

2015-16 SJAMHA IP PROGRAM STRUCTURE



1. There will be 3 indoor ice times on both Saturday and Sunday
 - a. They are 7:45 am, 8:30 am & 9:15 am
 - b. There will not be a flood between ice times
2. Each ice time will be shared between 3 teams
 - a. On Sundays when teams are playing teams from other areas, 2 dressing rooms will need to be shared
3. A parent volunteer will be needed every ice time to sound the buzzer at each interval
 - a. A detailed guide will be provided in the time keepers box to help the timekeepers understand their role
 - b. After 5 minute warm up
 - c. After each skill station (9 min on Sat, 7 min on Sun)
 - d. At 90 second intervals during scrimmage, no stoppage in time
4. Coaches will group their players into 3 groups based on current skill level and place a matching color sticker on their helmets (It should work out that there are 4 players in each group)
 - a. **BLUE** – Developing Players
 - b. **YELLOW** – Intermediate Players
 - c. **RED** – Advanced Players
5. The ice surface on both days will be divided along both blue lines, creating 3 “zones” where the skill stations will be
6. The zone dividers and mini nets will be set up prior to the first teams taking the ice each day
 - a. Pylons, etc will be found on the far players bench
 - b. The last coaches of the day will be responsible for removing all items from the ice and placing them in the far players bench (closest to zamboni)
7. Coaches will be provided IP Skill Station Sheets that will identify the mandatory skill station for that weekend and the suggested station for their zone
 - a. Coaches are encouraged to develop their own “fun” drills to replace the ones that are being suggested
 - b. The mandatory skill stations will be repeated on Sunday
8. Teams with similar coloured jerseys will be provided pinney’s to wear
9. All the necessary equipment for these days will be made available at Allard arena
 - a. Some items may need to be substituted, such as pylons where it calls for tires
10. If coaches identify that a player’s skill level does not match the skill level of the group, that player should only be moved if there is another player who should also be moved in order to keep the group numbers equal

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SATURDAY SKILLS

11. Players will be grouped with other players from their same club or area
 - a. 4 players from each team will make up the 12 players in each zone
12. At the start of each ice time, coaches and players will proceed directly to their designated zones on the ice
 - a. Coaches will be assigned an area on the ice that will also correspond to a set of skill stations on the skill sheets
 - b. **BLUE** – closest to the dressing rooms
 - c. **YELLOW** – neutral zone
 - d. **RED** – far end (closest to zamboni)
 - e. The first 5 minutes of the ice time will be allotted for a “fun warm up” time that will also incorporate players and coaches getting their zones ready to start the first station, a buzzer will sound at the end of the 5 minutes
 - f. Each skill station will run for 9 minutes, then the players will rotate “away” from the dressing rooms
 - i. BLUE to the neutral zone
 - ii. YELLOW to the far end
 - iii. RED comes back to the closest zone to the dressing rooms
 - iv. And the movement repeats again for the next rotation
 - g. Coaches should keep water breaks in mind and try to coordinate them so that it causes the least amount of interruptions
13. On Saturdays, scrimmages will start 33 minutes into the ice time
 - a. 5 min warm up + 9 min/station * 3 + 1 min break
 - b. Players will remain in their zones and start games

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SUNDAY SKILLS

14. Sundays will be for playing teams from other areas
15. TEAMS will proceed to a specified zone on the ice for the skills portion and will remain in their designated zone with their coaches
 - a. There will be 5 minutes allotted for a “fun warm up”
16. Coaches will be responsible for running their players through ALL 3 mandatory skill stations
 - a. Stations will only last for 7 minutes
 - b. Coaches are encouraged to run 2 concurrent stations in their zone
 - c. It is recommended that coaches group their own teams into 2 groups, based on skill level to help keep the players active
 - d. The buzzer will again sound at each 7 minute interval but players will remain in their zone
 - e. Coaches will be responsible for rotating skill stations instead
17. On Sundays, scrimmages will start 27 minutes into the ice time
 - a. 5 min warm up + 7 min/station * 3 + 1 min break
 - b. Coaches will lead their players into the appropriate zone on the ice so that players are grouped once again by skill level
 - i. **Yellow** players into zone closest to dressing rooms
 - ii. **Blue** players into the neutral zone
 - iii. **Red** into the far end zone

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SCRIMMAGE FORMAT

18. There will be 1 minute of “cushion” time between skills and scrimmage each day
19. Teams will designate a coach to oversee each of the games in every zone (preferably where their child is playing). The head coach can float (if enough coaches) but each zone should have a representative coach for their team.
20. Shifts will be 1.5 minutes (90 seconds) long
 - a. 4 on 4 Cross ice game, no goalies - for both days
 - b. Coaches will decide rotation for teams
 - c. To start the game, 1 team will go and have a rest by (or sit on) the dividers for 90 seconds
 - d. After a goal is scored, play should resume immediately, with the scored upon team having possession
 - e. At the end of the each shift (when the buzzer sounds), the resting team comes onto the ice and whichever team the coach(s) choose next will go and have a rest
 - f. When the buzzer sounds, a coach will move the puck into a neutral area to allow both teams a fair chance at getting it
 - i. ie. Move the puck somewhere so that the team coming onto the ice has an equal chance at getting the puck as the team that is remaining on the ice
 - g. Players that are resting will sit on dividers – benches will not be used unless needed for equipment repair or injury
 - i. Coaches should ensure that players have their water bottles available to them, on the rink dividers to have a drink when they are not playing
21. Sample ice time allotment for Saturday is:
 - i. 5 minute warm up, ideally a game - buzzer
 - ii. 9 minutes first station - buzzer
 - iii. 9 minutes second station - buzzer
 - iv. 9 minutes third station - buzzer
 - v. 1 minute break or “cushion” - buzzer
 - vi. 12 minute scrimmage – buzzer every 90 seconds
22. Sample ice time allotment for Sunday is:
 - i. 5 minute warm up, ideally a game - buzzer
 - ii. 7 minutes first station - buzzer
 - iii. 7 minutes second station - buzzer
 - iv. 7 minutes third station - buzzer
 - v. 1 minute break or “cushion” - buzzer
 - vi. 18 minute scrimmage – buzzer every 90 seconds