



COACH'S MISSION

- Continue developing motor skills (ABC'S=Agility, Balance, Coordination and Speed).
- Introduce the fundamentals of hockey (skating, turns, etc.).
- Develop puck control skills (stick handling, passing, shooting).
- Develop flexibility and focus on speed (5-6 sec. or less).
- Introduce cooperation among teammates.

KEY WORDS

- FUN
- Flexibility
- ABC'S
- Participation
- Technical skills

COACHING TIPS

- Ensure that the player is always active, that he is having fun and that the environment is safe. Create a stimulating environment conducive to learning.
- Make sure that the child has fun playing hockey.
- Use clear terminologies adapted to children and avoid giving too many instructions at once.
- Introduce new notions at the beginning of practice when children's concentration is at its maximum.
- Form different groups based on skill level so that children develop confidence and self-esteem. (station work)
- Allow players to play every position.
- Respect children's learning curves.
- Do numerous demonstrations. The child must have a mental image of the movement that he must reproduce and imitate as closely as possible.
- Give every player equal ice time. Place player development ahead of victory.

PLAYER TIPS

- Have fun
- Practice several sports in order to develop other skills. (swimming, soccer, etc.)
- Suggested number of sports more than 3 per year.
- Concentrate on what you must do to get the desired results.
- Listen closely to your coach's instructions.
- Respect the team's code of conduct and ethics.

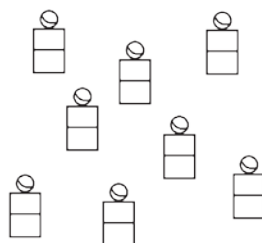
OFF-ICE DRILLS

SLALOM RACE



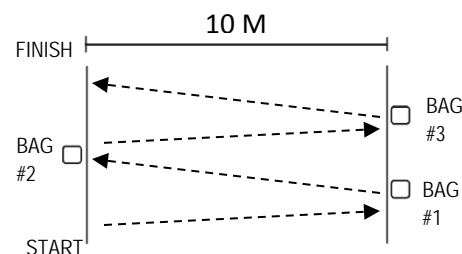
Complete the course as fast as possible by going around the pylons.

HIT THE TARGET



Knock down the balls and blocks by throwing a ball.
*Can be done in team and while moving to increase level of difficulty.

10 METRE RACE



Lie on your stomach to start, arms by your side.
At the signal, collect sand bags number 1, 2 and 3 and get to the finish line as fast as possible.

GAME PLAN (SPECIFIC OBJECTIVES)



TECHNICAL (75% of ice time)

- Continue to develop speed: efforts < 5 seconds (explosion).
- Stabilize and improve quality of technical movements and basics of hockey: forward/backward skating, turns, sudden stops, puck control, passing, shooting.

INDIVIDUAL TACTICS (15% of ice time)

- Dekes
- Lifting the stick
- Poke checking
- Keep stick moving on the ice
- Protecting the puck
- Approaching the puck carrier

TEAM TACTICS (10% of ice time)

Introduce the hockey player's roles:

- Offensive (Puck Carrier, Support)
- Defensive (Defender, Support)
- Loose pucks (Recovery)

PHYSICAL

- Continue to develop agility, coordination, balance and speed.
- Encourage the child to practice several sports in order to develop motor skills (jumping, throwing, catching, etc.).

PSYCHOLOGICAL

- Place value and insist on the effort and perseverance rather than the results. This can be applied to various situations by creating good habits:
 - Continue even when the game is out of reach
 - Backcheck
 - Complete the drill
 - Get to the puck first
 - Stop at the net
 - Do the drills correctly 7 times out of 10
- Introduce notions of decision-making when facing one or more opponents according to the player's roles.
- Make sure that the environment is that of a healthy competition: the child must see competition as a challenge, not a threat.
- Show players how to respect others (teammates and opponents)
- Help children develop a good team spirit.
 - E.g.: I congratulate my teammates after a nice play.

GOALTENDERS

- Let players experiment playing the position.
- No full time goalies.
- Demonstrate basic stance.
- Train the child to keep his eyes on the puck.
- Show the child how to move about while in the upright position.
- Teach the child how to stay square to the puck.
- Teach the child how to always keep his stick on the ice.

