

A large, stylized graphic of a falcon's head in shades of grey and white, with yellow and blue brushstrokes at the top left. The text is overlaid on this graphic.

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 playing for the Falcons

Help!
My child is a Falcon

Great player - Better person

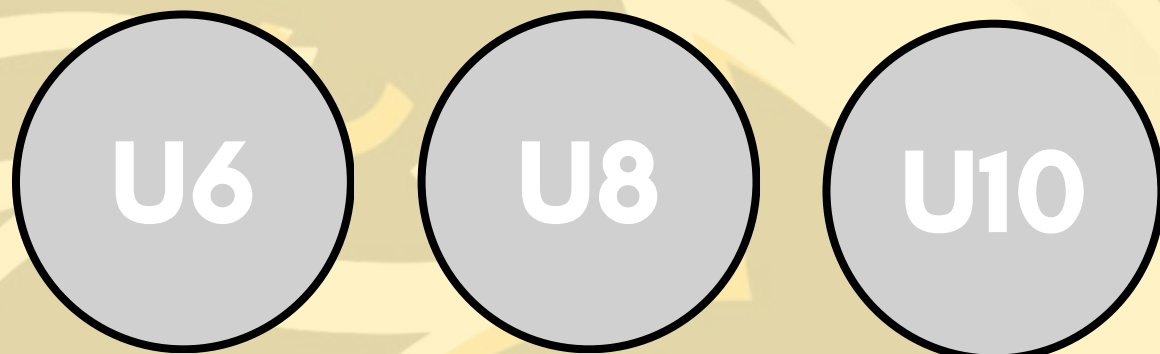


Age groups, training numbers, how much of what and when



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

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

U12

12

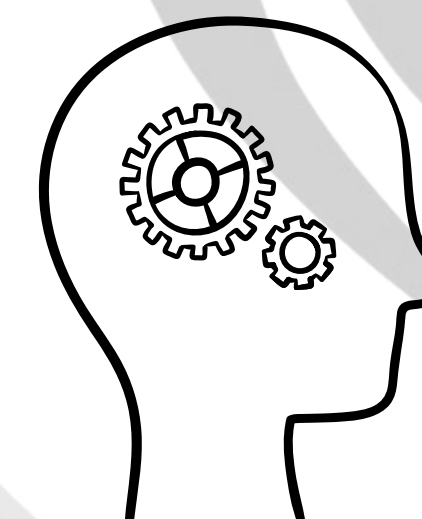
Falling in love with ice hockey as a sport

Pure intentions towards both school and sports

U14

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

U16

U18

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

14

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

18

Falling in love with victory

U21

+

PRO



Participants



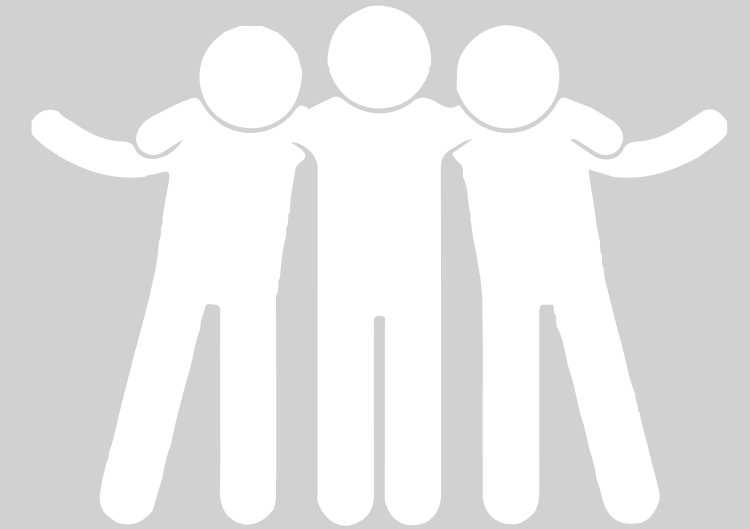
Parents - Family

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



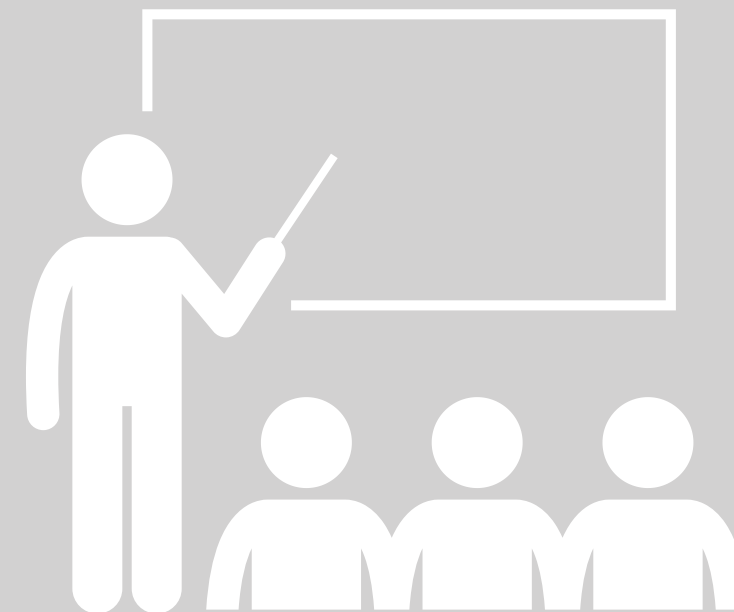
Teacher - School

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.



Teamwork

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



Discipline

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



Confidence

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



Communication

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



Persistency

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



Help!
My child is a Falcon

Great player - Better person



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

2-3x / week

3x / week

3x / 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

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

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

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



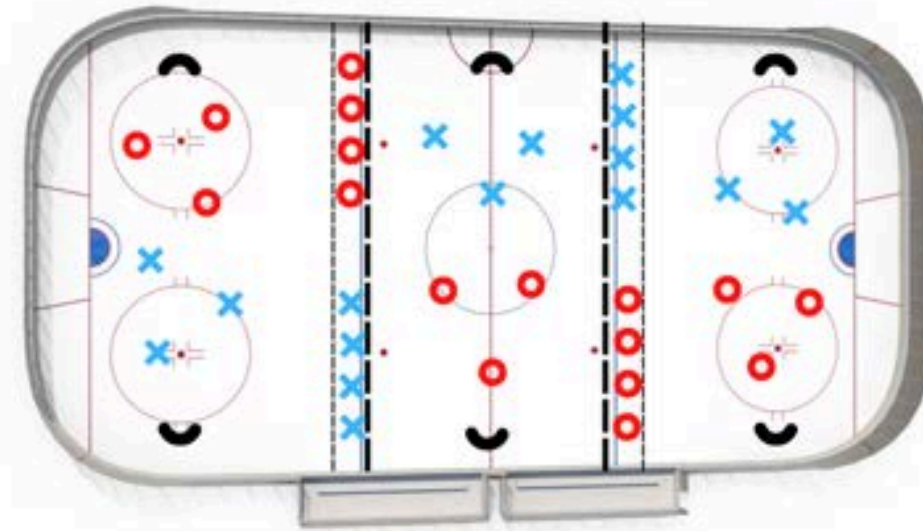
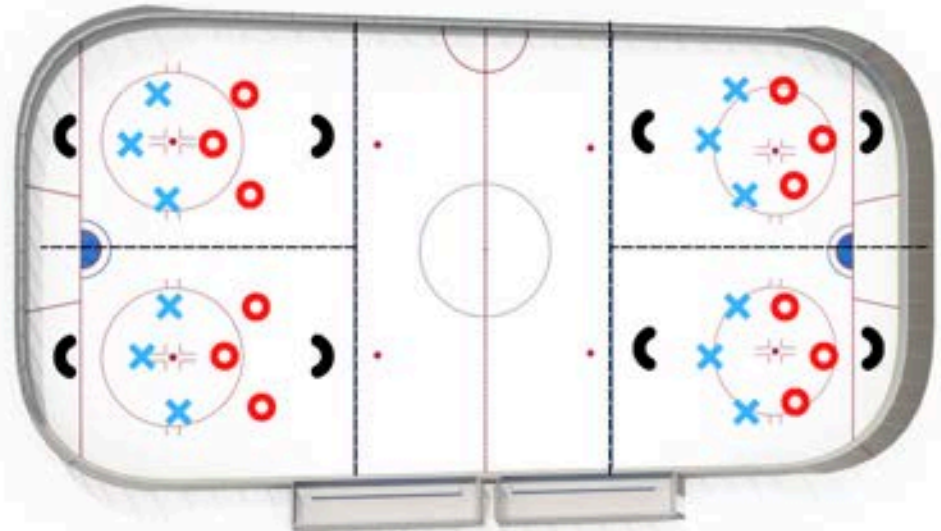
Game formats



Small areas provide more hockey actions for each player.

U8

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

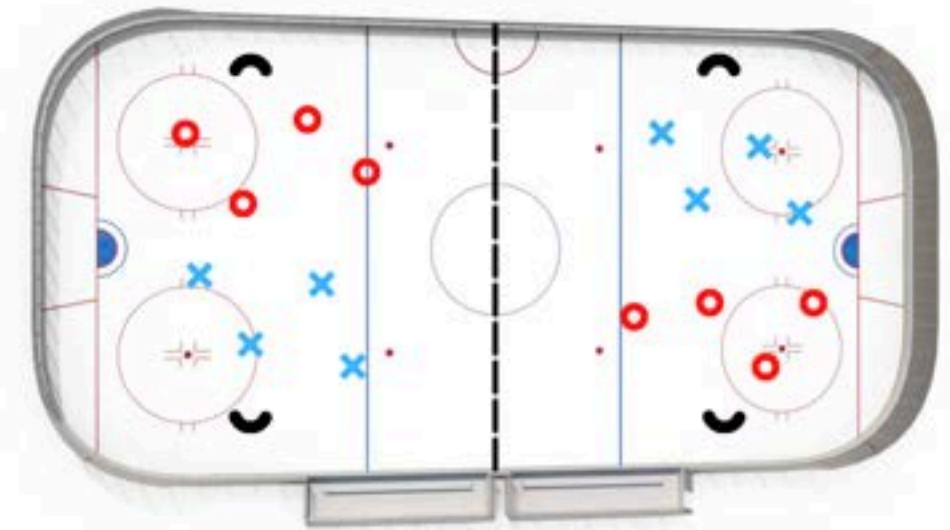


U10

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

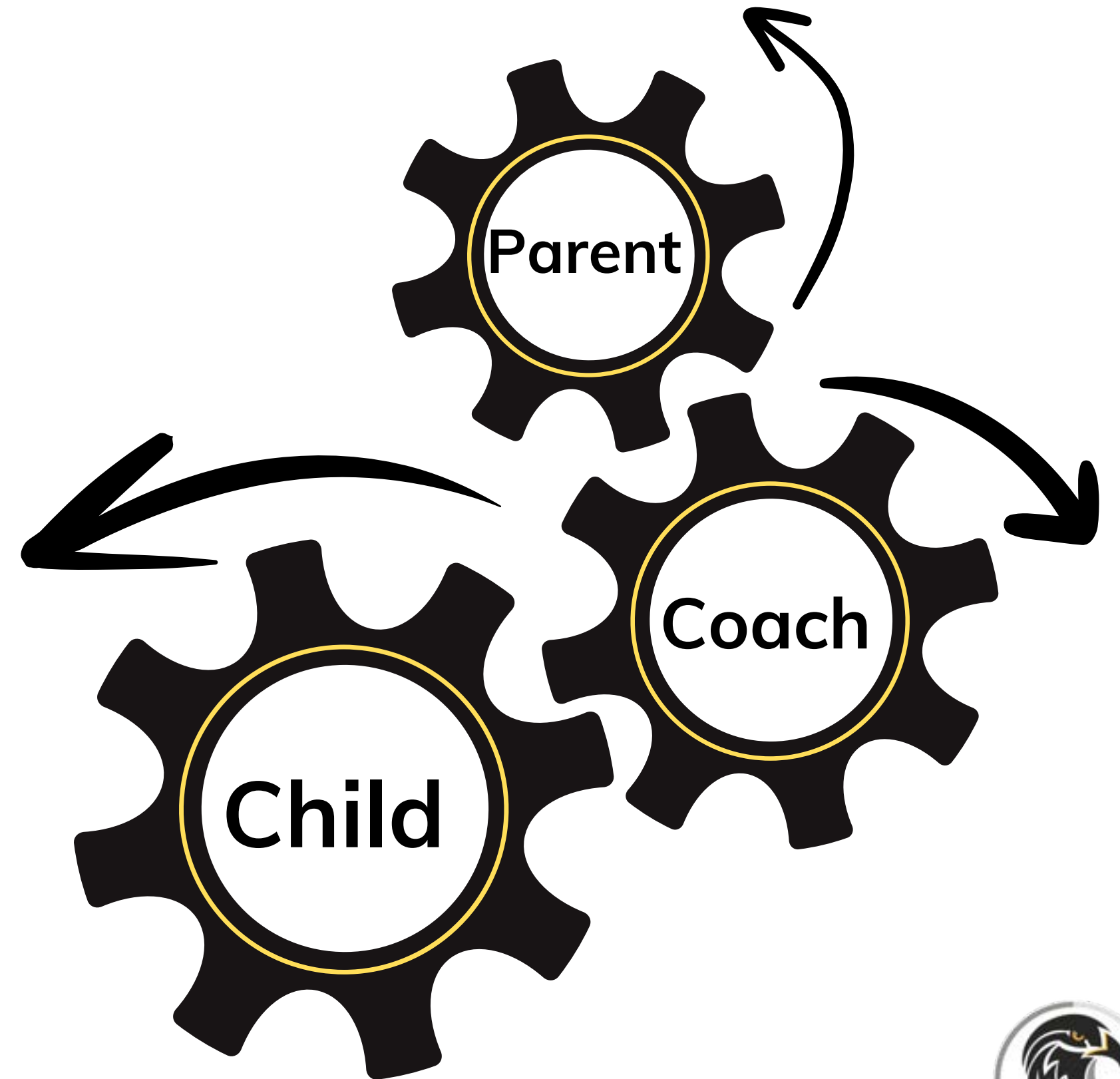
 Let the player be independent

 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

Help!
My child is a Falcon

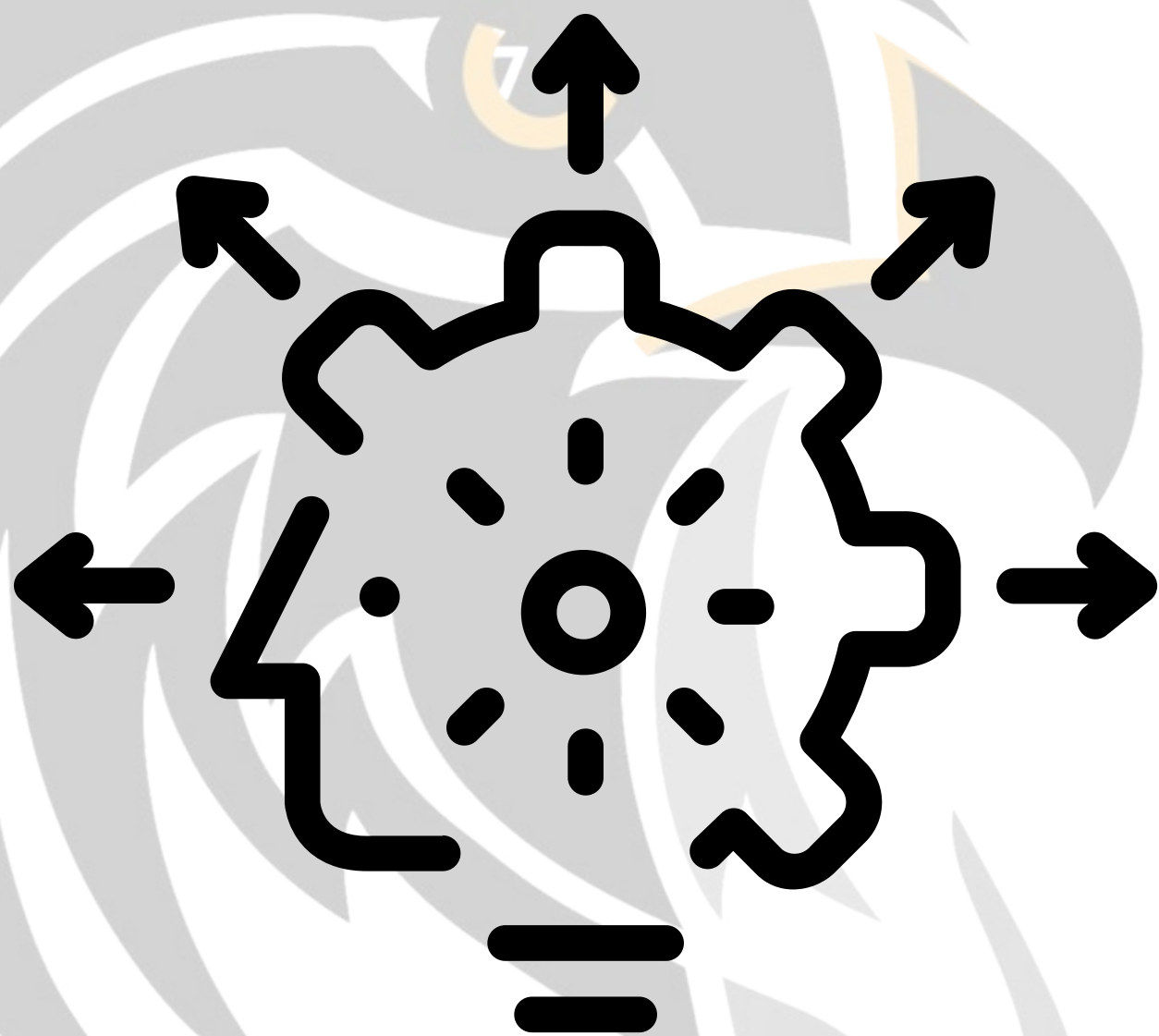
Great player - Better person



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

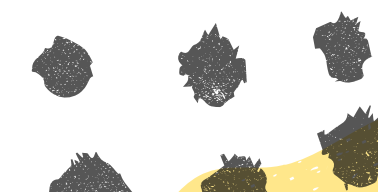
Everyone should try all positions, even goaltending

When should a player specialize?

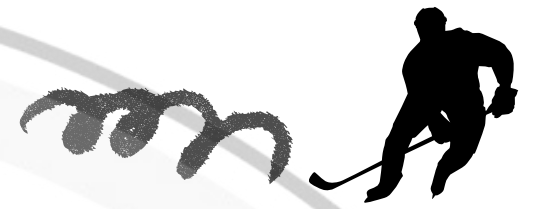
As a goalie its recommended at a U12 level,

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

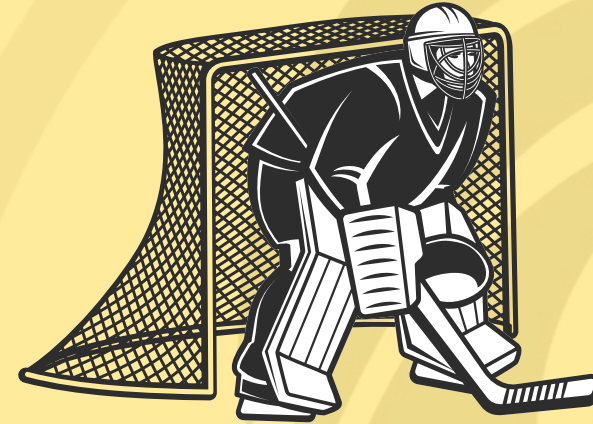


What are positions, when and why are they interesting to the child?



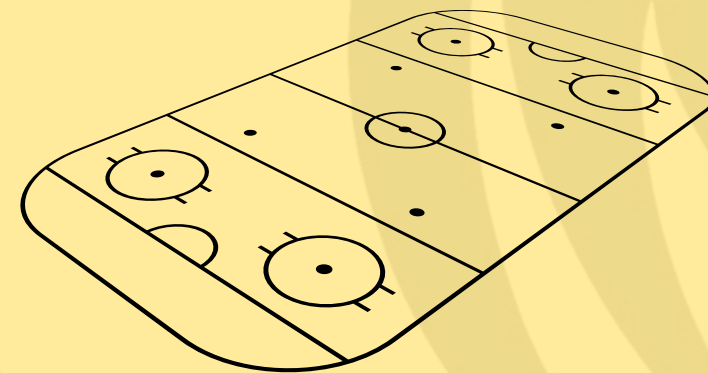
Goalkeeper

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)

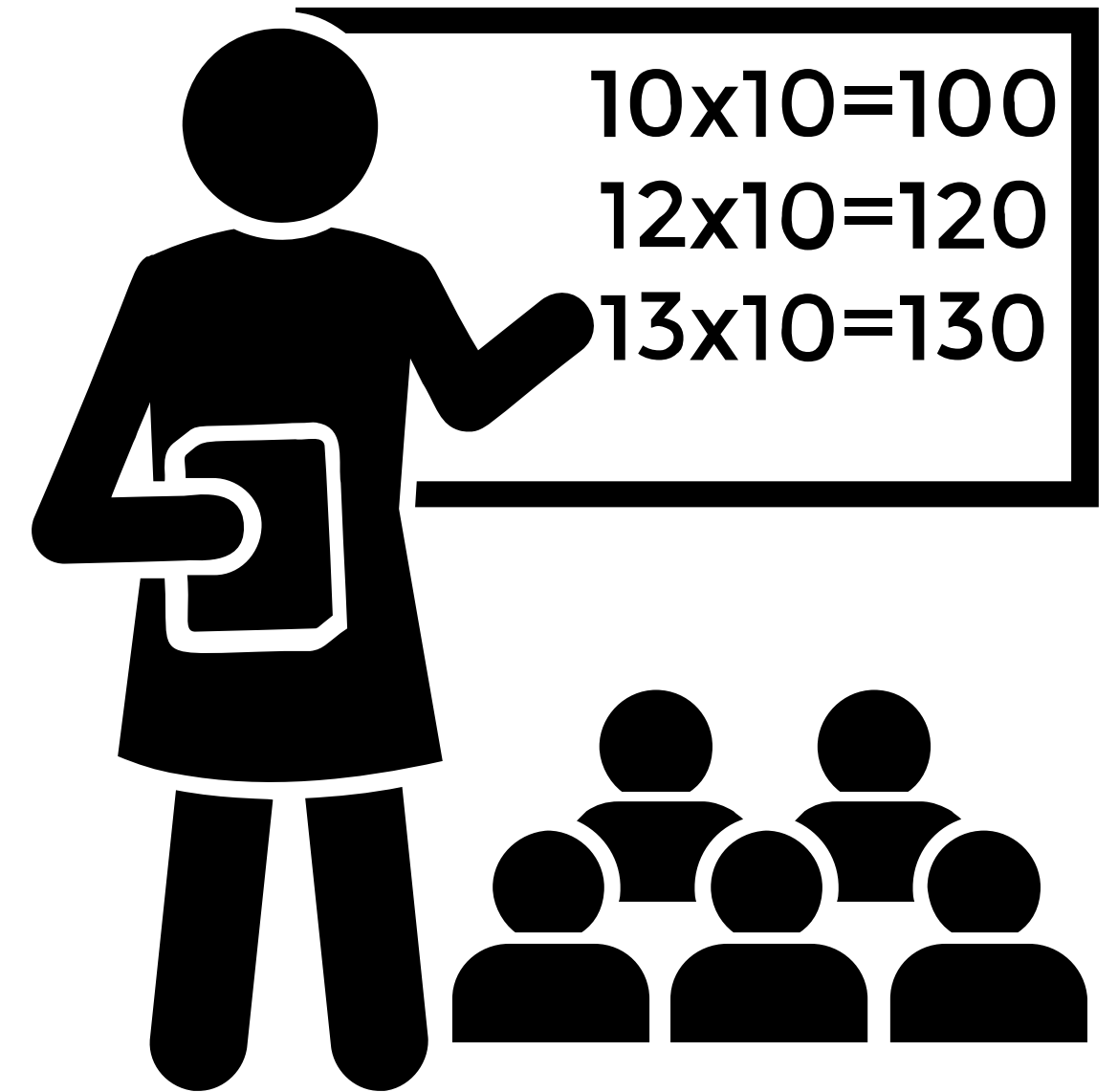


The relationship between education and hockey



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

Versatility, healthy physique, development,
prevention and performance

Help!
My child is a Falcon

Great player - Better person



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

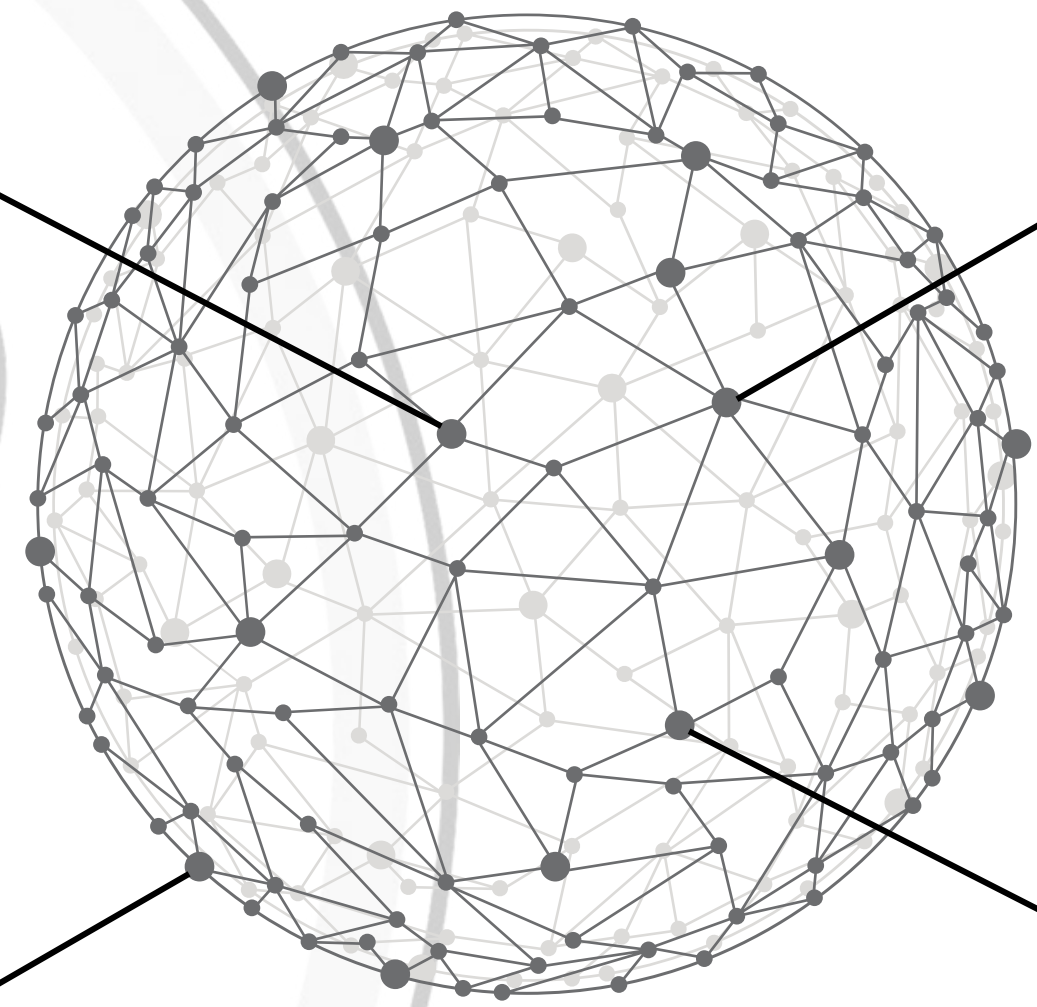
Endurance, Strength, Speed,
Joint mobility

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										

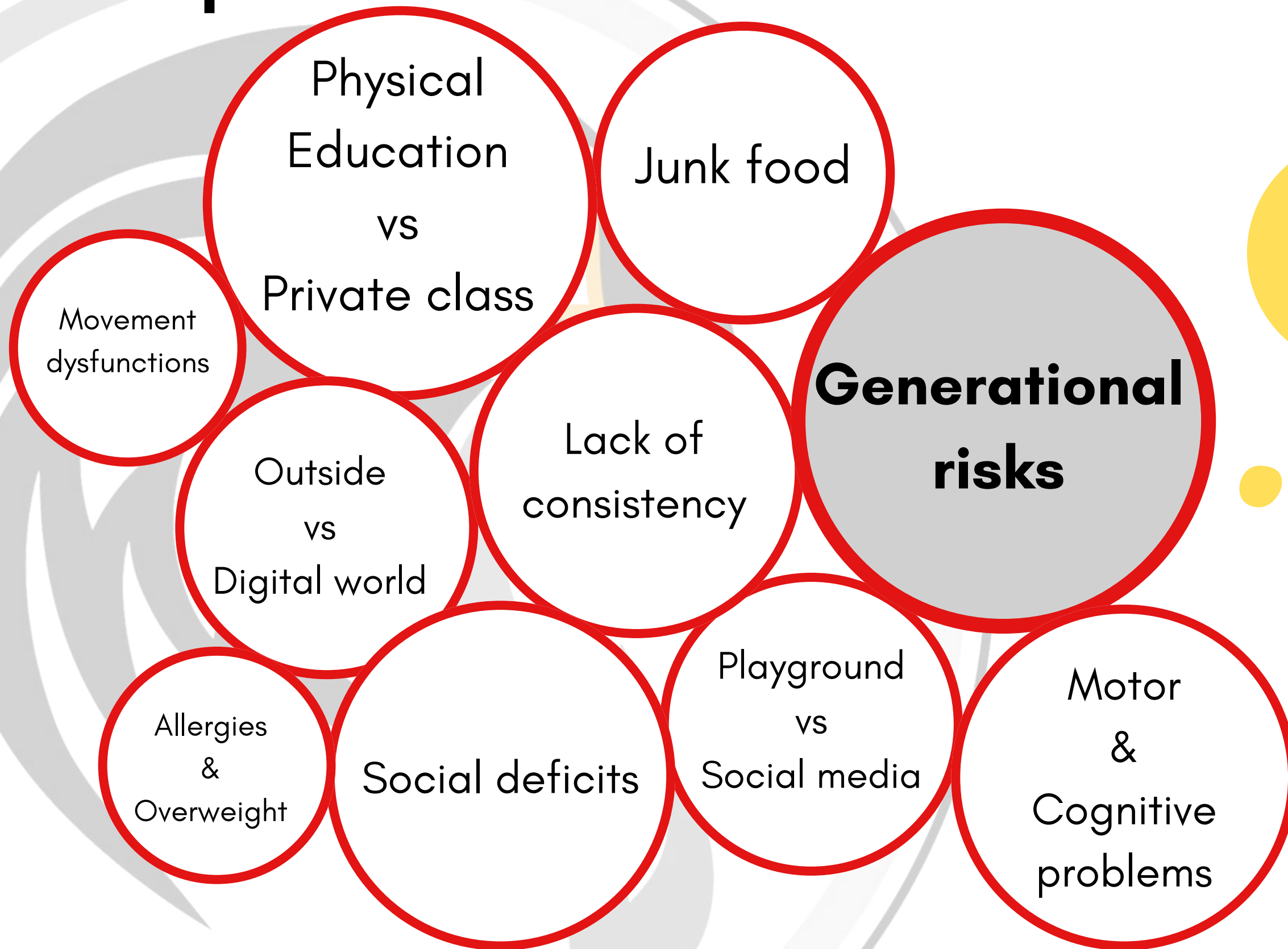
During childhood, especially during periods of continuous growth, the appropriate development of conditioning abilities is of paramount importance.



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



Copenhagen Falcons

Hannemanns Allé 14A+B,
2300 København S

Telefon: +45 30 74 96 90

E-mail: sponsor@copenhagenfalcons.dk

FØLG OS PÅ VORES SOCIALE MEDIER

 Copenhagen Falcons

 @copenhagen_falcons

 Copenhagen Falcons