



Hockey Canada Development Programs

Age Appropriate Programming



CROSS ICE HOCKEY – Small Area Games

2020 - 21



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VISION: WORLD SPORTS LEADERS



INTRODUCTION

LEAD, DEVELOP AND PROMOTE POSITIVE HOCKEY EXPERIENCES



WHAT IS AGE APPROPRIATE SKILLS PROGRAMMING ?

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

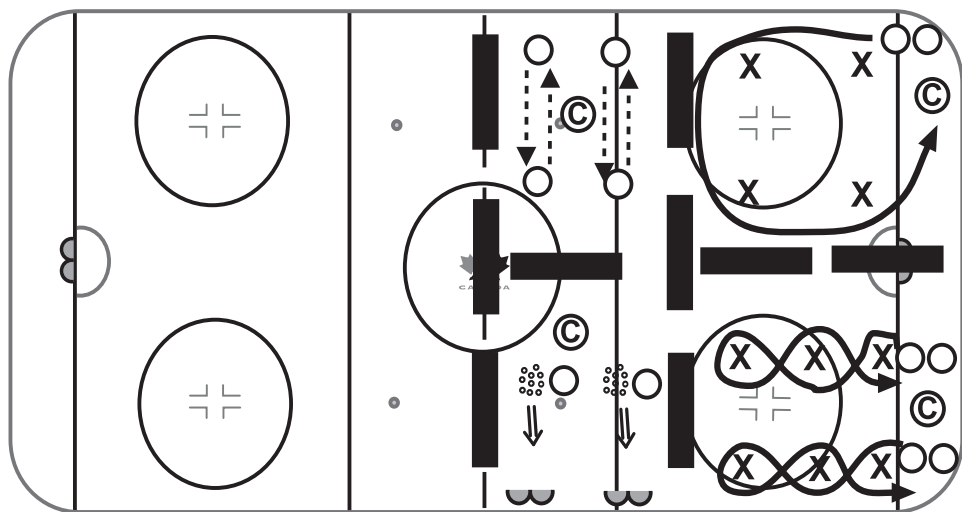


Video courtesy US Tennis Association



AN INNOVATIVE PROGRAM APPROACH

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

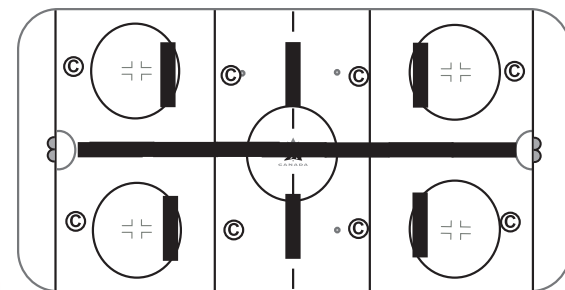
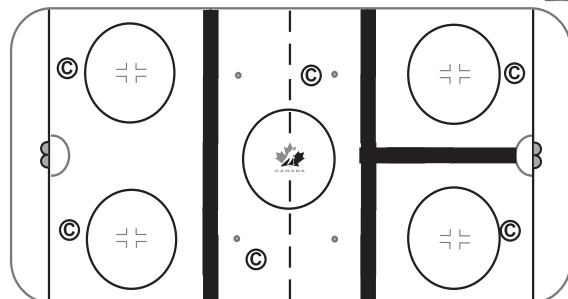
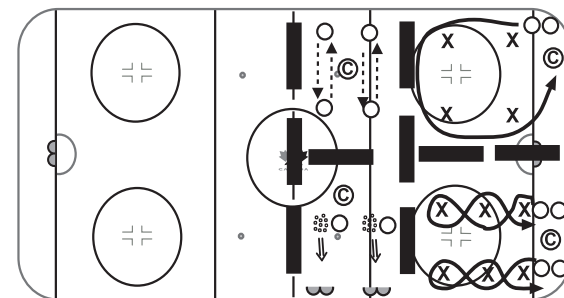
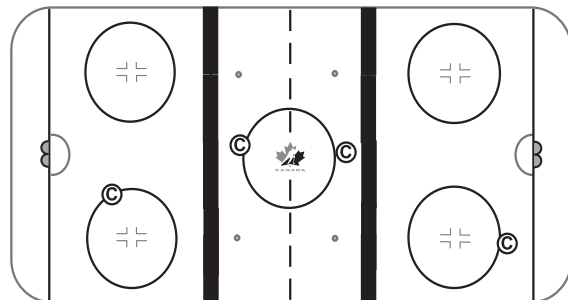




AN INNOVATIVE PROGRAM APPROACH

Skill Stations:

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



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

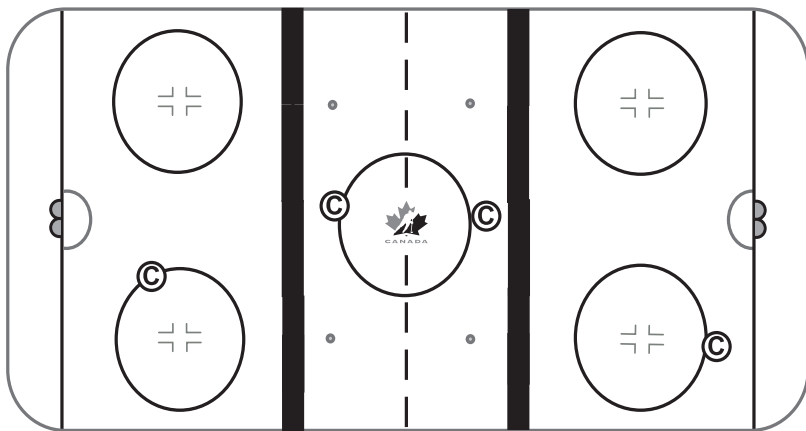
WHAT ARE AGE APPROPRIATE MODIFIED GAMES?

❖ FUNdamental **game** skills:

- ❖ Introduced through cross ice / half ice games
- ❖ **Age appropriate** modified games



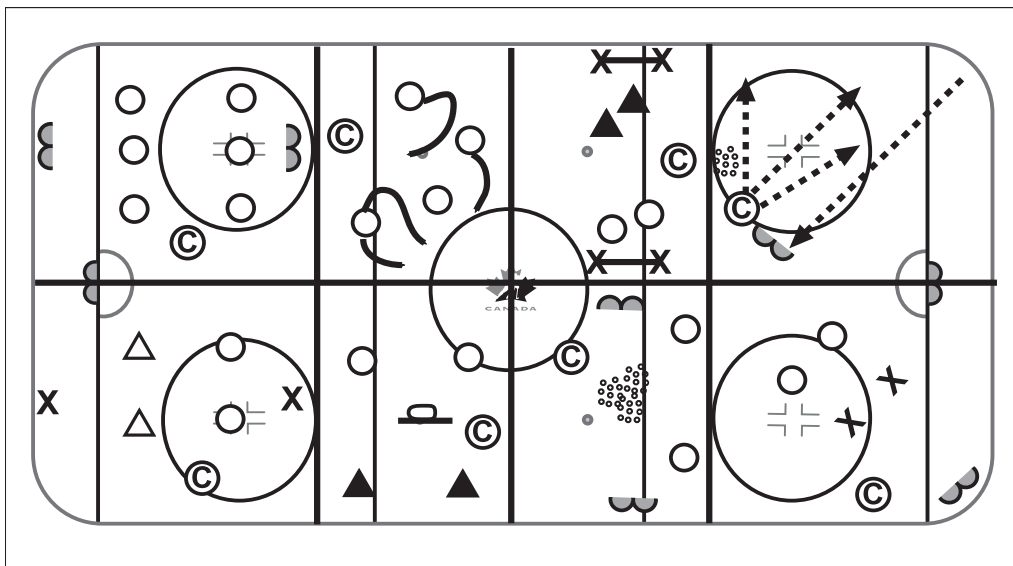
Cross-ice hockey: 3 games / 2 games and a skills area / 2 games and a rest area





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

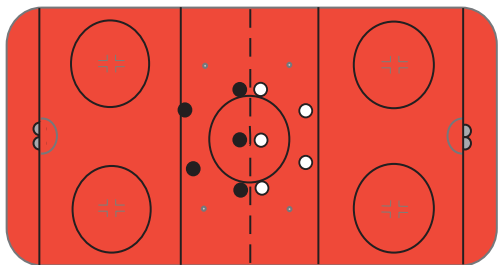
Confidence

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

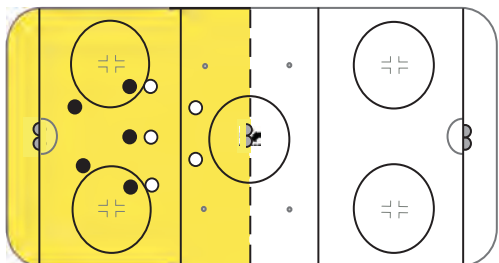




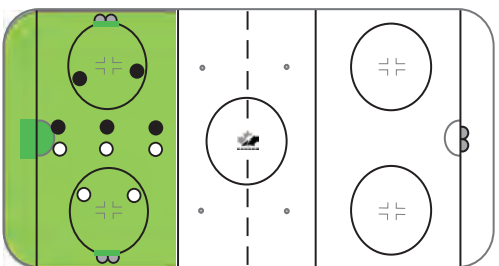
WHAT DOES THE MATH TELL US?



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



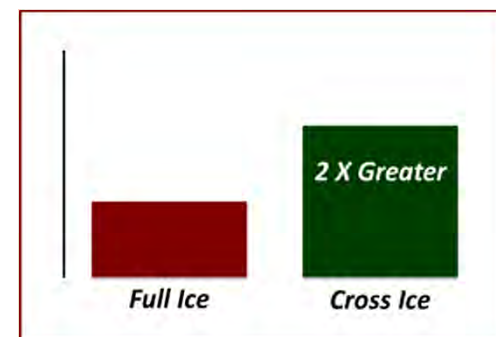
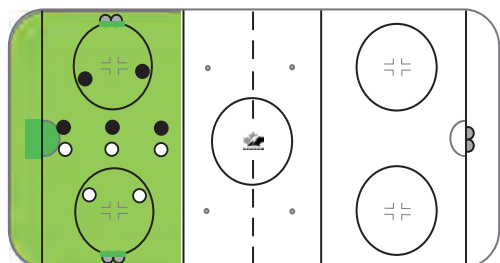
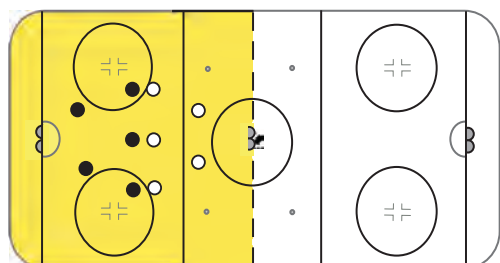
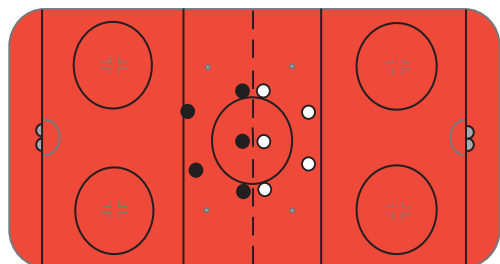
Half Ice - 20 kids on ice – 10 sitting on bench



**Multiple Cross Ice Games–
0 sitting on bench**



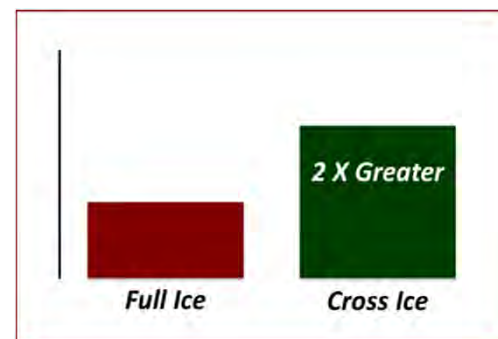
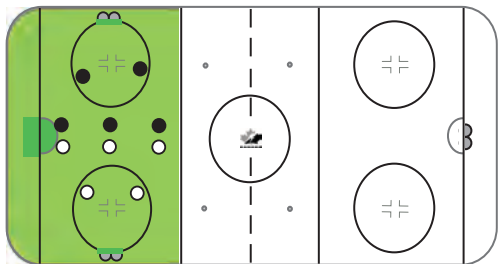
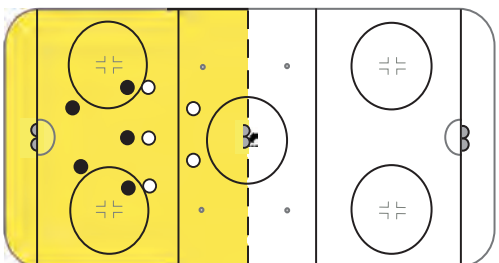
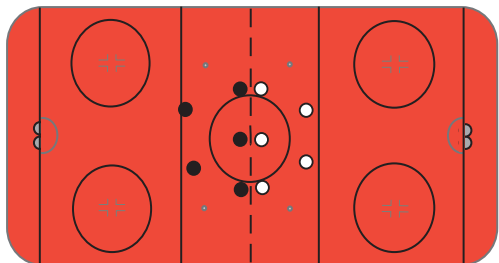
AN INNOVATIVE PROGRAM APPROACH



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



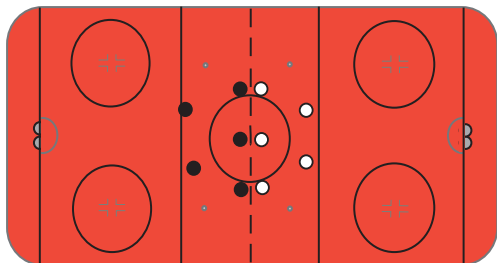
AN INNOVATIVE PROGRAM APPROACH



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

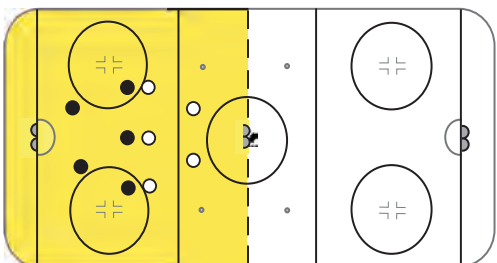


AN INNOVATIVE PROGRAM APPROACH



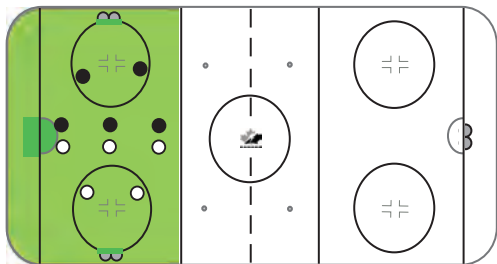
Acceleration Increased by 10%

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

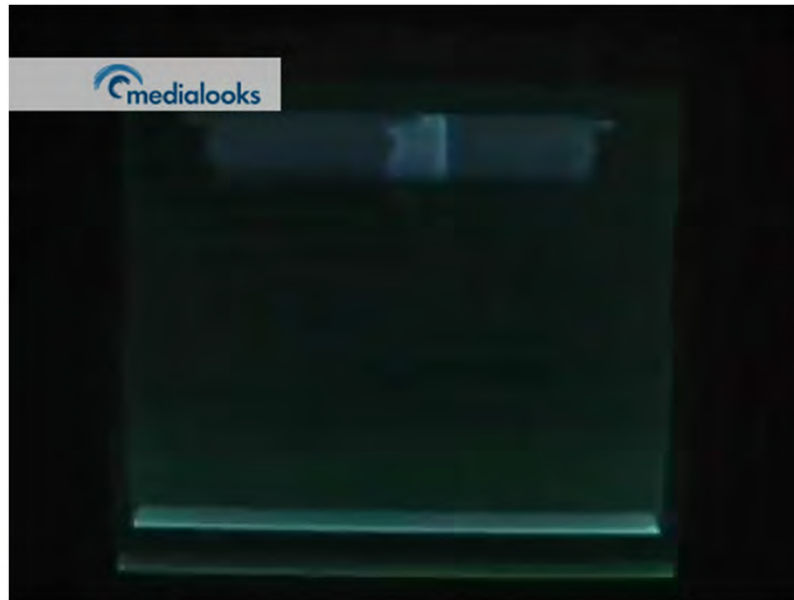
“ The flat out use of maximum speed in hockey simply doesn’t happen very often. What does happen is that you have to be adjusting, changing, going forward, backward, lateral always turning and moving toward the puck: that’s agility skating... smaller areas generate more stops, starts turns and most importantly, more puck touches.

Dr. George Kingston
Former NHL and Canadian National Team
Head Coach



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

Resources



www.hockeycanadanetwork.com

 **BY THE NUMBERS**

 **800** TEAM CANADA
GAME CLIPS

 **3,200** ARTICLES

 **300**
PRACTICE PLANS

 **1,500**
DRILLS

900  **VIDEOS**


**HOCKEY CANADA
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PLAY VIDEO

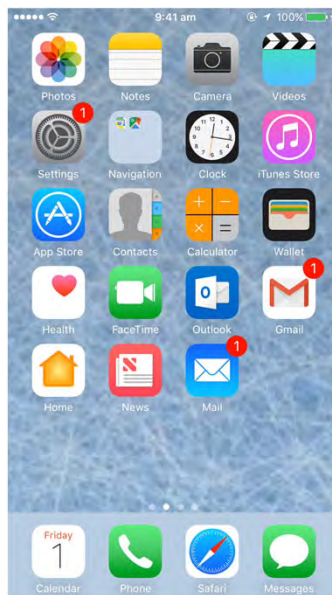
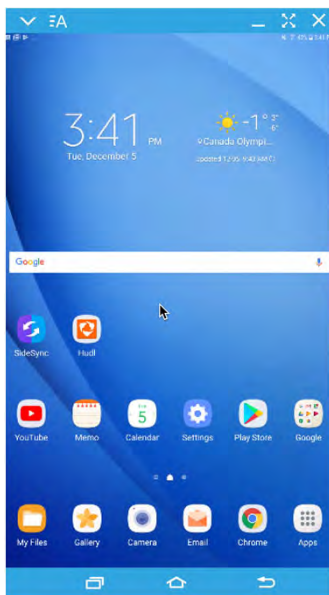


Resources

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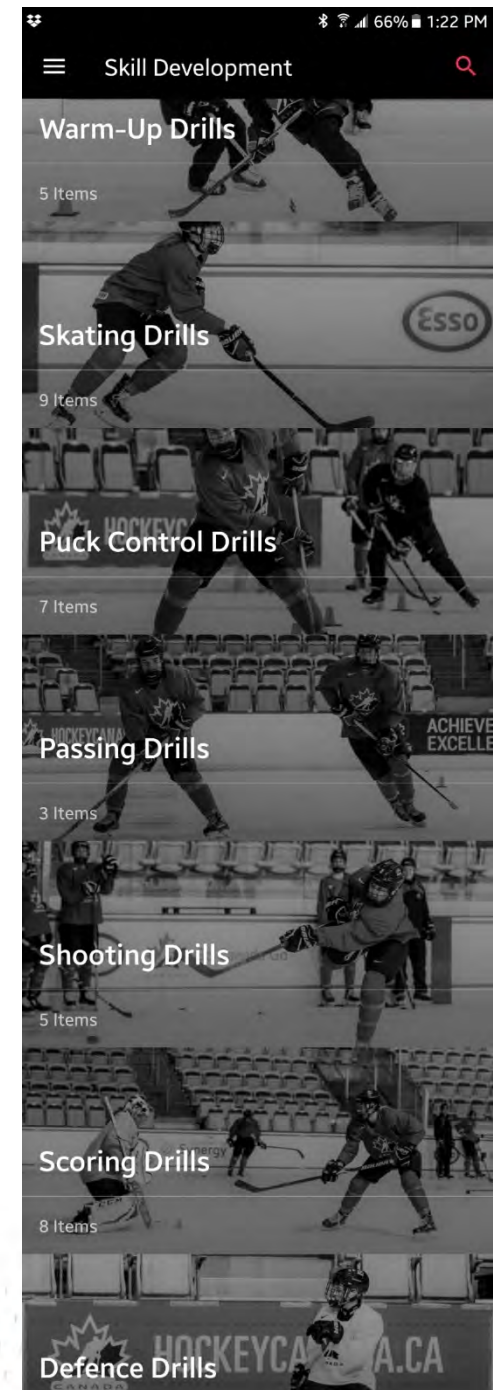
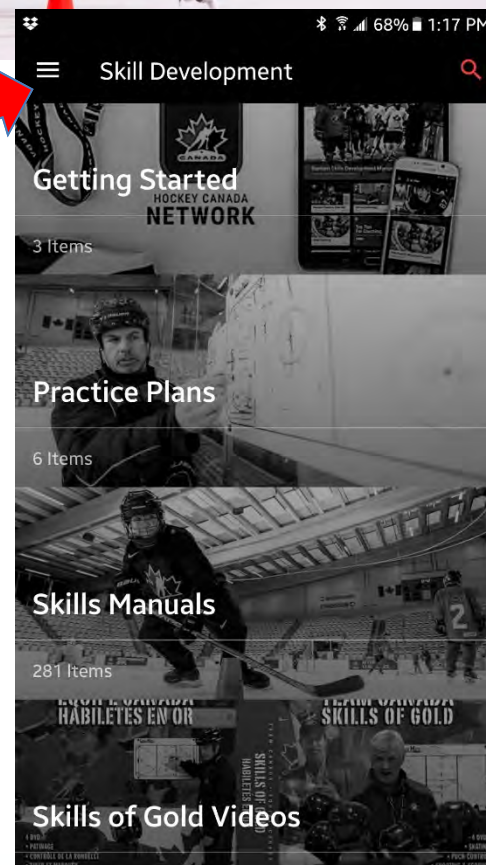
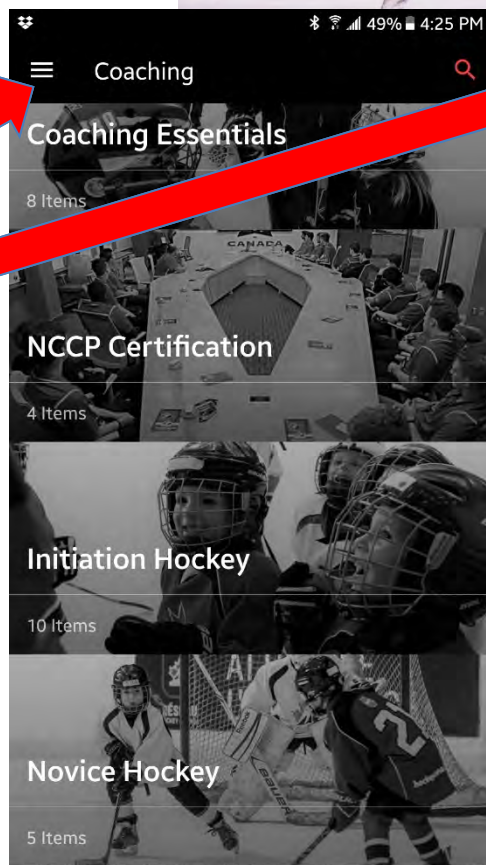
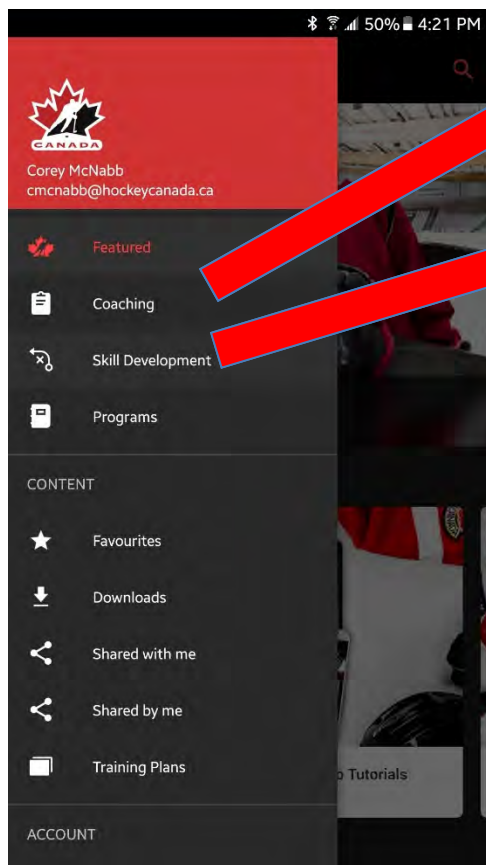
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Join our Email list for the latest news and updates about the new Hockey Canada Network App.

info@hockeycanadanetwork.com

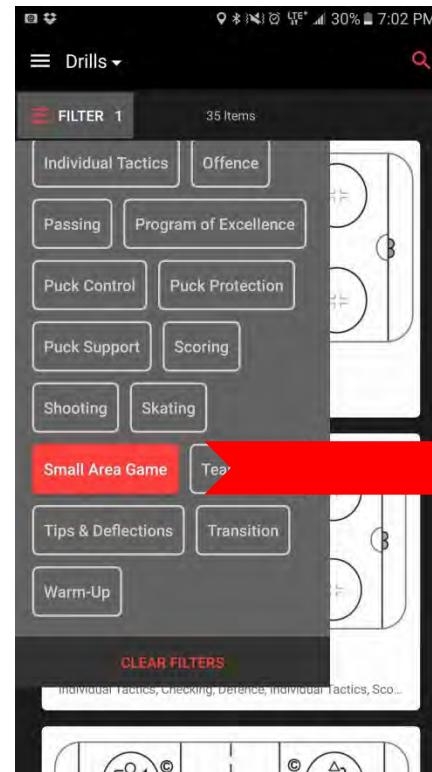
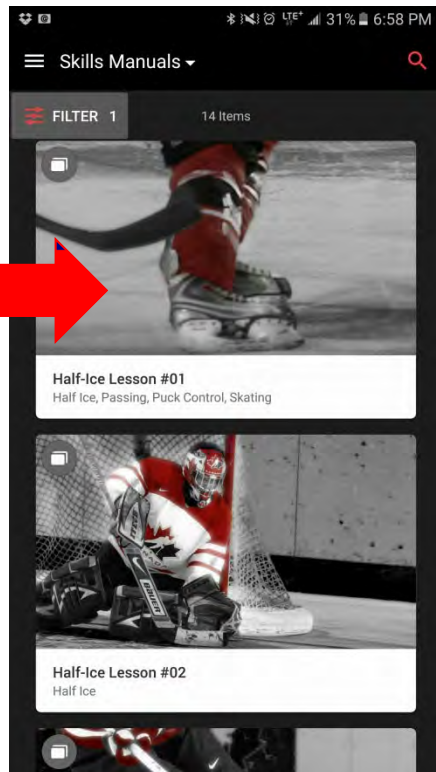
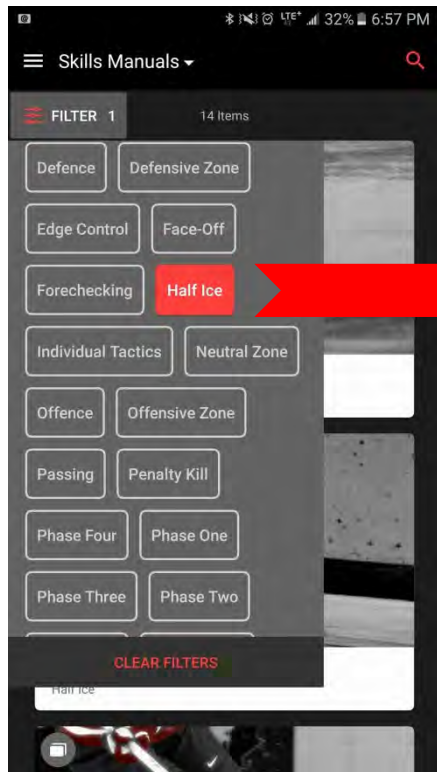


Resources



Resources

Skill Development – Half Ice or Small Area Game



What is Hockey Canada Drill Hub?

Hockey Canada Drill Hub is a Free resource for players and coaches of all levels with a continuously growing library of:

- Drills
- Videos
- Practice Plans

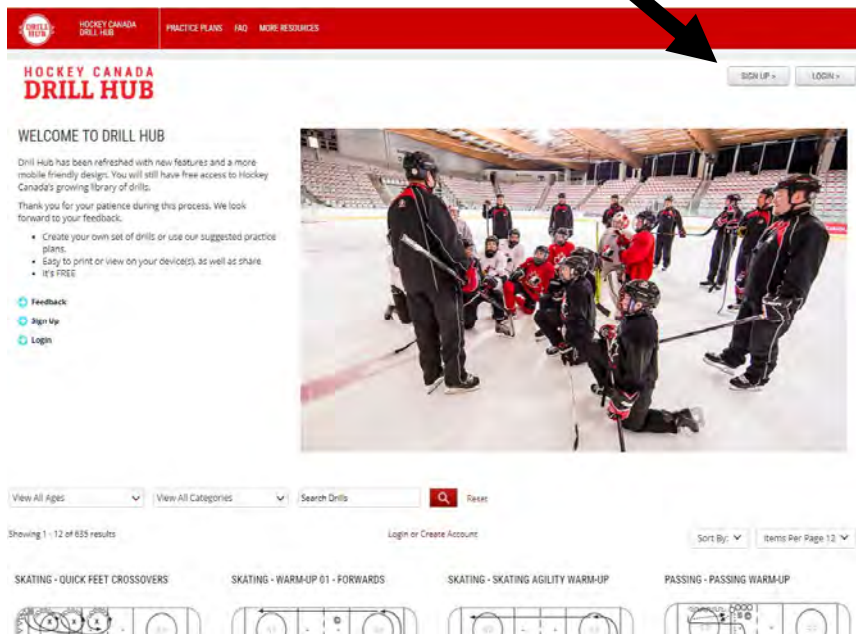
The screenshot shows the Hockey Canada Drill Hub website. At the top is a red navigation bar with the 'DRILL HUB' logo, 'HOCKEY CANADA DRILL HUB', and links for 'PRACTICE PLANS', 'FAQ', and 'MORE RESOURCES'. Below the navigation bar is a white header area with the 'HOCKEY CANADA DRILL HUB' logo on the left and 'SIGN UP >' and 'LOGIN >' buttons on the right. The main content area has a 'WELCOME TO DRILL HUB' section with a welcome message and a list of bullet points: 'Create your own set of drills or use our suggested practice plans.', 'Easy to print or view on your device(s), as well as share', and 'It's FREE'. Below this are links for 'Feedback', 'Sign Up', and 'Login'. To the right of the text is a large photo of a hockey coach in a black jacket and helmet standing on an ice rink, addressing a group of players in red and black jerseys. Below the photo is a search bar with 'View All Ages' and 'View All Categories' dropdowns, a 'Search Drills' input field, and a 'Reset' button. Below the search bar, it says 'Showing 1 - 12 of 635 results' and 'Login or Create Account'. At the bottom, there are four drill thumbnails: 'SKATING - QUICK FEET CROSSOVERS', 'SKATING - WARM-UP 01 - FORWARDS', 'SKATING - SKATING AGILITY WARM-UP', and 'PASSING - PASSING WARM-UP'. Each thumbnail shows a diagram of a hockey rink with player positions and movement arrows.

The graphic features the 'HOCKEY CANADA DRILL HUB' logo on the left. To the right is a Samsung tablet displaying a video of a hockey player in a red jersey. Below the logo, the text reads 'Practice Like Team Canada' and 'Access a Library of Free Drill Videos & Diagrams'. At the bottom, the URL 'HockeyCanada.ca/DrillHub' is displayed.



Creating an Account

Click the *Sign Up* button



Fill in your information and click *Submit*

