Hockey Canada Development Programs

Age Appropriate Programming

CROSS ICE HOCKEY – Small Area Games 2018 - 19
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VISION: WORLD SPORTS LEADERS
INTRODUCTION

LEAD, DEVELOP AND PROMOTE POSITIVE HOCKEY EXPERIENCES

Barry Trotz
Canadian National Team Coach
WHAT IS AGE APPROPRIATE SKILLS PROGRAMMING?

Designing practice and game play that is appropriate to the age, size and skill level of the participant

Video courtesy US Tennis Association
AN INNOVATIVE PROGRAM APPROACH

- FUNdamental hockey skills:
  - Introduced through stations / small spaces
  - Age appropriate skills programming
AN INNOVATIVE PROGRAM APPROACH

Skill Stations:

- 3 Stations
- 4 Stations
- 5 Stations
- 8 Stations

No limitations on how to use the ice!
WHAT ARE AGE APPROPRIATE MODIFIED GAMES?

- FUNdamental game skills:
  - Introduced though cross ice / half ice games
  - Age appropriate modified games

Cross-ice hockey: 3 games / 2 games and a skills area / 2 games and a rest area
AN INNOVATIVE PROGRAM APPROACH

- FUNdamental game skills:
  - Introduced through small area games
  - Age appropriate modified games
WHAT ARE SMALL AREA GAMES?

- Competitive hockey drills done in a smaller than normal playing area
- This can be cross ice, neutral zone, corners - depending on what coaches are trying to teach
- Usually less players participating but with a higher and consistent intensity. Lots of puck touches.
- Designed to simulate possible game-like situations that players can experience and learn from

Decrease the Space! Increase the Pace!
SKILLS IN SAG’S

Lateral movement

Stops and starts

Body contact / Contact Confidence

Transition skating

Puck protection and avoiding checkers

Angling / Steering

Quick 1st step

Stick on stick, body on body

Stick checks

Tight turns

SAG’s provide numerous chances for checking in a short time period.

Age Appropriate Play
SKILLS IN SAG’S

Develop hockey sense  Game like conditions  Timing, support, seeing the ice, pressure or contain etc.

Put players in a situation where they need to “read and react”; make a decision

Hockey often turns into a 1-1 battle; SAGs provide the opportunity to practice these skills

Learn to be aware and react to pressure

Confidence

“Hockey sense” is basically a learned trait based on experience.
WHAT DOES THE MATH TELL US?

Full Ice - 10 kids on ice – 20 sitting on bench

Half Ice - 20 kids on ice – 10 sitting on bench

Multiple Cross Ice Games– 0 sitting on bench
AN INNOVATIVE PROGRAM APPROACH

- Individual Puck Touches – 2 x Greater
- Shots per player – 6 x greater
- Shots on goal per minute – 2.75 x greater

Age Appropriate Play
AN INNOVATIVE PROGRAM APPROACH

- Pass Receptions – 5 x Greater
- Pass Attempts – 2 x Greater
- Body Contact and Puck Battles – 2 x Greater
**AN INNOVATIVE PROGRAM APPROACH**

**Acceleration Increased by 10%**
8U skating acceleration speeds increased as the ice surface size was reduced. Average skating acceleration speeds were 10% faster in cross ice hockey compared to full ice hockey.

**Top Speed Reached in 65 feet**
The average distance 8U players needed to reach top speed was 65 feet. Advanced skaters reached top speed in 60 feet or less. The cross ice playing surface is 85 feet in length, meaning 8U players can and do reach top speed in cross ice hockey.

**What Does it Mean?**
Effective skating, especially at higher levels, is a combination of turns, pivots, starts and transitions. It’s said that the NHL’s No 1 skill isn’t top speed, it’s the ability to change speeds and accelerate quickly. Cross Ice hockey trains players to skate the game, rather than simply skating fast in straight lines. It provides more acceleration, more agility, and more engagement. It also doubles players’ puck handling opportunities.
"The flat out use of maximum speed in hockey simply doesn’t happen very often. What does happen is that you have to be adjusting, changing, going forward, backward, lateral always turning and moving toward the puck: that’s agility skating... smaller areas generate more stops, starts turns and most importantly, more puck touches.

Dr. George Kingston
Former NHL and Canadian National Team Head Coach
Skill Development – Half Ice or Small Area Game
WHAT DO OTHER SPORTS DO?

FUTSOL - Adapted version of Soccer to develop skill and creativity

The best players in other sports train and play with modified games
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