



INITIATION PROGRAM

OWHA & HOCKEY CANADA

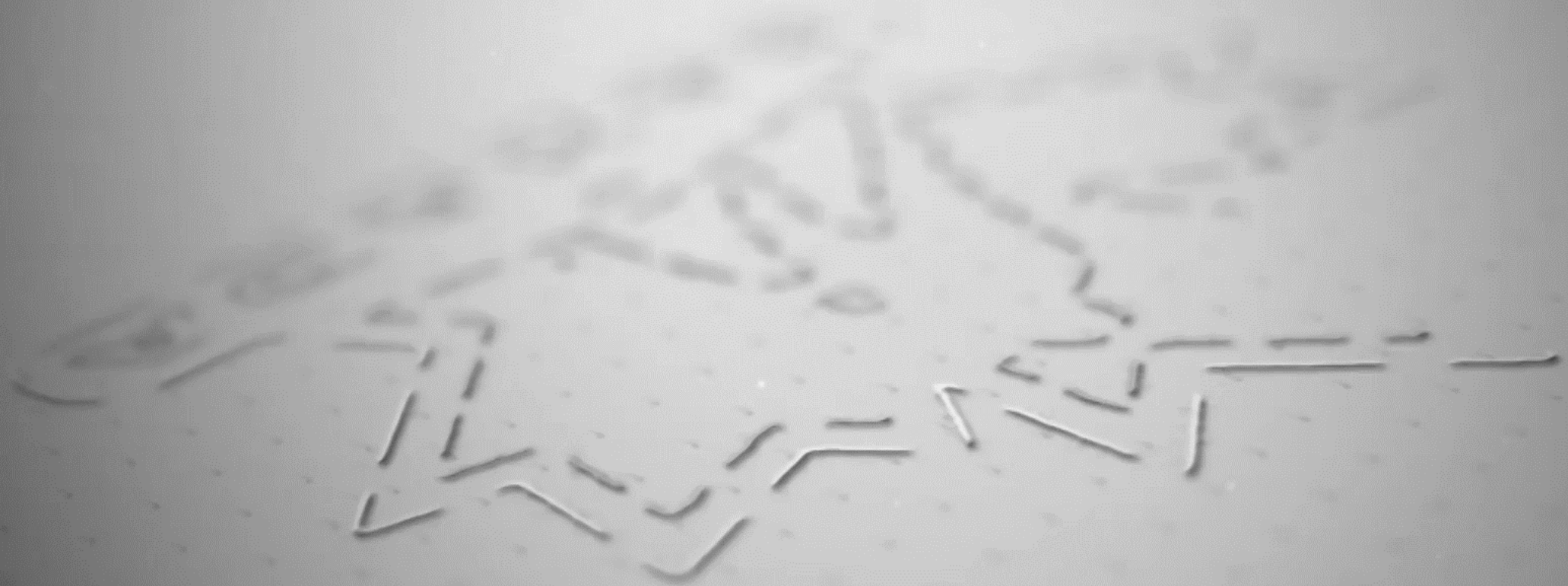


Why?????



- ▶ Right start– giving young players every opportunity to succeed
- ▶ No level in any sport is more important than initiation programs
- ▶ We only get to make a first impression once– will she want to come back?
- ▶ Follows the long term athlete development plan (LTAD)

The program serves as the gateway to all hockey skills!





An innovative program approach

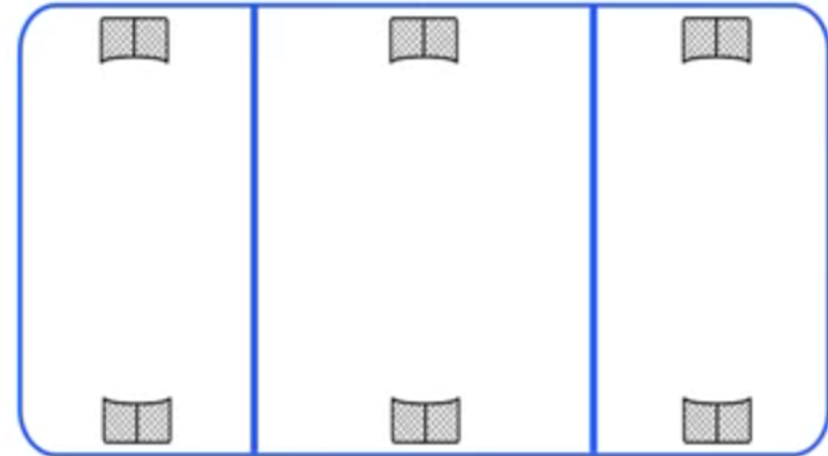


- ❖ Fundamental **sports** skills:
 - ❖ Introduced through **fun** games
 - ❖ **Age appropriate** skills programming
- ❖ Fundamental **hockey** skills:
 - ❖ Basic overall **game** skills
 - ❖ **Skills in combination** over time

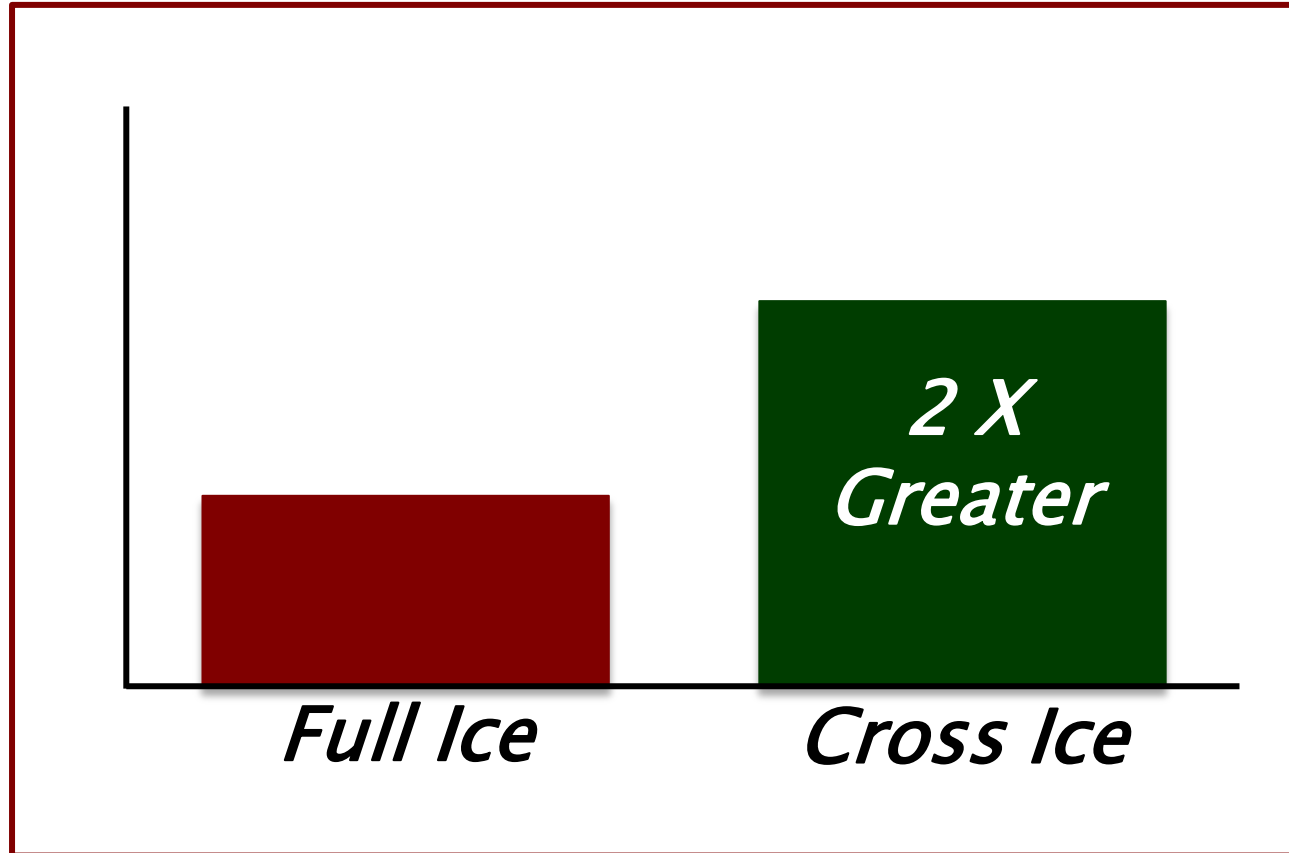
No limitations on how to use ice

Cross-ice hockey:

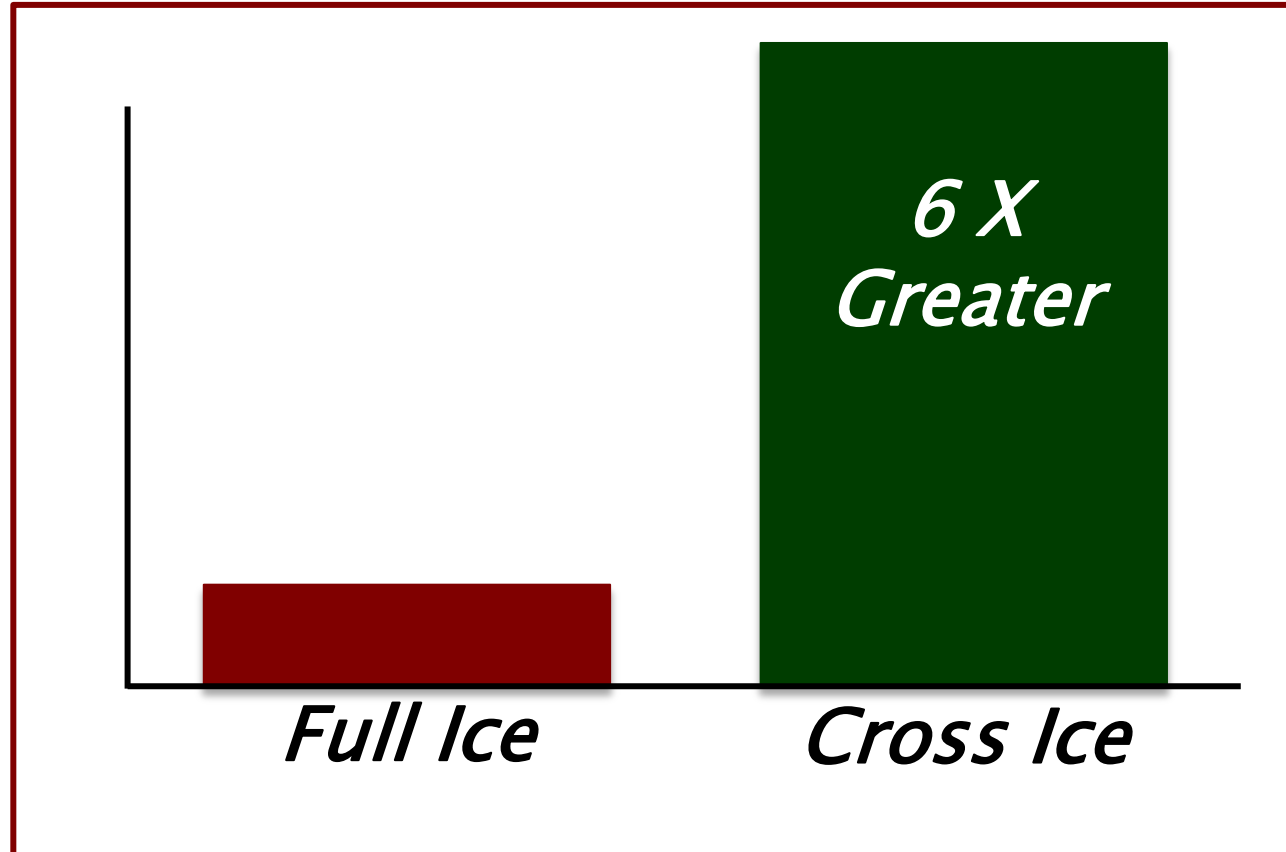
- ❖ *3 games*
- ❖ *2 games and a skills area*
- ❖ *2 games and a rest area*



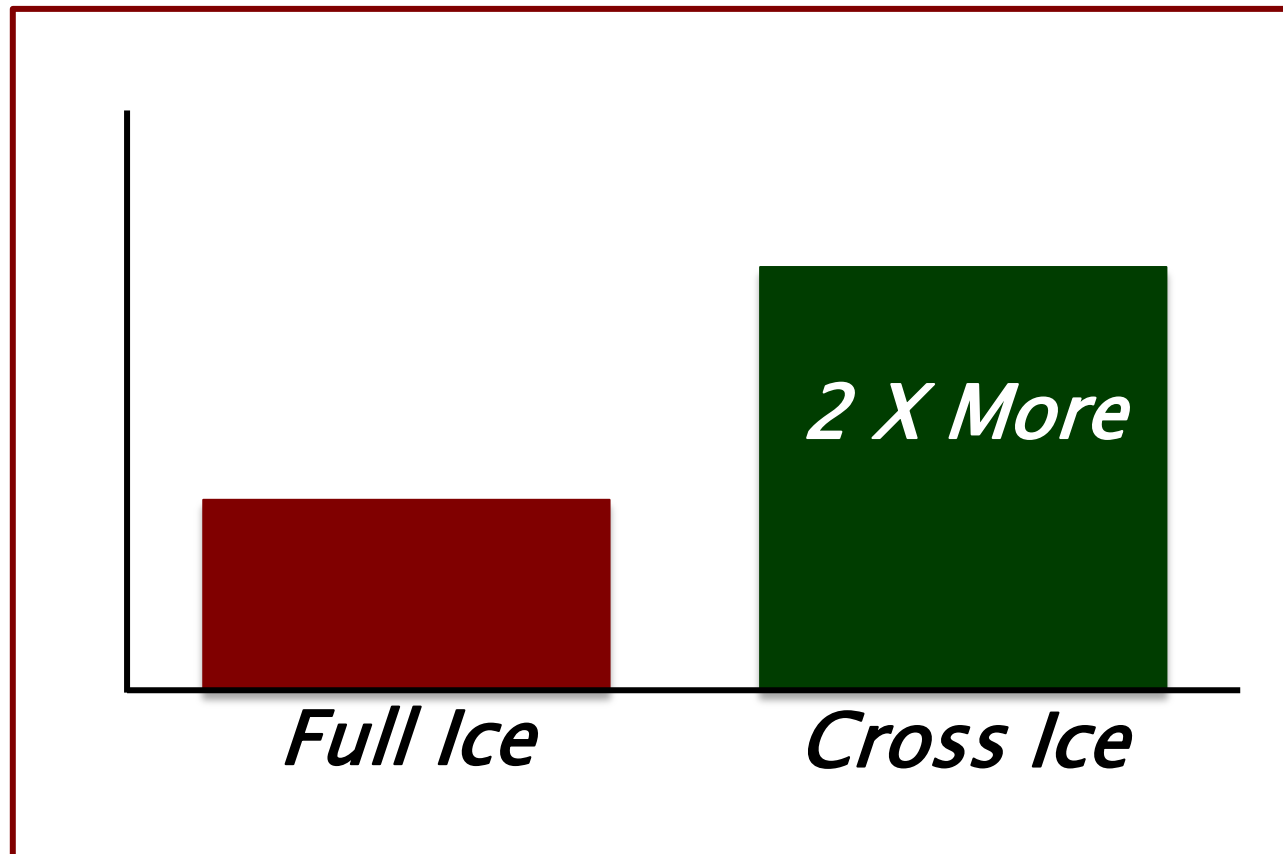
1. Puck Battles



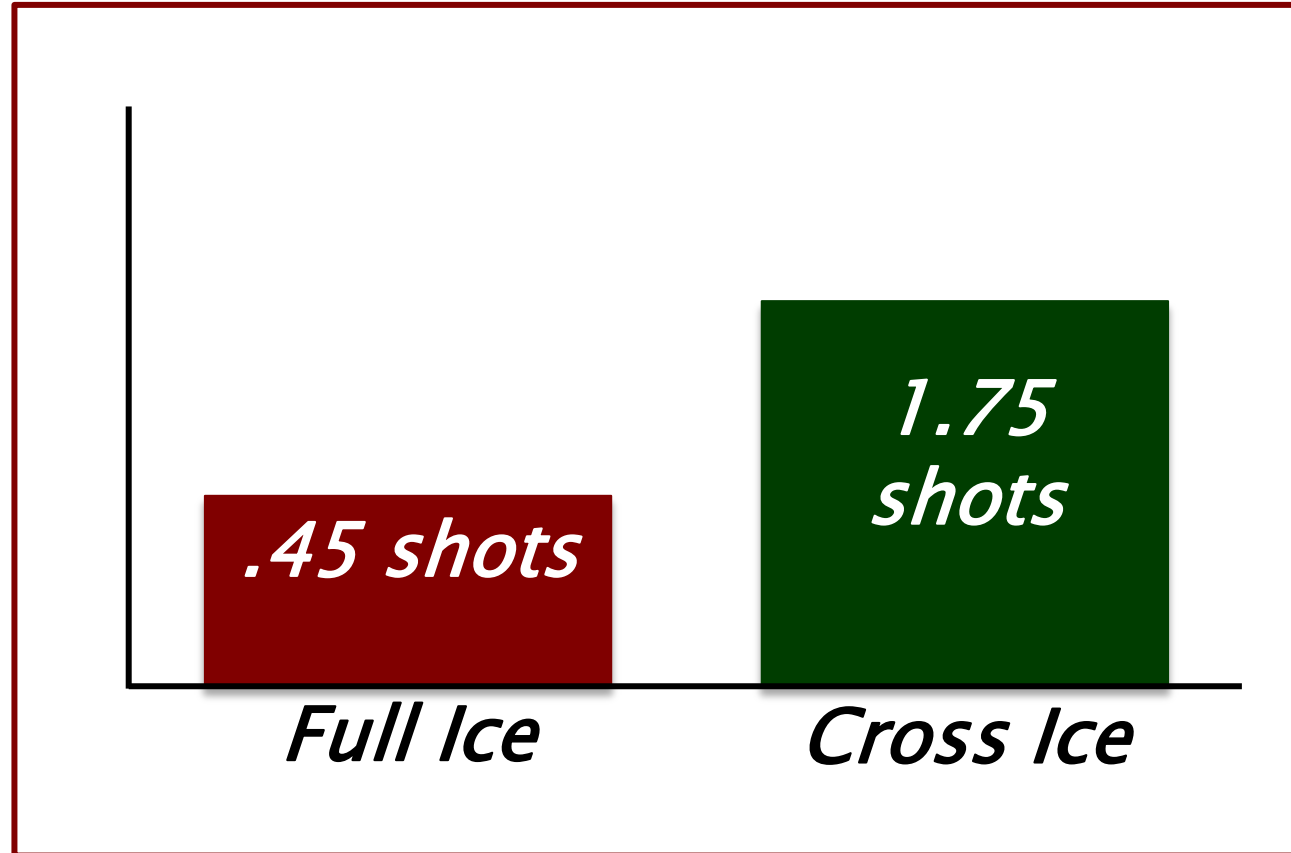
2. Shots Per Player



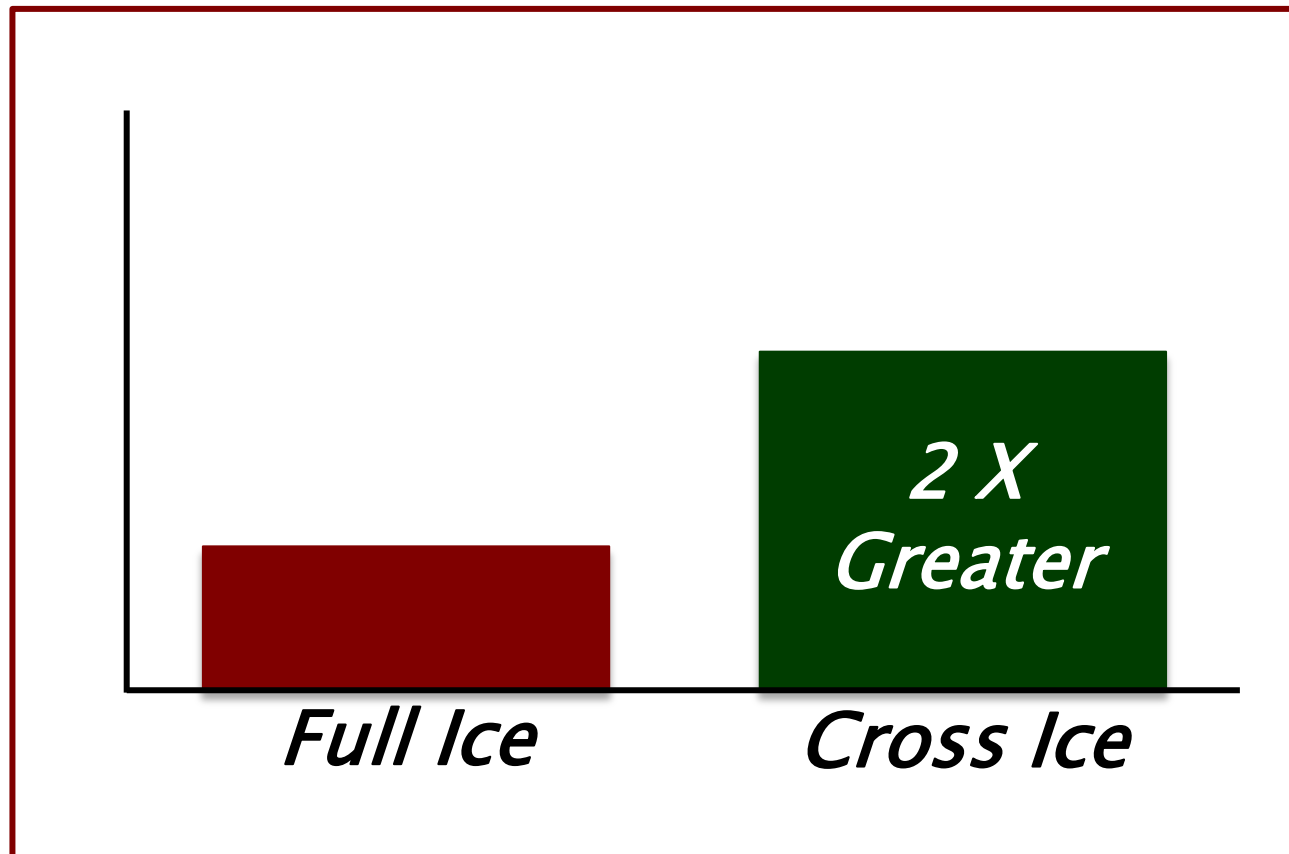
3. Individual Player Puck Touches



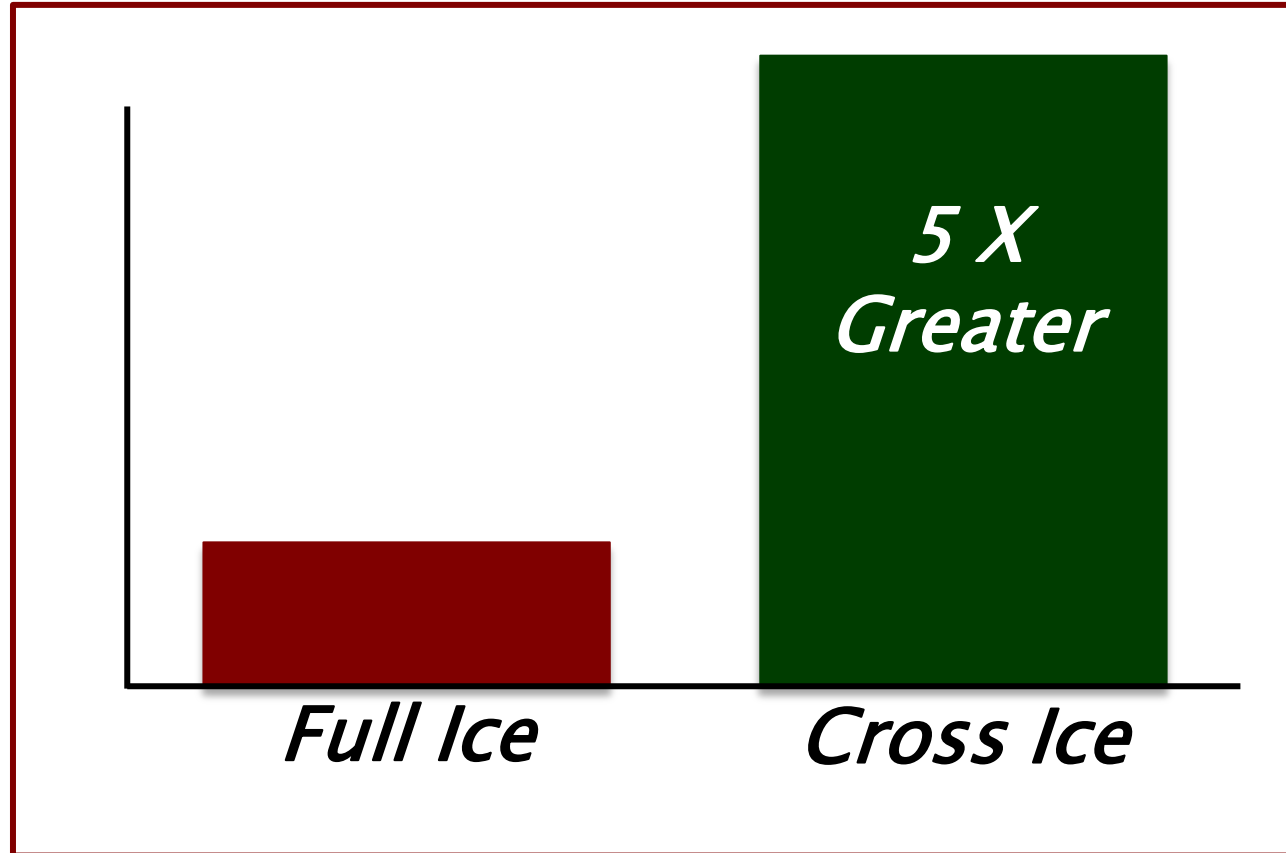
4. Shots on Goal Every Minute



5. Pass Attempts



6. Pass RECEPTIONS





The Dangers of Early Sport Specialization



- ▶ Every year, more than 3.5 million children under age fifteen require medical treatment for sports injuries, nearly half of which are the result of simple overuse.



KEYS TO EFFECTIVE COMMUNICATION AT THE IP LEVEL.



- 1. Use age appropriate language (TOUGH TO DO!)**
- 2. Teach on thing– NOT 3 THINGS!**
- 3. Build in Praise whenever possible.**
- 4. Tell them what they will be doing, let them try it, then ask them what they just did (AN OLD TEACHING AXIOM)**
- 5. Never underestimate the importance of vision with respect to long term learning. (coaches boards, video clips, demonstrations)**



What we need to do: Training



- ❖ Environmental Scan
- ❖ LTAD and LTPD
- ❖ Statistics and Analytics
- ❖ Video Resources
- ❖ HC Network
- ❖ In Person Meetings
- ❖ Conference Calls
- ❖ Webinars
- ❖ FAQ
- ❖ Email Sharing
- ❖ Surveys and Self Evaluation
- ❖ Human Growth and Development
- ❖ Learning Principles



Training & Support



- ▶ **OWHA President** – Direct communication link (Bulletins and Program Guides)
- ▶ **OWHA Program Administrator**– oversee all aspects of the program
- ▶ **OWHA Master facilitator**– set up training sessions for regional facilitators
- ▶ **OWHA Initiation Facilitator** – Educated and supported locally by program administrator and master facilitator
- ▶ **Local Coach Support** – Someone locally that has experience with the Initiation age group
- ▶ **Local Coaches** – Coach 1 Clinic and additional coach development offered through the owha
- ▶ **Parents** – Resources provided and support offered through owha support structure



2016–2017 Priority Items



- ❖ Initiation Guidelines (educate)
- ❖ Regulations (influence)
- ❖ Coach 1 (educate)
- ❖ Video Resource (influence)
- ❖ Website Section (educate and influence)
- ❖ Modified Equipment and Surface (educate and influence)



Implementation Considerations



Municipalities and Facilities

- ▶ How do we effectively educate and get them on board?
 - ❖ Setting Up of Dividers
 - ❖ Storage of Dividers/Nets
 - ❖ Dressing Rooms
 - ❖ Player Benches (standard or on ice)
 - ❖ Fire Code



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