



HOCKEY.QC.CA



DLTJ Pee-wee (11-12 years old)

Basic training in hockey

Coach's mission

- Develop MOTOR SKILLS (**ABC'S**=Agility/Balance/Coordination/Speed).
 - Before start of growth spurt.
- Consolidate basic technical skills and their variations.
- Develop team tactics.
- Introduce mental skill development.
- Insist on the notion of 'team': group interactions and activities to build a team.
- Continue physical training.
- Introduce: pre-game routine, hydration, nutrition.

Coaching tips

- Insist on precision and consistency when executing movements.
- Adapt strategies to the player's and team's age group.
- Make sure to repeat drills often and to allow sufficient time to practice.
 - E.g.: Practice pass reception while stationary.
- Introduce new notions at the beginning of practice when the child's concentration is at its maximum.
- Limit the information given to the players (no more than 4-5 items).
- Increase practice level to simulate game level.
- Have the children apply what they learned in practice to game-like situations.
- Do demonstrations so that the child has a clear image of the movement that he must reproduce. Be precise in your demonstration because that is the image that the child will remember.
- Give pertinent and precise feedback during drills.
- Give each player a fair amount of ice time. Place player development ahead of victory.

Key words

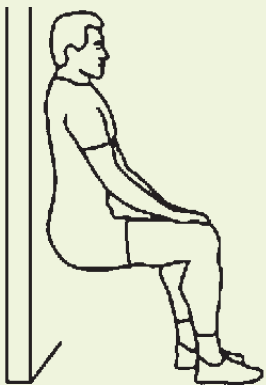
- FUN
- ABC'S
- Golden age for techniques
- Team tactics
- Team
- Speed
- Basics of training

Player tips

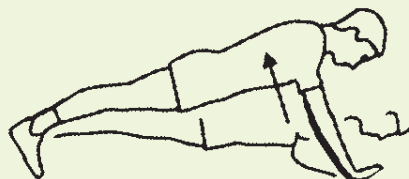
- Play several sports.
- Set objectives that focus on the movements rather than expected results.
 - E.g.: I want to improve my skating stride to be faster on the ice. To be faster is the expected result. I must then work on what will help me get there, i.e. my skating.
- Express how you feel (happy, nervous, motivated, etc.).
- Talk to your teammates, both on and off the ice.
- Learn how to overcome adversity.

Off-ice drills

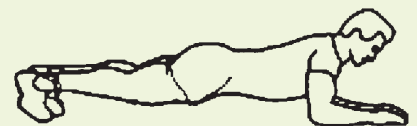
CHAIR AGAINST THE WALL



PUSH-UPS



FRONT PLANK





HOCKEY.QC.CA

Game plan (specific objectives)

TECHNICAL (40% of ice time)

- Insist on forward and backward skating techniques.
- Continue practicing **puck control** while in motion.
- Practice **different types of passes**: one-touch, wrist, sweep (stationary and in motion)

INDIVIDUAL TACTICS (30% of ice time)

- Continue to **practice dekes** and puck protection.
- Expose the child to the **physical aspect** of hockey: physical contact, stick checks, etc.
- Teach the child how to **free himself** from an opponent.

TEAM TACTICS (tactics, systems and strategy) (30% du temps de glace)

- Show the child how to **support** the puck carrier.
- Learn how to **'give and go'** and **'give and follow'**.
- Apply pressure on the puck carrier with the help of teammates.
- Develop positioning and movement in the defensive zone.



Physical

- Continue to develop **agility, coordination, balance** and motor skills.
- Improve **skating speed** over a short period of time (5 sec.).

Psychological

- Develop **competitive spirit**.
- Show the child how to have **fun while pushing his limits**.
- Develop the player's **confidence** by making sure that he can execute the drills 7 times out of 10.
- The player must learn how to **control his emotions**.
- Develop a **passion** for hockey within the child.
- Help the child to develop **mental skills** by:
 - Setting objectives
 - Visualizing
 - Concentrating
- Help the child to **stop negative thoughts** by:
 1. Identifying them
 2. Using key words to stop them
 3. Replacing them with positive thoughts
- Learn how to manage anxiety/stress through breathing and relaxation techniques.
- Sensitize the child to the link between his thoughts and emotions and his ability to execute techniques and tactics.

Goaltenders

- Continue to improve **skating techniques**: turns, stops, forward/backward movements, pivots, etc.
- Improve **basic stance**.
- Improve technique for **moving** while in the **upright** position.
- Improve technique to **cover angles**.
- Improve rebound control and shot blocking techniques for low, mid-high and high shots.
- Teach young goaltenders how to react when the **play** is **behind the goal line**.

