Coaching in hockey has changed in direction from coach-centered coaching to player-centered coaching. Nowadays it is more holistic; it is not just coaching tactics and trying to win games at all costs. The way of thinking has changed; instead of the former “what does a team need” way of thinking, nowadays it is more important to ask, “What does an individual need?”

This thesis has been written for EPS Hockey E2-C2 juniors and E2-C2 coaches. The Executive Manager of EPS Hockey requested its completion, because EPS Hockey didn’t have a curriculum before this thesis. There were two main objectives; ice hockey and talent development and learning. Coaches must understand, that player development is a long-term project and ice hockey skills are just one part of development. Players need versatile skills to become a pro player. Although ice hockey skills development is important, coaches must also know how to fulfill players’ potential and what happens during maturation.

The goal of the thesis was to collect information and knowledge for EPS Hockey’s junior players and their coaches. To create a simple, easily understandable, and comprehensive handbook for long-term player development, it is expected to help young coaches understand coaching, and
also to help more experienced coaches update their hockey knowledge.

The thesis elaborates and analyzes: what kind of skills ice hockey players need, what is ice hockey as a game, what coaches need to maximize the youths' potential, and how the youth develop during ages nine to fourteen. The thesis and handbook gives a frame for coaches. It helps them to remember what things they should do and emphasize as a coach.

The information was collected inter alia from the Finnish Ice Hockey association, International and Finnish studies, and Professional Hockey Coaches. The information was put together so this thesis gives a comprehensive view of E2-C2-junior players.

The result is a simple, useful handbook for E2-C2-junior coaches. The handbook gives easily understandable advice to a coach. By following handbook’s tips and advice, EPS Hockey has a better chance to produce more quality players. There is a lot of research information in the sports world and there is no single way to correctly coach, but this thesis gives one good option to coach children and fulfill their potential.

Kokoelm

Degree Programme in Sports and Leisure Management

Samankaltainen aineisto

Näytetään aineisto, joilla on samankaltaisia nimekkeitä, tekijöitä tai asiasanoja.

USA Hockey body checking rule change: comparison of contact situations between 12U and 14U USA Hockey Nationals Tournament

Eskola, Pyry; Piispanen, Petrus (HAAGA-HELIA ammattikorkeakoulu, 2014)

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