



## BANTAM (13-14 YEARS OLD) TRAIN TO TRAIN

### 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, rest etc.

#### **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.
- Allocate ice time fairly.

#### **KEY WORDS**

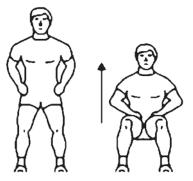
- RESPONSIBILITIES
- 1 VS 1
- Growth Spurt
- Team building
- Basic psychological preparation
- Physical preparation

#### **PLAYER TIPS**

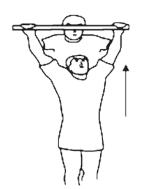
- · Learn to know your limits.
- Determine action plans to improve.
- Control your emotions.
- Eliminate negative thoughts and replace them with positive ones.
- Learn to accept constructive criticism.
- Use your strengths to help your team.
- Learn to trust your teammates.
- Learn how to overcome adversity.

#### OFF-ICE DRILLS

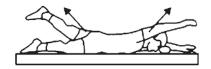
SQUAT



CHIN UP WITH LEG PUSH



**SUPERMAN** 



Right Arm and Left leg up, holding the position for 20 seconds. Switch to left arm and right leg up and hold position for 20 seconds.

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#### GAME PLAN OBJECTIVES



#### **TECHNICAL (35% of ice time)**

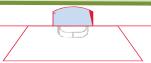
- Add the notion of acceleration to skating techniques: start, power, crossovers with and without puck.
- Develop techniques for shooting in motion with precision in confined areas/with speed/facing an opponent.
- Develop skating speed for longer intervals (>20 seconds).

#### **INDIVIDUAL TACTICS (30% of ice time)**

- Practice body checking: approach, pressure, gap, body position, active stick, body check, puck recovery.
- Teach players how to defend 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.



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#### **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:
  - o body weight
  - o medicine balls
  - o stabilizer balls

#### **PSYCHOLOGICAL**

- Teach players how to set short, medium and 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.



