

Compete level



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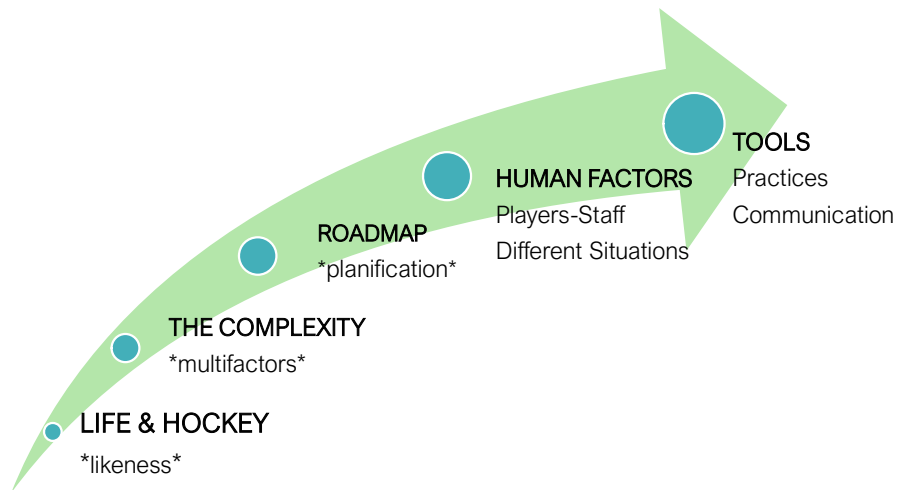
WHERE TO START?

COMPETE LEVEL CHEMISTRY



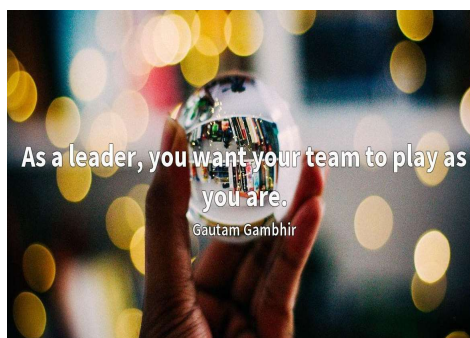
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THE GOAL: EFFICIENT & CONSISTENT COMPETE LEVEL



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AS COACH AND PERSONTHE 3 STEPS I DID



My personal relationship with
the world & world of competition



What is my dream
hockey



Planification
Decision making

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LIFE-EVOLUTION & HOCKEY... THE SAME FIGHT

LIFE

- FIGHT FOR A WOMAN
- TALK, EXCHANGES WITH OTHERS
- FAMILY, ETHNIC GROUP
- ILLNESS – ADVERSITY
- TEACHER, BOSS, WIFE
- EDUCATION - SCHOOL - RELIGIONS - CONDUCT

ATTACK

LANGUAGE

SPECIES

SELECTION

HIERACHY

VALUES

HOCKEY

- CONQUERE
- COMMUNICATION – BODY LANGUAGE
- FRANCHISE , CLUB, TEAM
- WIN A BATTLE , MAKE THE TEAM
- COACH
- RULES-SYSTEM-PLANIFICATION

COMPETITION: THE LEVEL IS DIFFERENT

INBORN TRAIT, IMPOSED BY LIFE EVENTS OR THE SOCIETY

COMPETITION & COOPERATION & PLANIFICATION & COMMUNICATION

Battle

Team

Roadmap

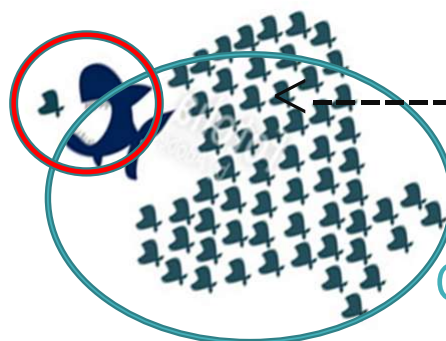
Solutions to

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LIFE EXPERIENCES IMPACT

*Competition and Cooperation are opposite BUT mixed together are efficient: *against* vs *with**

competition

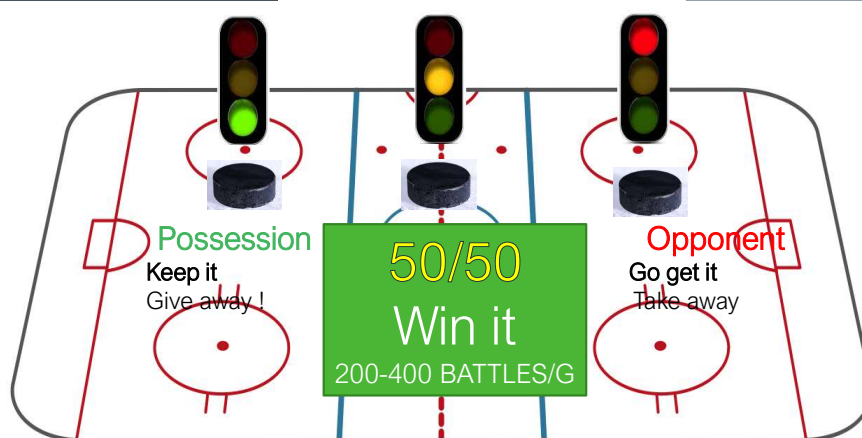


TEAM

cooperation

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3 BASIC HOCKEY SITUATIONS



ICE HOCKEY: A COOPERATIVE EFFORT TO FIGHT-RACE FOR THE PUCK OR CONQUER-DEFEND-COMPRESS A TERRITORY

IT IS NOT ABOUT **SYSTEM** BUT HOW INTENSE&EFFECTIVE **WE PLAY THE SYSTEM**

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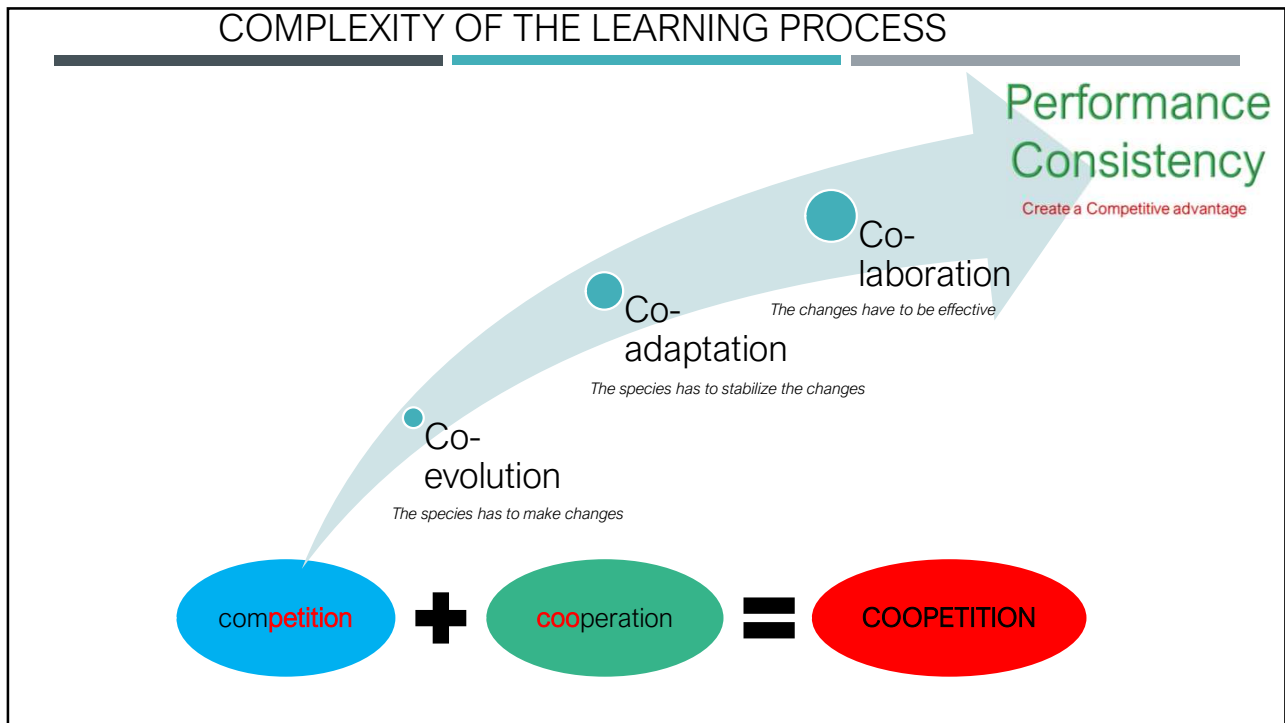
50-50 BATTLES: KEYFACTOR

THE SUM ADDING BATTLES PER PLAYERS, GAMES, SEASONS?

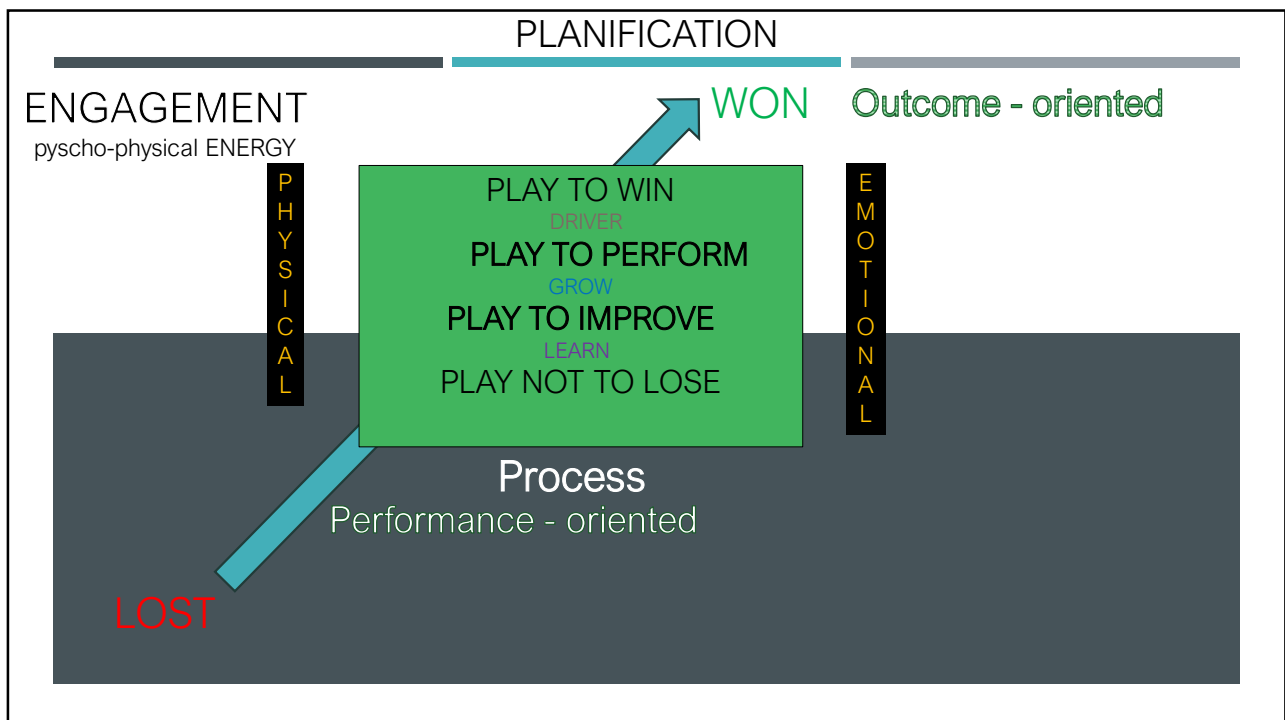


- 200-400 battles per game (x 50games RS)
- Team: 20'000 battles
- >15-20 battles per player/game
- ✓ FO
- ✓ 1 on 1
- ✓ Race for loose pucks
- ✓ Overload in corners
- ✓ Hits
- ✓

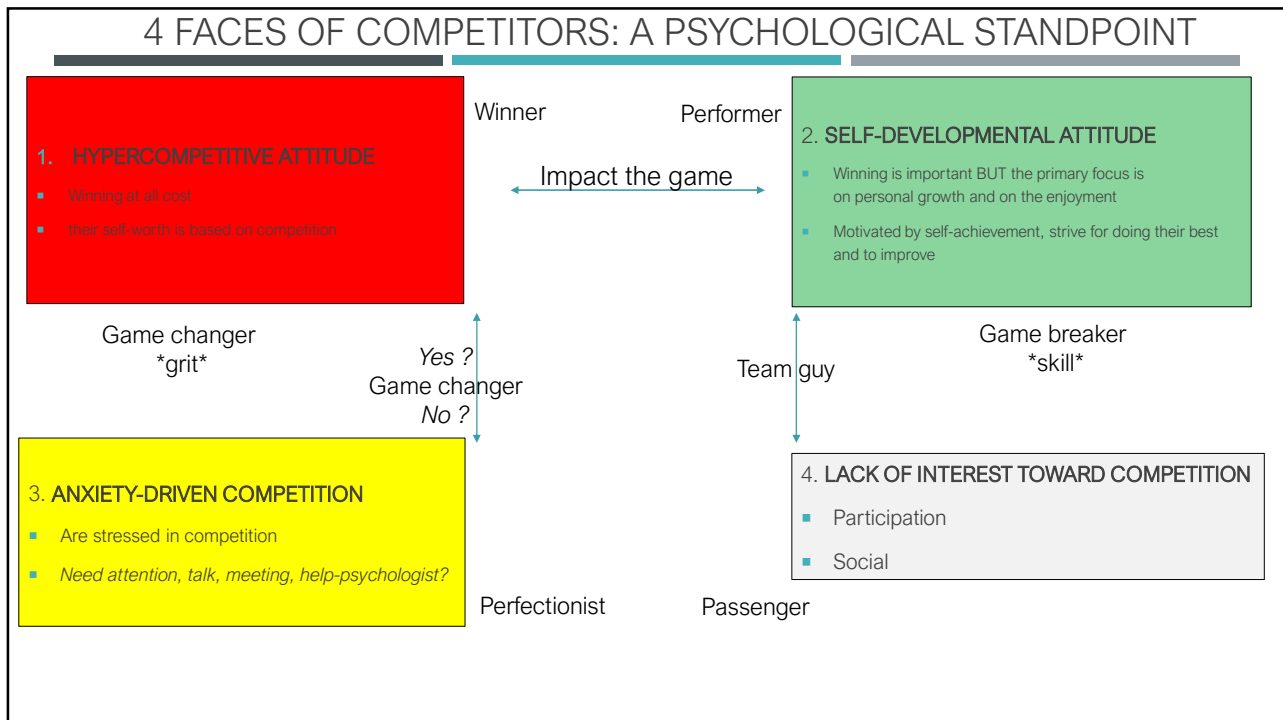
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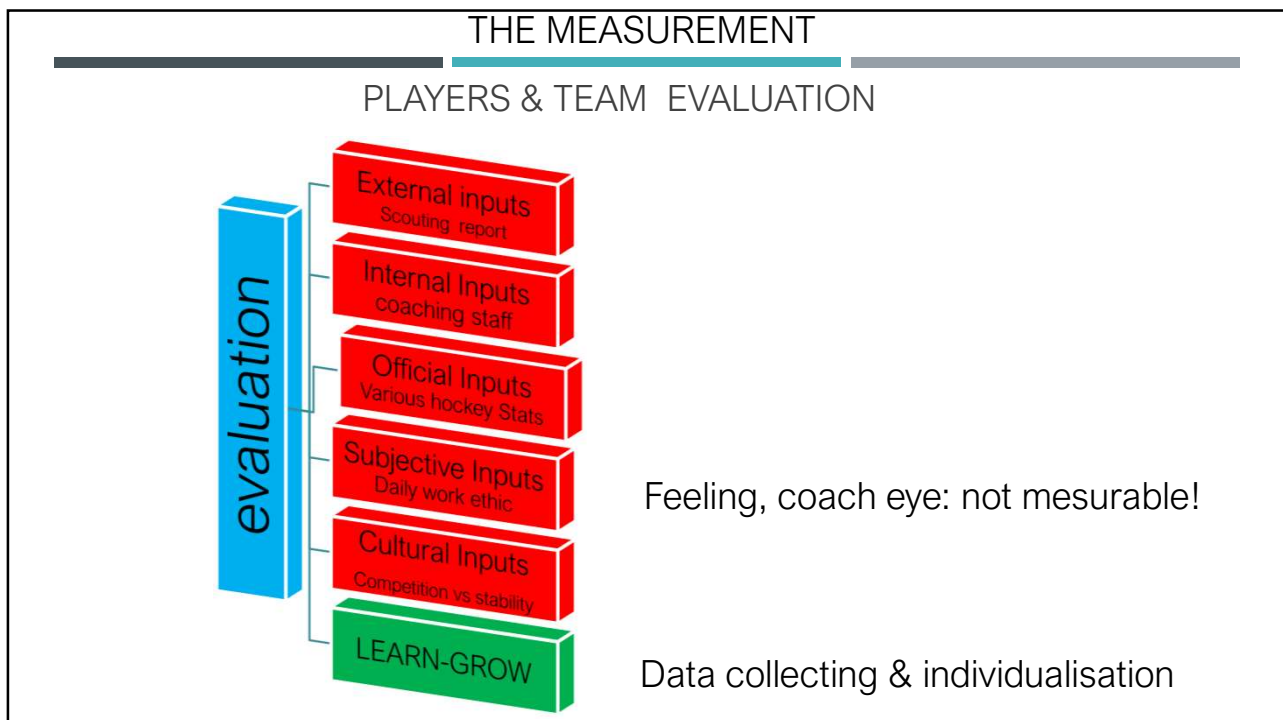
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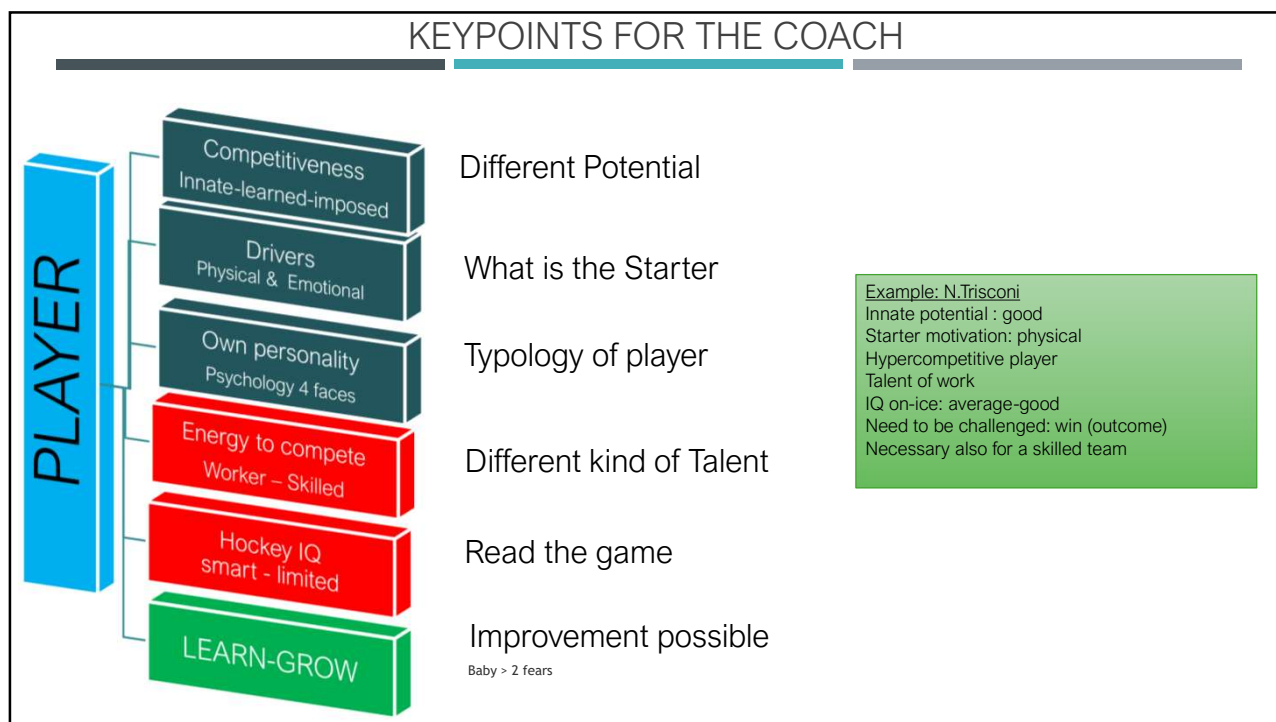
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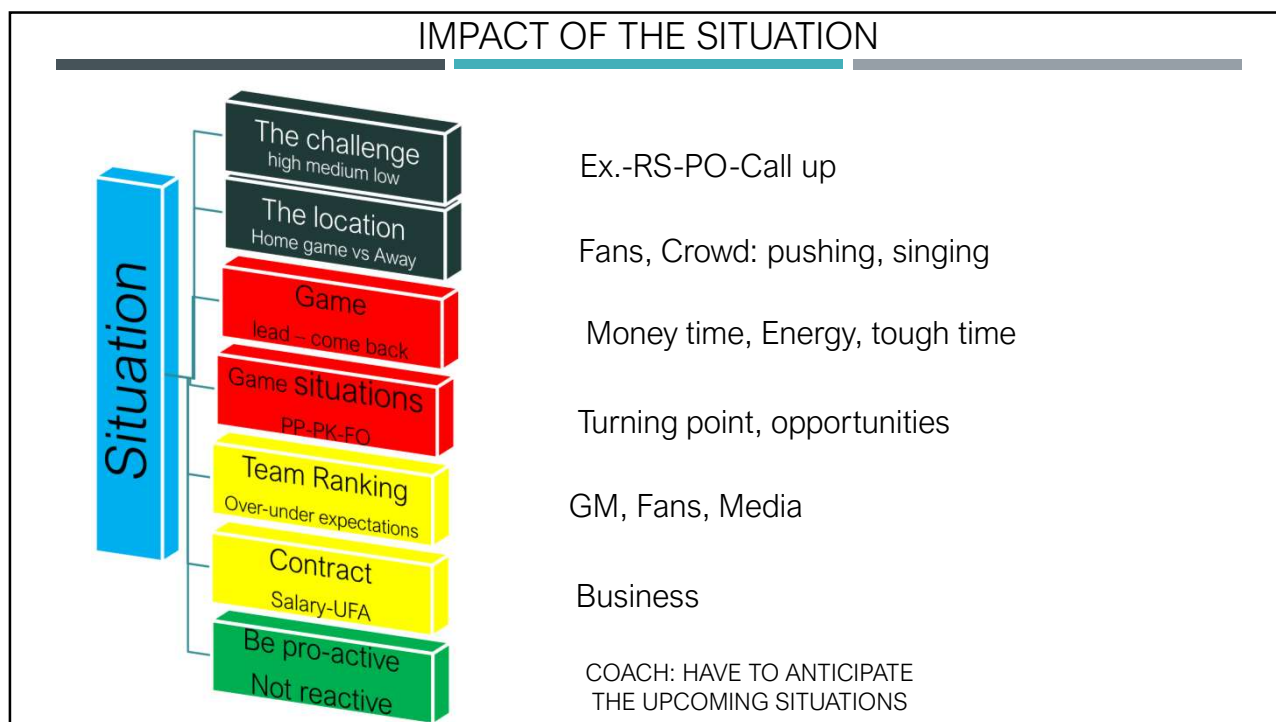
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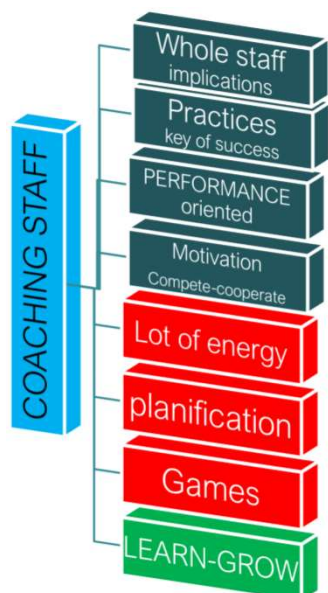


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COACHING STAFF & TOOLS



Set example

High intensity <> low volume

Consistency is 1°

Engagement

Communication/Motivation

On-ice/off-ice

Bench

On-ice PRACTICE: Pushing-Challenging-Teaching

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TOOLS TO INCREASE THE COMPETE LEVEL

Practices
Daily

- Make them Competitive
- High intensity
- Game situations oriented

Game
Motivation Speech

- Keywords: Physical
- Keywords: Emotionnal
- Optimal Zone

Communication
Daily

- Players, Staff, Collaborators
- Feel Unique and United
- Human vs Professional

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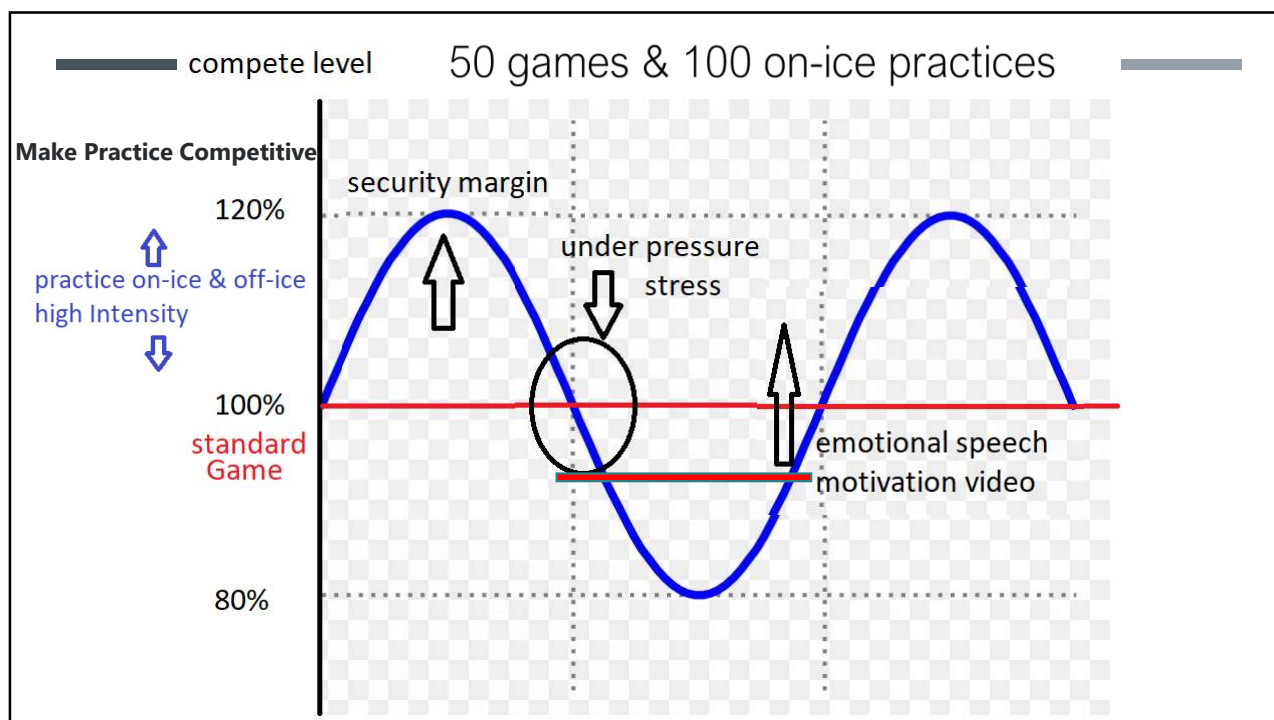
HIGH INTENSITY PRACTICES

Games Kwords: WE, Quick, Simple, Intense, Agressive, Space &Time

- Time and space
 - Small games
 - Time pressure KEEP IT 2" max, SHOOT IT right away-moving, PASSING: Quick up, no stickhandling
 - Challenge the athlete, team
 - Voice, pushing: get comfortable being uncomfortable * headspeed* *legspeed* * handspeed*
 - Sometimes old school during practices.....punish the looser or reward the winner
- >> Through a variety of experiments they demonstrated that most people hate to lose more than they like to win.
- CORRECTIONS: stop the drills
 - 50-55 min average
 - FEEDBACK: team or individual, consistency
 - INDIVIDUALISATION



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THE MOTIVATIONAL SPEECH

2 MAIN DRIVERS TO PERFORM

PHYSICAL: level Competition	EMOTIONAL: level Cooperation
<ul style="list-style-type: none"> ■ Psycho-physical state ■ Keywords: physical state * body engagement* <p><i>Grit-Aggressive-Battle- tenacious - urgent - Space/Time- Oversake</i></p> <ul style="list-style-type: none"> ■ Single player >> contamination to more and more P ■ Outcome-oriented : Win-at-all-cost ■ Must be cultivated daily Work = consistency ■ If <u>not built</u> progressively = no consistency only short term effect 	<ul style="list-style-type: none"> ■ Psycho-physical state ■ Keywords : emotional state *heart spirit/soul engagement* <p><i>Resilient-desperate-identity-ethic-inspiration-team/family</i></p> <ul style="list-style-type: none"> ■ Whole Team >> single must step in, trust, share, common goal ■ Performance-oriented : performing +, the win? ■ Emotional Speech , must touch deep inside the player ■ Long term : a good cooperation increase the win probability

= COOPETITION

Compete + Cooperate empower the performance

(+) Win stats ??

✓ Give consistency in team performance

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THE MOTIVATIONAL SPEECH



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THE COMMUNICATION

ATHLETES



COACHING STAFF

- Daily mindset
- Becomes a habit
- Fight against a comfortable mental cruise
- Get comfortable being uncomfortable

To be **ADDICTED**

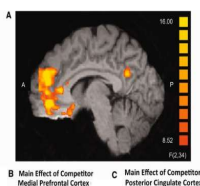
- ✓ accept the word **speed-overspeed**
- ✓ perfect execution is not always possible
- ✓ hit and get hit at practice
- ✓ never give up = *2°-3° efforts-Law*

- The entire coaching staff beliefs & way of work
- Person vs Player
- Fight against a comfortable mental cruise
- Create practices & drills to do it
- Push the athletes *at the right intensity*
- Adapt the planification to do it
- Off-ice is planned to do it

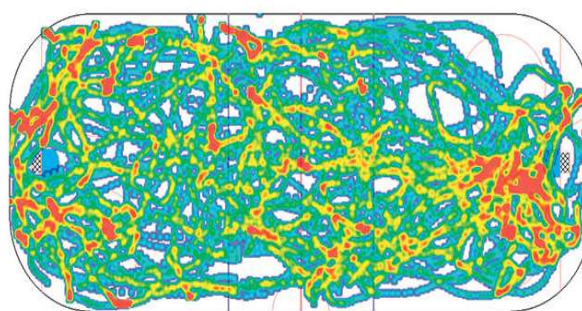
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FUTURE PERSPECTIVES TO DEVELOP

1. NHL advanced stats ✓
2. NHL tracking data ✓
3. GPS wearable Practices ✓
4. Performance orientated ✓
5. Individualisation workout ✓
6. Brain research ?
7. Genetics ?



tracking displacement



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TAKE HOME MESSAGE: NO MAGIC - DAILY WORK

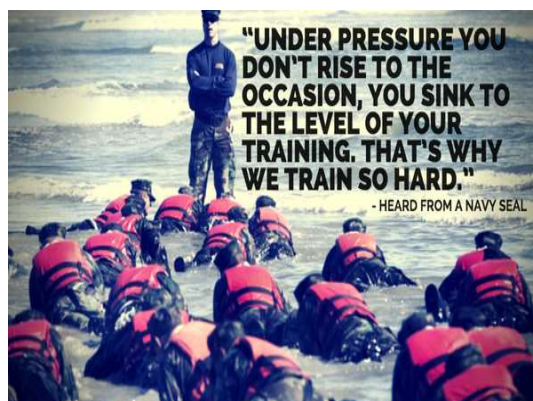
Molecular Formula compete level

1. no magic - miracle
2. Follow a stepped planification
3. work w the human material
4. be an pro-active chemister
5. the situation can be instable



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TAKE HOME MESSAGE: NO MAGIC - DAILY WORK



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