



## **ASSINIBOINE PARK HOCKEY ASSOCIATION**

### **U7 / TIMBITS MANUAL**

Hockey Manitoba, Hockey Winnipeg and the Assiniboine Park Hockey Association (APHA) are organizations committed to the development of amateur hockey within our neighbourhood. Hockey Manitoba has the mandate to provide a hockey environment suitable for the enjoyment of the players, coaches, managers, officials, parents and administrators. Our goal is to encourage good sportsmanship and to help players form good character while they develop hockey skills. Hockey Manitoba provides several programs to its players, coaches, officials, and parents that are tailored towards development, both on and off the ice.

This Timbits Program was implemented in 2007 based upon the success the program had in other cities in Canada (Calgary) and has continued to grow each season for the Initiation Division (5 & 6 year olds). The program focuses on skill development and the **FUNDamentals** of the game for the players, coaches and parents. On average there are 16-17 teams that make up the Timbits Age Category in the APHA.

### **Timbits Hockey – APHA Mission:**

The APHA is committed to providing a Fair Play sporting environment in which all individuals involved are treated with dignity and respect. Every participant's experience should be positive; all participants should have an opportunity to contribute and every participant should experience success. Our sports programs encourage participation in the joy of the sport and the learning of good sportsmanship.

### **How Do I Register for Timbits Hockey?**

To register for Timbits Hockey in the APHA please visit [www.aphahockey.ca](http://www.aphahockey.ca).

You will see a heading at the top of the web page named "Registration". Under this heading you will open a page for full instructions to register online on the Hockey Canada website.

Once you have registered & paid online please print off your registration confirmation and take it to your local community club to pay your volunteer bond for the upcoming season (not all clubs have this bond)

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### **Jerseys**

All Timbits teams within the APHA receive jerseys compliments of Tim Horton's. All Timbits teams are to wear their Timbits Jersey each and every time they are on the ice. No Exceptions. Jerseys are purchased as needed. Timbits Convenors will receive the Timbits Jersey order forms at the first APHA board meeting. There is no cost to the APHA and its clubs when ordering jerseys. Jerseys cannot be purchased or kept; they are to be given back to your respective community club at the end of each season. Please remember to remove your name bars at the end of the season!

### **Who enrolls in the Timbits Program?**

Hockey Manitoba mandates that each Club/Association that has an Initiation Age Category (5 & 6 year olds) call its Program the Timbits Program. APHA coaches, managers and convenors are expected to follow the guidelines stated within this manual. The Timbits Program is run as a FUNdamental program with an emphasis on skill development.

### **Recommendations for volunteers within the Timbits Program**

1. A ratio of 1 volunteer per 5 participants is ideal.
2. The APHA along with Hockey Manitoba will provide on-ice training, support and mentoring to the Timbits Convenor. The coaches will receive their training from Hockey Manitoba as well as professional on-ice instruction during the 6 Initiation Program skates at the start of the season.
3. The APHA and community club provide training and support for the technical personnel (coaches) beyond the Timbits Program including Coach Specialty clinics and a Coach Mentorship Program with Hockey Manitoba.
4. Experienced APHA coaches should help mentor individuals new to coaching.
5. An experienced instructor or convenor should provide follow up training for the next convenor. It is also a good idea to evaluate each year's program. Communications between the Timbits convenor, coaches, managers and other members of the APHA should be open.
6. All coaches and managers **MUST** take the Respect in Sport online course and sign a coach's waiver. All parents **MUST** take the Respect in Sport Parent online course.

# Philosophy

The Timbits Program encourages an environment in which children can learn the FUNdamentals of hockey in a safe, fun atmosphere that doesn't focus on winning. This is a skills based program with an overall focus on development with an ultimate goal of ensuring the kids have fun and return to the game of hockey the following season.

## Program Objectives

- Provide a positive environment for learning the FUNdamental skills of hockey
- Stimulate interest and desire to continue playing the game of hockey
- Develop basic hockey skills
- Improve utilization of ice time
- Increase opportunities for players to touch and handle the puck
- To provide an intermediary program between the Timbits Program and the Novice Half-Ice program
- Develop self-esteem through a sense of achievement
- Teach the basic rules of hockey
- Provide a mentoring opportunity for coaches
- Increase coach's skills and knowledge through specialty clinics and mentoring sessions

## Timbits Division – U7

**Mixed Teams-** First & second year players and boys & girls combined.

The APHA and community clubs should insure that the skill levels among the clubs with multiple teams are similar and that no one team is "stacked" in skill level. After the 6 Initiation Program skates at the start of the year the players will be ranked by the community club's coaches and convenors and the teams will be formed based upon similar skill level for those club's with multiple teams.

## Program Guidelines

APHA Timbits (Initiation) teams should consist of a minimum of 10 players per team, maximum 14.

Typically, group practices take place on Saturday morning and games take place on Sunday. Some teams also schedule a practice during the week (based on availability/willingness).

All practices and scrimmages are to be cross-ice or stations. All games will be played with A-B-C skill levels playing one another.

## Timbits Practices

Each Timbits practice should be skills based with an overall focus on skill development.

Practices are scheduled on Saturday's as part of the APHA Timbits program, as well as any additional practices your team/community club may organize. These practices are usually scheduled with 2-4 teams.

Practices should consist of 4-6 small area skill stations, in which players rotate through the stations at even intervals.

Practices can consist of one station having a scrimmage game, but there should be no other scrimmages during the practice time.

Be creative with the choice of skills, so that the players are having fun while in a positive environment.

A good strategy for coaches planning and running practices, is to split up duties among coaching staffs so that each coaching staff takes a turn running an entire practice - then another coaching staff runs the next week.

## Hockey Canada recommends the following time allotment for an initiation practice:

85% technical skills  
15% individual tactics  
0% team tactics  
0% team play  
0% strategy

## Timbits Games

Games are scheduled on Sunday's as part of the APHA Timbits program.

All games are to be played **cross-ice** and in the ABC skill level format - no exceptions.

The ice will be divided into 3 zones for play. Two teams (at each skill level) will play each other, and then the other two teams will play each other.

Shifts will be 2 minutes in length.

There will no goalies used.

Other equipment to be used: mini nets if possible, blue pucks if possible

The time allotments for game days is as follows:

- Before the New Year - 30 minutes of skills and 30 minutes of game
- After the New Year - 15 minutes of skills and 45 minutes of game

REMEMBER TO ENSURE THAT YOUR PLAYERS ARE HAVING FUN!

# Tournament and Exhibition Game Rules for Timbits

No tournaments and or exhibition games are permitted before December 1,

Face-offs are permitted and time clock to be used

2 minute running time shifts to be used with a buzzer at the end of every shift.

## **No score will be kept- NO EXCEPTIONS**

No game sheets will be used

No off sides or icing

Penalties may be called, but the infracting player may sit for 2 minutes but another player will replace the player's position, therefore the teams always play 5 on 5.

It is recommended that at least one coach from each team be on the ice to direct players at all times.

All tournaments will have to file the appropriate paper work with Hockey Winnipeg (each community club winter carnival) and must be properly posted in the arena (i.e. tournament sanction permit).

## Game Rules - Game Regulations

- No Goalie Equipment will be used in games– goal sticks are permitted

- No referees are to be used; instructors are to be on the ice

**- All games are to be played cross ice as part of Hockey Canada's Long Term Player Development Plan, no exceptions!**

**- No full ice games are permitted in tournaments as well!**

- A ref can be used to drop the puck etc, but no off sides and or icings may be called.

## Timbits Player Affiliations

Timbits affiliations are permitted from the Initiation (5/6 age category) to the Novice Age Category, maximum 10 games per season per one player. Affiliations from Timbits team to Timbits teams must follow the guidelines below, and the teams must get approval from their respective convenor.

If you have filled your rosters as full as possible and you are still short (less than 9 skaters) going to a tournament you may use players from one of the other APHA teams as long as it does not conflict with one of their practices or games.

**ANY COACH NOT FOLLOWING THESE GUIDELINES WILL BE SUSPENDED!**

## Why are there so many restrictions on Timbits Games?

- One practice will give more skill development than 11 games collectively.
- Players will have the puck on their stick for an average of 40 seconds per a game. (Stats from Pee Wee level games)
- Each player should have the puck on his or her stick for 8-12 minutes in a one-hour practice.
- Players will take an average of 1-2 shots per game. (Stats from Pee Wee level games)
- Each player should have a minimum of 30 shots on goal in a 1-hour practice.
- 99% of the feedback coaches give players is when they have the puck.
- Ironically, players only have the puck on their stick 0.2% of the game.
- It takes 10 years or 10,000 hours of deliberate training for a talented athlete to reach elite levels.

### Sources Sited:

Hockey Canada, Hockey Alberta, Hockey Winnipeg

## Timbits Jamboree

Each year Hockey Winnipeg puts on a Timbits Jamboree. This event is a celebration of Timbits hockey and its attributes. The Timbits Jamboree is a family orientated day where families can enjoy the success of the season. Each player who attends the Jamboree receives his or her Timbits Medal, honoring each player for a job well done. There are also several prizes and gifts donated each year through our sponsor, Tim Hortons. Coordinators are provided with the jamboree information sometime near mid-season, which is usually held in late February or early March.

## Timbits Hockey – Where the first goal is having fun!