

Female Development Model

Introduction to Hockey

The OWHA Female Development Model was introduced this season and we will continue to provide information as the program is updated.

Please note that the Novice 7 & 8 year-old hockey model will become effective at the commencement of the 2019-2020 hockey season. Specifically, the OWHA Novice 7 & 8 year-old program will continue to operate in 2018-2019 as it did in 2017-2018. This includes Novice A, B, and C. The rest of this model is effective for the 2018-2019 season.

Teams and associations are encouraged to provide development opportunities that are consistent with the principles outlined in this manual for the 2018-2019 season.

We would appreciate your feedback and would especially love to hear from any team/associations that have successfully implemented these guidelines.



8-and-Under

Note: This can be utilized for beginner players at any age including adult

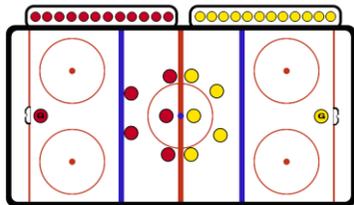
OWHA Female Development Model

Welcome to the OWHA's Development Model for females 8 years old and under! This guide outlines the female pathway for those entering the game before they are 8-years-old.

- Shared ice, multi-station practices and modified ice games are a key component to this PDM. Those allow for:
- A focus on fun, teamwork and self confidence
 - An increased emphasis on skating skills including agility, balance, coordination and quickness.
 - A significant increase in the number of puck battles.
 - An increase in puck control and puck protection skills, resulting in more confidence with the puck.
 - Reinforced fundamentals of skating, puck control, passing, and shooting.
 - An increase in the frequency and speed of making hockey decisions.
 - A more challenging environment to improve ice awareness and elevate hockey sense.
 - Increased intensity of competition resulting in the progressive skill improvement of players.
 - An increase in incidental body contact requiring players to focus on keeping their heads up.
 - Improvements in the areas of contact confidence and body contact.

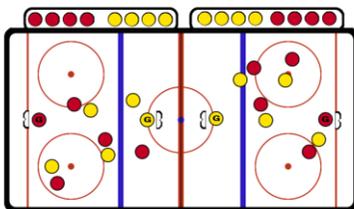
What does the math tell us?

Based on two teams (18 players) in a 50 minute game (1 minute shifts) the following is true:



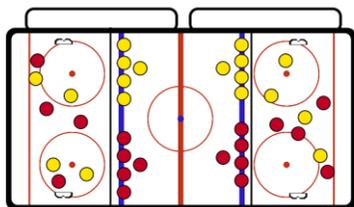
Full Ice (1 game)

- 12 kids in game, 24 sitting on bench (5-on-5, with goaltenders)
- ~ 16 minutes of game time per player



Half-Ice (2 games)

- 20 kids on ice, 16 sitting on bench (4-on-4, with goaltenders)
- ~ 25 minutes of game time per player



Cross-ice

- Two games + development
 - 16 kids in games, 0 on bench, 20 in development zone (4-on-4, no goalies)
 - ~ 23 min. of game time + 27 min. of development
- Three games
 - 24 kids in games, 12 on bench (4-on-4, no goalies)
 - ~ 33 minutes of game time per player

Benefits

It is important to fully understand and appreciate the benefits of modified ice hockey and why Hockey Canada has a national policy ensuring all hockey for players 8-years-old and under is played in smaller, modified spaces.

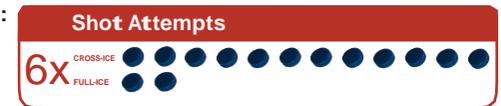
Small spaces equate to more engagement in the play:

- All players are close to the play at all times and have much more opportunity for puck touches. Regardless of the skill level or the ability of each player, their opportunities to be engaged in the play increase by double when the playing area is smaller.



The biggest difference between full ice and small areas:

- There are 6 times as many shots on goal or at goal in a cross-ice or half ice game.
- Players are closer to the puck at all times and the puck finds its way to the net much more often.



Shrinking the playing surface increases offence:

- Players are much closer to the nets, skate shorter distance from goal to goal, and have increased opportunities for offensive play.



More of a team game is apparent:

- In the smaller area games, players are observed passing and attempting to pass the puck more often. This happens for two reasons:
 1. All players are close enough to pressure the puck more frequently.
 2. Teammates are in close support of the puck carrier at all times.



A short quick pass finds its mark:

- In smaller spaces, more passes are attempted and most of these passes are 5 to 10 feet in length.
- When passes are shorter, accuracy improves and players tend to have more success receiving the pass.
- Players also start to understand the importance of team puck possession.



Physical Literacy

Long Term Player Development Research has concluded that it takes a minimum of 10 years and 10,000 hours of deliberate training for a talented player to reach elite levels.

This does not mean sport specific – it refers to the fact that it takes a long time to get to elite levels in sport, but that every athlete has the potential.

This means before the 10 year or 10,000 hour rule comes into play:

- 1) A player must have developed the fundamental skills
- 2) Be physically literate.

For a player and coach, this translates into slightly more than 3 hours of training or competition daily for 10 years.

10,000 hours should be in multi-sport and the OWSHA encourages players to NOT play hockey 12 months a year.

Important Notes:

The main goal is to make the beginner's first impression of hockey a good one! When players get started on a positive note, they automatically enjoy the game and usually go on to have fun playing hockey for many years.

Hockey Canada developed the Initiation Program to make the first contact with hockey a safe and positive experience. It is a structured, learn-to-play hockey program designed to introduce beginners to the game's basic skills. It enables participants to become contributing members of a team effort, develop self-confidence, and experience a sense of personal achievement. These goals are achieved in an atmosphere of fun and fair play.

The Hockey Canada Initiation Program is designed for players five and six years old, but is suitable for any entry-level hockey player and clearly lays out how to get them started in hockey so they will have fun, learn skills and develop confidence

Drawbacks in our Development System

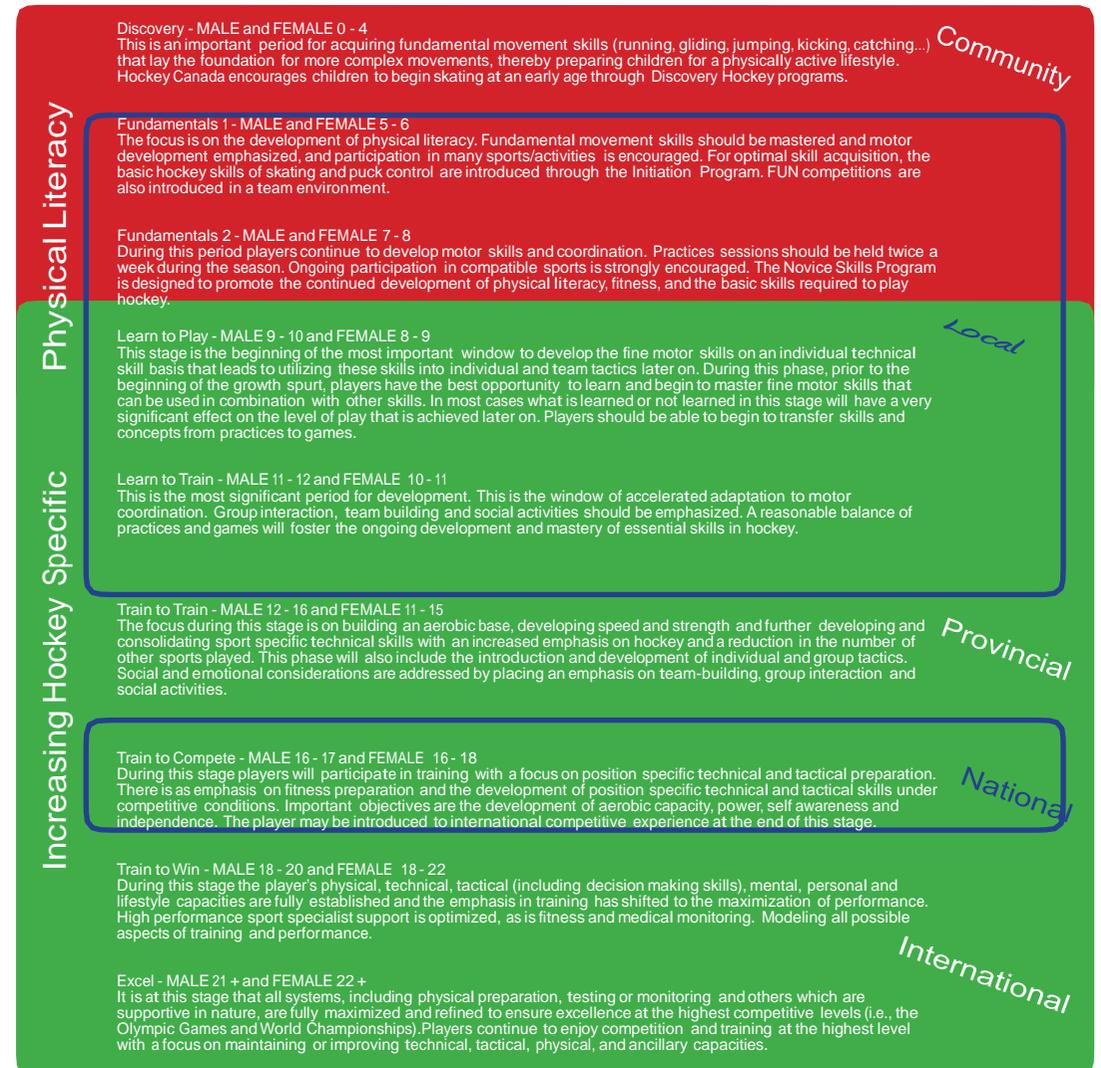
- Over-competing & under training
- Adult programs imposed on children
- Preparation geared to short-term outcomes
- Competition system interferes with athlete development
- Early specialization is demanded

What are the results of these shortcomings?

- Poor movement abilities.
- Lack of proper fitness.
- Poor skill development.
- Bad habits developed from over-competition focused on winning.
- Undeveloped and unrefined skills due to under-training.
- Athlete potential not reached due to inappropriate programs.

LTPD

Parents and coaches need to think long term and not worry too much about children being the best player on the ice at the age of 5 or 6 years old. Putting young players into a competitive environment too early will compromise the child's development. Children should only be placed into competitive situations that suit their abilities. Parents and coaches must be realistic about what children should be able to do at all age levels.



5-Year-old Hockey (IP)

In the Long-Term Player Development (LTPD) model, female players 5-years-old and under are part of Fundamentals 1: The focus is on the development of physical literacy. Fundamental movement skills should be mastered and motor development emphasized. For optimal skill acquisition, the basic hockey skills of skating and puck control are introduced through the Initiation Program. FUN competitions are also introduced in a team environment.

Ideal Seasonal Structure

SEASON START

Player assessment for the first two weeks on ice

PRACTICES

Two per week, 30-40 over the season
Multiple station work
Shared-ice
85% focus on technical skills
15% individual tactics
5:1 player to coach ratio

DEVELOPMENT PHASE

Ten weeks starting after player evaluations
(Twelve weeks total, including player evaluations)

REGULAR PHASE

Fourteen weeks starting after Development Phase

GAMES

15-20 over the whole season, including tournaments

TOURNAMENTS

Jamboree-style
Three maximum (5-10 games total)

PLAYOFFS

None

Ideal Game Structure

RINK SIZE

Cross-ice, **mandated** to a maximum of 100x60*
*Please see rink layout page 16

OFFICIALS

None, controlled by coaches

DESIGNATED POSITIONS

No goaltenders
No position specialization

PUCKS

Blue, 4oz

NETS

Small, 3' x 4' or smaller

SCORE

Not kept

6-Year-old Hockey (IP)

Working through the LTPD model, 6-year-old females continue in Fundamentals 1, with the focus remaining on fundamental skills. Those include forehand and backhand passing, forward and backward cross-overs, a forehand sweeping shot and wrist shot, toe drags and four different stopping variations. FUN remains the emphasis, with tournaments near the end of the season taking on the form of jamborees or festivals.

Ideal Seasonal Structure

SEASON START

Player assessment for the first two weeks on ice

PRACTICES

Two per week, 35-45 over the season
Multiple station work
Shared-ice
85% focus on technical skills
15% individual tactics
5:1 player to coach ratio

DEVELOPMENT PHASE

Ten weeks starting after player evaluations
(Twelve weeks total, including player evaluations)

REGULAR PHASE

Fourteen weeks starting after Development Phase

GAMES

20-25 games over the whole season, including tournaments

TOURNAMENTS

Jamboree-style
Three maximum (5-10 games total)

PLAYOFFS

None

Ideal Game Structure

RINK SIZE

Cross-ice, **mandated** to a maximum of 100x60*
*Please see rink layout page 16

OFFICIALS

None, controlled by coaches

DESIGNATED POSITIONS

No full-time goaltenders
Goaltender equipment optional
No position specialization
Encouraged to rotate players through all positions

PUCKS

Blue, 4oz

NETS

Small, 3' x 4' or smaller

SCORE

Not kept

7-Year-old Hockey (Novice)

In the long-term player development (LTPD) model, 7-year-old females are part of fundamentals 2. During this period, players continue to develop motor skills and coordination. Practice session should be held twice a week during the season. The Novice Skills Program is designed to promote the continued development of physical literacy, fitness, and the basic skills required to play hockey.

Ideal Seasonal Structure

SEASON START

Player assessment for the first two weeks on ice

PRACTICES

Two per week, 45-50 over the season
Multiple station work
Shared-ice
75% focus on technical skills
15% individual tactics
10% team tactics
5:1 player to coach ratio

DEVELOPMENT PHASE

Eight weeks starting after player evaluations
(Ten weeks total, including player evaluations)

REGULAR PHASE

Sixteen weeks starting after Development Phase

GAMES

30-40 games over the whole season, including tournaments

TOURNAMENTS

Jamboree-style
Three maximum (5-10 games total)

PLAYOFFS

None

Ideal Game Structure

RINK SIZE

Half-ice, **mandated** to a maximum of 100x100*
*Please see rink layout page 16

OFFICIALS

One official or coach per game

DESIGNATED POSITIONS

No full-time goaltenders
(everyone tries)
No position specialization

PUCKS

Blue, 4oz

NETS

Regular, 4' x 6'

SCORE

Not kept

7-Year-old Hockey (Novice)

Fundamentals 2 of the LTPD model also includes 8-year-old females. Skills being focused on in Novice include an advancement of the skills learned in the Initiation Program and the introduction of Team Play. Players are also learning more offensive (dekes and net drives) and defensive (basic one-on-ones and escape move) tactics.

Ideal Seasonal Structure

SEASON START

Player assessment for the first two weeks on ice

PRACTICES

Two per week, 45-50 over the season
Multiple station work
Shared-ice
75% focus on technical skills
15% individual tactics
10% team tactics
5:1 player to coach ratio

DEVELOPMENT PHASE

Four weeks following player evaluations
(Six weeks total, including player evaluations)

REGULAR PHASE

Twelve weeks following Development Phase

TRANSITION PHASE

Eight weeks following Regular Phase

GAMES

30-40 games over the whole season, including tournaments

TOURNAMENTS

Jamboree-style
Three maximum (5-10 games total)

PLAYOFFS

Optional

Ideal Game Structure

RINK SIZE

Half-ice, **mandated** to a maximum of 100x100*
for Development and Regular Phase
Full-ice games in Transition Phase
*Please see rink layout page 16

OFFICIALS

One official or coach per half-ice game
One or Two officials per full-ice game

DESIGNATED POSITIONS

Designated goaltenders (optional)
No position specialization

PUCKS

Regular, Black, 6oz

NETS

Regular, 4' x 6'

SCORE

Not kept- Half Ice
Optional- Full Ice

5 & 6 Year-old Combined Programming (IP)

Parents and coaches need to think long term. The Initiation Programs is a progressive, learn-to-play teaching curriculum. Females learn through participating in practice drills and informal modified games. The Initiation Program introduces the skills of skating, passing, puck control, and shooting in a progressive, one-step-at-a-time manner. Focus is on skill development and FUN without the pressure of winning.

Ideal Seasonal Structure

SEASON START

Player assessment for the first two weeks on ice

PRACTICES

Two per week, 35-45 over the season
Multiple station work
Shared-ice
85% focus on technical skills
15% individual tactics
5:1 player to coach ratio

DEVELOPMENT PHASE

Ten weeks following player evaluations
(Twelve weeks total, including player evaluations)

REGULAR PHASE

Fourteen weeks starting after Development Phase

GAMES

20-25 over the whole season, including tournaments

TOURNAMENTS

Jamboree-style
Three maximum (5-10 games total)

PLAYOFFS

None

Ideal Game Structure

RINK SIZE

Cross-ice, **mandated** to a maximum of 100x60*
*Please see rink layout page 16

OFFICIALS

None, controlled by coaches

DESIGNATED POSITIONS

No goaltenders
Goaltender equipment optional
No position specialization

PUCKS

Blue, 4oz

NETS

Small, 3' x 4' or smaller

SCORE

Not kept

7 & 8-Year-old Combined Programming (Novice)

The evolution of a player from the Initiation Program to novice hockey involves a change in the landscape of game play, but the focus of skill development remains the core focus. Players will repeat the transition from half-ice to full-ice games over both seasons, reinforcing the importance of using the same skills developed in modified-ice games in full-ice games.

Ideal Seasonal Structure

SEASON START

Player assessment for the first two weeks on ice

PRACTICES

Two per week, 45-50 over the season
Multiple station work
Shared-ice
75% focus on technical skills
15% individual tactics
10% team tactics
5:1 player to coach ratio

DEVELOPMENT PHASE

Four weeks following player evaluations
(Six weeks total, including player evaluations)

REGULAR PHASE

Twelve weeks following Development Phase

TRANSITION PHASE

Eight weeks following Regular Phase

GAMES

30-40 games over the whole season, including tournaments

TOURNAMENTS

Jamboree-style
Three maximum (5-10 games total)

PLAYOFFS

Optional

Ideal Game Structure

RINK SIZE**

Half-ice, **mandated** to a maximum of 100x100* during Development and Regular Phase
Full-ice games during Transition Phase
*Please see rink layout page 16
**This rink size transition will repeat every season, so players will participate in the change for two years.

OFFICIALS

One official or coach per half-ice game
One or Two officials per full-ice game

DESIGNATED POSITIONS

Designated goaltenders (optional)
No position specialization

PUCKS

Regular, Black, 6oz

NETS

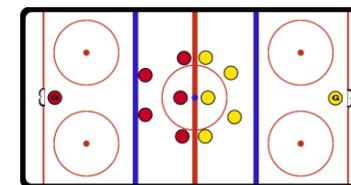
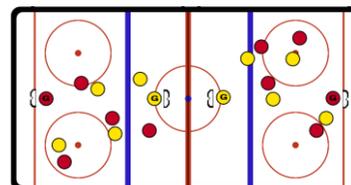
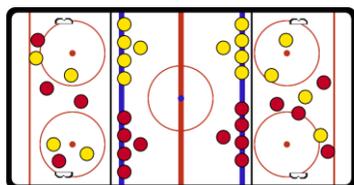
Regular, 4' x 6'

Combined programming can be used by associations when individual aged programming is not feasible.

The Progression from 5-to-8-year-old Hockey

Ideal Seasonal Structure

Age Group	5-year-old	6-year-old	5 & 6-year-old combined	7-year-old	8-year-old	7 & 8-year-old combined
Season Start	Two weeks of player assessment					
Season Length	26 weeks					
Practices	30-40 per season	35-45 per season	35-45 per season	45-50 per season	50-55 per season	50-55 per season
Games	15-20 per season	20-25 per season	20-25 per season	30-40 per season	30-40 per season	30-40 per season
Tournaments	Jamboree, 3 max/season					
Playoffs	None	None	None	None	Optional	Optional



Ideal Game Structure

Age Group	5-year-old	6-year-old	5 & 6-year-old combined	7-year-old	8-year-old	7 & 8-year-old combined
Rink Size	Cross-ice, to a maximum of 100x60	Cross-ice, to a maximum of 100x60	Cross-ice, to a maximum of 100x60	Half-ice, to a maximum of 100x100	Half-ice for Dev. & Reg., Full-ice in Transition Phase	Half-ice for Dev. & Reg., Full-ice in Transition Phase
Officials	None, controlled by coaches	None, controlled by coaches	None, controlled by coaches	One per half-ice game	One per half-ice game, Two per full-ice game	One per half-ice game, Two per full-ice game
Designated Positions	No goaltenders, no specialization	No full-time goaltenders, no specialization	No full-time goaltenders, no specialization	No full-time goaltender, no specialization	Full-time goalie optional, no specialization	Full-time goalie optional, no specialization
Pucks	Blue, 4 oz	Blue, 4 oz	Blue, 4 oz	Regular, Black, 6 oz	Regular, Black, 6 oz	Regular, Black, 6 oz
Nets	Small, 3' x 4' or smaller	Small, 3' x 4' or smaller	Small, 3' x 4' or smaller	Regular, 4' x 6'	Regular, 4' x 6'	Regular, 4' x 6'

IP Seasonal Structure

The age specific charts on the following pages are guidelines to what an optimal season could look like, taking into account the principals of the Long Term Player Development Model.

Ideal Seasonal Structure 5-year-olds

Seasonal Phase	Whole	Development	Regular
Length	26 weeks	12 weeks	14 weeks
Practices	40 maximum	24, 2/week	16 practices
Games	20 maximum	4	7
Tournaments (Jamborees)	3 maximum	1 - 3 games	2 - 6 total games
Considerations	Games are cross-ice	Includes two weeks for player assessment	

Ideal Seasonal Structure 6-year-olds

Seasonal Phase	Whole	Development	Regular
Length	26 weeks	12 weeks	14 weeks
Practices	45 maximum	24, 2/week	21 practices
Games	25 maximum	6	10
Tournaments (Jamborees)	3 maximum	1 - 3 games	2 - 6 total games
Considerations	Games are cross-ice	Includes two weeks for player assessment	

Combined programming of 5 & 6-year-old females should follow the seasonal structure for 6-year-old females.

Novice Seasonal Structure

Here are three facts that can have an immediate impact on developing players: there is no need to rush into tryouts, athletic warm ups and cool downs should be introduced before and after every ice time, and a year-end tournament keeps every team on the ice until the very end.

Ideal Seasonal Structure 7-year-olds

Seasonal Phase	Whole	Development	Regular
Length	26 weeks	10 weeks	16 weeks
Practices	50 maximum	20, 2/week	30 practices
Games	40 maximum	9	22
Tournaments (Jamborees)	3 maximum	1 - 3 games	2 - 6 games
Considerations	Games are half-ice	Includes two weeks for player assessment	

Ideal Seasonal Structure 8-year-olds

Seasonal Phase	Whole	Development	Regular	Transition
Length	26 weeks	6 weeks	12 weeks	8 weeks
Practices	50 maximum	12, 2/week	24, 2/week	14, ~2 per week
Games	40 maximum	6	10	15
Tournaments (Jamborees)	3 maximum		1 - 3 games	2 - 6 games
Considerations		Includes two weeks for player evaluations	Games are half-ice	Games are full-ice

Combined programming of 7 & 8-year-old females should follow the seasonal structure for 8-year-old females. However, it should be noted 7-year-old players in this programming will repeat the same seasonal structure (including the half-ice to full-ice transition) for two seasons.

Tiering

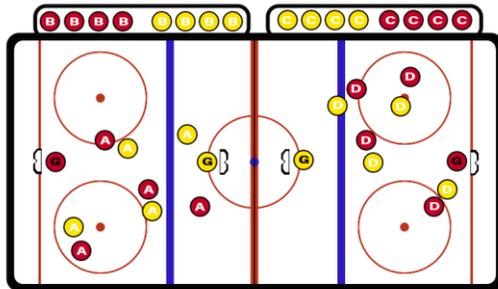
A major component to tiering comes down to team composition. All female teams are going to look a little different as the needs of the associations and communities are varied. The examples below are based on a team of 18 players, which is recommended by Hockey Canada as the ideal number for a roster.

TEAM SIZE

Given every association is different, getting to 18 players per team may be difficult, especially for smaller associations. However, consider why 18 is the ideal. That allows for 4 lines (4-on-4 hockey) and two goaltenders. In most situations, that means a player is on the ice every other shift and that is where the focus should be - keeping kids on the ice as much as possible.

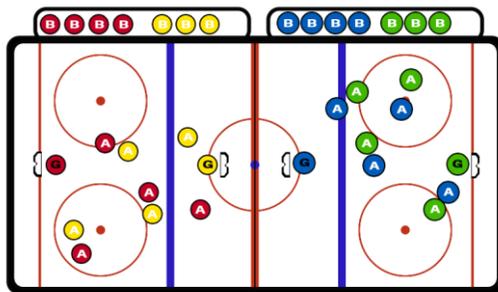
If your association has a great discrepancy based on the suggestions below, you are encouraged to contact the OWHA for further support in rostering teams.

TIERING WITHIN A TEAM



The 18 players on these two teams have been divided into skill-based lines, with like-skill players from each team playing against the other. These teams can be from the same or different associations.

TIERING WITHIN AN ASSOCIATION



This association decided to split its 34, 7-year-old house league players into four teams. There are two teams of nine and two of eight, all participating in half-ice games. The teams are balanced but the lines are divided by skill (see above for explanation). All four teams play at the same time every week.

Basic Game Rules

In addition to updating the size of the playing surface to encourage development for our youngest players, the basic rules of the game have also been adapted to fit the needs of a modified-ice game. Below is a selection of those adaptations as **recommended** by Hockey Canada.

RULE	CROSS-ICE	HALF-ICE
Lines	4-on-4	4-on-4
Warm Up	3 minutes	3 minutes
Length	2-25 minute halves	2-25 minute halves
Face-offs	To start game and second half	To start game and second half
Keep Score	No	No
Standings	None	None
Off-side	None	None
Icing	None	None
Line Changes	On the fly, every minute. Play stops at the buzzer/whistle and players leave puck where it is and go to bench. Play resumes immediately as new players take to the ice.	On the fly, every minute. Play stops at the buzzer/whistle and players leave puck where it is and go to bench. Play resumes immediately as new players take to the ice.
Puck out of bounds	Offending team backs away, coach drops new puck to non-offending team.	Offending team backs away, referee/coach drops new puck to non-offending team.
Goaltender Save	Shooting team backs away on coach's whistle, goalie passes to own teammate.	Shooting team backs away on referee's/coach's whistle, goalie passes to own teammate.
Goal scored	Coach blows whistle. Scoring team backs away, defending team removes puck from net and immediately starts on attack.	Referee/Coach blows whistle. Scoring team backs away, defending team removes puck from net and immediately starts on
Penalties	Coach indicates penalty, if offending team has puck, it is a change of possession. At end of shift, coach notifies of offending player, who misses their following shift. Teams play at even strength.	Referee/Coach indicates penalty, if offending team has puck, it is a change of possession. At end of shift, referees notifies coach of offending player, who misses their following shift. Teams play at even strength.

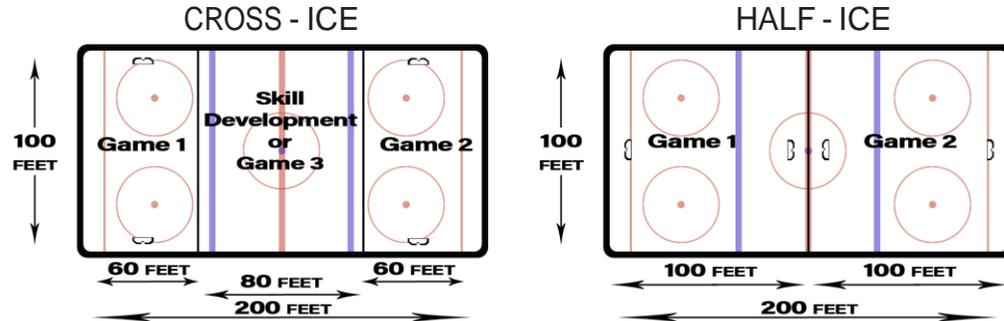
Ref/Coach have the authority to remove and report a player for a serious infraction 17

Modified Ice - Game Play

Every arena in the Ontario Women's Hockey Association has its own unique feel. Some ice surfaces are standard Olympic size while others were made to fit the building in which they are housed. Regardless of the setup, following modified-ice programming is achievable by keeping in mind the maximum game size area and being creative in the approach to ice set up.

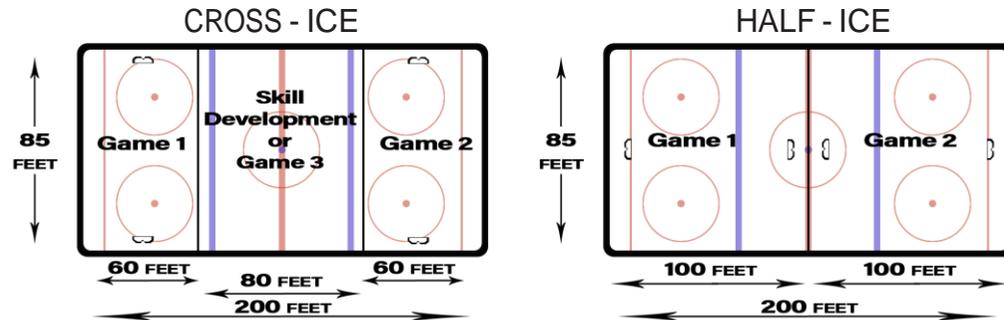
OLYMPIC SIZE RINK

The maximum measurements for modified-ice is based off a rink 200' x 100'.



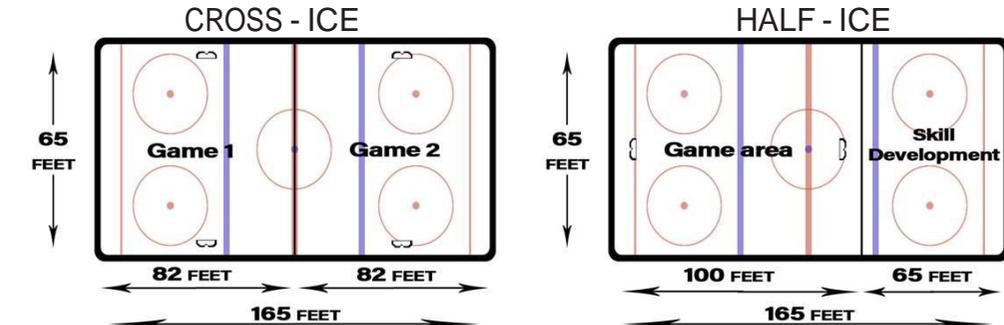
NHL SIZE RINK

A standard NHL rink (and many around North America) is 200' x 85'.



SMALL SIZE RINK

Below is an example of a rink that is approximately 165' x 65'.



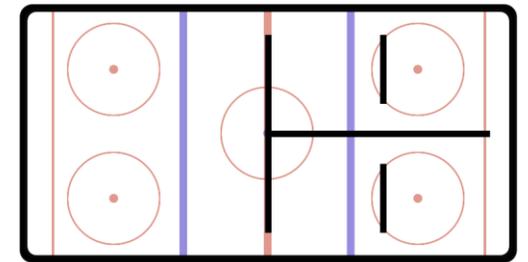
Modified Ice - Practice

Shared ice practices are the most practical way to ensure both players and associations are fully benefiting from every moment of ice availability. By sharing practices with another team, players of similar calibers can practice alongside each other and build skills on the same pace.

Here are some examples of ice layout for practices. There are no limits to the set up and no reason it has to stay the same for the whole season.

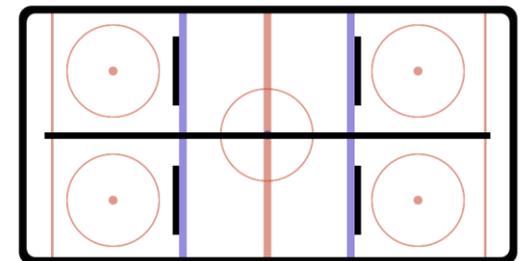
5 station practice

- room for a half-ice game or scrimmage and four skill stations
- one coach per skill station



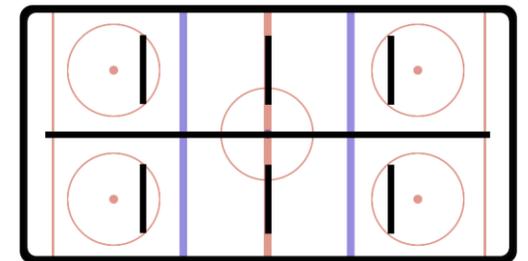
6 station practice

- room for a scrimmage and four skill stations
- one coach per skill station



8 station practice

- small stations for focused skill development
- one coach per skill station



Support Modified Ice

The benefits of modified-ice games have been well known in the high performance ranks for years. But why do National Women's Team players still need to focus on small-area games and skill stations? Because they work!

The Initiation Program is designed to provide the basic skills necessary for all levels of hockey in order to create a positive environment and better enjoyment for all players whether the goal is to play for Team Canada or to enjoy hockey at a more recreational level. All players are valued as athletes and as people.

OWHA Values

FAIR PLAY

FUN

EXCELLENCE

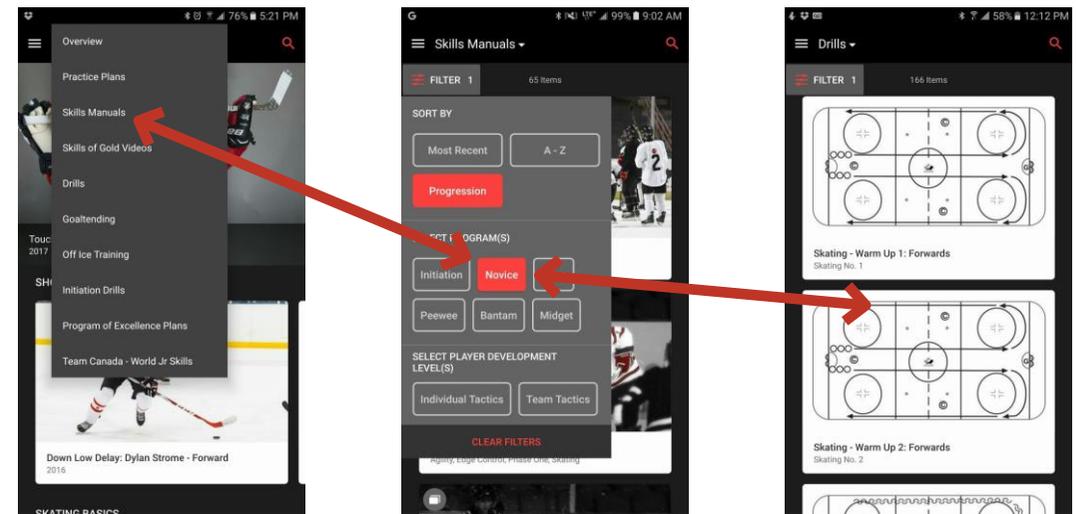
GOOD CITIZENSHIP

INTEGRITY & HONESTY

EQUITY

Resources

Hockey Canada has created a plethora of resources for the initiation program and novice modified-ice. This is not a comprehensive list, but a suggestion of starting points where other resources can be found. The OWHA is also a great resource.



The Hockey Canada Skills Development Novice Manual is made up of 32 individual practice plans. Each individual drill can also be accessed. These are available free of charge through the Hockey Canada Network and Drill Hub.