



Cochrane Minor Hockey Association (CMHA)

Policy Title: U9 Intro to Hockey Program Standard

Effective Date: September 15, 2024

Website: www.cochraneminorhockey.com

1.0 Overview

The U9 Intro to Hockey program is designed to introduce young athletes to the sport in a fun, safe, and developmentally appropriate way. This program emphasizes enjoyment, skill development, and team participation, with the goal of fostering a lifelong love for hockey.

The season is divided into two key phases:

- **Development Phase:** Emphasizes basic skill building, skating fundamentals, and small-area games.
- **Gameplay Phase:** Introduces formal gameplay in a structured and supportive environment.

Balanced team formation is a priority to promote inclusivity and fairness throughout the season.

2.0 Ice Times

Players will typically receive **2–3 ice times per week**, including a combination of practices, skill sessions, and modified gameplay.

Station-based practice formats are encouraged, with a strong emphasis on individual skill development rather than competition.

3.0 Game Format

- All games are conducted using **Hockey Canada's half-ice format**, ensuring more puck touches, increased engagement, and better development outcomes.
 - **Equal ice time** for all players is mandatory and strictly enforced.
 - No official **standings, stats, or scores** are kept, in accordance with Hockey Canada's age-appropriate competition policies.
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4.0 Coach and Volunteer Expectations

- All **coaches** must complete certification and safety requirements as outlined by **Hockey Alberta**.



- **Volunteers** are expected to model respectful, inclusive, and supportive behavior always.
 - Bench staff will focus on providing a safe, positive learning environment and use games as teaching moments.
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5.0 Tournaments and Events

- U9 teams may participate in **1–2 tournaments per season**, focusing on fun, teamwork, and development rather than competition.
 - All events and tournaments must receive **CMHA approval** to ensure they align with the objectives of the Intro to Hockey program.
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6.0 Player Development Focus

- The primary aim of the U9 program is to **build foundational hockey skills** while cultivating a passion for the sport.
- Players are encouraged to try **multiple positions** and develop all-around skills.
- Instruction should be **age-appropriate** and based on **positive reinforcement**.