

Penetang Minor Hockey Association ("PMHA")



Initiation/Tyke Program
May 14, 2017
Prepared For 2017/2018

PMHA Initiation/Tyke Program

Overview

The Initiation/Tyke program is the foundation of the PMHA laying the groundwork for all future success we hope to achieve at older ages. The basic skills and fundamentals that are taught along with passing on a simple love for the game will improve our kids' hockey playing experience for years to come. The influence of a program that provides a supportive and stimulating environment will have an impact far beyond the rink.

Starting in the 2017-2018 season, the Initiation/Tyke program will undergo structural changes in an effort to better develop our players ensuring we are using the latest methodologies and techniques being promoted by Hockey Canada and the OMHA, to better utilize the allotment of ice time we receive, and to ensure an enjoyable experience for all registered players regardless of age and ability. Based on these changes, the PMHA has undertaken an effort to document these changes for the upcoming season and those that will come after. Additionally, updates and a yearly review of the program will be performed by the board to ensure we are meeting the goals and objectives set forth for this age group on a regular basis.

The major changes to our Initiation/Tyke program are as follows:

- 1) Initiation/Tyke will now have three levels: Initiation I (Intro To Hockey), Initiation II (Mite), & Tyke.
- 2) There will be flexibility to move players between levels (Initiation & Tyke) based on a player's skill level during the year to better aid their personal development.
- 3) There will be an increased focus on the use of cross-ice games which will be mandatory for Initiation levels and introduced to the Tyke program for the first time
- 4) Small area & small group skills development sessions will be used to augment practice ice times with individualized programming and highly effective skills training.

The PMHA Initiation/Tyke program is open for girls and boys aged 4-7 years old. This is a mixed Initiation and Tyke program spanning the FUN-DAMENTALS 1 and FUN-DAMENTALS 2 categories on the long term athlete development model promoted by Hockey Canada.

Goals & Objectives

The overarching goal of this program is to **teach the fundamentals of hockey in a fun, supportive and stimulating environment.**

To this end, we have five key objectives we hope to achieve with our program:

- To develop a true **love of the game** in all our players

- To promote **positive attitudes** and develop the concept of **fair play, sportsmanship and teamwork**
- To grow a **solid work ethic** that is demonstrated in both games and practices
- To develop strong **fundamental hockey skills** to aid in the enjoyment of the game
- To build **confident** hockey players **ready to move to the next level** at the end of each year

Roles & Duties

To properly administer and deliver this program, there are 3 distinct roles that need to be filled:

1. Initiation/Tyke Program Coordinator & Convenor
2. Lead Instructors (Head Coaches)
3. Support Staff (Assistant Coaches, Trainers, Managers, On-Ice Volunteers)

Initiation/Tyke Program Coordinator & Convenor

The Initiation/Tyke program coordinator is responsible for overseeing the implementation and delivery of the program. The volunteer will be a member of the PMHA board (under the title Tyke Convenor).

The duties of the Initiation/Tyke Program Coordinator:

- Coordinate the promotion and the registration of participants
- Secure uniforms for all Initiation/Tyke teams
- Coordinate the initial evaluation sessions of participants for the purpose of grouping in the appropriate skill level
- Coordinate the grouping of players to the appropriate skill level and the team draft for both the Initiation II and Tyke levels
- Conduct parent orientation meetings to familiarize parents of prospective participants with the objectives of the program, and how it is to be implemented in the association
- Assist in the selection and coordination of training of the Program Instructor(s)
- Liaise with parents on questions or concerns about the Initiation/Tyke program, it's structures and all matters not directly related to the on-ice delivery of the program
- Coordinate all player movement(s)
- Coordinate Tyke game schedules with the PMHA Ice Convenor and Tyke head coaches once game time have been set up with other centres.
- Coordinate special events
- Coordinate year end event/tournament and player recognition
- Coordinate the training of the program instructor(s) i.e. ensure that all instructors have the appropriate certification or are scheduled to take the appropriate training course
- Coordinate the On-Ice Delivery of the program
- Act as the primary liaison for all coaches and on-ice instructors and volunteers.
- Oversee and guide the instructors in the delivery of the program

- Submit recommendations to the PMHA board of directors with respect to any changes that could be made to improve the Initiation/Tyke Program

Lead Instructors

The instructors of the Initiation/Tyke program are generally recruited from the participants' moms and dads. The lead instructors may also be volunteers from other segments of the community.

Each level shall have one lead instructor chosen from the head coaches of each team at that level.

The Duties of the Lead Instructor are as follows:

- Successfully complete the required Instructor's training session(s)
- Successfully participate in the supplementary training sessions as coordinated by PMHA
- Exemplify fair play and cooperation
- Arrive at the ice rink approximately at least 30 minutes prior to the ice session
- Plan and share the practice plan with the program coordinator/convenor, and support staff at least 24 hours prior to practice time
- Assign responsibilities and tasks for support staff to perform on-ice
- Explain and demonstrate drills and games to the participants
- Provide instruction in a manner that motivates and challenges the participants while respecting each individual
- Demonstrate effective leadership on and off the ice, for example, providing effective feedback to the participants
- Demonstrate an enthusiastic attitude and desire to work with beginning hockey players
- Provide feedback to the participants and parents of the participants
- Set up the barrier system to split the rink into smaller playing surfaces for the cross-ice games for the Initiation II and Tyke level
- Assist the Program Coordinator/Convenor in the evaluation of the participants

Support Staff

The support staff of the Initiation/Tyke program are generally recruited from the participants' moms and dads. The support staff may also be volunteers from other segments of the community or siblings of participants.

Each level shall have multiple support staff including assistant coaches, managers, trainers and on-ice volunteers. Support staff also includes any head coaches not acting as a lead instructor.

The Duties of the Support Staff are as follows:

- Successfully complete the required Instructor's training session(s)
- Successfully participate in the supplementary training sessions as coordinated by PMHA

- Exemplify fair play and cooperation
- Explain and demonstrate drills and games to the participants
- Provide instruction in a manner that motivates and challenges the participants while respecting each individual
- Demonstrate effective leadership on and off the ice, for example, providing effective feedback to the participants
- Demonstrate an enthusiastic attitude and desire to work with beginning hockey players
- Provide feedback to the participants and parents of the participants
- Set up the barrier system to split the rink into smaller playing surfaces for the cross-ice games for the Initiation II and Tyke level

Program Levels & Structure

The Initiation/Tyke program will be broken into 3 levels as follows.

Initiation I (Intro To Hockey)

The focus is to teach fundamental, individual skills with a focus on skating, passing and stick handling

- Initiation I level consists of practice time only
- There are no formal games until the last weekend of the season where the players will play 2 half-ice games
- The Initiation I level will be a House League Program Only – There will be no tournaments, travel or exhibition games
- Geared towards 4 & 5 year olds
- 4 & 5 year old players in their first year of hockey will automatically be placed in this group
- 5 year old players in their second year will automatically be placed in this group, pending evaluations for possible movement to Initiation II

Initiation II (Mite)

The focus is to build on the fundamental skills from Initiation I, expand on these skills and introduce an informal and fun game setting, along with the introduction of the team concept.

- The Initiation II level consists of practice time and informal games, which will be cross-ice games
- Games will start the first weekend in December
- A divider or barrier system will be utilized to split the playing surface into smaller areas for games to be played between up to 4 teams
- The Initiation II level will be a House League program only but may play exhibition games with other centers
- The Initiation II level will participate in 1 cross ice tournament

- 6 year old players in their first year of hockey automatically be placed in this group
- 6 year old players in their second or third year will automatically be placed in this group, pending evaluations for possible placement in Tyke
- 7 year olds in their first year of Hockey may be placed in the Initiation II level:
 - The preference is to start 7 year olds at the Tyke level
 - We try to avoid 7 year olds in Initiation II as they are moving onto Novice in the next year
 - Any 7 year old that starts in the Initiation II level, is to be moved up to the Tyke program by December 31st. This allows the player to focus on core skills for the first half of the year and then move to formal games in the second half
 - Spots are to be left open on the Tyke teams for all 7 year old players that start in Initiation II. It is up to coaches to confirm that 7 year old players are ready to move from Initiation II to Tyke prior to the December 31 deadline.

Tyke

The focus is to continue building on the fundamental skills from the Initiation I and Initiation II programs, introducing basic positioning and continuing with the team concept with the addition of formal games

- The Tyke level consists of practice time and formal games
- Games start the first weekend of December
- The Tyke level will be a Local League Program playing in the GBTLL. This requires the coaching staff to have proper certifications
- Tyke will play surrounding centres. This is to be organized by the Tyke Coordinator/Convenor and Ice Convenor
- The teams may enter tournaments, will travel in the local area and may play exhibition games
- Tournaments:
 - A team can only enter a maximum of two (2) Tournaments.
 - Tournaments cannot be entered into prior to December 1
 - In season multi-day tournaments will not be permitted
- All 7 years old players will automatically be placed in this group:
 - The preference is to start 7 year olds new to hockey at the Tyke level.
 - We try to avoid 7 year olds in Initiation II as they are moving onto Novice in the next year, but this may be a proper development path for some players who are new to the game and still developing fundamental skating skills.
 - While 7 year olds are permitted to join the Novice program, most players will benefit from the skill development focus of the Tyke program. Due to lack of players in the novice program, some players may be invited to join the Novice program as 7 year olds, but that decision must be supported by the parents and the coaches in both the Tyke and Novice program.

Teams & Level Sizes

Initiation I

- 24 Kids Max in Initiation I

Initiation II

- 28 Kids Max in Initiation II
- Cross-Ice games of 3 on 3 or 4 on 4
 - 4 players min per team
 - 7 players max per team
- May form 2 teams for tournament if necessary
- No dressed goalies. Use of shared goalie stick permitted.

Tyke

- 28 Kids Max in Tyke
- Cross-Ice games of 3 on 3:
 - 4 players min per team
 - 7 players max per team
- Full-Ice games of 5 on 5:
 - 11 players min per team
 - 15 players max per team
- Fully Dressed goalie for all games
- Tyke convenor will decide if 1 or 2 teams is needed based on number of registered players (see previous program level criteria). Capable players from Initiation II may be moved up to Tyke if necessary.

Practices

The content of practices must be derived from the Hockey Canada Initiation Program binder, information supplied in the coaches binder shared by past PMHA lead instructors, or other certified resources such as Hockey Canada skating videos.

It is expected that the lead instructors will plan their practices. Coaches are to keep in mind the following when it comes to practice time:

- Prepare and share a practice plan at least 24 hours prior to scheduled practice time
- Go over the plan and assign responsibilities prior to arriving at the rink

- Consider the coach to player ratios that are required to run drills effectively and adjust on the fly if necessary
- Proper ratio of players to coaches is 5:1 with ideal ratios being 3:1 or 4:1

Practice Formats

Initiation I

Initiation I will always share ice with either Initiation II or Tyke program. There is no need for full ice at this age.

- Practices should start out as 40 minutes and progress to 60 minutes by year end
- Begin with 5 minutes of free time at start of practice
- 10 minutes of half-ice skating from goal line to center line
 - At start of year, this may not be possible and teams may need to progress to this
 - Group activities that focus on standing on skates and basic stance may be used until players progress
- 3-4 stations of 4-5 minutes each
 - Stations focus on skating, passing and stickhandling
- Always finish with 5-10 minute half-ice fun game or activity
- As season progresses, break kids into 3-4 equal groups. Group kids by skill set. Use different color jerseys or stick tape to identify each group.

Initiation II

Initiation II will often share ice with either Initiation I or Tyke program. The Initiation I group and Initiation II group will run split ice practices with a divider at either the center red line or the blue line (giving Initiation II 50% or 67% of the ice). If Initiation II and Tyke are sharing the ice, it is up to the lead instructors to either run a mixed practice or to run separate half-ice practices (or some combination of the two).

- Introduce at least 1 new skill per practice
- Begin with 5 minutes of free time at start of practice
- 15 minutes of half-ice skating from goal line to center line
 - Drills used in half-ice skating should all be power skating drills emphasizing balance, edge works, starts/stops and forward/backward striding
- 4-5 stations of 4-5 minutes each
 - Stations focus on skating, passing, shooting, and stickhandling
 - At least 2 stations must focus on skating
- 10 minute fun game/activity
- Certified coaches run the stations with volunteers assisting
- Break kids into 4 or 5 equal groups. Group kids by skill set. Use different color jerseys or stick tape to identify each group
- Do not split into groups for stations by team
- No full-ice scrimmages

Tyke

Tyke will often have full ice for practices, but may also share with either Initiation I or Initiation II program. The Initiation I group and Tyke group will run split ice practices with a divider at either the center red line or the blue line (giving Initiation II 50% or 67% of the ice). If Initiation II and Tyke are sharing the ice, it is up to the lead instructors to either run a mixed practice or to run separate half-ice practices (or a combination of the two).

- Introduce at least 1 new skill per practice
- Begin with 5 minutes of free time at start of practice
- 15 minutes of full-ice skating
 - Drills used in full-ice skating should all be power skating drills emphasizing balance, edge works, starts/stops and forward/backward skating
- 4-5 stations of 4-5 minutes each
 - Stations focus on skating, passing, shooting, stickhandling, positioning, or individual tactics
 - At least 2 stations must focus on skating
- 10 minute fun game/activity
- Certified coaches run the stations with volunteers assisting
- Break kids into 4 or 5 equal groups. Group kids by skill set. Use different color jerseys or stick tape to identify each group
- Do not split into groups for stations by team
- No full-ice scrimmages

Ratio of Power Skating To Hockey Skills

All practices at the Initiation II and Tyke levels should for at least 50% of the time utilize drills that are teaching power skating fundamentals. This can include half-ice or full-ice skating drills, individual stations or fun games and activities. We strive for a 1:1 power skating to hockey skills ratio in practice.

Use of Small Area Games

All practices at all three levels should make use of fun small area games whenever possible. This is especially true in the stations where the kids attention can start to wane. These simple games can often make the difference between an engaged group of children and an unfocused group.



Player Development Pyramid

Technical Skills

The fundamentals skills that are required to play the game (skating, puck control, passing, shooting, and checking) or the fundamentals skills required to play the game that are combined with other technical skills. (eg. Skating forward while passing the puck or shooting on the move)

Individual Tactics

Action by one player using one or a combination of technical skills in order to create an advantage or take away the advantage of an opponent. (eg. head fakes or angling)

Small Group Tactics (Subset of Team Tactics)

A subsection of team tactics. An action of two or three players using individual tactics in order to create an advantage over or take away the advantage from an opponent. (eg. Defense to wing pass or give and go)

Applying The Player Development Pyramid

All drills, stations and games in Initiation I & II should focus on technical skills and individual tactics. Within the Tyke program, a small amount (< 10%) can additionally focus on small group tactics (a subset of team tactics).

At no point should Initiation or Tyke be practicing 5-on-5 scenarios or game situations.

Skill Development Sessions

Skill development sessions will be used to augment our existing practice schedules and provide additional ice time opportunities to our players. They will not take away time on ice from other age groups and will provide a tremendous opportunity for coaches to provide personalized instruction making them a great addition to our program.

Skills development sessions differ from traditional practices in a number of ways:

- SD sessions are delivered on 1/5th of the ice surface - barriers are placed on the hash marks to split the rink - while another team (or teams) performs a standard practice on the remaining 4/5th of the ice
- SD sessions are overseen by 2 or 3 coaches and involve only 6-8 players at a time offering a great coach to player ratio
- SD sessions are programmed to appropriately challenge the skill level of all the players involved and can include individualized programming that targets specific areas for improvement of the players

Small area/small group skills development has been growing in popularity among elite hockey programs and hockey training centers for years. It often costs upwards of \$40/hr per player to attend one of these specialized sessions. By offering this enhancement to our Initiation/Tyke program, we hope to be able to accelerate skill acquisition and development of our players and to be able to improve players specific weaknesses with 1 on 1 support.

Teams that have SD sessions on their schedule will work out a rotation among the players. A typical team of 14-16 would have two groups.. This means that every 2nd week, a player would receive an extra 1 hour of on-ice highly effective skill based training.

Practice Manuals

All lead instructors will receive the following from the Initiation/Tyke program coordinator:

- Hockey Canada Initiation Program binder
- Small Area Games booklet
- Recommended Practice Plans developed by PMHA

These resources are invaluable and will help guide lead instructors in planning their practices and choosing effective drills that have been proven successful.

Development Plans

All three levels of Initiation/Tyke will be provided a sample development plan that shows the skills to be taught during each 2 month segment of the season. This should be used to ensure

the age group's skill progression is on track and aid in the selection of drills and practice planning.

The development plans for the three levels can be found in the Appendix A to this document.

Games

Although practices are the focal point of this age group, games allow the players to test the skills they have been practicing in game situations and offer the ability to develop competitiveness, sportsmanship, camaraderie and teamwork.

Game Formats

Initiation I

There are no games for this level other than the last weekend of the year. These games will be played using the Initiation II - Cross-Ice Games format.

Initiation II - Cross-Ice Games

- There are no full-ice games for this level other than the last weekend of the year. These games will be played using the Tyke - Full-Ice Games format
- Cross-Ice games start the first weekend of December
- Informal Games:
 - No referees or timekeepers will be used
 - Coaches/Convenor will setup clock for line changes
 - Score will not be recorded
 - Coaches will be on the ice to guide kids and act as referee as needed
 - There are no offside or icing rules
 - Game time is determined by how much time is left in the practice
 - Each shift is 1:30 running time
 - Shifts will be 3 on 3, 4 on 4 or if necessary, 5 on 5
 - Games will be 24 minutes in length. Each team will have 2 lines or less.
 - The game starts with a faceoff in the middle of the rink and after that, there are no more faceoffs
 - After a goal or the goalie covers the puck, the offensive team must return to their half of the ice and "tag up" while the team that was scored on retrieves the puck and carries it up ice
 - Each team will use a player in net without equipment
 - Game will use a barrier system to create two games from the blueline in. The center ice will be used for players off-shift where they can either sit or skate around

- There will be no penalties

Tyke - Cross-Ice Games

- Games start the second week of the season and continue to the last weekend of November
- Informal Games:
 - No referees or timekeepers will be used
 - Coaches/Convenor will setup clock for line changes
 - Score will not be recorded
 - Coaches will be on the ice to guide kids and act as referee as needed
 - There are no offside or icing rules
 - Game time is determined by how much time is left in the practice
 - Games will be 24 minutes in length. Each shift is 1:30 running time.
 - Shifts will be 3 on 3, 4 on 4 or if necessary, 5 on 5
 - Each team will have 2 lines or less.
 - The game starts with a faceoff in the middle of the rink and after that, there are no more faceoffs
 - After a goal or the goalie covers the puck, the offensive team must return to their half of the ice and “tag up” while the team that was scored on retrieves the puck and carries it up ice
 - Goalies
 - Each team will use a player in net with full equipment
 - All players will be given the opportunity to be goalie
 - Game will use a barrier system to create two games from the blueline in. The center ice will be used for players off-shift where they can either sit or skate around
 - Penalties/Infractions
 - In the event of a teachable moment to show kids what can or cannot be done during a game, a penalty can be called
 - The player that was fouled will receive a penalty shot
 - All other players must line up behind the player taking the penalty shot and follow him/her towards the net
 - Once the shot is taken, the puck is live again and play continues

Tyke - Full-Ice Games

- Games start the first weekend of the season with teams competing in the GBTLL Tyke loop
- Formal games:
 - Timekeepers are required
 - Formal games sheets are required
 - NO Coaches on the ice during games
 - These games follow all requirements and rules set out by the OMHA

- All coaching staff MUST have the proper certification to be on the bench during a game and sign the game sheets
- Games are subject to curfews
- Game Structure
 - 3 periods of 10 minute stop time
 - 2 minute shifts
- Dressed goalies
 - The preference of PMHA is to have 1 or 2 goalies per team
 - It may be on a rotational basis between three or more players if there are no players interested in being goalie. All players must be given an opportunity to try the goalie position should they be interested.

Equal Ice Time

- Coaches must ensure that all players are being given an equal amount of ice time
- There is no short shifting or moving players in front of others
- Coaches are responsible to ensure this is followed
- Forwards and defense may be split to teach positional play. In this case, forwards should receive equal ice time to other forwards. Defense should receive equal ice time to other defensemen

Multiple Positions

- Coaches must ensure that all players are given the opportunity to try all forward and defense positions
- As the season progresses and players preference for forward/defense is determined, then coaches can use players in their preferred positions
- Coaches are responsible for keeping a tracking sheet to ensure everyone has equal opportunities to play center and everyone has played defense at some point during the year

Ratio of Practices To Games

The goal of the Tyke program is to achieve a ratio of 3:1 practice time to game time. During the first half of the year, this will be 3:1 practice time to cross-ice game time. In the second half, this will be 3:1 practice time to full-ice game time.

Ratio of Cross-Ice Games To Full-Ice Games

The goal of the Tyke program is to achieve a 1:1 ratio of cross-ice game to full-ice games. Since the GBTLL season is 14 games, that means we aim for about 14 games of cross-ice play as well.

Tournaments

Initiation I

The Initiation I group will not enter any tournaments or festivals. They will host a final event at the end of the year - a cross-ice "championship" game.

Initiation II

The Initiation II group will enter 1 half-ice tournament. All fees must be collected from parents or fundraised. They will host a final event at the end of the year - a full-ice "championship" game.

Tyke

The tyke group will enter up to 2 tournaments. These tournaments must take place after December 1st and the Tyke teams will not be permitted to enter a multi-day tournament during the GBTLL season. All entry fees must be collected from parents or fundraised.

Evaluations

The Initiation/Tyke program will evaluate players for leveling as follows:

- 4 year olds are not evaluated
 - They will automatically be placed on the Initiation I program.
- 5 year olds are evaluated as a single group
 - this group will be evaluated in one session at the first Initiation I practice for possible placement in Initiation II
- 6 year olds are evaluated as a single group
 - this group will be evaluated in one session at the first Initiation II practice for possible placement in Tyke
- 7 year olds are not evaluated

TODO: DESCRIBE EVALUATION PROCESS AND CHECKLIST

On November 15th, the Tyke teams will be selected by the Initiation/Tyke convenor to create equal teams for their upcoming seasons.

No special requests for team assignments will be considered other than to align the kids of the head coach, assistant coach, and trainer with their own teams.

Re-Evaluations

If a player is unable to attend the evaluation session, they will be re-evaluated in the subsequent practice to determine their appropriate leveling.

Player Movement

Players will be allowed to move between Initiation I, Initiation II and Tyke to find the proper leveling for the player as their skills progress through the year.

Standard Player Movement

For player movements between Initiation I, Initiation II and Tyke, agreement between the coach(es), convenor and parent(s) is required to approve player movements. Player movements have to have parental agreement when moving players to a higher level. If a parent chooses not to have their child move up, the next rated player may move up, if they are of the appropriate skill set.

Player assignment and movement will be based solely on the evaluation process at the start of each hockey season and the coaches and convenor evaluation of the progression and development of a player during the beginning portion of the season. The goal of the program is to place a player at a level that is in their best interest and will most aid their development. It is the responsibility of the convenor and coaches to make this assessment.

Player movement between Initiation I and Initiation II may take place up until December 31st. Player movement between Initiation II and Tyke may take place up until November 15th. The goal of the program is to allow player movement more easily within the Initiation and Tyke program, upwards or downwards as the season unfolds. This allows for corrections should a player be placed at the wrong level at the start of the season.

A player may only be moved once during a season (after the start of the season and the initial placement). A second player movement will not be allowed for any reason.

Player movement after the initial placement may be considered at the request of a parent/guardian, an Instructor, or a Convenor. All requests must be submitted to the Convenor no later than 7 days prior to the cut off for player movement described above. The appropriate Convenor, after consultation with the Player, Parents and Instructor will make a determination on whether or not the player movement requested will be granted. Additional evaluations of the player in question may also be conducted to determine if the move will be granted.

While parents have the right to request that their child is moved up to a level above their age grouping, there is no guarantee that the association will grant their request. A parent/player that does not want to accept the Convener decision on the player movement must make a request in writing to the PMHA board of directors. This request must be sent to the board within one week of being informed by the Convener of the decision of the player movement. It shall take a 70% majority vote of the board of directors to overturn the Convener's decision on the player movement.

PMHA reserves the right to deny a parent's request to move a player up if they do not have the skill set that is required to allow the player to develop at the higher level – this is based on the evaluation of the player's skill set.

4-Year Old Exceptional Player Movement

Only exceptional 4 year olds can move up to Initiation II level. Exceptional is defined as a player who is above the skill set of his/her peers and will gain no benefit from participating at the level designed for their age.

5-Year Old Exceptional Player Movement

Only exceptional 5 year olds can move up to Tyke. Exceptional is defined as a player who is above the skill set of his/her peers and will gain no benefit from participating at the level designed for their age.

6-Year Old Exceptional Player Movement

Only exceptional 6 year olds can move up to Novice. Exceptional is defined as a player who is above the skill set of his/her peers and will gain no benefit from participating at the level designed for their age.

Registration

All players that will be ages 4 and 5 (as of December 31st of the current season) must register for Initiation I. All players that will be age 6 (as of December 31st of the current season) must register for Initiation II. All players that will be age 7 (as of December 31st of the current season) must register for Tyke.

- Any 4 or 5 year old that signs up for Initiation I but is moved up to Initiation II during the initial placement process will be required to make an additional payment to PMHA for the difference between Initiation I and Initiation II fees by October 31st.

- Any 6 year old that signs up for Initiation II but is moved up to Tyke during the initial placement process will be required to make an additional payment to PMHA for the difference between Initiation II and Tyke fees by October 31st.
- Any 7 year old that signs up for Tyke but is moved up to Novice during the initial placement process will be required to make an additional payment to PMHA for the difference between Tyke and Novice fees (if any). The player will not be allowed to join the novice team until such payment is made.
- Any player changing levels after the initial placement period will pay the following additional fees:
 - Initiation I to Initiation II: \$150
 - Initiation II to Tyke: \$75
 - Players are also required to contribute to any team fees being collected

Registration Fees

- Initiation I - \$250
- Initiation 2 - \$475
- Tyke - \$550

Coaching Requirements

The most important requirement for all of our coaches is to remember and focus on what is important to the players and the program. Everyone, including parents, need to keep in mind the goals and objectives of the PMHA Initiation/Tyke Program. All coaches and on-ice volunteers are responsible to ensure that that they understand and follow these goals and objectives.

On-Ice Instructors

All on-ice instructors must be CHIP certified (either Level I or Level II), have completed their Respect In Sport - Activity Leader training and have a valid police check.

Only the coaches, trainers and managers that are registered on an official roster through PMHA are to be on the bench during official OMHA games.

On-Ice Volunteers

All on-ice must have completed their Respect In Sport - Activity Leader training and have a valid police check.

Instructor Numbers

- 3 Lead Instructors (Initiation I, Initiation II, Tyke)

- 3:1 or 4:1 ratio of kids to On-Ice Volunteers
- Each Initiation II Team requires:
 - 1 certified Head Coach (Level I)
 - 1 certified Assistant Coach (Level I)
 - 1 certified Trainer
 - 1 Team Manager
- Each Tyke Team requires:
 - 1 certified Head Coach (Level II)
 - 1 certified Assistant Coach (Level II)
 - 1 certified Trainer
 - 1 Team Manager

Equipment Requirements

Additional On-Ice Equipment

Practices are meant to teach the kids hockey skills in a fun and engaging way. The use of props or additional on-ice equipment can help facilitate the development of these skills and enhance on-ice stations and drills. The following are available for coaches:

- Soccer Balls
- Tennis Balls
- Ringette Rings
- Colored Markers
- Broken/Cut Down Hockey Sticks
- Tires or other Round objects
- Attack Triangle and Stickhandling obstacles
- Mini-Nets
- Small Pylons & Large Pylons
- Rink dividers
- Extra Hockey Nets

Blue Puck Policy

All Initiation and Tyke practices and games shall make use of the lightweight blue puck. No use of black pucks is permitted.

Ice Time Requirements

The Initiation & Tyke program will make use of 4 ice time slots:

- Friday Nights at 5:00 to 6:00 (1 hour)
- Saturday Mornings at 7:00 to 8:30 (1.5 hours)

- Saturday Afternoons at 11:55 to 12:55 (1 hour)
- Sunday Afternoons at 2:00 to 3:00 (1 hour)

We will maximize the ice time for all participants through the use of:

- Split ice practices with multiple levels on the ice at the same time
- Shared ice practices with all players for the same level practicing together
- Running mixed practice/game sessions especially during the 1.5 hour Sat. morning time slot
- Introducing skill development sessions that let a small group use 1/5th of the ice for small area instruction while another team runs their normal practice on the other 4/5ths of the ice

Phase I (12 Weeks until Dec 1st)

Initiation I

- 1 session of 60 minutes = 1 hour/wk
- Practices Only

Initiation II

- 2 sessions of 60 minutes = 1 hour/wk
- Practice Only

Tyke

- 2 sessions of 60 and 90 minutes respectively = 2.5 hrs/wk
- Practices & 3-on-3 Cross Ice Games

Phase II (14 Weeks after Dec 1st)

Initiation I

- 1 session of 60 minutes = 1 hour/wk
- Practices Only

Initiation II

- An average of 2 hours per week (may be accomplished by 1.5 hours one week followed by 2.5 hours the next week)
- Practices & 3-on-3 Cross Ice Games

Tyke

- An average of 1.5 hours per week of practice (may be accomplished by 1 hour one week followed by 2 hours the next week)
- An average of 1 game per week
- Practices & Full-Ice Games

Total Ice Time

Initiation I

- 20-25 Hours
- Avg. 1 hour per week
- Ice Time Breakdown
 - 0% Games
 - 100% Practice

Initiation II

- 50-60 Hours
- Avg. 2 hours per week
- Ice Time Breakdown
 - ~15% Cross-Ice Games
 - ~85% Practice

Tyke

- 65-80 Hours
- Avg. 2.5 hour per week
- Ice Time Breakdown
 - ~20% Full-Ice Games
 - ~10% Cross-Ice Games
 - ~70% Practice

Schedules

See Appendix B for schedules for two scenarios: 1 Tyke Team or 2 Tyke Teams

Provisions For Tyke Team Size

Tyke Group of 15 Players

If the Tyke group has 15 players or less, one team shall be formed.

Tyke Group of 16-20 Players

If the Tyke group has 16-20 players, it is recommended that one team shall be formed. This team will operate by dressing 12-14 players per game. Each player will play in approximately 10-11 games instead of the usual 14. This maximizes the ice time for group as a whole as there is not enough players to form two full teams.

An alternative approach is to promote players from the Initiation II group to the Tyke level to fill in the remaining roster spots.

This decision is up to the Tyke Convenor in consultation with the Tyke coaches and the parents of each level impacted.

Tyke Group of 21-28 Players

If the Tyke group has 21-28 players, two teams will be formed. Each team will be formed of equally skilled players and have separate coaching staffs.

Evaluating Program Success

Survey

Two surveys will be conducted at the end of the season:

- Bench Staff Survey - questions will focus on program outline/structure and support received from convenor and mentors
- Parent/Player Survey - questions will focus on program delivery/execution

Key Performance Indicators

The following KPIs will be tracked and recorded for historical purposes as well:

- Net Promoter Score - used to quantify the satisfaction level of the parents/players
- Total Time on Ice - compared with PMHA targets and Hockey Canada recommendations
- Practice to Game Ratio - compared with PMHA targets and Hockey Canada recommendations
- On-Ice Volunteer to player ratios - compared with PMHA targets

Appendix A

Development Plans

Initiation I

Phase I(Sept/Oct)	Phase II(Nov/Dec)	Phase III(Jan/Feb)	Stretch Goals
<p><u>Balance & Agility</u></p> <ul style="list-style-type: none"> ▶ Hockey Stance ▶ Getting up ▶ Gliding <p><u>Forward Skating</u></p> <ul style="list-style-type: none"> ▶ Forward Striding <p><u>Turning & Edges</u></p> <ul style="list-style-type: none"> ▶ Glide Turns ▶ 360s <p><u>Stopping</u></p> <ul style="list-style-type: none"> ▶ Snowplow 	<p><u>Balance & Agility</u></p> <ul style="list-style-type: none"> ▶ Balance on one foot ▶ Knee touches <p><u>Forward Skating</u></p> <ul style="list-style-type: none"> ▶ T-Starts/One leg pushes <p><u>Backwards Skating</u></p> <ul style="list-style-type: none"> ▶ Gliding <p><u>Turning & Edges</u></p> <ul style="list-style-type: none"> ▶ Tight Turns <p><u>Stopping</u></p> <ul style="list-style-type: none"> ▶ 1/11 O'Clock Stops <p><u>Puck Control</u></p> <ul style="list-style-type: none"> ▶ Stationary Stick Handling <p><u>Passing</u></p> <ul style="list-style-type: none"> ▶ Stationary forehand <p><u>Shooting</u></p> <ul style="list-style-type: none"> ▶ Sweep Shots 	<p><u>Backwards Skating</u></p> <ul style="list-style-type: none"> ▶ C-Cuts <p><u>Turning & Edges</u></p> <ul style="list-style-type: none"> ▶ Sculling <p><u>Stopping</u></p> <ul style="list-style-type: none"> ▶ One Foot Stop ▶ Two Foot (Hockey) Stop <p><u>Puck Control</u></p> <ul style="list-style-type: none"> ▶ Moving Side-Front-Side <p><u>Shooting</u></p> <ul style="list-style-type: none"> ▶ Forehand (wrist) 	<p><u>Passing</u></p> <ul style="list-style-type: none"> ▶ Moving forehand <p><u>Turning & Edges</u></p> <ul style="list-style-type: none"> ▶ Pivot to Fwd/Bwd <p><u>Puck Control</u></p> <ul style="list-style-type: none"> ▶ Open Ice Carry ▶ Weaving

Initiation II

Phase I(Sept/Oct)	Phase II(Nov/Dec)	Phase III(Jan/Feb)	Stretch Goals
<p><u>Balance & Agility</u></p> <ul style="list-style-type: none"> ▶ Hockey Stance ▶ Getting up ▶ Balance on one foot ▶ Gliding <p><u>Forward Skating</u></p> <ul style="list-style-type: none"> ▶ Forward Striding <p><u>Backwards Skating</u></p> <ul style="list-style-type: none"> ▶ Gliding <p><u>Turning & Edges</u></p> <ul style="list-style-type: none"> ▶ Glide Turns ▶ Tight Turns ▶ 360s <p><u>Stopping</u></p> <ul style="list-style-type: none"> ▶ Snowplow ▶ 1/11 O’Clock Stops <p><u>Puck Control</u></p> <ul style="list-style-type: none"> ▶ Stationary Stick Handling <p><u>Passing</u></p> <ul style="list-style-type: none"> ▶ Stationary forehand <p><u>Shooting</u></p> <ul style="list-style-type: none"> ▶ Sweep Shots 	<p><u>Forward Skating</u></p> <ul style="list-style-type: none"> ▶ T-Starts/One leg pushes <p><u>Backwards Skating</u></p> <ul style="list-style-type: none"> ▶ C-Cuts <p><u>Turning & Edges</u></p> <ul style="list-style-type: none"> ▶ Pivot to Fwd/Bwd ▶ Inside & Outside Edges ▶ Sculling <p><u>Stopping</u></p> <ul style="list-style-type: none"> ▶ One Foot Stop ▶ Two Foot (Hockey) Stop <p><u>Puck Control</u></p> <ul style="list-style-type: none"> ▶ Open Ice Carry ▶ Moving Side-Front-Side ▶ Weaving <p><u>Shooting</u></p> <ul style="list-style-type: none"> ▶ Forehand (flip) ▶ Forehand (wrist) 	<p><u>Balance & Agility</u></p> <ul style="list-style-type: none"> ▶ Lateral Crossovers <p><u>Forward Skating</u></p> <ul style="list-style-type: none"> ▶ V-Starts <p><u>Turning & Edges</u></p> <ul style="list-style-type: none"> ▶ Crossovers - Forward <p><u>Passing</u></p> <ul style="list-style-type: none"> ▶ Moving forehand pass ▶ Stationary backhand <p><u>Shooting</u></p> <ul style="list-style-type: none"> ▶ Backhand <p><u>Individual Tactics</u></p> <ul style="list-style-type: none"> ▶ Stick Checks ▶ Puck retrieval 	<p><u>Backwards Skating</u></p> <ul style="list-style-type: none"> ▶ Two-Foot Stop ▶ Circles <p><u>Puck Control</u></p> <ul style="list-style-type: none"> ▶ Puck In Feet <p><u>Stopping</u></p> <ul style="list-style-type: none"> ▶ Wide Leg Stop ▶ Crossover start <p><u>Passing</u></p> <ul style="list-style-type: none"> ▶ Moving backhand pass ▶ Lead pass <p><u>Shooting</u></p> <ul style="list-style-type: none"> ▶ In motion (wrist) ▶ In motion (backhand)

Tyke

Phase I(Sept/Oct)	Phase II(Nov/Dec)	Phase III(Jan/Feb)	Stretch Goals
<p><u>Balance & Agility</u></p> <ul style="list-style-type: none"> ▶ Hockey Stance ▶ Getting up ▶ Balance on one foot ▶ Gliding <p><u>Forward Skating</u></p> <ul style="list-style-type: none"> ▶ Forward Striding ▶ T-Starts/One leg pushes <p><u>Backwards Skating</u></p> <ul style="list-style-type: none"> ▶ Gliding ▶ C-Cuts <p><u>Turning & Edges</u></p> <ul style="list-style-type: none"> ▶ Glide Turns ▶ Tight Turns ▶ 360s ▶ Pivot to Fwd/Bwd ▶ Sculling <p><u>Stopping</u></p> <ul style="list-style-type: none"> ▶ Snowplow ▶ 1/11 O'Clock Stops ▶ One Foot Stop ▶ Two Foot (Hockey) Stop <p><u>Puck Control</u></p> <ul style="list-style-type: none"> ▶ Stationary Stick Handling ▶ Open Ice Carry ▶ Moving Side-Front-Side ▶ Weaving <p><u>Passing</u></p> <ul style="list-style-type: none"> ▶ Stationary forehand <p><u>Shooting</u></p> <ul style="list-style-type: none"> ▶ Sweep Shots ▶ Forehand (flip) ▶ Forehand (wrist) 	<p><u>Balance & Agility</u></p> <ul style="list-style-type: none"> ▶ Lateral Crossovers <p><u>Forward Skating</u></p> <ul style="list-style-type: none"> ▶ V-Starts <p><u>Backwards Skating</u></p> <ul style="list-style-type: none"> ▶ Two-Foot Stop <p><u>Turning & Edges</u></p> <ul style="list-style-type: none"> ▶ Crossovers - Forward ▶ Inside & Outside Edges <p><u>Stopping</u></p> <ul style="list-style-type: none"> ▶ Wide Leg Stop ▶ Crossover start <p><u>Passing</u></p> <ul style="list-style-type: none"> ▶ Moving forehand pass ▶ Stationary backhand <p><u>Shooting</u></p> <ul style="list-style-type: none"> ▶ Backhand <p><u>Individual Tactics</u></p> <ul style="list-style-type: none"> ▶ Stick Checks ▶ Puck retrieval <p><u>Team Tactics</u></p> <ul style="list-style-type: none"> ▶ Rules ▶ Positions/Roles 	<p><u>Backwards Skating</u></p> <ul style="list-style-type: none"> ▶ Circles <p><u>Puck Control</u></p> <ul style="list-style-type: none"> ▶ Puck In Feet <p><u>Passing</u></p> <ul style="list-style-type: none"> ▶ Moving backhand pass ▶ Lead pass ▶ Bank Pass <p><u>Shooting</u></p> <ul style="list-style-type: none"> ▶ In motion (wrist) ▶ In motion (backhand) <p><u>Individual Tactics</u></p> <ul style="list-style-type: none"> ▶ Body Position ▶ Fakes <p><u>Team Tactics</u></p> <ul style="list-style-type: none"> ▶ Headman ▶ Net drive ▶ Give and go ▶ Wrap Around/Pass In Front 	<p><u>Backwards Skating</u></p> <ul style="list-style-type: none"> ▶ Crossover start <p><u>Turning & Edges</u></p> <ul style="list-style-type: none"> ▶ Crossovers - Backward <p><u>Individual Tactics</u></p> <ul style="list-style-type: none"> ▶ Angling <p><u>Puck Control</u></p> <ul style="list-style-type: none"> ▶ Toe-Drag <p><u>Team Tactics</u></p> <ul style="list-style-type: none"> ▶ Ring Around Wall

Appendix B

This ice time schedule assumes a perfect balance for the Tyke schedule and no days off for tournaments, special events, weather, etc... The actual schedule will differ from these ice time allotments, but reviewing the ideal scenario should provide a guide estimate to what the season will look like.

Ice Scheduling Rules

- Goal is to achieve average per week of 1 hour for Initiation I, 2 hours for Initiation II, and 2.5 hours for Tyke.
- Whenever possible use shared or split ice to maximize the amount of ice for all participants
- Use odd/even weeks to achieve averages if necessary (ie. Week 1 total of 1.5 hours and Week 2 total of 2.5 hours works out to weekly average of 2 hours)
- Initiation I shall always have 1 hour each week regardless of other schedule modifications. Other levels are not guaranteed to always hit their goals each week.
- Every level should have at least 1 hour on ice per week
- Initiation I shall always be on Saturday unless no Saturday ice is available
- Tyke shall primarily play home games on Saturday at 11:55am
- Initiation II shall have at least 4 full-ice sessions on Saturday at 11:55am or Sunday at 2pm after Dec. 1 for running shared practices/games with other centers
- Any 2 levels (Initiation I, Initiation II or Tyke) can share or split ice
- Tyke should have 2 practices and 1 cross-ice game per week during the first half of the season
- Tyke should have 1.5 practices and 1 full-ice game per week during the second half of the season
- If two tyke teams, then one team should play a home game on the same day as the other plays an away game (if possible)

Scenario 1: One Tyke Team

Team By Team Summary

Initiation I
Week 1 - 12
Sat. 11:55am (1 hour) - Shared practice w/ Initiation II
Total: 1 hour

Week 13 - 26	
Schedule A (Odd Weeks)	Schedule B (Even Weeks)
Sat. 7:00am (1 hour) - Shared practice w/ Initiation II	Sat. 7:00am (1 hour) - Practice (SD - Tyke)
Total: 1 hour	Total: 1 hour

Initiation II

Week 1 - 12

Sat. 11:55am (1 hour) - Shared practice w/ Initiation I Sun. 2:00pm (1 hour) - Practice (SD - Tyke)
Total: 2 hours
+ Fri 5:00pm (1 hour) - Skills development

Week 13 - 26

Schedule A (Odd Weeks)	Schedule B (Even Weeks)
Fri. 5:00pm (1 hour) - Shared practice w/ Tyke Sat. 7:00am (1 hour) - Shared practice w/ Initiation I Sat. 8:00am (½ hour) - Cross-ice game	Fri. 5:00pm (1 hour) - Shared practice w/ Tyke Sat. 11:55am (½ hour) - Practice Sat. 12:25am (½ hour) - Cross-ice game
Total: 2.5 hours	Total: 2 hours
+ Sun 2:00pm (1 hour) - Skills development	+ Sun 2:00pm (1 hour) - Skills development

Tyke

Week 1 - 12

Fri. 5:00pm (1 hour) - Practice (SD - Initiation II) Sat. 7:00am (1 hour) - Practice Sat. 8:00am (½ hour) - Cross-ice game
Total: 2.5 hours
+ Sun. 2:00pm (1 hour) - Skills development

Week 13 - 26

Schedule A (Odd Weeks)	Schedule B (Even Weeks)
Fri. 5:00pm (1 hour) - Shared practice w/ Initiation II Sat. 11:55am (1 hour) - Home game Sun. 2:00pm (1 hour) - Practice (SD - Initiation II)	Fri. 5:00pm (1 hour) - Shared practice w/ Initiation II Sat. (1 hour) - Away game Sun. 2:00pm (1 hour) - Practice (SD - Initiation II)
Total: 3 hours	Total: 3 hours

	+ Sat. 7:00am (1.5 hour) - Skills development
--	--

Weekly Averages

	Week 1 - 12	Week 13 - 26
Initiation I	Practice - 1 hour	Practice - 1 hour
Initiation II	Practice - 2 hours Skill Dev. - 1 hour	Practice - 1.75 hours Cross Ice Game - 0.5 hours Skill Dev. - 1 hour
Tyke	Practice - 2 hours Cross Ice Game - 0.5 hours Skill Dev. - 1 hour	Practice - 2 hours League Game - 1 hour Skill Dev. - .75 hours

Total Time On Ice

Level	Practice	Cross-Ice Game	Home Game	Away Game	Total
Initiation I	26	0	0	0	26
Initiation II	48.5	7	0	0	55.5
Tyke	52	6	7	7	72

Level	Skill Dev.
Initiation I	N/A
Initiation II	up to 26 hours
Tyke	up to 22.5 hours

Ice Time Breakdown

Friday 5:00pm to 6:00pm (1 hour)
Week 1 - 12 - Practice w/ Tyke (SD - Initiation II) Week 13 - 26 - Shared practice w/ Tyke & Initiation II

Saturday 7:00am to 8:30am (1.5 hours)
Week 1 - 12 - Practice w/ Tyke (1 hour); Cross-ice game w/ Tyke (½ hour) Week 13 - 26 (Odd Weeks) - Shared practice w/ Initiation I & Initiation II (1 hour); Cross-ice game w/ Initiation II (½ hour) Week 13 - 26 (Even Weeks) - Practice w/ Initiation I (1 hour); (SD - Tyke)
Saturday 11:55pm to 12:55pm (1 hour)
Week 1 - 12 - Shared practice w/ Initiation I & Initiation II Week 13 - 26 (Odd Weeks) - Home game - Tyke Week 13 - 26 (Even Weeks) - Practice w/ Initiation II (½ hour); Cross-ice game w/ Initiation II (½ hour)
Sunday 2:00pm to 3:00pm (1 hour)
Week 1 - 12 - Practice w/ Initiation II (SD - Tyke) Week 13 - 26 - Practice (SD - Initiation II)

Scenario 2: Two Tyke Teams

Team By Team Summary

Initiation I
Week 1 - 12
Sat. 11:55am (1 hour) - Shared practice w/ Initiation II Total: 1 hour
Week 13 - 26
Sat. 7:00am (1 hour) - Shared practice w/ Initiation II Total: 1 hour

Initiation II	
Week 1 - 12	
Sat. 11:55am (1 hour) - Shared practice w/ Initiation II Sun. 2:00pm (1 hour) - Practice Total: 2 hours	
Week 13 - 26	
Schedule A (Odd Weeks)	Schedule B (Even Weeks)
Sat. 7:00am (1 hour) - Shared practice w/ Initiation I	Sat. 7:00am (1 hour) - Shared practice w/ Initiation I

Sat. 8:00am (½ hour) - Cross-ice game Sun. 2:00pm (1 hour) - Practice Total: 2.5 hours	Sat. 8:00am (½ hour) - Cross-ice game Total: 1.5 hours
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Tyke #1 & Tyke #2	
Week 1 - 12	
Fri. 5:00pm (1 hour) - Shared practice w/ Tyke #1 & Tyke #2 Sat. 7:00am (1 hour) - Shared practice w/ Tyke #1 & Tyke #2 Sat. 8:00am (½ hour) - Cross-ice game w/ Tyke #1 & Tyke #2 Total: 2.5 hours each + Sun. 2:00pm (1 hour) - Skills development	
Week 13 - 26	
Schedule A (Odd Weeks)	Schedule B (Even Weeks)
Fri. 5:00pm (1 hour) - Shared practice w/ Tyke #1 & Tyke #2 Sat. 11:55am (1 hour) - Home game - Tyke #1 Sat. (1 hour) - Away game - Tyke #2 Total: 2 hours each + Sun. 2:00pm (1 hour) - Skills development	Fri. 5:00pm (1 hour) - Shared practice w/ Tyke #1 & Tyke #2 Sat. 11:55am (1 hour) - Home game - Tyke #2 Sat. (1 hour) - Away game - Tyke #1 Sun. 2:00pm (1 hour) - Shared practice w/ Tyke #1 & Tyke #2 Total: 3 hours each

Weekly Averages

	Week 1 - 12	Week 13 - 26
Initiation I	Practice - 1 hour	Practice - 1 hour
Initiation II	Practice - 2 hours Skill Dev. - 1 hour	Practice - 1.5 hours Cross Ice Game - 0.5 hours
Tyke #1	Practice - 2 hours Cross Ice Game - 0.5 hours Skill Dev. - 0.5 hours	Practice - 1.5 hours League Game - 1 hour Skill Dev. - .25 hours
Tyke #2	Practice - 2 hours Cross Ice Game - 0.5 hours Skill Dev. - 0.5 hours	Practice - 1.5 hours League Game - 1 hour Skill Dev. - .25 hours

Totals

Level	Practice	Cross-Ice Game	Home Game	Away Game	Total
Initiation I	26	0	0	0	26
Initiation II	45	7	0	0	52
Tyke #1	45	6	7	7	65
Tyke #2	45	6	7	7	65

Level	Skill Dev.
Initiation I	N/A
Initiation II	None
Tyke #1	up to 9.5 hours
Tyke #2	up to 9.5 hours

Ice Time Breakdown

Friday 5:00pm to 6:00pm (1 hour)
Week 1 - 12 - Shared practice w/ Tyke #1 & Tyke #2 Week 13 - 26 - Shared practice w/ Tyke #1 & Tyke #2
Saturday 7:00am to 8:30am (1.5 hours)
Week 1 - 12 - Shared practice w/ Tyke #1 & Tyke #2 (1 hour); Cross-ice game w/ Tyke #1 & Tyke #2 (½ hour) Week 13 - 26 - Shared practice w/ Initiation I & Initiation II (1 hour); Cross-ice game w/ Initiation II (½ hour)
Saturday 11:55pm to 12:55pm (1 hour)
Week 1 - 12 - Shared practice w/ Initiation I & Initiation II (1 hour) Week 13 - 26 - Home game w/ Tyke #1 or Tyke #2
Sunday 2:00pm to 3:00pm (1 hour)
Week 1 - 12 - Practice w/ Initiation II (SD - Tyke) Week 13 - 26 (Odd Weeks) - Practice w/ Initiation II (SD - Tyke) Week 13 - 26 (Even Weeks) - Shared practice w/ Tyke #1 & Tyke #2

Appendix C

References

- Caledonia Minor Hockey Tyke Program (2016-2017)
https://caledoniathunder.ca/Public/Documents/CDMHA%20Documents/CDMHA_Tyke_Program_2016-2017.pdf
- Hockey Canada Initiation Program
<http://www.hockeycanada.ca/en-ca/Hockey-Programs/Coaching/Initiation>
- Hockey Canada Initiation Long Term Player Development
http://cdn.agilitycms.com/hockey-canada/Hockey-Programs/Coaching/Initiation-Program/Downloads/initiation_ltpd_2013_e.pdf

Resources & Tools

- Hockey Canada Drill Hub
<http://www.hockeycanada.ca/en-ca/Hockey-Programs/Drill-Hub/Practice-Plans>
- Hockey Share <https://www.hockeyshare.com>
- How To Hockey <http://howtohockey.com/>
- How To Hockey Fundamentals of Skating Online Video Series
<https://www.youtube.com/playlist?list=PL4c2AB6d-p9b-aGt4mCQRMmr9JnoYpewi>
- Hockey Canada Skills of Gold - Skating https://www.youtube.com/watch?v=iQ_5_ni8l8M
- ProSmart Hockey Learning System <http://www.prosmartsports.com/>