

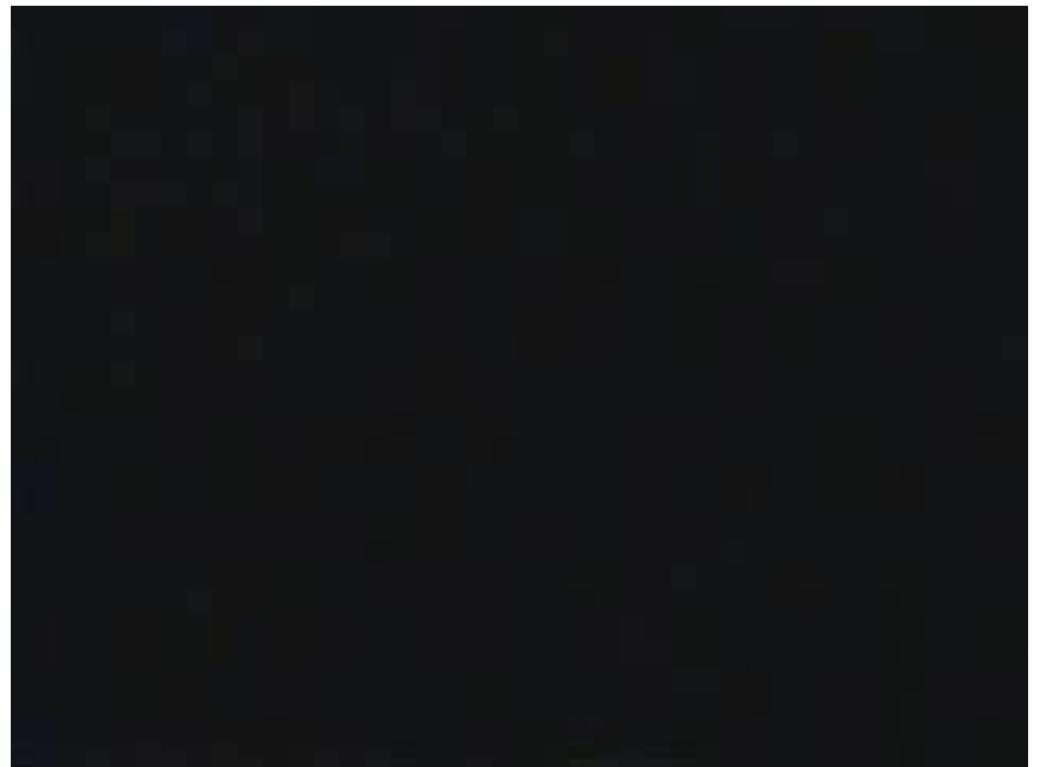
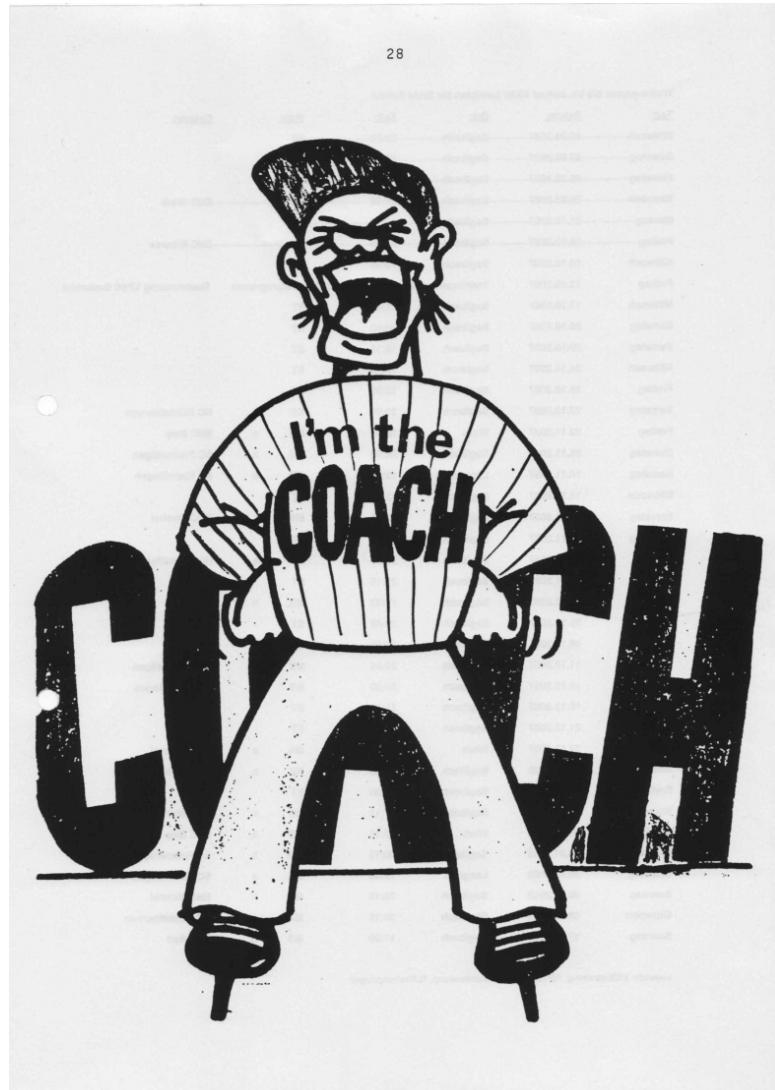


BEST PRACTICE EINFÜHRUNG

Markus Graf, 8.7.16

BEST PRACTICE

"Time out"



"TEACH THEM TO LOVE THE GAME"

Wayne Halliwell, Mentaltrainer Montreal Canadiens

"LEHRE SIE DAS SPIEL ZU LIEBEN"

INTRO

"Vorbilder wecken Träume"



Quelle: EVZ mit Saison 2007/08



TRAININGSPHILOSOPHIEN

Sehr viel ist eine Frage der Emotionen



- LEHRE SIE DAS SPIEL ZU LIEBEN - Ist dies möglich und wie?
 - Vorbild sein / Atmosphäre schaffen / Leidenschaft leben
 - Vorbilder sprechen lassen
- Wir Trainer haben viele Möglichkeiten die Leidenschaft zu wecken, aber auch viele Gelegenheiten, das Gegenteil zu säen:
 - Frustration / Enttäuschung / Erniedrigung sind die Indikatoren, den Sport als Pflicht und Druck zu empfinden
- Kontrollfragen eines jeden Trainers nach einer Einheit mit dem Athleten
 - Habe ich von jedem ein Lachen gesehen?
 - Fragen Sie nach der nächsten Gelegenheit?
 - Was werden sie am Familientisch über die absolvierte Aktivität (Training / Spiel) erzählen?
 - Würden sie einen Kameraden zur nächsten Aktivität mitnehmen?
 - Hat jeder etwas dazugelernt?
 - Habe ich den Menschen in seinem Herzen / Seele "berühren" können?
- Beispiel: Spieler sagen ...

- i have training	-> Muss	ich muss ins Training
- i want to go to training	-> Wille	ich gehe ins Training
- I get to training	-> Wunsch	ich bekomme Training

MATCHNAHE SPIELE SIND GLEICH HARTE ARBEIT WIE DRILLS

- MEHR VERANTWORTUNG**
- SPIELER MÜSSEN DENKEN**
- KREATIV MIT BALL ODER SCHEIBE**
- TIMING ENTWICKELT SICH**

KORREKTUR: JA, ABER NICHT STRAFEN

Studie Trainerbildung

Erfolgskriterien



Table 1. Top 10 success factors of U. S. Olympians from 1984-98.

Rank	Success Factors	Frequency	Relative Percentage*
1	Dedication and Persistence	441	58.1%
2	Support of Family and Friends	395	52.0%
3	Excellent Coaches	375	49.4%
4	Love of sport	206	27.1%
5	Excellent Training Programs and Facilities	169	22.3%
6	Natural Talent	166	21.9%
7	Competitiveness	114	15.0%
8	Focus	99	13.0%
9	Work Ethic	88	11.6%
10	Financial Support	87	11.5%
TOP 10 Total		2140	
Other Non-Categorized Responses		1038	
Total Number of Responses		3178	

Quelle: Reflecsions on Success

Studie Trainerbildung



MIssErfolgskriterien

Table 2. Top 10 obstacles of U.S. Olympians from 1984-98.

Rank	Obstacles	Frequency	Relative Percentage*
1	Lack of Financial Support	401	53.0%
2	Conflict with Roles in Life	253	33.5%
3	Lack of Coaching Expertise or Support	222	29.4%
4	Lack of Support from USOC and NGB	166	22.0%
5	Mental Obstacles	164	21.7%
6	Lack of Training/Competition Opportunities	150	19.8%
7	Medical Problems	150	19.8%
8	Lack of Social Support	85	11.2%
9	Physical Limitations	59	7.8%
10	Failure	49	6.5%
TOP 10 Total		1699	
Other Non-Categorized Responses		954	
Total Number of Responses		2653	

Quelle: Reflecsions on Success , S. 14

Studie Trainerbildung

Was schätzen Athleten an Trainern?

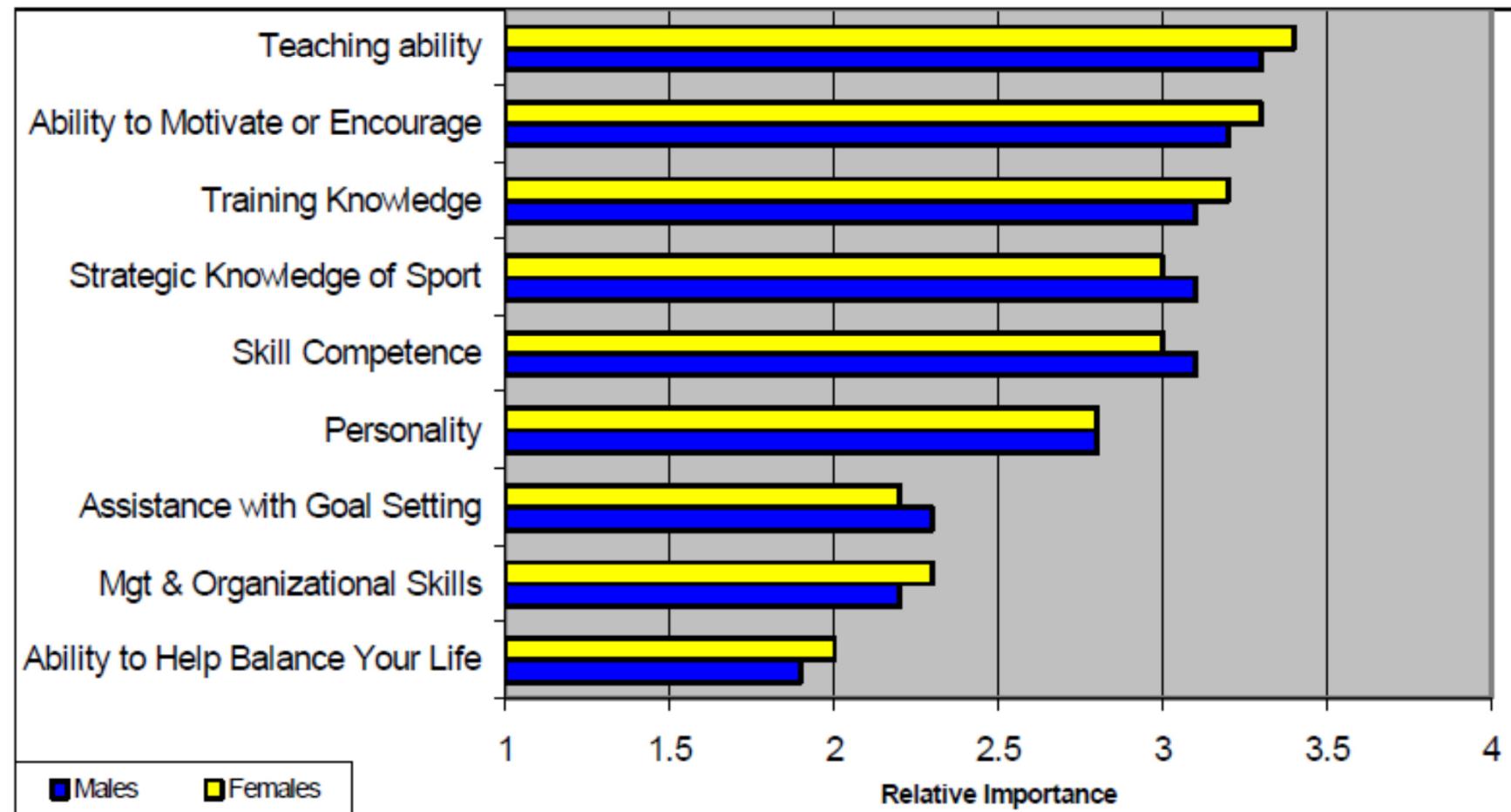


Figure 27. Important qualities of a coach for male and female Olympians.

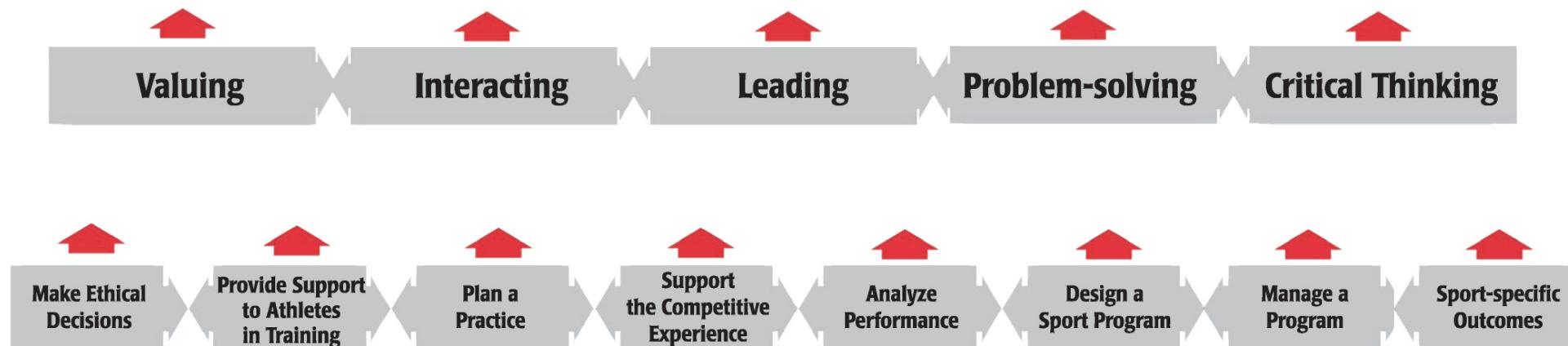
Quelle: Path to Excellence, S. 45

Trainerbildung

Die fünf Kernkompetenzen des Trainers



The five core competencies are made concrete through specific coaching outcomes.



WAS IST DAS ZIEL?

Talentenwicklung



WAS IST DAS ZIEL?



Soziale
Kontakte | Erlebnisse



WAS IST DAS ZIEL?



Das Spiel erfahren I erleben



BEST PRACTICE

Warum trainieren Wir ?



"The Greatest Quest in Life is to reach one's potential."

Mychal Wynn

Die spannendste Herausforderung im Leben ist sein eigenes Potential zu entdecken, resp. zu erreichen

J. Walker



WAS IST DAS ZIEL?

Glen Hanlon, ex Nationaltrainer



"We go to the a tournament to handle the pressure mentally and physically as well tactically to challenge us that's fun"



BEST PRACTICE

Aus dem Ausland...



- In the words of Allen Iverson, **when it comes to skill development we are definitely talkin' about practice. Not a game.**

- **When it comes to skill development**, especially at the younger age levels, the best way to improve is not by playing more games than an NHLer, but through station-based practices.
The number of puck touches and constant activity that take place in a well-run 50-minute practice far outweigh what transpires in a game.
“One properly-run practice is the equivalent of 11 games when it comes to puck touches,” says ADM Regional Manager Ty Hennes.

- At the Olympic level, observers followed superstars like Joe Sakic and Mike Modano, who averaged **1 minute and 7 seconds with the puck**.

BEST PRACTICE

Aus dem Ausland...



- ➊ On the other hand, a well-run **station-based practice** keeps kids moving and working on their skills. There are more puck touches and more for players to work on their skills. In short, there's more of everything, including more fun.

- ➋ Add to the mix small-area games, which work on vital skills in confined spaces that require players to think and act quicker, and you have the makings of a winning formula.

- ➌ “One of the **fastest ways** to make a kid lose the passion for anything is not getting them involved”, says two-time Olympian Guy Gosselin.

BEST PRACTICE

Aus dem Ausland



- USA Hockey recommends a ratio 3:1 practice / game.
- “Unfortunately, most people look at practice like it’s something that you have to do rather than embracing it as a quality experience” Grillo says.
- “The challenge is one where we have to make sure that we’re creating practices that are not only providing players with the quality repetitions, but they’re having fun doing it.”

**PRACTICE FOR LITTLE KIDS SHOULDN'T BE
LIKE EATING BROCCOLI
BUT MORE LIKE
EATING PIZZA.”**