

## BENEFITS OF SMALLER SURFACE

- More efficient use of ice time and, as a result, more ice time for young players
- Allows more kids to be on the ice at the same time
- Increases the use of the core skating skills (like agility, balance, coordination)
- Increases the number of puck touches per player
- Provides a better environment for teaching ice awareness and hockey sense
- Promotes stronger passing, pass receiving, and puck support
- Allows young goaltenders, when introduced, to experience more game-like action
- Creates a stronger challenge for the more advanced players by having them face more opposition on a smaller playing surface
- Builds confidence of lesser-skilled players because they are more involved in play
- The best players are challenged simply by the fact that others get in their way in a smaller area, forcing them to change direction, protect the puck and play in traffic instead of avoiding it
- Puts players in a position where they need to read and react
- Teaches players to be aware and react to pressure
- Focuses on lateral movements, stops and starts, changes of direction
- Improves puck protection and avoiding checks
- Hockey sense increases

## CROSS-ICE STATS

- 6x more shots on goal per player
- 5x more passes received per player
- 2x more puck battles per player
- 2x more puck touches per player
- 2x more pass attempts per player
- 2x more shot attempts per player
- 2x more change of direction pivots
- 1.75 shots/minute vs 0.45 shots/minute playing full ice
- The stats of the U8 game resemble those of an NHL game.

Simply put, the numbers show that it works and that it is great for development.

Hockey Canada is among the last sport organizations to look at ice modifications. With Sport Canada's focus on the long-term development of athletes, we have been exposed to the modification of many of the other major sports in Canada. Picture this:

- A 7-year old soccer player playing on a World Cup field
- An 8-year old baseball player standing at home plate with a pitcher 60 feet away
- A 6-year old basketball player shooting at a 10-foot hoop



## NOVICE HOCKEY GUIDE

### 2017-18 SEASON



Modified ice will provide players with an environment that is more inclusive, competitive and conducive to skill development at the Novice level. This occurs through increased puck touches, shots, completed passes, transitions, along with improved puck control, puck support, and overall player involvement.

Visit [hockeynovascotia.ca](http://hockeynovascotia.ca) for more information and follow us on Twitter at @HockeyNS.

## NEW NOVICE SEASONAL STRUCTURE

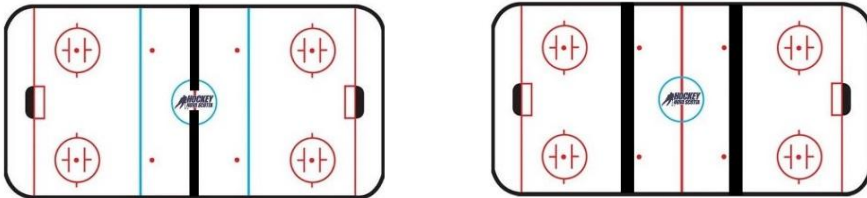
**DEVELOPMENT SEASON:** Start date in respective associations until December 1

**HALF-ICE or CROSS-ICE SEASON:** December 1 – January 15 (no full-ice games)

**FULL-ICE SEASON:** January 15 with a maximum of 15 games (can still play half-ice games)

Hockey Canada will make cross-ice and half-ice hockey mandatory at Novice beginning during the 2019-20 season. Further details will be made available later this season.

## CROSS-ICE / HALF-ICE HOCKEY RINK SET-UPS



### RINK SET-UP

- Associations should enlist the help of parents to help set up the rink
- Any small delays associated with rink set-up are more than made up for by the extra amount of ice time each player receives playing cross ice or half ice

## SCHEDULING

Minor Hockey Associations and leagues are strongly encouraged to schedule Novice half-ice and cross-ice games in succession whenever possible to allow for a fluid transition between games.

## RECOMMENDED EQUIPMENT

- Rink dividers | Boards | Pads
- Blue pucks and **Shooter Tutor** on-hand – many Novice teams only have one goalie
- 4-6 nets depending on number of games (cross-ice or half-ice)
- Small nets or pond hockey nets if no goalies are present (no specific size; just smaller than regular-sized nets)

## OFFICIATING CROSS-ICE AND HALF-ICE HOCKEY

- Should have one official or monitor for each **game**
- Can be a coach or beginner official

Examples: with two half-ice games being played, two officials or coaches are need; with three cross-ice games being played, would be 3 officials or coaches

## BENCHES

- Use benches or middle of ice
- Supervision on each bench

## DRESSING ROOM ASSIGNMENTS AND CONSIDERATIONS

- How many teams are on the ice?
- How many rooms are available?
- Parents/siblings in room

## COACHING RESOURCES

Hockey Nova Scotia requires all on-ice instructors and coaches to undergo training related to the specific level of play they are teaching and coaching at. The following are key resources that coaches and parents should refer to throughout their development pathway.

- The Hockey Canada Drill Hub  
<https://www.hockeycanada.ca/en-ca/Hockey-Programs/Drill-Hub>  
The Drill Hub is an easy-to-use resource that allows coaches and parents to view drills online. Drills and skills are designed for a variety of areas including position specific, checking and angling and goaltending. Coaches can develop practice plans and distribute these plans electronically. Best of all, this is a free resource.



- Hockey Canada Network  
<https://www.hockeycanadanetwork.com/>  
This is perhaps the best coaching and resource tool in the hockey world. The Hockey Canada Network is an app that is updated daily with new drills, training tools and articles. Coaches who attend Hockey Nova Scotia coaching clinics will receive this resource for free.



Coach education is an integral component to the development of young players. All coaches who attend Hockey Nova Scotia coaching clinics will receive a presentation on the benefits of smaller ice surfaces and cross and half-ice hockey.

For the full HNS Novice Regulations and guidelines, please visit [hockeynovascotia.ca](http://hockeynovascotia.ca) and click on **Constitution (Regulation Nineteen)** under the **Governance** tab.