



ATOM PROGRAM

Frequently Asked Questions

Q. *Why do we start so early?*

A. With the number of participants and the limited ice resources that are available, we are required to start early so that we can have the time to give our lessons and hold our evaluations so that we can successfully meet our team formation deadlines.

Q. *Do we have to attend?*

A. The question is why would you not attend? Every year Lakeshore participants spend money sending their kids to summer hockey camps. The PIJE lessons are part of your registration so why not take advantage of the sessions. It is understood that it is a busy time of the year with other sports and vacation and that not everyone can attend every session. The objective is to lay the ground work for the coaches to continue to build on during the year.

Q. *My player has never skated before...can she/he still participate?*

A. Absolutely! There are groups designed specifically for Beginners aimed at introducing them to both skating and hockey.

Q. *My child is not challenged by the material. What do I do?*

A. We must pay particular attention to the fact that players develop their skills in practice and not in games. The more repetitions, the quicker they will master the basics and be able to progress to more complex tasks. Every child can benefit from the PIJE sessions no matter what their individual skill set is. Have a talk with your child and explain that she/he should be going out there and always trying to be better than they were the previous time. This is their chance to be a leader or role model to others on the ice

Some interesting stuff...

The proof is in the Numbers;

The following statistics were recorded during a 60 minute Pee Wee level hockey game.

- Players will have the puck on their stick for an average of 8 seconds per game
- Players will take an average of 1 - 2 shots per game
- 95% of passes made backwards are successful
- Players will take an average of 18 shifts per game
- 99% of the feedback coaches give players is when they have the puck. *Ironically, players only have the puck on their stick for 0.2% of the game!!!*

Some words from the Pro's;

"Very few Jean Beliveau's or Paul Coffey's come through the ranks now because we're taught so many systems and so much discipline at a young age that we've taken away a lot of creativity."

Wayne Gretzky

"There is no use teaching team play, until the kids have reasonable mastery of skating, passing and puck control."

*Dr. Murray Smith
Sports Psychologist*

"You need to practice to become a better player. You see some kids playing 60 – 70 games, that's almost too much for a 15 or 16 old. When you are 6 to 10 or 6 to 12, you've got to be practicing all of the time."

Paul Kariya

"When they have too many games when they are young, they are going out trying to fulfill a role and trying to not make mistakes, and as a result they get very little skill improvement."

*Dr. Murray Smith
Sports Psychologist*

"It is imperative in Canada that we focus on our youth development programs to ensure that every player gains a skill base and enjoys the game."

Mike Johnston