

# U7 PROGRAM & JAMBOREE POLICY

3/1/17

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New Policy

Reviewed Annually

March 27, 2017  
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## **HOCKEY CANADA PUTS AGE-APPROPRIATE PROGRAMMING AT FOREFRONT FOR 2017-18 SEASON**

*New policy mandates cross-ice and half-ice hockey for U7-aged players*

**CALGARY, Alta.** – Hockey Canada wants all of Canada on the same page when it comes to the delivery of its U7 Program – traditionally a player’s first brush with organized hockey at the ages of five and six.

Although the U7 Program – originally developed more than 35 years ago – always recommended cross-ice or half-ice small-area games, its delivery has varied from community to community. Beginning in the upcoming 2017-18 season, a new Hockey Canada policy now mandates that U7-aged players receive age-appropriate programming on cross-ice or half-ice surfaces.

“You would never put a five- or six-year-old child on a full-size soccer pitch, or expect them to play basketball without any adjustments made for their size. Hockey is no different,” said Paul Carson, vice- president of membership development for Hockey Canada, who notes that while some provinces and communities already deliver cross-ice programming at the U7 level, others have always utilized full ice for practices and games.

“The U7 Program was developed to allow kids to have fun, learn skills, and develop confidence,” said Carson. “Re-sizing the playing surface to cross-ice or half-ice means more puck-touches, which result in more chances to practice puck-control and shooting, as well as overall more movement and motor skill-development – twisting, turning, balance, coordination, agility. Their field-of-play matches their size, and these players hone in on their skill-development in a way that larger ice surfaces just aren’t conducive to.”

The differences in skill-development opportunities with cross-ice or half-ice hockey are significant: players receive five times more passes and take six times more shots. They’re called on to have to make more decisions more quickly, and are overall more engaged in the game.

Special boards and bumpers have been developed that allow for quick and easy division of a regular-sized rink into two half-ice surfaces or three cross-ice rinks, with options to create different small-area configurations. Not only does re-sizing the playing surface allow for U7-aged players to develop their hockey skills more effectively, it also allows communities to maximize their ice time by safely putting more teams and games on the ice at one time.

Hockey Canada and its 13 members across the country are coordinating on a communication plan to ensure hockey administrators and coaches receive the resources required to align with the new mandate.

Resources such as the [Hockey Canada Network](#) – a best-in-class skill-development resource geared to coaches – features information on the purpose of cross-ice hockey and how to run effective on-ice sessions for the five- and six-year-old U7 age group.

Instruction on delivering age-appropriate programming will also be available to coaches trained in the National Coaching Certification Program (NCCP) Coach 1 – Intro Coach. This clinic, delivered by Hockey Canada’s 13 members, is geared towards coaches of entry-level players to provide resources that will aid in the implementation of skill-development and game play.

Hockey Canada has also produced a [video](#) that features renowned sport scientist Dr. Steve Norris; Olympic, World Cup, world, and Stanley Cup champion Sidney Crosby (Cole Harbour, N.S./Pittsburgh, NHL); Memorial Cup, World Cup, and IIHF World Championship-winning coach Bill Peters (Three Hills, Alta./Carolina, NHL); and Olympic gold-medalist and two-time IIHF Women’s World Championship silver-medalist Brienne Jenner (Oakville, Ont./Calgary, CWHL) describing the importance of small area games and cross-ice/half-ice hockey.

For more information on Hockey Canada and the [U7 Program](#), please visit [HockeyCanada.ca](#), or follow along through social media on [Facebook](#) and [Twitter](#).

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**VISION**

TO BE THE SPORT OF CHOICE IN NORTHWESTERN ONTARIO PROVIDING AN ATMOSPHERE FOR EVERYONE TO ACHIEVE THEIR GOALS

**MISSION**

LEAD PROMOTE AND ENCOURAGE POSITIVE HOCKEY EXPERIENCES

Hockey Northwestern Ontario has operated the U7 Program for years as the formal structure for the operation of hockey for players six years and under, and is to be implemented by all Minor Hockey Associations in Northwestern Ontario.

**PHILOSOPHY AND OBJECTIVES:**

- 1. Create a safe and positive environment for players to experience the sport.**
- 2. Incorporate physical literacy, fair play, co-operation, and FUN into the sport.**
- 3. Teach basic hockey skills so players can enjoy the sport.**

An U7 Program’s success will be measured by the level of enjoyment and development achieved by the players. To optimize those levels of enjoyment and development, it is necessary for dedicated adults to learn to play a large role as effective leaders and teachers who will create the safe, fun, learning, challenging and motivating environment for players.

<b>HOCKEY NORTHWESTERN ONTARIO’S U7 PROGRAM</b>	
<b>Category Name</b>	All hockey open to players 6 years of age and younger will be classified as U7.
<b>Playing Surface</b>	All ice sessions (practices and games) are to be cross-ice or half-ice of the regulation playing surface. For practices station work is encouraged.
<b>Surface Dividers</b>	It is not mandatory, but recommended to divide the ice with rink dividers. <b>Note:</b> A few cones or other objects are sufficient to divide the surface
<b>Puck</b>	Blue 4oz puck to be used and other implements such as tennis balls, soccer balls and rubber chickens
<b>Modified Game Rules</b>	No offside or icing to be called.
<b>Game Operations</b>	No timekeepers or scorekeepers are needed
<b>Goalies</b>	No goalie equipment is required. Use of goal stick is optional. Use of smaller net or cones is recommended.
<b>Curriculum</b>	Hockey Canada Network App
<b>Coach Support</b>	Recommended to identify a Coach Mentor and support system for coaches.

## MINOR HOCKEY ASSOCIATIONS - THE KEYS TO SUCCESS

The U7 Program is designed for five and six-year-old players, but it is suitable for any entry level hockey player. The program clearly lays out the specific guidelines based on human growth and development to ensure a youngster's start in hockey consists of having fun, learning skills while developing confidence.

There is nothing realistic about having young children learning to play the game on a full ice surface the same way adults play the game. The most ideal representation of "real hockey" for young players is playing cross ice or on a modified playing surface regardless if the arena ice surface is large or small.

Minor Hockey Associations must commit to the U7 program and be prepared to support it. The commitment involves creating an implementation plan and maintaining that plan as the way of operating U7 hockey in your association.

The structure of the U7 Program is different from those normally offered, because it does not focus on playing "standard" games. Thus, there will be critics who will challenge the Minor Hockey Association and advocate for a more traditional approach. However, it is important to remind all "doubters" that the U7 Program has been designed by subject matter experts who specialize in child development; therefore, the format will be different than that utilized for older players and adults. An effective U7 program must be designed with the best interest of the players and should not be used as a form of adult entertainment.

Support must come in several sources and from a variety of people. For the Minor Hockey Associations, it is essential that support is provided:

- Identify and recruit volunteers to manage and run the program. **A ratio of one volunteer per five participants is ideal.**
- Appoint an experienced administrator, and hold information/update sessions within the association.
- Provide additional training and support for coaches beyond the minimum requirement. **This can be achieved by having additional coaches complete the Coach 1 Intro to Coach Clinic or purchasing the Hockey Canada Network App for coaches to access the proper teaching material.**
- Identify an experienced individual or committee to act as mentors in the program to assist throughout the season.
- Ensure communication exists between the U7 Program and other areas of the association. **The players, coaches and parents in the U7 Program are the future of your association.**

- Develop a plan to sell the program to the parents. Get them on your side. **Options include information sessions, e-newsletters, and player surveys.**

## RECRUITING VOLUNTEERS

Coaches and other volunteers in the U7 Program must be positive, energetic, creative and patient. The Coach 1 Intro to Coach Clinic will emphasize many of the attributes necessary to conduct the program successfully. It is not necessary that potential coaches have previous experience in teaching hockey skills, although that would be an asset. At the beginning level, on-ice coaches may range from an interested parent or sibling who offers to come out to offer encouragement to a seasoned coach who can demonstrate the skills covered in the manual. If the interested coach is at least 16 years of age they are eligible to take the Coach 1 Intro to Coach clinic.

Associations must be innovative in their recruitment of U7 Program volunteers. It can be a grooming area for the association's future coaches, administrators, and players. A strong nucleus of volunteers is essential as several roles must be filled to effectively operate the program and deliver the curriculum. However, a single individual may be able to fill one or more roles. The basic framework or structure of the personnel required to implement the U7 Program is: Program Administrator (IP Convenor), Head Instructor (Coach), Support Instructors (Coaches) and a coach mentor.

## PROGRAM ADMINISTRATOR

The program administrator is directly responsible for planning, organizing and administering the implementation and delivery of the U7 Program. The program administrator may be an executive member of the association or may simply be the liaison to the association's executive. In many associations, this person may be designated as the IP Convenor.

The qualifications that are expected from the Program Administrator are:

- Understand the fundamental elements of the U7 Program
- Possess a commitment to the established goals of the Program
- Possess strong organizational, interpersonal and communication skills
- Can conduct group presentations
- Can liaise with board members, volunteers, instructors, and parents
- Has demonstrated adequate ability to commit the required time to the delivery of the U7 Program
- Working knowledge of Hockey Canada Network App



## **Potential Job Description**

A typical description for the program administrator (or convenor) may contain these responsibilities:

### **Pre-Season**

- Prepare operating budget for review and adoption by minor hockey association's board. This budget may include estimates for expenditures and revenues for:
  - Ice Rental
  - Equipment (blue pucks, pylons, instructor track suits, whistles, etc.)
  - Supplies (pens, paper, binders, lesson manuals or Hockey Canada Network App)
  - Training Fees (Coach 1- Intro to Coach Clinic, Respect in Sport Activity Leader Program, Safety Person Certification Program)
  - Promotional Supplies (posters, photocopying)
  - Advertising (local media)
  - First Aid Supplies
  - Instructor Recognition
  - Sponsorship
- Secure ice time in conjunction with minor hockey associations for practices and modified games
- Prepare and implement recruitment procedures for participants, instructors, and head instructors
- Co-ordinate the registrations of participants
- Assist in selection and training of head instructors
- Promotion of Coach 1- Intro to Coach clinics to instructors
- Conduct a PARENT ORIENTATION MEETING to familiarize parents of participants with the objectives of the U7 Program and how it is to be implemented
- Conduct or acquire a presenter to deliver a Long-Term Player Development Parent Presentation as part of the orientation meeting

### **On-Ice Delivery**

- Coordinate the initial evaluation of participants for grouping in the appropriate skill level
- Confirm arena facilities/schedules and provide copies to all parties
- Liaise with the minor hockey association's board and Head Instructor and on-ice instructors, the parents of the participants
- Co-ordinate special events (photos, jamborees, festivals, etc.)

## **Post Season**

- Submit recommendations to the board of the minor hockey association with respect to any changes that could improve programming
- Prepare equipment and supplies for storage
- Undertake any necessary actions for preparation for the next season.
- If possible, send out an end of season survey to the parents for feedback on the program

## **ON ICE INSTRUCTORS**

On-Ice instructors are generally recruited from the U7 Program parent group. In some situations, the on-ice instructors may also be volunteers from other segments of the community including students (at least 16 years of age). Instructors deliver the U7 Program curriculum on the ice to the participants as scheduled by the administrator.

The qualifications within a typical recruitment advertisement may contain the following:

- Possess a coaching and/or hockey background OR a strong desire to begin to learn instructional techniques in the delivery of fundamental hockey skills
- Possess an enthusiastic attitude and desire to work with beginner hockey players
- Strong Communication skills
- Possess a commitment to the goals and philosophy of the U7 Program

## **NCCP TRAINING FOR U7 INSTRUCTORS**

To ensure a positive experience for the children, a specific coach clinic, Coach 1- Intro to Coach has been created designed for on-ice instructors. The clinic focuses on communication, teaching skills, leadership, skill development, lesson organization and risk & safety management.

The Coach 1 Clinic is part of the National Coaching Certification Program and consists of three sections:

1. Hockey University Coach ½ Online Module
2. Classroom Session
3. On-Ice Session

Other requirements for on ice instructors:

	<b>Coach 1 – Intro to Coaching</b>	<b>Respect in Sport – Activity Leader</b>	<b>Safety Person</b>	<b>Criminal Record Check/Vulnerable Sector Check</b>	<b>Gender Identity &amp; Expression</b>
<b>U7 Program</b>	1 Instructor/ 10 players	All on ice instructors must complete prior to going on the ice	Each U7 program must have a certified safety person	All on ice instructors must complete prior to going on the ice	All on ice instructors must complete prior to going on the ice

It is strongly recommended that all on-ice instructors take the Coach 1- Intro to Coach clinic.

## SEASONAL PLAN

The U7 Program is a curriculum of skill development designed to introduce beginning players to the skills of the game of hockey. One of the keys to running a successful U7 Program is to build a curriculum into a complete seasonal plan. The seasonal plan for an association with 100 players in the U7 Program will differ considerably from that of an association having only 12 players.

The local constraints of the program will play a role in the unique design of an association's seasonal plan. Elements to consider include:

- Association size
- Allotted ice time
- Number of Instructors
- Age level of hockey entry
- Number of entry level players

<b>Number of Practices</b>	<b>Start Date Practices</b>	<b>Developmental Season</b>	<b>Start Date Games</b>	<b>Regular Season</b>	<b>Jamborees</b>
35-40	Sept/Oct	20 practices	December	20 practices 10 modified game sessions	2-3 cross ice jamborees

Every association building an U7 Program will have its own design. The goal however is the commonality of using the curriculum of the U7 Program along with the Hockey Northwestern Ontario guidelines to build a strong foundation of skills that allow players to enjoy hockey for a lifetime.

## U7 REGISTRATION

To properly administer the U7 Program, an MHA must register the players, administrator and on ice instructors as one program or group in the Hockey Canada Registry. This should occur at the start of the season to ensure proper insurance coverage for everyone involved in the U7 program. This type of registration allows the administrator and instructors flexibility to move players within the program based on the skill development during the season. It also allows for different combinations of teams for jamborees based on several factors including ability and availability of players.

Players six (6) years of age or younger as of December 31 of the current season may only be registered to and play for U7 program. They are not permitted to affiliate to a higher division of hockey.

## GROUPING OF PLAYERS- PROGRAM DESIGN

In Program Design players are instructed as one large group. Instructors are responsible for all the players in the program, rather than only a pre-selected number. Instructors may be responsible for station work involving their area of expertise. During the session, the instructors would instruct all the players as they moved through his/her station.

Modified games would take place with a random selection of players. These “teams” would constantly change.

The benefits of this design are:

- All players receive instruction from a variety of instructors.
- Players get to associate with a maximum number of other players on the ice
- Easier to adjust if player attendance fluctuates
- This design lends itself to station work
- The same instructors teach consistent curriculum

Associations may group players of approximately the same skill level on the ice at the same time or have players with a mixture of skill levels who use station work for a skill. The latter scenario is a perfect design for a small association.

By splitting the ice effectively and using station work, associations will be able to accommodate up to 60 players on the ice at one time.

## GROUPING OF PLAYERS- TEAM DESIGN

In Team Design, an instructor or group of instructors is assigned several players (a team) in the early part of the season. The instructional group would then be responsible for conducting the U7 Program curriculum to their group of players. The player’s groups for

the most part would be intact for the season. Ice schedules may have several these “player groups” on the ice at the same time but when attending to the curriculum, the same instructors instruct the players.

Note: instructors of various groups may work together to share the surface and run stations.

Example: 36 players on the ice with groups of 12 dressed in red, blue, and white jerseys. After a group warm up they would be instructed their section of the ice by their instructor.

The benefits of this design are:

- Player groups are predetermined
- Players form a more intimate identity in a small group
- Players receive consistent instruction from their identifiable leaders
- Easy transfer into mainstream hockey where this player group becomes a “team”

As you read the two groupings, you can probably imagine several designs that would be a combination of the two models. As with many of the ideas presented, the options must be thought as a continuum rather than one or the other. In this case, the two ends of the continuum are Program and Team. You might choose some midway design.

**Example:**

**Program Design** ← ----- → **Team Design**

**Sample A:** Your association may also choose to operate Program Design with the first-year players and progress to Team Design as players ready for entry into mainstream hockey. This is a common practice.

**Sample B:** Program Design could be used for the early part of the season, and then at the suitable time player could be regrouped into team groups. This transition could be made at different times for different groups, depending on age and ability.

## BALANCED TEAMS- GAMES

When more than one team is made up, such teams should be balanced and play against each other throughout the season to favour fair competition in the same association and whenever possible in jamborees. The responsibility lies with the associations involved and when a significant difference appears amongst teams a rebalance of the teams should take place.

## WAYS TO MODIFY THE GAME

### Modify the Ice Surface

- Half Ice (divided at red line)
- Cross ice (divided at the two blue lines)

### Modify the Equipment

- Use pylons for goals
- Use small nets
- Use rink dividers as benches on the ice
- Use target, artificial goalies, or no goalies
- Use blue 4oz puck

### Modify Players Playing the Game

- Match skill strength for opposing players
- Change the numerical advantages (i.e. 5 players vs. 4 players)
- Change the numbers playing (i.e. 5v5, 4v4, 3v3 etc.)

### Modify the Basic Rules

- No stats
- Players must make a certain number of passes before shooting
- Players may score a limited number of goals
- Numerical strength may not be even
- No penalties
- Use buzzer system for line changes

### Emphasize Skill

- Players can only skate backwards
- Players must only pass backhand
- All players rotate to all positions including goal
- Goals only scored on shots outside a certain radius

### Instruction during the Games

- Have instructors on the ice
- Stop the game to instruct if needed

## LONG TERM PLAYER DEVELOPMENT

What is Long Term Player Development?

Hockey Canada's Long Term Player Development is an eight-stage model based on the physical, mental, emotional, and cognitive development of children and adolescents. The model emphasizes doing what is right for the player at their appropriate human development stage.

FUNDamentals 1- is geared towards both male and female players aged 5 and 6 years old.

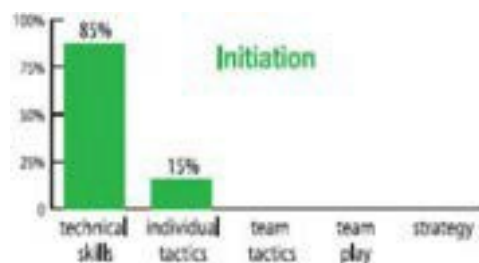
The focus at this stage is on the development of physical literacy. Fundamental movement skills should be mastered and motor development emphasized and participation in many sports and activities is encouraged. For optimal skill acquisition, the basic hockey skills of skating and puck control are to be introduced. FUN competition through modified games, relay races and small area games should be introduced.

The skill of skating speed can be developed quickly with players this age. Coaching should focus on developing skating speeds in repetitions of less than 5 seconds. The ABC's of **A**gility, **B**alance and **C**oordination should be emphasized through the teaching of skills and small area games.

Ensure that the skills the players acquire during the FUNDamental stage will benefit them when they engage in physical activities thus enhancing their quality of life and health.

Hockey Canada recommends in the stage of FUNDamentals that players spend 85% of their time on the introduction and development of technical skills. Technical skills include such things as skating, puck control, passing, shooting etc. These skills should be explored and taught through a variety of FUN and engaging ice sessions that utilize station work, relay races, small area games and other modified games. The other 15% of the time is recommended to be used to explore individual tactics of the sport.

Individual tactics consist of combining 2 or more technical skills to gain an advantage or take away an advantage from an opponent. At the FUNDamental stage, there is no benefit based on human growth limitations to spend any time on team tactics, team play or team strategy.



## WHY CROSS/HALF ICE?

Cross/half-ice hockey is an important part of age-appropriate training for U7 and even U9 players. Using a smaller surface offers several benefits including increased puck touches for players, increased puck battles; puck carries will learn to avoid more players in a smaller area. All of these benefits are extremely important to the long-term development of players. Other sports have used modified surfaces for years: baseball with smaller diamonds and closer pitcher's mounds, small soccer fields and nets, shorter nets in basketball, closer tees in golf, cross court tennis.

Cross/half-ice hockey is based on a model of practicing and playing across the 85-foot width of the ice surface compared to the full 200 feet length of the ice surface that older players or professionals would use.

The cross/half- ice hockey model has been used by several other countries in hockey for several years. It has been tested that children who begin their training in this environment have an outstanding hockey experience. Parents may ask the questions why should my child play cross ice or I want my child to play "real hockey".

To help address this question, let's think about a child trying to skate with a puck while performing a drill the entire 200 feet from one end to another. How long will this take? How much energy will this require? Or think about the puck getting dumped down the ice to have the "fastest" skater be the one to touch it. Do these situations cause more children to be involved in the action? Touch the puck? Or have to make decisions?

## Benefits of Cross/ Half Ice Hockey

- More efficient use of ice time
- Size of the rink is proportional with the size of the players
- Small size nets can make the nets proportional to the players
- More children playing at once
- Increased number of puck touches, more children will experience touching the puck more often
- Creates excitement similar to a "real" game played by adults
- Both less and more skilled players will benefit from the smaller space
- More repetition/ frequency in drills
- Children remain active in between shifts in neutral zone with various activities
- Children have more energy, compared with chasing the puck 200 feet
- Creates a feeling of being an important part of the action because of the small size
- Decision making skills are enhanced and must be made more frequently



- Individual techniques are developed more quickly
- More opportunities for shooting the puck
- Increased speed of the game

## MYTHS ABOUT CROSS/HALF ICE HOCKEY

**Myth #1:** To develop understanding of positional play and off-sides, players should play full ice hockey.

**Truth:**

- Not only can positional play and off-sides be taught with cross/half-ice hockey, it can be taught more efficiently than in a full-ice environment.
- When the puck is dropped, positional play becomes a player's relationship to the puck, the opponent, and the net. These elements are key components of the small area games. By teaching these concepts in the context of small area games (spacing, gap control, angles, support, body positioning) players not only learn the concepts, but also learn them more efficiently thanks to increased repetitions.
- Regarding off-sides, it can be easily taught by using a marker and drawing a line across the middle of a cross ice environment. This line represents the offensive blue line. And, positional play can be taught more efficiently through cross ice play, since the number of zone entries is dramatically increased in a cross-ice scenario.

**Myth #2:** Long Term Player Development (LTPD) fails in youth goalie development. Kids need to be identified as goaltenders and taught goaltending specific skills at young ages.

**Truth:**

- Almost none of the NHL's top goaltenders began playing between the pipes until they were at least 9 years of age. Finland, which is viewed as a model for producing great goaltenders, doesn't let kids play full time in goal until age 10. Goaltending experts worldwide state that at 8 and under, it's far more important to develop overall athleticism and skating ability than goaltending technique.

## CROSS ICE VS. FULL ICE STATISTICS

# CROSS ICE HOCKEY VS FULL ICE HOCKEY

6x more shots on goal/player

5x more passes received/player

2x more puck battles/player

2x puck touches/player

2x more pass attempts/player

2x more change of  
direction/pivots

1.75 shots/minute vs 0.45  
playing full ice

*\*Official results from analytic testing conducted on IP players\**

## CROSS ICE/HALF ICE JAMBOREES

### What is a Jamboree?

A jamboree is a fun hockey event played on an age appropriate playing surface with age appropriate equipment, designed to develop skills and is open to registered players in U7 Program.

**When:** U7 Programs may participate in Jamborees starting December 1<sup>st</sup>. U7 Programs are not permitted to participate in out of Branch activities.

**Objectives:**

- i. Provide an age appropriate playing surface and equipment for skill development to grassroots hockey players
- ii. Provide a fun competition for grassroots athletes
- iii. Promote fun, fair play, sportsmanship, and the U7 Program

**Participation Guidelines:**

- i. There will be no exhibition games granted
- ii. A jamboree must consist of three or more U7 Programs
- iii. U7 Teams are permitted to request to travel to one (1) out of Branch Jamboree/exhibition game under the following conditions:
  - a. The request is submitted to the HNO office using the HNO U7/U9 Out of Branch Travel Application Form.
  - b. The Jamboree is sanctioned under Hockey Canada.
  - c. The Jamboree format is played using the half-ice format and is aligned with HNO's U7 policy.
  - d. The Jamboree is within 250km from the home association.
  - e. No travelling to the USA unless approved by the Board of Directors

**Eligibility:**

- i. Associations who actively subscribe to and utilize the Hockey Canada Program. It is recommended by HNO that Host Association include all their club team or U7 Program participants when organizing their event.
- ii. If a player is registered in U7 Program, that player can only participate in a Jamboree.

**Sanctioning:**

- i. Host Associations must apply for a sanction to host a Jamboree in the same manner as a tournament.
- ii. Jamborees are sanctioned based off cross ice/half play and the use of blue pucks.

**Jamboree Format:**

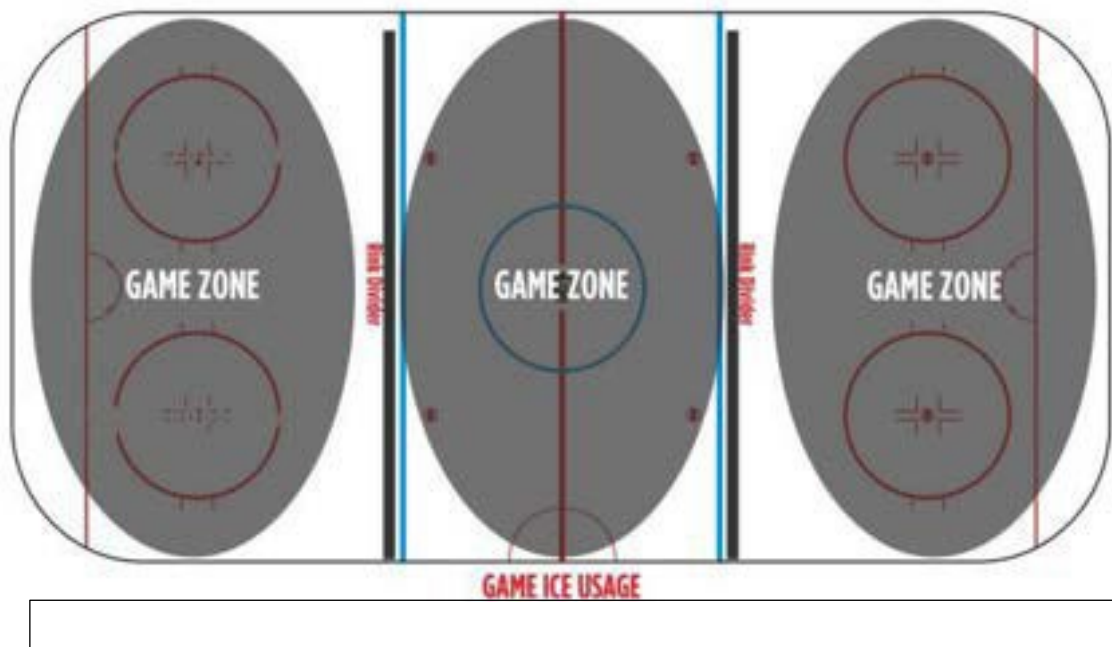
- Cross Ice /Half ice Games Play Only
- No score keeping
- No officials
- No face-offs after goals
- No permanent goalies
- No goalie equipment
- No specific skater positions

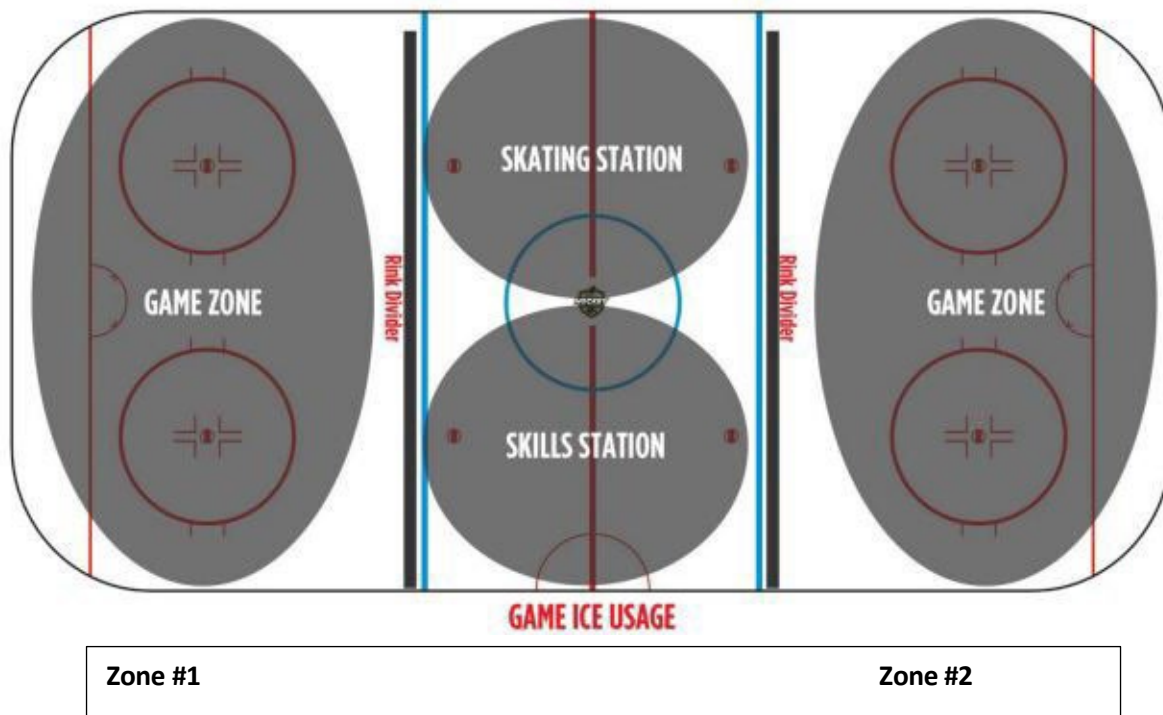
- Instructors on ice
- For an hour ice allotment: two twenty-minute period games
- Teams, can be rotated after first 20 min game
- Blue 4oz Puck must be used in all jamboree play
- Change on the buzzer or whistle
- Rink Dividers can be used as benches
- Middle of the ice can be a game, skill station, rest area
- Games can be 5v5, 4v4, 3v3. The number of players will vary on teams.
- Recommend using small nets or cones

**What a Jamboree is not:**

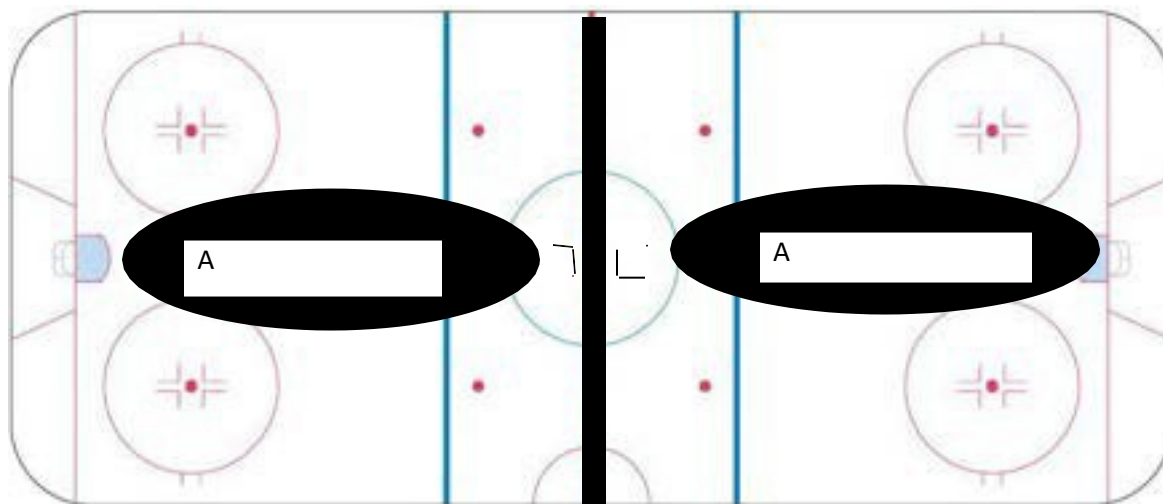
- It is not full ice games (or any size larger than cross or half ice)
- It is not played with black pucks.
- Goaltenders in full equipment are not permitted.
- There shall not be any representative teams, all-star or specially affiliated teams in U7.

**SAMPLE OF AGE APPROPRIATE ICE SURFACE SET UPS**





Rink Divider



**CROSS/HALF ICE SCHEDULE TEMPLATE**

3 Zone Cross Ice- Eight Team Model		
Time	Teams	Zone (Rink)
9:00am-9:30am	Team 1 vs. Team 2	1
9:00am-9:30am	Team 3 vs. Team 4	2
9:00am-9:30am	Team 5 vs. Team 6	3
	Team 7 & 8	ARRIVE FOR 9:35AM

9:35am-10:00am	Team 7 vs. Team 8	3
9:35am-10:00am	Team 1 vs. Team 4	1
9:35am-10:00am	Team 2 vs. Team 3	2
	Team 5 & 6	REST
10:05am-10:30am	Team 5 vs. Team 7	1
10:05am-10:30am	Team 6 vs. Team 8	3
	Team 1,2,3 &4	REST OR FINISH

<b>2 Cross Ice Six Team Model with Skill Station</b>		
<b>Time</b>	<b>Teams</b>	<b>Zone (Rink)</b>
9:00am-9:30am	Team 1 vs. Team 2	1
9:00am-9:30am	Team 3 & Team 4	Skating & Skill Station*
9:00am-9:30am	Team 5 vs. Team 6	2
9:35am-10:00am	Team 1 vs. Team 3	1
9:35am-10:00am	Team 5 & Team 6	Skating & Skill Station*
9:35am-10:00am	Team 2 vs. Team 4	2
10:05am-10:30am	Team 3 vs. Team 5	1
10:05am-10:30am	Team 1 & Team 2	Skating & Skill Station*
10:05am-10:30am	Team 4 vs. Team 6	2

\*Switch stations at end of period 1. Can build in time at stations for water break/rest.

<b>2 Zone Half Ice Twelve Team Model</b>		
<b>Time</b>	<b>Teams</b>	<b>Zone (Rink)</b>
9:00am-9:30am	Team 1 vs. Team 2	1
9:00am-9:30am	Team 3 vs. Team 4	2
9:35am-10:00am	Team 1 vs. Team 3	1
9:35am-10:00am	Team 2 vs. Team 4	2
Flood		
10:10am-10:40am	Team 5 vs. Team 6	1
10:10am-10:40am	Team 7 vs. Team 8	2
10:45am-11:10am	Team 5 vs. Team 7	1
10:45am-11:10am	Team 6 vs. Team 8	2
Flood		
11:20am-11:50am	Team 9 vs. Team 10	1
11:20am-11:50am	Team 11 vs. Team 12	2
11:55am-12:20pm	Team 9 vs. Team 11	1
11:55am-12:20pm	Team 10 vs. Team 12	2

## VIDEO LINKS

<https://www.youtube.com/watch?v=pV488NfLMzI> Hockey Canada U7 Program Video

<https://youtu.be/EXzqYPW17No> In Depth look at the U7 Program

<https://youtu.be/nRq3KLkukSk> U7 Program welcome from Tom Renney

<https://youtu.be/cXhxNq59pWg> (Child's View)

[https://youtu.be/CB\\_Ygapyl7c](https://youtu.be/CB_Ygapyl7c) NHL Analytics tracking 8U Players

<https://youtu.be/UtQxCx9g6JE> Sask Hockey Cross Ice Hockey

#### HELPFUL LINKS

Where to get blue pucks- Howie's Hockey: <http://howieshockeytape.ca/store/hockey-pucks>

Rink Dividers & Small Nets - Athletica Sports Systems:  
<http://www.sportssystemscorp.com/hockey/rink-dividers>