



NORTH DURHAM MINOR HOCKEY ASSOCIATION U8/U9 INFORMATION SESSION

MARCH 2021



National to Local Hockey

CANADIAN PLAYER PATHWAY

HOCKEY CANADA LONG TERM PLAYER DEVELOPMENT PLAN

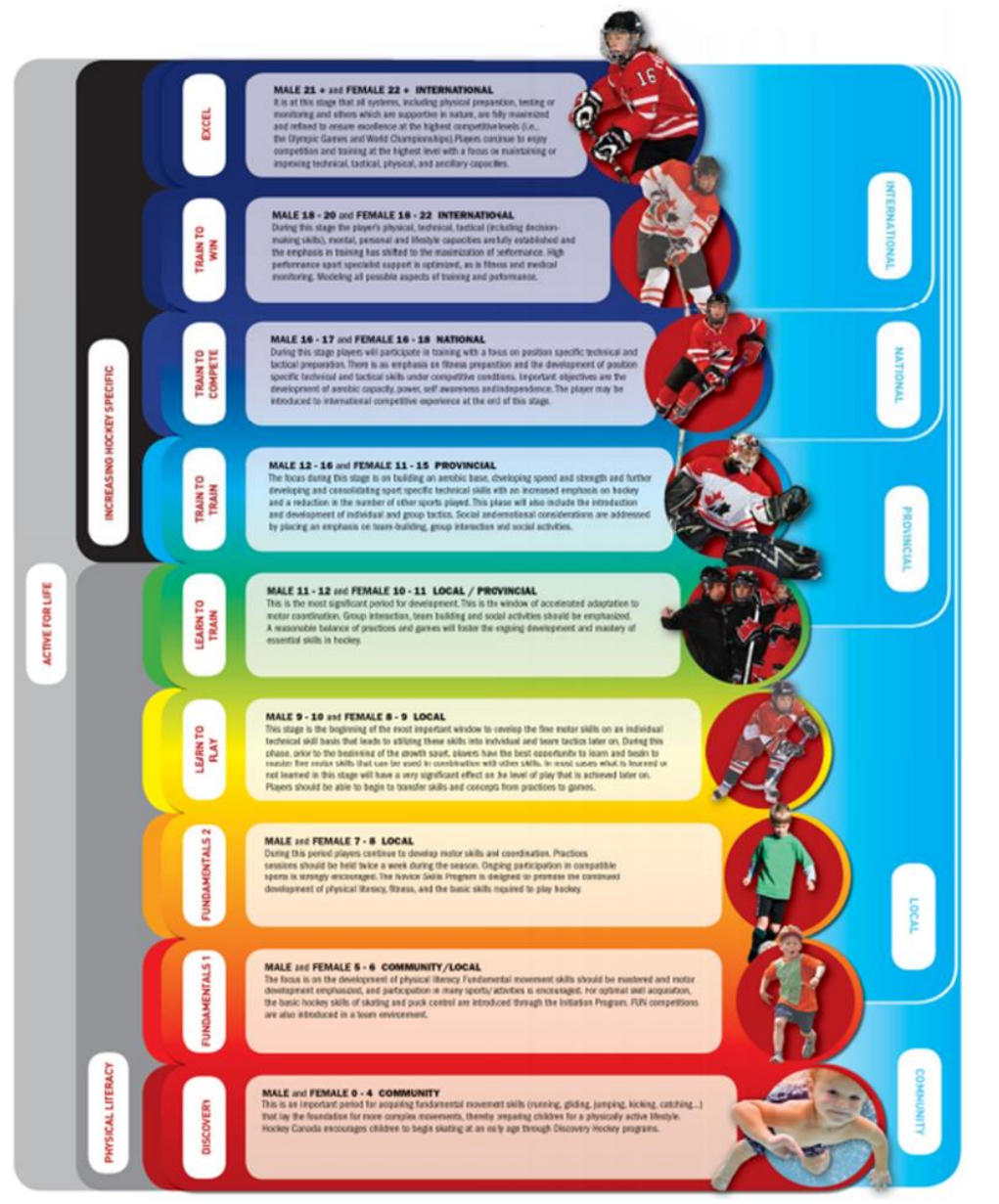
Hockey For Life, Hockey for Excellence





HOCKEY FOR LIFE, HOCKEY FOR EXCELLENCE

Sport Canada's Long-Term Player Development (LTPD) Resource Paper "Canadian Sport for Life" sets out a framework for sport development in Canada. Hockey Canada's Long Term Player Development (LTPD) is a nine stage model based on the physical, mental, emotional and cognitive development of children and adolescents. Each stage reflects a different point in developing the player. The first four stages emphasize physical literacy and a broad range of sport experiences. The next five stages focus on development and competitive excellence. Active for Life encourages life-long physical activity and informed healthy lifestyle choices with participation in hockey after the competitive years.



FUNDamental Hockey Skills 2 – Male and Female 7-8 - Novice Program

FUNDAMENTALS 2

MALE and FEMALE 7 - 8 LOCAL

During this period players continue to develop motor skills and coordination. Practices sessions should be held twice a week during the season. Ongoing participation in compatible sports is strongly encouraged. The Novice Skills Program is designed to promote the continued development of physical literacy, fitness, and the basic skills required to play hockey.



Objective

During this period players continue to develop motor skills and coordination. Practices sessions should be held twice a week during the season. Ongoing participation in compatible sports is strongly encouraged. The Novice Skills Program is designed to promote the continued development of physical literacy, fitness, and the basic skills required to play hockey.

Ensure that the skills the player acquires during the FUNDamentals stage will benefit them when they engage in recreational activities, enhancing their quality of life and health. Hockey Canada recommends in the early stages of FUNDamentals that players spend 75% of their time on the introduction and development of technical skills as well as begin to focus on team tactics.



HOCKEY FOR LIFE

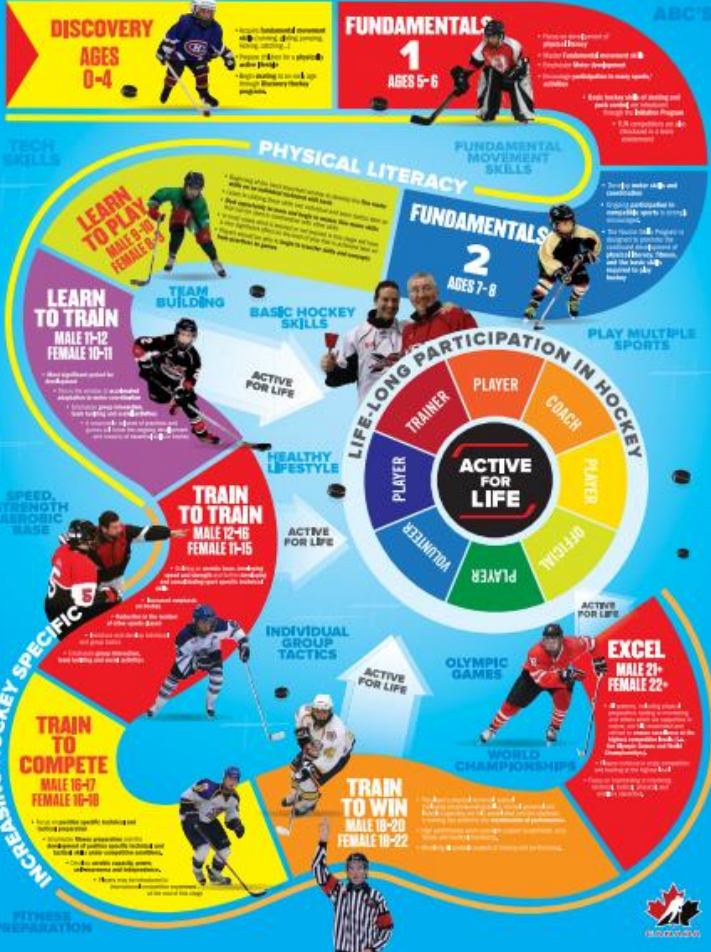
PLAYER DEVELOPMENT PATHWAY

Sport Canada's Long-Term Player Development (LTPD) Resource Paper "Canadian Sport for Life" sets out a framework for sport development in Canada. **HOCKEY CANADA'S LONG-TERM PLAYER DEVELOPMENT (LTPD)** is a nine-stage model based on the physical, mental, emotional and cognitive development of children and adolescents.



Each stage reflects a different point in developing the player:

- The first four stages emphasize **physical literacy** and a broad range of sport experiences.
- The next five stages focus on **development into competitive excellence**.
- Active for Life** encourages lifelong physical activity and informed healthy lifestyle choices with participation in hockey long after the competitive years.





U9

CANADIAN PLAYER PATHWAY



Introduction

The first years of hockey need to be a positive experience. A fun and exciting start gives young players the opportunity to enjoy hockey for life!

If a beginner has fun, develops basic skills and builds confidence, there is a better chance they will enjoy themselves. But if the early experience is unrewarding, they may never discover all Canada's game has to offer.

U9 hockey should be delivered through a progressive, learn-to-play teaching curriculum for 7-8-year-olds. Children learn best through practice drills and skill sessions, as well as informal games like shinny, freeze tag and obstacle courses.

The skills of skating, puck control, passing and shooting are introduced and refined one step at a time. The focus should always be on fun and skill development, but the early years of hockey should also allow youngsters to experience fitness, fair play and cooperation.

To ensure a positive experience, a coaching clinic has been designed for the on-ice coaches that focuses on communication, teaching skills, leadership, skill analysis, lesson organization, and safety and risk management.



Hockey Canada wants every Canadian youngster to have the opportunity to participate in and benefit from a program designed to meet their specific needs, one that ensures progressive skill development through well-delivered practice sessions and age-appropriate game play in an environment suited to their skill level.

U9 hockey serves as the foundation upon which the entire hockey experience is built. It is a crucial piece in building the skills of players at every level – players benefit from getting the 'right start' in the game.

“Learning the basic skills at a young age will set the foundation for everything a player will accomplish in the game of hockey.”

Corey McNabb

Director, Hockey Development
Hockey Canada

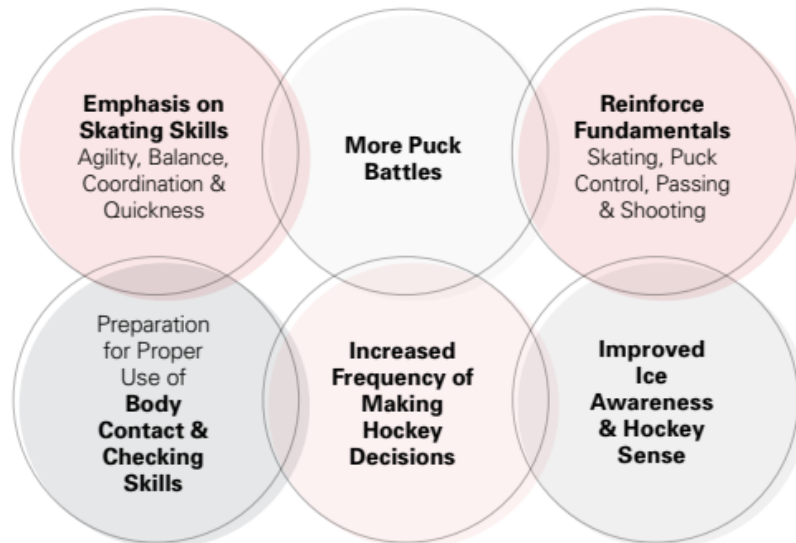
Benefits of Half-Ice Hockey



There can be concerns from parents about how small-area games may impact their child's hockey development, but parents should trust Hockey Canada and its research. Putting young players into a competitive environment too early will compromise their development; they need to be placed into competitive situations that suit their age-specific abilities. This is why Hockey Canada's **Long-Term Player Development Model** is so important.

Dividing the playing surface is a decision that has been made in consultation with experts in athlete development. It is important to understand the benefits of cross-ice hockey and why Hockey Canada has a national policy ensuring all U9 hockey is played in smaller, modified spaces.

There are several advantages to the smaller-surface games model:



“You have to be able to make plays in pretty small areas. The more you practice in small spaces, the better off you are.”

Sidney Crosby
Canada's National Men's Team

Benefits of Half-Ice Hockey



2X

Puck Touches

Players are close to the play and can touch the puck more often, meaning opportunities to be engaged offensively are doubled.

6X

Shot Attempts

Players are closer to the puck at all times and the puck is put towards the net much more often.

3X

Shots on Goal

Players are much closer to the net, skate shorter distances and have increased opportunities to create offence.

2X

Pass Attempts

Players pass and attempt to pass the puck more often – with and without the puck, they are closer to the game.

5X

Passes Received

When passes are shorter (5 to 10 feet), accuracy improves and players have more success receiving the pass.

“You need to be able to make quick passes and have quick communication. Small-area games are important.”

Brianne Jenner
Canada's National Women's Team

U9 Principles

Dr. Stephen Norris has consulted with Hockey Canada in the areas of player development and performance programming for a number of years. He was one of the founding members and contributors to the 'Canadian Sport for Life' movement focusing on athlete/participant development. Dr. Norris contributed to Hockey Canada in the design of the **Long-Term Player Development Model** and Player Pathways.

In each area outlined below, rationale has been provided and has been supplemented by Dr. Norris.

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

- Give local hockey associations and parents back the summer – the season does not need to start this early only to be finished at the end of January or early in February (start later and end later).
- Give local hockey associations a chance to get organized and begin planning.
- The start of school year can be very stressful for young players, and they do not need hockey evaluations starting at the same time as the school year.

The notion of evaluations taking place weeks, if not months, in advance of the actual season for this age group makes very little sense due to the realities of child development during these periods.

The summer months are a time where youngsters not only consolidate previous experiences, but also advance their competency due to aspects such as recovery from earlier specificity, demonstrate adaptation of all previous experiences to new situations and activities over the summer months, and reveal growth and development opportunities that occur naturally – physical, psychological, cognitive, motor development, social, etc.

Everyone should understand that the return-to-school period (both the couple of weeks before, the week of and the 'wash-in period' until the student is settled back into the routine) is an extremely stressful period for the student.

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

- A player's first experience in the new hockey season should not be a formal evaluation – this gives all players the opportunity to get back on the ice in a 'player-friendly' scenario.
- Level the playing field; not all players have a chance to go to hockey schools or prep camps prior to the start of the season.
- Provide local hockey associations the opportunity to run their own prep camp instead of members spending money outside the association.

There is a substantial benefit for children to have the opportunity to participate in four ice sessions prior to formal selection or evaluation. Players feel more relaxed and are able to perform at a higher level, compared to being evaluated in their first time back on the ice. By providing these opportunities, players are placed in a situation where stress has been mitigated and they are able to showcase their ability.

Player evaluation/selection must be a minimum of three formal sessions. Recommendation is one skills session, one small-area games session and one half-ice game.

- Players need a chance to be evaluated – standardization means transparency, fairness and consistency.
- Provide coaches with the foundation for a solid and quantifiable evaluation.

This follows the previous point of providing ALL players with the opportunity to re-engage with hockey. For example, it would be unacceptable for a school in the first week of September to give children an exam they must pass, or else the child would not be permitted to take that subject during the school year. This would be unacceptable to parents, yet this is the impact of evaluations early in the process before anything is taught.

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

- It is very important to provide coaches with the opportunity to develop and improve their players' skills prior to organized games.
- The progression should be skills before tactics and tactics before systems.
- This will eliminate or reduce the focus on and/or pressure to win.

Professional and/or knowledgeable individuals wishing to provide positive developmental experiences for children or youth should reinforce the need for an instructional or practice component prior to the start of the season. With the implementation of this policy, we are moving forward to not only accept, but welcome development opportunities for the betterment of players.



The U9 seasonal structure can take on many forms. There is flexibility in the recommended timeframes local hockey associations can use to build their seasonal plan. If the season starts in October or even as late as November, the local hockey association should still follow the guidelines of a balanced season approach. Some dates and timeframes are guidelines, while others are fixed. The number of games and practices are also recommendations by Hockey Canada supported by the **Long-Term Player Development Model**.

The Ideal Season

Young players have an opportunity to continue their development while having a positive and fun hockey experience. The ideal season does not conflict with the start of the school year, provides a fair evaluation/selection process and is structured to maximize development opportunities.

The U9 Player Pathway and corresponding coaching materials provide progressive and incremental skill development. By using the Hockey Canada Skills Manuals on the **Hockey Canada Network** and **Drill Hub**, coaches are provided with the framework for practice sessions that meet their players' needs. The monthly seasonal goals should correspond with the U9 Skills Matrix (Section 5) that outlines the skills players should be exposed to throughout the season.

1. Preparation/Evaluation Phase
UP TO 4 WEEKS

2. Development Phase
UP TO 8 WEEKS

3. Regular Season Phase
UP TO 16 WEEKS • 14 WEEKS IF TRANSITION

4. End-of-Season Phase
UP TO 4 WEEKS • 6 WEEKS IF TRANSITION

U9 Skills Matrix

The **Long-Term Player Development Model** places U9 hockey at the Fundamentals 2 stage, with programming focused on fundamental skill development. The U9 skills matrix identifies the skills players must have the opportunity to develop through progressive and meaningful practice sessions.

U9 Skills

LTPD STAGE
FUNDAMENTALS 2

Balance & Agility	Edge Control	Starting & Stopping	Forward Skating & Striding	Backward Skating	Turning & Crossovers
Basic stance	Figure 8's- forward- inside & outside edge	Front v-start	C-cuts left foot/right foot/ alternating	C-cuts left foot/right foot	Glide turns/tight turns
Balance on one foot	Figure 8's- backward- inside & outside edge	Crossover start	Crossunders	Gliding on two skates backward	C-cuts-around circle- outside foot- forward & backward
Gliding on two skates	Heel to heel (Mohawk)	Backward c-cut start	T-push	Gliding on one skate backward	Crossovers- forward & backward
Gliding on one skate- forward & backward	One-leg weaving- forward/backward	One o'clock - eleven o'clock	Forward striding	Backward striding 1 crossover/reach	Pivots- backward to forward & forward to backward
Lateral crossovers		Outside leg stop			Pivots- open & reverse
		Two-foot parallel stop			
		One-leg backward stop			
		Two-leg backward stop			

Stationary Puck Control	Moving Puck Control	Stationary Passing & Receiving	Moving Passing & Receiving	Shooting	Individual Offensive Tactics
Stance	Narrow/Wide	Stationary forehand pass	Moving forehand pass	Forehand- wrist shot	Body fakes
Narrow/Wide	Open ice carry- forehand & backhand	Stationary bankhand pass	Moving bankhand pass	Backhand- sweep shot	Stick fakes
Side-front-side	Weaving with puck	Stationary bank pass	Pass & follow	Forehand/backhand shots in motion	Dekes
Toe drag-front & side	Toe drag-front & side			Forehand- flip shot	Moves in combination
Attack the triangle	Attack the triangle			Backhand- flip shot	Net drives

Individual Defensive Tactics	Team Play
Angling	Basic positioning-all players should play all positions
Basic 1-on-1	
Escape moves	
Puck retrievals	



MINOR NOVICE IMPLEMENTATION GUIDE



7 YEARS OLD
EFFECTIVE 2018-19 SEASON

U8

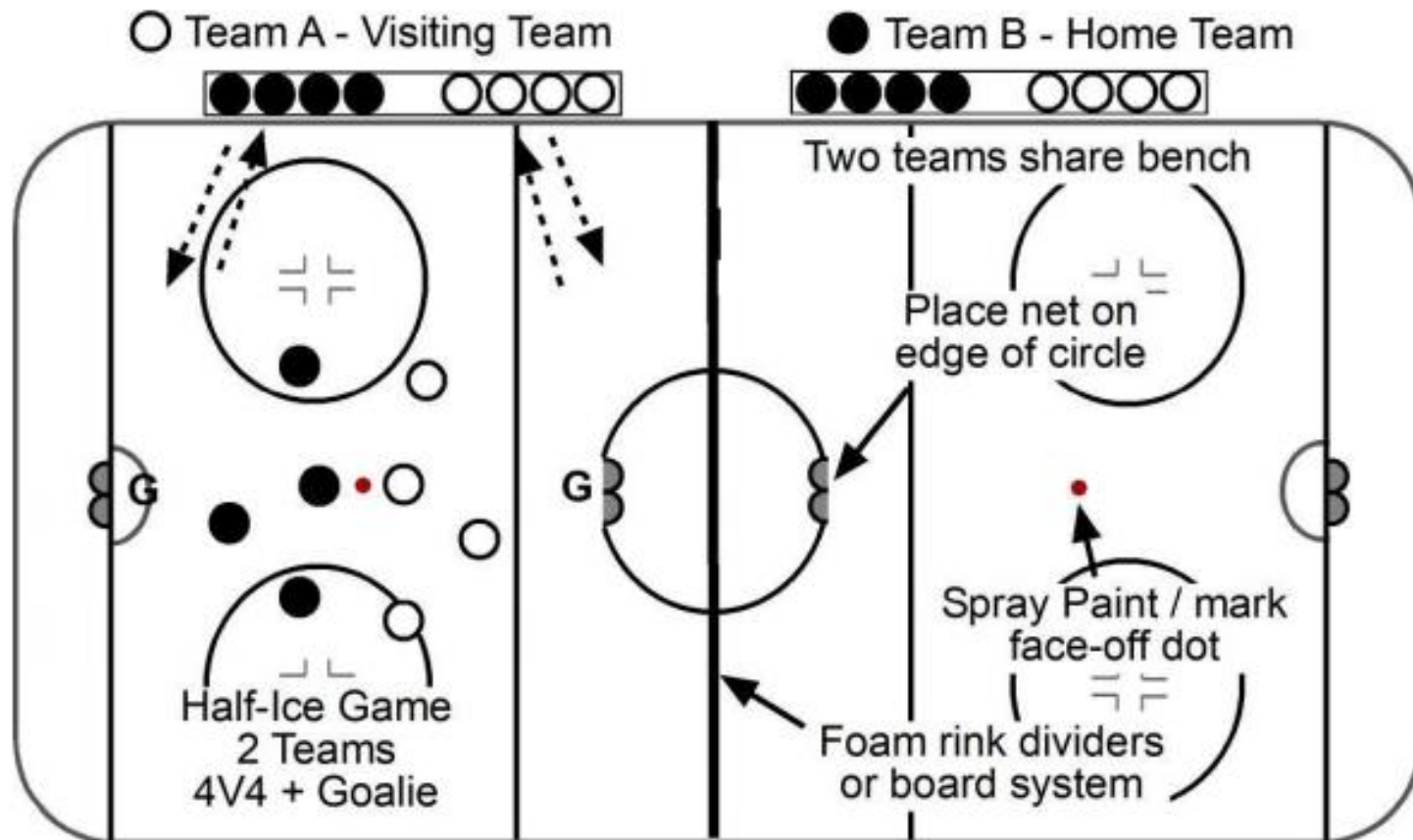
Info from 18-19
Season.

We expect an
updated
version for this
season to
reflect the
changes to the
season
structure

MONTHS	September – October	November – March
PHASE 26 weeks	Development Season 6 Weeks	Regular Season 20 Weeks
VOLUME 42 practices 22-30 games 3 jamborees	12 Practices Hockey Canada Curriculum Station-based 75% technical skills	30 Practices Hockey Canada Curriculum Station-based 75% technical skills
	4 Games Half-Ice	18-26 Games Half-Ice
	None	3 Jamborees after December 1 st
FACTORS	3:1 Practice to Game 5:1 Player to Coach	2:1 Practice to Game 5:1 Player to Coach
TIERING	Tier players of similar skill. All tiers allocated the same number of practices and games. All tiers work on same skills.	
POSITIONAL PLAY	Rotate all players through all positions. No Full-Time goalies – every player takes a turn in goal.	

MINOR NOVICE (7 YEARS OLD) | GAME FORMAT • HALF-ICE

Effective 2018-19



TEAM FORMAT:	Two Team Model	GAME FORMAT:	4 V 4 plus Goaltenders
GAME LENGTH:	Two 22 Minute halves (44 minutes)	OFFICIALS:	1 or 2 per game – both are acceptable
WARM UP:	3 minutes	SCORE KEPT:	None
PUCKS:	Blue (4 oz.)	BENCHES:	Teams share benches
RINK DIVIDERS:	Optimal: Foam rink dividers or board system		
FACE-OFF DOT:	Spray paint or draw face-off dot in the middle of each Half-Ice Rink		
NETS:	Small (3' x 4') or Regulation (4' x 6') – both are acceptable Place nets on edge of centre circle using the line of the circle as the goal line		

FACE-OFFS:	Start of Game & Second Half	OFF-SIDE & ICING:	None
SHIFT LENGTH:	<ul style="list-style-type: none"> • Buzzer is set to 1:00 minute shift length intervals. • On buzzer, players leave puck where it is and go to bench. • Referee will direct players to "leave puck". • Players on bench come on the ice and continue to play. • If there are fewer than 4 players on the bench, the active player designated to stay out for the following shift must tag up at the bench prior to racing to play the loose puck. • Both games synchronized through officials. 		
PUCK OUT OF PLAY:	<ul style="list-style-type: none"> • Referee drops new puck to non-offending team. 		
GOALTENDER FREEZES PUCK:	<ul style="list-style-type: none"> • Team that shot the puck backs off. • Referee blows whistle to indicate shooting team to back off and call out possession of team that now gets the puck. • Goaltender gives puck to a teammate to begin play the other way. 		
WHEN GOAL IS SCORED:	<ul style="list-style-type: none"> • Referee blows whistle to signal goal. • Scoring team backs off to let the team that was scored on retrieve the puck out of the net. • Play resumes with team that was scored on going on offense. 		
PENALTIES:	<ul style="list-style-type: none"> • Referee puts arm up to signal penalty call. • If offending team has the puck it is a change of possession as indicated by the Referee and puck goes to the other team. • At the buzzer at the end of the shift the referee tells the coach what the penalty was and who got it. • Offending player misses next shift, team still plays full strength. 		



NOVICE IMPLEMENTATION GUIDE



8 YEARS OLD
EFFECTIVE 2019-20 SEASON

U9

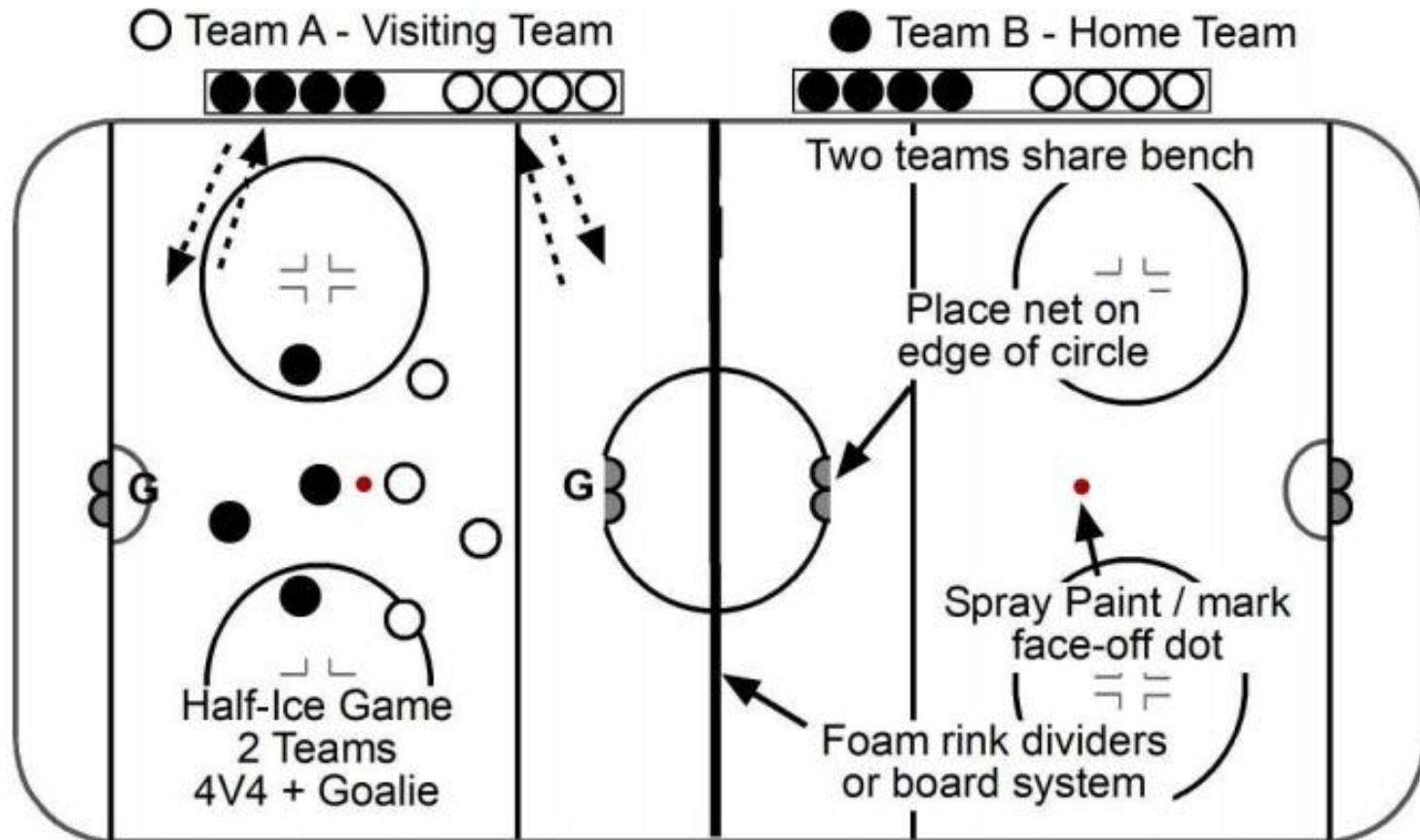
Info from 19-20
Season.

We expect an updated version for this season to reflect the changes to the season structure and to Recreational programming.

MONTHS	September - October	November - January	January - March
PHASE 28 weeks	Development Season 8 Weeks	Regular Season 12 Weeks	Transition Season 8 Weeks
VOLUME 52 practices 24-30 games 3 jamborees/ tournaments	16 Practices Hockey Canada Curriculum Station-based 75% technical skills	22 Practices Hockey Canada Curriculum Station-based 75% technical skills	14 Practices Hockey Canada Curriculum Station-based 75% technical skills
	4 Games Half-Ice	12-18 Games Half-Ice	8 Games Full Ice after January 15 th
	Jamborees (before Jan. 15 th) or Tournaments (after Jan. 15 th) in any combination up to a maximum of 3 total. Maximum 12 games. This does not include playoffs.		
PLAYOFFS	No elimination series. End of season is March 31 st .		
FACTORS	4:1 Practice to Game 5:1 Player to Coach	2:1 Practice to Game 5:1 Player to Coach	2:1 Practice to Game 5:1 Player to Coach
TIERING	Tier players of similar skill. All tiers allocated the same number of practices and games. All tiers work on same skills.		
POSITIONAL PLAY	Rotate all players through all positions. No Full-Time goalies - every player takes a turn in goal.		

NOVICE (8 YEARS OLD) | GAME FORMAT • HALF-ICE

Effective 2019-20



TEAM FORMAT:	Two Team Model	GAME FORMAT:	4 V 4 plus Goaltenders
GAME LENGTH:	Two 22 Minute halves (44 minutes)	OFFICIALS:	1 or 2 per game Both are acceptable
WARM UP:	3 minutes	SCORE KEPT:	Before January 15 th : None After January 15 th : Regulation
PUCKS:	Black (6 oz.)	BENCHES:	Teams share benches until January 15 th
RINK DIVIDERS:	Optimal: Foam rink dividers or board system		
FACE-OFF DOT:	Spray paint or draw face-off dot in the middle of each Half-Ice Rink		
NETS:	Small (3' x 4') or Regulation (4' x 6') – both are acceptable Place nets on edge of centre circle using the line of the circle as the goal line.		

FACE-OFFS:	Start of Game & Second Half	OFF-SIDE & ICING:	None
SHIFT LENGTH:	<ul style="list-style-type: none"> Buzzer is set to 1:00 minute shift length intervals. On buzzer, players leave puck where it is and go to bench Referee will direct players to "leave puck" Players on bench come on the ice and continue to play If there are fewer than 4 players on the bench, the active player designated to stay out for the following shift must tag up at the bench prior to racing to play the loose puck Both games synchronized through officials 		
PUCK OUT OF PLAY:	<ul style="list-style-type: none"> Referee drops new puck to non-offending team 		
GOALTENDER FREEZES PUCK:	<ul style="list-style-type: none"> Team that shot the puck backs off Referee blows whistle to indicate shooting team to back off and call out possession of team that now gets the puck Goaltender gives puck to a teammate to begin play the other way 		
WHEN GOAL IS SCORED:	<ul style="list-style-type: none"> Referee blows whistle to signal goal Scoring team backs off to let the team that was scored on retrieve the puck out of the net Play resumes with team that was scored on going on offense 		
PENALTIES:	<ul style="list-style-type: none"> Referee puts arm up to signal penalty call If offending team has the puck it is a change of possession as indicated by the Referee and puck goes to the other team At the buzzer at the end of the shift the referee tells the coach what the penalty was and who go it Offending player misses next shift, team still plays full strength 		

SEASONAL STRUCTURE

DIVISION	INITIATION Effective 2017-18	MINOR NOVICE Effective 2018-19	NOVICE Effective 2019-20	MINOR ATOM Current	
Age	5 & 6 years old	7 years old	8 years old	9 years old	
Category	HL; LL	HL; LL; Select	HL; LL; Rep	Recreational: HL; LL; RS; MD;	Competitive: Rep
Coach Qualification	NCCP Coach 1 – Intro to Coach	NCCP Coach 1 – Intro to Coach	NCCP Coach 1 – Intro to Coach	NCCP Coach 2 – Coach Level	
Practice Format	Station-based Hockey Canada Initiation Program curriculum	Station-based Hockey Canada Initiation Program curriculum	Station-based Hockey Canada Novice curriculum	Hockey Canada Atom Curriculum	
Evaluation/Selection	After Labour Day 2 weeks	After OHF Championships 2 weeks	After OHF Championships 2 weeks	2 Weeks	Per OHF Regulations
Development Season	6 weeks	6 weeks	6 weeks	6 Weeks	
Regular Season	20 weeks	20 weeks	12 weeks	22 Weeks	
Transition Season	N/A	N/A	8 weeks	N/A	
Jamborees/ Tournaments	Jamboree After Dec. 1 st	Jamboree After Dec. 1 st	Jamborees (before Jan. 15 th) Tournaments (after Jan. 15 th)	Tournament	

GAME STRUCTURE

DIVISION	INITIATION Effective 2017-18	MINOR NOVICE Effective 2018-19	NOVICE Effective 2019-20	MINOR ATOM Current
Age	5 & 6 years old	7 years old	8 years old	9 years old
Team Format	Two Team model 18 Players	Two Team model 18 Players	Two Team model 18 Players	Regulation
Coaches On-Ice	Yes	Optional	Optional	No
Goaltenders	Not required/ Rotational	Rotational	Rotational	Rotational/Full-Time
Game Format	Cross-Ice 4v4	Half-Ice 4v4	Half-Ice - 4v4 Transition Season: Full-Ice - 5v5	Full-Ice 5v5
Boards / Dividers	Optimal: Foam rink dividers or board system	Optimal: Foam rink dividers or board system	Optimal: Foam rink dividers or board system	N/A
Puck	Blue (4 oz.)	Blue (4 oz.)	Black (6 oz.)	Black (6 oz.)
Nets	Small or Regulation	Small or Regulation	Small or Regulation Transition Season: Regulation	Regulation

DIVISION	INITIATION Effective 2017-18	MINOR NOVICE Effective 2018-19	NOVICE Effective 2019-20	MINOR ATOM Current
Shift Length	Set Time/Buzzer	Set Time/Buzzer	Set Time/Buzzer	Regulation
			Transition Season: Regulation	
Officials	N/A	1 or 2 Officials	1 or 2 Officials	2 Officials
			Transition Season: 2 Officials	
Face offs	Start Game/2 nd Half	Start Game/2 nd Half	Start game/2 nd Half	Regulation
			Transition Season: Regulation	
Offside/Icing	No	No	No	Regulation
			Transition Season: Regulation	
Penalties	No	Yes - Modified	Yes - Modified	Regulation
			Transition Season: Regulation	
Score	No	No	No	Yes
			Transition Season: Regulation	
Standings	No	No	No	Yes
			Transition Season: Regulation	



Info from 19-20
Season.

We expect an
updated version for
this season.



**PLAYER
PATHWAY**



OWHA SEASONAL STRUCTURE

IDEAL HOCKEY SEASON: Refers to an optimal seasonal structure – this is a guideline and is subject to a range of minor differences regarding suggested numbers.

PREP / TRYOUT PHASE: Refers to the period of time prior to the season starting – typically when prep camps and / or tryouts are held.

DEVELOPMENT PHASE: Refers to the period of time following tryouts or evaluation prior to the regular season starting.

REGULAR SEASON PHASE: Refers to the period of time from first regular season game to the start of playoffs or Provincial / Branch Championships.

PLAYOFF PHASE: Refers to the period of time from the end of the regular season through to the end of Playoffs.

OFF SEASON: Refers to the period of time from the end of the playoff season to the start of the next Prep or Tryout season.

**U9: Age 7-8
Mixed Programming**

DEVELOPMENT PHASE

8	16	4
WEEKS	PRACTICES	GAMES (Half-Ice)

REGULAR SEASON PHASE

20	36	16
WEEKS	PRACTICES	GAMES (modified games first half / full ice second half)

PLAYOFFS

No elimination, must be tournament style
End of season March 31

TOURNAMENTS

3 tournaments
12 games

TOTAL PRACTICES: 45 - 55 | TOTAL GAMES: 30 - 40

REQUIREMENTS:

- No tryouts from April through August. Tryouts begin the Tuesday following Labour Day.
- Must provide minimum of 4 skates before formal Tryouts. Tryouts must be a minimum of 3 sessions (skill session, small area game session, formal game).
- No elimination style playoffs
- Mandatory half ice games. Full ice games, tournaments permitted after Jan 15.

CONSIDERATIONS:

- Regulation Sized Nets
- Blue 4 oz pucks first half/ Regulation 6 oz pucks second half
- Fair/Equal Ice Time
- 5 to 1 player to coach ratio maximum
- Station based practices
- Consistent prime time ice sessions for practices and games (consistent days and times)
- No Full Time Goalies. Must rotate players through all positions.

U9 Girls 2019-2020 Half Ice Hockey

– updated December 12, 2019

SEASONAL STRUCTURE

DATES	SEPTEMBER TO OCTOBER 21	OCTOBER 22 TO JANUARY 14	JANUARY 15 TO MARCH 29
PHASE	DEVELOPMENT PHASE	REGULAR SEASON PHASE	TRANSITION PHASE
ICE SET-UP	HALF ICE GAMES	HALF ICE GAMES	FULL ICE GAMES
BALANCE	23% OF SEASON	46% OF SEASON	31% OF SEASON
VOLUME			
WEEKS (26)	6 WEEKS	12 WEEKS	8 WEEKS
PRACTICES (42)	12 PRACTICES	24 PRACTICES	6-8 PRACTICES
GAMES (24-30)	2 GAMES	14 GAMES	8 GAMES
JAMBOREES/TOURNAMENTS (3)	1 JAMBOREE	1 JAMBOREE	1 JAMBOREE

***NOTE:** If the Jamboree in the September to October 21 phase is not utilized, a team may play in 2 jamborees in the October 22 to January 14 phase if they wish.

U9 PROGRAM

	2019/2020 PROGRAM
LEAGUES	• U9
TIERING	• U9
NUMBER OF GAMES	• 24 games following seasonal structure above
ROSTER SIZE	• 18 players- easier transition to full ice
TRYOUTS	• Evaluations
GOALIES	• Recommendation to rotate goalies

SEASON STRUCTURE (ALSO SHOWN ABOVE)	<ol style="list-style-type: none"> 1. DEVELOPMENT PHASE <ul style="list-style-type: none"> ◦ September (after Labour Day)- October 21, 12 Practices 2 Half Ice Games, 1 Jamboree/Tournament 2. REGULAR SEASON PHASE <ul style="list-style-type: none"> ◦ October 21- January 14, 24 practices, 14 Half Ice Games 1 Jamboree/Tournament 3. TRANSITION PHASE (FULL ICE GAMES) <ul style="list-style-type: none"> ◦ January 15- March 29, 6-8 practices, 8 Full Ice Games, 1 Full Ice Jamboree/Tournament and a year-end Jamboree/Tournament
PLAYOFFS	<ul style="list-style-type: none"> • Jamboree/Tournament • No elimination, round robin playoffs, no cross division play
GAME LENGTH	<ul style="list-style-type: none"> • 2-3 minute warm up • 2 periods (23 minutes each) • after January 15- regular full ice hockey rules
SHIFT LENGTHS	<ul style="list-style-type: none"> • 60 second shifts- change on buzzer • after January 15- regular full ice hockey rules
CHANGE OF POSSESSION	<ul style="list-style-type: none"> • Face-off starts each half • Goalie freezes puck- blow whistle • Puck shot out of play- Non offending team gets new puck • Penalties- non-penalized team gets possession • after January 15- regular full ice hockey rules
OFFICIATING	<ul style="list-style-type: none"> • half ice game- 1 official • after January 15 full ice 2 officials
PENALTIES	<ul style="list-style-type: none"> • Minor- official notifies coach, player will skip a shift (still 4on4) • Major- removed from remainder of that game (still 4on4) • after January 15- regular full ice hockey rules
SCORING	<ul style="list-style-type: none"> • Scores not recorded • After January 15- scores kept but no goal scorer recorded
JAMBOREES/TOURNAMENTS	<ul style="list-style-type: none"> • limited to 3 Jamborees/Tournaments and a year-end Jamboree/Tournament
GAME SHEETS	<ul style="list-style-type: none"> • OWHA gamesheets MUST be used for all games, whether they are for ½ ice or full ice. It MUST be signed by one member of the coaching staff to verify attendance.

U9 Girls 2019-2020 Half Ice Hockey

– updated December 12, 2019



U8 WARRIORS PROGRAMMING OPTIONS

- All U8 programming falls under the Recreational Umbrella
- Categories are House League (HL), Local League (LL) and Development Stream (DS)
- Development Stream: A Recreational team at the U8 division that participates at the highest level of recreational programming and is comprised of players who are eligible for the Centre by age and residence as per OMHA residency Regulation 3.3. Development Stream players shall not be rostered to another recreational team.

U9 WARRIORS PROGRAMMING OPTIONS

- All U9 programming falls under the Recreational Umbrella
- Categories are House League (HL), Local League (LL) and Minor Development (MD)
- Minor Development: A recreational team that participates at a level above House League but lower than Representative and is comprised of players who are eligible for the Centre by age and residence as per OMHA residency Regulation 3.3. Minor Development players shall not be rostered to a House League team.





U9 BLADES PROGRAMMING

- U9 Blades
- Programming for 7 and 8 year old girls similar to the Warriors U8 DS and Warriors U9 MD. Stand alone team who participates in exhibition games against other centres with a U9 team.

NORTH DURHAM MHA WARRIORS HOUSE LEAGUE

- # of teams determined by registration numbers
- All players can participate
- Players can play house league for whichever Centre they choose. They do not need to be primary to North Durham
- All teams follow Hockey Canada U9 Pathways
- Games and practices with other North Durham teams
- Shared ice for both practices & games
- Jerseys supplied by the association
- House League Fees



NDMHA BLADES U9 & WARRIORS U8 DS & U9 MD



- # of teams determined by evaluation registration
- Coaches selected during AA/A/AE/MD/DS and Blades Coach Selection
- Players participate in “Evaluations” to determine who is selected for the team
- All teams follow Hockey Canada U9 Player Pathways
- Teams do NOT participate in House League
- Teams practice on their own (could share ice with divider boards)
- Teams play teams from other Centres in their same division
- Registration fees are similar to “Rep” fees and teams would collect slush funds to cover ice, tournaments, officials etc.
- Teams schedule their own games against other centres (unless a league is created in LLFHL (Blades) or Lakeshore (Warriors))
- All games require approval from NDMHA as well as OWHA/OMHA
- Players order their own jerseys and apparel



TEAM OFFICIAL QUALIFICATIONS

2021-2022

Head Coach & Assistant Coaches

- Coach 1 – Intro to Coach

Trainers

- HTCP Level 1

All Bench Staff must have

- Respect in Sport Activity Leader or Speak Out
- Gender Identity & Expression Course
- Rowan's Law Resource Review & Acknowledgement

A response from Hockey Canada is pending regarding the requirement to complete the Hockey University – Planning a Safe Return to Hockey module which was mandated this season for all Team Officials. Any mandated requirement for its completion moving forward will be communicated as soon as confirmed.



National
Coaching
Certification
Program



VULNERABLE SECTOR CHECK

- All Team Officials must have a valid PVSC on file with NDMHA
- PVSC are valid for 3 seasons
- For year 2 and 3 of your PVSC on file, you must submit a Criminal Offence Declaration
- You can now apply for a PVSC online via the Durham Region Police website or in-person at a DRPS station
- Volunteer Letter for NDMHA is available on the North Durham hockey website
- https://members.drps.ca/OnlineClearance/PVSC_Main.aspx



RESOURCES



- [Hockey Canada U9 Canadian Player Pathway](#)
- [Hockey Canada U9 Hockey Program](#)
- [Hockey Canada Long Term Player Development Plan](#)
- [LTPD U9 Skills](#)
- [U9 Skills Evaluation](#)
- [OMHA U9 & Below Resources](#)
- [OWHA U9 Program Resources](#)



QUESTIONS REGARDING U8/U9?

PLEASE USE THE CHAT FEATURE