



HOCKEY CANADA ESSO FUN DAY



WORKSHOP MANUAL

FEMALE HOCKEY PRESENTATIONS

As an Association you must be prepared to answer exactly: How are you going to work with this group?

The message you send must represent the views and ideas of the female hockey volunteers in your area, since everyone will be involved in future development. Remember, whatever your choice, your only motivation is to provide a healthy, welcoming situation for young girls and women to play the game. Remember that you are presenting a new idea to a number of people and it will take time for people to think about it and adjust. Be prepared for a lot of questions.

Some key messages you may want to cover are:

- The programs that you have in place for females to be a part of
- The benefits of working together and developing female hockey
- Providing city or community arena maps so that parents have an idea of where they may have to travel
- Providing a list of equipment that the females need to participate and a list of local stores where it can be purchased (Highlight both new and used stores)
- A clear definition of the Roles and Responsibilities of your Association

FACILITY RECOMMENDATIONS

The Community Lead must reserve the facility, as early as possible!!

Securing a proper facility is critical to the success of each Esso Fun Day. The impression that is left with both the player and the parent is everlasting. A great experience will translate into future involvement with both Hockey Canada and your local female hockey programs. The facility must have an area that you can meet with the parents and players taking part in the event.

Suggestions are:

- Meeting room, gymnasium, large classroom - if you don't have enough room split the meeting group into smaller, more manageable numbers)
- It is best if this room is in the same facility as the arena
- The meeting room can be used for registration, the parent seminar, event introduction, off-ice activities and wrap-up
- Dependent on timeline and plans you may want to consider chairs set up in either theatre style or a group circle

POTENTIAL WORKSHOPS, SEMINARS AND CLINIC TOPICS

Esso Fun Day Overview: Briefly explain the goals and the program while also giving an overview of how participants progress into programs such as the Initiation Program and/or other Branch (provincial) female hockey programs. Listen to parents...keep them informed.

Female or Minor Hockey Association: Many of these players and parents will be completely new to hockey and should be briefly made aware of the local structure, your objectives and the expectations it has for its participants and players. If the players are interested following the Esso Fun Day, they should also know how and where to register, as well as how to collect further information from your association. The President or other experienced executive member should be available to present this section or to answer the questions about your Association.

Hockey 101 Seminar: A basic introductory session to hockey, for players and parents that want a little more understanding about the game. The Hockey 101 booklet can be found at the end of this Workshop section and could be used as a hand out to parents and players.

Equipment Demonstration Session: Many parents new to hockey are unfamiliar with the equipment required and this could be an ideal time to show an equipment video or use a real life model to show them the intricacies of purchasing equipment and dressing their child. Local sporting goods stores will often be cooperative in lending equipment or having a sales representative come in and give the presentation.

Used Equipment Exchange: Many parents involved in the game have relatively new equipment that no longer fits. This activity could be done on a giveaway, consignment or donation basis. This could provide your Association with additional revenue.

Recruiting Female Hockey Volunteers: A short presentation on the need for volunteers and the roles that are available. Make sure you have an application or sign up list as well as job descriptions and personnel to assist in the explanation/delivery process.

Officiating Opportunities: Officiating gives people an opportunity to enjoy and be involved in an integral part of the game. It gives you an opportunity to learn the game from another perspective, to focus on the task at hand and to refine your judgment and decision making skills.

Coaching Opportunities: All players deserve a qualified, caring coach. If you enjoy people and are committed to learning and sharing knowledge, you have the key ingredients to be a coach. Bring in local experts to present on the above topics or any other topics, development programs or initiatives that run within your League, Branch or Province.

ESSO FUN DAY - WHAT IS IT?

- A fun introduction to female hockey for the first time player, coach, official or administrator.
- Designed to introduce beginners to hockey and its basic skills at no cost to the first-time participant.
- Designed to make females' first contact with hockey a safe and positive experience.
- Enables participants to become contributing members of a team effort, to experience team spirit, develop self confidence, and experience a sense of achievement.
- Designed so that it can be delivered to females of all ages (Local Association may direct to certain age group based on association needs)
- A fun, informative hockey program that establishes Esso as a lead supporter of female hockey programming and development.

Attract first-time players to register for female hockey programs, including the Hockey Canada Initiation Program, so that they will enjoy the game of hockey for a lifetime.

PARTICIPANT RESPONSIBILITIES

- To give her best effort
- To listen to the instructors and other volunteers
- To try new techniques and skills
- To encourage and support fellow participants
- To have FUN
- Giving females an opportunity to participate is the reason for the program!

ESSO FUN DAY PARENT RESPONSIBILITIES

- Understand the Esso Fun Day program objectives
- Provide suggestions and feedback to coordinators and instructors
- Approach instructors if you have any questions regarding your daughter's day
- Provide encouragement to your daughter and other players
- Enjoy your child's hockey experience

HOW PARENTS CAN ENCOURAGE GIRLS TO PLAY SPORT

- Be active as a family
- Photograph your child being active
- Enlarge and frame the photo
- Be proud of her!

ACTIVELY SUPPORT YOUR DAUGHTER'S INVOLVEMENT IN PHYSICAL ACTIVITY

- Purchase or borrow books about female athletes
- Introduce your daughter to active women
- Watch sporting events on TV or attend an event with your daughter and her friends

- Read the sports pages with her and follow the performances of Canada's great female athletes: Hayley Wickenheiser, Cassie Campbell, Kim St. Pierre, Catrina Le May Doan, Perdita Felicien, Jamie Sale, Stacey Dales-Shuman, and Beekie Scott.

HOCKEY CANADA MODEL PROGRAMS ESSO FUN DAY - STEPPING STONE TO CANADA'S FOUR STREAMS OF HOCKEY



INITIATION PROGRAM - WHAT IS IT?

The ideal next step following the Esso Fun Day Program for players ages 5 and 6. Some Branches have the Initiation Program available for players aged 5-8 years old

- A structured, learn-to-play hockey program
- Designed to introduce and develop the game's basic skills
- Designed to introduce hockey in a safe and positive way
- Enables participants to become contributing members of a team effort, develop self confidence and experience a sense of achievement.

THE FOUNDATION FOR HOCKEY IN CANADA INITIATION PROGRAM CURRICULUM

- Each level consists of 20 on-ice practices
- Practice sessions are designed to develop basic hockey skills in a fun and supportive learning environment
- Practice structure/elements
- Warm-up exercises
- ABC's - agility, balance, and coordination
- Skill development-multiple stations
- Small group games (freeze tag, relay races)
- Total group activity (obstacle courses, pond hockey)
- A model program that fosters "love of the game" and growth of our National past time

INITIATION PROGRAM CURRICULUM

- Participants are grouped by skill level and supervised by 4-5 instructors
- Ratio of 1 instructor for every 3-5 players will increase the amount of 1-on-1 attention for each player
- Skill development drills tailored to the specific need of each group
- Ice sessions are well structured and time efficient
- A head instructor monitors overall flow of practices
- A program that is flexible and adaptable to all environments

“Dare to Dream”

HOCKEY 101 Seminar

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THE BASICS

The game of hockey is made up of three periods at a maximum of twenty minutes each. In minor hockey, the periods can be anywhere from 3-10 minute stop time periods or running time periods that last for the length of the ice time. Minor hockey varies because all ice time is different. Some areas may have an hour and a half for each game and some may only have fifty minutes. A standard hockey game has (3) 20 minute stop-time periods.

A maximum of six players are on the ice at a time for each team.

Substitutions (line change) are made approximately every minute in order to rest players. This will happen while play is in progress (changing on the fly) or at a stoppage in play.

A team scores when a player shoots the puck into the opponent's goal with their stick and the puck completely crosses the goal line. It can not be kicked, thrown or deflected with a high stick into the net.

Each goal is worth one point. The two players who pass the puck to set up the goal are given an assist.

A victory is worth two points in league standings, a tie or overtime loss is worth one point and a regulation time loss is worth 0 points.

POSITIONS

Goaltender: The primary job is to keep the puck out of the goal. Although, they will sometimes start their team down the ice with a pass (break out) and seldom leaves the net.

Defencemen: There are two defencemen on the ice and their role is to stop or slow down the attacking play at their blue line. They try to clear the path between the shooter and the goaltender so that the goaltender has a clear view of the shot. On offence they move the puck up the ice to the forwards and take long range shots from the opponents blue line at the goaltender.

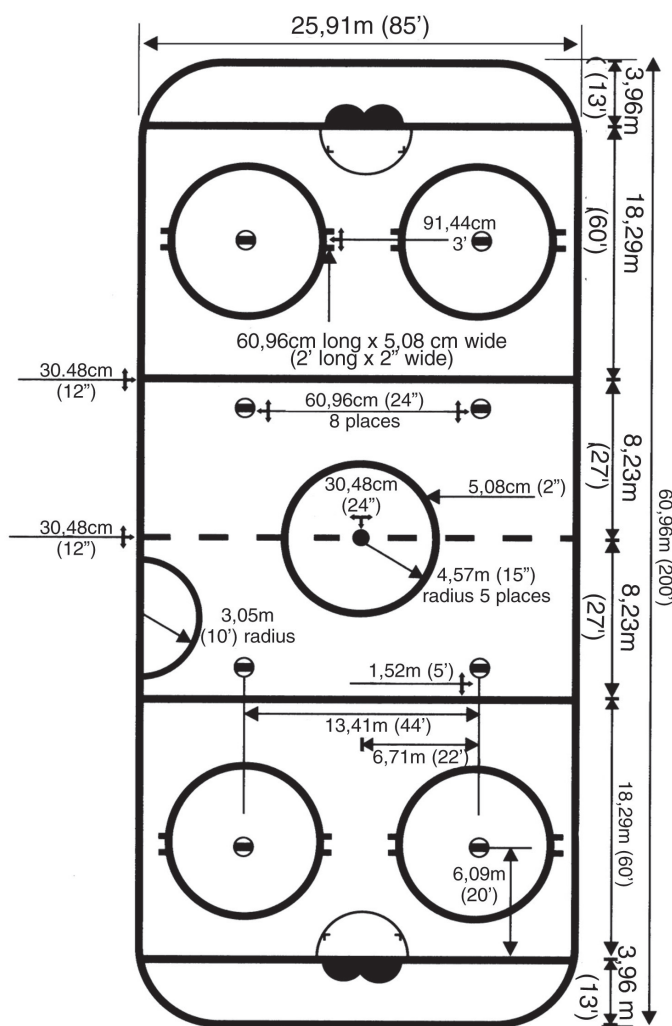
Centre: The middle of the ice from end to end is the centres primary territory. The centre often leads the attack by carrying the puck down the ice. They exchange passes with their wingers to direct the play towards the opponent's goal. Defensively the centre skates back hard, stopping the other team's opportunity to get the puck into her defensive zone.

Wingers: Move up and down the sides of the ice with the direction of play. The wingers and the centre lead the attack to score on the opponent's goal. Defensively they skate back hard, stopping the other team's opportunity to get the puck into her defensive zone.

RINK

Official rinks are 200 feet long and 85 feet wide. Some rinks have slightly different perimeters. Fibreglass walls (the boards) surround the rink from the ice to a height of about 40 inches. Attached above the boards is a thick Plexiglas® that reaches 6 feet above the boards. This helps keeps the puck in play and from going into the stands. The net is six feet wide and four feet tall. The nets are held on the ice by pegs. Some pegs are plastic tubing inserted into the ice and the hollowed net posts are placed on top. Most pegs however are solid steel with small claws that dig into the ice and the hollowed net posts are placed on top.

The diagram below gives you an indication of the ice size for most North American rinks; however International rinks are approximately 15 feet wider.



EQUIPMENT

Puck: A vulcanized rubber disk that weighs six ounces, is three inches in diameter and one inch thick. Pucks are usually frozen prior to games to control bouncing.

Stick: It weighs 17-25 ounces and is made to order for the pros. Once mainly wood, sticks now come in fiberglass, plastic, graphite and one or two piece composite. The goaltender's stick has a larger blade and shaft, and is longer in length than most players' sticks. Left-handed shooters put their right hand at the top of the stick and shoot from their left side. Right-handed shooters are the reverse of the left handed shooters. Players should keep two hands on the stick and their stick on the ice.

Pants: Made of nylon with fibre pads sewn in, and held up with suspenders or strapped with a belt. The top reaches high enough to protect the kidneys and lower back.

Skates: Hard toed, sharpened to each individual players preference. To prevent injury, it is extremely important that skates fit properly. Do not purchase skates to "grow into."

Goalie Gear: Leather and Nylon pads stuffed with foam approximately 4-6 inches thick. A heavy felt and nylon chest and arm protector covers the shoulders, arms, chest and stomach. Their skates have a thick plastic covering to protect the feet and a long flat blade for better lateral movement. Other equipment includes helmet, glove and blocker.

Mandatory Equipment: Hockey skates, Elbow pads, Gloves, Shin pads, Neck protector, CSA approved helmet, CSA approved mask, Stick

Optional Equipment*: Jill/Jock, Hockey pants, Shoulder pads

*The optional equipment listed is only optional for participating in the Esso Fun Day. To play Minor hockey, all equipment is mandatory.

OFFICIALS

Female and Minor hockey games may have a one-man system (one referee makes all calls), two-man system (two officials split the ice and both act as a referee and linesman), and the three-man system (one referee and two linesmen). All officials wear the same uniform, however the referee wears a red/orange arm band on each arm. The referees are in charge; they start the game with a face off at centre ice, call penalties and determine goals. The linesmen call offside and icing, drop the puck for face-offs and are responsible for breaking up any scuffles. The linesmen may call a penalty only if it causes an injury that can be physically seen, such as an injury that draws blood. The penalty must be assessed as a 5 minute major for a linesman to make the call, and the referee must authorize the call to be made.

TWO PRIMARY RULES OFFSIDE

A team is offside when any member of the attacking team precedes the puck carrier over the defending team's blue line. The position of the player's skates and not of her stick is the determining factor. If both skates are over the blue line before the puck, the player is offside. If the player only has one skate over the blue line and one on the blue line, she is still onside. In the example below notice how player B crosses the blue line before player A, who has the puck.

ICING

Icing occurs when a Defending player shoots the puck from behind the centre (red) line, down the ice and it crosses the goal line (thin red) at any point other than the net. Play is then stopped and the face-off occurs back in the defending player's zone. Icing is NOT called if the goalie plays the puck, if a defending player in the judgment of the linesman could have played the puck before it crossed the goal line, when an attacking player touches the puck, or if the defending team is shorthanded and clears the puck down the ice. The rule for icing in the NHL is different from that of Minor and International hockey. In the NHL the opposing team has to retreat back to their zone and touch the puck before the play is stopped.

ODD MAN SITUATIONS (SPECIAL TEAMS) POWER PLAY

An attack by one team that has a numerical advantage over the other team. This happens when a team at full strength plays against a team that has one or two players serving a penalty, which resulted in a player on the opposing team serving a timed penalty in the penalty box. This situation leaves one team shorthanded.

PENALTY KILL

A team with one or more players serving penalties in the penalty box when the opponent is at full strength and on a power play. A team can only have a minimum of three players plus a goaltender on the ice at one time.

PENALTIES



Boarding: striking the clenched fist of one hand into the open palm of the opposite hand. Called for driving an opponent into the boards.



Body Checking: Open palm of the non-whistle hand, with fingers together, comes across body on to the opposite shoulder. Called for an open ice body check or intentional check into the boards.



Butt-Ending: A cross motion of the forearms, one moving under the other. Called for impeding the progress of or jabbing an opponent with the top end of the stick shaft.



Charging: Rotating clenched fists around one another in front of the chest. Called for taking more than three strides before checking an opponent.



Checking from Behind: A forward motion of both arms, with palms open and facing away from the body, fully extended from the chest at shoulder level. Called when a player pushes, body checks or hits an opposing player from behind.



Checking to the head: Patting open palm of the non-whistle hand on this side of the head. Called when a player makes a high hit to an opponent resulting in contact to the head.

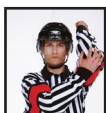


Cross-Checking: A forward and backward motion of the arms with both fists clenched, extending from the chest for a distance of about one foot. Called for striking an opponent with both hands on the stick and no part of the stick on the ice.



Delayed Penalty: Extending the non-whistle arm fully above the head. Signals a penalty that has occurred by the team that does not have possession. Play continues until penalized team regains possession of the puck.

Delayed Offside: Linesman extends arm into the air signaling a delayed offside has occurred and all attacking players must clear the zone. To nullify a delayed offside, the Linesman shall drop the arm to the side.



Elbowing: Tapping the elbow with the opposite hand. Called when an elbow is used to impede an opponent.



Goal Scored: A single point directed at the goal in which the puck legally entered.



High Sticking: Holding both fists clenched one above the other at the height of the forehead. Called for contacting an opponent with the stick above the shoulders.



Holding: Clasping either wrist with the other hand in front of the chest. Called for using hands on an opponent or their equipment.



Holding the Stick: Two-stage signal involving the holding sign followed by a signal indicating you are holding onto a stick with two hands.



Hooking: A tugging motion with both arms as if pulling something from in front toward the stomach. Called for using a stick to hook an opponent.



Icing the Puck: The back referee or linesman signals a possible icing by fully extending either arm (without a band) over her head, palm facing in. The arm remains in the air until the whistle is blown or until the icing is washed out.



Interference: Crossed arms stationary in front of chest, palms towards the chest. Called for contact with an opponent who does not have possession of the puck.



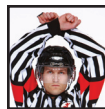
Kneeing: Slapping either knee with the palm of the hand, while keeping both skates on the ice. Called when a player uses a knee to impede an opponent.



Match Penalty: Patting open palm of the hand on the top of the head. Called when any player or team official deliberately attempts to or deliberately injures an opponent, official, team official or spectator in any manner.



Misconduct: Both hands on the hips. Called for various forms of misconduct or when a player incurs a second major penalty in a game.



Penalty shot: Arms crossed above the head. Give signal upon stoppage of play.



Roughing: Fist clenched and arm extended out to the side of the body. Called on participants engaging in unnecessary rough play.



Slashing: A chopping motion with the edge of one hand across the opposite forearm. Called for making forceful contact (below the shoulders) using a stick against an opponent.



Spearing: Jabbing motion with both hands thrust out immediately in front of the body and then hands dropped to the side of the body. Called for using the blade of the stick in a spearing motion.



Tripping: Striking leg with either hand below the knee, keeping both skates on the ice. Called for using stick, arm or leg to cause an opponent to trip or fall.



Unsportsmanlike Conduct: Using both hands to form a "T" in front of the chest.



Washout: Both arms swung across the body with palms down. When used by a referee it means a goal has been disallowed. When used by the linesman it means an icing or offside has been washed out.

LINGO

5 Hole: The space between a goalie's leg pads.

Back-Checking: Forwards in the opponent's zone skate back toward their defensive zone to protect their goal and prevent the opponents from shooting.

Blue Lines: The pair of 1 foot lines that extend across the width of the ice. They separate the ice into three zones (attacking, neutral and defending zones).

Breakaway: An offensive rush in which an attacking player breaks open and has a clear path and shot on the goaltender.

Crease: The red box or half moon directly in front of the goal. It is 4 feet by 8 feet and usually marked off with a red line and blue paint.

Defensive Zone: The area of the ice inside your team's blue line in which your team is protecting.

Deke: A quick move intended to fake out an opponent.

Drop Pass: Puck carrier leaves the puck behind to be picked up by a trailing teammate.

Face-Off: The dropping of the puck by the official between one player from each team (usually the centres) to start play.

Fore-Checking: Hustling into the opponent's defensive zone (your attacking zone) by forwards to force a turnover.

Head-Manning: Passing the puck forward to an attacking teammate.

Freezing the Puck: Pinning the puck against the boards, or goalie covers puck to stop play.

Goal Line: The thin red line that runs between the goal posts and extends in both directions to the sideboards.

Hash Marks:

Hat Trick: Three goals in one game by a single player.

High Stick: Raising the stick above the shoulders. If it is used on an opponent it is a Minor penalty. If it is used to deflect a puck into the opposing net the goal will be disallowed.

Neutral Zone: The area of the ice between the two blue lines.

One-Timer: Player accepts a pass and attempts a slap shot, all in one motion.

Offensive Zone: The area of the ice inside the opponent's blue line in which your team is attacking.

Penalty Box: The area where penalized players serve their Minor penalty time.

Penalty Shot: One-on-One showdown between a shooter and the opposing goaltender. Called when a player on a breakaway is pulled down from behind or when a defending player other than the goalie covers the puck in the crease.

Point: Position just inside the blue line usually manned by a defenseman when their team has control of the puck in the offensive zone.

Poke Check: To dislodge the puck from an opponent by poking the blade of the stick at the puck.

Red Line: The one foot line that extends across the ice to the sideboards dividing the ice in half.

Screen Shot: A shot the goaltender has difficulty seeing due to the traffic (players) in front of them.

Slot: The area directly in front of the goal crease.

Sweep Check: Using the entire length of the stick in a sweeping motion to dislodge the puck from an opponent.

Top-Shelf: Aiming a shot above either shoulder of a goaltender.

FREQUENTLY ASKED QUESTIONS

WHAT IS THE PUCK MADE OF?

The puck is made of vulcanized rubber, three inches in diameter and one inch thick, weighing 6 ounces.

HOW FAST DOES THE PUCK TRAVEL?

Most professional Hockey players shoot between 80 and 100mph. This number is significantly lower in Minor Hockey.

Former star Bobby Hull, who played from 1957-1972 and 1979-1980, reportedly blasted the hardest slap shot in league history at 118.3 mph.

WHAT IS THE HARDEST SHOT TO STOP?

The backhand and the snap shot are the two hardest shots to stop. Placement is crucial. A few inches off the ice on the stick side challenges most goaltenders.

WHAT CONSTITUTES A SHOT ON GOAL?

A shot on goal is defined by a deliberate attempt by a player to shoot the puck in the opponents net that, without intervention of the goaltender, would go in. A shot that hits the post or misses the net is not a shot on goal.

WHAT IF THE PUCK IS STOPPED OR STOPS ON THE GOAL LINE?

NO GOAL! The puck must completely clear the goal line to be recorded.

WHAT IF AN OFFENSIVE PLAYER IS IN THE CREASE?

A goal may be allowed if the player was forced into the crease or held there by a defending player. An offensive player may carry the puck into the crease and score. However if the player is in the crease before the puck the goal will be disallowed.

WHY IS IT CALLED A "HAT TRICK" WHEN A HOCKEY PLAYER SCORES THREE GOALS IN A GAME?

A hat trick originally meant three goals in a row, with no intervening goals by either team. Hockey borrowed the term from Cricket. In 1858, a cricket player in England took three wickets with consecutive balls, an incredible trick. As a reward, his club gave the bowler a new hat, hence the term "hat trick." Also a "natural hat trick" is the term now used for scoring three consecutive goals without anyone else scoring in between.

HOW LARGE OF AN AREA DOES THE GOALIE PROTECT?

The nets are six feet wide and four feet high. A total area of 24 square feet.

WHO GETS CREDIT FOR AN ASSIST?

The last player or last two players on the offensive team who touch the puck prior to the scoring of a goal. As an example, player A passes to player B who passes to player C who passes to player D who scores a goal. Players B and C are credited with assists.

HOW THICK IS THE ICE?

The best ice is usually held at 16°F for the proper hardness, and approximately ¾ inch thick. The thicker the ice gets the softer and slower it is. Commercial ice shows perform on warmer, softer ice.

HOW ARE THE ICE MARKINGS APPLIED TO THE ICE?

The ice is built up to ½" thick by spraying water over the concrete or sand floor which has the freezing pipes imbedded. White paint is applied to the entire surface and the lines, circles and other markings are either painted on with stencils or paper cut outs are applied. Additional water is then built up over the markings until the ice reaches its appropriate thickness.

WHAT ARE HOCKEY STICKS MADE OUT OF?

Generally, they are made of northern white ash or rock elm. The handle is one piece and the laminated blade is affixed to it. Sticks may not exceed 53 inches in length. Modern sticks are now made with fiberglass, plastic and graphite. The newest stick is a one or two piece composite stick (mostly known as a synergy).

HOW IS A PLAYERS PLUS/MINUS RATING CALCULATED?

For any goals scored, each player that was on the offensive team gets a +1, while each defensive player on the ice at the time of the goal would receive a -1. Plus/minus ratings are not credited to either team if a power play is scored.

QUIZ

Match the following hockey terms with its correct definition.

A	Empty net goal
B	Backhand shot
C	Scramble
D	Cross Bar
E	Pulling the goalie
F	Deflection
G	Shooting Angle
H	Centre Ice
I	Rebound
J	Changing on the fly

	The area between the two blue lines, also called the neutral zone.
	The horizontal bar that connects the top of the two goal posts.
	Causing any pass or shot to stray from its intended course; a shot or pass that hits an object such as a stick or skate and does not reach its intended destination.
	A shot or pass made with the stick from the left side by a right handed player or from the right side by a left handed player.
	A goal scored against a team that has pulled the goalie.
	Taking the goalkeeper off the ice and replacing her with a forward; leaves the goal unguarded so it is only used as a last minute attempt to score.
	Making player changes or substitutions while play is under way.
	A puck that bounces off the goalie's body or equipment.
	Several players from both sides close together battling for possession of the puck.
	The angle determined by the position of the shooting player in relation to the goal at the moment she shoots the puck.