



HOCKEY.QC.CA



LTPD Atom (9-10 years old)

Basic training in hockey

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 game 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 in them the will to train.

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 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.

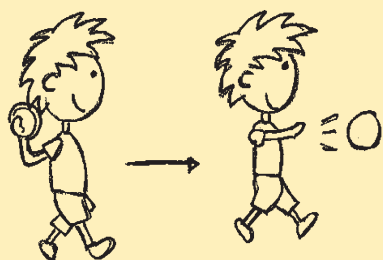
Set objectives that focus on the action and not on the expected results.

- 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



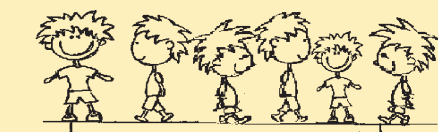
The player must be able to throw a ball after gaining momentum. He must have the correct foot in front.

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

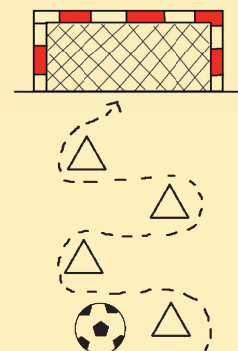
COOPERATION GAME



Form teams of 6. Place players randomly on an inverted Swedish bench. The objective is to have players line up in alphabetical order on the bench (according to the first letter of their first name) WITHOUT touching the ground. If one of them touches the ground, all of them have to get back in the initial order and start over.



SLALOM SOCCER



The player must go around pylons while controlling a soccer ball with his feet. At the end of the pattern, he must kick the ball in the net.

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



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Game plan (specific objectives)

TECHNICAL SKILLS (50% of ice time)

Practice skating techniques while emphasizing **agility**: forward/backward, 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 **4 roles**:

- Offensive (Puck Carrier, Non- Carrier)
- Defensive (Checker, Observer)

Improve 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 **himself** 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.

