



JSHL Winter Season General Program Information

Team Formation | The two-week evaluation process consists of group scrimmages and pre-draft practice sessions. It is very important that all players attend all or as many evaluations as they can. This will help staff coaches get an accurate reading on each player's overall hockey abilities, thus allowing the league to place players in the proper place and strive for parity between the teams when drafting. Team assignments are sent to participants via email at the conclusion of the evaluation process and draft break. After teams have been drafted and finalized, the next few weeks consist of weekday and weekend practices. Eventually the league settles into weekday practices and weekend games. There may be occasional weekday games later in the season to balance the schedule.

Practice & Game Structure | How a 6-year-old acts and learns varies greatly from how a 14-year-old acts and learns. Thus, how a 6-year-old should practice and play the games of hockey differs from how a 14-year-old practices and plays the game of hockey. Below you will find the practice and game structure for each age division.

All Age Divisions

- Practices and games held at Sharks Ice at San Jose.
- Body checking is not allowed in the entire JSHL.

6U & 8U

- Practices have set plans consisting of skill stations, small area games and drills designed to increase player agility, balance, coordination and fundamental hockey skills.
- Staff coaches facilitate and supervise the entire 60-minute practice alongside the volunteer team coaches following the set practice plan.
- There may be three or four teams on the ice for any given practice, depending on enrollments.
- Games will be played cross ice and/or half ice depending on the number of teams.
- During cross ice games, staff coaches may act as referees teaching players on the fly while volunteer coaches will also be on the ice to help facilitate line changes and encourage good hockey plays.
- When possible, 8U half ice games will be played with a youth official trainee.

10U

- Practices have set plans consisting of skill stations, small area games and drills to introduce hockey concepts.
- There may be two or three teams on the ice for any given practice, depending on number of enrollments.
- Staff coaches facilitate and supervise the first 30 minutes of practice alongside the volunteer team coaches following the set practice plan.
- For the remaining 30 minutes of practice, each team will get a section of the ice where their respective volunteer team coaches take over and staff coaches assist them.
- Teams may have a couple small area game sessions over the course of the season.

- During full ice games, youth officials will referee while volunteer coaches are off ice, managing their team bench.
- During cross ice/half ice games, staff coaches will act as referees teaching players on the fly while volunteer coaches will also be on the ice to help facilitate line changes and encourage good hockey plays.

12U & 14U

- Practices have set plans consisting of skill stations, body contact drills, small area games and drills to teach hockey concepts and positioning.
- There will be two teams on the ice for any given practice.
- Staff coaches facilitate and supervise the first 25 minutes of practice alongside the volunteer team coaches following the set practice plan.
- For the remaining 35 minutes of practice, each team will get a section of the ice where their respective volunteer team coaches take over and staff coaches assist them.
- Teams will play full ice games with youth officials.
- There may be one cross ice game day to ensure every team is skating on photo day.
- During full ice games, youth officials will referee while volunteer coaches are off ice, managing their team bench.
- All ice sessions and games will be played non-check at the 14U age division. The entire JSHL is a non-body checking program.

Cross Ice/Small Area Hockey | The cross ice/small area hockey model is practicing and playing hockey across the ice surface, or in small areas of the ice, as compared to practicing and playing lengthwise along the full length of the rink. This small area model has been used in many of the leading hockey nations in the world for many years and has stood the test of time. It has been shown that children who begin their hockey training in this environment have an outstanding hockey experience. In playing small area ice hockey, the number of times a player touches, passes, handles, and shoots the puck dramatically increases. Their stopping, turning and edge control is tested much more often in the small area model. Additionally, in cross ice hockey, the speed in playing situations increases which requires quicker mental and physical reactions by the players and raises their activity level.

Equipment | Ice hockey is a contact sport, thus requiring proper equipment to keep everyone safe. All players need to have the following HECC approved equipment before they take the ice:

Hockey helmet with full face cage/shield, Shoulder pads, Neck laceration protection, Elbow pads, Ice hockey pants, Shin pads, Ice hockey skates, Hockey gloves, Hockey stick, Athletic supporter undergarment with cup for males or a pelvic protector undergarment for females, Mouth guard (required for 12U and 14U), Jersey and Hockey socks

The Pro Shop at Sharks Ice at San Jose carries all the above items at competitive prices. The staff can help fit your child with the proper equipment to make sure they are ready to go.