



HOCKEY CALGARY
EVERYONE'S
GAME

THROUGH OUR MEMBERSHIP, WE PROMOTE

ACCESS

DEVELOPMENT

FUN

**LIFE
SKILLS**

SAFETY

INCLUSIVITY





HOCKEY CALGARY MANDATE

**PROVIDE A POSITIVE YOUTH SPORTING EXPERIENCE
THROUGH HOCKEY BY ENGAGING AND LEADING OUR
VOLUNTEER DRIVEN MEMBERSHIP**



CONSISTENCY

FUN

ACCOUNTABILITY

INCLUSIVE

HOCKEY CALGARY

CORE VALUES

COLLABORATIVE

RESPECT

SPORTSMANSHIP

SAFETY

HOCKEY CALGARY STRATEGIES



**GROW THE
GAME**



**ENHANCE
COMMUNICATION**



**ELEVATE
EXPERIENCE**



**STRENGTHEN
PARTNERSHIPS**

WHO WE ARE

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HOCKEY CALGARY

INTRO TO HOCKEY COACH MEETING



WHAT IS INTRO TO HOCKEY?

Hockey Canada's programming model for 5–8-year-olds.

- Teach the basic skills of hockey so players can enjoy the game
- Assist in the development and enhancement of physical literacy and basic motor patterns
- Deliver a program that is age appropriate for the size, skill and age of the players,
- Encourage the aspects of fitness, fair play and co-operation while having fun playing the game
- Core skills: skating, puck control, passing, shooting
- Preparing for future success + skill growth and confidence

BENEFITS OF CROSS/HALF ICE PROGRAMMING

**EMPHASIS ON
SKATING SKILLS
AGILITY, BALANCE,
COORDINATION
AND QUICKNESS**

**MORE PUCK
BATTLES**

**REINFORCE
FUNDAMENTALS
SKATING, PUCK
CONTROL, PASSING
AND SHOOTING**

**PREPARATION FOR
PROPER USE OF
BODY CONTACT AND
CHECKING SKILLS**

**INCREASED
FREQUENCY OF
MAKING HOCKEY
DECISIONS**

**IMPROVED ICE
AWARENESS AND
HOCKEY SENSE**

BENEFITS OF CROSS/HALF ICE PROGRAMMING

ICE TIME

2½X CROSS-ICE 00:24
FULL ICE 00:11

PUCK TOUCHES

2X CROSS-ICE 
FULL ICE 

SHOT ATTEMPTS

6X CROSS-ICE 
FULL ICE 

PASS ATTEMPTS

2X CROSS-ICE 
FULL ICE 

SHOTS ON GOAL

3X CROSS-ICE 
FULL ICE 

PASSES RECEIVED

5X CROSS-ICE 
FULL ICE 

GOALIE DEVELOPMENT

2X CROSS-ICE 
FULL ICE 

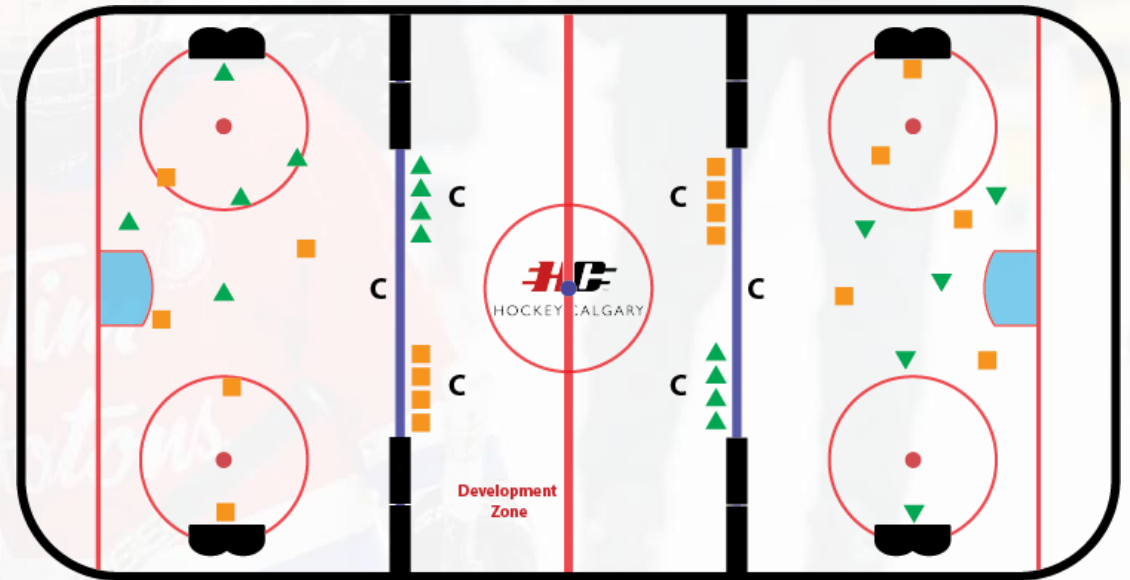


U7

GAME PLAY & STRUCTURE

U7 GAME PLAY

- Split squad in a Cross-Ice Format (board to board, blueline down)
- Two 24-minute halves
- 4v4 plus 2 'acting goalies' (no goalie equipment)
 - Acting goalie rotates to be player for next shift or can be used for 12 minutes (half of a half)
- Continuous play – 1 faceoff to start each half
- 2 min shifts – change on the buzzer
- Tag up rule in effect
- Change of possession
 - Goals, puck out of play, etc.
- Bumpers on the blue line – players rest on bumpers
- Blue pucks
- No officials
- No score
- Game sheets are not necessary, but all games need to be sanctioned



U7 JR. TIMBITS

SEASONAL STRUCTURE

- Jr Timbits – Generally 1st Year Players
- Informal games until November 28th
- **Game maximum for U7 Jr Timbits is 16** ‘formal modified’ games up until February 22 and **20 total** ‘formal-modified games from September to March
 - This includes **8 Hockey Calgary scheduled games**, and any additional exhibition and tournament games. **NO EXCEPTIONS**
 - **2 Tournament/Jamboree maximum for U7 Jr Timbits** (HC Jamboree Excluded)
 - Only 1 tournament/Jamboree can be **out of town***

U7 Jr. Timbits - Age 5 (2020 born)								
Prep. Evaluation, Development Phase			Game Play Phase			End of Season Phase		
Sept 8 - Nov 27			Nov 28 - Feb 22			Feb 23 - Mar 31		
12 Weeks	16-22 Practices	0 Games	12 Weeks	16-22 Practices	10-12 Games	5 Weeks	2-4 Practices	4-6 Games
Total Practices: 40-50 Total Cross-Ice Games: 16 game max up until Feb 22 20 game max season total (Sept-March)								
Maximum 2 Tournaments/Jamborees (excluding HC Jamboree) Only 1 Tournaments/Jamboree can be out-of-town**								

U7 SR. TIMBITS SEASONAL STRUCTURE

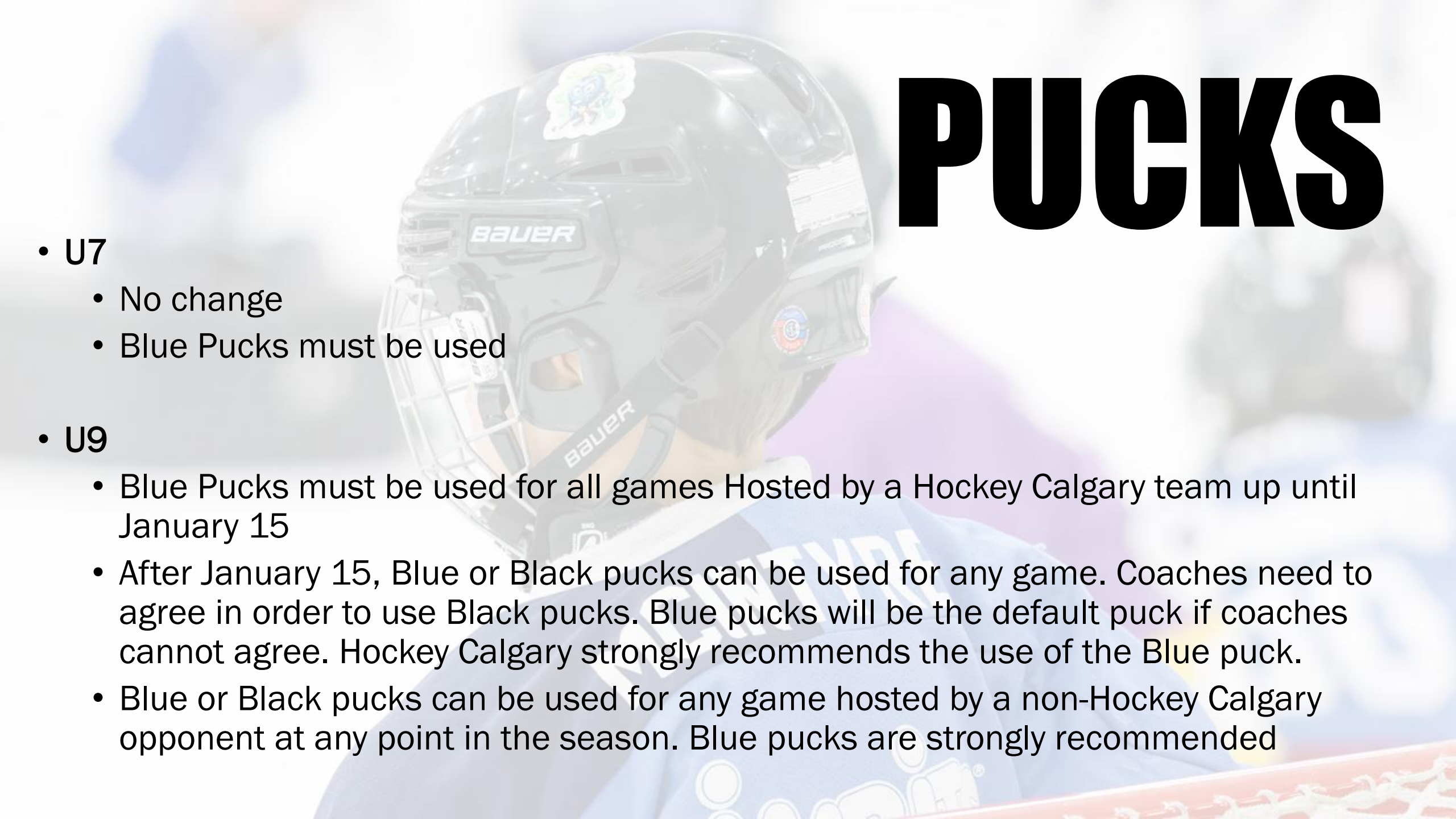
- Sr Timbits – Generally 2nd Year Players
- Informal games until November 14th
- **Game maximum for U7 Sr Timbits is 18** ‘formal modified’ games up until February 22 and **24 total** ‘formal-modified games from September to March
 - This includes **8 Hockey Calgary scheduled games**, and any additional exhibition and tournament games. **NO EXCEPTIONS**
 - **3 Tournament/Jamboree maximum for U7 Sr Timbits** (HC Jamboree Excluded)
 - Only 1 tournament/Jamboree can be **out of town***

U7 Sr. Timbits - Age 6 (2019 born)								
Prep, Evaluation, Development Phase			Game Play Phase			End of Season Phase		
Sept 8 - Nov 13			Nov 14 - Feb 22			Feb 23 - Mar 31		
10 Weeks	14-18 Practices	0 Games	14 Weeks	18-28 Practices	10-14 Games	5 Weeks	2-4 Practices	6-10 Games
Total Practices: 40-50								
Total Cross-Ice Games:								
18 game max up until Feb 22								
24 game max season total (Sept-March)								
Maximum 3 Tournaments/Jamborees (excluding HC Jamboree)								
Only 1 Tournaments/Jamboree can be out-of-town**								

‘OUT OF TOWN’

- In 2024-25, Hockey Calgary adjusted its definition of what rinks count towards the total number of Out-of-Town tournaments. Teams are still required to request a travel permit as well as tournament coordinators still need to source referees for tournaments. Hockey Calgary only assigns officials for tournaments within the Calgary Zone.
- The following rinks will no longer count toward the ‘Out-of-Town’ tournament total and will be considered ‘In Town’ tournaments

<u>City/Town</u>	<u>Rink Name</u>	<u>Distance from Calgary</u>
Chestermere	Chestermere Regional Community Association	24 KM
Airdrie	Ron Ebbesen Twin Arena	33 KM
Airdrie	Genesis Place	33 KM
Airdrie	Plainsmen Arena	36 KM
Cochrane	Cochrane Arena	37 KM
Cochrane	Spray Lakes Sawmills Family Sports Centre	39 KM
De Winton	Scott Seaman Sports Rink	40 KM
Indus	Indus Recreational Centre	41 KM
Okotoks	Murray & Piper Arena	45 KM
Okotoks	Okotoks Centennial Arenas	47 KM
Crossfield	Pete Knight Memorial Arena	51 KM
Strathmore	Strathmore Family Centre Arena	55 KM
Diamond Valley	Oilfields Regional Arena	63 KM
Morley	Stoney Tribal Hockey Arena	63 KM
Carstairs	Carstairs Memorial Arena	68 KM
High River	Bob Snodgrass Recreation Complex	68 KM



PUCKS

- U7
 - No change
 - Blue Pucks must be used
- U9
 - Blue Pucks must be used for all games Hosted by a Hockey Calgary team up until January 15
 - After January 15, Blue or Black pucks can be used for any game. Coaches need to agree in order to use Black pucks. Blue pucks will be the default puck if coaches cannot agree. Hockey Calgary strongly recommends the use of the Blue puck.
 - Blue or Black pucks can be used for any game hosted by a non-Hockey Calgary opponent at any point in the season. Blue pucks are strongly recommended

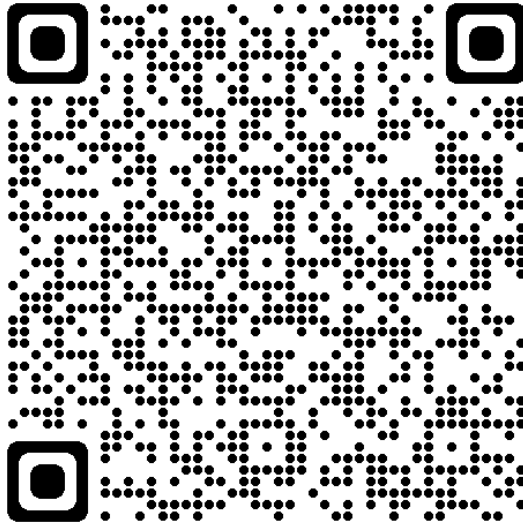
ROSTER CONSTRUCTION

- U7 – no change
 - Coaches are permitted, but not required, to split their mini teams into A and B rosters to ensure like abilities play together
 - **NOTE:** Consultation should be done with the opposing coach ahead of time
 - **NOTE:** in cases like these, teams do not switch ends at the half-way point.
- U9
 - Two formats
 - Evenly Balanced rosters (two teams of equal caliber) – teams switch at the half
 - A/B rosters (top half/bottom half) – teams do not switch at the half
 - All Seeding Games will be played with ‘Evenly Balanced’ Rosters
 - All Regular Season and EMHW games will be played with A/B rosters
 - All Exhibition and Tournament games after December 1st can be played with either ‘Evenly Balanced’ Rosters or ‘A/B’ rosters. Both coaches need to agree to play ‘A/B’ rosters. If coaches can’t agree, the game will be played with ‘Evenly Balanced’ Rosters

RESOURCES



U7



**INTRO TO HOCKEY
RESOURCE GUIDE**



U9

COACH RESOURCES



**THE
COACHES
SITE**



COACH THEM



**HOCKEY CANADA
NETWORK**

FIRST SHIFT™ COACHES NEEDED



EMAIL CANDACE TO LEARN MORE
CANDACE.KOUROUNIS@HOCKEYCALGARY.COM