

# Training Hockey

How to do drills

Heidelberg Germany 2010



“If I give you fish today, you have food for the day.  
If I teach you to fish, you have food for the rest of your life”

Chinese proverb

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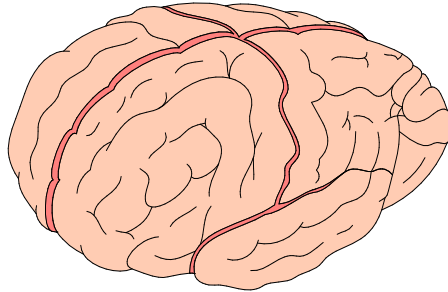


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# How to do drills on the basis of brain development



## Left side

### **Awareness is trained**

The left side is deemed to contain

Mathematical

Logic

Right and wrong

Analytical ability

Structurally thinking

Doing by learning

## Right side

### **Unconscious learning**

The right side is deemed to contain

Creativity

Imagination ability

Just do it

Feeling

Intuition

Learning by doing

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# What is the players susceptible to

Aspects to take into account the exercise.

Development of:

- Brain age, Learning by doing or doing by learning.
- Neurologic, Motor skills (technical training), frequency.
- The vision, Views (cognition), splitvision.
- Muscles, Strength and Bodycontrol.
- Mental, social, I and others.
- More factors?

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# Keep the development under control

Why is Mr Leonil Messi in Barcelona so good at football?

[http://www.youtube.com/watch?v=eV\\_T\\_0x6pDU](http://www.youtube.com/watch?v=eV_T_0x6pDU)

Talent development

- Confidence to try to do what you believe is best
- Control of what's right to do and how to do it, in the movie by looking at the oponents and teammates moves
- Discipline to do in practice what you know is right, to improve yourself
- Ability to analyze why things are going well or poorly on the tests (practise or game), without prejudice to the self-confidence

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# Exercis to do exercises

Different drills to devlop new "Mr Messis"

You will find the text of these drills in the compendium that explains this speech a bit deeper.

- A) Protecting the puck and find a way to score
- B) Where are my players, where are the opponents?
- C) High Traffic, watch out!

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# Thank you!

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