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DLTJ Midget (15-17 years old)

Systematic training

Coach's mission

- Develop strength (optimal period to do so). Ideal time to develop maximum aerobic power.
For strength: 12-18 months after peak of growth spurt.
- Develop/consolidate tactical aspect (individual and team).
- Insist on speed of execution when combining skills.
- Work on basic notions of psychology: concentration, activation, visualization, relaxation, positive internal dialogue.
- Introduce pre-competition and competition plans.
- Organize group activities to develop team chemistry and group interactions.

Key words

- RESPONSIBILITIES
- SPEED OF EXECUTION
- Player profile
- Tactics
- Basic psychology
- Team building
- Off-ice training

Coaching tips

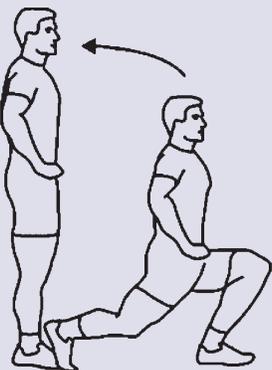
- Make sure that training intensity is always optimal.
- Insist on the player's speed of execution and on his success rate when executing drills.
- Be aware of players getting tired and of their need to recover.
- Practice decision-making through quick games.
- Insist on the notions of cooperation and timing.
- Know how to recognize your players' emotional state.
- Monitor the appropriate time to develop strength to ensure optimal development.
- Watch for beginning of growth spurt by doing a follow-up every 6 weeks.
- Bring players to optimize their training habits: warm-up, cool down, hydration, nutrition, sleep, etc.
- Allocate ice time fairly.

Player tips

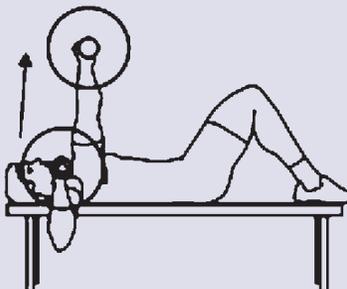
- Improve the speed of execution for the technical aspect of your game (agility, speed, puck handling, etc.).
- Learn how to be responsible and independent.
- Follow the established game plan even if game conditions are difficult.
- Learn to detect your opponents' weaknesses in order to exploit them.
- Eliminate negative thoughts and replace them with positive ones.
- Create your own routine to better control your emotions and anxiety – use a journal if need be.
- Face up to adversity.
- Use your strengths to contribute to the team's success.

Off-ice drills

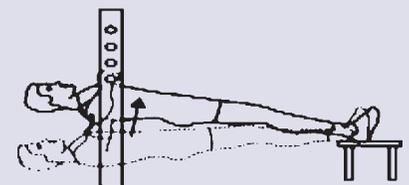
FORWARD LUNGES



BENCH PRESS



BACK PULL





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Game plan (specific objectives)

TECHNICAL (30% of ice time)

- Maintain passing techniques: one-touch, speed of execution, backhand.
- Develop skating speed for longer intervals (more than 10 seconds).
- Develop techniques for shooting in motion + precision.

INDIVIDUAL TACTICS (30% of ice time)

- Develop the puck carrier's role 1-on-1: read and react, space, exploit the opponent.
- Develop the checker's role 1-on-1: gap, body position.
- Insist on 1-on-1 game situations in confined spaces.

TEAM TACTICS (tactics, systems and strategy) (40% of ice time)

- Consolidate tactics for various positions (center, wingers, defensemen) and their responsibilities in the three zones.
- Consolidate the different phases of play in the three zones.
- Become familiar with different special situations – power play and penalty kill.



Physical

- Develop general and specific physical attributes.
- Develop energy systems and muscular attributes on an annual basis (even during the regular season).
- Continue to develop max aerobic power.

Psychological

- Continue to develop mental and emotional skills for game preparation and during games.
- Allow the player to create his mission and vision for the future and help him realize the commitment and planning required to succeed.
- Insist on the competitive spirit required to go on to higher levels.

Goaltenders

- Consolidate sliding movement techniques starting from the basic stance.
- Consolidate sliding movement techniques starting from the butterfly position.
- Consolidate techniques for following rebounds according to the time available.
- Consolidate the efficiency of rebound control.
- Maintain reaction to plays below the goal line (wraparounds, passes, walk-outs, etc.).
- Maintain the gathering of information on the puck carrier and non-carrier.
- Consolidate notions related to screened and deflected shots.

