



## Pre-Novice Program

The Lakeshore Minor Hockey Federation (LMHF) would like to take this opportunity to welcome all new and returning Pre-Novice players to another Hockey season!

It is with this level of excitement that the directors of LMHF would like to provide some key information for both parents and the players about the Pre-Novice program and share with you LMHF's mission statement:

*"Being part of a team, working hard, respecting others, and having fun as kids develop their hockey skills is the cornerstone of our programs and the building blocks for their future!"*

### The Program

The Pre-Novice Program is a fun approach to learning the skills of hockey and the overall basics of the game. The program is based on a teaching curriculum that incorporates all the appropriate skills for the entire year. The curriculum is based on the Hockey Canada Initiation Program and the Pre-Novice is a 2-3 year program designed for players to learn the fundamentals of Hockey.

From learning the correct way to push and glide, to the difficult yet necessary dreaded circles, stick-handling skills, shooting and passing. All are taught in a fun environment while playing fun small games and going through drills.

It is quite an accomplishment to watch a child develop from the first year as an unsure wobbly skater to a confident, ready to go hockey player by the end of the Pre-Novice period.

The Initiation Program is based on the following concepts:

Dividing the players into smaller groups.

- An instructor can more effectively manage a small group of young players
- Drills are run much faster, players spend less time waiting in line

Grouping the players by ability.

- The players in each group are at about the same skill level, bringing continuity to the instruction

A high ratio of instructors to players.

- One instructor for every 5 - 6 players is an effective way to ensure each player gets maximum attention
- Parents are encouraged to help out on the ice as assistant instructors
- Instructors are encouraged to participate in an 8 hour Initiation Program certification course

Emphasizing fun in each session

- Players are having fun, while learning the skills
- Each session ends in a game time, where the players have unstructured fun time, whether it be "pond hockey" or "pylon coaches" or "British bulldog"

The aim of this program is to teach the players the skills of hockey, before they become involved in the pressures and competitiveness of the game.

### Skills Progression

At the Pre-Novice level, players should focus on the skill progressions listed below:

Note: The skills listed below will be taught as the player progresses through the different levels of play. Depending on the group or child, not all progressions will be covered.

### Individual Hockey Skills

#### Skating

- edge control
- ready position
- forward start
- forward stride
- control stop (two-foot snowplow, one-foot snowplow)
- backward skating
- backward stop
- control turn
- forward crossover

#### Puck Control

- lateral dribble
- forward-to-backward dribble
- diagonal dribble
- attacking the triangle
- forehand shift
- accelerating with the puck

### Passing and Receiving

- forehand
- backhand
- receiving (stick)
- eye contact

### Shooting

- wrist
- backhand

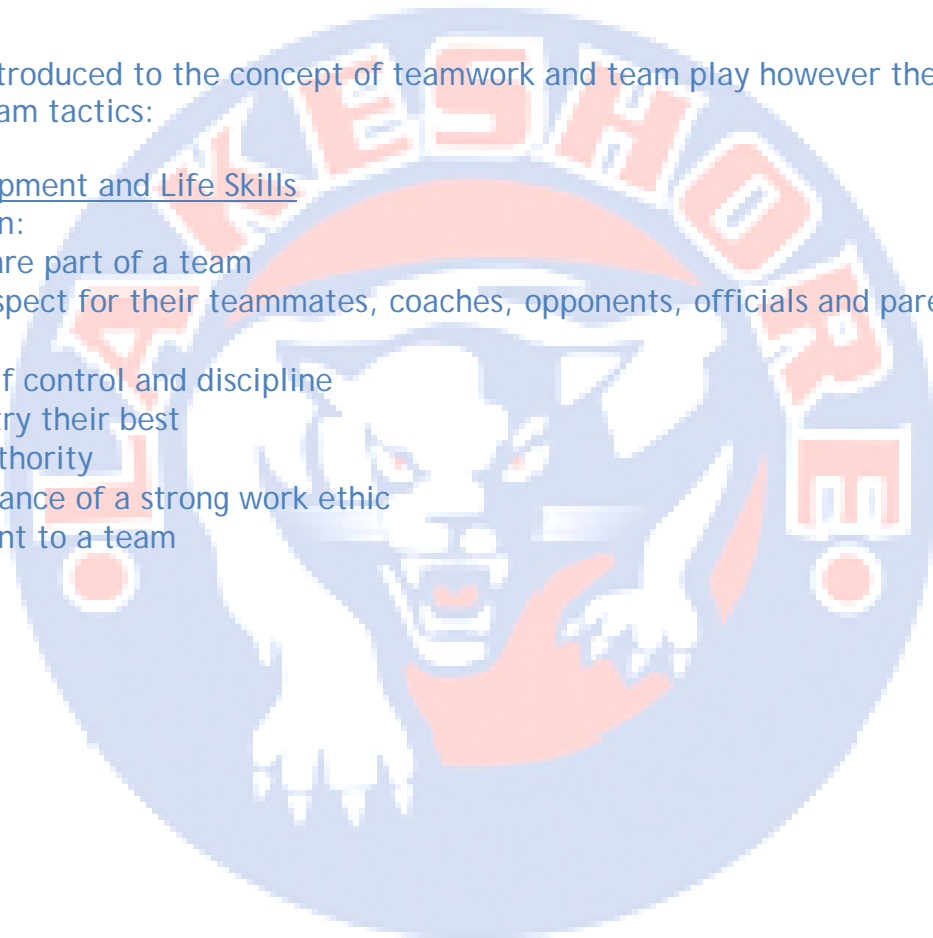
### Team Play

Players will be introduced to the concept of teamwork and team play however there will be little to no teaching of team tactics:

### Character Development and Life Skills

Players must learn:

- that they are part of a team
- to have respect for their teammates, coaches, opponents, officials and parents
- team rules
- to have self control and discipline
- to always try their best
- respect authority
- the importance of a strong work ethic
- commitment to a team



## Frequently Asked Questions

### **What levels will we have?**

Instead of using age, LMHF's Initiation Program recognizes the patterns and stages of growth and development and measures a player by his or her level of development. Simply put, a player's progression is based on age and ability. A beginner may still be a beginner whether he or she is 5 or 6 years old.

In Pre-Novice, there are generally 6 groups. There are 2 levels; with the players being grouped according to age & skill level - at this age usually skating ability. The convener and coaches will assess the skill level of the players and discuss placement according to ability and age. Remember that the level a child plays at when they are 5 or 6 is not reflective of the level they might attain as an older player. At this age we must lay the proper foundation to build on in future years. If they play at a level where they enjoy success and can try new skills, they will surely learn more in a shorter time than they will if placed at a level that is over their heads.

#### PRE-NOVICE LEVEL 1

This is the beginner level (for a 4, 5 or 6 year old). Sessions are organized to suit the needs of the player, where they are grouped by skill level and age in a low pressure situation. The main focus is to develop balance and agility as well as a great attitude. Later on, players will learn basic skills such as stopping, turning and puck control. Each session ends with a semi-structured game, whether it be pond hockey or British bulldog. Fun is the underlying goal.

#### PRE-NOVICE LEVEL 2

The level 2 players generally are slightly ahead on the progression and learning curve. The focus of the sessions in level 2 is to continue the development of the basic skills with a greater emphasis on puck skills, edge control and shooting skills. As the year progresses, basic game concepts begin to get introduced.

Each session ends with a semi-structured game, whether it be pond hockey or a structured teaching game designed to introduce the player to a hockey game without the pressures of official rules and over competitiveness. The aim here is to teach basic positional play as well as safety and team participation. As always FUN is still the underlying goal.

### **When do we start?**

The plan is to start practice the Weekend of September 18th. You will receive an email with dates and times of first session as well as group assignment. Specific dates and times will also be posted on the website the week prior to the start of program.

To view this information go to [www.lmhf.qc.ca](http://www.lmhf.qc.ca) and click on the Pre-novice tab.

### **My player has never skated before, can she still participate?**

Absolutely! The Beginner Program is designed to introduce them to skating and hockey.

## **My player is 6 years old and just a beginner, where should she be?**

A beginner is still a beginner whether she is 4 or 6. There are always several older players and this is the best way to introduce them to hockey. Eventually they tend to catch up to their age group.

## **My player can already skate, where should I put him?**

All new players should start as a Beginner, regardless of their experience. It is important for your player's development to learn the skills of the first level before he moves on. Again, there are sessions for more advanced players!

## **What equipment will be needed prior to starting?**

Below the list of equipment required for the first day of practice. If you are not sure what to get or need assistance please feel free to email one of the Pre-novice Conveners.

- Helmet
- Facemask
- Neck Guard
- Shoulder Pads
- Elbow Pads
- Gloves
- Hockey Pants
- Jock/Jill Strap
- Shin Guards
- Skates
- Jerseys and socks will be provided once teams are selected

Prior to the first practice add your skater's first name on the front of his/her helmet using white hockey tape with black marker. Please be ready 10-15 minutes prior to your ice time.

If it's your first practice and you're not sure how all the equipment goes on, please don't hesitate to ask someone to help out (we have all been there before).

## **Why don't they play "real" games?**

A player must learn the skills of hockey before putting them into practice. Putting a player into a high-pressure situation such as an official game may be too stressful. It has been shown that introducing the players slowly to games is best for all players regardless of skill level. Remember, a player develops his/her skills in practice, not in games.

Games are introduced in the second half of the season. Structured games for Pre-novice do not begin until January. Fun games and scrimmages will be part of the program during the months of September - December. The Pre-novice program is structured as to put more emphasis on teaching through fun games and activities as opposed to focusing on competition.

## **How much time does hockey take?**

Pre-novice players are on the ice on Saturdays (1.5 hour session) and Sundays (1 hour session). The season goes from September to the end of March (There is no hockey over the Christmas Holidays). The assigned hours will rotate between 8:00 AM start times to 2:00 PM finish times.

*The Lakeshore Minor Hockey hopes that you and your child have a great and enjoyable experience. Please do not hesitate to get involved, whether on ice or off the ice to show the kids what teamwork is all about!!*

