

2013



INTERNATIONAL  
YOUTH COACHING  
SYMPOSIUM  
SWEDEN  
Stockholm



INTERNATIONAL  
ICE HOCKEY  
FEDERATION

“If I give you fish today, you have food for the day.

If I teach you to fish, you have food for the rest of your life”

Chinese proverb

# Skill development on-ice

Why do kids go to hockey practice?

2 and 2 discussion

Whose needs are going to be satisfied?

Coach?

Parents?

Club?

# Communication



Why do not more players succeed?

Is the problem inside of you or outside of you?

“I will get what I do, and I got what I did”

- How much do the players do, in %, of what you want them to do?
- With feedback you can move knowledge forward.

# The code of success



1. The interest of learning, willing to change
2. To know what to do and how to do it
3. Practice what you know
4. Check through games or other tests, if you can do what you know

# Game analysis



Only five things to develop in ice practise

M Energy, focus, adrenaline

M Calmness, self confidence, tension in the body

Ta Move the Eyes, read and react, positions

Te Move the Puck, passing and receiving, shots, dribble

Te Move the Body, skating, body check, protect shots

# Feedback can feed your knowledge forward



Let the player tell you how good her or his performance was, using this levels.

1. Bad
  2. More unhappy than happy
  3. More happy than unhappy
  4. Good
  5. Very good
- Ex. Energy 4, Calmness 3, Eyes 2 .....

# Perfect education



Whatch Highligts on NHL.com <http://www.nhl.com>

Click on scores - league scores – Highlights.

From here you can find tactical and technical (left brain)  
details to practice.

Remember to learn both from (+) and (-).



# Things to have in mind when you do drills



- Motivation/ energy in the group or in individuals
- Brain age, learning by doing or doing by learning.
- Neurologic, motor skills (technical training), frequency.
- The vision, views (cognition), split-vision.
- Muscles, strength and body control.
- Mental, social, me and others.
- Game analysis
- More factors?



# What is training?

You are smart (the brain)      Your body is lazy

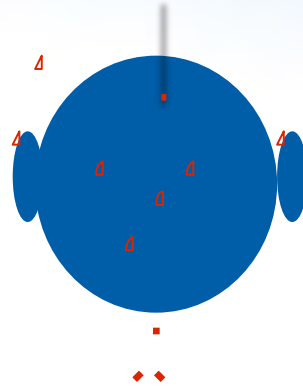
- Training is to put stress into the body and the brain
- Recovery is done because the body does not like stress, the body wants comfort.

Too many players "train" in the so called comfort zone.

# Mental and tactical training



**Your  
head**



**You are smart and  
solve problems**

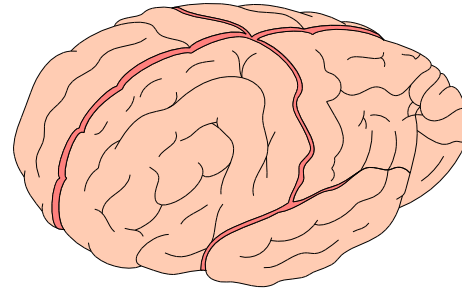
## **Physical and Technical training**

**Your body**

**Your body is lazy and wants  
to cheat. It loves to save  
energy, fat and sugar is yum-  
yum.**

**During the deep sleep periods, the body and  
brain start to build up, so next time it will be  
able to handle the stress.**

# How to do drills on the basis of brain development



## Left side

**Awareness is trained**

**The left side is deemed to contain**  
**Mathematical**  
**Logic**  
**Right and wrong**  
**Analytical ability**  
**Structurally thinking**

**Doing by learning**

## Right side

**Unconscious learning**

**The right side is deemed to contain**  
**Creativity**  
**Imagination ability**  
**Just do it**  
**Feeling**  
**Intuition**

**Learning by doing**

# Suggestion for the approach of technical and tactical training



Conditions in % between exercises to stimulate left and right brain halves

| Junior hockey  | Youth hockey       |                    | Child hockey       |                  |
|----------------|--------------------|--------------------|--------------------|------------------|
| <u>U17-U18</u> | <u>15-16 years</u> | <u>13-14 years</u> | <u>10-12 years</u> | <u>6-9 years</u> |
| 70% left       | 60% left           | 50% left           | 30% left           | 20% left         |
| 30% right      | 40% right          | 50% right          | 70% right          | 80% right        |

The tactical part of hockey is taught in the same principle. Start by training the game by rules and principles and get experience (right). Then move towards increased logical training (left) with the theory of structure in attack and defense.

It is hard to understand without experience!

# Filtered details in skating for easy learning



1. Balance, gliding, hip down towards the foot, pressure behind the middle of the blade, build angles.

2. Unbalance, use gravity for speed, move hip first.



Mickis MotstÄndsmaskin.MOV

3. Push, pressure, body weight, angles, hip forward.

4. Pendle, skate near the ice, twist the foot, knee lift.

# Take happiness seriously!

Try to find joy in your leadership;  
it will help you to have fun!

Practice joy during your visit in Stockholm!

Mats Emanuelsson

