



ARHA – Tyke Cross-Ice Program

Hockey Canada's Initiation Program (IP)

As mandated by Hockey Canada, the Ontario Hockey Federation (OHF) and the Greater Toronto Hockey League (GTHL), ALL Hockey Canada sanctioned House League programs in Canada, including the Avenue Road Hockey Association will be implementing a new Player Development Model (PDM) for the 2018-19 season. This new model will introduce some changes to our Tyke division (6-and 7-year olds) in 2018-19 season and will transition into our Minor Novice division (8-year olds) in 2019-20 season.

The focus of the program is FUN! FUN! FUN! Incorporating cross-ice hockey, small area games and skill development sessions. Our league has invested a lot of volunteer time to develop a very fun and structured program to maximize player development based on the structured lesson plans developed by Hockey Canada. The program is not a Learn to Skate program, it is a structured Learn to Play Hockey Program designed to introduce young players to the game's basic skills.

For more details about Hockey Canada's IP Program please reference the following:

- 1) Hockey Canada Website - www.hockeycanada.ca/en-ca/hockey-programs/coaching/initiation
- 2) Ontario Hockey Federation (OHF)- <http://www.ohf.on.ca/view/ohfmainsite/initiation-program>
- 3) GTHL - <http://www.gthlcanada.com/initiation-program-cross-icehalf-ice-hockey/>

What is the PDM?

The PDM is a new methodology in which to introduce players to the game of hockey. The program focuses on skill development, having fun and keeping players engaged while on the ice. This program involves a transition from practicing and playing games on smaller, more compact ice surfaces (cross ice/half-ice) to the more traditional full-ice surface over time.

What are the Benefits of the Program?

The PDM program has been developed to right size the playing surface for young players. You don't put 5-and 6-year olds on a full-size soccer pitch, or expect them to play basketball on a full-size court without any height adjustments for the net, etc...hockey is no different. Cross-ice/half-ice hockey allows young players the opportunity for more puck touches which promotes greater opportunity for skill development (puck handling, shooting, skating, and co-ordination) and decision-making. As per Hockey Canada's studies, it has been identified that players on cross-ice/half ice are more engaged in the play and have been shown to receive five times more passes and six times more shots than when they are on a regular, full sized rink. The games will be faster-paced, will have less whistles and stoppages and players will overall benefit from more ice-time than afforded to a full-ice game.



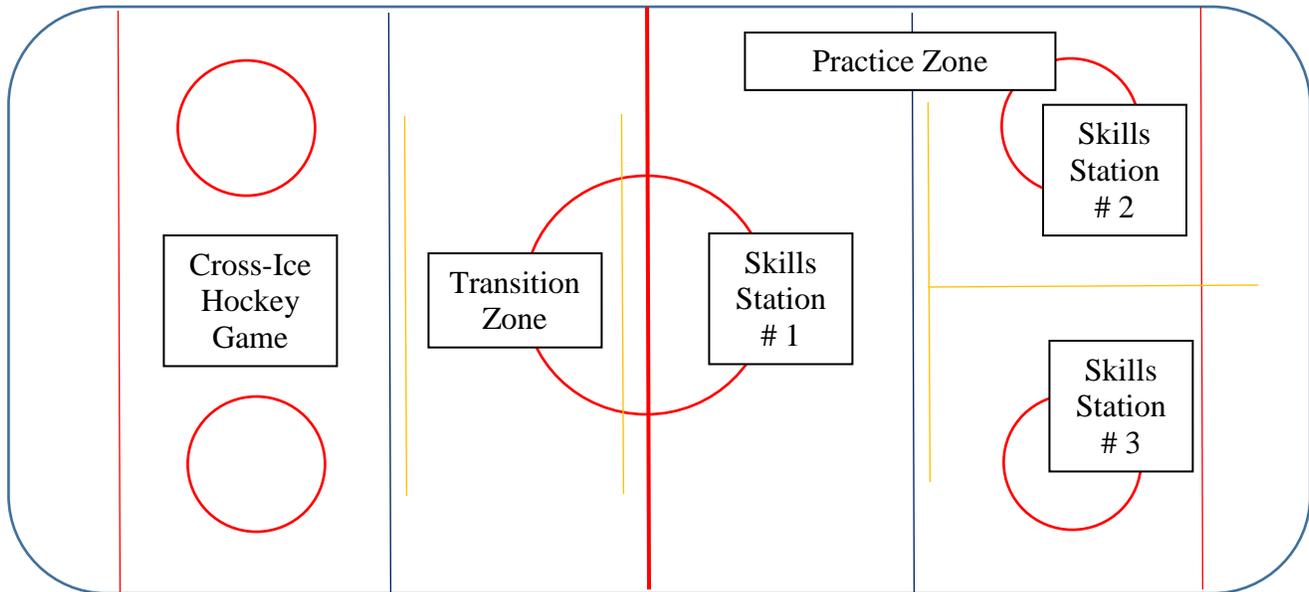
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Tyke Division On-Ice Setup – Cross-Ice and Two or Three Skills Stations

The ARHA will be introducing the IP program to our House League as mandated by Hockey Canada in the 2018-19 season.

For Tyke the rink will be divided as follows during the Skills Development stage of the IP Program:

- 1) **Cross-ice Hockey Game** – Between the Blue Line and the end Boards on West-end of the arena
- 2) **Transition Zone:** – Between the West Blue line and centre red line
- 3) **Practice Zones** – Between Centre Red Line and East boards of the rink (will be divided into up to three but typically two skills stations)



1) Cross-Ice Game

1. The scheduled hour will be divided as follows:
 - i. A 2-Minute warm-up period
 - ii. 2- 24 minute running time periods with a 2-minute buzzer
 1. One period will be a Cross-ice game.
 2. One period will be skill stations.
2. Teams will be divided into two groups of 6- 8 players
 - i. Group 1 will start playing in the Cross-Ice game
 - ii. Group 2 will start in the practice zones
3. Players will play either a 3 on 3 or a 4 on 4 game within the playing zone depending on the number of players in the group.
4. Mini nets will be used with NO goalies.
5. The game zone will consist of one referee and one coach from each team (coaches will be wearing skates and a helmet)
6. The blue line will be divided off by pylons or a rink barrier
7. The Referee will drop the puck only at the beginning of the period.
8. A special light weight BLUE puck will be used.
9. The league will typically NOT be counting goals or displaying a score on the scoreboard.
10. After goals or a penalty is called the referee will blow the whistle and a change in possession



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will occur.

11. If the puck exits the play area a whistle will be blown and the team who last touched the puck will lose control to the other team. The referee will release a new puck into the game. This will work similar to what happens in soccer.
12. A penalty will result in a change in puck control. No time penalty will be served. The player receiving the penalty may be asked to skip their next shift if a significant penalty was called.
13. Teams will play at full strength every shift regardless if a penalty is called.
14. Players will change on the buzzer. The puck will be left in the area where the buzzer sounded. Teams will race to the puck and play will continue.
15. There is no centre-ice (red) line, and therefore no icing.
16. There are no blue-lines in play, therefore there are no off-sides.

2) Transition Zone

1. The Transition Zone including the Bench on the West-end of the arena will be used by players waiting for their shift getting back into the cross-ice game. At least one coach will be at the bench in the transition zone and will talk to, coach and motivate their players when waiting for their next shift.

3) Practice Zone

1. The Practice Zone on the East side of the arena will be divided up into multiple practice zones. At least one coach from each team (on skates and wearing a helmet) and a group of Practice ice staff (referees) will run practice drills and small games for those players not participating in the Half-ice game on the other side of the rink.
2. A defined practice program recommended by Hockey Canada will be used.
3. Players will rotate through each of the skill stations during the period.

Tyke Division – Coaches Pre-Game Responsibilities / Expectations

In order to ensure that the cross-ice program runs smoothly the ARHA needs the coaches to prepare for the session by making sure the following are ready before the game.

1. Ensuring that their Game Sheet and line assignments are filled in on the roster form and ready to provide to the referees and timekeeper at the start of each session.
2. Coaches divide their line-up into two groups and advise players before they come onto the ice (Groups should be fluid, divided by skill level and may need to change on a weekly basis)
 - a. Half of the team will be in Group A
 - b. The rest of the players will be in Group B
 - c. The on-ice referees/instructors will identify where Group A and B are to go on the ice.
3. At least one coach is on the ice with **SKATES AND HELMET** to assist with the cross-ice game.
4. Coaches need to ensure that their team is ready to go on the ice on time and that all players are wearing ALL of the required equipment properly.
5. Neck guards and Mouth guards are mandatory. Players will NOT be allowed on the ice without them. It is the coaches responsibility to check and enforce this policy in the dressing room



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Tyke Division – Parent and Player Expectations

In order to ensure that the cross-ice program runs smoothly and on time the ARHA needs parents and players to understand the following:

1. Players are expected to be at the arena at least 15 minutes before game time and should be dressed and ready to go on the ice at least 5 minutes before game time.
2. Players **MUST** wear all of the required hockey equipment including a BNQ certified neck guard **and** a properly fitting **mouth guard**. Players not wearing these required pieces of equipment will **NOT** be allowed to participate on the ice.
3. Parents are not allowed to walk on the ice at any time.
4. All on-ice volunteer participants and coaches must be wearing skates and a CSA certified hockey helmet when on the ice.
5. All players will participate in BOTH the cross-ice game and the skills station component of the program on a weekly basis.
6. Players need to listen to the direction of their coaches and on ice skills instructors.
7. When playing in the cross-ice game, there are NO Goalies. Players standing in front of the net and acting as a goalie will be asked to move away from the goal net.
8. There is NO Body checking allowed. Players incurring significant penalties may be required to miss a shift.
9. The program is designed to maximize player ice time, increase puck touches and increase player engagement.
10. The program is designed for you to have FUN. Go out on the ice and enjoy playing the game.
11. Parents – cheer on your players they know you are there watching them.

If you have any questions about the TYKE Program please reach out to one of the following individuals:

1. Tyke Convenor – Lauren Black – laurenblack@gmail.com
2. GM of House League - Steven Gryfe – steven.gryfe@avenueroadhockey.com
3. League President - Neil Greenbaum – neil.greenbaum@avenueroadhockey.com