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# DLTJ Novice (7-8 years old)

Introduction to motor skills

## Coach's mission

- Continue developing motor skills (**ABC'S**=Agility/Balance/Coordination/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 and complicity among teammates.

## Key words

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

## Coaching tips

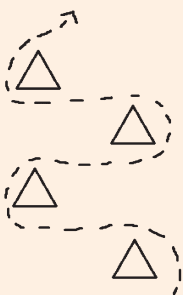
- Ensure that the player is always active, that he is having fun and that the environment is safe. Create a stimulating environment conducive to learning.
- Make sure that the child has fun playing hockey.
- Use clear terminology adapted to children and avoid giving too many instructions at once.
- Introduce 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.
- Allow players to play every position.
- Respect children's learning curve.
- 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, football, 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.

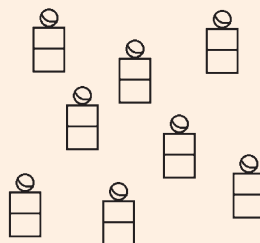
## Off-ice drills

### SLALOM RACE



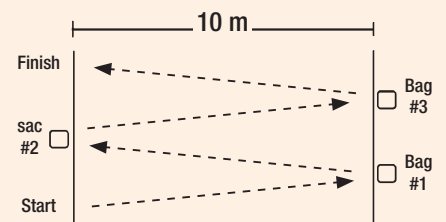
Complete the course as fast as possible by going around the pylons.

### HIT THE TARGET



Knock down the balls and blocks by throwing a ball.  
*\*Can be done in teams 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.



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## 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 **4 roles**:

- Offensive (Carrier, Non-Carrier)
- Defensive (Chaser, Guard)



### 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:
  - Continue even when the game is out of reach.
  - Backcheck.
  - Complete the drill.
  - Get to the puck first.
  - 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 4 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

- Demonstrate **basic stance**.
- Train the child to **keep his eyes on the puck**.
- Practice **skating techniques**: turns, stops, forward/backward movements, pivots, etc.
- 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**.

