



Help!

My child is a Falcon

Great player - Better person



What happens to my child in ice hockey

Becoming a hockey player at Copenhagen Falcons Hockey



Overview - CPH Falcons

What to expect when you start playing for the Falcons



What happens on the ice

The structure of the programs and the uniqueness of the atmosphere



What makes a good hockey player

Guidelines, proportions, misconceptions and what is the role of the family/parents during the journey



What happens off the ice

Versatility, healthy physique, development, prevention and performance





Overview - CPH Falcons

What to expect when you start
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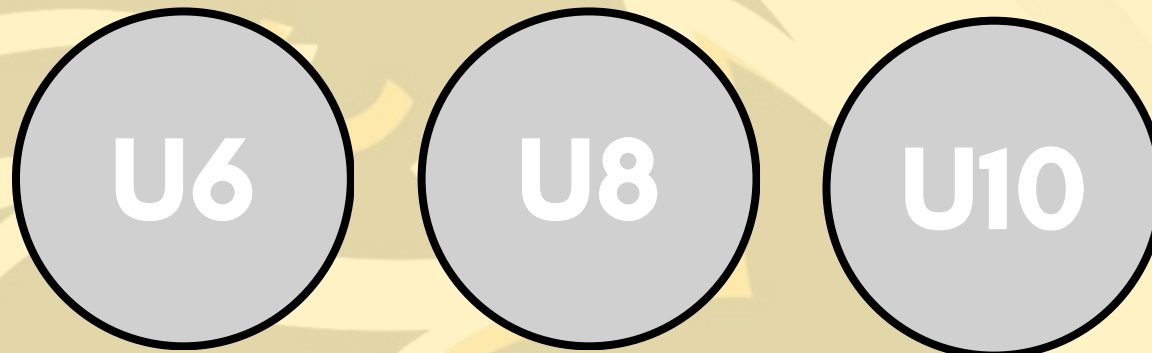


Age groups, training numbers, how much of what and when



Boys & Girls together!

Falling in love with Falcons Hockey



Full ice trainings

3-4 trainings a week, 3 off ice, weekly championship matches, tournaments & cups national and international

Falling in love with ice hockey as a sport

Pure intentions towards both school and sports



5+

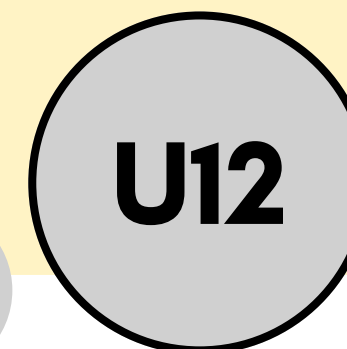
Youngest Falcons

2-3 trainings a week, off ice, tournaments & cups

There is no performance pressure, but there are basic expectations

10

Falling in love with playing ice hockey



12

Selection into *A/AA/AAA & SEP

5-6 ice training sessions per week - and targeted off-ice development related to all ice training, weekly championship matches & international tournaments



Elite training and goals



Falling in love with competition and challenges

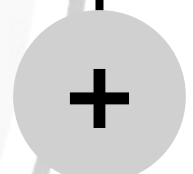


High level programs

7-8 trainings per week, targeted and structured off-ice in connection with development, 2-3 matches per week and international tournaments



Falling in love with victory



Division I (U21)

7-8 ice and related off-ice work per week, regular flow up and down in adult age groups, performance-based selection, 2-3 matches a week and regular tournaments



Participants



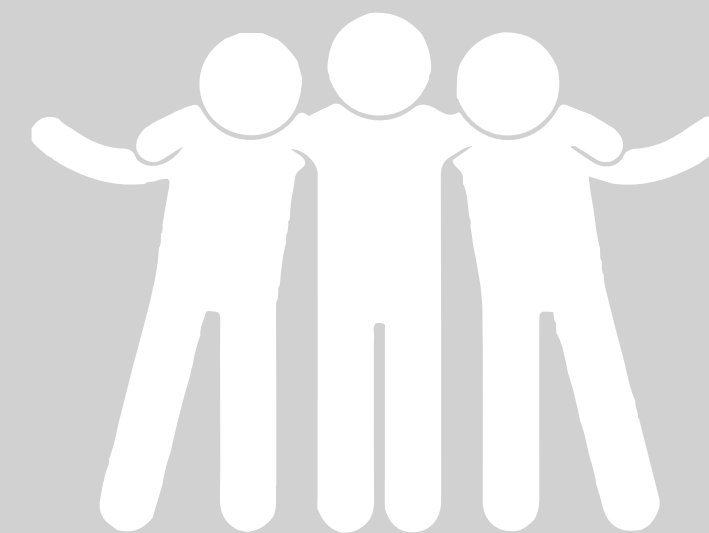
Parents - Family

At a younger age, the commitment of the parent provides the basis for the child to be there, play sports and develop. Let them be independent from you as a parent, put your trust in coaches and team leaders



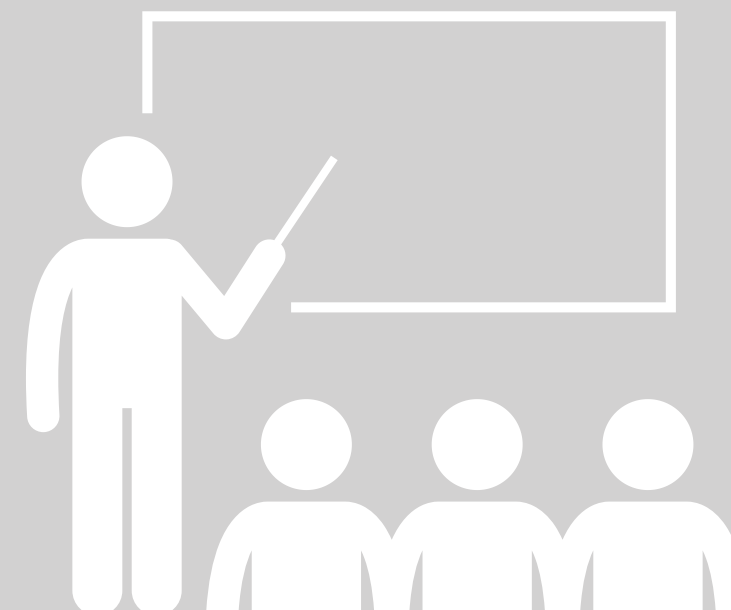
Teacher - School

School education is essential in life, with sports however, its coordination is absolutely necessary for successful completion.



Coach - Professional

The coach attracts, retains, helps, develops, looks after, guides, completes and educates, but his/her effectiveness also depends on the support of the parents.



Friends - Community

Around puberty and early adulthood, this becomes extremely important and with attention and guidance you can help a child greatly.



“If my child doesn’t make it to pro then why all this effort?”



What does Falcons teach:



Performance

He/She learns to perform continuously and regularly, both physically and mentally.



Confidence

He/She stands up for him/herself, learns to fight and learns from mistakes, and the behavior that follows them.



Teamwork

You learn how to thrive with other people, adapt, exist in a community, develop and survive.



Communication

You will be able to form an opinion and say it, share it, and receive the same from others.



Discipline

You get used to the fact that there are things that you have to do regardless of your will or your own opinion.



Persistence

In sports, you can reach your goals not once, but with continuous efforts, which also applies in life.





What happens on the ice

The structure of the programs and the uniqueness of the atmosphere



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What happens to my child on the ice?



Long Term Athlete Development – LTAD - We deviate from some guidelines, BUT in a positive direction.

1-2x / week

U6

The joyful foundation of hockey

Development of movement skills, Basic skating

Season start 1st of August
Training count 50-55
Cups 8-10

2-3x / week

U8

The joyful foundation of hockey

Development of movement skills
Basic skating and stick handling training (75%) Individual tactics (15%), team tactics (10%)

Season start 1st of August
Training count 60-65
Cups 12-15

3x / week

U10

**Learning the game
(3x / week)**

Development of sports skills
Skating and stick handling training (50%) Individual tactics (20%), team tactics (15%), game system (10%), strategy (5%)

Season start 1st of August
Training count 60-65
Game count 16-20
Cups 8-10

3x / week

U12

Learning how to train hockey (3x / week)

The development of all sports skills, skating and stick handling training (45%) Individual tactics (25%), team tactics (10%), game system (10%), strategy (10%)

Season start 1st of August
Training count 60-65
Game count 21-28
Cups 6-8



Training Schedule

Set training times are the bare minimum in the child's development. Extra work is a must!



Tuesday

U6	U8	U10	U12
-	16:00-17:05	17:05-17:55	18:10-19:05

Thursday

U6	U8	U10	U12
16:00-17:05	-	17:05-17:55	18:10-19:05

Saturday

U6	U8	U10	U12
09:15-10:15	10:15-11:15	11:30-12:35	12:50-13:55

- Set training times - Right on time
- Useful use of time before trainings
- Parental presence in the locker room and hallway

U6/U8 Yes - Yes * Second year U8 No

U10 No - No

U12 No - No

Goal is to establish independence



How to recognize a skillfull player from the stands



Gives strong,
accurate, quickly
executed passes

His/Her movement
is dynamic, almost
faster than
everyone else

He/She almost
always has the
puck, but he's not
selfish.

His/Her shots are
dangerous, he/she
is goal sensitive

He/She wants to
get the puck, agile
and brave

Outstanding in
anticipation,
reading the game

He/She adapts to
the events of the
game and has
his/her own ideas

Fair and a team
player, but often
does not tolerate
the middle ground.



Skill factors in hockey



Extra work at home

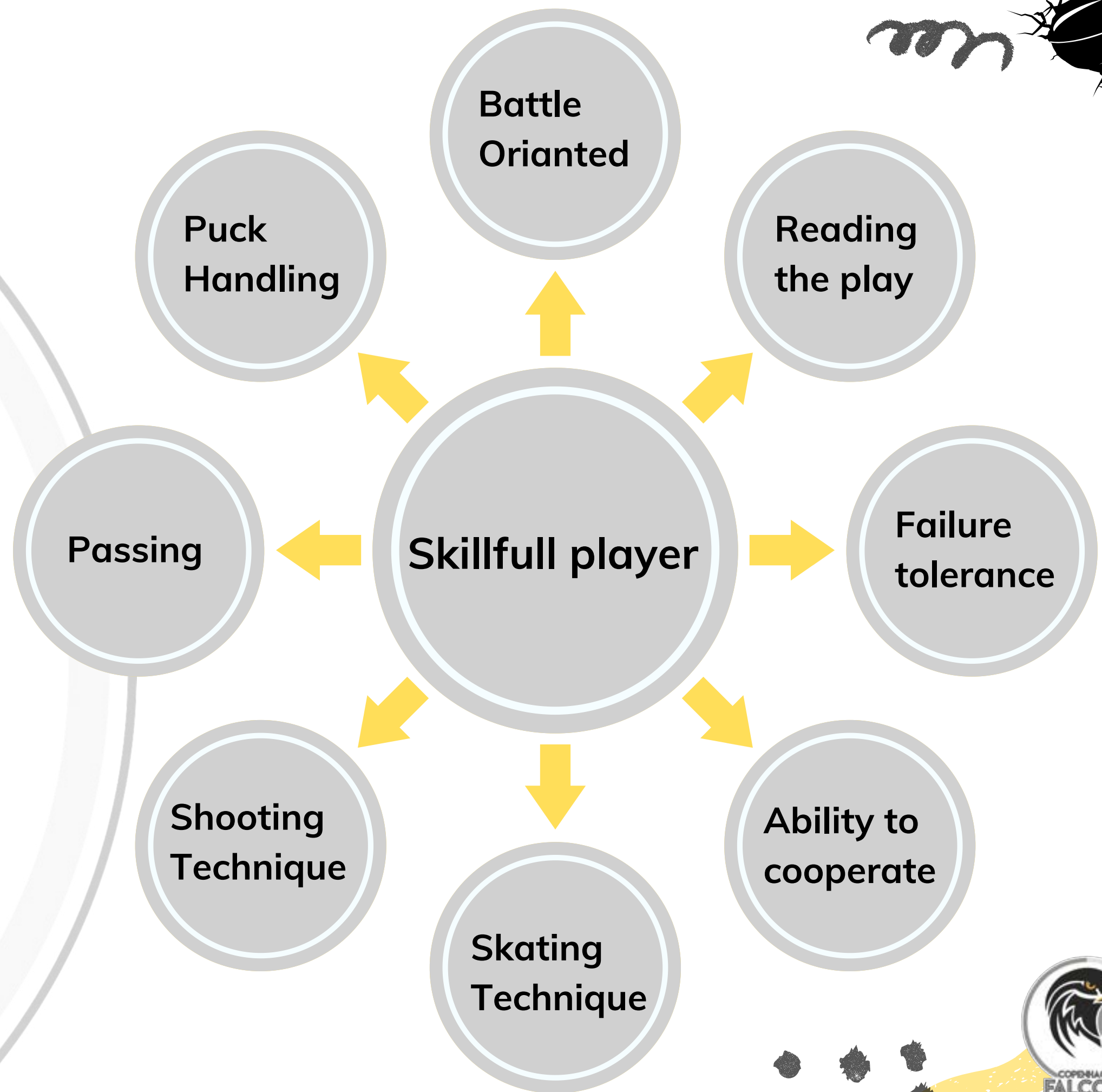
- Technique ball, biscuits
- Shooting pad, net
- Inspiration: Online

Parental support is a must

- Contact sports
- Watching games, determination, attitude
- What, when and how we talk to the child

Special trainings, open ice

- Trainer responsibility
- Individual skating for example public skating, edge work, morning skills





Tournaments, Cups - Levels

DIU - championships, according to the current competition schedule

Levels - interpretation of letters

Ice surface - dimensions

U6/U8

Playing time is equal to all

- 8-15 cups throughout the season. No game days.
- Those who join later in the season get to fewer tournaments/cups
- No position specialization, all attack all defend
- All players rotate to play goalie as well
- 3v3 in half of a zone on small nets.

U10

Playing time is equal to all

- Level A/B/C (or mixed), 16-20 games throughout the season plus cups
- A level with the possibility of playing up to U12
- No position specialization, all attack all defend
- Some players rotate to play goalie as well
- 3v3 across the 3 zones on small nets

U12

Playing time is equal to all

- Level A/B, 21-28 games throughout the season plus cups
- A level with the possibility of playing up to U14.2
- No position specialization, all attack all defend
- Goalie position is set
- 4v4 in half ice on big nets

U14.1/U14.2

Everyone plays, but there may be differences in playing time

- Level A/AA/AAA, 40 games plus cups
- Power Play, Penalty Kill and other basic systems
- Specialized positions
- Goalie position is set
- 5v5 full ice



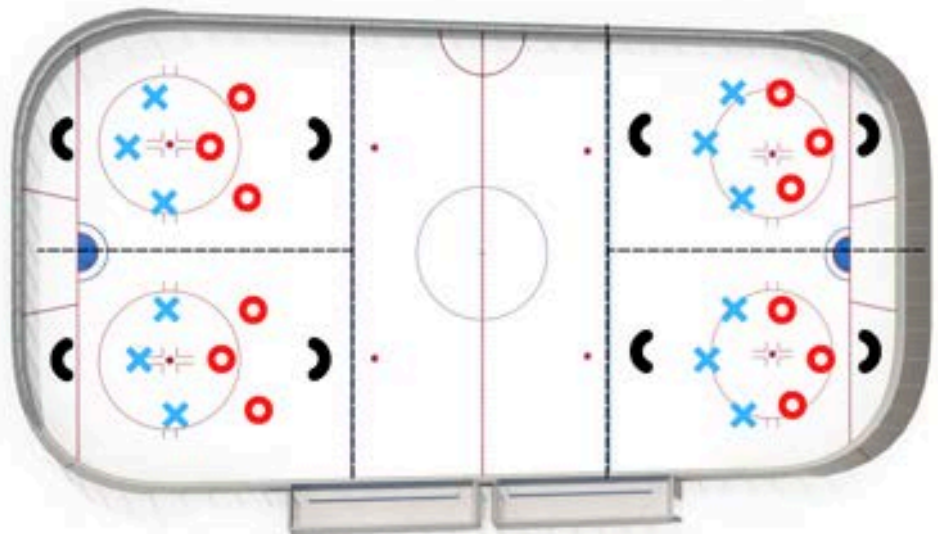
Game formats



Small areas provide more hockey actions for each player.

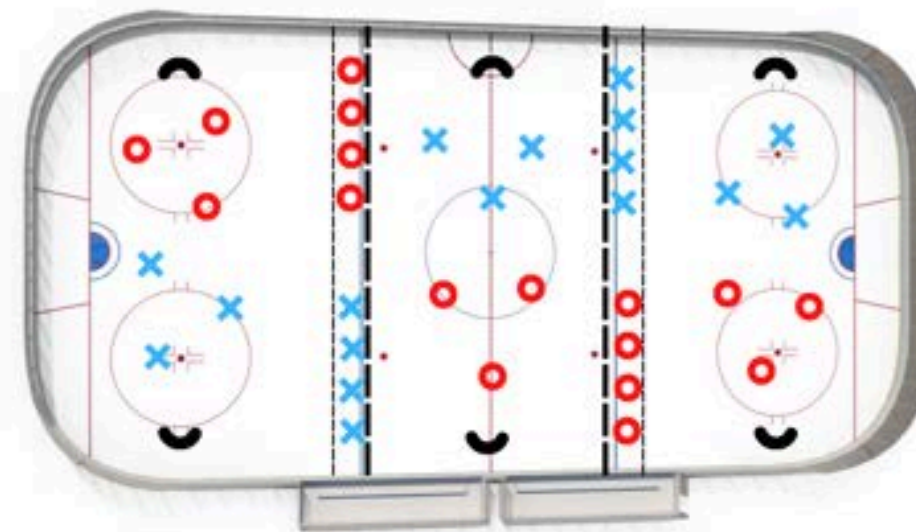
U8

spiller 3v3 i en halv zone med små mål og blå pucke



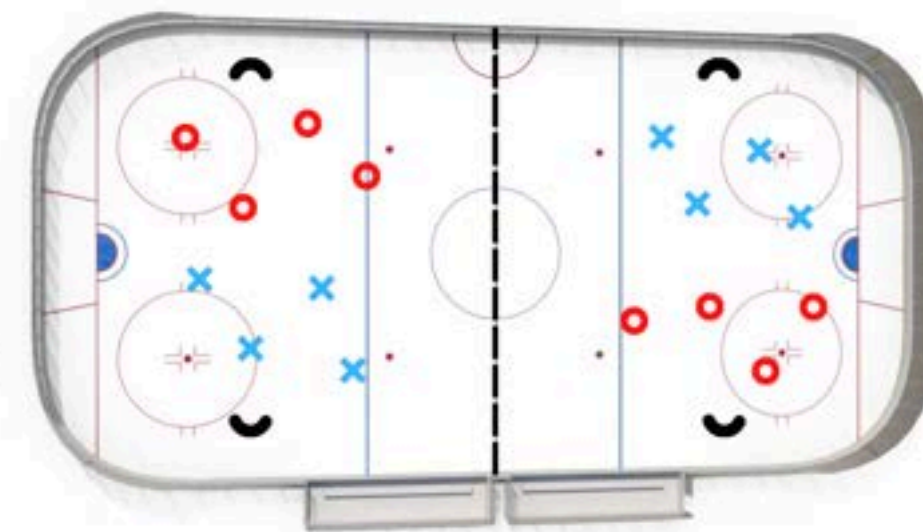
U10

spiller 3v3 på tre lige store områder med små mål og blå pucke

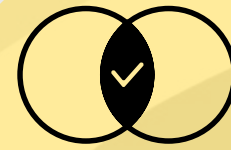


U12

spiller 4v4 på en halv bane med almindelige pucke og mål



Parental support - recommendations



Let's be on common grounds



Let the player be independent



Be present at the events



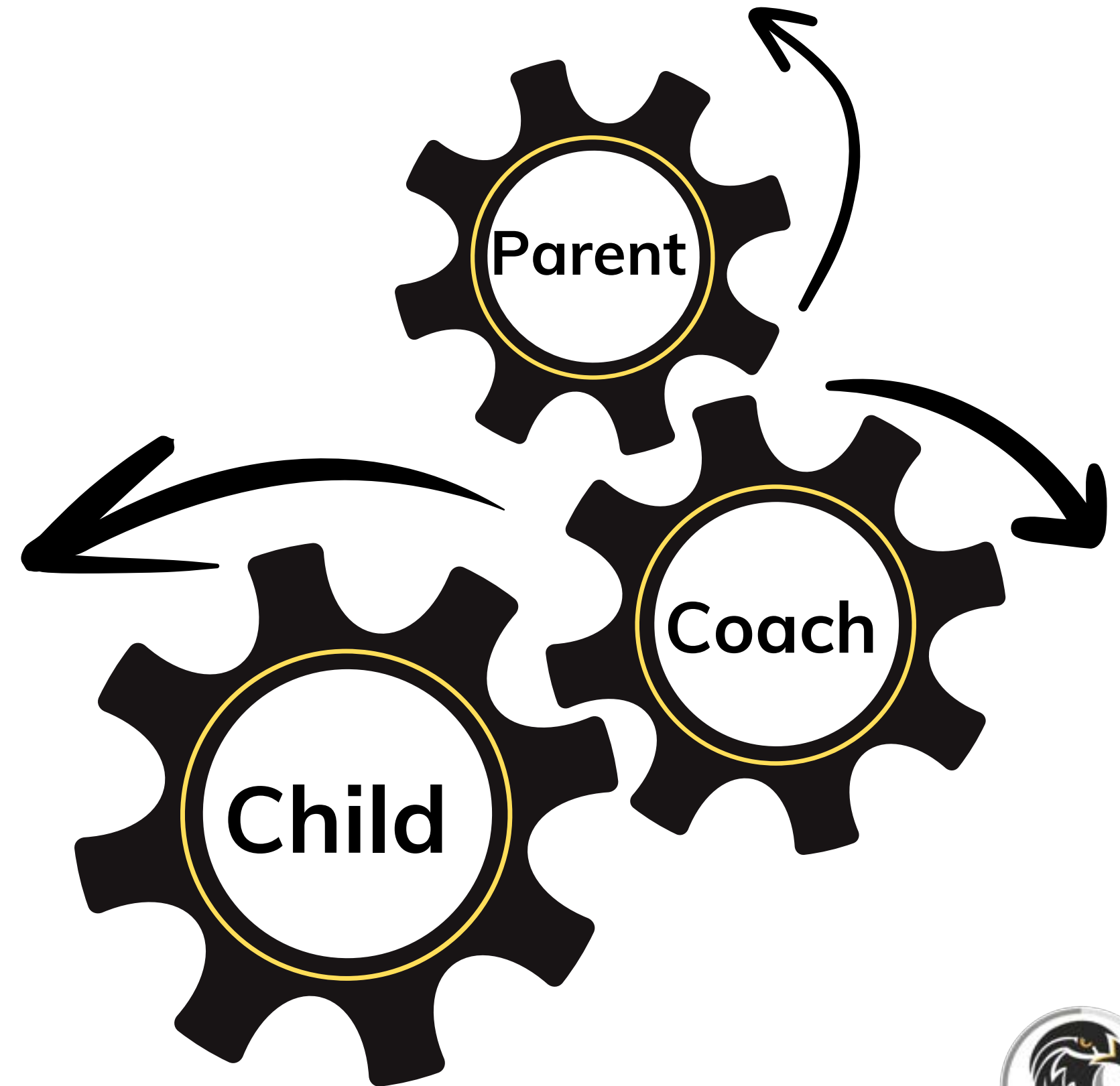
Use the hamburger technique



Active and healthy lifestyle



Know and accept their level





What makes a good hockey player



Guidelines, proportions, misconceptions and what is the role of the family/parents during the journey



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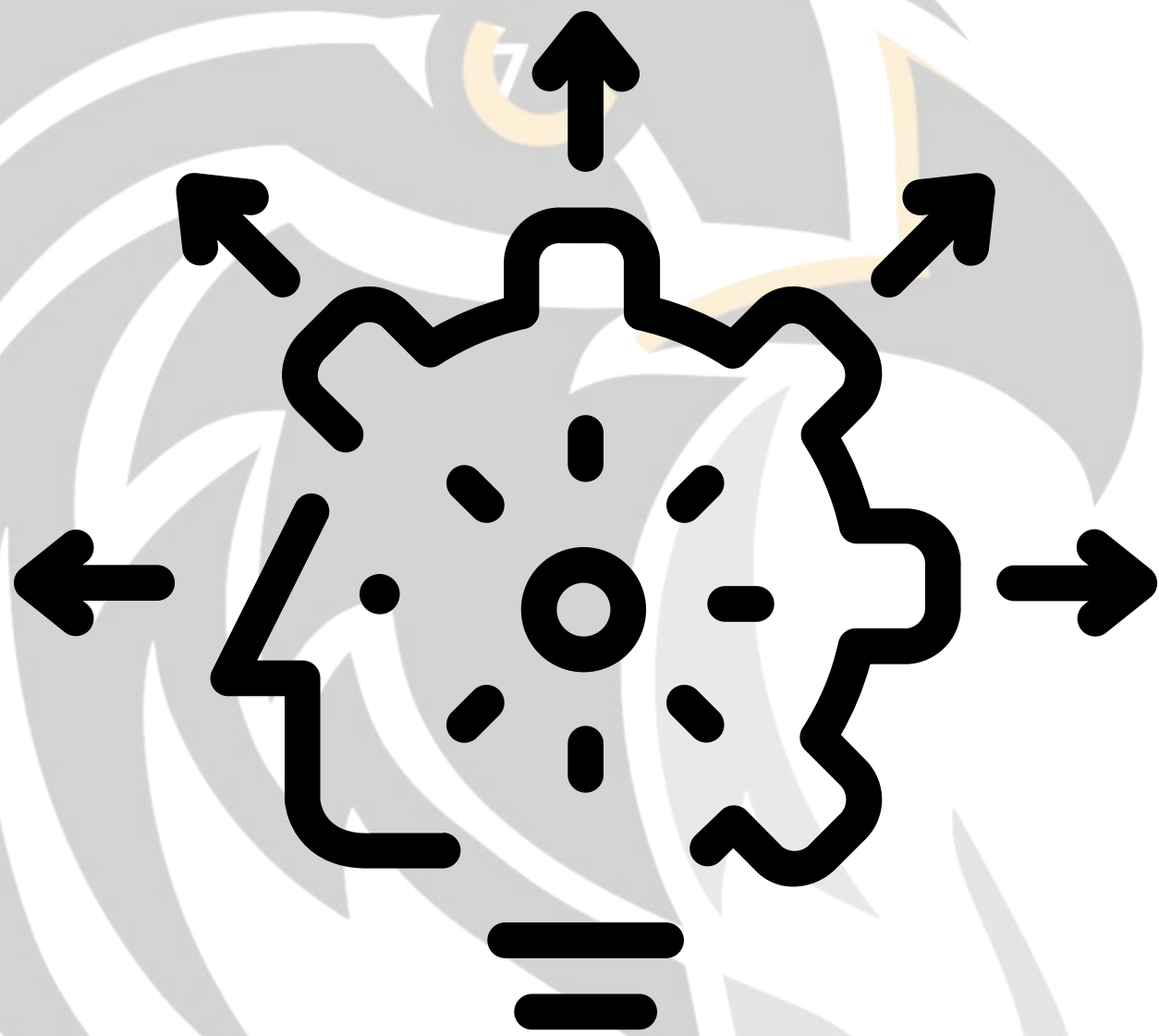
Great player - Better person



Versatility plays an important role in hockey



Difficult and complicated sport - the problem of early specialization



Skates - Stick - Puck - Opponent

movement coordination, balance, team mates, opposition players

Let the players try him/herself

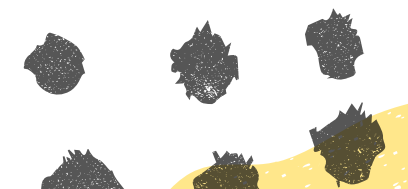
Everyone should try all positions, even goaltending

When should a player specialize?

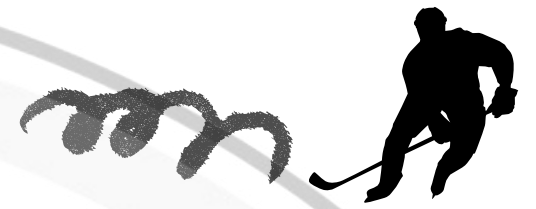
As a goalie its recommended at a U12 level,

As a players you could make a switch even at a pro level

In modern hockey its all 5 who attack and all 5 who defend

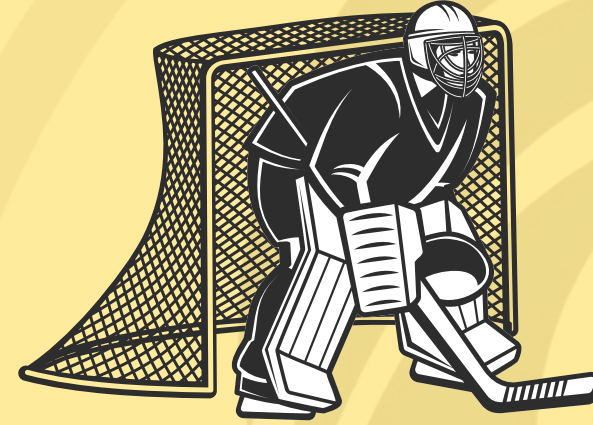


What are positions, when and why are they interesting to the child?



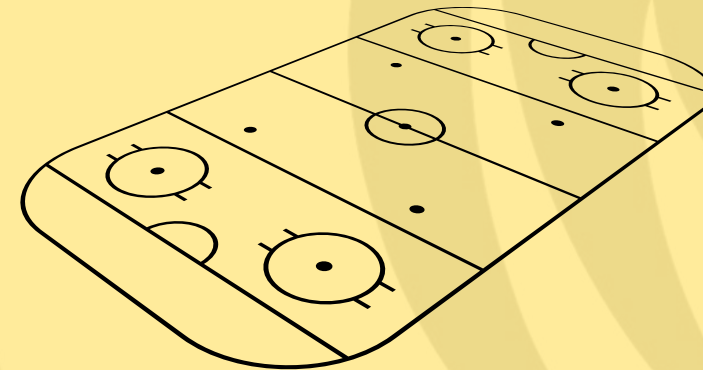
Goalkeeper

Plays 60 minutes, interacts with the puck 30-40 times. Difference maker.



Goal- Assist - Save

All positions are equally important and interesting, all of them has their beauty and value



Misconceptions

“The goalie is just standing in the net, that is why we get scored on”

“The forwards job is to attack, and only focus on scoring goals”

“The defenseman should defend, that is his/her job”



What can the family influence?



"The child is the mirror on the family"



Training - Nutrition - Rest

More exercise, more food, more rest - awareness
Less screen time, health regulation, efficient time management

Let your child!

Cope with the tasks
Find one's place in the community
Strive independently and exist

Be supportive!

Instead of criticism, supportive, inclusive, and curious behavior support the coach by avoiding "car coaching" (When the parent lectures)

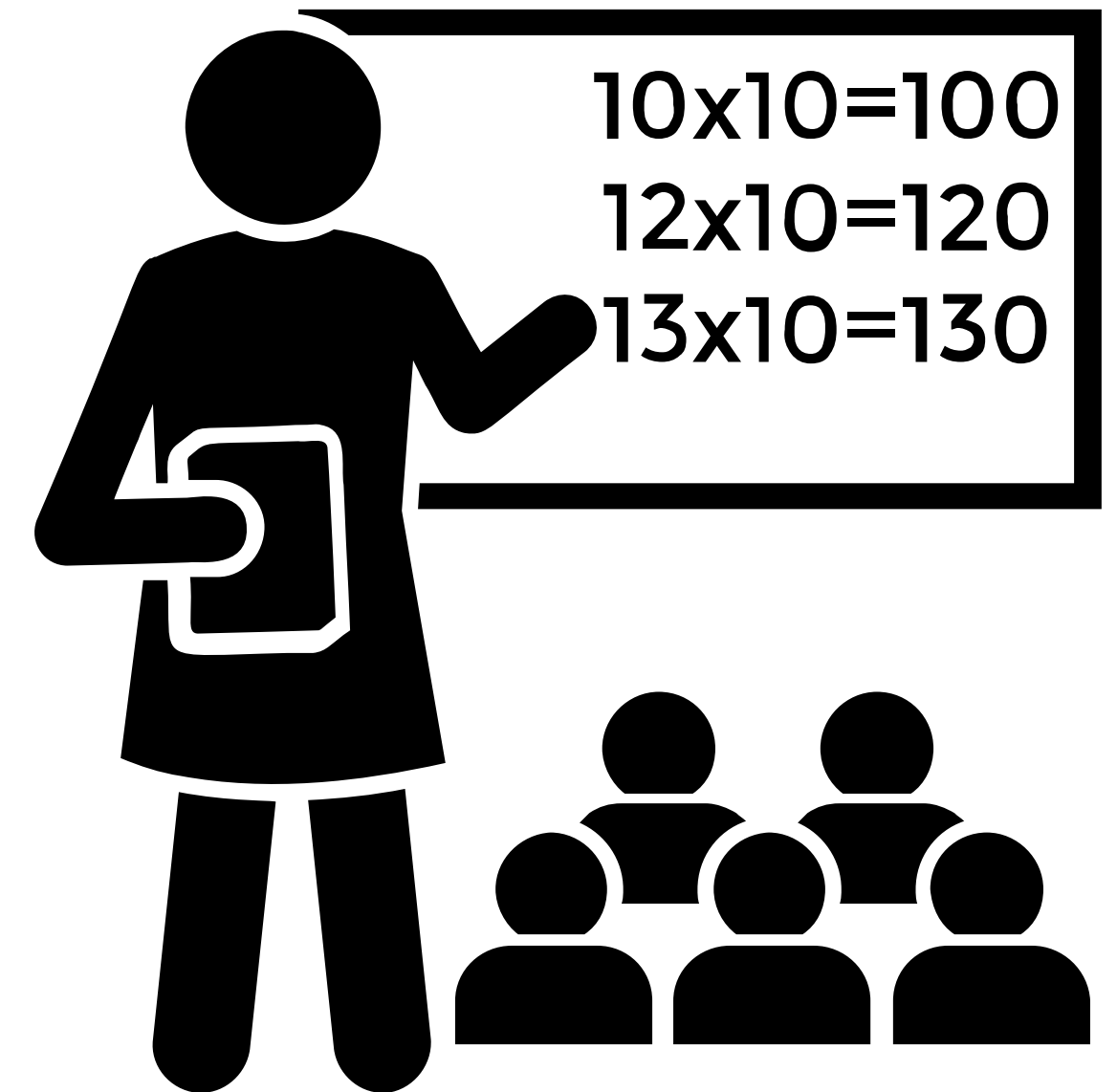


The relationship between education and hockey



The manifestations of excellence are individually diverse (in sports, academics, music, visual arts, etc.).

Academic expectations and intensity need to be adjusted and tailored to the child's abilities and personality ("whole picture" approach)



School advancement can function alongside elite sports, but it can only be achieved through mutual adaptation and compromises!





What happens off the ice

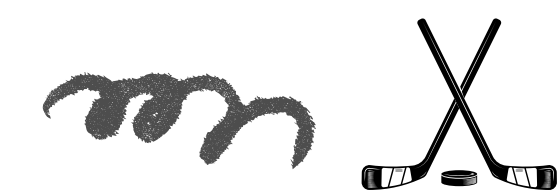
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The requirements of ice hockey



Ice hockey in numbers

Game duration: 60 minutes
(3 periods of 20 minutes each)
Average shift: 39 seconds
Length of sprints: 4-7 seconds
Rest: 3-4 minutes (1:2, 1:3)
Distance covered: 6-8 kilometers

Physical Fitness

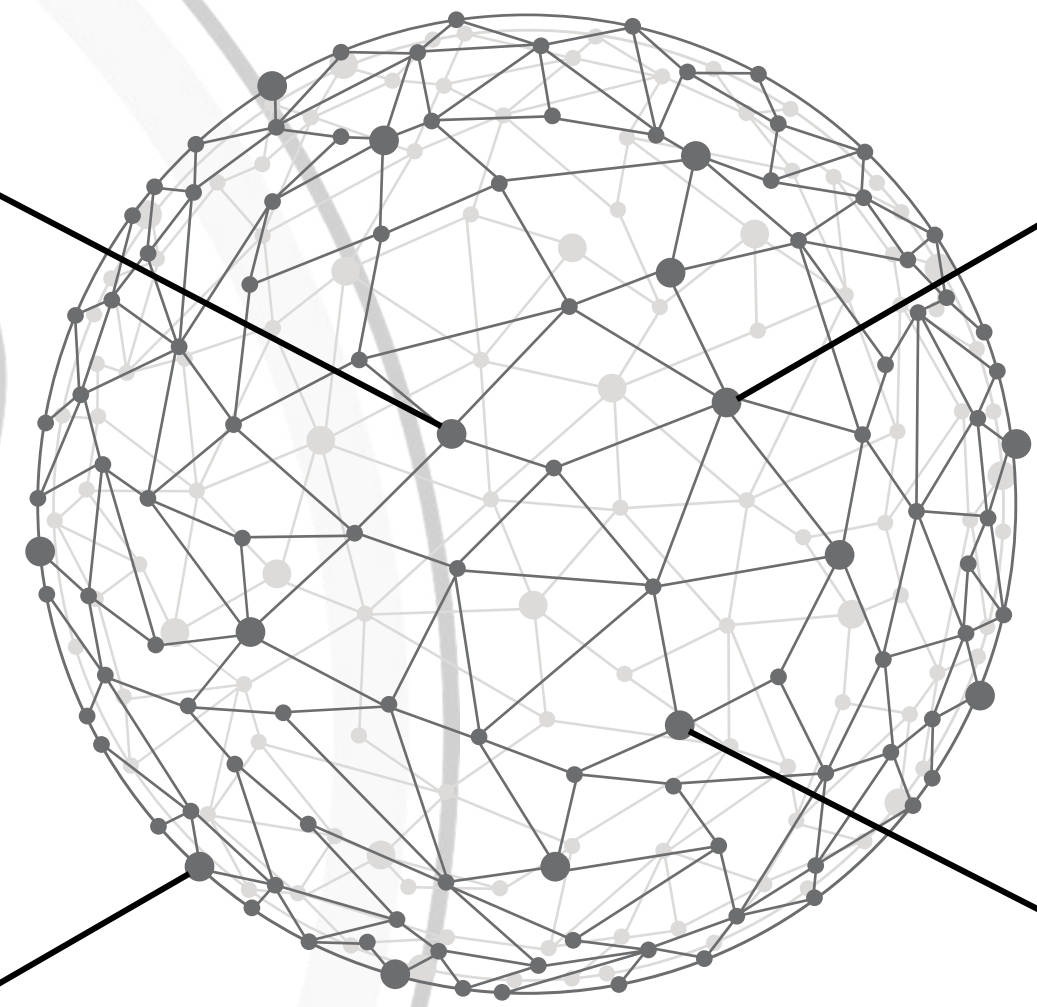
Endurance, Strength, Speed,
Joint mobility

Factors

Specific surface
Specific equipment
Specific movement patterns

Coordination Skills

Movement regulation
Movement adaptation, adjustment
Movement learning



Purpose of off-ice development



Functional

Ages 6-12. Movement development (natural, sport-specific)

Fitness

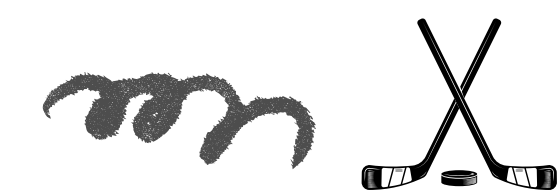
Ages 6-14. Development of conditioning abilities: basic endurance, foundational strength, work capacity.

Performance

Specialization from age 14. Supporting performance in ice hockey: specific endurance, specific strength.



Age-specific characteristics



YOUTH PHYSICAL DEVELOPMENT (YPD) MODEL FOR MALES																							
CHRONOLOGICAL AGE (YEARS)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+			
AGE PERIODS	EARLY CHILDHOOD			MIDDLE CHILDHOOD							ADOLESCENCE							ADULTHOOD					
GROWTH RATE	RAPID GROWTH			↔		STEADY GROWTH					↔		ADOLESCENT SPURT				↔		DECLINE IN GROWTH RATE				
MATURATIONAL STATUS	YEARS PRE-PHV										←		PHV		→		YEARS POST-PHV						
TRAINING ADAPTATION	PREDOMINANTLY NEURAL (AGE-RELATED)										↔		COMBINATION OF NEURAL AND HORMONAL (MATURITY-RELATED)										
PHYSICAL QUALITIES	FMS		FMS				FMS			FMS													
	SSS		SSS				SSS			SSS													
	Mobility		Mobility							Mobility													
	Agility		Agility							Agility				Agility									
	Speed		Speed							Speed				Speed									
	Power		Power							Power				Power									
	Strength		Strength							Strength				Strength									
	Hypertrophy										Hypertrophy		Hypertrophy							Hypertrophy			
	Endurance & MC		Endurance & MC									Endurance & MC				Endurance & MC							

YOUTH PHYSICAL DEVELOPMENT (YPD) MODEL FOR FEMALES																				
CHRONOLOGICAL AGE (YEARS)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+
AGE PERIODS	EARLY CHILDHOOD			MIDDLE CHILDHOOD					ADOLESCENCE								ADULTHOOD			
GROWTH RATE	RAPID GROWTH			↔ STEADY GROWTH ↔					↔ ADOLESCENT SPURT ↔				↔ DECLINE IN GROWTH RATE ↔							
MATURATIONAL STATUS	← YEARS PRE-PHV ←										PHV		→ YEARS POST-PHV →							
TRAINING ADAPTATION	PREDOMINANTLY NEURAL (AGE-RELATED)										↔ COMBINATION OF NEURAL AND HORMONAL (MATURITY-RELATED)									
PHYSICAL QUALITIES	FMS		FMS			FMS		FMS												
	SSS		SSS			SSS		SSS												
	Mobility		Mobility					Mobility												
	Agility		Agility					Agility					Agility							
	Speed		Speed					Speed					Speed							
	Power		Power					Power					Power							
	Strength		Strength					Strength					Strength							
	Hypertrophy					Hypertrophy		Hypertrophy								Hypertrophy				
	Endurance & MC		Endurance & MC					Endurance & MC					Endurance & MC							

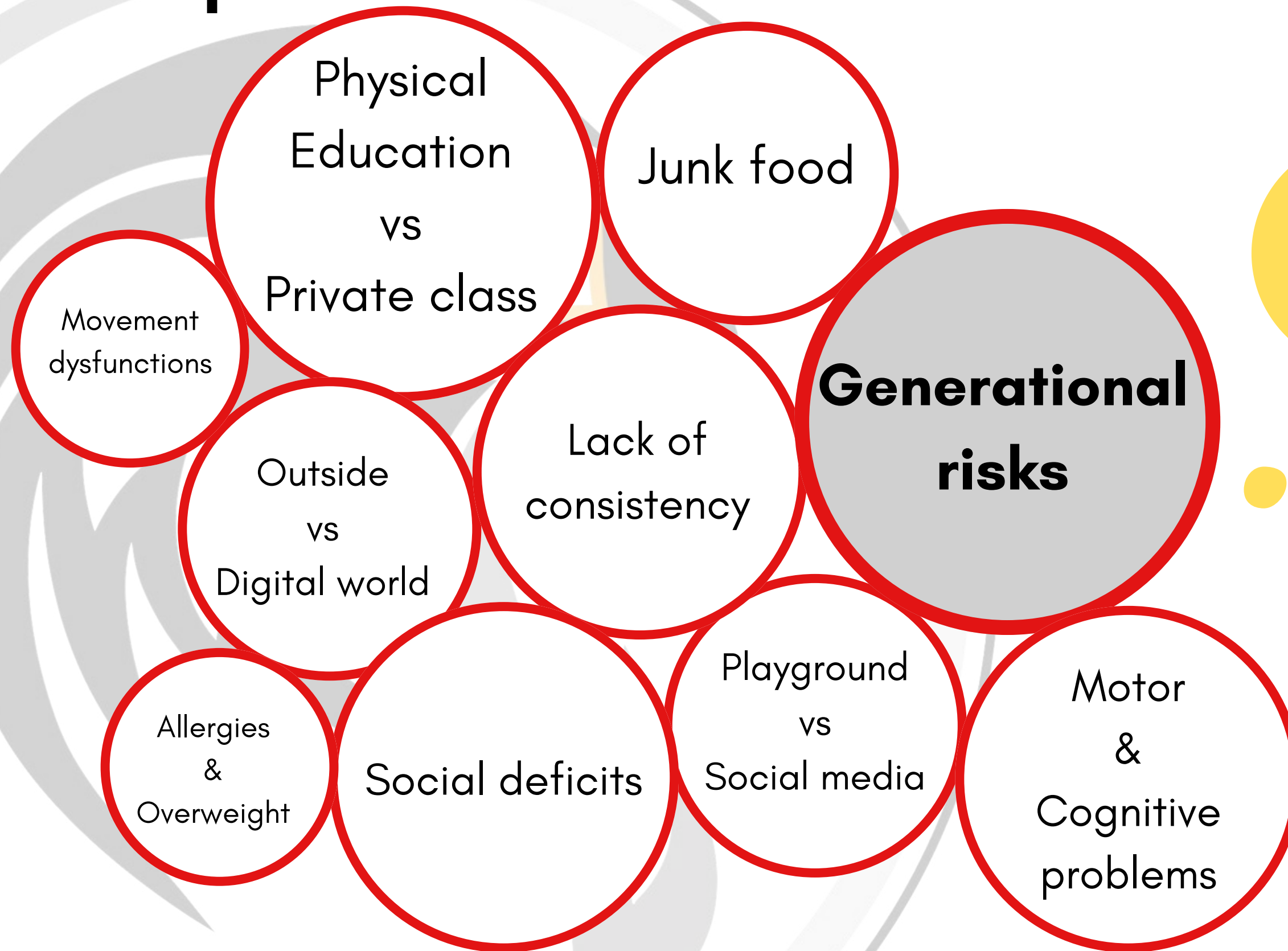
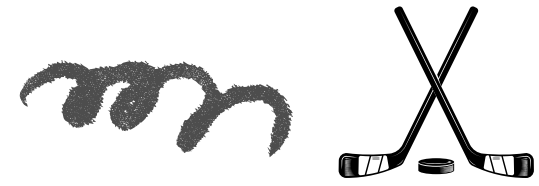
During childhood, especially during periods of continuous growth, the appropriate development of conditioning abilities is of paramount importance.



The improvement of physical attributes is largely of neural origin during this period; morphological changes are not yet significant as a result of training.



Factors obstructing motoric skill development



Welcome to Falcons Hockey



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FØLG OS PÅ VORES SOCIALE MEDIER



Copenhagen Falcons



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