

## 2015 – 16 SJAMHA IP PROGRAM INTRODUCTION



This year has proven to be an exciting time of change and transition into a new system of operating 5/6 hockey. In an effort to improve development of these young athletes we have adjusted our season to be more in line with what has been mandated by Hockey Canada. Our hope is that by offering this supplemental program for the players we will also be able to develop coaches, encourage more volunteers by offering a support system that sets people up for success and provide the players with many positive memories of their hockey season. We have outlined the general principals behind the program we are running and look forward to feedback on how we can improve things for the second half of the season. We would like to encourage everyone to keep in mind this program is meant to supplement the players season and not be the basis of it, so obtaining extra ice time and participating in dry-land and tournaments, etc. are still at the discretion of the teams.

- Saturday ice times will be focused on individual player skill development in the fundamentals of hockey. Players will be grouped according to current skill level in order to make them feel more comfortable being surrounded by similar skill levels while completing stations. Coaches will be provided a structured guideline to follow that will include a mandatory skill station that will be repeated on Sunday and a “suggested fun” station that they are free to use or replace with one of their own drills. Instruction by the coaches will be easier given that the coaches will only need to be prepared to run 1 set of stations. Each group of players coming through their station(s) will be of comparable skill level, allowing the coaches to become more familiar with key coaching points, resulting in their instruction being more effective. Players will not be with their teams on Saturday but remain with players from their own areas so that they will have a chance to play with friends from other teams and have an increased variety of peers. Since Saturday is more skill focused, scrimmage time will be limited to 12 minutes of 90 seconds shifts. There will be three teams playing, so players will mostly have 3 minute shifts followed by a 90 second rest period.

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- Sunday ice times are focused more on providing the players development through repetition of drills they are familiar with from the previous day but also focus on coach development. As on Saturday, coaches will remain in 1 zone on the ice but instead, coaches will be responsible for running all 3 mandatory stations within their zone and are still encouraged to run a concurrent “fun” station. Coaches will retain the players from their respective teams for the entire skill session and instead of the players rotating zones, the coaches will rotate the players through all the stations, each at a reduced duration of time. This will allow the coaches to have full confidence in 1 station from the day before, but also experience all the stations, thereby gaining more exposure to drills; ensure their players are executing the stations properly; provide the team an opportunity to develop camaraderie and; have the players receive instruction consistently from their own coach. Time management will be enhanced because no time is required for players to rotate around the ice. Coaches are encouraged to have their fellow coaches setting up the next station while they are providing instruction to the players or while the players are having a water break.
  - o At scrimmage time, a coach will lead players from 2 groups into the appropriate zone on the ice, based on skill level and they will play 2 teams from another area. Scrimmage time on Sundays will be increased to 18 minutes but retain the 90 second shifts.

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