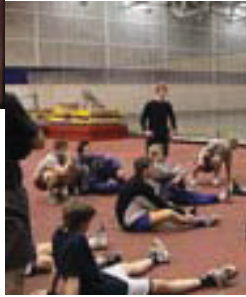




Physical education for children and young people!



A hockey player's career tends to become longer. Today begins its youth sports in organized form already at 5-6 years of age. How long you play ice hockey is dependent on the ambition and knowledge of the individual. Some stop to play hockey when they are 20 years, others are until they are 35-40 years. Those who choose to quit when they are 20 years despite all played in about 15 years! 15 years of training in a period when both the physical, mental and social development is enormous.

We know that man is built for activity but also the risks of injury at the training of growing children and young people are great at the wrong workout. Improper training can be a very early specialization, combined with unilateral exercises performed incorrectly. It may be that the man with young players use training program for our adults elitspelare. Responsible leaders we have is very big! In this article we want to tell leaders of various forms of exercise that develops young players in their quest to become a good hockey player. It is important that associations and leaders to offer players a stimulating training environment. The leader should encourage players to practice a lot!

Educating children and young people should:

- Be Injury Prevention
- Increase the performance
- Give greater self-confidence
- Have a balance between training - diet - rest / sleep
- Be funny!

We have chosen to prioritize training exercises, which we believe is good and development to carry out with young people during the so-called golden age (9-14 years).

Coordination

Coordination capacity can be divided into several different koordinativa the characteristics and processes.

Balance:

Go on inside / exterior of the feet
Heel to toe again

Outcome selected forwards and backwards, hit balls to each other while

Again and balance beam, or topsy-turvy bench:

- Go forward, backward, u-turns performed
- Dip your hand in the floor
- Dribble with the ball and stick
- Balancing the various objects
- Close your eyes and go

Jump on a line with pretexts

Operating Precision:

Various forms of's and ballistic exercises.

Jong Clay (vary with the hands and feet)

Jong Clay with club and ball. Stationary and during movement

Different variants standby with rolls, roll and jump

Dribble a ball with the club and one with your feet

Orientation:

The ability to know where different body parts are.

Somersault

Wheels

Volter
Jump and spin, jump trampoline

Rhythms:

Please use the music, vary the tempo.
Jumping over hedges
Jump JUMPING ROPE in various combinations
Hope in rock rings (jämfota and enbenshopp)
Various forms of DRIBBLE between pylons
Skip the bench two and two at the same time
Skating Hopp and puck keeping two and two against each other
Running over sticks, inched race

Combination Ability:

Combination Motor is the ability to simultaneously perform movements with various body parts
Puck gland while running
Puck bookings on the spot, quick feet - quiet upper body
Puck records on site, quiet feet - fast upper body
Jump in place two and two and fit a ball between each other.
- Get quick and easy fit
- Get cool and fit quickly
Go / run and juggle
Skating Hopp and fit balls between each other

Direction Changes:

Devices against fixed and variable resistors
Running at different speeds, for example, in the woods
Kull / games
Various forms of the game

Speed

Special speed convened in ishockey for hockey speed. Hockey Speed can be divided into speed skating, speed of action and speed of action (read more in the book Ishockeyns training learn).

Action Speed

Quick shots and passing in different forms
Rapid twists and turns and direction changes
Sprint Running between the legs that is outsourced by various intervals.
Zick-zak hope as quickly as possible, one / two legs
Quick jumps on one or two bones in various combinations.
Jump rope (one / two legs)

Handling Speed (light speed)

Field hockey
Basketball
Dip Ball

Strength

You can train strength in many different ways and using many different exercises. Remember that the strength of the torso creating conditions for stability and balance. GALLANT tension or control in the trunk so the balance is poor. It is therefore especially important to young players practicing the punch much, particularly to improve balance and avoid injuries at a later stage.

Here are simple exercises young players can use.
Puck keeping with the weight of the hammer
In Arms, roll up the weights
Hand Press with hand spring or squeeze together a RUBBER BALL
Axel Press seated (in pairs, one behind and are opposed, work up and down)
Push-ups
Enbensböj
Sit-ups (in pairs with the medicine ball)
Loins Lift (pairs with the medicine ball)
Bålvridning (pairs with the medicine ball from side to side).
Benböj on the balance board

Perseverance

It gives examples of both long interval, and the short interval.
Long Range 6min rest 3 min, 4 min rest 2 min.
Short Range 15-15sek, 70-20sek, 60-60sek
Interval training does not only mean running but can be implemented with obstacle courses, inline hockey, field / floorball, basketball, swim ball etc.

Hockey Specific träningsformer off-ice (indoor / field)

Smålagsspel with different themes, 1-1, 2-2, 3-3, 5-5 (read more in the book spelförståelse):
Width, depth, three-way game
Betting on small or large area
In several cases
With fixed or variable shippers

Bulletproof:

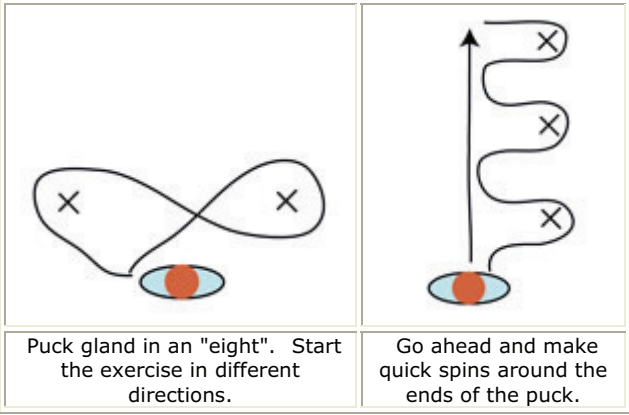
Stationary shots against targets
Shoots in motion, plus running against targets for return
Shoots from different angles with the barrier between them
Several shots one after another, shoot as quickly as possible
Sniper

Customizations:

Different fits with the puck, big or small balls
Precision Fitting between konor
Short or long passes
Direct Fitting
Fitting with tempo changes, direction changes, rolls.
Receptions with the club, hands and feet

Puck gland (handling)

Remember to stand in the ice hockey position with knees bent and eyes lift.
Page-page, front-back, diagonally, eight
In fixed or moving opponents / objects
Vary the tempo
Large and small



Puck gland in an "eight". Start the exercise in different directions.

Go ahead and make quick spins around the ends of the puck.