

# *Cross-Ice and Skill Development Program*



New York State Amateur Hockey  
Cross-Ice/Skill Development  
Educational Brochure

## **Cross-Ice Program**

USA Hockey developed the Cross Ice Program. This program was introduced to promote the development of ice hockey skills for children ages 5 to 8 and has had great success. The Cross Ice Program recognizes the special needs of children in this age group and their need to acquire, improve and sharpen the fundamental skills necessary to participate in full ice competition. Every player participating in this program attains a strong sense of teamwork and cooperation required to compete at that next level.



### **Incentives of the Cross Ice Program**

- ★ Puck possession time for each player increases
- ★ Increase involvement in the play
- ★ More repetition for goalkeepers
- ★ More efficient use of ice time and space. Multiple teams can practice together by sharing ice surface
- ★ Smaller ice surface improves to pace of the game resulting in increased player participation
- ★ All children regardless of skill level benefit from continuous activity

NYSAHA is pleased to provide any information on the Cross Ice and the Skill Development Program. The implementation of these programs by members of USA hockey is strongly recommended. Both programs introduce entry-level players into the sport of hockey while teaching them the skills that will last a lifetime.

## Skill Development Program - Fun and Skills



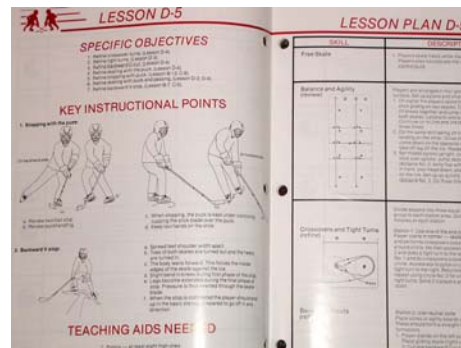
The Skill Development Program is designed to teach young children between the ages of 5 to 8 the basic skills of ice hockey. The program promotes uniformed involvement for each of the participants creating a fun game environment while teaching fundamental skills.

The Skill Development manuals developed lesson plans to improve basic skills, which are incorporated into the Cross Ice Program. Lesson plans have been created in a succession of practice drills that builds the necessary skills from one drill to the next. The program promotes fun environment while encouraging the development of life skills, self-confidence, communication and fair play.

### Materials



Manuals

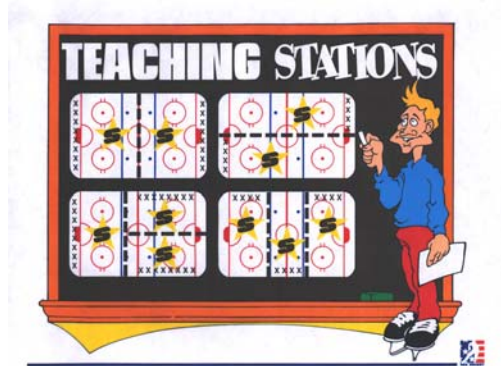


Lesson Plans

**Level one coaches are charged with specific objectives in each of the on ice practice drills as outlined in the Skill Development Manual. Coaches are responsible for carefully planning each on ice lesson, providing a variety of learning skills, building on these skills from drill to drill, maintaining a full level of participation and creating a relaxed learning environment.**

## Cross-Ice Play

The Cross-Ice Program along with the Skill Development Program is based on a practice and play concept. The key component in the Cross-Ice Program is the playing surface. All games are played on one third of the normal size ice rink surface. The playing surface is from the Goal Line to the Blue-Line cross-ice, this affords the opportunity to have two games being played simultaneously. The nets are positioned cross-ice and with no off sides or icing there is minimum play stoppage. The neutral zone can be used for a third game or it can be used for skills while players are waiting their turn to play the next game.



Cross ice dividers are light weight boards which form a barrier running along the goal and blue lines dividing the ice the width of the rink.



Goal Nets: Are smaller giving the goalkeeper a greater chance of success.

Blue Puck: A lighter puck increases the speed of the game, improves the player's stick handling, control and passing.



**Game Organization**: gives the young players a chance to play ice hockey and experience a feeling of success when playing hockey.

1. No league games are played but rather jamborees (friendly tournaments) are played between clubs. Player *can be* mix to promote fair play along with fun and skills.
2. No score or stats recorded.
3. A certified level one, initiation coach will act as an on ice official.
4. Equal ice-time shift about 60 seconds.
5. Running time, minimizing stoppages in play by decreasing number of face-offs, offside and quick line changes.
6. Teams always play even strength 4 on 4 or 5 on 5.
7. **No** body checking allowed.
8. No penalties although the game can be stopped and explain the violation. The player can be removed from the game if the violation continues.

***For more information, Contact Us At:***

NY STATE WEB SITE: [http://www.usahockey.com/new\\_york/](http://www.usahockey.com/new_york/)

Return the below form for materials needed, Certificates, Patches, Helmet Stickers and additional practice plans.

-----Cut on dotted line-----

Name of Club: \_\_\_\_\_

Contact Person Administrator: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Fax: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Materials Requested: \_\_\_\_\_



NYSAHA COORDINATOR  
JOSEPH TRIMARCHI  
350 CARLE ROAD  
WESTBURY NY 11590  
516 334-7734