



HOCKEY CALGARY
EVERYONE'S
GAME

THROUGH OUR MEMBERSHIP, WE PROMOTE

ACCESS

DEVELOPMENT

FUN

**LIFE
SKILLS**

SAFETY

INCLUSIVITY

A young hockey player in a white and yellow jersey and helmet, looking down. The player's face is partially visible through the clear visor of the helmet. The background is a soft, out-of-focus light blue and white.

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 

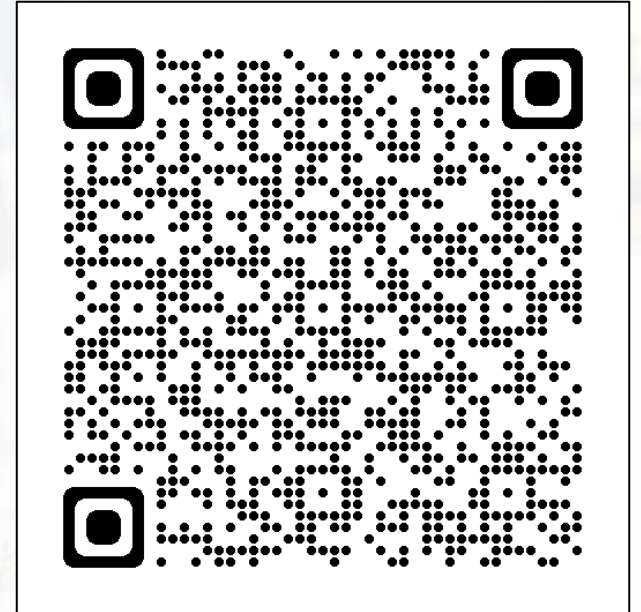


U9

GAME PLAY & STRUCTURE

NEW GAME FORMAT SUMMARY

- U9 Seasonal Structure
- NEW – Game Format Summary
 - Seeding and League Games
 - September 1 – January 14: Half Ice
 - January 15 – February 28: Three Quarter Cross Ice
 - Esso Minor Hockey Week: Half Ice
 - Exhibition and Tournament Games
 - September 1 – January 14: Half Ice
 - January 15 – January 31: Half Ice or Three-Quarter Cross Ice
 - February 1 – March 31: Half Ice or Three-Quarter Cross Ice or Full Ice*
 - Teams will be permitted to play a maximum of 8 full ice games



Full-Ice games must adhere to the playing rules. Check them out by scanning the QR code above

U9 SEASONAL STRUCTURE

- SEASONAL STRUCTURE (# OF GAMES/TOURNAMENTS PERMITTED)
- Game maximum for U9 is 28 game up until February 23, and 35 total games September to March
 - 6 games seeding (HC Scheduled)
 - 10 games regular season (HC Scheduled)
 - 2 games EMHW (HC Scheduled)
 - 3 tournament/jamboree maximum (approx. 9-12 games)
 - Exhibition games (approx. 2 games)
- Total tournament/jamboree maximum will be 3 tournament/jamborees
 - No tournaments to be scheduled prior to end of seeding round

U9 - Ages 7-8 (2017/2018 born)					
Prep, Evaluation, Development Phase Sept 2 - Oct 17		Regular Season Phase Oct 18 - Feb 22		End of Season Phase Feb 23 - Mar 31	
8-10 Practices	Exhibition Games	26-32 Practices	18 Scheduled Games	4-8 Practices	Tour./Jamb. Games
Total Practices: 40-50					
Total Cross-Ice Games:					
28 game max up until Feb 22					
35 game max season total (Sept-March)					
Maximum 3 Tournaments/Jamborees (excluding EMHW)					
Only 2 Tournaments/Jamborees can be out-of-town**					

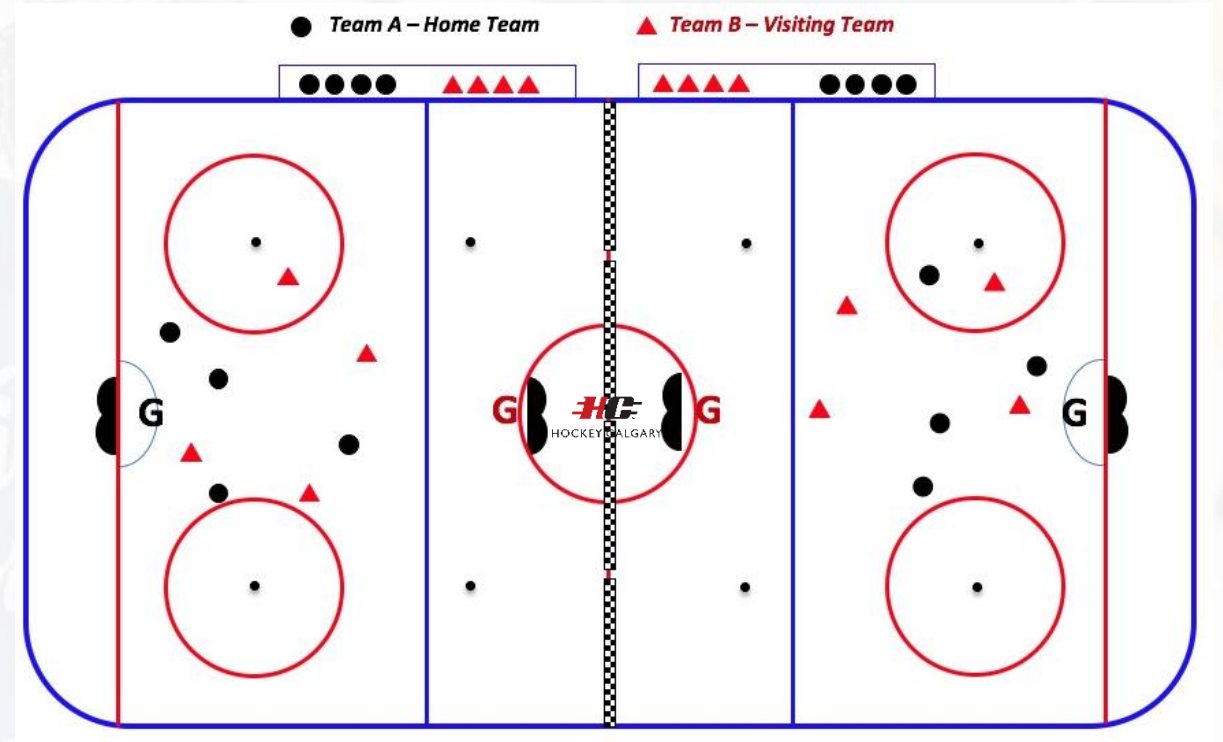
GAME PLAY SCHEDULE

Weekend	Format	Date Sat	Date Sun	Season Component	Roster Creation
Weekend 1	Half-Ice	27-Sep-25	28-Sep-25	Pre-Season	
Weekend 2	Half-Ice	04-Oct-25	05-Oct-25		
Weekend 3	Half-Ice	11-Oct-25	12-Oct-25		
Weekend 4	Half-Ice	18-Oct-25	19-Oct-25	Seeding Round	Evenly Balanced
Weekend 5	Half-Ice	25-Oct-25	26-Oct-25	Seeding Round	Evenly Balanced
Weekend 6	Half-Ice	01-Nov-25	02-Nov-25	Seeding Round	Evenly Balanced
Weekend 7	Half-Ice	08-Nov-25	09-Nov-25	Seeding Round	Evenly Balanced
Weekend 8	Half-Ice	15-Nov-25	16-Nov-25	Seeding Round	Evenly Balanced
Weekend 9	Half-Ice	22-Nov-25	23-Nov-25	Season Break	
Weekend 10	Half-Ice	29-Nov-25	30-Nov-25		
Weekend 11	Half-Ice	06-Dec-25	07-Dec-25	Regular Season	Modified A/B
Weekend 12	Half-Ice	13-Dec-25	14-Dec-25	Regular Season	Modified A/B
Weekend 13	Half-Ice	20-Dec-25	21-Dec-25	Regular Season	Modified A/B
Weekend 14	Half-Ice	27-Dec-25	28-Dec-25	Winter Break	
Weekend 15	Half-Ice	03-Jan-26	04-Jan-26	Regular Season	Modified A/B
Weekend 16	Half-Ice	10-Jan-26	11-Jan-26	EMHW	Modified A/B
Weekend 17	3/4 Cross	17-Jan-26	18-Jan-26	Regular Season	Evenly Balanced
Weekend 18	3/4 Cross	24-Jan-26	25-Jan-26	Regular Season	Evenly Balanced
Weekend 19	3/4 Cross	31-Jan-26	01-Feb-26	Regular Season	Evenly Balanced
Weekend 20	3/4 Cross	07-Feb-26	08-Feb-26	Regular Season	Evenly Balanced
Weekend 21	3/4 Cross	14-Feb-26	15-Feb-26	Regular Season	Evenly Balanced
Weekend 22	3/4 Cross	21-Feb-26	22-Feb-26	Regular Season	Evenly Balanced
Weekend 23	Any	28-Feb-26	01-Mar-26	Post Season	
Weekend 24	Any	07-Mar-26	08-Mar-26		
Weekend 25	Any	14-Mar-26	15-Mar-26		
Weekend 26	Any	21-Mar-26	22-Mar-26		

U9 GAME PLAY

Two-Four Team Game Play Model

- Two 24-minute halves
- Split squad half-ice
 - Evenly balanced Sept 1 – Nov 30
 - Modified A/B Dec 1 – Jan 14
- 4v4
- Continuous play – 1 faceoff to start each half
- 1.5 min shifts – change on the buzzer
- Tag up rule
- Change of possession
 - Goals, puck out of play, penalty etc.
- Penalty Procedure
- Hard Board Rink Dividers set up across the redline
- Blue pucks
- No score
- Certified officials
- Game sheets are necessary

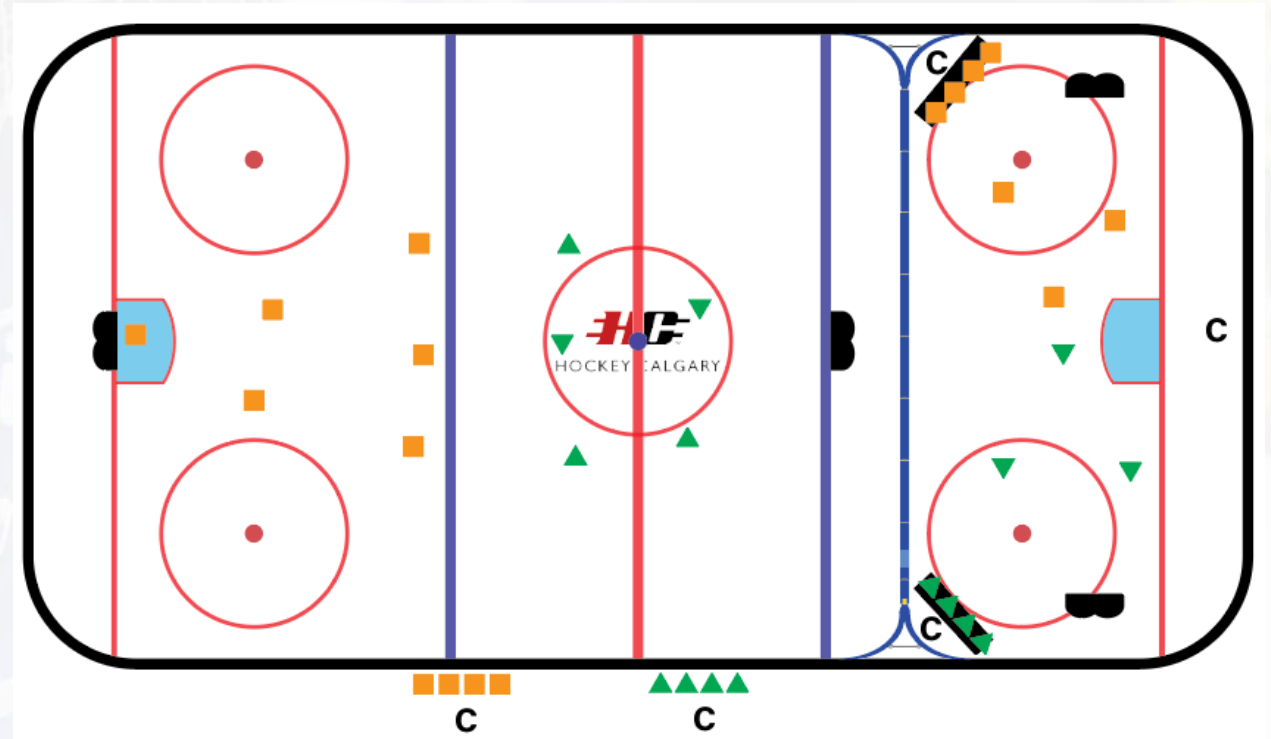


Two-Four Team Game Play Model

U9 GAME PLAY – AFTER JAN 15

Three Quarter – Cross Ice Game Play Model

- Three 15 minute periods
- 3 evenly numbered and evenly balanced mini teams
 - Each mini team will play 1 period in the cross-ice competition zone and 2 periods in the three-quarter competition zone
- Cross-ice
 - Only faceoff will be at the start of the period. After goals, players will give the team space to resume gameplay.
- Three Quarter
 - 5v5
 - 1 faceoff to start each half, faceoff after each goal
 - Certified officials
- Cross-Ice
 - Continuous play – 1 faceoff to start each half
 - Coach officials
- 1.5 min shifts – change on the buzzer
- Penalty Procedure
- Hard Board Rink Dividers set up ~6 ft across the blue line
- Blue or Black pucks, both coaches must agree to use black.
- No score
- Game sheets are necessary

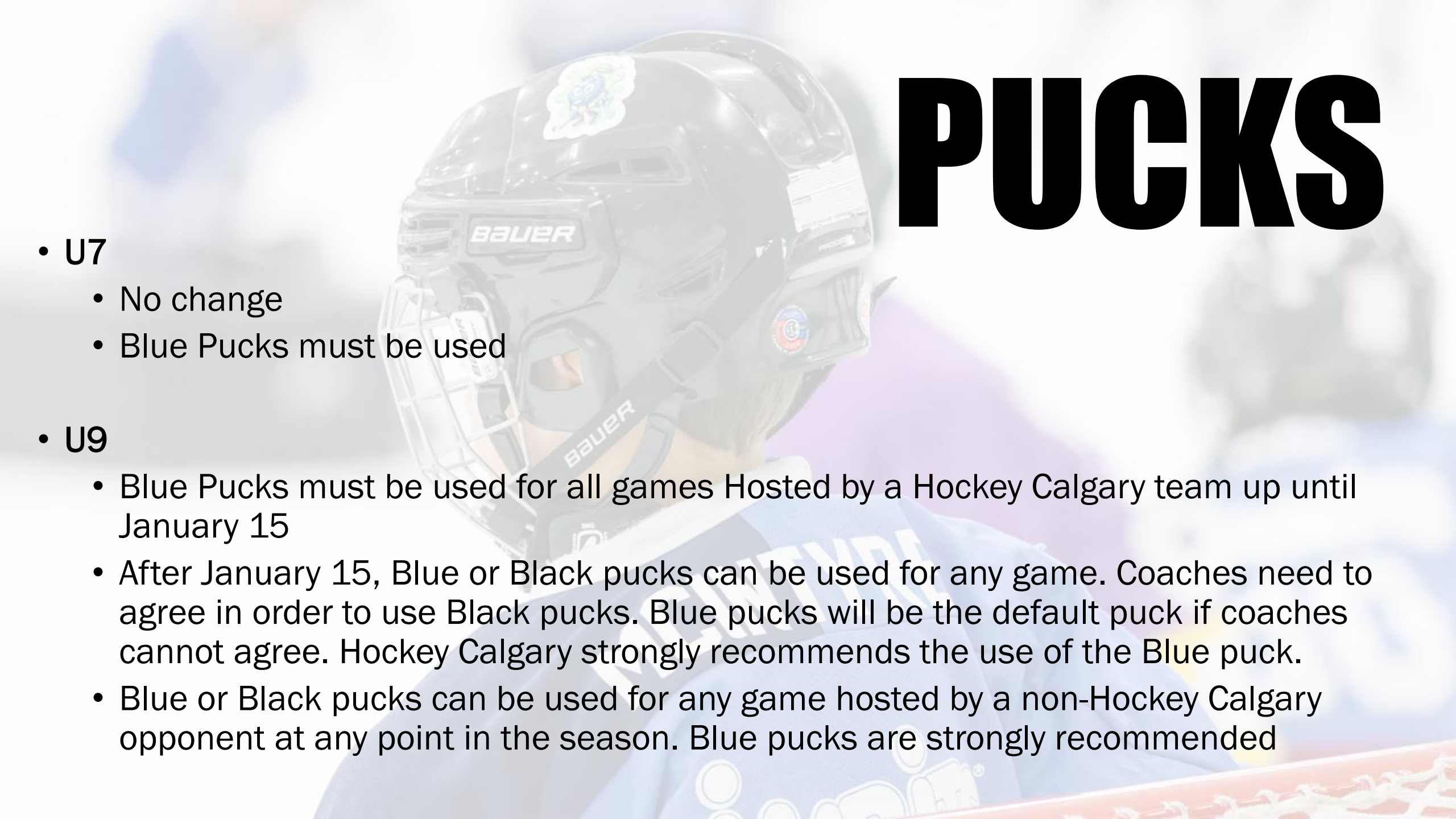


Three Quarter – Cross Ice Game Play Model

‘OUT OF TOWN’

- Out of town tournaments/jamboree maximum is 2
- 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

ROSTER CONSTRUCTION

- Modified A/B roster formation guide
 - Coaches will internally rank their players and split their players into 3 groups using a top-down approach
 - Group 1 – top ~4 players
 - Group 2 – middle ~10 players
 - Group 3 – bottom ~4 players

Please note that the above numbers are approximate and up to the coaches to determine the exact number of players in each group

- Group 1 would be identified as players on the **Blue** roster (these players will likely be identified as **Blue** roster players for both games)
- Group 3 would be identified as players on the **Red** roster (these players will likely be identified as **Red** roster players for both games)
- Group 2 would be identified as either **Blue** or **Red** roster players (these players will likely play 1 game each on the **Blue** and **Red** Rosters)

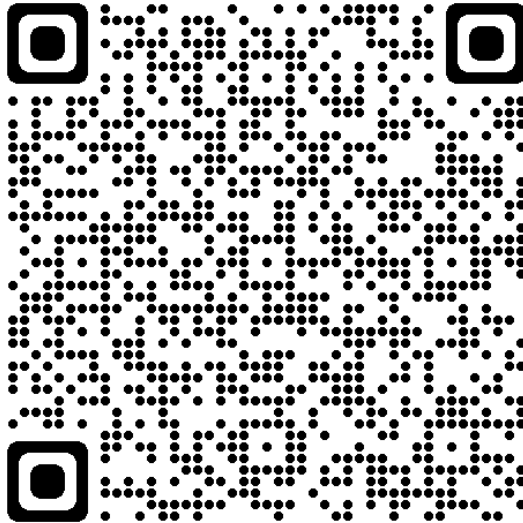
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# of Players (including goalies)	Home Team # of Players	# of Players								
		19/18	17	16	15	14	13	12	11	10
Visiting Team # of Players										
	19/18		4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 one side, half of 18 player team prac.	4 vs 4 one side, half of 18 player team prac.
	17		4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 one side, half of 17 player team prac.	4 vs 4 one side, half of 17 player team prac.
	16		4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 One Side & 3 vs 3 One Side	4 vs 4 One Side & 3 vs 3 One Side	4 vs 4 one side, half of 16 player team prac.	4 vs 4 one side, half of 16 player team prac.
	15		4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 One Side & 3 vs 3 One Side	4 vs 4 One Side & 3 vs 3 One Side	4 vs 4 one side, half of 15 player team prac.	4 vs 4 one side, half of 15 player team prac.
	14		4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides
	13		4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 One Side & 3 vs 3 One Side	4 vs 4 One Side & 3 vs 3 One Side	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides
	12		4 vs 4 Both Sides	4 vs 4 Both Sides	4 vs 4 One Side & 3 vs 3 One Side	4 vs 4 One Side & 3 vs 3 One Side	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides
	11		4 vs 4 one side, half of 18 player team prac.	4 vs 4 one side, half of 17 player team prac.	4 vs 4 one side, half of 16 player team prac.	4 vs 4 one side, half of 15 player team prac.	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides
	10		4 vs 4 one side, half of 18 player team prac	4 vs 4 one side, half of 17 player team prac	4 vs 4 one side, half of 16 player team prac	4 vs 4 one side, half of 15 player team prac	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides	3 vs 3 Both Sides

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
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