

USA Hockey

Coaching Education Program



Ages Of Optimum Receptiveness

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According to Anatoly Tarasov, the father of Russian hockey, there are five (5) qualities that should be practiced and developed in an ice hockey player. These qualities of course go together with each other, but it is still important to emphasize the practice of these in the correct order, where everyone establishes the foundation (basis) for continued development. The different qualities should be practiced in the following order:

1. General physical training
2. Technical (skill) training
3. Desire (will power)
4. Moral (ethical) qualities
5. Tactical training (individual tactics = game understanding)
(team-related tactics = the team's pattern)

The training of these qualities should be connected with each other, but you should absolutely not start from the bottom, i.e. don't start with tactical training.

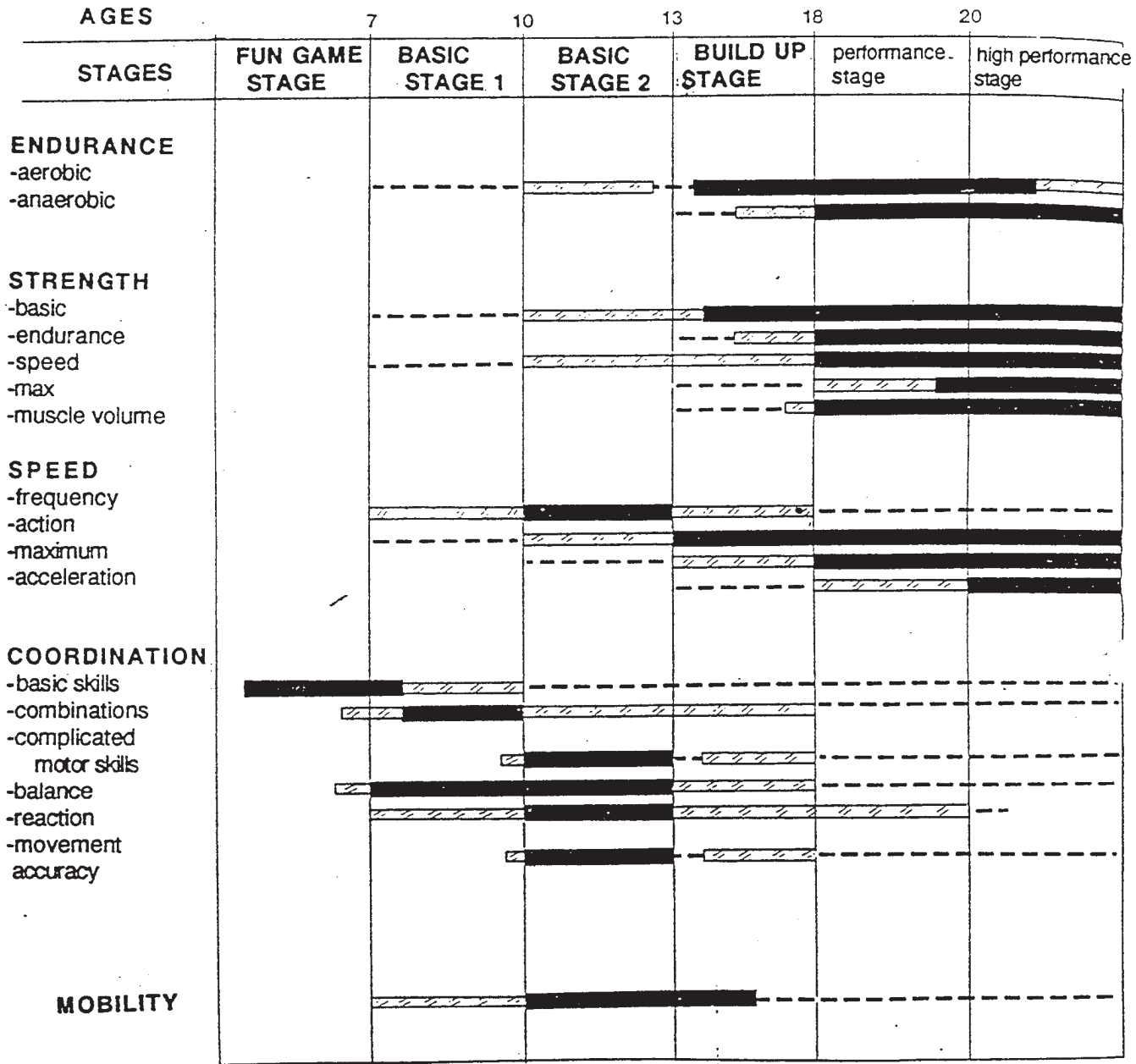
Of course in the former Soviet Union they were in total agreement that young players are developed awfully different. For example, one player may be a star among his friends one year, but the next year everybody passes him by. In order not to miss any player's they had a rule for youngsters up to and including 14 year olds that every team must play with three (3) units of five (5). The referees would check that the rule was observed and any team, which violates it, then the opposing team would win by forfeit.

In order to know when a child is most receptive and capable of development (progress) in certain skills, they have in the Soviet Union through research established how the child's motor development occurs within different areas (domains). If they adjust the training so that they intensify it in just the right area, which is developed strongly during the actual period, the training will be considerably more effective.

Areas of Development	6	7	8	9	10	11	12	13	14	15	16
Skating technique (skills)											
Reaction speed											
Movement frequency training											
Speed training (in all forms)											
Coordination Capacity											
Complex coordination capacity											
Nervous system											
Speed-strength training											
Team instruction											

We can for example see that reaction speed and coordination capacity are developed best between 7-12 years of age, while strength first starts to be developed at 12 years of age. If the equipment is too heavy, e.g. Sticks and pucks, then the youngsters don't have the strength to do the movements at a high tempo, speed is developed

AGES OF OPTIMUM RECEPTIVENESS



Key to the Table

- LITTLE EFFECT
- ==== MEDIUM EFFECT
- GREAT EFFECT

NOTE! MOST RECEPTIVE/ UNIT OF TIME---NOT RELATIVE PRIORITY

Fig. 87. The chart gives a survey at which ages individuals are most receptive to a certain type of training, i.e. "the right training at the proper ages".

Athleticism

Athleticism is important in fully developing athletic ability. **An athlete with a higher level of athleticism will learn skills faster, and will react or respond to the challenges of game play faster, than an athlete who has a low level of athleticism.**

Cross training (being involved in different activities such as golf, baseball, soccer) is a popular method of "training" that is very beneficial to younger players in particular. By exposing the individual to other sports and sport settings, athleticism is improved through the rehearsing of new movement patterns, using different instruments of play. This exposure leads to the complete development of athleticism and lets the athlete enjoy the variety of activities available while breaking the monotony of single sport training.



Being involved in different activities improves the rate of an athlete's development, physically and mentally.

WE LEARN

10% of what we read

20% of what we hear

30% of what we see

**50% of what we both see and
hear**

**70% of what is discussed with
others**

80% of what we experience

**95% of what we teach to someone
else.....**



T.E.A.M. WORK

When you see geese heading south for the winter, flying along in a V formation, have you ever wondered why they fly that way? It has been learned through scientific discovery that as each bird flaps its wings, it creates uplift for the bird immediately following. By flying in a v formation, the whole flock adds at least 71% greater flying range than if each bird flew on it's own. Teams who share a common direction and sense of community can get where they are going quicker and easier, because they are traveling on the thrust of one another.

Whenever a-goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone, and quickly gets back into formation to take advantage of the lifting power of the bird immediately in front. If we have as much sense as a goose, we will stay in formation with those who are headed the same way we are going. That's another way of saying that by working in harmony we can accomplish greater things TOGETHER.

When the lead goose gets tired, he rotates back in the wing and another goose comes forward to fly point. It pays to work together doing hard jobs and in times of adversity.

These geese honk- from behind to encourage those up front to keep up their speed. What do we say when we honk from behind?

Finally, when a goose is sick, or is wounded by gun shot and falls out, two geese fallout of formation and follows him down to help and protect him. They stay with him until he is either able to fly, or until he is dead, and then they launch out on their own or with another formation to catch up with the original group. If teammates knew we would stand by them like that, players would go through the wall for each other. That's caring for others.

All we have to do is learn from the geese, it works every time.

“Together We Can”

**2002 Olympic Hockey Observation Project
A Study of Olympic Athlete Puck Possession**

Observation Date: February 24, 2002

Game: Canada vs. United States (**Gold Medal Game**)

Players Observed: Sakic, Modano, Amonte

Player	Shifts	Ice Time	PT	PR	PA	SA	PT	UPT
Sakic, Joe (CAN)	27	15:25	1:19.5	21	21	7	44	10
Modano, Mike (USA)	28	19:47	0:58.1	17	22	4	44	19
Amonte, Tony (USA)	22	12:51	0:46.6	11	4	5	33	17
AVERAGE	25.6	19:37	1:01.4	16.3	19	5.3	40.3	15.3

TABLE KEY:

PT = possession time

PR = passes received

PA = pass attempts

SA = shot attempts

PT = puck touches

UPT = untimed puck touches

Game Notes

Canada wins the Gold Medal with the USA taking the Silver. Sakic had 2 goals, 2 assists with 4 shots and was voted the tournament's best forward. Modano had 1 assist, Amonte had 1 goal on 3 shots.

Men's Average Per Game

IT	PA	PR	PPT	Shifts	Shots	T
18:46.8	23.05	21.00	1:07.05	23.65	4.22	43.51

Women's Average Per Game

IT	PA	PR	PPT	Shifts	Shots	T
18:37.0	21.95	19.46	1:08.7	24.47	4.64	45.21

**2002 USA Hockey National Championship
Youth Tier I
12 and Under (Pee Wee)**

<u>Player</u>	<u>Time on Ice</u>	<u># Shifts</u>	<u>Time of Possession</u>	<u>Passes Received</u>	<u>Pass Attempts</u>	<u>Shot Attempts</u>	<u>Touches</u>	<u>Untimed Touches</u>
1	17:36	23	43.8	12	15	6	44	20
2	18:34	22	35.4	8	14	4	29	10
3	15:09	21	30.6	4	11	3	21	9
4	12:56	18	47.3	20	9	2	25	14
5	15:56	21	41.8	4	13	11	40	14
AVERAGE	16:02	21	38.4	9.6	12.4	5.2	31.8	13.4

**2002 USA Hockey National Championship
Youth Tier I
14 and Under (Bantam)**

<u>Player</u>	<u>Time on Ice</u>	<u># Shifts</u>	<u>Time of Possession</u>	<u>Passes Received</u>	<u>Pass Attempts</u>	<u>Shot Attempts</u>	<u>Touches</u>	<u>Untimed Touches</u>
1	15:58	18	34.1	10	18	2	22	5
2	20:02	21	01:39.8	14	17	7	58	29
3	19:14	19	01:17.9	12	27	3	51	15
4	12:33	14	26.3	9	10	4	31	15
5	16:21	20	52	6	16	3	29	8
6	19:48	20	01:15.9	15	20	8	56	20
7	23:34	24	01:37.3	24	20	10	55	16
AVERAGE	18:06	19.4	01:06.2	12.8	18.3	5.3	43.1	15.4

**2002 USA Hockey National Championship
Youth Tier I
17 and Under (Midget)**

<u>Player</u>	<u>Time on Ice</u>	<u># Shifts</u>	<u>Time of Possession</u>	<u>Passes Received</u>	<u>Pass Attempts</u>	<u>Shot Attempts</u>	<u>Touches</u>	<u>Untimed Touches</u>
1	19:09	22	53.8	17	26	7	56	31
2	17:43	15	29.6	11	17	7	36	20
3	27:09	27	01:50.9	11	27	9	63	16
4	13:32	16	24.1	13	17	4	33	10
5	16:25	17	26.9	6	7	5	29	14
6	10:31	15	52.8	18	12	4	34	11
7	19:26	24	54.7	15	10	6	39	16
8	13:49	15	34.1	3	11	1	24	8
AVERAGE	17:13	18.9	48.3	11.8	15.9	5.4	39.3	15.8