

**St. James Assiniboia Minor Hockey Association**  
**2016 – 17 NEW HOUSE LEAGUE FORMAT & CHANGES**

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GENERAL CHANGES

- The term *Initiation Program* (or IP for short) will apply to the entire program (3 Stages for 5/6s & 2 for 7/8s) where divided ice is utilized and skill development is the focus
- Player evaluation skates will be scheduled during Stage 1 of IP for all 5/6 and 7/8 House League players
- Coach/Instructor meeting will be held to explain drills, format and progression before the first IP ice-time

5/6 PROGRAM

- Stage 1 will remain fundamentally the same, running from September 17<sup>th</sup> – October 30<sup>th</sup>, where parents are welcome and coaches are encouraged to be on the ice with their child
- Stage 2 will run from November 5<sup>th</sup> – January 1<sup>st</sup> with no hockey scheduled on December 24<sup>th</sup> weekend
- Teams will be formed by this stage and each ice time will have 3 teams on the ice at the same time participating
- Players rotate through and complete 3 skill zones and then play a 4 on 4 scrimmage for the last portion of every ice-time
- Stage 3 will run from January 7<sup>th</sup> – March 4<sup>th</sup> but now teams will have skills on Saturday and ½ ice games will be played on the Sundays
- Head coach and Asst. coach mentorship will be provided

7/8 PROGRAM – These are only proposed changes at this time

- The 7/8 year old IP will only consist of 2 stages;
  - o Stage 1 will follow the same format as it has in the past (similar to the 5/6 program but modified to match development of players at this age)
  - o Stage 2 will run on Saturdays only starting November 5<sup>th</sup> – January 1<sup>st</sup>
    - Format for 7/8's will be a skills progression based off Hockey Canada's recommendations
    - There will be 3 zones on the ice -- 2 zones running skater skill development and 1 zone will be dedicated to an intro to goaltending
- Sundays will remain full ice game days during Stage 2
- Standings will not be posted during the season but will be recorded and used to group teams into appropriate divisions for the year ending tournament
- Coaches will be on the ice on game days to help with warm up drill and to help players learn how to line up at face-offs
- One of the goalie drills from Saturday will be used as the warm up drill for teams on Sunday
- Head coach and Asst. coach mentorship will be provided
- Goalie coach mentorship will be provided
- Game format will be updated to a modified-shift-on-the-fly style where players will still have a set shift length on the clock but play will resume immediately once all the players have gotten off the ice and the new players from the bench get onto the ice (Similar format to what the 3 on 3 hockey does)
- Home team supplies 10 pucks for visiting team's warm up on game day