

Mount Carmel Hockey Academy

Elementary (grades: 3-6) Junior High (grades: 7-9) 2009-2010

GOAL-SETTING STEPS FOR SUCCESS

Goal setting is a powerful process for thinking about your model future, and for motivating yourself to turn this vision of the future into reality.

The process of setting goals helps you choose where you want to go in life and sports. By knowing precisely what you want to achieve, you know where you have to concentrate your efforts. You'll also quickly spot the distractions that would otherwise lure you from your set course.

More than this, properly-set goals can be incredibly motivating, and as you get into the habit of setting and achieving goals, you'll find that your self-confidence builds fast.

- Make sure it is your goal (i.e., it is not your friends, parents, or any other significant person's goal). Whatever it may be this is something that **YOU** definitely want to have/happen for you.
- Don't call it a goal. Call it a "Promise". This is something that means a lot to **YOU** and it is something that you deserve in your life.
- Clearly identify your "Promise". Specify your "Promise" (narrow it down).
- List and identify your personal motivators. It is important to recognize both the positive and negative forces that will have impact on your "Promise" to yourself.
- Create a "Promise" Plan. What is your objective? By what date? Identify a location? Why do you want this? (List as many reasons why you want this to happen). Who will benefit? (e.g., your family, your boss, or society, etc.) What are the necessary steps?
- Review your "Promise" and "Your Plan". Put it in place that you will see it regularly. Review your plan each day. Review your promise regularly (e.g., index cards, posters, photographs, pocket promise, etc.).
- Tell yourself that you will succeed (this will determine the size of your belief). Create a list of empowering beliefs/affirmations that you repeat to yourself on a regular basis (e.g., what I desire is on its way).
- Tell others of your set "Promise". This will help to dramatically increase your commitment level to fulfill your promise (remember there is tendency to tell ourselves that it is okay to fail, if nobody knows).
- Envision the results of Your "Promise" daily. Imagine your promise in all its senses (e.g., smell, hear, taste, touch, see, etc.).



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Repetition leads to habit which leads instinct. This is known as "the third law of learning." You must first develop the proper technique. Begin with knowledge, apply that to technique, and follow up with repetition. Only through repetition will good technique become habit. Only through even more repetition will habit become instinct. The difference between habit and instinct is that habit requires thinking. Instinctive play flows without conscious thought. Instinctive play is the level that we aspire to achieve and is what separates good players from great players. Marvin Harvey

DID YOU KNOW?

- The "average" minor hockey player has the puck on his stick an average of **8 to 10 seconds per game** (Hockey Canada) - half of the players are below that average
- Players will take an average of **1 to 2 shots per game** (Hockey Canada)
- Coaches who believe in 'fair ice time' will provide their players with an average of 18 shifts in a sixty minute game (Hockey USA)
- **One efficient practice will give a player more skill development than 11 games collectively** (Hockey USA)
- 99% of feedback coaches give a player is when they have the puck. Ironically players only have the puck on their stick 0.2% of the game (Hockey USA).
- Jaromir JAGR stickhandles daily after practice with a 45 pound weight at the bottom of his shaft
- Europeans assign their players "Hockey Homework" during the season and a 'Summer Program' in the off-season

The '10,000 Hour 10-Year Rule' - Long Term Athlete Development

Research states that it takes a **minimum of 10 years or 10,000 hours of training** for an athlete to reach the most elite levels in their chosen sport. For both the athlete and coach, this translates into slightly more than 3 hours of training or competition daily for 10 years.

Players that get to play a lot by their coaches will be the 'best players' even though athletes generally grow at the same rate as they move through the L.T.A.D. Model Steps together. As coaches we have an obligation to teach every player and to make sure that they all get a fair opportunity.

There are "NO SHORT CUTS" and what we as coaches do with our athletes today will directly affect them in a positive or negative manner in the future.

"SOMETHING TO THINK ABOUT"

For arguments sake, let's assume that the best player in any given game controls the puck for an average of one minute each game and let's say that same player controls the puck for an average of 2 minutes during a typical practice. This would mean that during a 60 game and 40 practice season the best player on the team only controls the puck for 2 hours and 20 minutes a season. But what is alarming is the average puck possession per shift is 2.5 seconds (Hockey USA). The numbers show that stick related puck skills can only be minimally developed on-ice over the course of a season.

SOLUTION

Coaches have to be proactive and find ways to improve 'player development relating to puck related stick skills' that is 'affordable,' 'accessible to all,' and 'keep skill development 'fun.'

Most players will not be able to afford a personal trainer, ice time during the season is extremely limited and minor hockey practices do not typically spend enough time on individual technical and tactical skill development.

Coaches should be assigning their players "**Hockey Homework**" throughout the season and they should assign a "**Summer Program**" to their players at the end of each season. This way, players that don't have access to extra ice time can still perform off-ice skills during and after the season to assist them in the development of their stick related puck skills. The more quality repetitions executed by the player will ultimately make it easier to turn stick related puck skills into "**instinct.**"

If a player works on puck related stick skills for just 30 minutes a day over a 12 week period (summer) that player can duplicate more than 15 seasons of skills development in a single summer!

OFF-ICE HOMEWORK WILL IMPROVE SKILLS!

