



Ontario Women's Hockey Association **Hockey FUNdamentals Program (HCIP)**

The Ontario Women's Hockey Association enthusiastically endorses the Hockey Canada Initiation Program (HCIP) and has named the programme the OWHA Hockey FUNdamentals Programme.

Who Is This Program For?

Hockey Canada developed the Initiation Program to make children's first contact with hockey a safe and positive experience. It's a structured, learn-to-play hockey program designed to introduce beginners to the game's basic skills. It enables participants to become contributing members of a team effort, develop self-confidence, and experience a sense of personal achievement. These goals are achieved in an atmosphere of fun and fair play.

Just as the future of Canadian society lies with our youth, so to does the future of hockey. Hockey Canada and the OWHA understand the important role it plays in helping beginning hockey players to develop playing attitudes and foster an enjoyment of hockey as a lifetime sport and hobby.



IP NATIONAL SPOKESPEOPLE

Jayna Hefford and Paul Kariya

'This program sets the foundation for all future enjoyment and success our young players will have in the sport of hockey.'

'How a player gets that first taste of hockey is crucial. If the beginner has fun, developing some basic skills and building confidence, there is a good chance that player will go on to enjoy hockey for many years.' -Jayna Hefford

'As a National Spokesperson for Hockey Canada's Initiation Program, I believe it is important for every player to have access to the best program in the world for developing skills while having fun.'

'Learning the basic skills in practice at a young age is so important, because it allows the children to skate more, make more passes, take more shots on net and have the puck on their stick more than in any game.' -Paul Kariya

Goals for the OWHA Hockey FUNdamentals Programme are:

- ☺ Fun
- ☺ Introduction of basic skills
- ☺ Reviewing of basic skills
- ☺ Refining of basic skills



The Philosophy of the Hockey FUNdamentals Program is:

- ☺ To have fun while playing hockey and engaging in physical activity.
- ☺ To learn the basic skills required to play the game of hockey.
- ☺ To develop an understanding of basic teamwork through participation in a variety of activities and adapted game situations.
- ☺ To create and refine basic motor patterns.
- ☺ To be introduced to the concepts of cooperation and fair play.

The OWHA Hockey FUNdamentals Programme (HCIP) recommends the following practice time allotment.

- 85% Technical Skills
- 15% Individual Tactics
- 0% Team Tactics
- 0% Team Play
- 0% Strategy

FUNdamental development should be built on practicing individual technical skills 85% of total practice time.

Program Focus

Developing basic hockey skills:

- ☺ Skating
- ☺ Puck Handling
- ☺ Stopping
- ☺ Passing
- ☺ Turning
- ☺ Shooting

The HCIP Teaches Hockey skills and much more!

The OWHA Makes Your Hockey FUNdamentals Programme (HCIP) Easy

The overall success of the program relies on the leadership from each individual Girls Hockey Association in Ontario. To assist with this leadership, the best resources are available to assist in the implementation of the program. These resources include:

- ☺ Promotional Video
- ☺ Administrators Guide
- ☺ Instructors Clinic
- ☺ Lesson Manuals
- ☺ Festival / Jamboree Guide

What Does This Program Do For You?

Hockey Canada and the OWHA have developed the best methods of starting beginners on the right path to an enjoyable involvement in Canada's great game of hockey.

The OWHA Hockey FUNdamentals Programme (HCIP) incorporates the most current and innovative ideas of leading hockey people across the country. The lesson plans have been tested and proven successful in a wide variety of community settings.

Have You Thought About Becoming Involved?

Do you possess an enthusiastic attitude and a desire to work with beginning hockey players of all ages? Do you possess a commitment to the goals and philosophy of the Hockey FUNdamentals (HCIP)?

- ☺ Instructors are recruited on a volunteer basis. The Hockey FUNdamentals (HCIP) Programme needs people like you to help foster hockey activities in your community.
- ☺ We've done our best to design and develop a program that will benefit all newcomers to the game of hockey. You can take advantage of this resource... and get involved. You'll meet new people, get lots of exercise and have fun at the same time.
- ☺ The Hockey FUNdamentals Programme is an excellent opportunity for high school aged OWHA players to participate as instructors and obtain the required (and valuable) volunteer hours. Participation as an instructor will also lay a solid foundation for future coaching aspirations in female hockey.
- ☺ Off the ice, you can also play an important role in the program as an administrator or a hockey organizer and perhaps even help jump start the program for your local girls' hockey association.
- ☺ In whatever capacity you're involved, you'll be helping local girls learn to enjoy hockey and have fun. You'll be an active member of the OWHA Hockey FUNdamentals (HCIP) programme.
- ☺ For further information, please contact your local girls' hockey association or the OWHA office at 905-282-9980.

How Do I Get Involved as an Instructor in my local program?

Please check out the OWHA website (www.owha.on.ca) for a HCIP (Hockey FUNdamentals) Instructor's clinic. Register for the clinic of your choice through the clinic contact listed.

Note: Strong skating skills or playing experience are not required. Previous coaching/volunteer experience is a benefit.

Where Do We Go From Here?

If your association would like information on implementing the Hockey FUNdamentals (HCIP) Programme please contact the OWHA Office.

Please note that this program can also be adapted for adult women beginners.

Ontario Women's Hockey Association

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