



HOCKEY.QC.CA



# DLTJ Pre-novice (5-6 years old)

Introduction to motor skills

## Coach's mission

- **Insist on the notion of fun:** organize fun competitions within the team.
- **Develop fundamental hockey skills:** skating and puck handling by letting the children play.
- **Promote awareness among children to basic elements (ABC'S=Agility/Balance/Coordination/Speed).**
- **Develop physical skills (basic physical activity movements):** running, jumping, throwing, catching, skating, etc.

## Key words

- FUN
- Running/Jumping/Throwing/etc.
- Skating
- Puck handling
- Simplicity

## Coaching tips

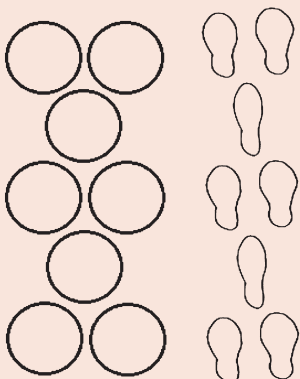
- Always keep the 'fun' aspect of playing in mind: the child must **LOVE** playing hockey and we must nourish his interest in the sport.
- Introduce players to rules of conduct.
  - E.g.: I listen when the coach is talking to me.
- Insist on the importance of respect towards teammates and opponents.
- Create activities that will enable the child to succeed.
- Avoid giving too much information. Concentrate on what is essential: clear and simple message.
- Create a climate that fosters learning rather than competition.
- Place value on efforts rather than on results.
- Use on-ice demonstrations to reinforce the diagrams you have drawn on the board.

## Player tips

- Have fun.
- Practice several sports in order to develop other skills.
  - E. g.: swimming, football, soccer, etc.
- Respect your teammates and opponents.

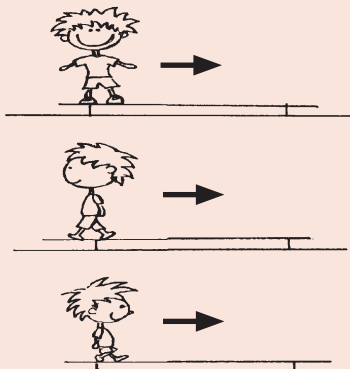
## Off-ice drills

### HOPSCOTCH



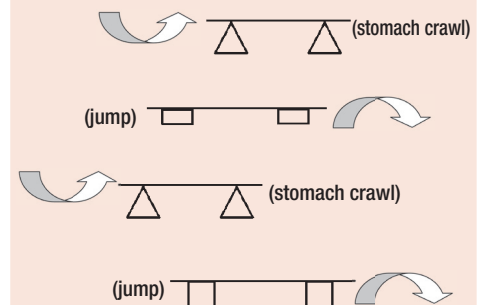
Player jumps in the circles with 2 feet, then 1 foot, and so on.

### WALK ON AN INVERTED SWEDISH BENCH



Player walks across a Swedish bench (while keeping his balance) sliding his feet, doing crossovers, forward and backward, etc.

### COURSE



Player follows a course jumping over barriers (various heights) and crawling under them without knocking them over.



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## Game plan (specific objectives)



### TECHNICAL (85% of ice time)

Show players how to move around on a **new surface**: ice.

Explore and learn the **fundamental elements** of **essential technical skills** in hockey: forward/backward skating, sudden stops, puck handling, passing and shooting.

Introduce **basic elements required to master technical skills**: basic stance, pushes, edges, targets, complete the actions, etc.

### INDIVIDUAL TACTICS (15% of ice time)

- Explore work zones for team play.
- Dekes
- Lifting the stick
- Protecting the puck
- Keep stick moving on the ice

### Physical

Develop **agility, balance, coordination** and **speed**.

### Psychological

Ensure that the child learns the basics of hockey while having **fun** and experiencing **success**.

Teach the child how to **function** within a **group**.

Bring the child to develop a **positive attitude** towards **physical activity** and **play**.



CANADA