

# CVHA MODIFIED ICE Program

## U6/U7 GAME PLAY





# GOAL OF IP BASED GAME PLAY



## GOAL OF IP BASED GAME PLAY

- For all players to have a fun experience!
- Ensure that players of all skill levels are engaged in game play and have the opportunity to improve by being put in situations that they can succeed in!

## TO BE SUCCESSFUL:

- Focus is NOT ON WINNING OR KEEPING SCORE!!!!!!
- Coaches are there as a team to help both teams, not just their team! Coaches must all work together for this to be successful!!!



## MODIFIED ICE BENEFITS vs. Full Ice Hockey

Here are the Facts

SHOTS

6x more shots on goal/player

PASSES

5x more passes received/player

PUCK BATTLES

2x more puck battles/player

PUCK TOUCHES

2x puck touches per player

PASS ATTEMPTS

2x more pass attempts/player

CHANGES OF DIRECTION

2x more change of direction/pivots

1.75 shots per minute vs. 0.45 shots per minute playing full ice

FUN!!



Lifelong  
Love of Sport

Fundamental Development



### CONCLUSION:

The sport of hockey teaches some of the most important life-lessons and offers the excitement and experience of a life time!



# RESOURCES

## Coach Hub



CVHA Home About Us House League Registration What We Offer Awards of Recognition Sponsorship Tournaments Player Mentors Forms News Classifieds  
 Registration Now Open! Online Stores

**IP Coach Meeting** U6-U7-U8-U9 Coaches Meeting to be held to go over GAME PLAY!!! Tuesday, October 24 at 8:00pm!

Home Page News Calendar Coaching Certifications Rowan's Law

**LATEST NEWS**  
 Organization:  
**No Latest News**  
 Submitted By Auto on Oct 21, 2023 (0 views)

Check back later for some exciting news about our program.

**GTHL**  
 GTHL - GTHL hosts first Development Day of 2023-24 season, welcoming 80 participants

**HOCKEY CANADA**  
 Schedule announced for 2023 Para Hockey Cup

**Section 11: Maltreatment**

**UPCOMING EVENTS**

<b>OCT 24</b>	9:00 PM - 10:00 PM U6-U9 Coaches Meeting - Game Play Online	<b>OCT 29</b>	9:00 AM - 2:00 PM Game Play for U6/U7/U8/U9 Starts! City of Vaughan Arenas
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**Coach Manual**  
**COACHING MANUAL**

**HC Drill Hub**

**Practice Plans**

**UP NEXT** **FULL CALENDAR**

Today 0 events	Sun 0 events	Mon 0 events	Tue 1 event	Wed 0 events
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Follow Us:

City of Vaughan Hockey Association



# RESOURCES

## CVHA Coach's Manual





# RESOURCES

## HC Drill Hub



<https://www.hockeycanada.ca/en-ca/hockey-programs/drill-hub/initiation>

For practice plans, examples of what to do, and videos!

The advertisement features a blue background. On the left, there is a circular logo for "HOCKEY CANADA DRILL HUB" with the Hockey Canada crest and the Samsung logo. Below the logo, the text reads "Practice Like Team Canada" in large white letters, followed by "Access a Library of Free Drill Videos & Diagrams" in smaller white letters. At the bottom left, the URL "HockeyCanada.ca/DrillHub" is displayed in red. On the right, a white Samsung tablet is shown, displaying a video of a hockey player in a red Team Canada jersey and helmet, holding a hockey stick and preparing for a shot.



# U6 and U7 Cross Ice Games



<b>Structure</b>	<b>Description</b>
OFFICIALS	None, controlled by coaches
PUCKS	BLUE, 4oz
NETS	2 nets, determined by facility
POSITIONS	Nothing defined, rotate
WARM-UP	2 minute warm-up
GAME TIMES	Till end of ice session
FACE-OFFS	To start game
SHIFT TIME	2-3 min shifts on coach whistle
<b>LINES</b>	<b>4 on 4</b>
KEEPING SCORE	NO, will not be kept
STANDINGS	NO, will not be kept



# U6 and U7 Cross Ice Games



Situation	Description
Off-side	None
Icing	None
Line Changes	On the fly, and when whistle goes. Players leave the puck exactly where it is and go off. Play resumes immediately as new players take to the ice, like 4on4 game play.
Pucks Out of Bounds (past bumpers or under bumpers)	Offending team backs away, Coach drops puck to non-offending team.
Goaltender Save	Shooting team backs away to centre on Coach's whistle, goalie passes to teammate and play resumes.
Goal Scored	Coach blows whistle. Scoring team backs away to centre, defending team removes puck from net and immediately starts on attack.
Penalties	Coach indicates penalty, if offending team has the puck, change of possession. At end of shift coach explains to offending player. Teams always play at even strength.





# U6/U7 Season Structure



## SATURDAYS

U6 - Practices

U7 – Practices

## SUNDAYS

U6 – Cross-ice game play / practice

U7 – Cross-ice game play

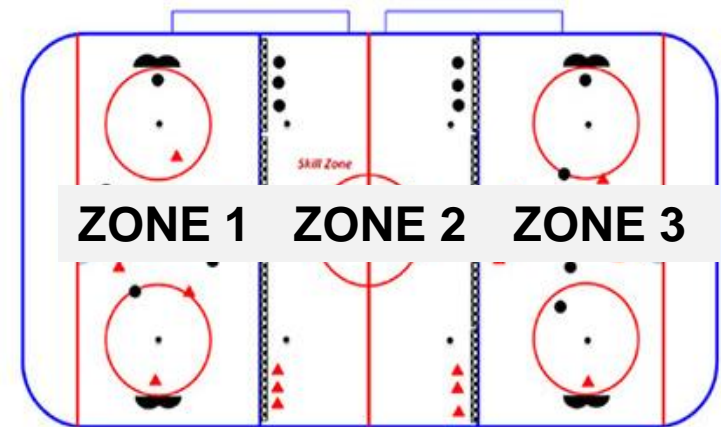


# GAMES RINK SET-UP



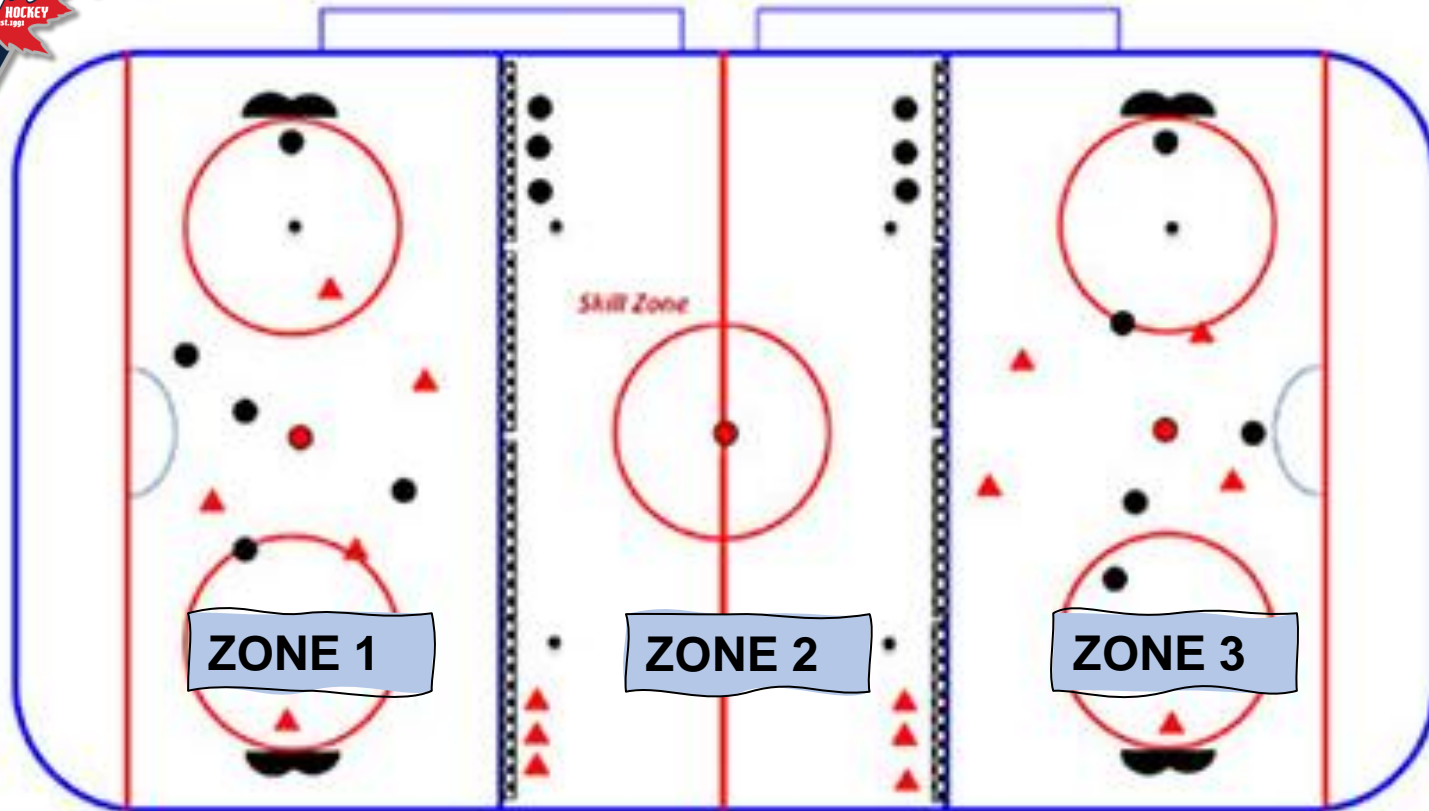
## RINK SIZE (U6 & U7)

- Bumpers are to be set up on the blue lines
- Play zone is from the end boards to the blue line bumpers
- Nets are set up CROSS-ICE, either using the face-off circle for the goal line or give approx. 5ft of clearance behind the net so players can skate behind.
- Play is divided into 3 zones; 2 game zones, 1 practice zone.
- Net size based on rink availability.





**NO PARENTS ON THE BENCHES!!!!**



### **3 ZONE SET-UP**

**Zone 1** – Game action (1/2 ranked players)

**Zone 2** – Skills Zone for players waiting for their shift

**Zone 3** – Game action (3/4 ranked players)



# SKILL ZONE



- Pulling individual or groups of players aside to work on a specific skill, like: stopping, backward skating, turns, etc...
- Practicing stick handling either just skating around or set up a pylon path to use.
- Passing drills back and forth to one another or the coaches

Since shift times for the games are 2-3 minutes, please ensure that the drills you are doing are quick, and allow for numerous repetitions within a minute. The players should not be standing in a line. Drills should be quick, easy, simplistic and repetitive.



# BUMPERS & NETS



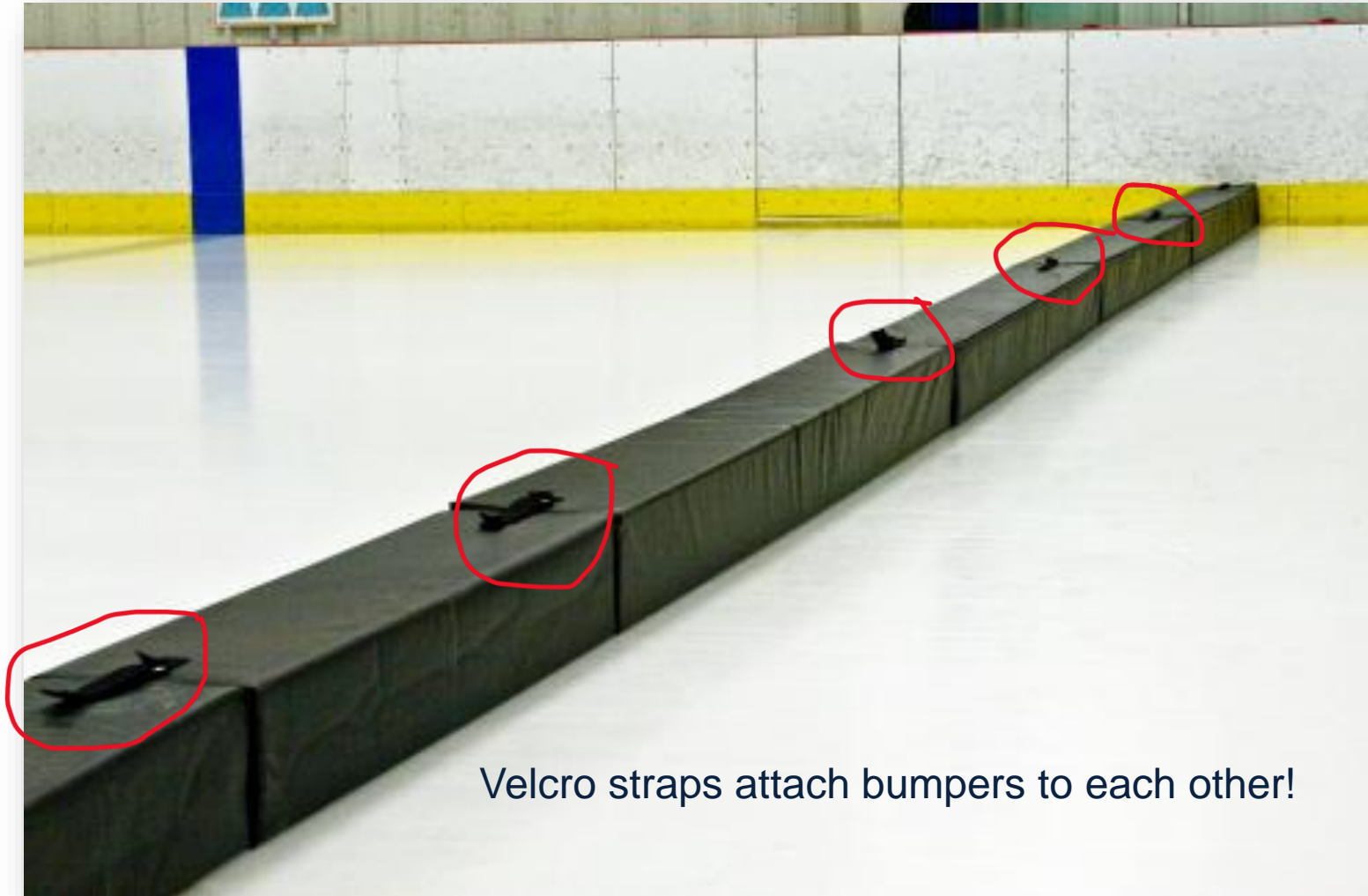
- For the U6 and U7 Initiation Program to be a success, we rely heavily on our Coaches to help set up the bumpers and nets.
- For the first game of the day, coaches should be ready to set up the bumpers and nets 20 minutes prior to the start time. Bumpers are attached via Velcro straps to one another and should traverse the distance of each blue line.
- **The coaches on for the last U6 or U7 game, are required to remove the bumpers, and place them back in storage where they were to begin with:**
  - **AL PAL EAST RINK** – Bumpers are stored to the side of the benches and need to be put back neatly, not thrown behind benches.
- **The Coaches that are in the last time slot for U6 or U7, please be prepared to take them off the ice and put them away.**

It is important that we start the first game on time so that we are not having to cut back game times, so please make sure that the rink is all set up and ready to go!

**ALL COACHES AND ON-ICE HELPERS  
MUST WEAR HELMETS AT ALL TIMES!!!**



# BUMPERS



Velcro straps attach bumpers to each other!



# BUMPERS





# BUMPERS



**Please stack the bumpers to the sides of the benches!**







# How to Split Your Teams



As we are dividing our teams in two, the following is a guide for how to decide who is going on what side, and how that may change during a game, or during the season.

**ZONE 1 – Players ranked 1 and 2**

**ZONE 3 – Players ranked 3 and 4**

## **SPLITTING THE TEAM IN HALF**

- Try to split your team in half, so equivalent number of players are on each side each week.
- One team is the TOP HALF of your team, and the other team is the BOTTOM HALF of players that are present that day.

To ensure proper balancing between the two games, you may one day have PLAYER X in Zone 1, and the next day in Zone 3, or you may switch them halfway through the game as their level of play dictates or you need to balance off the sides.

- Please come to the rink prepared with how you are splitting your teams so that no time is wasted trying to figure out who goes where, etc...
- Assign which coaches are going where and change them up halfway through or every week!



# GOALIES



Each coach has been given a set of goalie equipment from the CVHA so that they can rotate the players as goalies to give them the opportunity to experience being a goaltender. **It is not necessary to have a goalie in net but strongly encouraged.**

## **In games where you have 2 goalies (1 per team):**

Rotate the goalies from Zone 1 to Zone 2 halfway through the session so that both zones have goalies to shoot on.

## **In games where you have 1 goalie only (from 1 team):**

Rotate the goalie through each of the 4 nets (a quarter of the time in each net) so that every team gets the opportunity to shoot on the goalie and the goalie gets a variety of shots and game experiences.

## **In games where you have 0 goalies:**

Play 4 on 4 with open nets with the option of turning the nets around to face the boards so that players are forced to pass and skate to score.



# Where Should Coaches Be?



The Coaches of each team are required to work together for the benefit of the players and to ensure a fun and safe game experience. It is critical that the coaches of both teams talk before they go out on the ice so they know what is going on.

## **Ideal coaching placement:**

**Zone 1** – One to two coaches from each team to run the game

**Zone 3** – One to two coaches from each team to run the game

**Zone 2** – Remainder of coaches so that they can get the next shift organized and ready to go out and help with having the kids skate and practice while waiting.

The coaches that are in Zone 1 or 3 (games) are working together for the benefit of both teams. They are there to **help instruct their players in basic game play but MUST be there simply to instruct. YOU ARE NOT THERE COACHING YOUR TEAM TO VICTORY.** Both coaches should be positively reinforcing good plays, but are not there to cheer their team on and constantly commentate what is happening. Provide instruction and encouragement and help the flow of the game by adhering to the rules of play.

**You need usually more coaches in ZONE 2 as you need to make sure they are ready to switch and for running any drills or skating with them!**



# COACHES ROLE



**Please make sure your teams are ready to go on the ice immediately for the right time!**

1. Ensuring the safety of the players throughout the game (pile ups, hitting the boards, whacking at the puck when under or near a player, etc...)
2. Moving players back and ensuring the proper format of the game is being played (backing off players after a save or a goal).
3. Ensuring that line changes are ready to happen and are coordinated in a fast and efficient manner to allow for maximum playing time.
4. Watching for the integrity of the bumpers and re-aligning them if moved.
5. **Absolutely no parents on the benches!**
6. Ensure that all players are off the ice promptly when game is over.



# Game Management



## WHAT IS GAME MANAGEMENT?

Coaches working together to ensure that the games start and end on time, have an even flow to the game, and players have a fun experience.

## HAVE A PLAN!

- Making sure your team is ready to go on the ice at the right time.
- Coaches ready to go once on the ice and know which players will be on what side of the ice.
- Line changes are ready to go, and players are organized during the game, so they know which are on next, and which are to come off.
- Understanding the rules and format of the game and being consistent in applying it so that the players have a structure and learn what to do.
- Managing goalies properly so that both sides get even exposure.
- At the end of the game, making sure players leave the ice surface in proper time.