

Skautafélag Reykjavíkur policy

With this policy document Skautafélag Reykjavíkur aims to specify the goals, methods and visions that guide the short -and long-term work within the club. This document is divided in to two parts. The more general part, which concerns the main themes and moral values that SR stands for, is presented first. There after a more specified part will be introduced. This second part clarifies the ice hockey specific issues, methods and guidelines that we work with in different age groups.

With this document we aim to clarify what we do, how we do it and why we work the way we do. A clear and realistic policy document is vital and should exist in every club. This document will give us more structure and tools for the development for our hockey program at all levels in the club.

Part one;

Chapter one: What moral values and general attitudes do we stand for?

As the school system, even sports provide an environment for both mental and physical education for our young active players. This is one of the main themes that we in SR value. In other words, the activity we provide has as a goal to educate every individual within the club both physically and mentally. The values and attitudes that the coaching staff represents in our everyday activities will have a long-lasting effect on the players.

Due to this factor SR priorities even the development of our coaches within the club. It is highly important that the leaders and coaches within the club have knowledge of the basic fundamentals of child development both on a physical and on a mental level.

Ice hockey is not only a leisure activity, but also an environment for education both on and off the ice. This education will have long-lasting effects on the players involved and therefore we in SR value the following moral values and attitudes:

- Every child and teenager should be provided with a safe and positive environment to play, learn and develop in at all times during his/her stay in the activities of SR.
- Bullying, teasing or other negative behavior will be dealt with immediately and will lead to consequences. (this is explained in more detail in the chapter ; rules and regulations)
- All negative remarks or comments towards any individual such as other players in SR or another team, leaders and coaches, referees etc. will be dealt with immediately.

- Coaches are leading with example, thus they shall always spread positive attitude and always help and support players during practices and games.
- Players are not discriminated during practices or other time within the SR program.
- Every player within the younger teams (4th flokkur and younger) shall receive approximately the same amount of playing time.
- Certain grouping can be made within large groups to avoid a negative development in the individuals learning process. It is natural that individuals differ (up to five years) in their physical and mental development in their early youth. Due to this we want to give all the individuals the right environment to develop in according to his/her needs.
- Players shall learn the game but also the importance of respect, friendship and how to function in a group.
- We want to provide an environment there we prioritizes open and honest dialogue between the SR members.

Part one;

Chapter two: Rules and regulations

In this second chapter we want to explain the main rules within the hockey program and also around the daily activity at the rink. We want that everybody attending to our hockey/skating school program can feel security during the time spent within the program. Due to this we want to clarify some main rules for everyone attending SR –program.

- Bullying, teasing and negative behavior towards ANY other individual during the activities provided by SR will have consequences. This means that the individual behaving negatively can be removed from the program for a certain

amount of time (from 1 week up to months). Every situation will be dealt individually.

- Parents are not to interfere with any ice hockey related issues (such as line formations, practices etc.) Any other issues concerning the child/teen shall be discussed respectfully between coaches or board members and parents.
- Players are responsible for looking after their own gear and coaches or team leaders are responsible of maintaining the locker rooms clean after every game or practice. (They are not actually doing the cleaning but supervising that each player in the team contributes to a clean environment).
- As the hallway on SR side of the rink is very crowded, parents from 4th flokkur and up are not allowed in the hallway during games and practices. This is also a matter of taking the step towards standing on “your own two feet”. This rule can be bent at certain specific occasions, but parents will need the permission of the head coach in order to enter the hallway. (For example in the beginning of the season when the players might need help with different organizational issues such as equipment boxes etc.)
- Parents with players in 5th flokkur and younger are welcome to assist their child/children before and after practices in the locker room and hallway.
- Hygiene is extremely important in sports. This is why we suggest that every single player showers immediately after a practice.
- A team leader and/or coach shall be available for the players in 4th flokkur and younger in the locker rooms during and after practices and games.

Part two: hockey specific goals and methods in different age groups.

Skautafélag Reykjavíkur's goals for the hockey program in a nutshell:

- Development takes place in different, well planned steps
- We want our players to become good individuals with healthy self-image
- We want our players to be good friends with an respectful attitude towards co-players and other individuals
- We teach our players to play powerful, straightforward, fast and skilled ice hockey with fair play attitude at all skill levels
- We teach our players to play for the club, for each other and for themselves all in a good balance.

Hockey education as any education or development takes place in different steps. There are some underlying knowledge, skills and know how's that one must learn in order to take the next step. In this part we will clarify the MAIN goals and skills that are vital for all of the players in specified age groups. All individuals are different and learn at a different pace and this is something that the coaching staff has to acknowledge. Still some fundamental guidelines are vital in order to create a strong structure for the education within the club with a long term perspective. The guidelines are divided into five groups as follows:

Age 0-8 - Play and learn

Age 8-10 – Play and technique

Age 10-12 – Play and advanced technique

Age 12-14 – Advanced individual skills and understanding the game

Age 14-16 – understanding the game, roles and individual skills

Age 16 and up – Team tactics, individual roles and details

Age 0-8 - Play and learn

The main goal in this age group is to focus on offering the children a good, safe environment to spend time and learn how to get along with other children. It is also a time for playing and learning by doing itself with skates on. No effort is put in to specific technique training, but instead on spontaneous learning through physical activities on the ice. The coaching staff's main goal is to provide fun activity on the ice. The main goal is therefore to have fun, play and learn, thus spontaneously getting used to a hockey player's most important tools, in other words the skates.

Age 8-10 - Play and technique

The ages 8-10 are often called for the golden years of learning. By this it is meant that during this period you set up the most vital individual skills. Throughout this time period individuals learn quickly and develop a "blueprint" for the physical development in the future.

As the children now have gotten used to moving on the ice with a pair of skates, we will take the next step. An important ingredient in this age group is also learning by doing, though after more specific instructions from the coach than before. It is important that the coaches teach the children the importance of listening, watching and asking for guidance. The coaching staff is responsible for creating a good atmosphere where every child is taken into account and listened to. Most of the ice activity should still remain spontaneous without too many restrictions. Children should be guided to play and learn through fun activity and after individual needs

with the freedom to be spontaneous and creative. The main goal is to teach the children right skating technique, stick handling and basic rules of the game. This should be taught through playful drills and with different methods of instructing, thus showing, talking and drawing – and instructing by example. The game RESULTS should be given little attention and instead focusing on other dimensions of game and practices.

Age 10-12 – Play and advanced technique

Within this age group we continue to focus on the individual technique development. The coaches will coach the individuals after more specific instructions, thus more concentration is required from the players. The importance of simple theory about the game itself should be added in the older ages within this age group. Theory should take place in the natural environment of the game, in other words during, before and after games and practices. Main focus lies though on developing individual skills. In this age group a higher level of discipline is required from the players in order to follow instructions. After this age level, the players should be able to take the next step towards more detailed technique training and most of all to have the required skills to participate in a meaningful training of game specific momentums.

Age 12-14 – Advanced individual skills and understanding the game

In this age group the importance of following instruction, listening, discipline both on and off the ice becomes high priority. During this period we want to educate our

players towards good team players without forgetting the individuals within the team. An individual development is also high priority but the individuals must acknowledge the importance of discipline and rules within the team. The goal with this is that these individuals can become strong team players in the older ages and therefore guarantee the positive development of our senior team program. In this age group we will continue focusing on the individual development physically but add even the mental part. With this we mean that the players, mainly in the older players within the group, start “thinking hockey” and using and developing their individual skills according to that.

Age 14-16 – understanding the game, roles and individual skills

When the players reach the age 14 and up they should have most of the basic individual skills learned in a way that these skills can be strengthened by adding more details and most of all speed into the training. We want to teach our players fast, powerful and skillful ice hockey. Fast ice hockey doesn't always mean that all the players should be the fastest skaters. With fast hockey we mean hockey that is played with fast thinking players, players who know what and why they act the way they do on the ice. In the younger groups in this age level the understanding why we should play the way we do is the first step. Not only knowing what to do but actually being able to do it is the next. This is a combination between well learned individual skills and the mental skills, the understanding of the game. At this level we want to continue developing the individual skills but also to teach the players different roles and details within the game. More focus on the theoretical part will be put both on and off the ice.

Age 16 and up – Team tactics, individual roles and details

The age group 16 and up we call the time for development into our senior team program. By this we mean that individuals in SR are educated after more specific roles in the team. This doesn't mean that the individual's personal development is somehow forgotten, instead vice versa. Many, not all, players have by this time developed their own individual style, strengths and weaknesses. During the first years before taking the step into the senior team, we will still focus on strengthening player's weaknesses but also focus on the strengths they already have. We emphasize these strengths by giving the players more specific roles in the team. Of course a major goal is also to give the players the time to develop all around. Team tactics is big part of educating our players and this is where more specified roles will give us a stronger structure to work with. A strong team spirit, discipline and hard working attitude are the main attitudes we strive for.

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Ice hockey - Policy Document

