

**NDL**

**Novice  
Development  
League  
  
Operations  
Manual**

**2010-2011 Season**

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## **Hockey Calgary**

Hockey Calgary, or the Minor Hockey Association of Calgary (MHAC), is an organization committed to the development of amateur hockey within Zone 9. Hockey Calgary has the mandate to provide a hockey environment suitable for the enjoyment of the players, coaches, managers, officials, parents and administrators. Our goal is to encourage good sportsmanship and to help players form good character as well as develop hockey skills. Hockey Calgary provides several programs to its players, coaches, officials, and parents that are tailored towards development, both on and off the ice.

Our Vision:

“The benchmark of Sports Associations... Providing leadership, Life Skills and Development of our members for the enjoyment and success of all”.

Our Mission:

“To provide a safe, fun, fair environment for all by building strong partnerships through shared leadership and support with our member organizations.”

## **NDL Overview**

The Novice Development League (NDL) is a partnership between Hockey Calgary, The Calgary Hitmen and its 16 community associations in which they operate the Novice age category as a skills based age category. The NDL focuses on skill development and the fundamentals of hockey for kids aged 7 and 8. The purpose of this league is to address the need for more skill development in the novice age category. The NDL is a league in which the associations promote coach, parent, official and player education during the start of each season. The structure of the NDL allows associations to host three to four weeks of skill development sessions before conducting any evaluations. Each player will be evaluated fairly and placed on a team where they are best suited. Associations are limited to when and how many games they can play. As a result, at the start of each season, players will practice more and increase their skills before playing full ice games.

## **Philosophy**

The NDL encourages an environment in which children can learn the fundamentals of hockey through skill development and small area games. Coach education and development are integral components of the NDL that directly correlates to better coaching, on and off the ice.

According to the Long Term Athlete Development Model (LTAD) novice aged kids (males 6-9, females 6-8) fall under the fundamental age grouping. According to the LTAD “skill development in the fundamental stage should be well structured, positive and fun (LTAD 38).” The Novice Development League focuses on the fundamentals of the game of hockey. The NDL follows the LTAD recommendation for teaching the fundamentals. The LTAD model suggests- “fundamental movements and skills should be introduced through fun and games. Fundamental sports should follow and include basic overall sports skills”. The NDL league follows Hockey Canada’s Skills Development model that focuses on skill development rather than full ice games and team strategy.

Hockey is classified as a late specialization sport, which means that the complex skills of hockey need to be mastered after maturation. Over specialization in late specialization can lead to one sided sport training, lack of agility, balance and coordination, early burnout and early retirement. With the stipulations set forth for the NDL, the league puts strict stipulations on games to practice ratios, giving players more time to have fun and develop skills while still providing players with the opportunity to play other sports.

## **Program Goals and Objectives**

**Goal:** To Provide a Positive Environment for Learning the Fundamentals of Hockey

1. Each NDL coach will strictly adhere to the Hockey Calgary Fair Play Codes.
2. At least one coach from each team will be certified to coach at the Novice Age Category and also hold their safety and speak out certifications.
3. At least one coach from each team will attend a minimum of one skating and puck handling specialty clinic administered by Hockey Calgary.

**Goal:** Stimulate Interest and Desire to Continue Playing the Game of Hockey

1. Provide a fun environment for players to develop skills through on ice games.
2. Educate coaches on skill development and small area games.
3. Provide a learning environment that fosters a desire for players to play the game of hockey. Practices will focus on the FUNdamentals.

**Goal:** Develop Coaches Skills and Abilities through Mentorship and Specialty Clinics

1. To host at least 25 Coach Specialty Clinics for novice coaches.
2. To promote and develop mentorship programs for each association.
3. To promote Hockey Calgary’s development programs through parent and coach seminars.

## Player Development

The start of each season will focus on three to four weeks of skill development for all players playing in the Novice Age Category. During these sessions, coaches will follow Hockey Canada's skills and drills and will focus primarily on skating and puck handling drills. After the first couple weeks are complete the sessions will begin to teach players basic rules and positioning. By doing so, first year Novice players will be given the opportunity to learn the game before getting evaluated. As a result of doing so, Timbits coaches can spend their entire season on skill development, rather than teaching positional play.

Each practice and development session should follow the Hockey Canada Skills Development program Model:

- 75% Technical Skills
- 15% Individual Tactics
- 10% Team Tactics
- 0% Team Play
- 0% Strategy

## Interesting facts to Consider

1 PRACTICE will give a player more skill development than 11 GAMES collectively.

Each player should have a puck on his/her stick for 8-12 minutes in a 1 hour practice.

Each player should have a minimum of 30 shots on goal in a 1 hour practice.

99% of the feedback coaches give players is when they have the puck. Ironically, players only have the puck on their stick 0.2% of the game. George Kingston did a study in 1976 and found that Novice Aged Players had the puck on their stick an average of 34.8 seconds during a 65 min straight time game.

Source: Hockey Alberta and Hockey Canada

### Hockey Calgary Statistic

1 in 84,615 kids who play Hockey in Calgary will make it to the NHL. Therefore every 6 years one former Hockey Calgary participant will make it to the NHL.

Source: Hockey Calgary February Newsletter.

## **Coach Specialty Clinics**

At the start of each season Hockey Calgary will conduct coach specialty clinics to teach coaches the fundamentals of skating and puck control. Each coach will go through a 1.5 hour classroom session and a 1.5 hr on ice session. Each coach will be provided with a NDL Coach Manual that will be discussed during the Specialty Clinic. Each coach will also be provided with a seasonal plan that they can use to run practices throughout their season. Each association will be provided with a recommended skills book that can be used while administering it's development sessions at the start of the season. Coaches will sign up for these clinics at [www.hockeycalgary.com](http://www.hockeycalgary.com). One coach from each Novice team in Calgary must take part in one Novice Coach Specialty Clinic administered by Hockey Calgary. Failure to do so may result in suspension at Hockey Calgary's discretion.

## **Parent Meetings**

Hockey Calgary has developed an NDL Parents Presentation will be used to educate parents on the NDL, its philosophy, guidelines and the importance of skill development. During these presentations, Hockey Calgary will go through the NDL manuals and answer any questions and or concerns parents may have. Hockey Calgary will also train associations who would like to administer the parent's presentations on their own behalf. A power point presentation is made up and available for associations to use if they please. If an association wants Hockey Calgary to conduct a parent's seminar, they can contact the Hockey Calgary office. Hockey Calgary expects each association to conduct a parent's seminar at the start of each season.

## **NDL Officials Clinics**

Officials who are officiating the Novice Age Category will be provided with an opportunity to take part in an NDL official's clinic, which will outline the proper techniques for officiating. During these clinics senior mentor officials will work with these younger officials both in the classroom and on the ice. The officials will receive an NDL Officials Manual that will guide them in their first year of officiating. These clinics will provide on ice training as to proper positioning and game management. The clinics are instructed in an inviting environment which provides the opportunity for optimal learning. These mentor officials are able to answer any questions the younger officials may have. Each official will be required to attend Central Zone Referees Councils two day officials clinic.

## Program Guidelines and Structure

Sept 1, 2010- Associations are permitted to begin development sessions.

Sept 1-24, 2010- Development sessions. Players are split up in groups at the discretion of the association.

Sept 25, 2010- Associations will submit their seeding placements to the Novice Age Category Director at- [novice@hockeycalgary.com](mailto:novice@hockeycalgary.com).

September 25- Oct 8, 2010- Evaluations

Oct 8-31- Practices with their respective teams. Practices must be skills based. Coaches are permitted to use up to %50 of their ice time to scrimmage during this two week period. Any coach caught playing longer than the permitted time may be suspended at the discretion of their local hockey association and or Hockey Calgary.

Nov 1- Seeding round begins. Teams will play 8 seeding round games

Nov 15, 2010- Teams are permitted to play Tournament and Exhibition Games. No Novice team will be permitted to play an exhibition and/ or tournament game before November 15, 2010.

Starting on the first Monday in January, each team will play 10 regular season games. No stats and or standings will be kept. Each team will be permitted one schedule window for the regular season.

Each team will play 3 games during EMHW.

The Novice Age Category will finish its season on/ or before March 31st, 2010.

## **Games Break Down**

- 8 Seeding Round Games
- 10 Regular Season Games
- 3 EMHW Games
- 24 Tournament and or Exhibition Games

Each Novice Game will be permitted a 1 hour ice permit. They are to do their best to play a 12, 15, 15 minute stop time game. Teams are permitted to play longer permit times during tournaments and exhibition games.

Each game will be played full ice 5 on 5 with a two person officiating crew. Each team will be permitted to play a goalie. All games will follow the Hockey Calgary Black Book in regards to rules and regulations.

## **Special Rules Governing NDL**

The Novice Age Category has the following special rules:

- A) All teams must adhere to the new Novice Development League format.
- B) All teams must wear sponsorship jerseys for all games.
- C) All positions must be rotated equitably as possible throughout the season.
- D) There is to be no assigning of goaltenders, this position must be rotated.
- E) There is to be no pulling of goaltenders during the course of any game.
- F) One coach from each team must take part in a coach specialty clinic.

It is the responsibility of the Coach and every team official to ensure these special rules are followed throughout the season. In the event these rules are not being followed, it will result in the coach being automatically suspended indefinitely until the matter is ruled on by the Director of Novice for Hockey Calgary or depending on the severity the Special Committee of Hockey Calgary.

## **Travel Permits**

No travel permits will be permitted before November 15, 2010 for teams wanting to play an exhibition and/ or tournament game. Teams may apply for travel permits if they wish to practice outside of zone 9. Teams can apply for as many travel permits as they please. To apply for a travel permit visit the Hockey Calgary website. You will see a heading at the top of the page that says "forms". Click this heading and it will bring you to a new webpage. Select the heading- "travel permit". Fill out this form in full. Once it

has been approved by Hockey Calgary a copy of the form will be emailed to the individual's email that was put on the form. A copy of the form will also be sent to your associations President.

## **Exhibition and Tournament Sanctions**

No exhibition/ tournament games will be permitted before November 15, 2010. To access the Novice Exhibition/ Tournament requests form, visit our website. Select the heading "forms". You will see the heading "Novice Exhibition/Tournament Request Form". Click this heading and fill out the form in full. Hockey Calgary will check the webpage every couple days and approve or deny any requests. Once the request has been approved/denied, the person who submitted the form will receive a confirmation email back. A copy of this confirmation email will also be sent to the Novice Coordinator and Association president. Any coach caught not filling out this form may be suspended at the discretion of Hockey Calgary.

## **Tournament Sanctions**

To host a tournament the host team must follow the Hockey Calgary Tournament Sanction process found on our website at [www.hockeycalgary.com](http://www.hockeycalgary.com) under the heading "tournaments". Once the sanction request has been filled out Hockey Calgary will sanction the tournament if it falls within the guidelines stipulated within this manual. Once the tournament has been sanctioned you will receive a copy of the permit. During the duration of the tournament, the tournament sanction permit must be clearly displayed where people can read it. All tournament rules are to follow the guidelines stated in this manual.

## **Esso Minor Hockey Week**

During Esso Minor Hockey Week novice teams will play three games. This week will provide Novice players an opportunity to take part in a competitive environment with an overall focus on fun.

## **Jerseys**

Each Hockey Calgary Novice Team must wear the NDL Hitmen jerseys for each game they play. They must be worn for all seeding round games, exhibition games, and tournament games. They must also be worn if the teams leaves Zone 9 Calgary. If a team does not wear their Hitmen Jerseys, the team and or coach may be suspended at the discretion of Hockey Calgary.

The jerseys cannot be co sponsored by an outside company. Name bars are not permitted on the Hitmen jerseys.

## Sources Cited

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Hockey Calgary. "Hockey Calgary February Newsletter." Hockey Calgary. February 2008.

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