



Hockey Canada Development Programs

Age Appropriate Programming



CROSS ICE HOCKEY – Small Area Games **2018 - 19**

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VISION: WORLD SPORTS LEADERS

INTRODUCTION

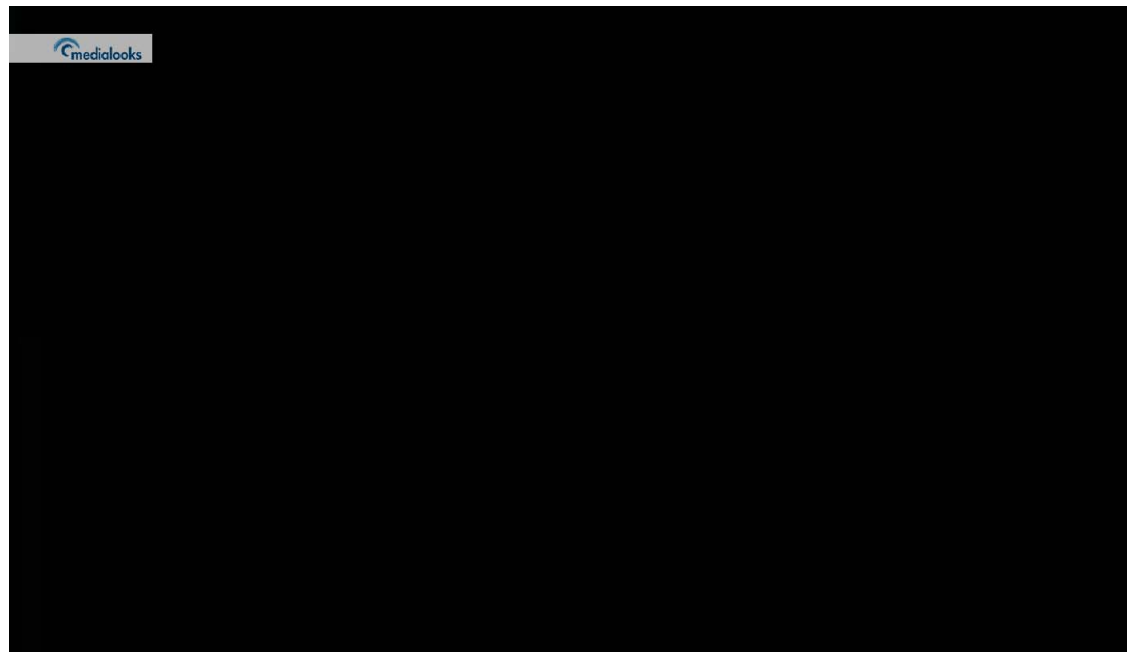
LEAD, DEVELOP AND PROMOTE POSITIVE HOCKEY EXPERIENCES



Barry Trotz
Canadian National Team
Coach

WHAT IS AGE APPROPRIATE SKILLS PROGRAMMING ?

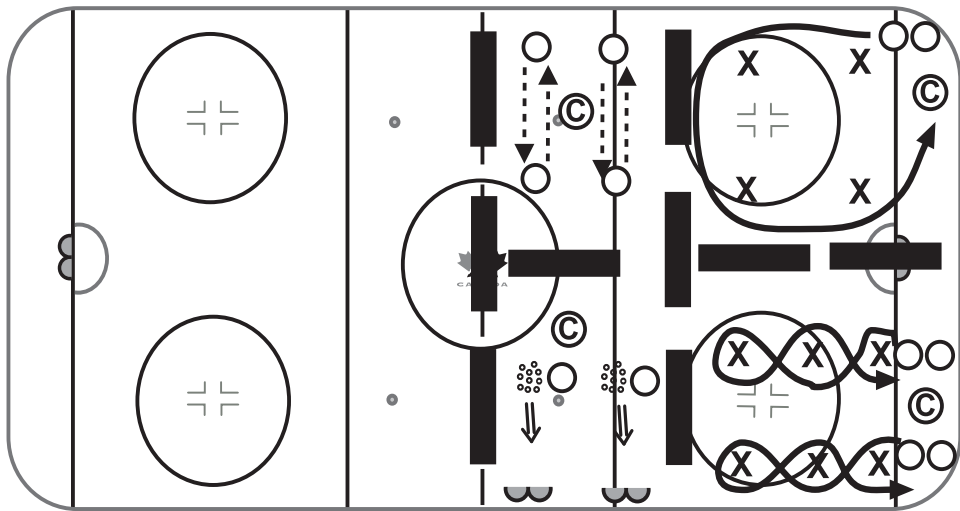
**Designing
practice and
game play that is
appropriate to
the age, size and
skill level of the
participant**





AN INNOVATIVE PROGRAM APPROACH

- ❖ **FUNdamental hockey** skills:
 - ❖ Introduced through **stations** / small spaces
 - ❖ **Age appropriate** skills programming

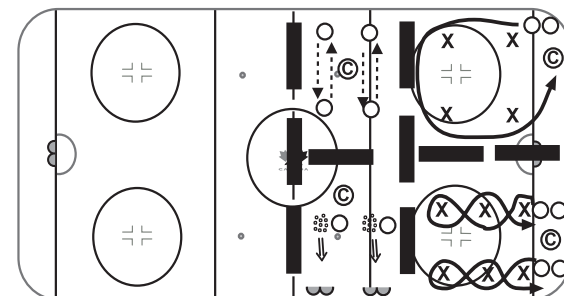
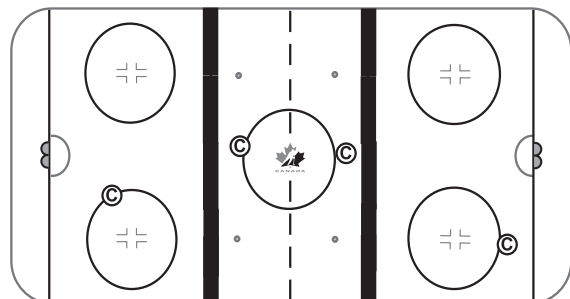




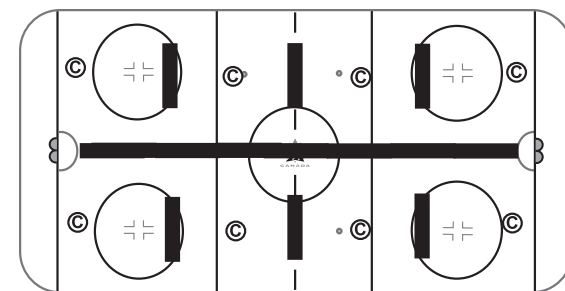
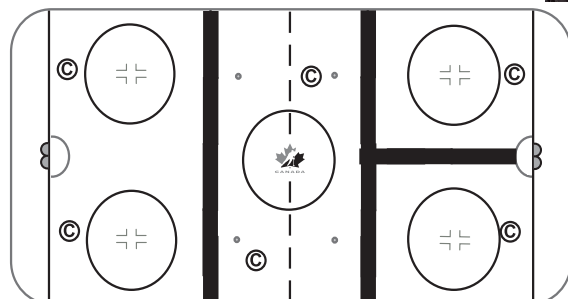
AN INNOVATIVE PROGRAM APPROACH

Skill Stations:

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



**No limitations
on how to use
the ice!**

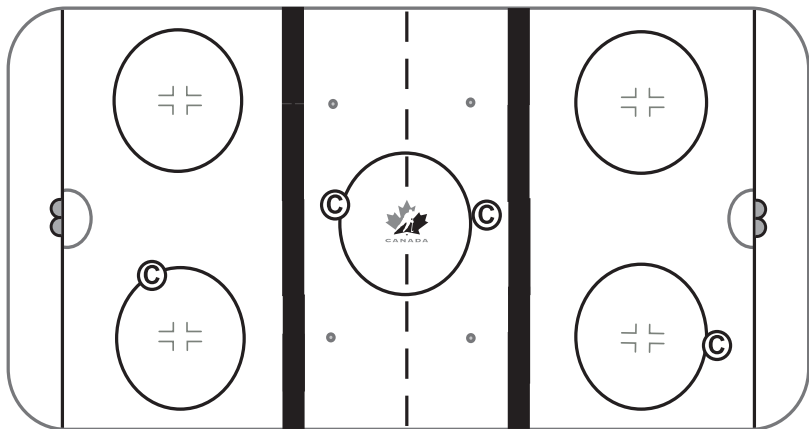


WHAT ARE AGE APPROPRIATE MODIFIED GAMES?

- ❖ **FUNdamental game skills:**
 - ❖ Introduced through cross ice / half ice games
 - ❖ **Age appropriate** modified games



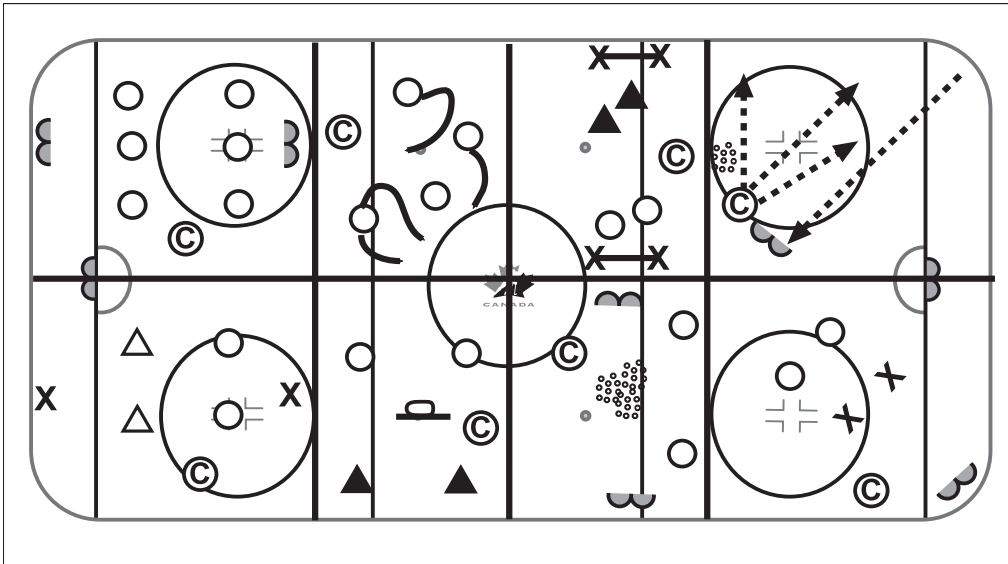
Cross-ice hockey: 3 games / 2 games and a skills area / 2 games and a rest area





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

Stick on stick,
body on body

Puck protection
and
avoiding checkers

Stick checks



Angling / Steering

Tight turns

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

Quick 1st step

SKILLS IN SAG'S

Develop hockey sense

Game like conditions

Timing, support, seeing the ice, pressure or contain etc.

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



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

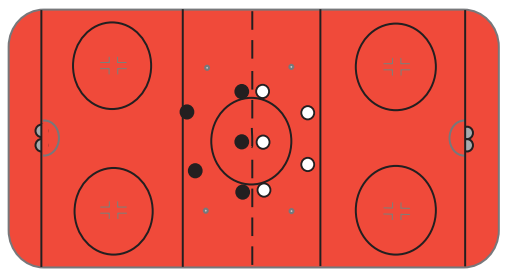
Learn to be aware and react to pressure

Confidence

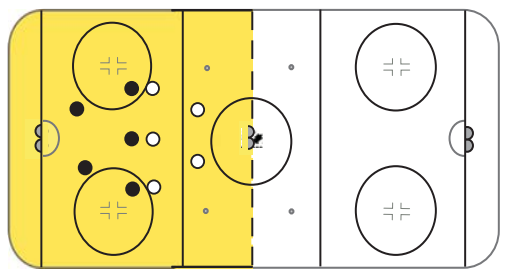
“Hockey sense” is basically a learned trait based on experience.



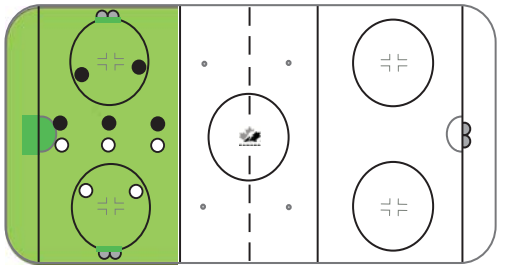
WHAT DOES THE MATH TELL US?



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



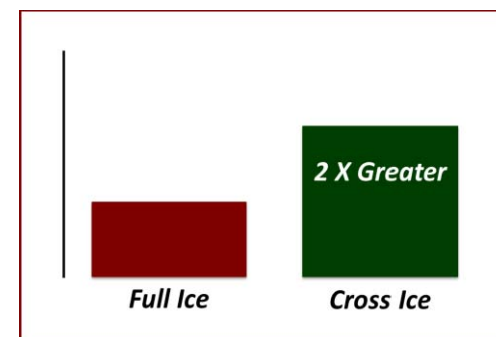
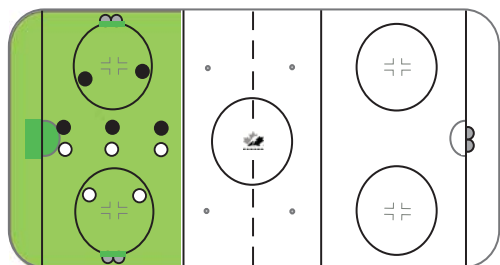
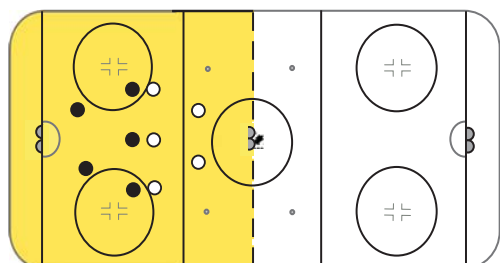
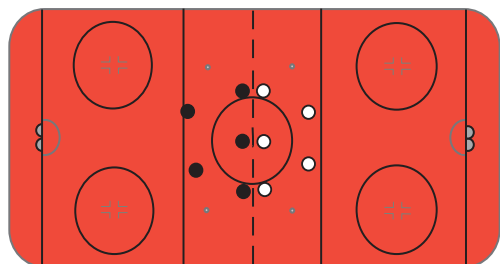
Half Ice - 20 kids on ice – 10 sitting on bench



Multiple Cross Ice Games– 0 sitting on bench

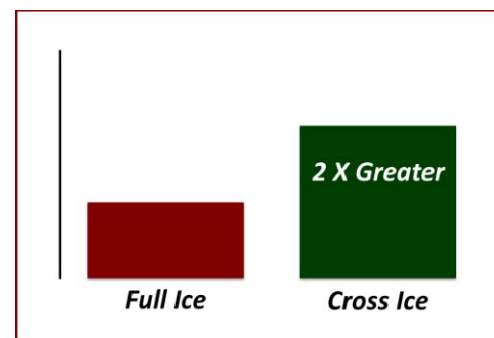
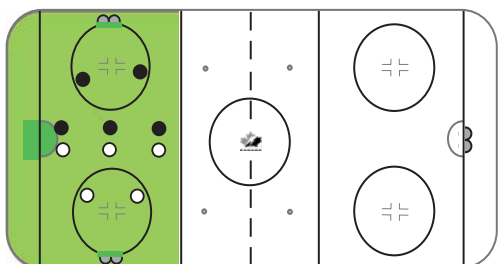
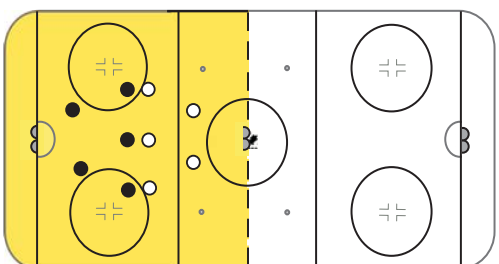
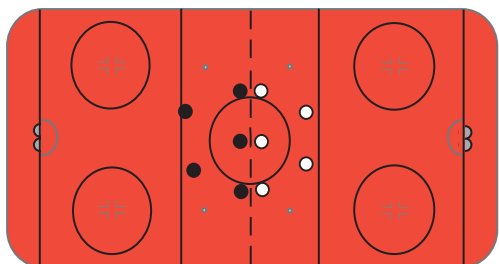


AN INNOVATIVE PROGRAM APPROACH



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

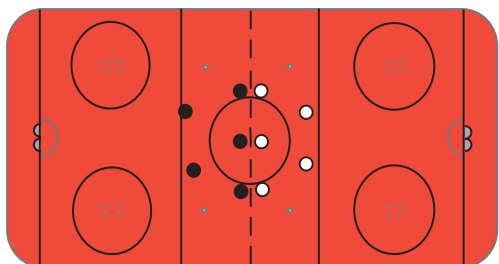
AN INNOVATIVE PROGRAM APPROACH



- Pass Receptions – 5 x Greater
- Pass Attempts – 2 x Greater
- Body Contact and Puck Battles – 2 x Greater

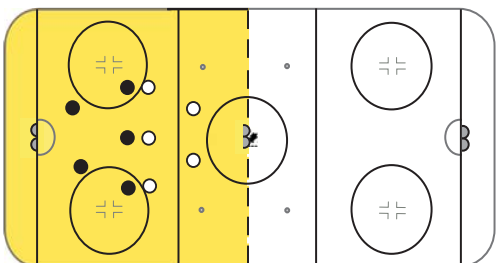


AN INNOVATIVE PROGRAM APPROACH



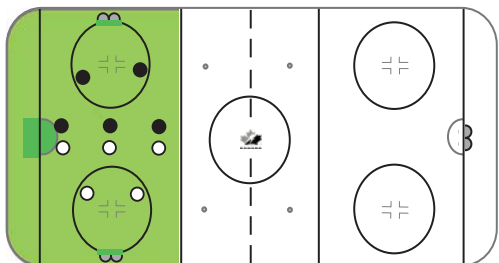
Acceleration Increased by 10%

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



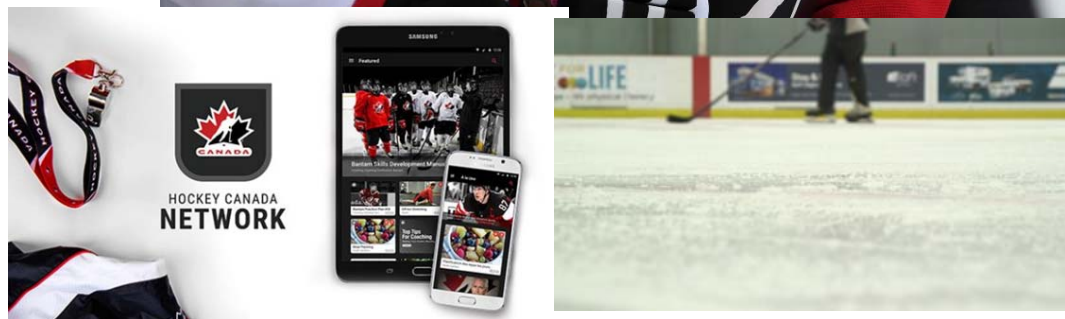
AN INNOVATIVE PROGRAM APPROACH

“ 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



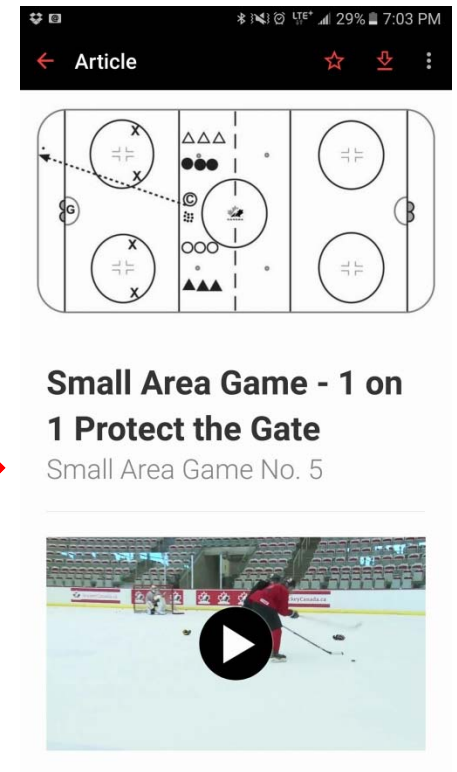
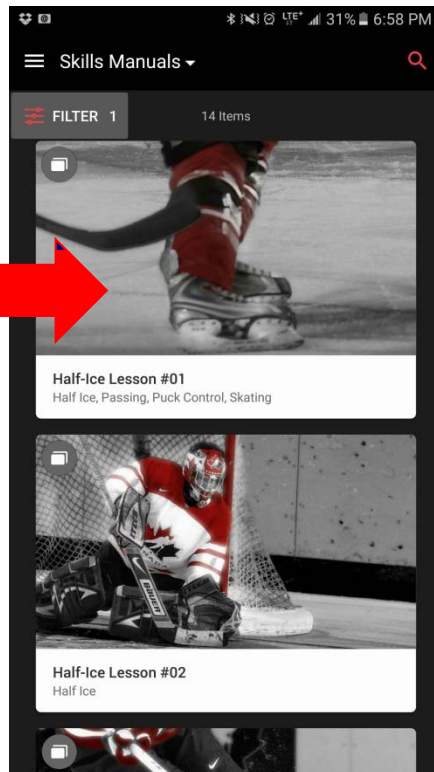
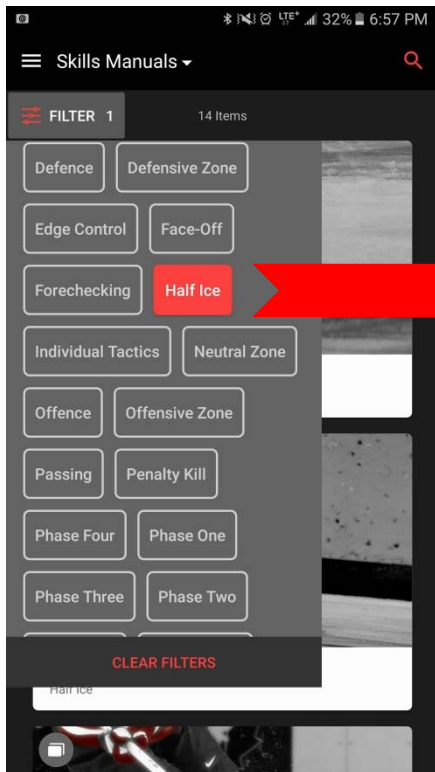
RESOURCES



RESOURCES



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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