



COACH'S MISSION

- Develop motor skills related to the sport in general.
 - Start of the ideal period allowing for an accelerated learning of coordination.
 - Pursue development of motor skills (agility, coordination, balance, speed).
- During games apply notions learned at practice.
 - Start using technical moves learned during practice situations.
- Continue to develop flexibility. Introduce fitness training using the weight of the body or medicine balls.
 - Take advantage of warm-up sessions before practices to instill the will to train and prepare their body for activity.

KEY WORDS

- FUN
- Motor skills
- Golden age for techniques
- Flexibility
- General development
- Self-confidence

COACHING TIPS

Gradually increase the intensity during practices to better simulate game situations. Start to render the task more demanding.

- E.g.: bigger effort, more complex and faster drills, etc.
- E.g.: organize drills (games) in confined spaces on the ice.

Allow players to practice what they have learned during practices in small area game situations.

Continue to work on general development of players. If they get specialized too early, it could interfere with their future development.

- E.g.: Have the players play various positions (forward, defense).

Be positive toward your players' achievements.

Ensure that all players have equal ice time. Focus on development, not on winning.

PLAYER TIPS

Control your emotions during games.

- E.g.: I go to the penalty box without getting upset.

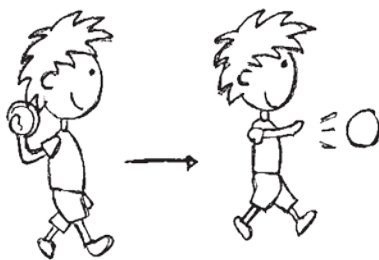
Set objectives that focus on the action and not on the expected results.

- E.g.: I want to improve my skating to be faster on the ice.

In the summer, play various sports to develop other skills.

OFF-ICE DRILLS

THROW AFTER GAINING MOMENTUM



The player must be able to throw a ball after gaining momentum. They must have the correct foot in front.

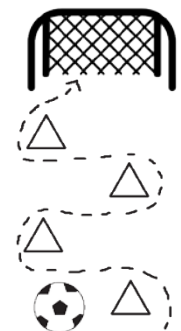
*We can add the notion of accuracy by asking them to throw the ball at targets.

COOPERATION GAME



Form teams of 6. Place players randomly on an inverted bench. The objective is to have players line up in alphabetical order on the bench (according to the first letter of their name) without touching the ground. If anyone touches the ground, they're required to start over.

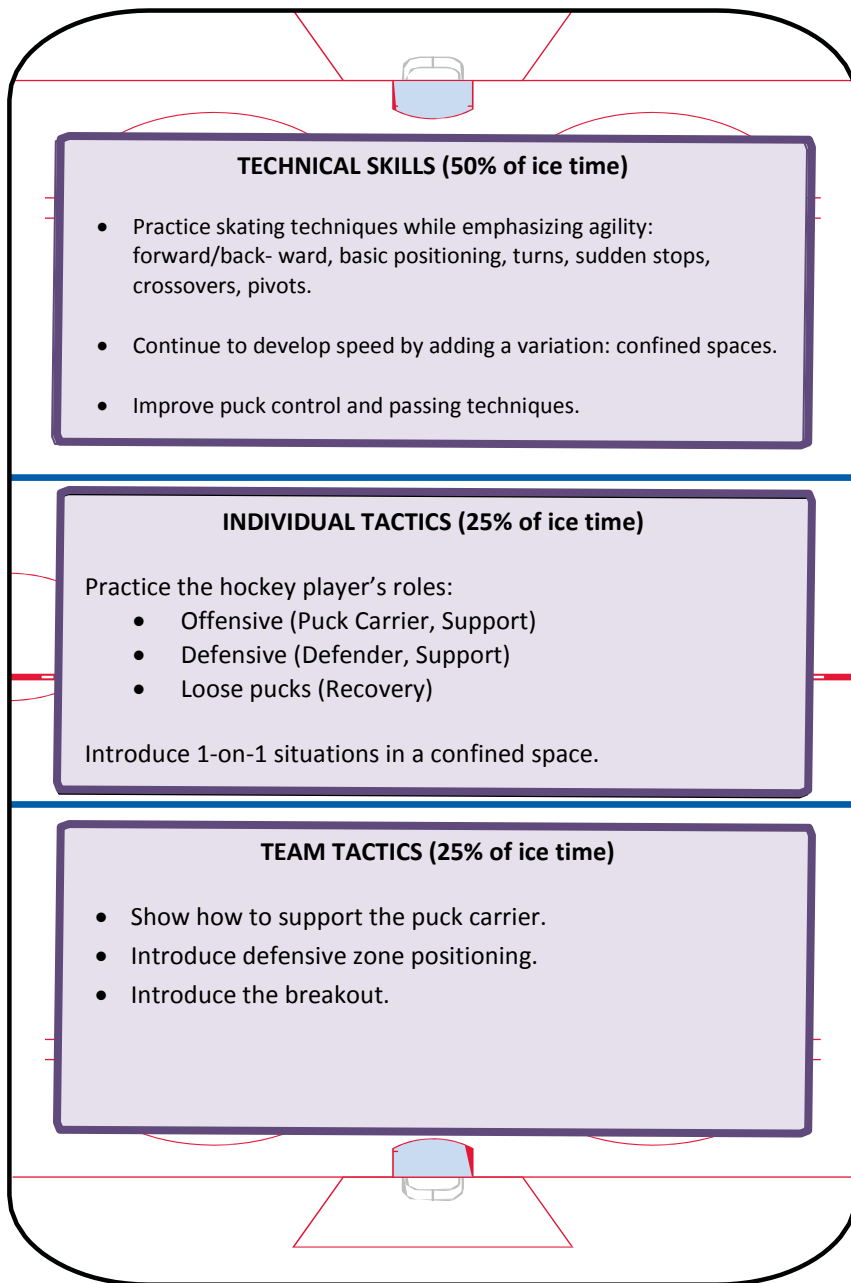
SLALOM SOCCER



The player must go around pylons while controlling a soccer ball with their feet. At the end of the pattern, they must kick the ball into the net.

*Can also be done with a hockey stick and a ball.

GAME PLAN (SPECIFIC OBJECTIVES)



TECHNICAL SKILLS (50% of ice time)

- Practice skating techniques while emphasizing agility: forward/back-ward, basic positioning, turns, sudden stops, crossovers, pivots.
- Continue to develop speed by adding a variation: confined spaces.
- Improve puck control and passing techniques.

INDIVIDUAL TACTICS (25% of ice time)

Practice the hockey player's roles:

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

Introduce 1-on-1 situations in a confined space.

TEAM TACTICS (25% of ice time)

- Show how to support the puck carrier.
- Introduce defensive zone positioning.
- Introduce the breakout.



PHYSICAL

Continue developing agility, coordination, motor skills and balance.

Practice speed during 5-second periods (explosion).

Develop reaction time related to skating.

PSYCHOLOGICAL

Create a healthy competitive environment.

Show the player how to have fun and how to take pride in surpassing themselves in different situations.

Develop the player's self-confidence by ensuring that he is able to execute instructions 70% of the time.

Create opportunities for small successes and improvement for players.

GOALTENDERS

- Improve skating techniques: turns, stops, forward-to-backward and lateral movements, etc.
- Improve basic stance.
- Improve technique for moving while in stand-up position.
- Improve technique for playing angles.
- Introduce playing the puck.

