

Preparation for professional hockey

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Preparation for professional hockey is divided into:

1. Education of Professionalism
2. Education of «the hockey personality»
3. Creation in a command of the competitive environment
4. Special technical and tactical training

1. Education of professionalism.

- - Formation of the diligent approach to performance of all game and training tasks and requirements of the coach;
- - Education of the conscious attitude to the analysis and independent work above the weaknesses of hockey education;
- - Creation of conditions for mastering by the player by terminology and the theory of hockey;
- - Education of the professional attitude of young hockey players to the organism;
- - The explanation in the simple and accessible form of biochemical and physiological processes.

2. Education of «the hockey personality».

There are some advantages and disadvantages of mutual understanding and teamwork of partners.

Serious aspect in education of «the hockey personality» is education of non-standard, individual qualities of the separate player.

3. Creation in a command of the competitive environment.

- Association in one part of conflicting players;
- Purpose of unplanned training;
- A cancellation during last moment of a game part of training;
- "Unfair" redistribution of game time.

4. Special technical and tactical training.

- Difference technical and tactical training between junior and professional ice hockey;
- Peculiarities technical and tactical training in the transition period to the professional ice hockey;
- Methods and means technical and tactical training in the transition period to the professional ice hockey.

5. Conclusions and recommendations.