

Dear Parents,

Thank you for attending the Parent Education Seminar, yesterday. Your whole hearted support and kindness is deeply appreciated!

Please allow us to send some notes as a follow up, relating to the topics, we discussed yesterday.

- How to do Individual skill training (ISTP) at home
- Importance of stance, footwork and holding the stick ... Correct technique
- Plan of individual skill training session

Topic #1:

- How to do Individual skill training at home
Please copy, paste and click on this link;
http://www.youtube.com/watch?v=ffKvKE_aZfY

Topic # 2:

- Importance of stance, footwork and holding the stick



Photo 1



Photo 2

Cailean, the member of the Canadian Junior National team demonstrating a correct and not so correct stance in photo # 1 and 2, respectively

This wide stance, resulted in Argentina scoring their 1st goal against Germany



Photo 3



Photo 4

A young hockey player, with a way too wide stance and a German hockey player doing the same at the 2012 London Olympic Games, in photo 3 and 4 respectively.

Please observe photo 5 and 6 below, demonstrating the correct stances. A German Olympian, who has won 2 Olympic Gold medals in a row, and Simran a budding BC player. Please note the similarities in both these photographs?

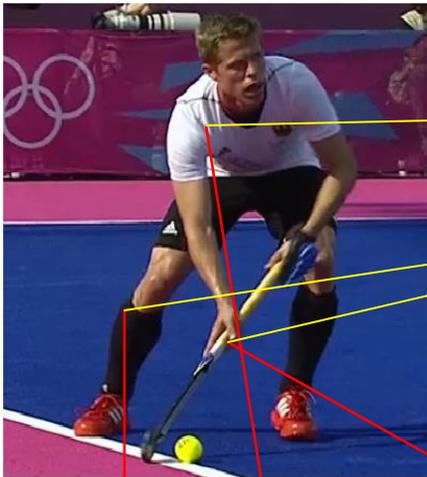


Photo 5



Photo 6

Knees are flexed. Upper body is low. Please note the index finger and how low is the right hand. As we discussed, during the seminar

“If you can afford only one lesson, tell the Pro ... You want it on the fundamentals;
Grip, The stance and the alignment.” Nancy Lopez, Golf, Hall of Famer

Comparative analysis of small & big steps

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| <ul style="list-style-type: none">• Smaller steps facilitate quick reaction and pivoting• Momentum builds force• It takes more time and force to react from a stationary position than from a moving position | <ul style="list-style-type: none">• Wider width facilitates stability• Larger the base greater the stability• Optimum width stance is good for balance & reaction ability |
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Topic # 3:

- Plan of an individual skill training session for 25 – 30 minutes. Tailor it according to your needs.

5 minutes: Warm up with and without ball

10 minutes: Practicing first touch with dad, mom, sister or the wall. Please refer to Cailean's video clip. You can also use a tennis ball, in the basement, as it sharpens one's reflexes and is safe.

7 minutes: Passing and receiving, while running up and down with a partner or the wall

10 minutes or more: Mini Hockey 2 on 1, 3 on 2, or 3 on 3, depending upon the number of players



A classic study of musicians compared world class performers with top amateurs. It was revealed that the two groups were similar in every practice variable except one: **The world class performers spent five times as many hours doing individual training.** Source: **Little Book of Talent**, by Daniel Coyle

Photo 7; Mini Hockey 3 on 2

If you need any more details regarding Mini Hockey Games or coaching resource material, please let us know. It will be our pleasure. **Thanks!!!**

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