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DLTJ Bantam (13-14 years old)

Systematic training

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, etc.

Key words

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

Coaching tips

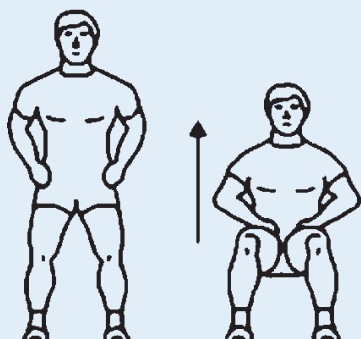
- Focus on precision and consistency when players are executing movements.
- Adapt strategies to the players' age and experience and to the team's characteristics.
- Make sure that practices resemble game situations by increasing the intensity and level of difficulty.
- Set attainable objectives. Use 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 (training, Hockey Quebec website).
- Allocate ice time fairly.

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

*Hold position for 20 sec. and alternate.



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Game plan (specific objectives)

TECHNICAL (35% of ice time)

Add the notion of **acceleration** to skating techniques: start, power, « overspeed », 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 **shadow 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/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.

