## INFORMATION SESSION: NOVICE & BELOW

June 23, 2019

7:00 - 8:00 PM







- 1. Novice and Below Program Overview
- 2. Development and growth of your child's hockey skills
- Online courses parents must enroll in (OMHA mandated
- Equipment needed and mandatory for players safety
- 5. On & Off Ice Expectations
- Volunteers Coach's, On ice help, Managers Parent Reps

### OMHA UPDATE: NOVICE & BELOW

#### Objectives of the program are to:

- Develop fundamental skating, stick-handling and overall motor skills in a fun and safe sport environment that promotes self-confidence.
- Continue to grow their impression of hockey as a positive one for players and parents.
- Practice/gameplay exist primarily in a modified form formalized games introduced throughout the season.
- Some tiering of the players goal is to have players working with players of <u>like</u>
   <u>skill</u> to develop confidence and self-esteem.

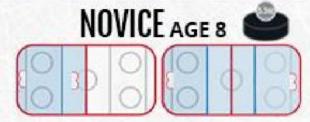
#### 2019-20











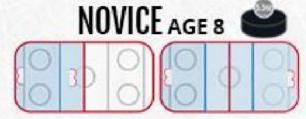
#### 2019-20











MITE	Initiation Program	MINOR NOVICE	MAJOR NOVICE
Open for age 3-6	Age 5 and 6	Age 7**	Age 8**
1x per week	2x per week*	2x per week*	2x per week*
Station based drills	Station based drills	Station based drills	Primarily station based
No travel/games	No formal league – limited focus on gameplay	Informal league (LL)	Shamrock and LL entries
	Tiered programming with Sr IP and Jr IP	Tiered programming (1,2, 3)	Tiered Programming Select, REP and LL

<sup>\*</sup>Expected Ice time

<sup>\*\*</sup> As per OMHA and association guidelines, players may play at a higher level if deemed appropriate

# WHY CHANGE THE WAY WE INTRODUCE HOCKEY??

- 1. Increased emphasis on skating
- Number of puck battles increases significantly.
- 3. Puck control and puck protection skills are enhanced
- 4. Less time and space increases the frequency and speed of making hockey decisions.
- 5. Offers a more challenging environment to improve ice awareness and elevate hockey sense
- 6. Increased intensity of competition results through the progressive skill improvement of players.

### WHAT THE RESEARCH SAYS?

- 2X more puck touches, more pass attempts, more shot attempts/player, more change of direction pivots
- **5X** more passes received, more puck battles
- 2.75x more shots on goal per minute

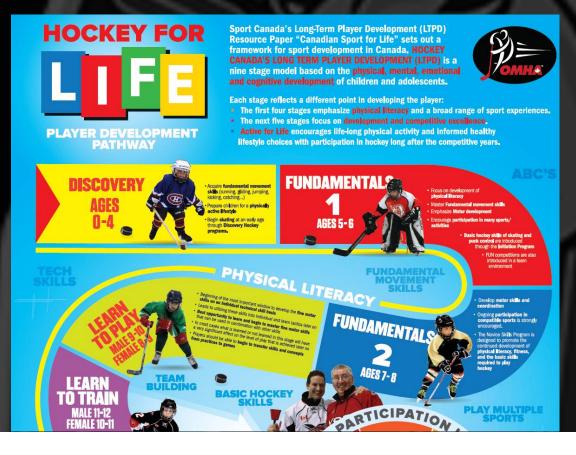
https://www.youtube.com/watch?v=cXhxNq59pWq

### ON & OFF-ICE EXPECTATIONS

Respect in Hockey Video:

https://www.youtube.com/
watch?v=fRRcbRdeJOk

# LONG TERM PLAYER DEVELOPMENT MODEL: HOCKEY FOR LIFE



Additional Long Term Player Development Resources on OMHA Website:

https://www.omha.net/page/show/964877-long-term-player-development

### ON-LINE COURSE FOR PARENTS

- At least one parent or guardian of each player registered in minor hockey in the OMHA is <u>required</u> to complete the Respect in Sport - Parent Program as a condition of participation.
- The one-hour online course is a proactive, educational program that empowers
  parents with the tools to ensure the game is enjoyable and respectful for themselves,
  their children and all other stakeholders in the game
- Course is through the OMHA and link may be found on MBDAA website:

https://omhahockeyparent.respectgroupinc.com/

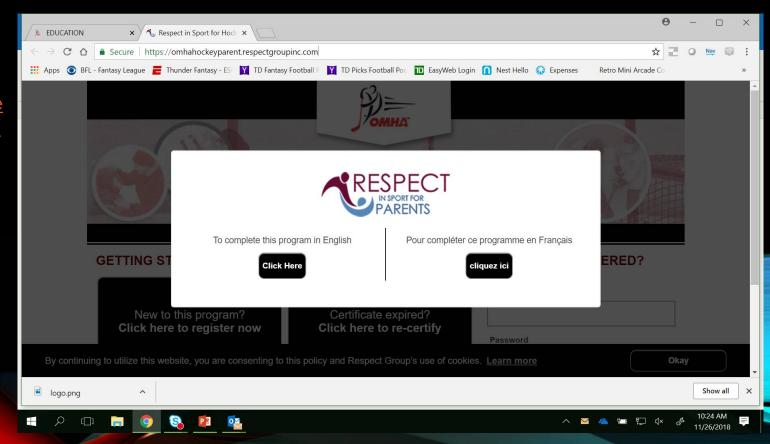


Sign into Parent Respect in Sport at the below link

https://omhahockeypare
nt.respectgroupinc.com/

Please complete the program

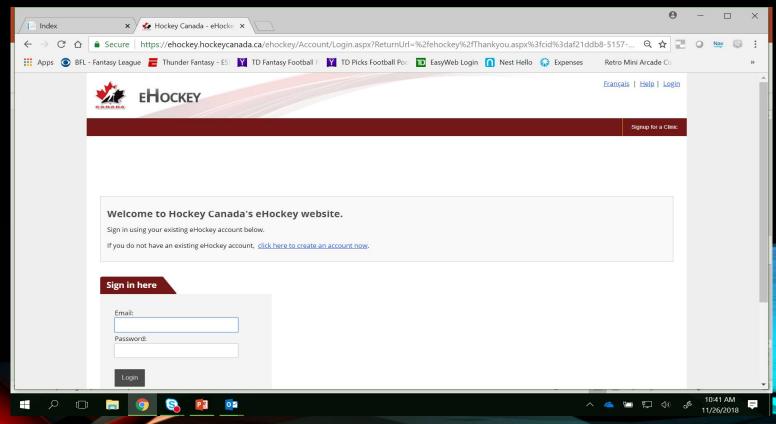
Note only 1 parent per child needs to complete (not both)





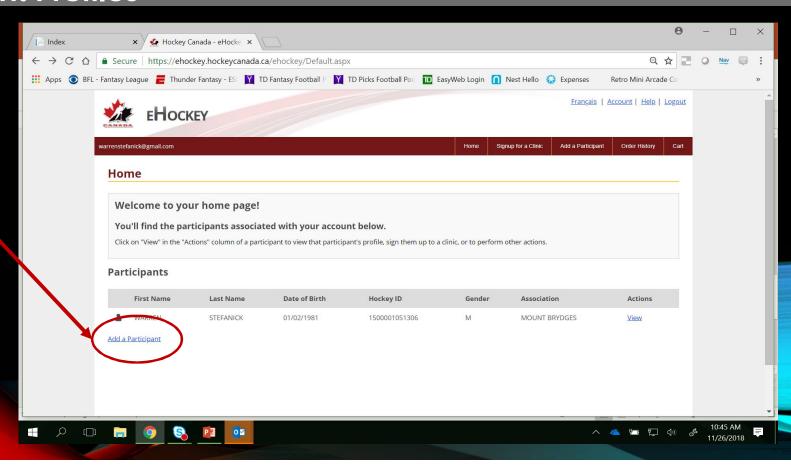
Once you have completed the program, you need to link your program completion to your player

Create Yourself an <a href="https://example.com/eHockey-Account">eHockey Account</a> (Parent)





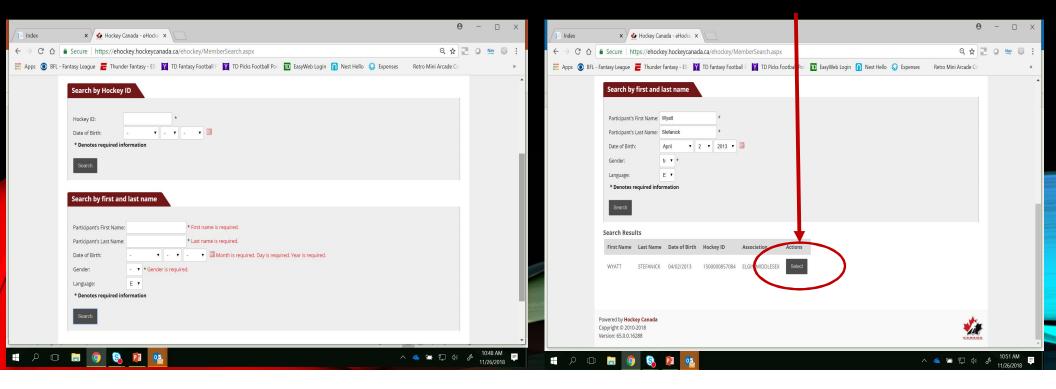
After you have created yourself an account, select "Add a Participant" link below your name



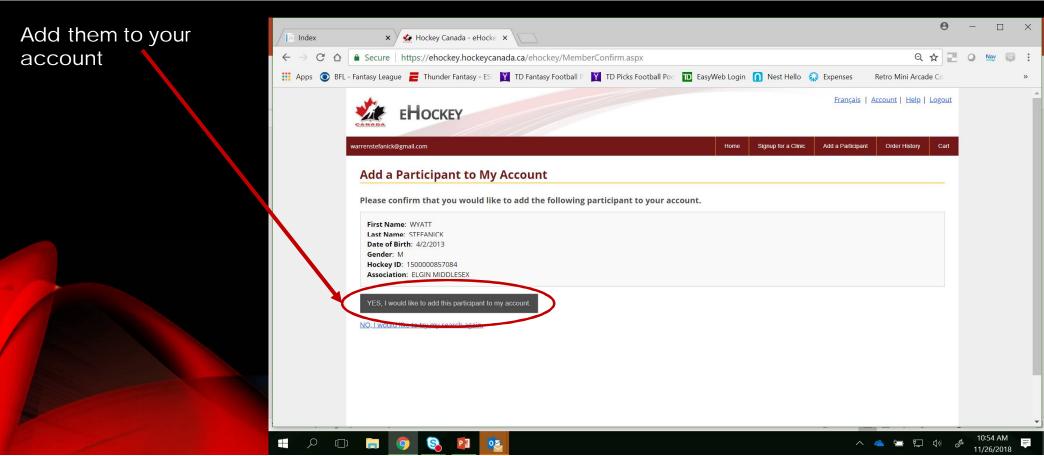


You can search for you child by looking up their Hockey ID or by First and Last Name

Once you have found your child, select them and add to your account







## REQUIRED EQUIPMENT



ADDITIONAL DETAILS ON OMHA WEBSITE

### **ENGAGEMENT**

#### Team Volunteer Opportunities:

- Coaches
- Trainers
- On ice help
- Managers
- Parent Reps
- Time keepers
- Jersey parents

#### Organization Volunteer Opportunities:

- Welcome back day
- Entrance gate keeper



### 2019 – 2020 VOLUNTEER FEE CHANGES

- Every family required to provide \$200 volunteer fee cheque post-dated to April 1st, 2020
- Cheques required prior to player stepping foot on the ice
- Each family is required to complete 5 volunteer hours during the season
- DIBS program via website for more opportunities



### QUESTIONS

https://mbcougarshockey.ca/



