

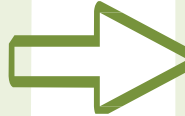


COACH'S MISSION

- Peak of growth spurt: look for the first signs.
- Improve basic technical skills and their variations.
- Develop decision-making and actions for every 1-on-1 situation.
- Develop aerobic endurance. Continue to develop strength and speed (maximum effort up to 20 sec.).
- Introduce and develop basic notions of psychology: concentration, activation, visualization, relaxation, positive internal dialogue.
- Show other aspects of training and have players apply them: warm-up, cool down, hydration, nutrition, rest etc.

COACHING TIPS

- Focus on precision and consistency when players are executing movements.
- Adapt strategies to the players' age and experience and to the team's characteristics.
- Make sure that practices resemble game situations by increasing the intensity and level of difficulty.
- Set attainable objectives. Use performance-based criteria for success, quantitative measures to bring the athlete to surpass himself, to develop his combativeness and confidence in his capabilities.
- Integrate numerous 1-on-1 situations into your practices, especially in confined areas.
- Gradually integrate more decision-making situations.
- Insist on good work ethic: passing and shooting in motion, net drive, shoulder check, deke before retrieving the puck, etc.
- Watch for beginning of peak of growth spurt by doing a follow-up every 6 weeks.
- Review information available on psychology and nutrition.
- Allocate ice time fairly.



KEY WORDS

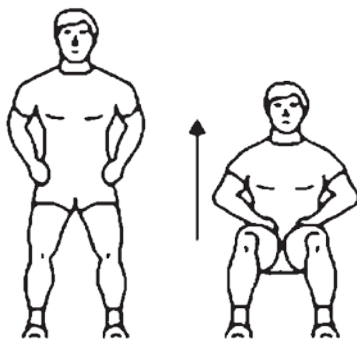
- RESPONSIBILITIES
- 1 VS 1
- Growth Spurt
- Team building
- Basic psychological preparation
- Physical preparation

PLAYER TIPS

- Learn to know your limits.
- Determine action plans to improve.
- Control your emotions.
- Eliminate negative thoughts and replace them with positive ones.
- Learn to accept constructive criticism.
- Use your strengths to help your team.
- Learn to trust your teammates.
- Learn how to overcome adversity.

OFF-ICE DRILLS

SQUAT



CHIN UP WITH LEG PUSH



SUPERMAN



Right Arm and Left leg up, holding the position for 20 seconds. Switch to left arm and right leg up and hold position for 20 seconds.

GAME PLAN OBJECTIVES

TECHNICAL (35% of ice time)

- Add the notion of acceleration to skating techniques: start, power, crossovers with and without puck.
- Develop techniques for shooting in motion with precision in confined areas/with speed/facing an opponent.
- Develop skating speed for longer intervals (>20 seconds).

INDIVIDUAL TACTICS (30% of ice time)

- Practice body checking: approach, pressure, gap, body position, active stick, body check, puck recovery.
- Teach players how to defend a non-carrier: guard role.
- Improve how to escape from man-to-man coverage and become a passing option.

TEAM TACTICS (tactics, systems and strategy) (35% of ice time)

- Teach various zone entries: 2 vs. 1, 2 vs. 3, 3 vs. 2.
- Teach how to launch an attack in the neutral zone (returning to the middle).
- Develop positioning and movement in the defensive zone: defensive play, roles and tasks, zone coverage, man-to-man, mixed.
- Teach positioning and movement in the offensive zone.



PHYSICAL

- At the end of this stage, develop speed by increasing time of effort (15-20 seconds).
- Introduce the player to physical preparation in order to optimize basic technical skills by using:
 - body weight
 - medicine balls
 - stabilizer balls

PSYCHOLOGICAL

- Teach players how to set short, medium and long-term objectives to develop their sense of responsibility towards their development.
- Continue to develop competitive spirit during practices and games.
- Continue to work on controlling emotions, resilience and bouncing back.
- Work on confidence and believing in oneself.

GOALTENDERS

- Continue working on shot blocking techniques for low, mid-high and high shots.
- Continue to practice rebound control so that the goaltender becomes efficient.
- Consolidate techniques to follow rebounds according to the time available.
- Improve technique to cover angles.
- Improve movements in basic stance and butterfly position.
- Consolidate elements of communication (verbal and non-verbal) with players.

