

## INTERMEDIATE STAGE SUMMARY

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*In the Intermediate stage the IIHF recommends to utilize half-ice game format, as well as station-based practice. The half-ice game format (4-on-4) is a progression from the cross-ice game format and will continue to develop each players stickhandling, decision-making, change of direction, change of speed, and hockey sense, while providing increased puck touches per session and more repetitions.*

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Recommendations for the Intermediate stage is a game to practice ratio of 1:4, only playing cross-ice games, or tournaments and jamborees. Travel is limited to 100 km from the home rink to games.

*Emphasis in this phase should still be on skill development during practices over games.*

Players are encouraged to participate in up to 3 sports outside of ice hockey throughout the year to continue to develop their foundational sport skills, physical literacy and athleticism, and to prevent overuse injuries, overtraining and becoming bored with ice hockey.