HOCKEYALBERTA.CA

INITIATION (5-6 years old)

Fundamentals 1 – Introduction to Motor Skills

COACH TASKS

- **Insist on the notion of fun**: organize fun competitions within the team.
- **Develop fundamental hockey skills**: skating and puck handling by letting the children play fun games (relay races, small area games).
- **Promote awareness among children to basic elements (ABCs = A**gility, **B**alance, **C**oordination)
- **Develop physical skills** (basic physical activity movements): running, jumping, throwing, catching, skating.

KEY WORDS

- FUN
- Running, Jumping, Throwing
- Skating
- Puck handling
- Simplicity

COACHING TIPS

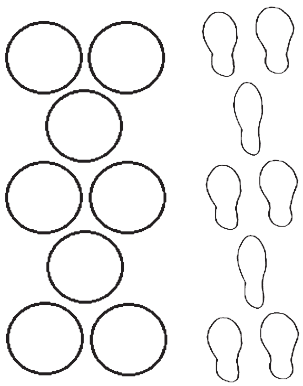
- Always keep the 'fun' aspect of playing in mind: the child must LOVE playing hockey and we must nourish their interest in the sport.
- Introduce players to rules of conduct.
  - "I listen when the coach is talking to me."
- Insist on the importance of respect towards teammates and opponents.
- Create activities that will enable the child to succeed.
- Avoid giving too much information. Concentrate on what is essential: clear and simple message.
- Create a climate that fosters learning rather than competition.
- Place value on EFFORT rather than RESULTS.
- Use on-ice demonstrations instead of diagrams on the board.

PLAYER TIPS

- Have fun.
- Practice several sports in order to develop other skills.
  - Swimming, football, soccer, etc.
- Respect your teammates and opponents.

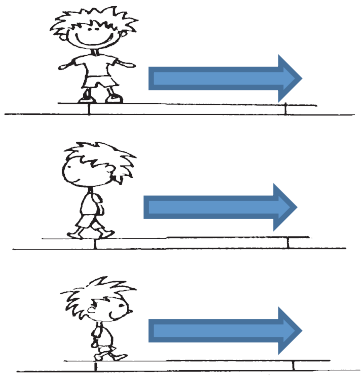
OFF-ICE DRILLS

HOPSCOTCH



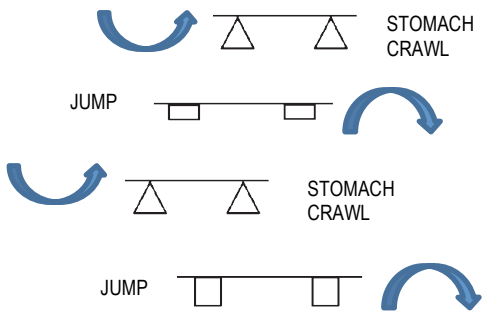
Player jumps in the circles with 2 feet, then 1 foot, and so on.

WALK ON AN INVERTED BENCH



Player walks across an inverted bench (while keeping their balance) sliding their feet, doing crossovers, forward and backwards, etc…

COURSE



Player follows a course jumping over barriers (various heights) and crawling under them without knocking them over.

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GAME PLAN SPECIFIC OBJECTIVES

TECHNICAL (85% of ice time)

- Show players how to move around on a new surface: ice.
- Explore and learn the fundamental elements of essential technical skills in hockey: forward/backward skating, sudden stops, puck handling, passing and shooting.
- Introduce basic elements required to master technical skills: basic stance, pushes, edges, targets, complete the actions, relay races etc.

INDIVIDUAL TACTICS (15% of ice time)

- Explore work zones for team play
- Dekes
- Lifting the stick
- Protecting the puck
- Keeping their stick moving on the ice

PHYSICAL

Develop agility, balance, coordination and speed.

PSYCHOLOGICAL

Ensure that the child learns the basics of hockey while having fun and experiencing success.

Teach the child how to function within a group (teamwork).

Assist the child to develop a positive attitude towards physical activity and play.