



# Canadian Player Pathway

**U13**



**2020 - 21**

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How a player experiences hockey is crucial.

If a player continues to have fun while developing the fundamental skills and building confidence in their ability to perform those fundamental skills, there is a strong probability that player will go on to enjoy hockey for many years.

# INTRODUCTION

LEAD, DEVELOP AND PROMOTE POSITIVE HOCKEY  
EXPERIENCES

**Hockey is Canada and Canada is hockey.**

Let's face it – hockey is a touchstone of Canadian life. It is Canada's national theatre and it is the chatter of the country. Hockey is more than a sport for Canadians, it is a part of the country's heart and soul.



**TOM RENNEY**  
Chief Executive Officer,  
Hockey Canada

Whoever said those words took the pulse of a nation that has had a long and storied love affair with hockey



**VISION: WORLD SPORTS LEADERS**



**U13 PATHWAY**

# WHAT IS THE **U13** PATHWAY?

- ❖ The U13 Pathway is a progressive, learn to play teaching curriculum. This pathway is an important transition as players get ready for the emerging high performance pathway of U15
- ❖ Consists of four phases of instruction, designed for recreational and competitive level players
- ❖ **Introduces, develops and refines** the skills of skating, passing, puck control and shooting in a progressive one step at a time manner

The main goal is to offer programming that meets the needs of the players who want to play the game for fun as well those that have their sights on the competitive / high performance pathway.

# WHAT IS THE **U13** PATHWAY?

- ❖ Continued development of fundamental movement skills (skating, turning, acceleration), manipulation skills (shooting, puck control) and refining overall motor skills (balance, coordination, agility) in a fun and safe environment that promotes self-confidence within a team dynamic



## THE OBJECTIVES OF THE PROGRAM

- ❖ Continue to grow their impression of hockey as a positive one for players and parents. FUN!
- ❖ Play/Games exist to promote the benefits of competition, developing hockey sense and team dynamics
- ❖ Some streaming of the players –goal is to have players working with players of like skills to develop confidence and self esteem





# SEASONAL STRUCTURE

**IDEAL HOCKEY SEASON:** Refers to an optimal seasonal structure – this is a guideline and is subject to a range of minor differences regarding suggested numbers.

**PREP / TRYOUT PHASE:** Refers to the period of time prior to the season starting – typically when prep camps and / or tryouts are held.

**DEVELOPMENT PHASE:** Refers to the period of time following tryouts or evaluation prior to the regular season starting.

**REGULAR SEASON PHASE:** Refers to the period of time from first regular season game to the start of playoffs or Provincial / Branch Championships.

**PLAYOFF PHASE:** Refers to the period of time from the end of the regular season through to the end of Playoffs.

**OFF SEASON:** Refers to the period of time from the end of the playoff season to the start of the next Prep or Tryout season. No tryouts are allowed during the off season

**U13: AGE 11-12**

## COMMUNITY (recreational)

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFF PHASE Up to 4 Weeks Tournament Style <b>TOURNAMENTS</b> 3 tournaments 12 games
Up To	Up To	Up To	Up To	Up To	Up To	
4 WEEKS	8 PRACTICES	2 EXHIBITION GAMES	24 WEEKS	24 PRACTICES	18 GAMES	

**TOTAL PRACTICES: 30 - 35 | TOTAL GAMES: 25 - 35**

**REQUIREMENTS:**

- No tryouts / evaluations prior to or during the first week of school
- Must provide a minimum of 4 skates before formal tryouts
- Tryouts must be minimum 3 sessions (1 skills session / 1 small area games session / 1 formal game)
- Tournament style playoffs - no rounds
- Fair / equal ice time

**RECOMMENDATIONS:**

- Full time goaltenders – Goalie not playing in games plays out
- Rotate all players through all positions – begin position specific at half way point of season
- Small Area Games in Practice
- Skill / Station based practices

**U13: AGE 11-12**

## DEVELOPMENTAL (competitive)

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFF PHASE Up to 4 Weeks Tournament Style <b>TOURNAMENTS</b> 4 tournaments 16 games
Up To	Up To	Up To	Up To	Up To	Up To	
4 WEEKS	12 PRACTICES	6 EXHIBITION GAMES	24 WEEKS	48 PRACTICES	24 GAMES	

**TOTAL PRACTICES: 55 - 65 | TOTAL GAMES: 45 - 50**

**REQUIREMENTS:**

- No tryouts / evaluations prior to or during the first week of school
- Must provide a minimum of 4 skates before formal tryouts
- Tryouts must be minimum 5 sessions (2 skills session / 1 small area games session / 2 formal games)
- Tournament style playoffs - no rounds
- Fair / equal ice time

**RECOMMENDATIONS:**

- Full time goaltenders
- Rotate all players through all positions – begin position specific at half way point of season
- Small Area Games in Practice
- Skill / Station based practices





# SEASONAL STRUCTURE

## Requirements

**Prep / Tryout Phase: Refers to the period of time prior to the season starting – typically when prep camps and / or tryouts are held**

- 1) No tryouts / evaluations prior to or during the first week of school
  - No tryouts during Off Season Phase ( Previous season including March through August )
  - No tryouts during the first week of school where school starts the week after labor day
  - Where school starts prior to labor day, there must be 4 skates / practices starting the week following labor day before tryouts commence
- 2) Must have a minimum of 4 practices / skill sessions prior to formal evaluations starting ( can occur during first week of school)
- 3) Must have a minimum of 3 formal tryout / evaluation sessions for Community – (Recommended - 1 skills session, 1 small area games session, 1 formal game) 5 formal tryout / evaluation sessions for for Developmental – (Recommended 2 skills sessions, 1 small area games session, 2 formal games)

**Development Phase: Refers to the period of time following tryouts or evaluation prior to the regular season starting.**

- 4) Must have a period of development time following team selection and prior to the start of the regular season

**Playoff Phase: Refers to the period of time from the end of the regular season through to the end of playoffs**

- 5) Must be tournament style playoffs versus elimination rounds





# SEASONAL STRUCTURE

## Rationale

### 1) No tryouts / evaluations prior to or during the first week of school

- Give MHA's and parents back the summer – season does not need to start that early only to be finished in February ( Start later / End later )
- Start of school year is stressful enough for players, they do not need to have hockey tryouts start the same time
- Give MHA's a chance to get organized and begin planning

### 2) Must have minimum of 4 practices / skill sessions prior to formal evaluations starting

- A players first experience with hockey should not be a formal tryout – give all players the chance to get back on the ice in a more “ player friendly “ scenario
- Helps to level the playing field as not all kids have a chance to go to hockey schools or prep camps
- Give an MHA a chance to run their own prep camp instead of members spending money outside the association

### 3) Tryouts must be minimum of 3 (Community) / 5 (Developmental) formal tryout / evaluation sessions – Recommended – 1-2 skills sessions, 1 small area games session, 1-2 formal game

- Players need a fair chance to evaluate – a standard process will show transparency and consistency
- Will provide coaches with the basis of a development plan based on a solid and quantifiable evaluation.

### 4) Must have a period of development time following team selection and prior to the start of the regular season

- Very important to give coaches the chance to develop and improve their players skills prior to getting into organized games
- Skills before tactics, tactics before systems
- Eliminate or reduce pressure to try and win right away

### 5) Must be tournament style playoffs versus elimination rounds

- Give all teams the chance to play to same end point.
- All players deserve the same chance to play to the end of the year
- More teams / more players playing longer into the season
- Allows more rest and recovery within the season and the regular season schedule can be spread out
- Greater opportunity for more players to participate in different activities







# SEASONAL STRUCTURE

## Considerations

### General Development

- Season should allow for 2 seasonal breaks ( not including Christmas / long weekends – Seasonal Break would be considered minimum 5 days without a scheduled game or practice )
- Recommended maximum of 50 games per year ( including exhibition / league / tournaments and playoffs )
- Recommended length of game is a 60 or 75 minute ice time
- Small Area Games in practice / Station based practices / Skill focused drills

### Tryouts / Evaluations

- Players may tryout based on a specific position – should be encouraged to play both F and D
- Players should be selected for teams based on their skill, not positional preference ie teams should be selected based on the top X number of players and not based on position specific player preferences

### Ice Time

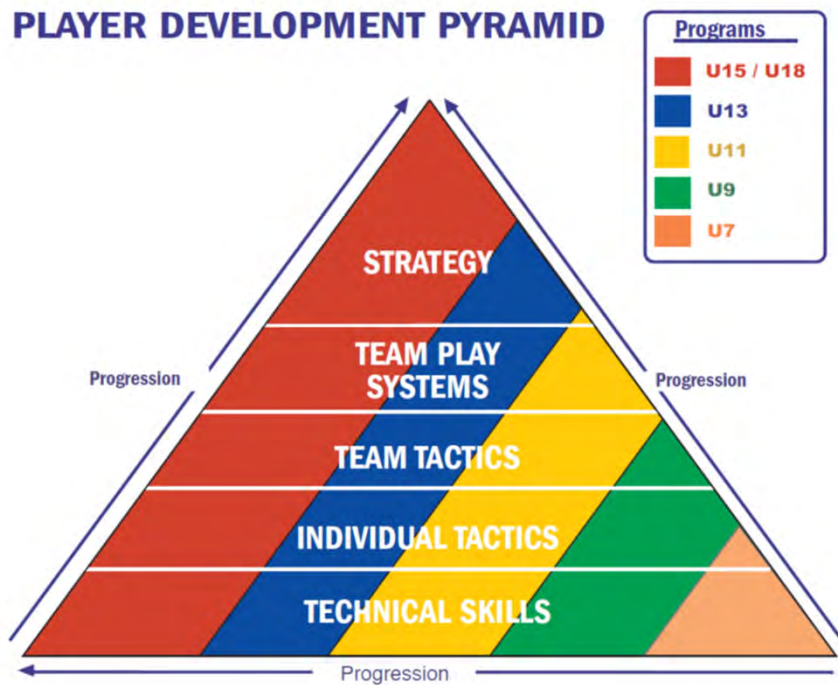
- Fair / equal ice time ( goalies should rotate for equal number of games and / or playing time throughout the regular season and playoffs )
- All players should play both special teams, end of period and end of game situations.

### Position Specific Teaching

- Only 20% of practice time should be spent on team play and strategy / systems – 80% of practice should be on skills and tactics
- Players should rotate through Defence and Forward positions in the first half of the year and then may move to more consistent positions in the second half.
- Limit position specific specialization ( except goalies – recommend goalie not playing plays out as a skater )

# SEASONAL STRUCTURE

PLAYER DEVELOPMENT PYRAMID



The U13 program recommends 45% technical skills, 25% individual tactics, 10% team tactics, 10% team play, and 10% strategy.





# MONTHLY GOALS

## SEPTEMBER

### -Technical Skills - Introduce

Skating  
- Agility  
- Balance  
- Coordination

Puck Control  
-Stationary & Moving

Passing  
--Stationary  
-Moving

Fun Games

## OCTOBER

### -Technical Skills - Develop

Skating  
- Agility  
- Balance  
- Coordination

Puck Control  
- Stationary & Moving

Passing  
-Stationary  
-Moving

Fun Games

## NOVEMBER

### -Technical Skills - Develop

Skating  
- Agility  
- Quickness  
- Speed

Puck Control  
- Moving  
- Dekes

Passing  
- Moving / Puck Support

Fun Games

## DECEMBER

### Technical Skills – Develop / Refine

Skating  
- Agility  
- Quickness  
- Speed

Puck Control  
- Moving  
- Dekes

Passing  
-Moving / Puck Support

Fun Games

Relays

Competitive Drills

## JANUARY

### Individual Tactics - Introduce

1 on 1's

Give and Go's

Refine Technical Skills  
Skating  
- Agility  
- Quickness  
- Speed

Puck Control  
- Moving  
- Dekes

Passing  
- Moving / Puck Support

Competitive Drills

## SEPTEMBER / OCTOBER

- No tryouts prior to or during the first week of school
- Prep Phase – 2 Weeks – 8 – 10 sessions – (1 - 60 minute session per day)
- Tryouts / Evaluations / Team Selection – (Minimum 4 skates then evaluate) – Combination of skills, small area games, formal games





# MONTHLY GOALS

## FEBRUARY

Individual Tactics - Develop

1 on 1's

Give and Go's

Positioning

Breakouts

Technical Skills – Refine

Skating  
- Quickness  
- Speed

Puck Control  
- Stationary/ Moving  
- Dekes

Passing  
-Moving / Puck Support

## MARCH

Technical Skills - Refine

Skating  
- Quickness  
- Speed

Puck Control  
- Stationary/ Moving  
- Dekes

Passing  
-Moving / Puck Support

Individual Tactics -Develop

1 on 1's

Give and Go's

Positioning

Breakouts

## APRIL

Tournaments / Playoffs

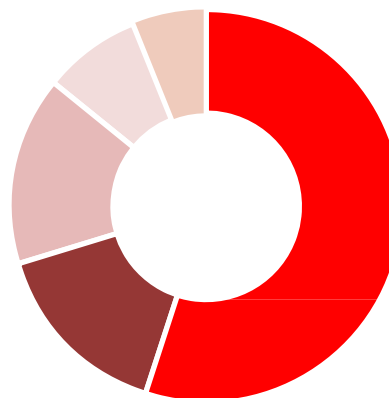
## MAY / JUNE / JULY / AUGUST

Off season

Spring Skill ( No Games ) Multisport Activities

FUN!!!

## SEASONAL STRUCTURE BREAKDOWN CHART



25% - Introducing Technical Skills

35% - Developing Technical Skills

20% - Refining Technical Skills

15% - Introducing Individual Tactics

5% - Developing Individual Tactics



# U13 SKILLS

## LTPD STAGE – Learn to Train

Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<ul style="list-style-type: none"> <li>All Skating Skills from Initiation, novice and atom</li> <li>Fwd / Bwd Scissor Skate</li> <li>Lateral Crossovers</li> <li>C-cuts toe on puck</li> </ul>	<ul style="list-style-type: none"> <li>Figure 8's – forward – inside &amp; outside edge</li> <li>Figure 8's – backward – inside &amp; outside edge</li> <li>Heel to Heel (Mohawk)</li> <li>1 leg weaving – fwd / bwd</li> </ul>	<ul style="list-style-type: none"> <li>Front v-start</li> <li>Crossover start</li> <li>Backward c-cut start</li> <li>One-leg bwd stop</li> <li>Two-leg bwd stop</li> </ul>	<ul style="list-style-type: none"> <li>Forward striding</li> <li>Linear crossovers</li> <li>Acceleration</li> <li>Quick Feet</li> <li>Evasive skating</li> </ul>	<ul style="list-style-type: none"> <li>C-cuts – left foot / right foot</li> <li>Backward Striding</li> <li>1 Crossover / Reach</li> </ul>	<ul style="list-style-type: none"> <li>Glide turns / Tight turns</li> <li>C-cuts – around circle – outside foot – forward &amp; backward</li> <li>Crossovers – forward &amp; backward</li> <li>Pivots – bwd to fwd &amp; fwd to bwd</li> <li>Pivots – open &amp; reverse</li> </ul>
Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and Receiving	Shooting	Individual Offensive Tactics
<ul style="list-style-type: none"> <li>Narrow</li> <li>Wide</li> <li>Side – front – side</li> <li>Toe drag – side/front</li> <li>Attack Triangle</li> <li>Quick hands</li> <li>Range of motion</li> </ul>	<ul style="list-style-type: none"> <li>Narrow / Wide</li> <li>Open ice carry – forehand &amp; backhand</li> <li>Weaving with puck</li> <li>Toe drag – front &amp; side</li> <li>Attack the Triangle</li> <li>Quick hands</li> <li>Range of Motion</li> </ul>	<ul style="list-style-type: none"> <li>Stationary forehand pass</li> <li>Stationary backhand pass</li> <li>Forehand saucer pass</li> <li>Backhand saucer pass</li> </ul>	<ul style="list-style-type: none"> <li>Moving forehand pass</li> <li>Moving backhand pass</li> <li>Moving fhd saucer pass</li> <li>Pass and Follow</li> <li>Cross and Drop</li> </ul>	<ul style="list-style-type: none"> <li>Forehand - wrist shot</li> <li>Backhand - shot</li> <li>Forehand / backhand shots in motion</li> <li>Forehand - flip shot</li> <li>Backhand - flip shot</li> <li>Tips / Deflections</li> <li>Snap / Slap shot</li> </ul>	<ul style="list-style-type: none"> <li>Body fakes / shot fakes</li> <li>Stick fakes / fake pass</li> <li>Dekes</li> <li>Moves in Combination</li> <li>Net Drives</li> <li>Change of pace</li> <li>Puck protection</li> <li>Control skating</li> <li>Saving ice</li> </ul>
Individual Defensive Tactics	Team Play				
<ul style="list-style-type: none"> <li>Angling</li> <li>Basic 1 on 1's</li> <li>Gap control</li> <li>Escape moves</li> <li>Puck retrievals</li> <li>Tracking</li> </ul>	<ul style="list-style-type: none"> <li>Basic Positioning – D Zone</li> <li>Basic Breakouts</li> <li>Regroups</li> <li>Entries</li> <li>Forechecks</li> </ul>				

# INSTRUCTORS / COACHES

## U13 Coaching Pathway

- Hockey University – On-line Module
- Coach 2 – Coach 2 in Class and On Ice Clinic (for recreational level coaches)
- Development 1 in Class and On Ice Clinic (for highest level of U13 in the Branch)
- RIS – Activity Leader – On-line Module

### PATHWAY FOR COACH 2 - COACH LEVEL



CERTIFICATION IS NOT REQUIRED AT COACH 2 AND A COACH CAN STAY "TRAINED" INDEFINITELY.

## Continuing Education Opportunities - NCCP Instructional Stream

- Skating Clinic
- Skills Clinic
- Developing Defencemen Clinic
- Small Area Games Clinic
- Goaltending Clinic

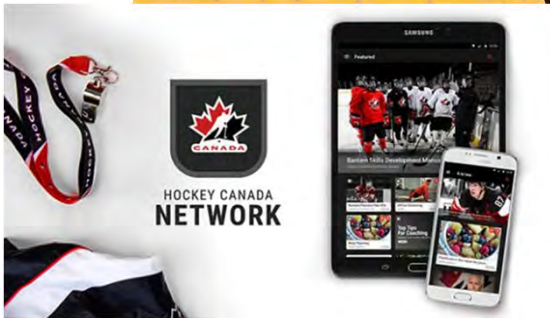
# INSTRUCTORS / COACHES

All Head Coaches, that coach teams in U13 or above teams at competitive levels, as determined by the Branch, must be Development 1 “Certified” (other than those requiring High Performance 1). It is recommended that all assistant coaches have Development 1 “Trained” status. This took effect for the 2015 / 16 season.

## COMPETITION INTRODUCTION STREAM: DEVELOPMENT 1

PATHWAYS FOR DEVELOPMENT 1		
PATHWAY	TRAINED	CERTIFIED
PRE - 2009	ALL COACHES IN THIS PATHWAY HAVE LEGACY DEVELOPMENT 1 CERTIFIED STATUS	
JAN 1, 2009 - JUNE 30, 2014	ALL COACHES IN THIS PATHWAY WILL BE DEVELOPMENT 1 CERTIFIED	
JULY 1, 2014 - PRESENT	CLINIC ATTENDANCE EMERGENCY ACTION PLAN	WRITTEN EVALUATION (WORKBOOK) FIELD EVALUATION (PRACTICE) MED COMPETITION - INTRODUCTION
	PRIOR TO JAN 1, 2021 ALL COACHES WITHIN THIS PATHWAY MUST COMPLETE THE MED COMPETITION INTRODUCTION TRAINING AND ONLINE EVALUATION (5 PD POINTS FOR COMPLETION OF TRAINING AND ONLINE EVALUATION) +15 MORE PROFESSIONAL DEVELOPMENT POINTS TO MAINTAIN CERTIFIED STATUS	
	PRIOR TO JAN 1, 2021 ALL COACHES WITHIN THESE PATHWAYS MUST COMPLETE THE MED COMPETITION INTRODUCTION ONLINE EVALUATION +20 POINTS TO MAINTAIN CERTIFIED STATUS	
	20 PROFESSIONAL DEVELOPMENT POINTS	

# RESOURCES



**HOCKEY CANADA DRILL HUB**

**Practice Like Team Canada**

Access a Library of Free Drill Videos & Diagrams

[HockeyCanada.ca/DrillHub](http://HockeyCanada.ca/DrillHub)

A Samsung tablet displaying a hockey drill video of a player in a red jersey.



# RESOURCES



BY THE NUMBERS

800 TEAM CANADA  
GAME CLIPS

3,200 ARTICLES

300  
PRACTICE PLANS

1,500  
DRILLS

900 VIDEOS



HOCKEY CANADA  
NETWORK



[www.hockeycanadanetwork.com](http://www.hockeycanadanetwork.com)



HOCKEY CANADA  
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PLAY VIDEO

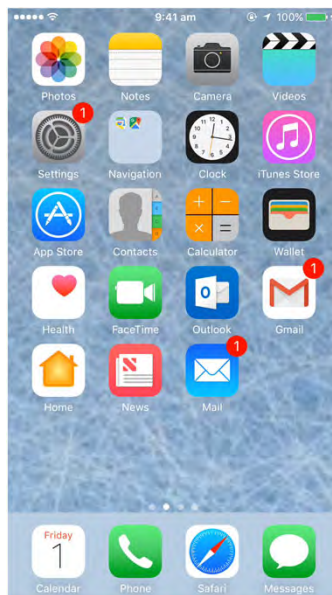
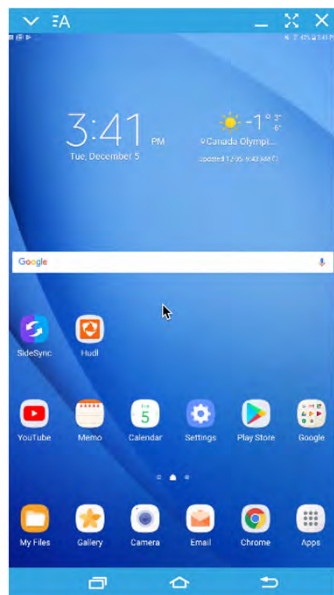


# RESOURCES

## SUBSCRIBE

*Getting started is easy...*

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**PLAY  
VIDEOS**



Subscribe in-app or online for immediate access, distribution and savings.

[www.hockeycanadanetwork.com](http://www.hockeycanadanetwork.com)

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### NETWORK

The Hockey Canada Network app is available for iOS and Android devices. Download it now for free from the Apple App Store or Google Play and start exploring videos and articles. For full, unlimited access to all content and features, subscribe to Hockey Canada Network Premium.

Free	Premium
Explore the app on your phone or tablet and view a limited selection of videos, articles, practice plans, drills and more.	Subscribe for unlimited access to exclusive and regularly updated content and enhanced features.
Free	As low as \$4.00/month*

Subscribe Online and Save.

Subscribe for Premium access to the Hockey Canada Network through our website and get an **ADDITIONAL 20% OFF** the in-app annual subscription price. Single or group access codes available.

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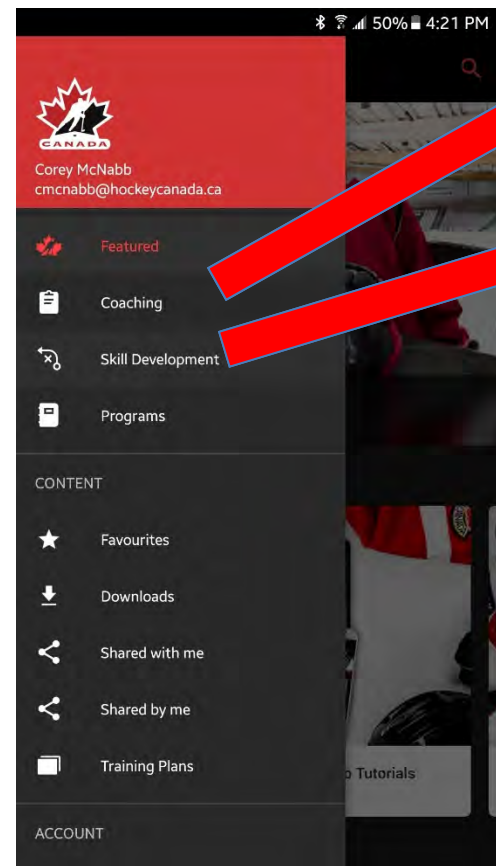
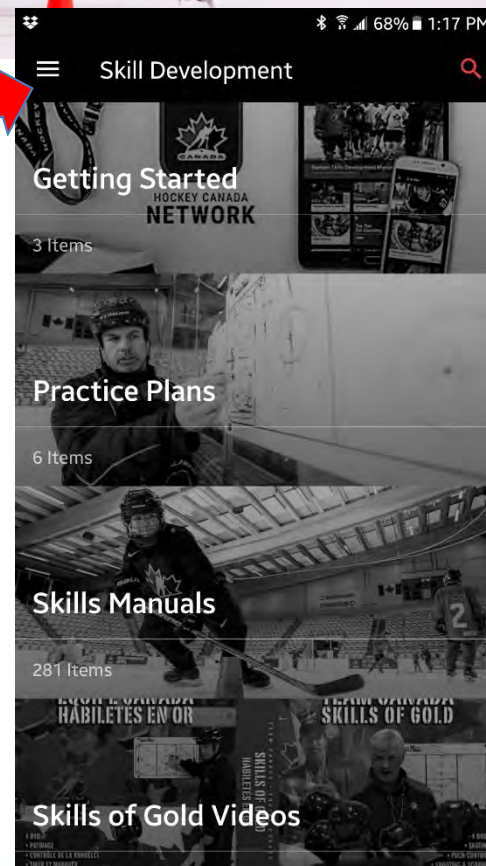
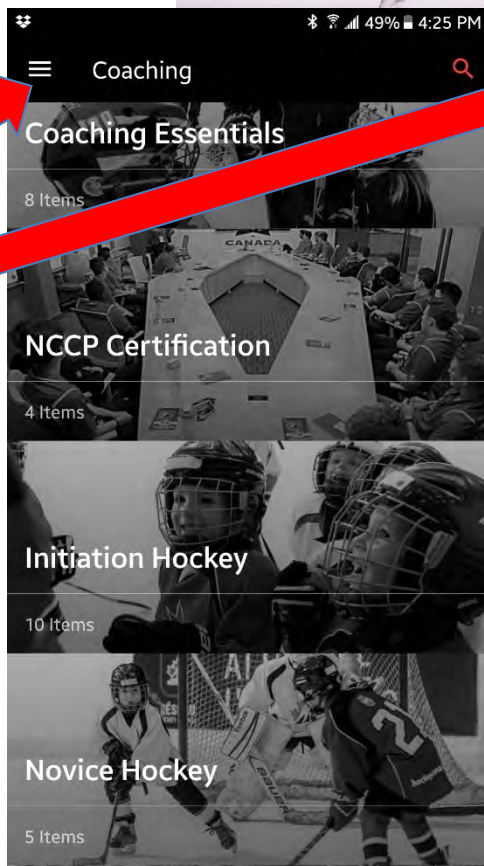
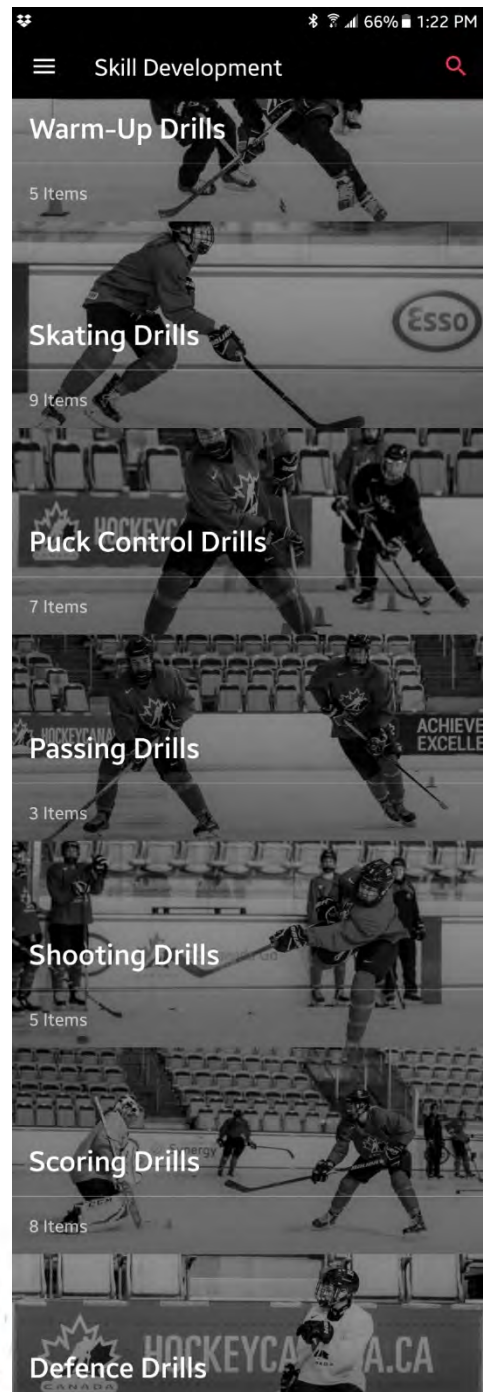
GET IT ON Google play | Download on the App Store

Join our Email list for the latest news and updates about the new Hockey Canada Network App.

[bcnsmf@gmail.com](mailto:bcnsmf@gmail.com)

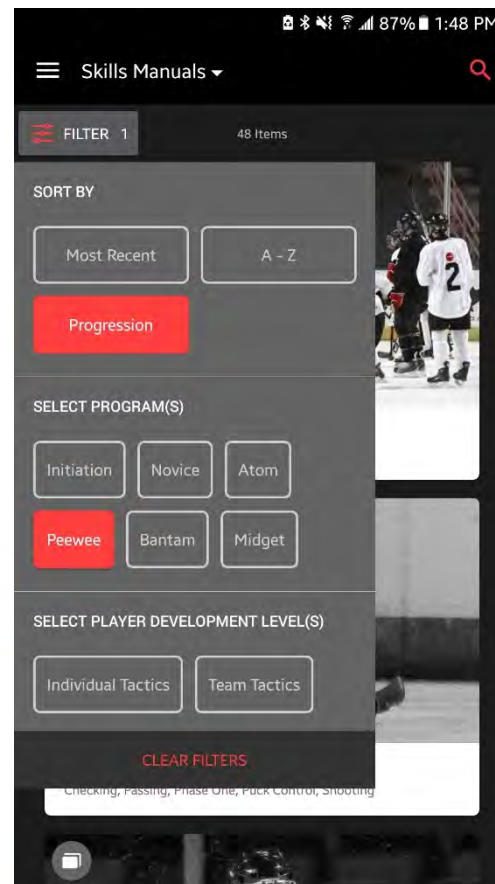
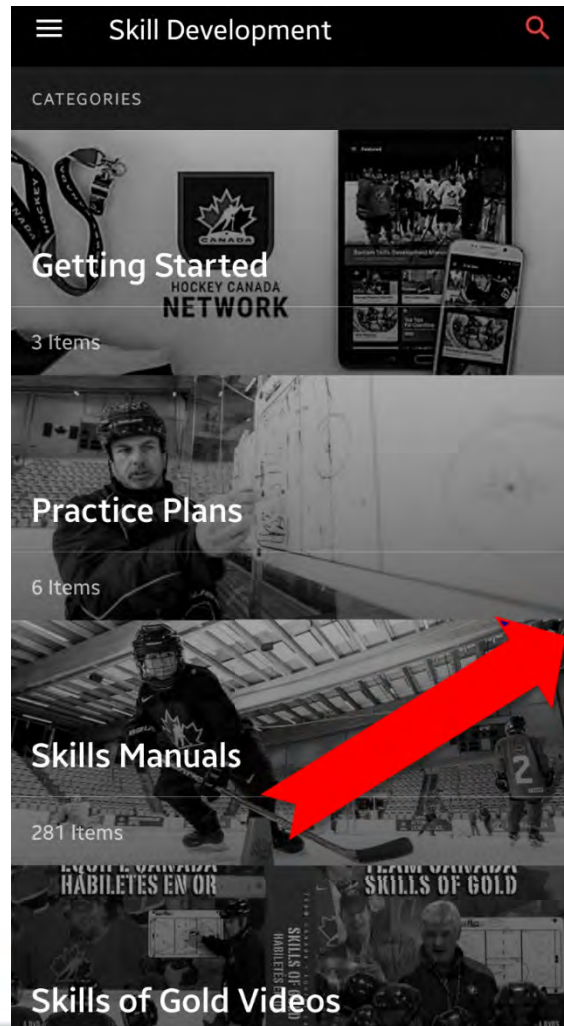


# RESOURCES

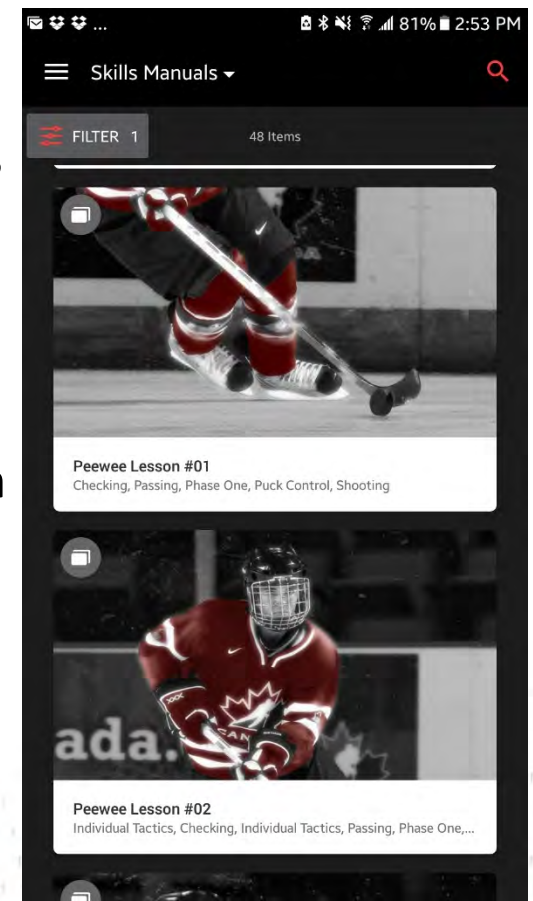


# RESOURCES

## Skill Development – Skills Manuals



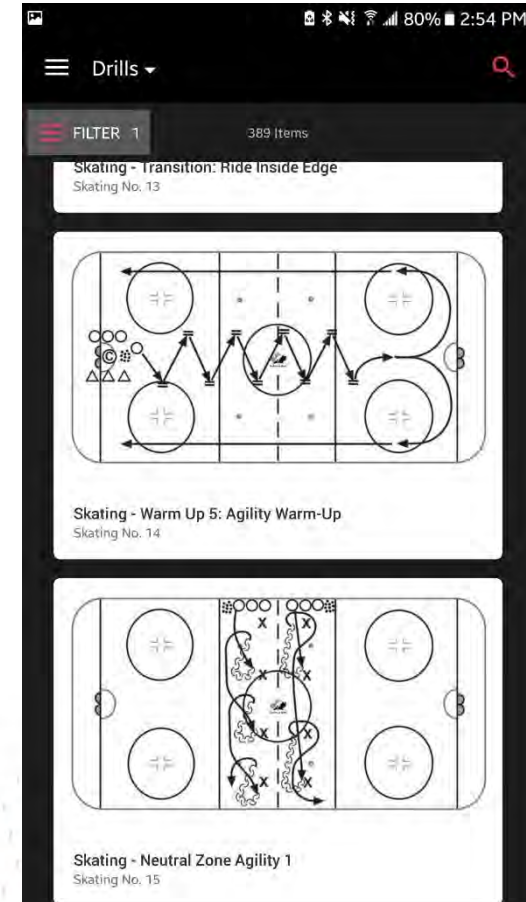
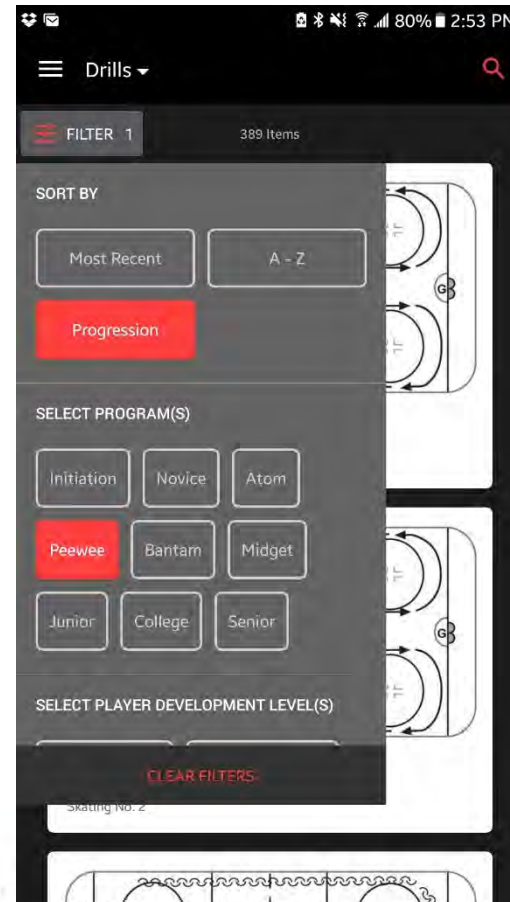
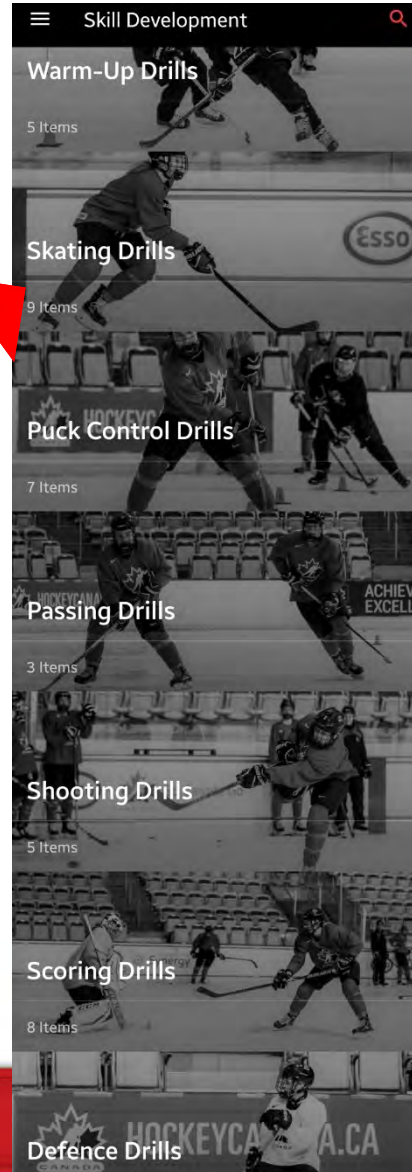
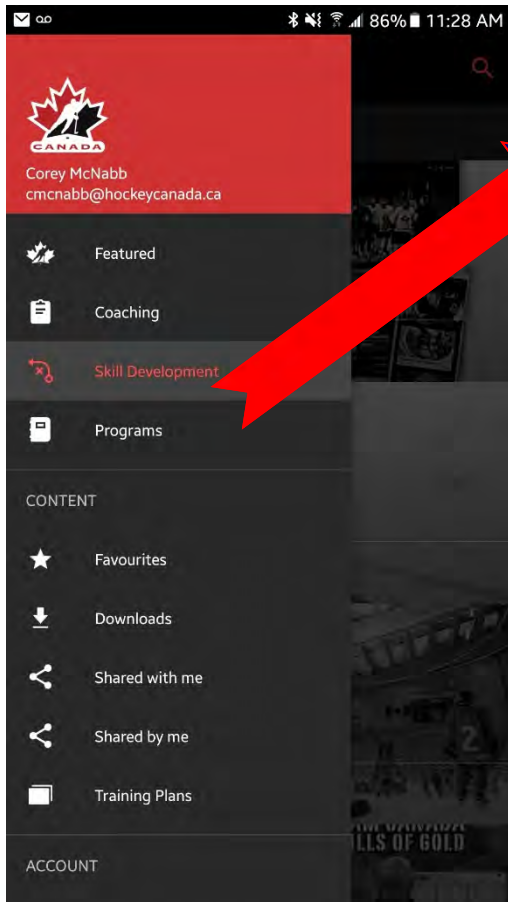
The Hockey Canada Skills Development U13 Manual is broken up into 32 separate practice plans. Each individual drill can also be accessed. Favorite, download and share an entire practice plan or individual drill



# RESOURCES



## Skill Development – U13 Skills



# What is Hockey Canada Drill Hub?

***Hockey Canada Drill Hub*** is a Free resource for players and coaches of all levels with a continuously growing library of:

- Drills
- Videos
- Practice Plans

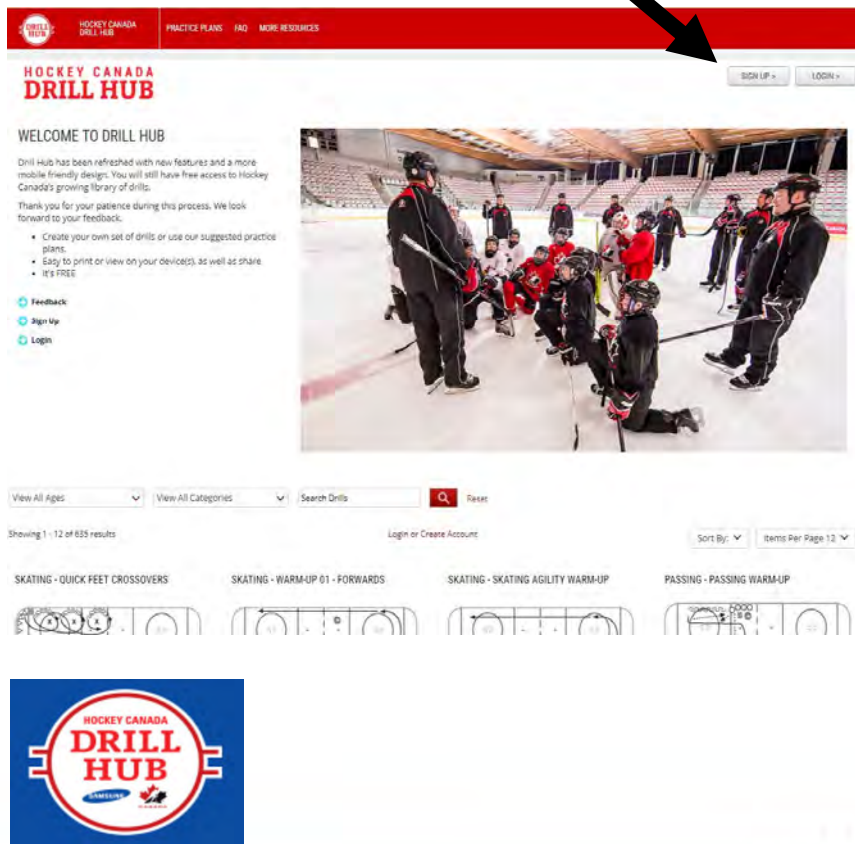
The screenshot shows the Hockey Canada Drill Hub website. At the top, there is a red navigation bar with the logo and links for 'PRACTICE PLANS', 'FAQ', and 'MORE RESOURCES'. Below the navigation bar, the main header features the 'HOCKEY CANADA DRILL HUB' logo and 'SIGN UP >' and 'LOGIN >' buttons. A central text block reads 'WELCOME TO DRILL HUB' and provides a brief overview of the site's features and a thank-you message. To the right of this text is a large photograph of a coach on an ice rink addressing a group of players. Below the welcome message is a list of features: 'Create your own set of drills or use our suggested practice plans.', 'Easy to print or view on your device(s), as well as share', and 'IT'S FREE'. A sidebar on the left contains links for 'Feedback', 'Sign Up', and 'Login'. At the bottom of the page, there is a search bar with filters for 'View All Ages' and 'View All Categories', a search input field, and a 'Reset' button. Below the search bar, it indicates 'Showing 1 - 12 of 635 results' and includes a 'Login or Create Account' link. The bottom section displays four categories of drills with corresponding diagrams: 'SKATING - QUICK FEET CROSSOVERS', 'SKATING - WARM-UP 01 - FORWARDS', 'SKATING - SKATING AGILITY WARM-UP', and 'PASSING - PASSING WARM-UP'.

The promotional graphic features the Hockey Canada Drill Hub logo on the left. To the right, a Samsung tablet displays a video of a hockey player in a red jersey. Below the tablet, the text reads 'Practice Like Team Canada' and 'Access a Library of Free Drill Videos & Diagrams'. At the bottom, the website URL 'HockeyCanada.ca/DrillHub' is provided.



# Creating an Account

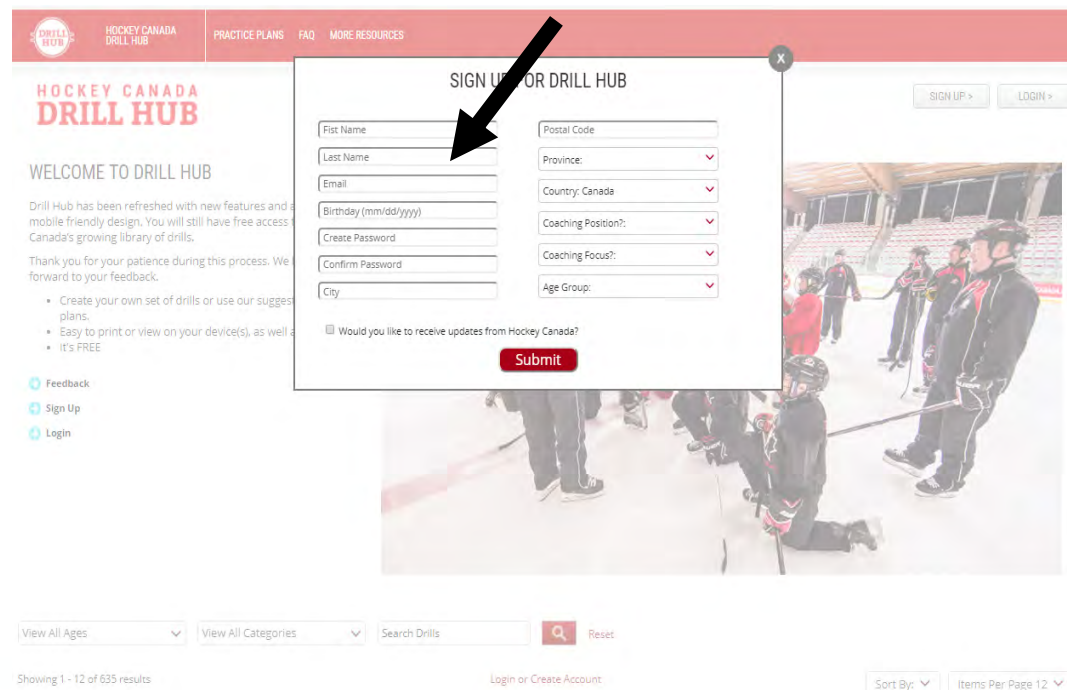
Click the *Sign Up* button



The screenshot shows the Hockey Canada Drill Hub homepage. At the top, there is a navigation bar with 'HOCKEY CANADA DRILL HUB', 'PRACTICE PLANS', 'FAQ', and 'MORE RESOURCES'. Below the navigation bar, the main heading is 'HOCKEY CANADA DRILL HUB'. A 'SIGN UP >' button is highlighted with a black arrow. The page content includes a 'WELCOME TO DRILL HUB' section with a welcome message and a list of features: 'Create your own set of drills or use our suggested practice plans', 'Easy to print or view on your device(s), as well as share', and 'It's FREE'. There are also links for 'Feedback', 'Sign Up', and 'Login'. Below the text is a large image of a coach on an ice rink. At the bottom, there is a search bar and a list of drill categories: 'SKATING - QUICK FEET CROSSOVERS', 'SKATING - WARM-UP 01 - FORWARDS', 'SKATING - SKATING AGILITY WARM-UP', and 'PASSING - PASSING WARM-UP'.



Fill in your information and click *Submit*



The screenshot shows the Hockey Canada Drill Hub sign-up form. The form is titled 'SIGN UP FOR DRILL HUB'. It has a 'SIGN UP >' button at the top right. The form fields are: 'First Name', 'Last Name', 'Email', 'Birthday (mm/dd/yyyy)', 'City', 'Postal Code', 'Province', 'Country: Canada', 'Coaching Position?', 'Coaching Focus?', and 'Age Group'. There is a 'Submit' button at the bottom of the form. Below the form, there is a 'WELCOME TO DRILL HUB' section with a welcome message and a list of features: 'Create your own set of drills or use our suggested practice plans', 'Easy to print or view on your device(s), as well as share', and 'It's FREE'. There are also links for 'Feedback', 'Sign Up', and 'Login'. Below the text is a large image of a coach on an ice rink. At the bottom, there is a search bar and a list of drill categories: 'SKATING - QUICK FEET CROSSOVERS', 'SKATING - WARM-UP 01 - FORWARDS', 'SKATING - SKATING AGILITY WARM-UP', and 'PASSING - PASSING WARM-UP'.



# MEMBERS & PARTNERS



## BC HOCKEY

6671 Oldfield Road  
Saanichton, B.C. V8M 2A1

**Tel:** (250) 652-2978  
**Fax:** (250) 652-4536  
[www.bchockey.net](http://www.bchockey.net)



## HOCKEY ALBERTA

#201, 120 College Circle  
Red Deer, Alta. T4R 0T7

**Tel:** (403) 342-6777  
**Fax:** (403) 346-4277  
[www.hockeyalberta.ca](http://www.hockeyalberta.ca)



## SASKATCHEWAN HOCKEY ASSOCIATION

#2 - 575 Park Street  
Regina, Sask. S4N 5B2

**Tel:** (306) 789-5101  
**Fax:** (306) 789-6112  
[www.sha.sk.ca](http://www.sha.sk.ca)



## HOCKEY MANITOBA

145 Pacific Avenue  
Winnipeg, Man. R3B 2Z6

**Tel:** (204) 925-5755  
**Fax:** (204) 925-5761  
[www.hockeymanitoba.ca](http://www.hockeymanitoba.ca)



## ONTARIO HOCKEY FEDERATION

400 Sheldon Drive, Unit 9  
Cambridge, Ont. N1T 2H9

**Tel:** (226) 533-9070  
**Fax:** (519) 620-7476  
[www.ohf.on.ca](http://www.ohf.on.ca)



## HOCKEY NORTHWESTERN ONTARIO

107 Cumberland Street North  
Thunder Bay, Ont. P7A 4M3

**Tel:** (807) 623-1542  
**Fax:** (807) 623-0037  
[www.hockeyhno.com](http://www.hockeyhno.com)



## HOCKEY EASTERN ONTARIO

813 Shefford Road,  
Suite 201  
Ottawa, Ont. K1J 8H0

**Tel:** (613) 224-7686  
**Fax:** (613) 224-6079  
[www.hockeyeasternontario.ca](http://www.hockeyeasternontario.ca)



## HOCKEY QUEBEC

7450 boulevard les  
Galeries d'Anjou, suite  
210 Montreal, Que. H1M  
3M3

**Tel:** (514) 252-3079  
**Fax:** (514) 252-3158  
[www.hockey.qc.ca](http://www.hockey.qc.ca)



## HOCKEY NEW BRUNSWICK

861 Woodstock Road  
Fredericton, N.B. E3B  
7R7

**Tel:** (506) 453-0089  
**Fax:** (506) 453-0868  
[www.hnb.ca](http://www.hnb.ca)



## HOCKEY PRINCE EDWARD ISLAND

40 Enman Crescent,  
Suite 209  
Charlottetown, P.E.I.  
C1E 1E6

**Tel:** (902) 368-4334  
**Fax:** (902) 368-4337  
[www.hockeypei.com](http://www.hockeypei.com)



## HOCKEY NOVA SCOTIA

7 Mellor Avenue, Suite 17  
Dartmouth, N.S. B3B 0E8

**Tel:** (902) 454-9400  
**Fax:** (902) 454-3883  
[www.hockeynovascotia.ca](http://www.hockeynovascotia.ca)



## HOCKEY NEWFOUNDLAND AND LABRADOR

32 Queensway  
P.O. Box 176  
Grand Falls-Windsor,  
N.L. A2A 2J4

**Tel:** (709) 489-5512  
**Fax:** (709) 489-2273  
[www.hockeynl.ca](http://www.hockeynl.ca)



## HOCKEY NORTH

3506 McDonald Drive  
Yellowknife, N.T. X1A 2H1

**Tel:** (867) 446-8890  
[www.hockeynorth.ca](http://www.hockeynorth.ca)



## HOCKEY CANADA

201-151 Canada Olympic  
Road SW

Calgary, AB T3B 6B7  
**Tel:** (403) 777-3636  
**Fax:** (403) 777-3635

RA Centre  
2451 Riverside Drive  
Ottawa, ON K1H 7X7

**Tel:** (613) 696-0211  
**Fax:** (613) 696-0787  
[hockeycanada.ca](http://hockeycanada.ca)