



ETOBICOKE HOCKEY
LEAGUE
Coaching Manual – 2017/18
Season



DIVISION: _____

TEAM: _____

ETOBICOKE HOCKEY LEAGUE COACHING MANUAL – 2017/18 SEASON

Welcome to the Etobicoke Hockey League

The Etobicoke Hockey League is an organization that relies heavily on the support of volunteers. These volunteers assume a number of roles, including the very important position of Coach. We are truly thankful that you have agreed to assist us in this way.

The information contained in this handbook is designed to assist you in performing your role as coach and you should use it as a guide. As a coach in the Etobicoke Hockey League there are specific duties and responsibilities expected of you. We hope that the following information is helpful in making this experience a beneficial one for all involved; coaches, players, parents, and administrators.

Etobicoke Hockey League Staff - Administrators

Officers:

President: Frank Scaini – frank.scaini@sympatico.ca

Vice President: Susan Lawless – susan.lawless@rogers.com

Treasurer: Lisa Reonegro – lisa_pb@hotmail.com

Chief Operating Officer: John Caney – caney@rogers.com

Secretary: Tony Cecchetto

Directors:

General Manager: John Caney – caney@rogers.com

Wayne Boucher

Joanne Boucher

Pina Caney

Garry Sekyrka

Convenors:

Tyke – Justin Mercer; **Novice** – Mike Storino ; **Atom/Minor PeeWee** – Pina Caney

PeeWee/Bantam – Garry Sekyrka; **Midget** – Richard Moulton; **Loyals** – John Caney

Executive Committee:

Frank Scaini

Susan Lawless

Lisa Reonegro

John Caney

YOU'RE GUIDE TO A POSITIVE EXPERIENCE:

Players will.....

Play....everyone plays
Learn and play by the rules of the game
Learn the skills of the game
Try hard
Listen
No horse play when practice starts
Be on time
Be ready to start
Play fair
Be a good sport
Remember winning is not the only thing, playing is
HAVING FUN

Parents Will....

Be available and accountable for your child's actions, the coaching staff are not babysitters
Speak to coaches before or after the game if necessary
Get players to games, and practices on time
Have your child dressed properly, and ready to play
Tell the coaching staff if a player is sick, or injured
Communicate with the coaches of any dates and times that a player is not available
Call or email if player will not be attending
Support your child, and instill the values listed above
Help in making the year enjoyable for your child
HAVE FUN

Coaches will....

Provide a fun and learning environment
Be prepared
Be available and approachable
Be enthusiastic
Encourage and praise players
Instruct players on the rules, and fair play
Teach skills on an attainable level
Teach players to respect officials, players, and other coaches
Give all players a chance to play
HAVE FUN

Financial

All coaches, and administrators involved with the E.H.L. are volunteers. Coaches are not paid, but the league will recognize the coaches at end of the year by way of a Volunteer Certificate and/or a small gift.

Communication Systems

Coaches Meetings:

A coaches meeting will be held before the start of the season. A second coaches meeting, if required, will be held the before the teams are finalized, attendance is mandatory.

Coaches Communication Requirements:

Coaches are required to keep the lines of communication open with the administrators of the Etobicoke Hockey League. This can be done by:

- 1) Weekly contact with your convenor. This should be done whenever possible at the arena on the day of your game, by email, and by phone when needed. Items to be discussed may be player evaluation, clarification of rules, etc.
- 2) Contact when necessary or when available with the President Frank Scaini, or the General Manager, John Caney. Either Frank or John will be able to update you on any league happenings that may affect you or the players whom you coach.
- 3) Also before each game contact with the opposing coach to inform them as to the number of players you have available for that game, and to clarify any movement of players between the different lines.

Booking Additional Practice Sessions:

If you wish to run any practice sessions beyond that of the scheduled practice, you must inform the President by way of either a letter, or email. The date, time, and location should be included. Remember that full equipment is still necessary, as per league rules, and that safety must be kept as a priority.

Team Goalie Equipment:

Team goaltender equipment will be distributed on or before the first day of competition. A limited amount and varied quality of equipment is available. If you are able, please identify your goaltender and find out their size (height, weight) to properly fit them, and their needs, as they may already have some of their own equipment. Goalie equipment provided by the league includes goalie stick, pads, chest protector, blocker, catching glove, and equipment bag.

Team Sweaters and Socks:

Team sweaters will be available for distribution on the first day of scheduled games. They should be distributed, and collected on a weekly basis until all teams are balanced and finalized. The players should be given the same number each week even if the jerseys are collected. Typically teams can be finalized and balanced by the convenor up to the week prior to picture day weekend. Once teams are finalized and balanced, socks will be distributed. **Do not** put player names on the jerseys until such time that all teams are finalized and balanced.

Volunteers

Head Coach:

Head Coaches must have a Police background check, and confirmation of the required certification program “Speak Out”, or “Respect in Sport” by the league imposed deadline and proof of confirmation must be given to the registrar by the deadline. If your assistant coaches are not decided upon the start of the season, the coach will have at least three weeks to determine who his assistant coaches will be. Names of the chosen assistants will be provided to the Registrar for insurance purposes. Any changes to a coaching staff past the third week of the season must be authorized by the President. If for any reason your coaching staff is not present for a game, and you request additional help, only other staff already insured by the league for the current season will be allowed on the bench. Parent’s, who are not members of the official coaching staff are not permitted on the bench or ice as they are not insured by the league. Dressing rooms shall be locked when the team is on the ice. The E.H.L. will not be responsible for any accident or loss, however caused, if this rule is not upheld. The Head Coach is responsible for all coaching staff, and must be present in the dressing room. The Head Coach shall not leave the team unattended in the dressing room, unless an assistant coach is present. The Head Coach will need to delegate his duties to the assistant coaches if he cannot attend a game or practice. In addition, if the Head Coach cannot attend a game or practice he must inform the Convenor for his respective age Group of the arrangements that were made so that his duties are carried out.

Assistant Coaches:

Each team may have one or a maximum of two assistant coaches who may accompany the head coach on the bench during the games and on the ice for practices. They may serve many functions including opening of the doors for line changes, serving as a first aid person, completion of the game sheets, running the drills during practices, etc. They are responsible for conducting themselves in a manner conducive to the league policies. **Everyone on the bench must have completed the “Speak-Out”/“Respect in Sport” program. Assistant coaches, who do not have the required program certificate at the start of the season, must have completed the program by Sunday October 29, 2017.** Completion of the program certificate must be given to the registrar.

All Coaching Staff:

All coaches are representing the Etobicoke Hockey League and are encouraged to attend and promote participation in the Annual Bulldogs Dinner & Dance Fundraiser. The net proceeds from this fundraiser contributes to keeping the house league fees one of the lowest in the city.

Off-ice:

Teams may have parents who are interested to assist with some functions of the team during off-ice times. This could also include co-ordination of week to week snacks, yearend parties, etc.

Parents:

One parent of every minor hockey participant (a.k.a. player) is required to take the Respect in Sport Module (RIS) before September 1, 2017 according to the new rules in the Ontario Hockey Federation. This course is mandatory to have the Player's registration approved. The cost of taking the program is \$12 and is paid directly online when taking the program. A participant's parent will only be required to take the program once. There is no requirement for retaking the program annually.

Coaches who are also Parents:

If you are a parent and also a coach then you will be required to take both the Respect in Sport Module for parents and the Respect in Sport Module for coaches.

First Aid:

If any team has someone associated with their team who is qualified in first aid and is willing to assist when needed, please make themselves known to both teams.

Travel:

It is important to note that if you are providing transportation to a player who is not your child, you have assumed certain important responsibilities. Please ensure that the child's guardians (mom or dad) are informed as to the pick up or drop off point and time, etc., and that safe transport of the player is paramount.

Sportsmanship and Fair Play:

Coaches are asked to discuss sportsmanship and fair play and make it a priority. Everyone involved, including parents, should deliver this message on and off the ice. Poor sportsmanship by way of outburst (i.e. throwing sticks, swearing, etc.) conflicts with the sportsmanship fair play rules (i.e. Intent to injure) are not acceptable.

Code of Conduct:

Etobicoke Hockey League players, coaches, and administrators, and parents represent themselves and the E.H.L. and their conduct must reflect this.

Should any of the above behave in a way that is detrimental to the sport, his or her team, or the league, that person will be called into a meeting with the **Disciplinary Committee**, and could be suspended from further participation, or some level of disciplinary action.

Evaluation Process:

Yearly: There will be an evaluation process that will be completed at the end of the year so that we can continuously improve our program. Evaluations include players' evaluation of the coaches, and the coaches' evaluation of the program.

Ongoing: Coaches are asked, as part of the communication process with the Convenors, to report any concerns from the players, coaches, or parents on a weekly basis.

Coaching Responsibilities and General Expectations:

The coach is responsible for development and implementing a program, which prepares the players for safe sportsmanlike and successful competition.

Key Responsibilities:

- Attend all games, practices, and league meetings. If unable to do so, communicate this to the Convenor, parents, and assistant coaches.
- Be prepared by developing an overall play for practices, and games to maximize player, and team development.
- Provide for a fun and learning environment by being enthusiastic, and seeking the same from the players, and parents.
- Teach skills at an attainable level, and offer constructive criticism.
- Provide for a safe environment by checking the player's equipment, and ensuring that the game and practice ice surface is playable.
- Instruct all players to follow rules, and play fair.
- Set a positive example for the team with regards to respect, discipline, and conduct
- Monitor and control team discipline and the general conduct on and off the ice.
- Read and understand the league rules and regulations, and ask for clarification if needed.
- Maintain effective communications with the league convenor of your division, and league administrators.
- Instruct your assistants as to the rules, and responsibilities, and expectations that appear in this document.

- Deal with parents in an open and constructive manner. Make demands on them as to their conduct, and the need for them to communicate with you as to the attendance, preparation, sickness, and other needs that may ensure the success of their Childs experience.

Expectations:

- Represent the Etobicoke Hockey League in a positive manner at all times.
- Complete adherence to the league policies, and procedures.
- Supervise the treatment and care of the league equipment.
- It is recommended that one member of the coaching staff have completed a First Aid course.

League Practices:

1. The rules, practices, and regulations governing the E.H.L. cannot be changed without the majority of the Board of Directors.
 2. New rules, practices, or regulations may only be added with the majority of the Board of Directors.
 3. The teams (according to registrations) shall be set up by the Board aided by other members of the league at their request and allocated to the coaches no later than one week prior to the first week of the season starting. Players are to be divided equally as registered.
 4. The minimum age for hockey players in the E.H.L. shall be four years as of December 31st, providing they have sufficient skating skills as determined by the convenor.
 5. The Board, in conjunction with the Convenors of the respective divisions affected with a player being moved between divisions, and with the prior consent of the player and parent, may move a player up or down a division. The Board has the final decision as to what division the player is placed.
 6. If necessary to maintain a balanced League, the Administrators in conjunction with the Convenor of the division have the right to move a player from line to line, or team to team at their discretion.
 7. If more balancing of the teams is required after picture day, it will be done by the Select Director and Convenor of the division without the consent of the coaches, player or parents involved.
 8. The regular season starts in week one for all divisions, except the Tyke and Novice divisions. For the Tyke and Novice divisions the season starts after the 2 weeks of evaluations.
 9. The only exception to rule #8 is if any division lacks the required number of players to provide competitive teams, then some of the earlier weeks may be designated as exhibition games until competitive teams can be formed. This will be determined by the Board.
- Divisions shall be set up in the following ages:

TYKE

NOVICE

MINOR ATOM to MINOR PEEWEE

PEEWEE to BANTAM

MIDGET

10. Team standings in each Division shall be determined based on a points system (i.e. two points for a win, one point for a tie, and 0 points for a loss). In the event of a tie in total points at the end of the regular season between two or more teams in any division, the final standings and or play-off position shall be determined by
 - A. Most wins, if still tied
 - B. Head to head, if still tied
 - C. Goal differential (Goals scored divided by Total goals where Total goals = goals scored + goals allowed)

LEAGUE RULES:

- 1.** The use of an ineligible player in the E.H.L. will result in a game default and a suspension for the Head Coach.
- 2.** All players and coaches **MUST BE REGISTERED WITH THE LEAGUE TO BE INSURED.**
- 3.** All players must wear C.S.A. approved equipment during games, and practices.
- 4.** The rules shall apply to all pre-season, exhibition, league, and play-off games including practices under the jurisdiction of the E.H.L.
- 5.** The Referee's room shall be off limits to all except Referee's, Administrators, Timekeepers, and divisional Convenors. A game misconduct or gross misconduct penalty will be assessed if violated unless access is allowed by the Referee.
- 6.** No body checking is permitted in house league, intentional body checking will result in a minimum 5 minute body checking penalty, and a game misconduct. The intent will be assessed by the Referee and is subject to his discretion based on the circumstances.
- 7.** Any Coach/ assistant coaches under the influence of alcohol, or drugs shall be subject to suspension.
- 8.** It is the Coach's responsibility to inform players, and parents of game, and practice times. A weekly reminder email should be sent out in the middle of the week. This will also allow parents sufficient time to inform the coach if their child cannot attend a game or practice.
- 9.** No one shall be allowed on the ice while the Zamboni is in operation, or while the Zamboni gates are open. A bench minor will be assessed to the offending team if the referee or league officials observe otherwise.
- 10.** A coach, or assistant coaches registered in the E.H.L. shall comply with the rules, and regulations of the E.H.L.
- 11.** A coach or assistant coach may be censured, suspended, or expelled from the E.H.L. by the Board of Directors if it is in the opinion, act, omission, or conduct of the said coach, and or assistant coach is prejudicial to the E.H.L. The person being disciplined will have the right to appeal at the hearing.
- 12.** The Executive Committee shall appoint a Referee-in-Chief.
- 13.** The Referee-in-Chief shall have such duties and responsibilities as from time to time assigned by the Executive Committee
- 14.** Referees shall sign the game sheets after each scheduled game, and make a full report to the Referee-in-Chief on all game misconducts and match penalties.
- 15.** The Referee of each game does not have to inform the coaches when a player receives a penalty in excess of 2 minutes including a penalty shot or any other irregularities. It is in the Referee's discretion whether to inform the coaches of the team that was assessed a penalty in excess of 2 minutes. The Referee will inform one of the players on the offending team, preferably the captain or the assistant captain.
- 16.** A team who wishes to protest the act, omission, or conduct of any E.H.L. Referee, Coach, Assistant Coach, player, or any other matter shall file a protest in writing to the president no later than 24 hours after the event.

17. The protest must be signed by the Coach of the protesting team, and the said team Coaching Staff must appear or be present at the protest hearing. All protests must be accompanied by \$50.00 cash, (no cheques), which will be refunded if the protest is upheld.
18. The Executive Committee shall inform the team, subject to the protest, that a protest has been filed as soon as possible.
19. The person(s) protested against (team staff) must appear or be represented at the protest hearing.
20. The Disciplinary Committee shall handle all protest grievances.
21. The Disciplinary Committee shall under normal circumstances reply within 5 days of a protest being received.
22. The Disciplinary Committee shall consist of:
 - The President
 - Vice President
 - Three Specific (3) Directors
 - The Referee-in-Chief (if regarding on ice disputes)The Board of Directors will appoint the Committee and its Chair. All formal protests must be handled by the Committee with the Chair having the deciding vote in the event of a tie.

HOUSE LEAGUE RULES – MANAGEMENT:

1. It shall be the responsibility of the coaching staff to be at the arena ½ hour prior to game time with sweaters and equipment. If the coaching staff will be unable to attend a game or practice they must advise the Convenor as soon as possible and to discuss what arrangements can be made.
2. If a coach allows any person on the bench or ice during practice or games that is not registered and insured with the league for the current season, **the coach will be subject to disciplinary action.**
3. All injuries must be reported on an official accident report form and game sheet and be forwarded by the coach to the Registrar immediately following the game.
4. Game sheets shall be filled out upstairs in the office at least 10 minutes before game time. The game sheet must remain in the office for the time keeper to pick up before the start of the game.
5. Game sheets must be printed neatly in ink, and must show the players name in full, sweater number, and coaching staff names. If using stickers, you must place stickers on all 4 copies of the game sheet and mark which player will be goalie for the game if not already listed on the stickers.
6. Failure to comply with Rule # 3, 4, or 5 can result in a two minute penalty for the offending team.

7. A game default will be assessed if a team has less than 6 players at the designated start time. If a game results in a forfeit, the forfeiting team will take a 1-0 loss, the goal will be given to the opposing goalie.
8. A registered hockey team may not play in any Tournament, practice, or exhibition game outside the E.H.L. without written consent of the Select Director. All requests for the above must be accompanied by a permission form.
9. A game shall consist of three periods of 15 minutes running time. Stop time will occur in the last 2 minutes of the third period if there is a spread of three goals or less. Games can start 10 minutes before scheduled game time.
10. In case of an injury to the goalie, the coach will be given ten minutes stop time to dress another goalie and if not dressed by the end of such time, the game will resume with six players on the ice.
11. When a team's goalie is absent the Convener has the authority to assign a goalie from another team within the organization.
12. Teams in the Tyke/ Novice division may not pull their goaltender until the third period. Atom thru Midget may pull the goaltender at any time.
13. Once a player's sweater number is assigned at the first game, there will be no changing. Exceptions are; when a player is traded to another team. If changes are made due to sweater sizes, the convenor must be notified prior to the next game.
14. The Coaching staff, along with the players shall be held liable for the replacement or remuneration of any and all equipment, sweaters, etc. Issued to them until such time as the E.H.L. wishes to direct otherwise. No equipment may be altered in any way, and must be returned in its original form.
15. Coaches should collect all sweaters after each game, and maintain them, (cleaning). **NO SWEATERS ARE TO BE GIVEN OUT UNTIL LEAGUE NOTIFICATION** (after balancing of teams). Once sweaters are given to the players, and a player forgets his sweater then that player cannot play without a sweater. If a sweater is lost or destroyed, the league will work to replace the lost sweater at the player's expense, this may take several weeks. Coaches are encouraged to retain all extra team sweaters until the end of the season just in case of an emergency.
16. Team line up:
Tyke and Novice will be divided into 3 lines;
"C" line – The 5/6 weakest players on the team
"B" line – The next 5/6 most advanced skaters/hockey players
"A" line – The top 4-6 skilled players on the team.
Teams start the game with the "C" line players. All exceptions must be authorized by the Division Convenor, or Executive Committee member. The players on each line must be declared prior to the start of each game. Players can be changed from one line to another over the course of the season as they improve. The Convenor or Administrators may request a coach to move a player to another line if the player seems misplaced (i.e stands out).

Due to absence, a player may play on a more advanced line, **but a player may not be moved down.** Only after mandatory selection **and approval of the opposing Coach**, may a second line player be moved down to the third line. For example, if a team only has only 2 “C” line players,

then one or two of the weakest “B” line players can be moved to the “C” line to play defense. These designated “C” line players must be agreed to by the coaches and convenor and identified on the game sheet by a “DC” beside their name. These players cannot score from inside the opposing team’s blue line. **AN “A” LINE PLAYER CAN NEVER MOVE DOWN TO THE “B” OR “C” line.**

17. We will continue to use the buzzer for line changes every three minutes to ensure equal ice time for all players in the Tyke and Novice divisions. The buzzer always signals an immediate stoppage in play.

18. For the Tyke level, one of the coaching staff is permitted to be on the ice for the first 3 weeks of house league season to assist players positioning and to speed up the play in the game.

19. Team line up – Atom to Midget

A coach will attempt to change in units of 5 in order to ensure all players get as close to equal ice time as possible. Rotation may be based on the following format.

16 players 1 goalie, 3 forward lines, 3 defense lines

15 players 1 goalie, 3 forward lines, rotate thru 5 defensemen

14 players 1 goalie, 3 forward lines, 2 defense lines

13 players 1 goalie, 2 forward lines, 3 defense lines

12 players 1 goalie, rotate thru 7 forwards, 2 defense lines

11 players 1 goalie, 2 forward lines, 2 defense lines

20. Practices are equally important as the game itself. See back pages for practice ideas, or visit <http://www.hockeycanada.ca/en-ca/Hockey-Programs/Drill-Hub>

A team cannot improve unless players attend their scheduled practices on a regular basis.

Although we do believe in equal ice time for all players, the coaching staff has the right to bench any player from Tyke division through Bantam division if the player in question has missed consecutive practices. A decision to revoke ice time for a player who routinely misses practices will be made by the Executive Committee which can include suspending a player for Select games. The Executive Committee will decide the number of Select game suspensions.

HOUSE LEAGUE PLAYING RULES:

1. Hockey games under the jurisdiction of the E.H.L. shall be played in accordance with the provisions established by the CAHA, the GTHL, and the EHL. Where there is a conflict between the CAHA, the GTHL, and the EHL, the EHL will prevail, however the CAHA and the GTHL may never be lessened in their rules.

2. There will be no center line offside in the EHL

3. Tyke B and C Lines – No off-sides will be called at the beginning of the season. The off-side rules can be changed for the B and C Lines as the season progresses and will be decided by the Convenor and Executive Committee.

4. Tyke A Line - Will be allowed a one foot offside (with no stoppage in play) at the blue line until December 31st of the season. After this date, the blue line offside will be called.

5. Novice A, B and C Lines – Offsides will be called on the A and B lines for the whole season but will depend on the skill level of the players and can be changed by the Convenor and Executive Committee. For the C line the season will start with no offsides and this will be monitored throughout the year. A change to the offside rule for the C line can be made as late as January by the Convenor and Executive Committee if the players' skill level improves.

6. Tyke and Novice players' receiving a penalty must serve their own penalty. (e.g. If 2nd line player receives a penalty that will not end at the end of his shift, said player will remain in the penalty box until that line comes back on the ice, where the player will serve the remainder of the penalty). The player may in fact be in the penalty box for a full 8 minutes. The exception will be the last shift of the game where the penalty carries over to the A line.

7. There will be delayed offside incorporated into the games. If an opposing player is in the defensive zone when the puck enters, the player will be allowed to leave the zone, and re-enter before the puck leaves the defensive zone.

8. All minor penalties will be two minutes except for the normal five minute majors, and ten minute misconduct. The referee may issue a double minor for more serious infractions. A coach may call a 2 minute penalty on the opposing team within 10 minutes of the first period for improper attire. (socks, jersey and etc...)

9. If in any hockey game, any player, coach, or team official is ordered out of the game by the referee, that player, coach or team official shall be suspended for the next scheduled game of that team. Any re-occurrence shall be dealt with by the Disciplinary Committee. 1st GM: 1 game

suspension. 2nd GM: 2 to 3 games suspension, 3rd GM: 4 to 5 games, and or removal from the bench for the remainder of the season.

10. To ensure that the League maintains its high standards on and off the ice, Coaches should remind all players that any conduct off the ice can and will be subject to review and disciplinary action from both the ice officials, and Disciplinary Committee.

11. Any Player who accumulates twelve (12) minutes or more in any one game (including Majors, but excluding Misconducts) shall be suspended for the next game. (League or Playoffs).

12. Any player incurring a ten minute misconduct penalty in the third period can be suspended for the next game, plus a 2 minute penalty may be assessed with any misconduct penalty.

13. In the event of a substitute being required to serve any penalty, substitution is permitted.

14. No player shall serve more than one bench minor or team penalty during any one game.

15. For Tyke and Novice, any players that show up late to a game need to wait until the buzzer sounds before they can come on the ice. Parents have been letting their kids on the ice and allowing them to skate to the bench or stay on the ice if their line was out there. If a parent lets their child on the ice during play a 2 minute penalty will apply and that player will be placed in the box. That player's line will be shorthanded. If that player's line is on the ice then the penalty will start right away. If that player's line is not on the ice then that player will be placed in the penalty box but the penalty will start at the beginning of that player's line and will end 2 minutes into that player's line or with an opposing goal during the penalty. Coaches need to communicate this to the parents so that the team will not be called for a 2 minute bench minor.

16. For Tyke and Novice, over the month of January each coach needs to finalize their players' ratings for the playoffs. So the best 4-5 will be A liners, then the next 4-5 will be B liners and the remaining players will be C liners. There will be a short coaches meeting or conference call to finalize the ratings for all teams. If all the players' ratings are the same as the beginning of the year then it will be a short meeting otherwise we will need consensus from all the coaches that a player's rating has changed. The Convenor has the ability to make any final changes. Coaches may want to experiment moving their best B player up to the A line and their weakest A line player to the B line for a few shifts. Same with the best C player and weakest B player. Also let the other coaches know that you are making a change to try and finalize the player's ratings.

House League: Play-Off Rules:

1. A single 30 second time-out is permitted for each team in each playoff game. The Coach should signal to the Referee using a “T” hand sign. Time outs are only permitted during a normal stoppage in play.
2. Tyke and Novice Divisions: Select goalies are only allowed to play 1 playoff-game as a goalie for house league if the select goalie has signed up as a player for the regular season.
3. Overtime Tyke and Novice Divisions: If the game is tied at the end of regulation time, a 6 minute sudden death overtime period will be played. For three-lined teams (i.e. A, B and C line teams), 2 minute shifts will be played in the sequence of “A”, “B”, and “C” lines. For two-lined teams, 3 minute shifts will be played beginning with the “A” line. If the game is still tied at the end of overtime, a Shoot-Out will begin. 3 players from each team will be selected. For three-lined teams, one “A” line player, one “B” line player, and one “C” line player will be selected. For two lined teams, two “A” line players, and one “B” line player will be selected.
4. Overtime Atom/Minor PeeWee and PeeWee/Bantam Divisions: A five minute overtime period (sudden death). If no goal is scored in the five minutes, each team will choose three players for a shoot-out. If the result is still tied, a tie-break-shoot-out will commence (see **RULES FOR SHOOT-OUT** below).
5. Midget Division: No overtime in the Midget Consolation Game. Midget Bronze Game – A 5 minute overtime period (sudden death) will take effect. If no goal is scored in the five minutes, each team will choose three players for a shoot-out. If the result is still tied, a tie-break-shoot-out will commence (see **RULES FOR SHOOT-OUT** below). In the Midget Gold Game – A 10 minute overtime period (sudden death) will take effect. If no goal is scored in the 10 minute overtime, each team will choose three players for a shoot-out. If the result is still tied, a tie-break-shoot-out will commence (see **RULES FOR SHOOT-OUT** below).

RULES FOR SHOOT-OUT:

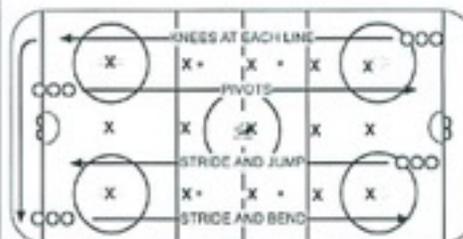
Eligible to participate in shoot-outs will be all players from both teams on the official game sheet except any player with an un-expired penalty, or that is serving a game misconduct penalty. The players of both teams will take shots alternately. If the result is still tied after the (3) three shots by each team, then the procedure will continue with a tie-break shoot-out by one player of each team. No player can take 2 shoot-out attempts until all the players on the same team has at least taken one shout-out attempt. The game shall be finished as soon as a duel of (2) two opposing players brings a decisive result. Clarification will be provided by the Convenor or Executive Committee at the start of overtime.


Skills Development Camp
 CHALLENGE, LEARN, IMPROVE

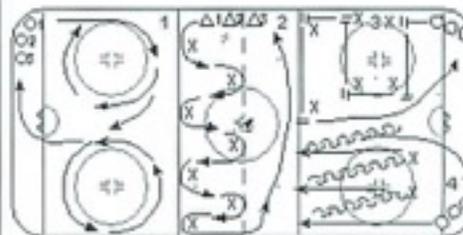
Session #1

Focus: Skating, Passing & Puck Control

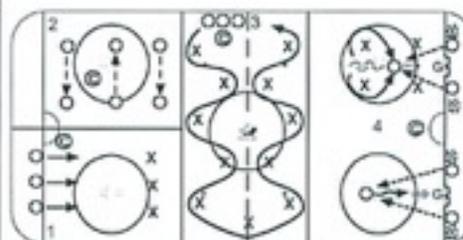
Time	Description	Key Points
10	4 Lane Warm - up	
	Divide players into 4 groups/ colours and start at places indicated. Players take off one after another, flow from one line into another. 1. Stride and bend 2. Stride and jump 3. Pivots at each line 4. Drop to knees at each line *Goalie coach can do warm-up work with goalies	<ul style="list-style-type: none"> • 1/2 speed • balance



Time	Description	Key Points
20	Skating Evaluation	
	Stations: Divide players in colours 1. Forward and backward crossovers and pivots facing the net (can do with pucks 3 rd - 4 th time through) 2. Tight turns and 360° turns (can do with pucks 3 rd - 4 th time through) 3. Forward and backward stops and starts 4. Forward and Backward striding Goalies - 1 @ for Goalie Zone 1. T-pushes side to side 2. Movement up and back 3. Mirror Drill	<ul style="list-style-type: none"> • 5 min each station with rotation on the whistle • coaches remain with stations • balance • body position



Time	Description	Key Points
20	Skill Stations	
	Stations: Divide players in colours 1. Players line up on goal line and perform front and backward starts. Place pylon near blue line as stopping point. Add pucks to drill •V-start •Fwd/ Bwd Crossover •Bwd C-Cut 2. Players pair pass: •Fhd / Bhd •Receive on fhd, pass bhd •Receive bhd, pass fhd •Telescoping 3. Players weave through cones with pucks •ice drag •puck on opposite side of pylon •transition (face one end of ice only) 4. A. Players transition skate around all four pylons while facing the passers. Call for pass and shoot on goal after each pylon; 4 shots total B. Passers on side of goal pass to shooter. Shooter performs quick moves forehand and backhand; creativity	<ul style="list-style-type: none"> • 5 min each station with rotation on the whistle • coaches remain with stations

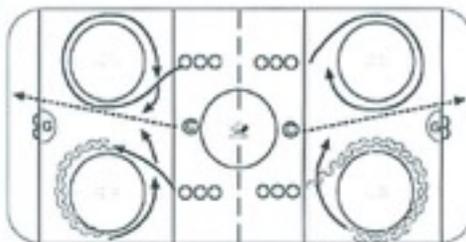



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Session #1

Focus: Skating, Passing & Puck Control

Time	Description	Key Points
10	Relay – 3 on 3 / 4 on 4	
	<ul style="list-style-type: none"> • Create 4 teams/ divide into colours; have two teams compete against one another at each end. • Vary skating skills/ patterns each time through; may use pylons for players to skate around • On whistle, first player in each line performs designated skating pattern and races to the spotted puck by the coach • Can have more than one player from each line go at a time (ie. 3 vs 3; 4 vs 4) 	<ul style="list-style-type: none"> • Start on 0's whistle • Compete until goal is scored

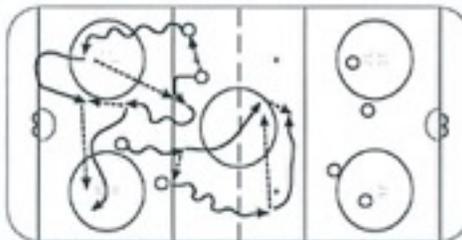



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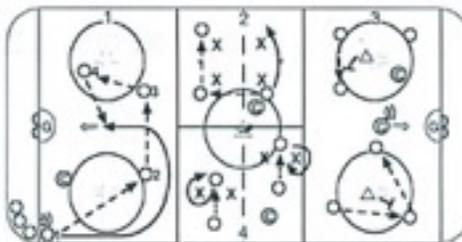
Session #2

Focus: Skating, Passing & Puck Control

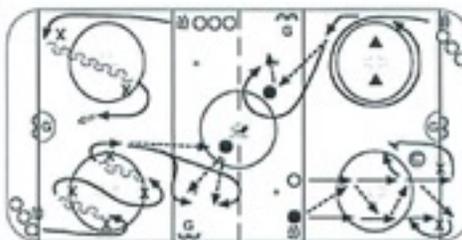
Time	Description	Key Points
5	Short Pass / Long Pass Warm-Up	
	<ul style="list-style-type: none"> • Players partner up, with one puck between them • Partners skate anywhere on the ice passing back and forth to one another – first pass short/ close, second pass long/ far, always facing one another 	<ul style="list-style-type: none"> • never turn your back on your partner • communicate



Time	Description	Key Points
20	Passing and Receiving Circuit	
	<p>1. Montreal Drill</p> <ul style="list-style-type: none"> • 04 passes to 01, 01 - 02, 02 - 03, 03 back to 04 in the slot (rotate) <p>2. Pass with Accuracy</p> <ul style="list-style-type: none"> • move laterally giving and receiving passes on the outside of the cones <p>3. "Play in the Middle"</p> <ul style="list-style-type: none"> • one checker between 3 players, with players continuously passing the puck until the checker intercepts. Checker then trades places and becomes a passer <p>4. Figure 8 Passing</p> <ul style="list-style-type: none"> • one player passes to partner who performs figure 8 pattern around pylons. Pass receiver must maintain eye contact with the passer at all times. One touch passes or puck control around pylons before return pass is made. 	<ul style="list-style-type: none"> • 5 minutes per station • eyes on the target • give target at all times • use deception



Time	Description	Key Points
10	Puck Control Circuit	
	<ul style="list-style-type: none"> • Divide players into 4 groups / colours as shown • Players perform circuit as shown finishing with a shot on goal at each goalie 	<ul style="list-style-type: none"> • G's monitor stations and players rotation • players be aware of player in front • timing

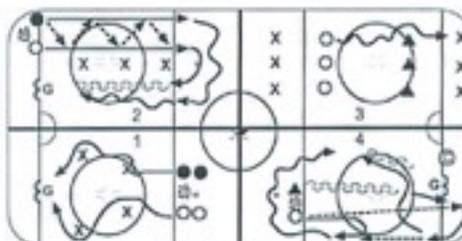



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Session #2

Focus: Skating, Passing & Puck Control

Time	Description	Key Points
20	Individual Tactics	
	<p>Stations: Divide players in colours</p> <ol style="list-style-type: none"> 1. Players form two lines at blue line and perform deke on 1st pylon and drive to goal around 2nd pylon; players switch lines, one player at a time; emphasize drive around second pylon 2. Players pair pass up boards, at last pylon inside player pivots and plays other player 1 on 1; alternate roles – offense and defense 3. Players play 1 on 1 in designated area; player must hit pylon to score; goalies may be used in available 4. Offensive player dumps puck into corner, defensive player retrieves and passes to supporting offensive player who then skates outside blue line and returns on goal 1 on 1 	<ul style="list-style-type: none"> • 5 min each station with rotation on G's whistle • coaches remain with stations



Time	Description	Key Points
5	1, 2, 3, 4 on 0 Relay	
	<p>Relay - Passing / Scoring Skills</p> <ul style="list-style-type: none"> • Divide players into colours • On whistle first player in each line goes in for shot on net, keep shooting until goal is scored. • After goal, player skates outside blue line, picks up another puck and goes in with 2nd player in line for a 2 on 0. • Continue 3 on 0, 4 on 0 until all players in line have gone. • Relay is won by first team who slides over blue line after last goal is scored. 	<ul style="list-style-type: none"> • shoot to score • each player must touch puck before shot on net follow • goalie can shoot puck away if they stop it

