

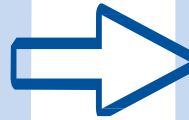


### COACH TASKS

- 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 (ABC's = Agility, Balance, Coordination)
- Develop physical skills (basic physical activity movements): running, jumping, throwing, catching, skating, etc...

### 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.
  - E.g.: 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 efforts rather than on results.
- Use on-ice demonstrations instead of diagrams on the board.



### KEY WORDS

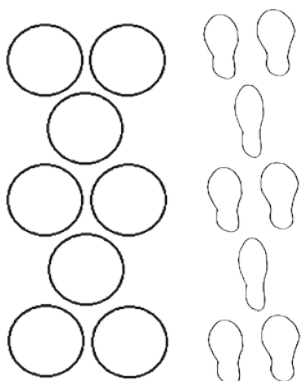
- FUN
- Running/Jumping/Throwing/etc.
- Skating
- Puck handling
- Simplicity

### PLAYER TIPS

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

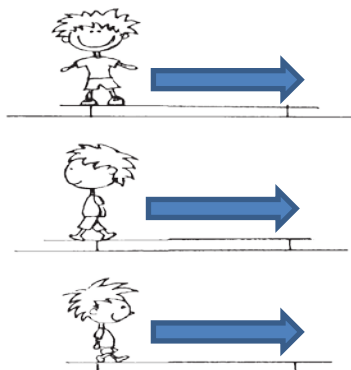
### OFF-ICE DRILLS

#### HOPSCOTCH



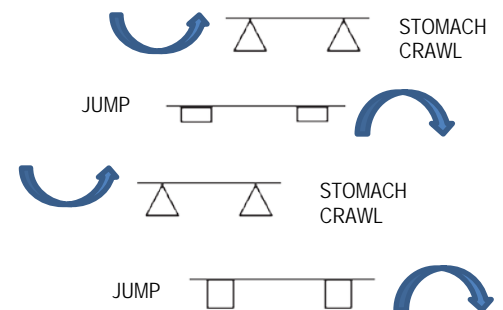
Player jumps in the circles with 2 feet, then 1 foot, and so on.

#### WALK ON AN INVERTED BENCH



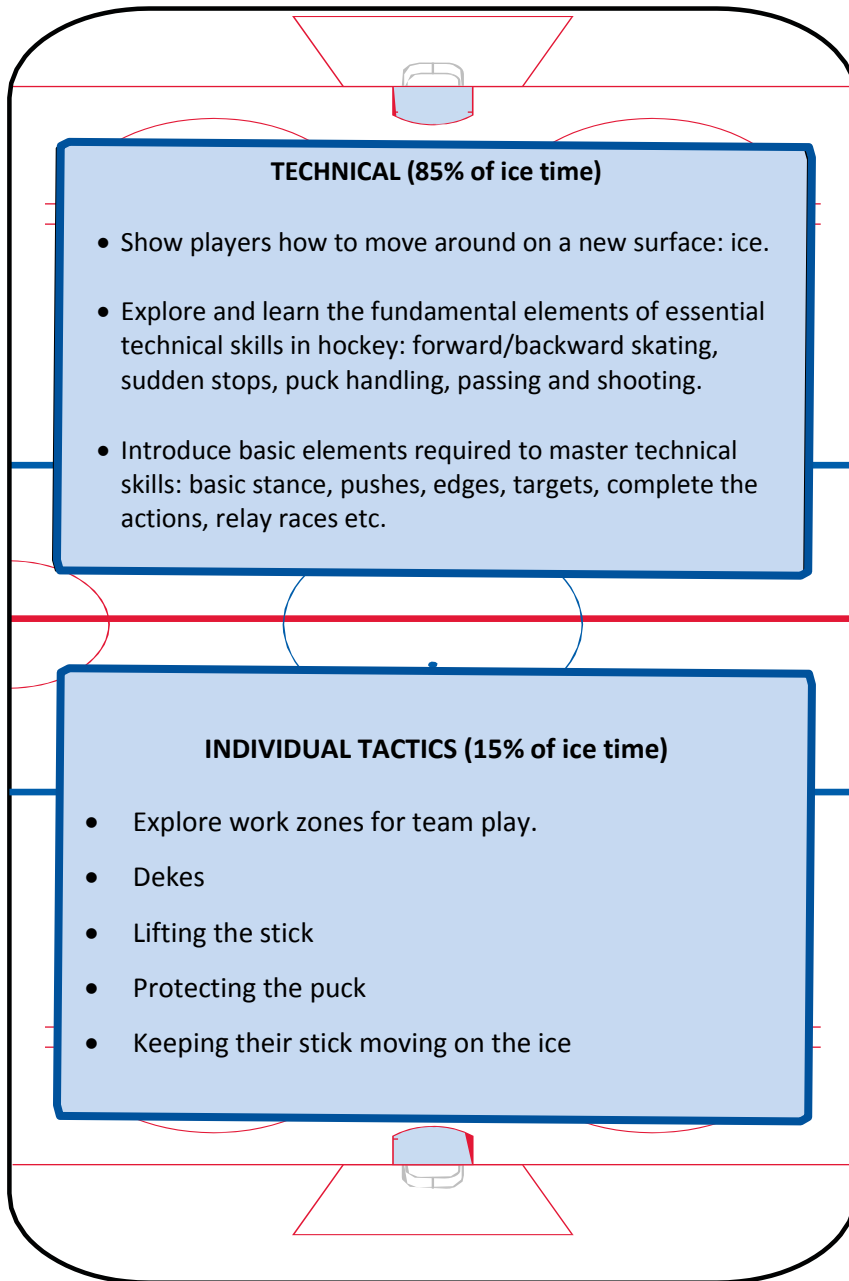
Player walks across an inverted bench (while keeping their balance) sliding their feet, doing crossovers, forward and backwards, etc...

#### COURSE



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

## GAME PLAN SPECIFIC OBJECTIVES



### 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)

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

