

Annual Calendar & Seasonal Phases

1. Preparation/Evaluation Phase UP TO 4 WEEKS

- Players are grouped with like-ability players for maximum growth. Players should not be cut.
 - Hockey Canada recommends 18 players per team.
 - Tiering can be done by team or by association to ensure skill-based balance.
- No evaluation/selection during the off-season phase (March through August).
- No evaluation/selection prior to the first week of school, or during the first week if it starts the week after Labour Day.
- Where school starts prior to Labour Day, there must be four skates/practices starting the week following Labour Day before evaluation/selection commences.
- Minimum of four practices/skill sessions prior to formal evaluation/selection starting.
- Minimum of three formal evaluation/selection sessions.
 - Recommend one skills session, one small-area games session, one cross-ice game.

2. Development Phase UP TO 8 WEEKS

- Ideal practice-to-game ratio is 3:1 – three practices to one game played.
- Focus on skill development:
 - Fundamental movement skills: striding, turning, stopping
 - Manipulation skills: shooting, passing, puck control
 - Motor skills: agility, balance, coordination
- Fun and safe environment to promote self-confidence.