



### COACH'S MISSION

- Develop **MOTOR SKILLS** (ABC'S=Agility/Balance/Coordination/Speed).
  - Before start of growth spurt.
- Consolidate basic technical skills and their variations.
- Develop team tactics.
- Introduce mental skill development.
- Insist on the notion of 'team': group interactions and activities to build a team.

### KEY WORDS

- FUN
- ABC'S
- Golden age for techniques
- Team tactics
- Team
- Speed
- Basics of training

### COACHING TIPS

- Insist on precision and consistency when executing movements.
- Adapt strategies to the player's and team's age group.
- Make sure to repeat drills often and to allow sufficient time to practice.
  - E.g.: Practice pass reception while stationary.
- Introduce new notions at the beginning of practice when the child's concentration is at its maximum.
- Limit the information given to the players (no more than 4-5 items).
- Increase practice level to simulate game level.
- Have the children apply what they learned in practice to game-like situations.
- Do demonstrations so that the child has a clear image of the movement that he must reproduce. Be precise in your demonstration because that is the image that the child will remember.
- Give pertinent and precise feedback during drills.
- Give each player a fair amount of ice time. Place player development ahead of victory.



### PLAYER TIPS

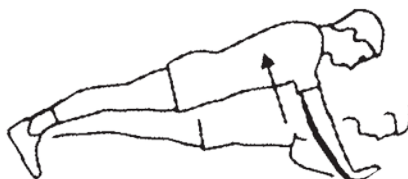
- Play several sports.
- Set objectives that focus on the movements rather than expected results.
  - E.g.: I want to improve my skating stride to be faster on the ice. To be faster is the expected result. I must then work on what will help me get there, i.e. my skating.
- Express how you feel (happy, nervous, motivated, etc.).
- Talk to your teammates, both on and off the ice.
- Learn how to overcome adversity.

### OFF-ICE DRILLS

CHAIR AGAINST THE WALL



PUSH - UPS



FRONT PLANK



## GAME PLAN (SPECIFIC OBJECTIVES)

### TECHNICAL (40% OF ICE TIME)

- Insist on forward and backward skating techniques.
- Continue practicing puck control while in motion.
- Practice different types of passes: one-touch, wrist, sweep (stationary and in motion)

### INDIVIDUAL TACTICS (30% OF ICE TIME)

- Continue to practice dekes and puck protection.
- Expose the child to the physical aspect of hockey: body contact, stick checks, etc.
- Teach the child how to free himself from an opponent.

### TEAM TACTICS (TACTICS, SYSTEMS AND STRATEGY) (30% OF ICE TIME)

- Show the child how to support the puck carrier.
- Learn how to 'give and go' and 'give and follow'.
- Apply pressure on the puck carrier with the help of teammates.
- Develop positioning and movement in the defensive zone.



### PHYSICAL

- Continue to develop agility, coordination, balance and motor skills.
- Improve skating speed over a short period of time (5 sec.).

### PSYCHOLOGICAL

- Develop competitive spirit.
- Show the child how to have fun while pushing their limits.
- Develop the player's confidence by making sure that he can execute the drills 7 times out of 10.
- The player must learn how to control their emotions.
- Develop a passion for hockey within the child.
- Help the child to develop mental skills by:
  - Setting objectives
  - Visualizing
  - Concentrating
- Helping the child to stop negative thoughts by:
  - Identifying them
  - Using key words to stop them
  - Replacing them with positive thoughts
- Learn how to manage anxiety/stress through breathing and relaxation techniques.
- Sensitize the child to the link between his thoughts and emotions and his ability to execute techniques and tactics.

### GOALTENDERS

- Continue to improve skating techniques: turns, stops, forward/backward movements, pivots, etc.
- Improve basic stance.
- Improve technique for moving while in the upright position.
- Improve technique to cover angles.
- Improve rebound control and shot blocking techniques for low, mid high and high shots.
- Teach young goaltenders how to react when the play is behind the goal line.

