stay on top of public health authority guidelines and the direction of your Hockey Canada Member. Utilize the Return to Hockey stages chart and corresponding resources to assist in reverting back to *Return to Ice* or *Return to Practice* if necessary. If the season is cancelled, ensure that a clear refund policy is in place (see page 27). Maintain constant communication with your members.

VIRTUAL SESSIONS/ONLINE TOOLS

Avoid additional trips to fitness centres and arenas, and reduce the time needed before and after ice sessions, by providing virtual off-ice workouts, pre-practice planning tools and online team communication. There are many online platforms to choose from and sharing practice plans is easy through the Hockey Canada Network. Consider building these types of activities and resources into your seasonal schedules.

VARIATIONS FOR AGE & SKILL LEVEL

Utilize the Canadian Player Pathways to adapt your schedules for varying age and skill levels. Re-evaluate your “normal” schedules at each age division to ensure they are developed to meet facility availability and adapt to the needs of the players. Varying game-play models (already implemented in Timbits U7 and U9) can also be considered if required; see *Return to Play* in Section 2 for various options.

CONSIDERATIONS FOR TODAY’S FAMILY

This is a great opportunity to think about new scheduling models that meet the needs of young families. Now, more now than ever, it is essential to understand our customers. Ask these questions as you plan for the future:

- Is there demand for schedules that involve activities only once or twice a week?
- Do parents require consistency in terms of days and times?
- What is best for development and overall positive experience for young children?
- Have we considered scheduling modifications to meet the needs of teenagers?
- Are there ways to shape our season differently?

Example – Two-Day Game Model

All games in a league for a specific age division scheduled on Mondays and Saturdays (showcase format on Saturdays). This decreases travel and children are only affected on a school night one day of the week.

Team Structure

Although team formation and structure are always important considerations each season, there is no need to rush the formation of standard teams this year. Considerations should be made for keeping the players in contained skills or cohort groups until your province/territory enters an equivalent phase to the *Return to Play* or *Return to Regular Competition* stage.

COACHING AND TEAM SAFETY

In addition to requirements by the public health authority and your Hockey Canada Member, coaches and team officials are asked to follow Hockey Canada’s Return to Hockey Safety Guidelines. This includes a section on the roles and responsibilities of the coach. We recommend that each local hockey association provide a checklist to their coaches that emphasizes the requirements to ensure a safe environment for players. The team’s safety person and/or communications officer should also ensure all pertinent information is shared with parents.

RETURN TO HOCKEY SAFETY GUIDELINES E-LEARNING OVERVIEW

This new e-learning module (approx. 10-12 minutes), which will be hosted on Hockey University and available in August 2020 at no cost, offers a concise overview of Hockey Canada’s Return to Hockey Safety Guidelines. The program looks at some key information to help to reduce the risk of COVID-19 in the hockey environment. Throughout this module, we will provide detailed information on specific prevention topics and encourage all Members to become familiar with the public health authority guidelines and restrictions.

COACHING TASK TEAM

Hockey Canada has established a Coaching Task Team to review additional resources, training and certification requirements for next season. The information will be available on the Hockey Canada [Return to Hockey](#) website upon completion.

NUMBER OF TEAM OFFICIALS

To facilitate the practice of physical distancing, it may be appropriate to limit the number of team officials (e.g. two coaches and one safety person) on a team, or allowed on the ice/bench at any one time.

To help reduce potential transmission or spread, limiting the number of teams an individual can be rostered on as a team official should be considered, if possible. Although rostering team officials on multiple teams may be common practice (and necessary in some cases), special consideration should be given this season. Taking similar precautions as it relates to skills instructors, mentors or any other individuals in contact with multiple teams is important.

TEAM FORMATION

Depending on your situation, the formation of teams may or may not be similar to past seasons. The authorized size of gatherings, participants allowed on-ice and/or cohort groups will largely dictate team size. Pay special attention to the requirements of your public health authority and Hockey Canada Member guidelines. If permitted, during the *Return to Ice* or *Return to Practice* stage, consider the creation of contained skills groups or cohorts (see following definitions). If you progress to the *Return to Play* stage, dividing into smaller groups (or teams) for competition (e.g. mini-league) is a natural progression and maintains a safe environment for participants.

Example 1

Skills group or cohort of 30 players for skills/practices; divided into three groups of 10 for modified games entering the *Return to Play* stage.

Example 2

Skills group or cohort of 50 players divided into four teams for practice and competition.

Example 3

If 3-on-3 or 4-on-4 modified game play is required, multiple teams can be made from a skills group or cohort. Should *Return to Play* restrictions be reduced, or there is a *Return to Regular Competition*, the smaller teams could be merged into regular-sized teams.

There will be several requirements and/or options for team formation this season, but we would again caution into rushing evaluations and team selections without an appropriate, well thought-out process. Be sure to follow the Canadian Player Pathway principles when conducting player evaluations and/or tryouts.

DEFINITION OF COHORT GROUP

Cohorts are generally small groups of people whose participants do not always keep two metres apart. There is a requirement to maintain physical distancing from anyone outside the cohort group. If considering the cohort group model, refer to your public health authority and Hockey Canada Member for specific details and requirements.

SMALL/RURAL ASSOCIATIONS

Some small or rural associations may be required to increase their collaboration with neighbouring associations to ensure teams can be formed in a safe manner. If, as an example, you don't have the players required to form a minimum of two teams in a specific age division, you may want to work with other hockey associations in a close proximity to form teams included in a community-based league.

Other Considerations

AFFILIATION

Special consideration to limit affiliation between teams may be required to keep groups of players consistent throughout the season. In some areas, or at some levels of hockey, this may be difficult to apply. However, reducing the number of players participating with multiple teams to improve safety is a good principle to adopt.

ROSTERING DATES

Notwithstanding any Hockey Canada Member regulations, league or local hockey association rostering regulations and deadlines may need to be reviewed. Specific dates and/or requirements may need to be placed on a sliding scale, depending on the season start date in your jurisdiction.

TRAVEL RESTRICTIONS/TOURNAMENTS

It will be important to follow public health authority and Hockey Canada Member guidelines on restrictions for team travel. These may vary from region to region, within the same province and from province to province. Restrictions will also have an impact on leagues and tournaments that often involve significant travel. Be sure to understand these restrictions and communicate with your respective teams accordingly.

Hockey Canada has made the following national recommendations regarding tours and tournaments this year:

- As a general practice, tournament organizers are encouraged to accept entries only from teams operating within the Hockey Canada Member (or in the case of Ontario, from within the province).
- Any decision to accept teams from outside the Member/province should be made in consultation with the chief medical officer (CMO) of the Member.
- All participating teams, including teams from within the Member, should be advised that acceptance of their entry is conditional and may be revoked at any time, including after the tournament/tour begins, due to COVID-19-related concerns.
- Teams seeking to travel outside the Member/province for a tour or tournament must have their application approved by their Member in consultation with the CMO.
- Appropriate waivers should be included in the documents submitted by participating teams regarding assumption of financial and personal risk.

SECTION 4

Registration

SECTION 4

Registration

The true impact of COVID-19 on hockey registration remains to be seen. In many areas across the country, organizations are preparing for a possible reduction in membership. The financial impact on families, combined with a potential for increases to ice costs, equipment, etc., create significant challenges for hockey this season.

It is our collective responsibility to make the game as accessible as possible this season and every season.

Simplify the Registration Process

- Remove unnecessary touchpoints, collect only key information.
- Provide online registration (numerous options – HCR, TeamSnap).
- Central registration hub – access to registration should be in one location.
- FAQ and effective support – communicate and answer questions effectively.

Create Payment Options

- Consider deferral of payments or deposit only until season is determined.
- Develop payment plans or additional options based on family situation.
- Give information on funding support (local, provincial and/or national).

Adjust Scheduling & Programming

- Incorporate customer-based approach to maintain/reduce fees.
- Implement varying seasonal programming options (see Section 3).
- Consistent days and times where possible.

Partnerships

- Partner with local organizations and community supporters.
- Collaborate closely with facilities and other ice sports.
- Sponsorship opportunities – seek those interested in investing in youth.

Make Hockey More

- Celebrate diversity, inclusion and value of community.
- Promote the benefits of hockey – reach out to youth organizations.
- Utilize branding and messaging (Hockey Canada, Member, etc.).
- Think outside the box.

Refund Policy Resource Guide

RATIONALE - WHY DO WE NEED A COVID-19 REFUND POLICY?

We know there is a chance many hockey programs may not proceed or be offered in a usual manner that we are accustomed to for the 2020-21 hockey season.

As we are unable to answer specific questions relating to exact start dates and what the 2020-21 hockey season will look like (conditioning camps, team selection, league play and tournament bookings) and many local associations are open for registration and collecting fees, it is important that there is a clear understanding by all involved – parents, local associations and Members – with regards to the collection of fees and refunds.

If associations are collecting registration fees, it is essential we offer parents confidence that for any 2020-21 hockey programs they register for, they will receive full value in the form of a structured hockey experience which may or may not include regular game and league play. All programs will have to meet facility, public health authority, Member and Hockey Canada safety guidelines.

A refund policy should be an integral part of all registration and fee collection in these uncertain times. Managing the expectation from the outset will ease the concern of parents to register and prevent issues if the programs are not offered, delayed or cancelled mid-way, or parents wish to withdraw for health and safety concerns should the COVID-19 landscape change after registration.

REFUND GUIDELINES

This is a resource guide including key elements and considerations to support Members and local associations in the development of a refund policy. As there are many differences from Member to Member and association to association on what fees are collected, it is essential that any policy is developed locally, with associations and Members working collaboratively.

Key Elements	Considerations
General Considerations	<ul style="list-style-type: none"> ● Specify need and purpose for policy ● If there is an existing policy, clarify period the new policy is in effect (i.e. 2020-21 season) ● Policy should not conflict with any existing Member or provincial sport governing body policy, if applicable ● Considerations pursuant to collected fees in advance of season ● May provide credit option for future programs vs. refund (family decision) ● Protocols for possible refunds/credits for: <ul style="list-style-type: none"> ○ Season cancelled ○ Season reduced ○ Season modified ● Parameters surrounding parental request for refunds ● Identify dispute resolution process ● Clarify process and timelines for issuing refund
Considerations for Collected Fees	<ul style="list-style-type: none"> ● Amount of fees, if any, to be collected prior to determining length and structure of season ● If fees should be held in trust until season begins ● Should LHA (or applicable organization) act as guarantor of collected fees ● Protocols specific to collection of fees by teams (e.g. additional ice, tournaments, apparel, wind-up, etc.)
Season Cancelled	<ul style="list-style-type: none"> ● Clearly states amount of refund/credit: <ul style="list-style-type: none"> ○ Should be full, less possible admin fees or goods received that cannot be returned (must be identified) ● Outline how decision will be made and communicated to members ● Refer to refund process and timeline
Season Reduced STARTS LATE, ENDS EARLY	<ul style="list-style-type: none"> ● Clearly states protocols for determination of refund/credit such as: <ul style="list-style-type: none"> ○ Season start/end date ○ Total number of ice times (games, practices, etc.) ● Determine amount by reasonable method (e.g. percentage of season played) less possible admin fees or goods received that cannot be returned (must be identified) ● Outline how decision will be made and communicated to members ● Refer to refund process and timeline

Key Elements	Considerations
Season Modified	<ul style="list-style-type: none"> Clearly-stated protocols for determination of possible refund/credit if significant modifications to the season occur (e.g. number of ice times remains the same, but no games allowed) If not offering refunds/credits, may be dependent on ability to provide similar hockey experience to original expectations Outline how decision will be made and communicated to members Refer to refund process and timeline
Parental Request for Refund PLAYER INJURED, QUILTS, ETC.	<ul style="list-style-type: none"> Create basic timeline for refund requests and applicable amounts Consider sliding refund scale both prior to and during season Note any differences from standard refund requests to those related to COVID-19 (e.g. safety concerns, child sick, etc.) Refer to refund process and timeline
Refund Process and Timeline	<ul style="list-style-type: none"> Clearly identify steps within refund process: <ul style="list-style-type: none"> Who to contact How refund is processed Expected time for refund to be processed
Dispute Resolution Process	<ul style="list-style-type: none"> Clearly identify process to resolve disputes or extenuating circumstances Should be consistent with constitution and/or by-laws Outline decision-making protocols and timelines
Contact Information	<ul style="list-style-type: none"> Highlight where further information can be found (e.g. Q & A) Identify main contact (email, phone, etc.)

Controlling Costs

There are numerous fixed costs each season based on facility rentals, officials, insurance, membership, etc. that determine a significant portion of participant registration fees. With some of these, particularly the cost of ice rentals, potentially increasing this season, it is essential to control and reduce discretionary costs where possible. Consider the following when budgeting and planning for the season:

UNDERSTAND THE CUSTOMER

Don't assume that what has been successful in the past will continue to work in the current landscape. Prior to the season, ask families what they value most from their hockey experience, and modify your fee structure accordingly.

ESSENTIAL SERVICES STRATEGY

Review your registration fees and determine what services or items normally provided are essential to deliver a safe and positive hockey experience for participants. Separate the "must-haves" from the "nice-to-haves" and make the appropriate adjustments. Work with vendors and consider delaying the purchase of new jerseys, equipment, etc. if possible. Continue to support individuals within your organization and utilize coach mentorship to limit use of third party service providers for additional skill development.

AGE DIVISION APPROPRIATE

Registration fees charged to families must be appropriate to both age division and skill level of participants. In addition, there should be transparency from the onset.

TEAM COSTS

In the current delivery model, once initial registration fees are paid to local hockey associations (covering game costs, allotted practices, etc.), teams and their coaching staffs are commonly provided flexibility on how the remainder of the season will be structured. This includes, but is not limited to, tournaments, additional practice ice, apparel, etc.

In many cases, parents are not consulted in these decisions, despite the major impact they will have both financially and from a commitment standpoint.

To ensure a cost-effective, age-appropriate and consistent experience is delivered to participants, consider establishing the following at each age division/skill level:

- Pre-set maximum team budgets.
- Set maximum number of tournaments and/or additional practice ice.
- Clarity on what fees cannot be added without parental consent.

Parents should be aware of this information prior to registering for the season.

SECTION 5

Conclusion

Reminders



Follow

- All applicable public health authority and facility guidelines.
- Hockey Canada and Member Return to Hockey guidelines.



Plan

- Incorporate key elements from the guidelines and this Seasonal Structure resource document into your planning process.
- Continue to implement Canadian Player Pathway principles.
- Adjust for variations to start/length of season.
- Develop innovative ways to offer programming.
- Be flexible and adaptive.
- Modify schedules and work with facilities.
- Review team structure and formation.
- Implement new ideas long-term.



Register

- Simplify registration process and improve accessibility.
- Control costs and establish refund policy.



Return to Hockey

- Utilize tools and resources for all Return to Hockey stages:
 - Return to Ice – implement alternative skills instruction
 - Return to Practice – utilize the Hockey Canada Network
 - Return to Play – consider appropriate game-play adaptations
 - Return to Regular Competition – understand game protocols

Looking to the Future

We have all faced the unique and difficult challenges resulting from the COVID-19 pandemic together. Thankfully, as provinces and territories gradually and safely re-open, a return to hockey, albeit likely in different forms across the country, seems possible.

Several recommendations, considerations and resources have been presented to support the delivery of hockey this season. The various stages of the Return to Hockey framework, on-ice modelling and seasonal structure variations should allow organizations to prepare and adjust if the situation changes quickly.

Looking ahead requires all leaders in hockey to explore several new ideas, options and opportunities for today's family. Although we respect tradition, it is time to create innovative models for hockey that deliver the best player experience, not just in the short-term, but for years to come. Focus on player retention, and when the time is right, develop recruitment initiatives that are based on data and are sustainable for your organization. Take advantage of the tools and resources that are available to you.

This is the time for all of us to **make hockey more**.

Special thanks to the Work Group members for their contributions and commitment.

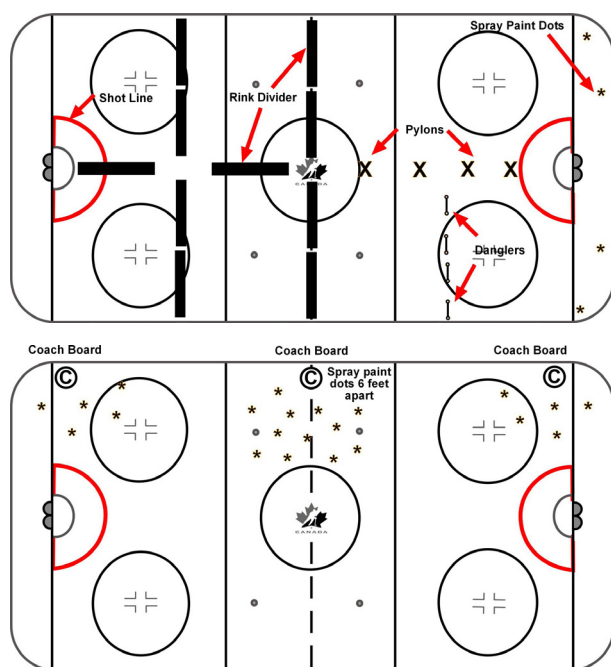
Scott Furman | Hockey Canada (co-lead)
Yves Archambault | Hockey Canada (co-lead)
Terrence Dobson | Hockey Canada Staff Resource
Corey McNabb | Hockey Canada Staff Resource
Real Langlais | Hockey Canada Board of Directors
Jeff Baker, Derek Derow, Carol McGregor, Jeremy Pierce | Members

APPENDIX A

Alternative Skills Instruction

On-Ice Set-Up

Equipment Needed



OPTION 1 – All players come to coach board – kneel by dot six feet apart and six feet from coach.

OPTION 2 – Use two coach boards at different location on the ice where each coach has smaller group of players – kneel by dot six feet apart and six feet from coach.

- Ideally, coaches should spend as little time at the board as possible to alleviate opportunities for players to come together.
- All of the drills found on the subsequent pages of this resource can be found free of charge on the [Hockey Canada Network](https://www.hockeycanadainfo.ca/).
- Utilizing online video calls can also be a great way to pre-ice players.

Description:

The use of equipment such as pylons, rink dividers, danglers and spray paint can be effective to split the ice into zones and also ensure proper physical distancing for players.

PYLONS

- To divide ice into zones
- To mark proper spacing distances
- Indicator of where players not in activity should wait for their turn
- Use as obstacles for stickhandling

SPRAY PAINT

- To divide ice into zones (water-based spray paint to be used after getting permission from facility)
- To mark proper spacing distances
- Indicator of where players not in activity should wait for their turn

MARKERS

- To mark proper spacing distances
- To show skating paths or directions within drills

SHOT LINE

- Line spray painted six feet in front of crease for skaters to avoid
- Ensure proper distance between player and goaltender

RINK DIVIDERS

- To divide ice into zones
- To mark proper spacing distances
- Indicator of where players not in activity should wait for their turn
- Can be used to sit on

DANGLERS

- To divide ice into zones
- Ensure proper zone rotation
- Use as stickhandling obstacles

SIGNAGE FOR ZONES

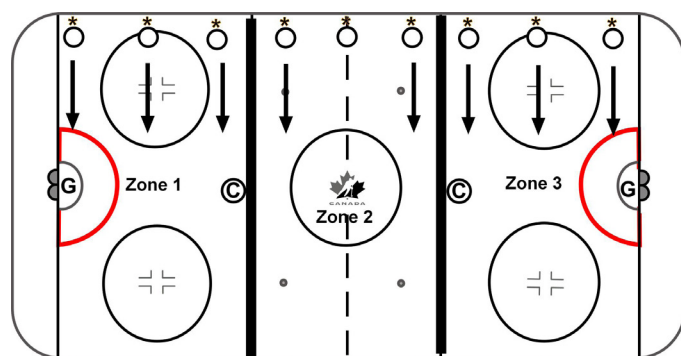
- Tape to glass to indicate zone number
- Ensure proper zone rotation

DRILL THEME:

Skating

DRILL NAME:

Three-Zone Set-Up



9 Skaters / 2 Goalies / 2 Coaches

Goalies can skate with players or work on crease skating patterns.

Drill Description:

The three-zone set-up is great for isolated stride work and crossover work. Coaches should be stationed at each zone. Coaches can either teach the same skill in each zone or assign a separate task for each zone. Rotate through the zones/skills every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

Skills:

SEQUENCE #1

- Inside edge glide
- Slalom skating
- Alternate lead foot

SEQUENCE #2

- Jumping skate to skate
- Stride and bend
- Gliding on one skate

SEQUENCE #3

- One crossover each way
- Two crossovers each way
- Linear crossovers

SEQUENCE #4

- Backward c-cuts
- Backward one crossover – reach
- Backward gliding with knee bend

SEQUENCE #5

- Shoot the duck – forward and backward
- One leg weaving – forward
- One leg weaving – backward

SEQUENCE #6

- Forward scissor skate – small
- Backward scissor skate – small
- Slalom – alternating lead foot

SEQUENCE #7

- Inside edge glide
- Backward scissor skate – large
- Forward scissor skate – large

SEQUENCE #8

- Crossover start
- Front v-start
- Backward c-cut start

SEQUENCE #9

- Crossover start and stop
- Backward crossover start and stop

SEQUENCE #10

- Outside leg stop
- One-leg backward stop
- Heel to heel

SEQUENCE #11

- Random skating pattern
- 360s
- Glide / stride / glide

SEQUENCE #12

- Tight turn – dive into turn
- Exaggerated stride
- Crossovers – forward

SEQUENCE #13

- Jump stride
- Pivots – backward to forward and forward to backward
- Jump stride – backward

SEQUENCE #14

- Figure 8s – forward – inside edge
- Figure 8s – backward – inside edge
- Crossovers – backward

SEQUENCE #15

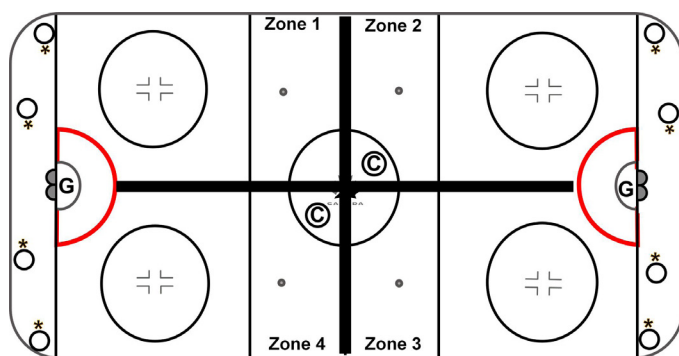
- Figure 8s – forward – outside edge
- Alternating – heel to heel
- Figure 8s – backward – outside edge

DRILL THEME:

Skating

DRILL NAME:

Four-Zone Set-Up



4 – 12 Skaters / 2 Goalies / 2 Coaches

Goalies can skate with players or work on crease skating patterns.

Drill Description:

The four-zone set-up allows for strong teaching ratios where the skating skills can be isolated in a controlled space. Coaches should be stationed between zones. Coaches can either teach the same skill in each zone or assign a separate task for each zone. Rotate through the zones/skills every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

Skills:

SEQUENCE #1

- Edge control
- Crossovers
- Pivots

SEQUENCE #2

- Gliding on two skates
- Gliding on one skate – forward
- Gliding on one skate – backward
- Gliding with knee bend

SEQUENCE #3

- Shoot the duck – forward and backward
- One leg weaving – forward
- One leg weaving – backward

SEQUENCE #4

- Inside edge glides
- Forward scissor skate
- Backward scissor skate

SEQUENCE #5

- Linear crossovers
- Backward c-cuts
- Crossovers on circle
- Random agility skate

SEQUENCE #6

- Slalom skating
- Random skating pattern
- Slalom – alternating lead foot

SEQUENCE #7

- Speed progressions
- Edge control
- Backward skating
- Jump stride – forward

SEQUENCE #8

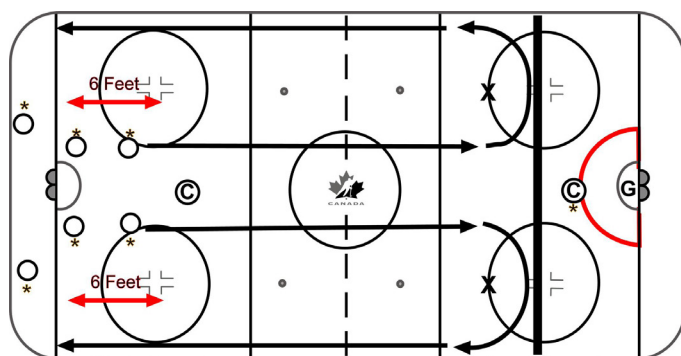
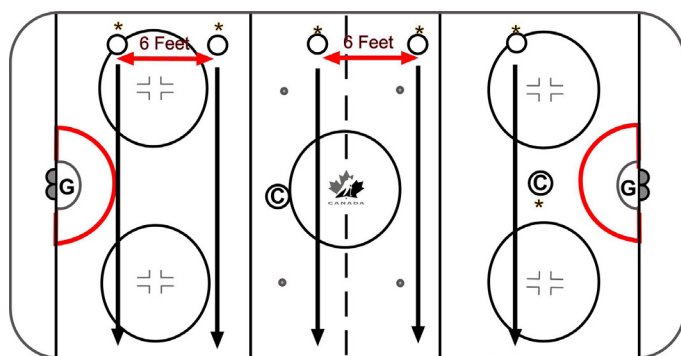
- 360s left and right
- Pivots – backward to forward and forward to backward
- Backward crossovers

DRILL THEME:

Skating

DRILL NAME:

Cross-Ice – ¾ Ice



4 – 10 Skaters / 2 Goalies / 2 Coaches

Goalies can skate and puck-handle with players
or work on crease skating patterns with a goalie coach.

Drill Description:

The wave formation allows for the isolation of stride technique. Coaches can place two pylons at the top of the far circles as shown above so players can return to their original starting point to maintain flow. Have each player complete the skill 3-5 times before attempting a new skill. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

Skills:

SEQUENCE #1

- Edge control
- Crossovers
- Pivots

SEQUENCE #2

- Gliding on two skates
- Gliding on one skate – forward
- Gliding on one skate – backward
- Gliding with knee bend

SEQUENCE #3

- Shoot the duck – forward and backward
- One leg weaving – forward
- One leg weaving – backward

SEQUENCE #4

- Inside edge glides
- Forward scissor skate
- Backward scissor skate

SEQUENCE #5

- Linear crossovers
- Backward c-cuts
- Random agility skate

SEQUENCE #6

- Slalom skating
- Random skating pattern
- Slalom – alternating lead foot

SEQUENCE #7

- Speed progressions
- Edge control
- Backward skating
- Jump stride – forward

SEQUENCE #8

- 360s left and right
- Pivots – backward to forward and forward to backward
- Backward crossovers

Goalie Skills:

SEQUENCE #1

- Skating skills
- Crease skating skills
- Stationary shots

SEQUENCE #2

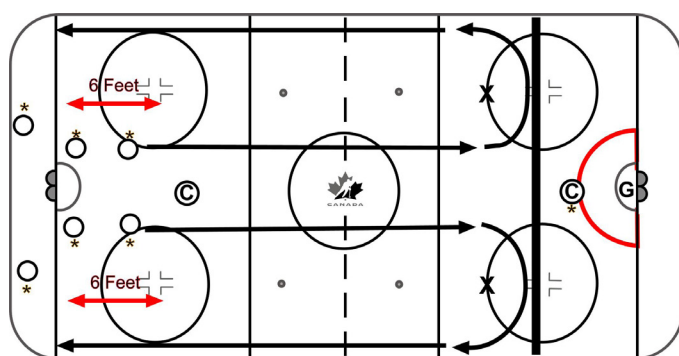
- Hands drills
- Sliding skills
- Moving shots

DRILL THEME:

Skating

DRILL NAME:

Butterfly Lane Set-Up



6 – 10 Skaters / 2 Goalies / 2 Coaches

Goalies can skate and puck-handle with players or work on crease skating patterns with a goalie coach.

Drill Description:

The butterfly lane set up provides for great flow while working on skating technique and repetition. Players are organized into two lines and flow through the butterfly pattern – down the middle and back along the wall. Coaches can identify different skills to be practiced. Rotate through different skills every 2-3 repetitions. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

Skills:

SEQUENCE #1

- Edge control
- Crossovers
- Pivots

SEQUENCE #2

- Gliding on two skates
- Gliding on one skate – forward
- Gliding on one skate – backward
- Gliding with knee bend

SEQUENCE #3

- Shoot the duck – forward and backward
- One leg weaving – forward
- One leg weaving – backward

SEQUENCE #4

- Inside edge glides
- Forward scissor skate
- Backward scissor skate

SEQUENCE #5

- Linear crossovers
- Backward c-cuts
- Random agility skate

SEQUENCE #6

- Slalom skating
- Random skating pattern
- Slalom – alternating lead foot

SEQUENCE #7

- Speed progressions
- Edge control
- Backward skating
- Jump stride – forward

SEQUENCE #8

- 360s left and right
- Pivots – backward to forward and forward to backward
- Backward crossovers

Goalie Skills:

SEQUENCE #1

- Skating skills
- Crease skating skills
- Stationary shots

SEQUENCE #2

- Hands drills
- Sliding skills
- Moving shots

SEQUENCE #3

- Stick saves
- Rebounds
- Tips and deflections

SEQUENCE #4

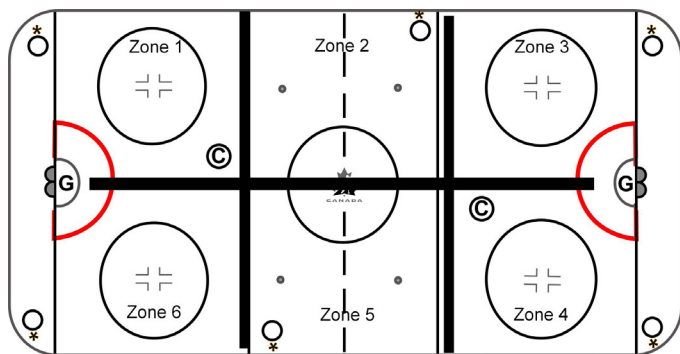
- East-west plays
- High-to-low / low-to-high plays

DRILL THEME:

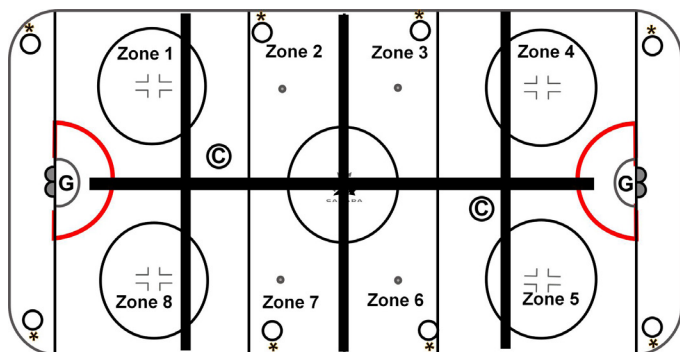
Stationary Puck Control

DRILL NAME:

Six-Zone / Eight-Zone Set-Up



6 – 12 Skaters / 2 Goalies / 2 Coaches



8 – 16 Skaters / 2 Goalies / 2 Coaches

Drill Description:

Use the six or eight zones and identify one stationary Puck-handling skill to be taught at each zone. Coaches Should be stationed so they can watch three zones To facilitate teaching. Rotate zones or skills every 3-5 Minutes. Each skills sequence provides a sample of puck Control skills to be used. Coaches should be mindful of Work-to-rest ratios depending on the number of players On the ice and at each station. Make sure there is proper Rest and hydration.

Goalies can skate and puck-handle with players or work on crease skating patterns with a goalie coach.

Skills:

SEQUENCE #1

- Stationary puck control – narrow
- Stationary puck control – wide
- Stationary puck control – hands together
- Stationary puck control – hands wide
- Stationary puck control – two pucks
- Stationary puck dots

SEQUENCE #2

- Stationary puck control – narrow & wide combination
- Stationary puck control – one hand
- Stationary puck control – toe drag – side
- Stationary puck control – switch hands
- Stationary puck control – figure 8s – two hands
- Stationary puck control – side - front - side

SEQUENCE #3

- Stationary puck control – toe drag – side and front
- Stationary puck control – around the body – triangle
- Stationary puck control – puck through legs from back
- Stationary puck control – body / stick – opposite
- Stationary puck control – puck scoop – forehand

SEQUENCE #4

- Stationary puck control – rotation
- Stationary puck control – toe drag – front
- Stationary puck control – figure 8s – one hand
- Stationary puck control – around the body – box
- Stationary puck control – stick through legs

Goalie Skills:

SEQUENCE #1

- Skating skills
- Crease skating skills
- Stationary shots

SEQUENCE #2

- Hands drills
- Sliding skills
- Moving shots

SEQUENCE #3

- Stick saves
- Rebounds
- Tips and deflections

SEQUENCE #4

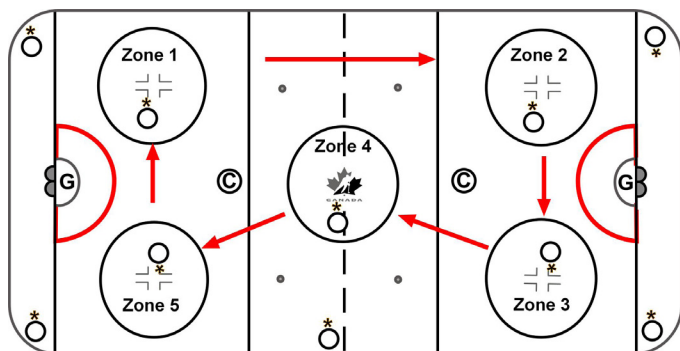
- East-west plays
- High-to-low / low-to-high plays

DRILL THEME:

Stationary Puck Control

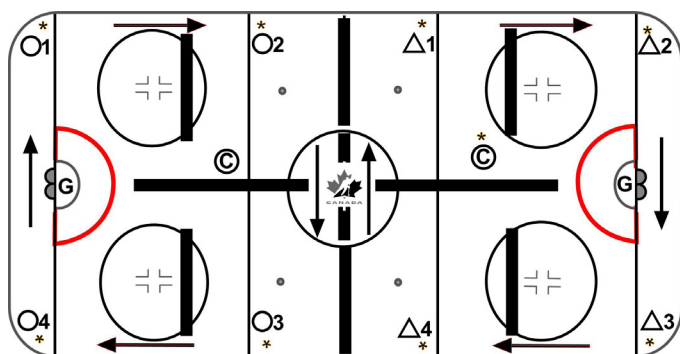
DRILL NAME:

Five-Circle Set-Up /
Four-Station Set-Up /
Two-Station Half-Ice Set-Up

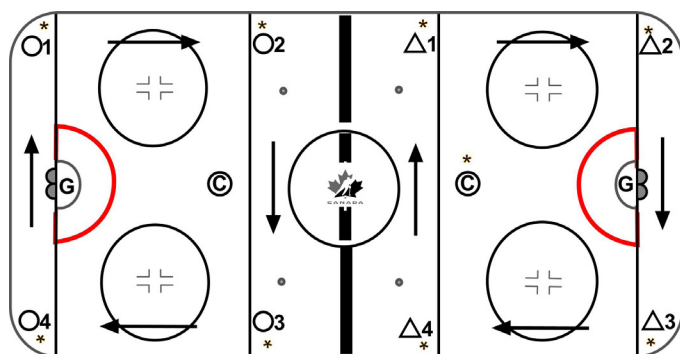


5 - 10 Skaters / 2 Goalies / 2 Coaches

Goalies can skate and puck-handle with players or work on crease skating patterns with a goalie coach.



8 - 16 Skaters / 2 Goalies / 2 Coaches



8 - 16 Skaters / 2 Goalies / 2 Coaches

Skills:

SEQUENCE #1

- Stationary puck control – narrow
- Stationary puck control – wide
- Stationary puck control – side - front - side
- Stationary puck control – toe drag – side
- Stationary puck control – one hand

SEQUENCE #2

- Stationary puck control – narrow & wide combination
- Stationary puck control – hands together
- Stationary puck control – hands wide
- Stationary puck control – toe drag – side
- Stationary puck control – puck scoop – forehand

SEQUENCE #3

- Stationary puck control – rotation
- Stationary puck control – toe drag – front

- Stationary puck control – figure 8s – two hands
- Stationary puck control – around the body – box
- Stationary puck control – puck scoop – backhand

SEQUENCE #4

- Stationary puck control – toe drag – side & front
- Stationary puck control – figure 8s – one hand
- Stationary puck control – around the body – triangle
- Stationary puck control – stick through legs

SEQUENCE #5

- Stationary puck control – puck through legs from back
- Stationary puck control – switch hands
- Stationary puck control – bounce puck on blade
- Stationary puck control – flip puck up – knock down

Goalie Skills:

SEQUENCE #1

- Skating skills
- Crease skating skills
- Stationary shots

SEQUENCE #2

- Hands drills
- Sliding skills
- Moving shots

SEQUENCE #3

- Stick saves
- Rebounds
- Tips and deflections

SEQUENCE #4

- East-west plays
- High-to-low / low-to-high plays

Drill Description:

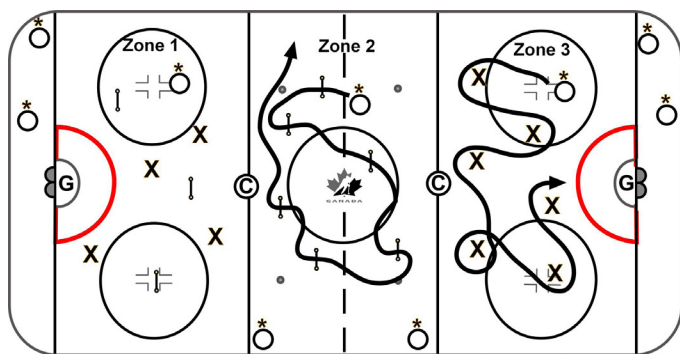
Use the five circles and identify one stationary puck-handling skill to be taught at each circle. Coaches should be stationed so they can instruct at 2-3 circles to facilitate teaching. Follow the rotation outlined every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

DRILL THEME:

Moving Puck Control

DRILL NAME:

Three-Zone Set-Up



8 – 12 Skaters / 2 Goalies / 2 Coaches

Goalies receive shots in Zone 1 and Zone 3.

Drill Description:

Use the three-zone set-up and identify one moving puck-handling skill to be taught at each zone. Within each zone coaches can set up pylons or other obstacles that players can maneuver through while focusing on their puck-control skills, or players can simply maneuver through the zone in a free flowing “chaos” type drill. Coaches should be stationed so they can observe two zones to facilitate teaching. Rotate skills every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

Skills:

SEQUENCE #1

- Moving puck control – narrow
- Moving puck control – wide
- Moving puck control – weaving with puck

SEQUENCE #2

- Moving puck control – narrow and wide combination
- Moving puck control – side - front - side
- Moving puck control – one leg – left and right

SEQUENCE #3

- Moving puck control – one leg – left and right / front and back
- Moving puck control – one hand
- Moving puck control – behind body – side to side

SEQUENCE #4

- Moving puck control – hands together
- Moving puck control – hands wide
- Moving puck control – stick through legs

SEQUENCE #5

- Moving puck control – rotation
- Moving puck control – puck through legs from back
- Moving puck control – switch hands

SEQUENCE #6

- Moving puck control – toe drag – front and side
- Moving puck control – body / puck – opposite
- Moving puck control – puck in feet

SEQUENCE #7

- Moving puck control – body / stick – opposite
- Moving puck control – c-cuts heel – narrow
- Moving puck control – c-cuts heel – wide

SEQUENCE #8

- Moving puck control – slalom narrow and wide / toe drag combination
- Moving puck control – puck scoop – forehand
- Moving puck control – heel to heel – skates

SEQUENCE #9

- Moving puck control – puck scoop – backhand
- Moving puck control – 360 spin – left and right
- Moving puck control – figure 8s – two pylons

SEQUENCE #10

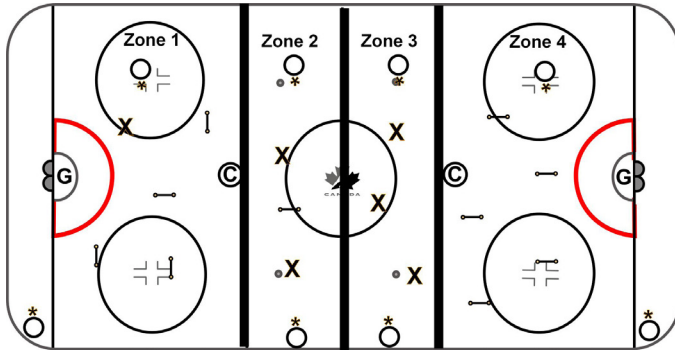
- Moving puck control – figure 8s – transition
- Moving puck control – two pucks – stick and feet
- Moving puck control – fake – toe drag

DRILL THEME:

Moving Puck Control

DRILL NAME:

Four-Zone Set-Up



8 – 12 Skaters / 2 Goalies / 2 Coaches

Goalies receive shots in Zone 1 and Zone 4.

Drill Description:

Use the four-zone set-up and identify one moving puck-handling skill to be taught at each zone. Within each zone coaches can set up pylons or other obstacles that players can maneuver through while focusing on their puck control skills, or players can simply maneuver through the zone in a free flowing “chaos” type drill. Coaches should be stationed so they observe two zones to facilitate teaching. Rotate skills every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

Skills:

SEQUENCE #1

- Moving puck control – narrow
- Moving puck control – wide
- Moving puck control – side - front - side
- Moving puck control – weaving with puck

SEQUENCE #2

- Moving puck control – one leg – left and right
- Moving puck control – narrow and wide combination
- Moving puck control – hands together
- Moving puck control – hands wide

SEQUENCE #3

- Moving puck control – behind body – side to side
- Moving puck control – rotation
- Moving puck control – stick through legs
- Moving puck control – puck through legs from back

SEQUENCE #4

- Moving puck control – switch hands
- Moving puck control – toe drag – front and side
- Moving puck control – puck in feet
- Moving puck control – slalom narrow and wide / toe drag combination

SEQUENCE #5

- Moving puck control – two pucks – stick and feet
- Moving puck control – toe drag – skates on one side
- Moving puck control – forehand only – with pylons
- Moving puck control – puck inside pylon – off stick

SEQUENCE #6

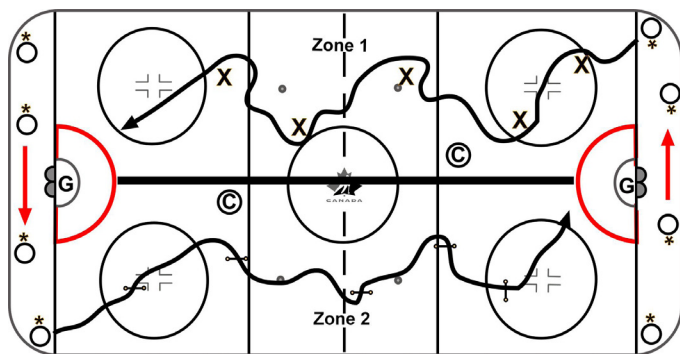
- Moving puck control – fake – toe drag
- Moving puck control – puck inside pylon – on stick
- Moving puck control – forehand – one hand – with pylons
- Moving puck control – puck scoop – forehand

DRILL THEME:

Moving Puck Control

DRILL NAME:

Two-Lane Set-Up



8 – 12 Skaters / 2 Goalies / 2 Coaches

Goalies receive shots at the end of the drill.

Drill Description:

The two-lane set-up works well with pylon courses as well as open-ice puck-control skills. Pylons/obstacles can be staggered narrow or wide. Players are organized at opposite ends and flow through one lane per repetition. Coaches can identify one skill to be practiced in both lanes, or identify one skill per lane (two skills total). Rotate through different skills every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

Skills:

SEQUENCE #1

- Moving puck control – one hand
- Moving puck control – open ice carry – forehand

SEQUENCE #2

- Moving puck control – hands together
- Moving puck control – open ice carry – backhand

SEQUENCE #3

- Moving puck control – open ice carry – combination
- Moving puck control – hands wide

SEQUENCE #4

- Moving puck control – switch hands
- Moving puck control – weaving with puck

SEQUENCE #5

- Moving puck control – forehand only – with pylons
- Moving puck control – three crossovers – carry the puck

SEQUENCE #6

- Moving puck control – forehand – one hand – with pylons
- Moving puck control – three crossovers – stickhandling the puck

SEQUENCE #7

- Moving puck control – backhand – one hand – with pylons
- Moving puck control – two pucks

SEQUENCE #8

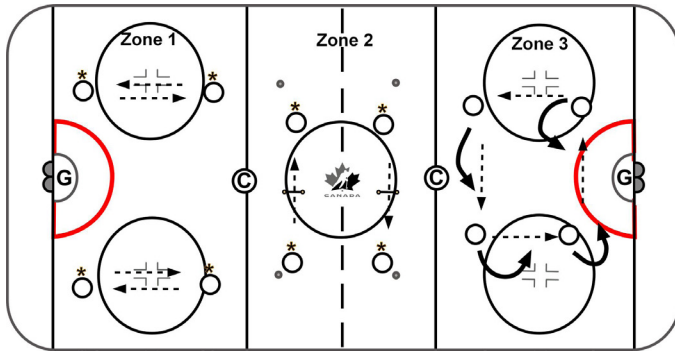
- Moving puck control – puck inside pylon – off stick
- Moving puck control – puck inside pylon – on stick

DRILL THEME:

Stationary Passing and Receiving

DRILL NAME:

Three-Zone Set-Up



8 – 12 Skaters / 2 Goalies / 2 Coaches

Goalies can work on passing or work with a goalie coach.

Drill Description:

Split the ice into three zones and identify a stationary passing skill to be learned in each zone. A coach should be stationed in between zones to facilitate learning. The coach can vary the passing length by adjusting the position of the players. Challenge players by adding obstacles, which players must pass over/around. Rotate skills every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

Skills:

SEQUENCE #1

- Stationary forehand pass
- Stationary backhand pass
- Passing support

SEQUENCE #2

- Stationary backhand pass – forehand receive
- Stationary forehand pass – backhand receive
- Stationary saucer pass – forehand

SEQUENCE #3

- Stationary saucer pass – backhand
- Flip puck to partner – knock down pass back
- Pass behind – pull puck back through legs

SEQUENCE #4

- Pass behind – take off skate to stick
- Pass and follow
- Stationary saucer pass – forehand

Goalie Skills:

SEQUENCE #1

- Stick saves
- Rebounds
- Tips and deflections

SEQUENCE #2

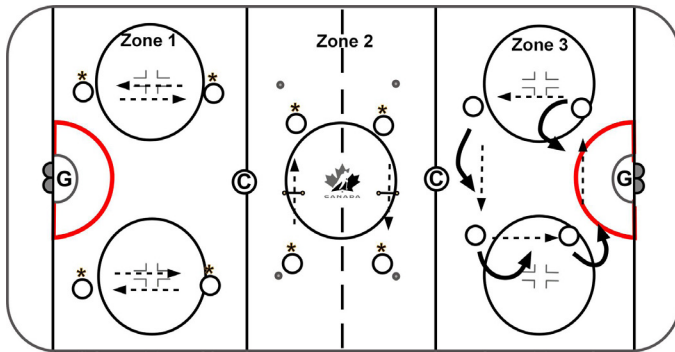
- East-west plays
- High-to-low / low-to-high plays

DRILL THEME:

Stationary Passing and Receiving

DRILL NAME:

Five Circles



8 – 12 Skaters / 2 Goalies / 2 Coaches

Goalies can work on passing or work with a goalie coach.

Drill Description:

Use the five circles and identify one stationary passing skill to be taught at each circle. Coaches should be stationed so they can observe 2-3 circles to facilitate teaching. Rotate skills every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

Skills:

SEQUENCE #1

- Stationary forehand pass
- Stationary backhand pass
- Stationary backhand pass – forehand receive
- Stationary forehand pass – backhand receive
- Pass and follow

SEQUENCE #2

- Stationary saucer pass – forehand
- Stationary saucer pass – backhand
- Flip puck to partner – knock down pass back
- Pass behind – pull puck back through legs
- Pass behind – take off skate to stick

Goalie Skills:

SEQUENCE #1

- Skating skills
- Crease skating skills
- Stationary shots

SEQUENCE #2

- Hands drills
- Sliding skills
- Moving shots

SEQUENCE #3

- Stick saves
- Rebounds
- Tips and deflections

SEQUENCE #3

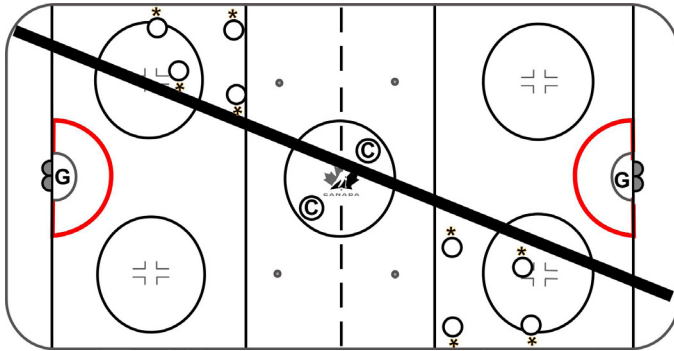
- East-west plays
- High-to-low / low-to-high plays

DRILL THEME:

Moving Passing and Receiving

DRILL NAME:

Diagonal Set-Up



8 – 12 Skaters / 2 Goalies / 2 Coaches

Goalies receive shots at the end of the drill.

Drill Description:

The diagonal set-up allows the players to practice their passing and receiving at various distances throughout the length of the ice. This set-up allows the players to finish the drill with a scoring opportunity. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

Skills:

SEQUENCE #1

- Moving forehand pass
- Moving backhand pass

SEQUENCE #2

- Moving forehand pass / receive – one touch
- Moving backhand pass / receive – one touchpass – forehand

SEQUENCE #3

- Moving saucer pass – forehand
- Moving saucer pass – backhand

SEQUENCE #4

- Pairs passing – double weave
- Pass and follow

SEQUENCE #5

- Moving bank pass – forehand
- Moving bank pass – backhand

SEQUENCE #6

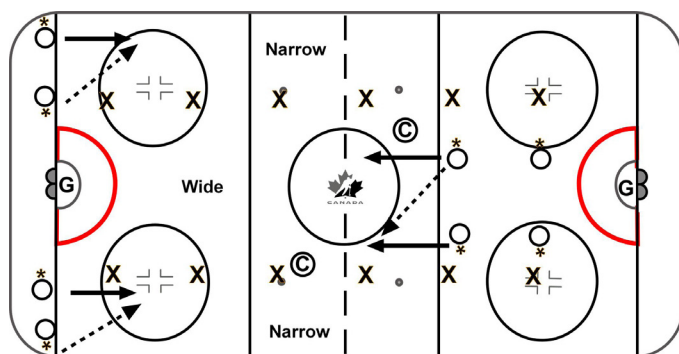
- Pass behind – pull puck through legs
- Pass behind – off skate to stick

DRILL THEME:

Moving Passing and Receiving

DRILL NAME:

Narrow/Wide Set-Up



8 – 12 Skaters / 2 Goalies / 2 Coaches

Goalies receive shots at the end of the drill.

Drill Description:

The narrow/wide set-up allows for maximum ice use while challenging players' passing/receiving skills. Narrow/wide lanes go at the same time in order to offer players an added challenge. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

Skills:

SEQUENCE #1

- Moving forehand pass
- Moving backhand pass

SEQUENCE #2

- Moving forehand pass / receive – one touch
- Moving backhand pass / receive – one touch

SEQUENCE #3

- Moving saucer pass – forehand
- Moving saucer pass – backhand

SEQUENCE #4

- Pairs passing – double weave
- Pass and follow

SEQUENCE #5

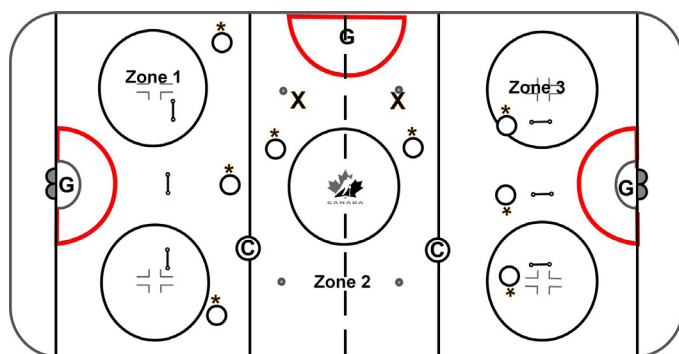
- Pass behind – pull puck through legs
- Pass behind – off skate to stick

DRILL THEME:

Stationary Shooting and Scoring

DRILL NAME:

Three-Zone Set-Up



8 – 12 Skaters / 2 Goalies / 2 Coaches

Goalies receive shots in Zone 1 and Zone 3.

Drill Description:

Identify one stationary/moving shooting skill for each zone. Coaches should be stationed between zones to facilitate teaching. Rotate every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

Skills:

SEQUENCE #1

- Wrist shot
- Backhand
- Pull in / push out

SEQUENCE #2

- Backhand
- Snap shot
- Shoot in motion

SEQUENCE #3

- Wrist shot – change angle
- Wrist shot – quick release
- Shot off a pass

SEQUENCE #4

- Shot off a pass
- Change shooting angle
- One-timer

SEQUENCE #5

- Shooting off net drive
- Slap shot – one-timer
- Stationary tips / deflections

SEQUENCE #6

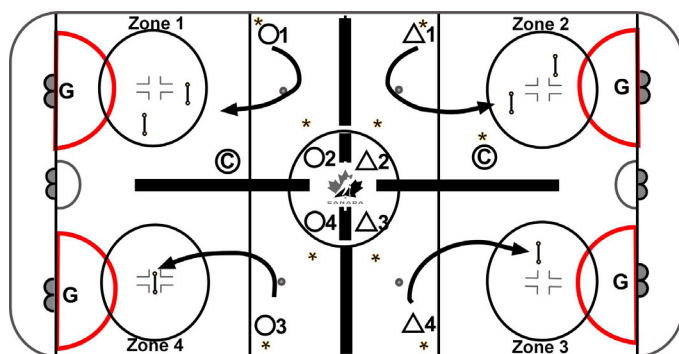
- Tips / deflections
- Stationary tips – out of air – forehand and backhand
- Stationary tips – between legs – forehand and backhand

DRILL THEME:

Moving Shooting and Scoring

DRILL NAME:

Four-Zone Set-Up



4 - 12 Skaters / 4 Goalies / 2 Coaches

Goalies receive shots in all zones.

Drill Description:

Use the four-zone set-up to teach shooting and scoring in motion. Positioning the nets along the goal line gives the shooter more space before attempting a shot. Coaches should be stationed between zones to facilitate teaching. Rotate every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

Skills:

SEQUENCE #1

- Wrist shot / backhand
- Puck protect with shot
- Shoot front foot

SEQUENCE #2

- Fake shot forehand – go backhand
- Fake shot backhand – go forehand

SEQUENCE #2

- Change angle
- Fake shot shoot
- Slap shot – in motion

SEQUENCE #3

- Backhand
- Snap shot
- Shoot in motion

SEQUENCE #4

- Delay – net drive
- Change angle
- Shoot on inside foot

SEQUENCE #5

- Pull in / push out
- Backhand
- Shooting on outside leg

SEQUENCE #6

- Stick through legs flip shot
- Quick release

Goalie Skills:

SEQUENCE #1

- Skating skills
- Crease skating skills
- Stationary shots

SEQUENCE #2

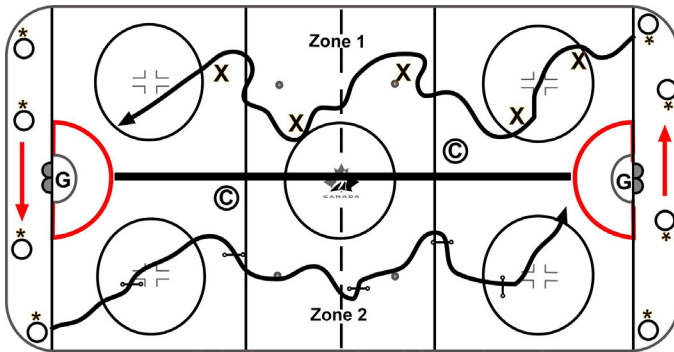
- Hands drills
- Sliding skills
- Moving shots

DRILL THEME:

Moving Shooting and Scoring

DRILL NAME:

Two-Lane Set-Up



8 – 12 Skaters / 2 Goalies / 2 Coaches

Goalies receive shots at the end of the drill.

Drill Description:

The two-lane set-up is a great set-up to facilitate the learning of dekes and fakes. Create an environment that will foster further speed with skill development. Introduce a new skill every 3-5 minutes or repetitions. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

Skills:

SEQUENCE #1

- Wrist shot / backhand
- Puck protect with shot

SEQUENCE #2

- Fake shot forehand – go backhand
- Fake shot backhand – go forehand

SEQUENCE #3

- Change angle
- Fake shot shoot

SEQUENCE #4

- Delay – net drive
- Change angle

SEQUENCE #5

- Pull in / push out
- Backhand

SEQUENCE #6

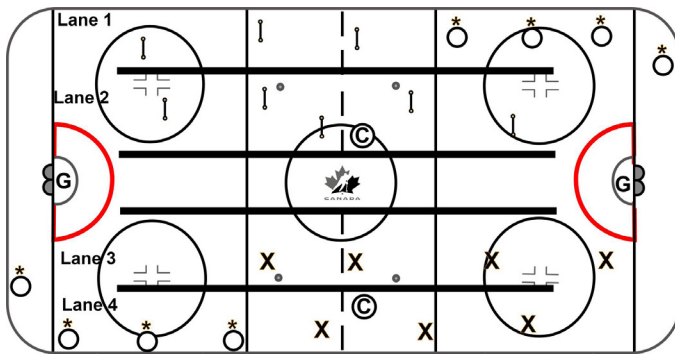
- Stick through legs flip shot
- Quick release

DRILL THEME:

Offensive Attack

DRILL NAME:

Four-Lane Set-Up



8 - 12 Skaters / 2 Goalies / 2 Coaches

Goalies receive shots in Lane 2 and Lane 3.

Drill Description:

The four-lane set-up works well with pylon courses as well as open-ice puck-control skills. Pylons can be staggered narrow or wide. Players are organized into a single line and flow through all four lanes. Coaches can identify one skill to be practiced in all four lanes or identify four separate skills to be practiced in each individual lane. Rotate through different skills every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

Skills:

SEQUENCE #1

- Moving puck control – open ice carry – forehand
- Moving puck control – weaving with puck
- Moving puck control – one leg – left and right
- Moving puck control – open-ice carry – backhand

SEQUENCE #2

- Moving puck control – open-ice carry – combination
- Moving puck control – one hand
- Moving puck control – three crossovers – carry the puck
- Moving puck control – switch hands

SEQUENCE #3

- Moving puck control – three crossovers – stickhandling the puck
- Moving puck control – 360 spin – left and right
- Moving puck control – forehand only – with pylons
- Moving puck control – edge control – inside edge

SEQUENCE #4

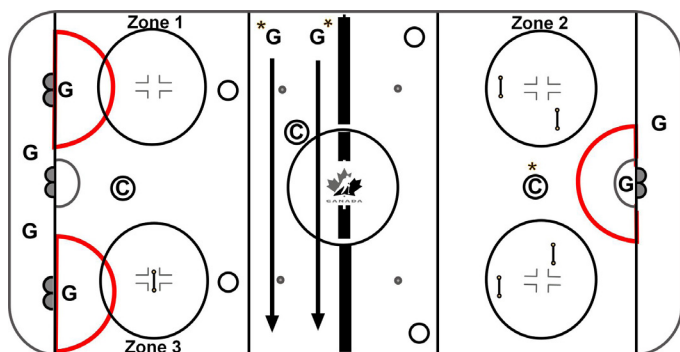
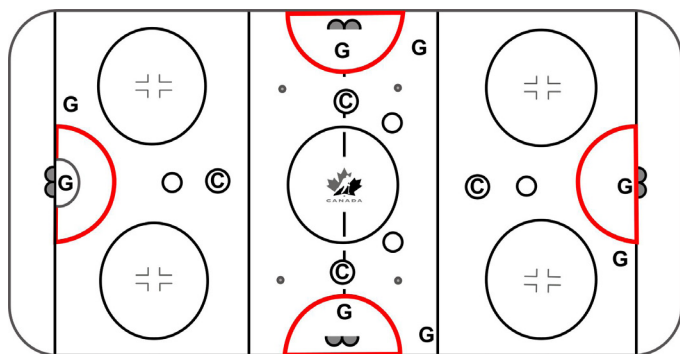
- Moving puck control – slalom narrow and wide / toe drag combination
- Moving puck control – backhand – one hand – with pylons
- Moving puck control – puck in feet
- Moving puck control – puck inside pylon – off stick

DRILL THEME:

Goaltenders

DRILL NAME:

Three-Zone Goaltender Set-Up



8 Goalies / 4-6 Shooters / 2-3 Coaches

Drill Description:

The three-zone set-up works well with approximately eight goalies on the ice (while still allowing for shooters and respecting proper distancing), making sure goalies get enough net time. Maximum of two goalies per net. Coaches can identify skills in each zone to be practiced in and out of the crease. Rotate through different skills every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

Skills:

SEQUENCE #1

- Skating skills
- Crease skating skills
- Stationary shots

SEQUENCE #2

- Hands drills
- Sliding skills
- Moving shots

SEQUENCE #3

- Stick saves
- Rebounds
- Tips and deflections

SEQUENCE #4

- East-west plays
- High-to-low / low-to-high plays
- Entries

APPENDIX B

Seasonal Structure Variation Charts

Seasonal Structure Variation Charts

Timbits U7	Prep/Evaluation & Development Phase	Regular Season Phase	End-of-Season Phase
Regular Start Date SEASON UP TO 30 WEEKS	Cross-ice games	Cross-ice games	Cross-ice games
	Up to 12 weeks	Up to 14 weeks	Up to 4 weeks
	Approx. 40% of season	Approx. 45% of season	Approx. 15% of season
	20 practice sessions	20 practice sessions	5 practice sessions
	Up to 3 games	Up to 10 games	Up to 12 games
	1 jamboree	1 jamboree	1 jamboree
Modified Start Date SEASON UP TO 26 WEEKS	Cross-ice games	Cross-ice games	Cross-ice games
	Up to 10 weeks	Up to 12 weeks	Up to 4 weeks
	Approx. 40% of season	Approx. 45% of season	Approx. 15% of season
	18 practice sessions	18 practice sessions	4 practice sessions
	Up to 3 games	Up to 10 games	Up to 10 games
	1 jamboree	1 jamboree	1 jamboree
Modified Start Date SEASON UP TO 22 WEEKS	Cross-ice games	Cross-ice games	Cross-ice games
	Up to 8 weeks	Up to 10 weeks	Up to 4 weeks
	Approx. 40% of season	Approx. 45% of season	Approx. 15% of season
	16 practice sessions	16 practice sessions	4 practice sessions
	Up to 3 games	Up to 10 games	Up to 10 games
	1 jamboree	1 jamboree	1 jamboree
Modified Start Date SEASON UP TO 18 WEEKS	Cross-ice games	Cross-ice games	Cross-ice games
	Up to 7 weeks	Up to 8 weeks	Up to 3 weeks
	Approx. 40% of season	Approx. 45% of season	Approx. 15% of season
	14 practice sessions	16 practice sessions	3 practice sessions
	Up to 3 games	Up to 8 games	Up to 8 games
	1 jamboree	1 jamboree	1 jamboree
Modified Start Date SEASON UP TO 14 WEEKS	Cross-ice games	Cross-ice games	Cross-ice games
	Up to 6 weeks	Up to 6 weeks	Up to 2 weeks
	Approx. 40% of season	Approx. 45% of season	Approx. 15% of season
	12 practice sessions	12 practice sessions	2 practice sessions
	Up to 3 games	Up to 6 games	Up to 6 games
	1 jamboree	1 jamboree	1 jamboree
Modified Start Date SEASON UP TO 10 WEEKS	Cross-ice games	Cross-ice games	Cross-ice games
	Up to 4 weeks	Up to 4 weeks	Up to 2 weeks
	Approx. 40% of season	Approx. 40% of season	Approx. 20% of season
	8 practice sessions	8 practice sessions	2 practice sessions
	Up to 2 games	Up to 4 games	Up to 6 games
	1 jamboree	1 jamboree	1 jamboree

This U9 Seasonal Structure Variation Chart represents a full season of half-ice play. View the full U9 Player Pathway document for information on the option to transition to full-ice play.

U9	Prep/Evaluation & Development Phase	Regular Season Phase	End-of-Season Phase
Regular Start Date SEASON UP TO 32 WEEKS	Half-ice games	Half-ice games	Half-ice games
	Up to 12 weeks	Up to 16 weeks	Up to 4 weeks
	Approx. 40% of season	Approx. 50% of season	Approx. 15% of season
	14 practice sessions	34 practice sessions	7 practice sessions
	Up to 6 games	Up to 22 games	Up to 12 games
	1 jamboree	1 jamboree /tournament	1 jamboree /tournament
Modified Start Date SEASON UP TO 28 WEEKS	Half-ice games	Half-ice games	Half-ice games
	Up to 10 weeks	Up to 14 weeks	Up to 6 weeks
	Approx. 35% of season	Approx. 45% of season	Approx. 20% of season
	12 practice sessions	28 practice sessions	7 practice sessions
	Up to 3 games	Up to 14 games	Up to 12 games
	1 jamboree	1 jamboree /tournament	1 jamboree /tournament
Modified Start Date SEASON UP TO 24 WEEKS	Half-ice games	Half-ice games	Half-ice games
	Up to 8 weeks	Up to 12 weeks	Up to 4 weeks
	Approx. 35% of season	Approx. 45% of season	Approx. 20% of season
	10 practice sessions	22 practice sessions	4 practice sessions
	Up to 3 games	Up to 10 games	Up to 10 games
	1 jamboree	1 jamboree /tournament	1 jamboree /tournament
Modified Start Date SEASON UP TO 20 WEEKS	Half-ice games	Half-ice games	Half-ice games
	Up to 6 weeks	Up to 10 weeks	Up to 4 weeks
	Approx. 30% of season	Approx. 50% of season	Approx. 20% of season
	8 practice sessions	16 practice sessions	4 practice sessions
	Up to 3 games	Up to 8 games	Up to 8 games
	1 jamboree	1 jamboree /tournament	1 jamboree /tournament
Modified Start Date SEASON UP TO 16 WEEKS	Half-ice games	Half-ice games	Half-ice games
	Up to 6 weeks	Up to 8 weeks	Up to 2 weeks
	Approx. 30% of season	Approx. 50% of season	Approx. 20% of season
	8 practice sessions	12 practice sessions	2 practice sessions
	Up to 3 games	Up to 6 games	Up to 6 games
	1 jamboree	1 jamboree /tournament	1 jamboree /tournament
Modified Start Date SEASON UP TO 12 WEEKS	Half-ice games	Half-ice games	Half-ice games
	Up to 4 weeks	Up to 6 weeks	Up to 2 weeks
	Approx. 30% of season	Approx. 50% of season	Approx. 20% of season
	6 practice sessions	10 practice sessions	2 practice sessions
	Up to 2 games	Up to 4 games	Up to 6 games
	1 jamboree	1 jamboree /tournament	1 jamboree /tournament

U11 Recreation	Prep/Evaluation & Development Phase	Regular Season Phase	Playoff/Tournament Phase
Regular Start Date SEASON UP TO 32 WEEKS	Up to 6 weeks	Up to 22 weeks	Up to 4 weeks
	Approx. 20% of season	Approx. 70% of season	Approx. 10% of season
	8 practice sessions	22 practice sessions	4 practice sessions
	Up to 4 games	Up to 16 games	Up to 12 games
	1 tournament	1 tournament	1 tournament
Modified Start Date SEASON UP TO 28 WEEKS	Up to 6 weeks	Up to 18 weeks	Up to 4 weeks
	Approx. 20% of season	Approx. 65% of season	Approx. 15% of season
	8 practice sessions	16 practice sessions	4 practice sessions
	Up to 4 games	Up to 14 games	Up to 10 games
	1 tournament	1 tournament	1 tournament
Modified Start Date SEASON UP TO 24 WEEKS	Up to 4 weeks	Up to 16 weeks	Up to 4 weeks
	Approx. 20% of season	Approx. 65% of season	Approx. 15% of season
	8 practice sessions	14 practice sessions	4 practice sessions
	Up to 4 games	Up to 10 games	Up to 10 games
	1 tournament	1 tournament	1 tournament
Modified Start Date SEASON UP TO 20 WEEKS	Up to 4 weeks	Up to 12 weeks	Up to 4 weeks
	Approx. 20% of season	Approx. 60% of season	Approx. 20% of season
	8 practice sessions	10 practice sessions	4 practice sessions
	Up to 4 games	Up to 8 games	Up to 8 games
	1 tournament	1 tournament	1 tournament
Modified Start Date SEASON UP TO 16 WEEKS	Up to 2 weeks	Up to 10 weeks	Up to 2 weeks
	Approx. 20% of season	Approx. 60% of season	Approx. 20% of season
	4 practice sessions	10 practice sessions	2 practice sessions
	Up to 3 games	Up to 6 games	Up to 6 games
	1 tournament	1 tournament	1 tournament
Modified Start Date SEASON UP TO 12 WEEKS	Up to 2 weeks	Up to 8 weeks	Up to 2 weeks
	Approx. 20% of season	Approx. 65% of season	Approx. 15% of season
	4 practice sessions	8 practice sessions	2 practice sessions
	Up to 2 games	Up to 4 games	Up to 6 games
	1 tournament	1 tournament	1 tournament

U11 Competitive	Prep/Evaluation & Development Phase	Regular Season Phase	Playoff/Tournament Phase
Regular Start Date SEASON UP TO 32 WEEKS	Up to 6 weeks	Up to 22 weeks	Up to 4 weeks
	Approx. 20% of season	Approx. 70% of season	Approx. 10% of season
	12 practice sessions	44 practice sessions	4 practice sessions
	Up to 6 games	Up to 24 games	Up to 16 games
	1 tournament	1 tournament	2 tournaments
Modified Start Date SEASON UP TO 28 WEEKS	Up to 6 weeks	Up to 18 weeks	Up to 4 weeks
	Approx. 20% of season	Approx. 65% of season	Approx. 15% of season
	12 practice sessions	36 practice sessions	4 practice sessions
	Up to 6 games	Up to 20 games	Up to 16 games
	1 tournament	1 tournament	2 tournaments
Modified Start Date SEASON UP TO 24 WEEKS	Up to 4 weeks	Up to 16 weeks	Up to 4 weeks
	Approx. 20% of season	Approx. 65% of season	Approx. 15% of season
	8 practice sessions	32 practice sessions	4 practice sessions
	Up to 6 games	Up to 16 games	Up to 8 games
	1 tournament	1 tournament	2 tournaments
Modified Start Date SEASON UP TO 20 WEEKS	Up to 4 weeks	Up to 12 weeks	Up to 4 weeks
	Approx. 20% of season	Approx. 60% of season	Approx. 20% of season
	8 practice sessions	26 practice sessions	4 practice sessions
	Up to 6 games	Up to 12 games	Up to 8 games
	1 tournament	1 tournament	2 tournaments
Modified Start Date SEASON UP TO 16 WEEKS	Up to 3 weeks	Up to 10 weeks	Up to 3 weeks
	Approx. 20% of season	Approx. 60% of season	Approx. 20% of season
	6 practice sessions	20 practice sessions	2 practice sessions
	Up to 4 games	Up to 10 games	Up to 6 games
	1 tournament	1 tournament	1 tournament
Modified Start Date SEASON UP TO 12 WEEKS	Up to 2 weeks	Up to 8 weeks	Up to 2 weeks
	Approx. 20% of season	Approx. 65% of season	Approx. 15% of season
	4 practice sessions	16 practice sessions	2 practice sessions
	Up to 2 games	Up to 8 games	Up to 6 games
	1 tournament	1 tournament	1 tournament

The following variation charts are recommendations only, as the Canadian Player Pathways have not yet been adopted in these age divisions.

Seasonal Structure Variation Charts U13, U15, U18

U13 Recreation	Prep/Evaluation & Development Phase	Regular Season Phase	Playoff/Tournament Phase
Regular Start Date SEASON UP TO 32 WEEKS	Up to 4 weeks	Up to 24 weeks	Up to 4 weeks
	Approx. 15% of season	Approx. 70% of season	Approx. 15% of season
	8 practice sessions	24 practice sessions	4 practice sessions
	Up to 6 games	Up to 18 games	Up to 8 games
	1 tournament	1 tournament	1 tournament
Modified Start Date SEASON UP TO 28 WEEKS	Up to 4 weeks	Up to 20 weeks	Up to 4 weeks
	Approx. 15% of season	Approx. 70% of season	Approx. 15% of season
	8 practice sessions	20 practice sessions	4 practice sessions
	Up to 6 games	Up to 14 games	Up to 8 games
	1 tournament	1 tournament	1 tournament
Modified Start Date SEASON UP TO 24 WEEKS	Up to 4 weeks	Up to 16 weeks	Up to 4 weeks
	Approx. 20% of season	Approx. 65% of season	Approx. 15% of season
	8 practice sessions	16 practice sessions	4 practice sessions
	Up to 4 games	Up to 10 games	Up to 8 games
	1 tournament	1 tournament	1 tournament
Modified Start Date SEASON UP TO 20 WEEKS	Up to 4 weeks	Up to 12 weeks	Up to 4 weeks
	Approx. 20% of season	Approx. 60% of season	Approx. 20% of season
	8 practice sessions	12 practice sessions	3 practice sessions
	Up to 4 games	Up to 8 games	Up to 8 games
	1 tournament	1 tournament	1 tournament
Modified Start Date SEASON UP TO 16 WEEKS	Up to 3 weeks	Up to 10 weeks	Up to 3 weeks
	Approx. 20% of season	Approx. 60% of season	Approx. 20% of season
	6 practice sessions	10 practice sessions	2 practice sessions
	Up to 3 games	Up to 6 games	Up to 6 games
	1 tournament	1 tournament	1 tournament
Modified Start Date SEASON UP TO 12 WEEKS	Up to 2 weeks	Up to 8 weeks	Up to 2 weeks
	Approx. 15% of season	Approx. 70% of season	Approx. 15% of season
	4 practice sessions	8 practice sessions	2 practice sessions
	Up to 2 games	Up to 4 games	Up to 6 games
	1 tournament	1 tournament	1 tournament

The following variation charts are recommendations only, as the Canadian Player Pathways have not yet been adopted in these age divisions.

U13 Competitive	Prep/Evaluation & Development Phase	Regular Season Phase	Playoff/Tournament Phase
Regular Start Date SEASON UP TO 32 WEEKS	Up to 4 weeks	Up to 24 weeks	Up to 4 weeks
	Approx. 15% of season	Approx. 70% of season	Approx. 15% of season
	12 practice sessions	48 practice sessions	4 practice sessions
	Up to 8 games	Up to 24 games	Up to 16 games
	1 tournament	1 tournament	2 tournaments
Modified Start Date SEASON UP TO 28 WEEKS	Up to 4 weeks	Up to 20 weeks	Up to 4 weeks
	Approx. 15% of season	Approx. 70% of season	Approx. 15% of season
	12 practice sessions	40 practice sessions	4 practice sessions
	Up to 8 games	Up to 20 games	Up to 16 games
	1 tournament	1 tournament	2 tournaments
Modified Start Date SEASON UP TO 24 WEEKS	Up to 4 weeks	Up to 16 weeks	Up to 4 weeks
	Approx. 15% of season	Approx. 70% of season	Approx. 15% of season
	12 practice sessions	32 practice sessions	4 practice sessions
	Up to 8 games	Up to 16 games	Up to 8 games
	1 tournament	1 tournament	2 tournaments
Modified Start Date SEASON UP TO 20 WEEKS	Up to 4 weeks	Up to 12 weeks	Up to 4 weeks
	Approx. 20% of season	Approx. 60% of season	Approx. 20% of season
	12 practice sessions	24 practice sessions	3 practice sessions
	Up to 8 games	Up to 12 games	Up to 8 games
	1 tournament	1 tournament	2 tournaments
Modified Start Date SEASON UP TO 16 WEEKS	Up to 3 weeks	Up to 10 weeks	Up to 3 weeks
	Approx. 20% of season	Approx. 60% of season	Approx. 20% of season
	8 practice sessions	20 practice sessions	2 practice sessions
	Up to 3 games	Up to 10 games	Up to 6 games
	1 tournament	1 tournament	1 tournament
Modified Start Date SEASON UP TO 12 WEEKS	Up to 2 weeks	Up to 8 weeks	Up to 2 weeks
	Approx. 15% of season	Approx. 70% of season	Approx. 15% of season
	4 practice sessions	16 practice sessions	2 practice sessions
	Up to 2 games	Up to 8 games	Up to 6 games
	1 tournament	1 tournament	1 tournament

The following variation charts are recommendations only, as the Canadian Player Pathways have not yet been adopted in these age divisions.

U15 Recreation	Prep/Evaluation & Development Phase	Regular Season Phase	Playoff/Tournament Phase
Regular Start Date SEASON UP TO 32 WEEKS	Up to 4 weeks	Up to 24 weeks	Up to 4 weeks
	Approx. 15% of season	Approx. 70% of season	Approx. 15% of season
	8 practice sessions	24 practice sessions	4 practice sessions
	Up to 2 games	Up to 20 games	Up to 12 games
	1 tournament	1 tournament	1 tournament
Modified Start Date SEASON UP TO 28 WEEKS	Up to 4 weeks	Up to 20 weeks	Up to 4 weeks
	Approx. 15% of season	Approx. 70% of season	Approx. 15% of season
	8 practice sessions	20 practice sessions	4 practice sessions
	Up to 2 games	Up to 16 games	Up to 12 games
	1 tournament	1 tournament	1 tournament
Modified Start Date SEASON UP TO 24 WEEKS	Up to 4 weeks	Up to 16 weeks	Up to 4 weeks
	Approx. 15% of season	Approx. 70% of season	Approx. 15% of season
	8 practice sessions	16 practice sessions	4 practice sessions
	Up to 2 games	Up to 12 games	Up to 12 games
	1 tournament	1 tournament	1 tournament
Modified Start Date SEASON UP TO 20 WEEKS	Up to 4 weeks	Up to 12 weeks	Up to 4 weeks
	Approx. 20% of season	Approx. 60% of season	Approx. 20% of season
	8 practice sessions	12 practice sessions	4 practice sessions
	Up to 2 games	Up to 10 games	Up to 12 games
	1 tournament	1 tournament	1 tournament
Modified Start Date SEASON UP TO 16 WEEKS	Up to 3 weeks	Up to 10 weeks	Up to 3 weeks
	Approx. 20% of season	Approx. 60% of season	Approx. 20% of season
	4 practice sessions	12 practice sessions	2 practice sessions
	Up to 2 games	Up to 10 games	Up to 6 games
	1 tournament	1 tournament	1 tournament
Modified Start Date SEASON UP TO 12 WEEKS	Up to 2 weeks	Up to 8 weeks	Up to 2 weeks
	Approx. 15% of season	Approx. 70% of season	Approx. 15% of season
	4 practice sessions	8 practice sessions	2 practice sessions
	Up to 2 games	Up to 6 games	Up to 6 games
	1 tournament	1 tournament	1 tournament

The following variation charts are recommendations only, as the Canadian Player Pathways have not yet been adopted in these age divisions.

U15 Competitive	Prep/Evaluation & Development Phase	Regular Season Phase	Playoff/Tournament Phase
Regular Start Date SEASON UP TO 32 WEEKS	Up to 4 weeks Approx. 15% of season 12 practice sessions Up to 4 games 1 tournament	Up to 24 weeks Approx. 70% of season 60 practice sessions Up to 28 games 1 tournament	Up to 4 weeks Approx. 15% of season 4 practice sessions Up to 16 games 2 tournaments
Modified Start Date SEASON UP TO 28 WEEKS	Up to 4 weeks Approx. 15% of season 12 practice sessions Up to 8 games 1 tournament	Up to 20 weeks Approx. 70% of season 48 practice sessions Up to 22 games 1 tournament	Up to 4 weeks Approx. 15% of season 4 practice sessions Up to 16 games 2 tournaments
Modified Start Date SEASON UP TO 24 WEEKS	Up to 4 weeks Approx. 15% of season 12 practice sessions Up to 6 games 1 tournament	Up to 16 weeks Approx. 70% of season 36 practice sessions Up to 18 games 1 tournament	Up to 4 weeks Approx. 15% of season 4 practice sessions Up to 12 games 2 tournaments
Modified Start Date SEASON UP TO 20 WEEKS	Up to 4 weeks Approx. 20% of season 12 practice sessions Up to 6 games 1 tournament	Up to 12 weeks Approx. 60% of season 28 practice sessions Up to 14 games 1 tournament	Up to 4 weeks Approx. 20% of season 4 practice sessions Up to 12 games 2 tournaments
Modified Start Date SEASON UP TO 16 WEEKS	Up to 3 weeks Approx. 20% of season 8 practice sessions Up to 4 games 1 tournament	Up to 10 weeks Approx. 60% of season 22 practice sessions Up to 12 games 1 tournament	Up to 3 weeks Approx. 20% of season 2 practice sessions Up to 8 games 1 tournament
Modified Start Date SEASON UP TO 12 WEEKS	Up to 2 weeks Approx. 15% of season 6 practice sessions Up to 2 games 1 tournament	Up to 8 weeks Approx. 70% of season 18 practice sessions Up to 10 games 1 tournament	Up to 2 weeks Approx. 15% of season 2 practice sessions Up to 6 games 1 tournament

The following variation charts are recommendations only, as the Canadian Player Pathways have not yet been adopted in these age divisions.

U18 Recreation	Prep/Evaluation & Development Phase	Regular Season Phase	Playoff/Tournament Phase
Regular Start Date SEASON UP TO 32 WEEKS	Up to 4 weeks	Up to 24 weeks	Up to 4 weeks
	Approx. 15% of season	Approx. 70% of season	Approx. 15% of season
	8 practice sessions	24 practice sessions	4 practice sessions
	Up to 2 games	Up to 20 games	Up to 12 games
	1 tournament	1 tournament	1 tournament
Modified Start Date SEASON UP TO 28 WEEKS	Up to 4 weeks	Up to 20 weeks	Up to 4 weeks
	Approx. 15% of season	Approx. 70% of season	Approx. 15% of season
	8 practice sessions	20 practice sessions	4 practice sessions
	Up to 2 games	Up to 16 games	Up to 12 games
	1 tournament	1 tournament	1 tournament
Modified Start Date SEASON UP TO 24 WEEKS	Up to 4 weeks	Up to 16 weeks	Up to 4 weeks
	Approx. 15% of season	Approx. 70% of season	Approx. 15% of season
	8 practice sessions	16 practice sessions	4 practice sessions
	Up to 2 games	Up to 12 games	Up to 12 games
	1 tournament	1 tournament	1 tournament
Modified Start Date SEASON UP TO 20 WEEKS	Up to 4 weeks	Up to 12 weeks	Up to 4 weeks
	Approx. 20% of season	Approx. 60% of season	Approx. 20% of season
	8 practice sessions	12 practice sessions	4 practice sessions
	Up to 2 games	Up to 10 games	Up to 12 games
	1 tournament	1 tournament	1 tournament
Modified Start Date SEASON UP TO 16 WEEKS	Up to 2 weeks	Up to 12 weeks	Up to 2 weeks
	Approx. 15% of season	Approx. 70% of season	Approx. 15% of season
	4 practice sessions	12 practice sessions	2 practice sessions
	Up to 2 games	Up to 10 games	Up to 6 games
	1 tournament	1 tournament	1 tournament
Modified Start Date SEASON UP TO 12 WEEKS	Up to 2 weeks	Up to 8 weeks	Up to 2 weeks
	Approx. 15% of season	Approx. 70% of season	Approx. 15% of season
	4 practice sessions	8 practice sessions	2 practice sessions
	Up to 2 games	Up to 6 games	Up to 6 games
	1 tournament	1 tournament	1 tournament

The following variation charts are recommendations only, as the Canadian Player Pathways have not yet been adopted in these age divisions.

U18 Competitive	Prep/Evaluation & Development Phase	Regular Season Phase	Playoff/Tournament Phase
Regular Start Date SEASON UP TO 32 WEEKS	Up to 4 weeks Approx. 15% of season 16 practice sessions Up to 4 games 1 tournament	Up to 24 weeks Approx. 70% of season 72 practice sessions Up to 32 games 1 tournament	Up to 4 weeks Approx. 15% of season 4 practice sessions Up to 16 games 2 tournaments
Modified Start Date SEASON UP TO 28 WEEKS	Up to 4 weeks Approx. 15% of season 12 practice sessions Up to 4 games 1 tournament	Up to 20 weeks Approx. 70% of season 60 practice sessions Up to 28 games 1 tournament	Up to 4 weeks Approx. 15% of season 4 practice sessions Up to 16 games 2 tournaments
Modified Start Date SEASON UP TO 24 WEEKS	Up to 4 weeks Approx. 15% of season 12 practice sessions Up to 4 games 1 tournament	Up to 16 weeks Approx. 70% of season 48 practice sessions Up to 24 games 1 tournament	Up to 4 weeks Approx. 15% of season 4 practice sessions Up to 12 games 2 tournaments
Modified Start Date SEASON UP TO 20 WEEKS	Up to 4 weeks Approx. 20% of season 12 practice sessions Up to 4 games 1 tournament	Up to 12 weeks Approx. 60% of season 36 practice sessions Up to 20 games 1 tournament	Up to 4 weeks Approx. 20% of season 4 practice sessions Up to 12 games 2 tournaments
Modified Start Date SEASON UP TO 16 WEEKS	Up to 3 weeks Approx. 20% of season 8 practice sessions Up to 4 games 1 tournament	Up to 10 weeks Approx. 60% of season 28 practice sessions Up to 16 games 1 tournament	Up to 3 weeks Approx. 20% of season 2 practice sessions Up to 8 games 1 tournament
Modified Start Date SEASON UP TO 12 WEEKS	Up to 2 weeks Approx. 15% of season 6 practice sessions Up to 4 games 1 tournament	Up to 8 weeks Approx. 70% of season 20 practice sessions Up to 12 games 1 tournament	Up to 2 weeks Approx. 15% of season 2 practice sessions Up to 6 games 1 tournament

