



## 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.

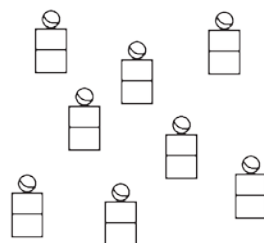
## OFF-ICE DRILLS

### SLALOM RACE



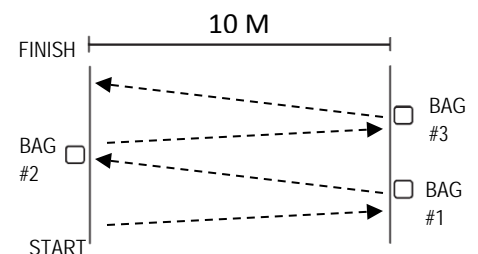
Complete the course as fast as possible by going around the pylons.

### HIT THE TARGET



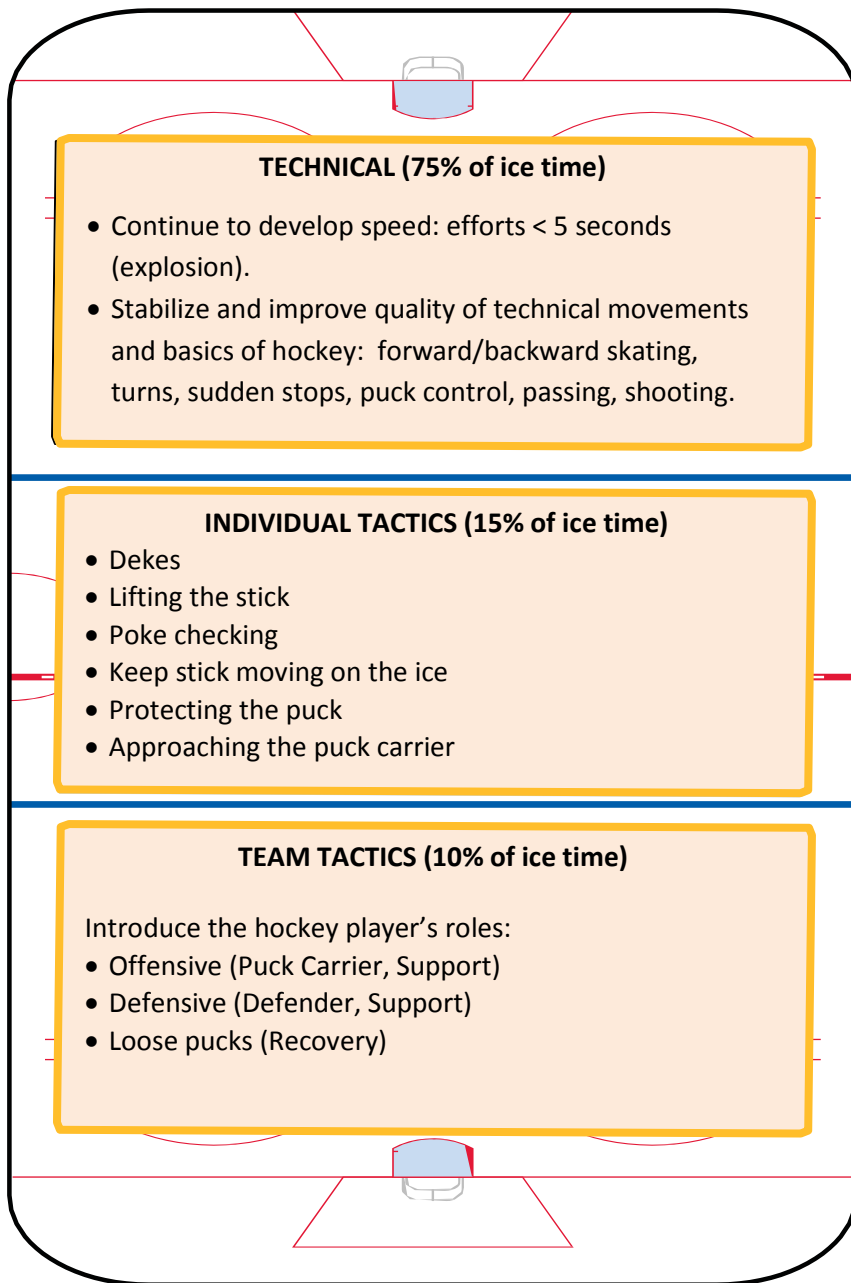
Knock down the balls and blocks by throwing a ball.  
\*Can be done in team and while moving to increase level of difficulty.

### 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)



### 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.

