



Material Bank for HIFK Juniors.

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The Thesis is about a material bank built for HIFK Juniors. The idea for the material bank started from HIFK Jrs. Head of coaching in the beginning of the 2017-2018 season. The idea for the material bank is to save all the practices HIFK Juniors U20-U16 have done. It will also make sure that the knowledge stays in the club even if the coaches would change.

The aim of the project was to make an material bank that would be easy to use and easy to share. There was a lot of knowledge in the club but it wasn't properly documented anywhere. HIFK wanted a change for this. The practices were not saved properly before this. The material bank contains the practices in a well organized way. This makes it easy for the coaches to find the practices they are looking for and help their every day life. The practices brings out the values and the identity for the club.

The project started with filming the practices and making notes to make sure that the practices will be saved into the material bank. The research of the materials began right away. I decided to interview three coaches working for HIFK Juniors. These coaches are Tommi Hämäläinen the head of coaching, Kari Kalto head coach for HIFK U20, and Joni Töykkälä head coach for HIFK U16. The material bank is designed for HIFK U20-U16 teams. To make a clear picture of why the material bank is necessary in my thesis i started to work on theories behind ice hockey, HIFK, identity of a club and practicing Ice hockey. The material bank is built on Google Sheets. This makes the material bank easy to use on all computers all around the world. The material bank consists of both on- and off-ice practices.

The material bank itself will never be totally finished. It will keep on growing all the time when new practices comes. All coaches can expand the material bank. Now it contains the practices that has been done during the seasons of 2016-2018. At this point the material bank already consists of a lot of practices. To make the material bank even better you would have to add practices designed for younger age groups. This way the material bank would work for all coaches no matter the age group.

The material bank became larger than what I expected it to become. It covers a lot of the things related to coaching done in HIFK Juniors. During the seasons of 2016-2018. I am happy with the practices the material bank consists of. The material bank is a great tool for the coaches. It will give coaches new ideas for practices. However the material bank it self won't make the coach any better at his/ hers job. But it will make the coaches planning easier for the practices.

Keywords

Ice Hockey, Coaching, Planning, Materialbank, HIFK

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1. Introduction

There are a lot of ice hockey practices out on the internet, most of them aren't just from one club or from one perspective of how the game should be played and practiced. You can find books and web pages full of off-ice drills and gym workouts. None of them still gives you a clear picture of what you should be training for your sport and how a whole club can practice the same way and benefit from this all the way from the junior side to the A-team.

The goal of this thesis is to start building a material bank for HIFK Juniors. Containing on- and off-ice drills used by the coaches and players of the club in their daily coaching/ training from the age categories of U20-U16. HIFK is an Ice hockey club in Helsinki, Finland. The practices in the material bank are designed in cooperation with the head of coaching of HIFK Tommi Hämäläinen and the rest of the coaching staff working with U20 Kari Kalto, U18 Kimmo Kuhta & U16 Joni Töykkälä. The aim of the thesis is to build the material bank for HIFK Juniors. This means that all the practice plans made in the club will be saved in one single place, that all the coaches in the club will have access to. It will also show how the club and the coaches in the club will benefit from this. With the help of the material bank HIFK's values and identity will become even stronger.

The idea behind the material bank, is to build a strong identity for the club and to have all the practices and game ideology in one place. HIFK Juniors wanted to have a channel where all the off-ice and on-ice practices could be found. This includes training programs off-ice, drills on ice and off-ice workouts. All the off-ice workouts are filmed, the on-ice drills are saved as pictures and drawings done on computer on the web page www.hockeyshare.com. The material is saved on a google drive excel sheet, and can easily be shared to the rest of the coaches.

The work will be done during the season of 2017-2018. The teams that were followed were HIFK Juniors A (U20), B (U18), C (U16). They do all have the same strategic way of playing the game, and the same core values for the players to be able to become a professional ice hockey players both on and off the ice.

The aim is to collect all the practices HIFK has been using during the seasons 2016-2018, and store them in one place. The material bank is designed for the coaches and the players for HIFK. The coaches and players can use the material bank to find practices that has been done in the past. This way the coach/ player can build up a whole practice session much easier, and save a lot of time. This way the coaches will not just have their own practices in their own head. It will help the coaches in the future to plan their practices, when they have all the practices saved in one place.

The product will also make sure that the practices done during the seasons 2016-2018 will stay in HIFK. The club will have their own material bank to share with future coaches. The future coaches can then modify the practices and make them even better.

2. Ice Hockey

According to the International Ice Hockey Federation (IIHF) Ice hockey is played on a rink that is 60 meters long and 30 meters wide. The rink sizes can change a bit from rink to rink. There is one goal on each end of the rink. (IIHF, 2016.)

Ice hockey is played by two teams against each other, with a squad of 20 players. The players on the ice typically consists of three forwards, two defense players and one goalkeeper. To protect the players from injury the players wear hockey gear. The most essential parts of the gear, are extensive paddings, helmets, visors, gloves and skates. Goaltenders do have even more protective gear. (IIHF, 2016.)

The game starts with a face off on the middle of the ice, with two forwards competing for the puck. These forwards are also called centers. A face off is also used after stoppages in the game. These face offs can be on different parts of the ice. The places for face offs are all mark on the ice. (IIHF, 2016.)

Both teams try to score into the opponents goal ones they have the puck. At the same time the opponent team is trying to defend their goal and not letting the opponent score. Goals can be scored in many different ways. You can shoot the puck into the net, shoot a one timer, rebound, snapshot, slap shot, breakaway, deak the goalkeeper or a deflection. (IIHF, 2016.)

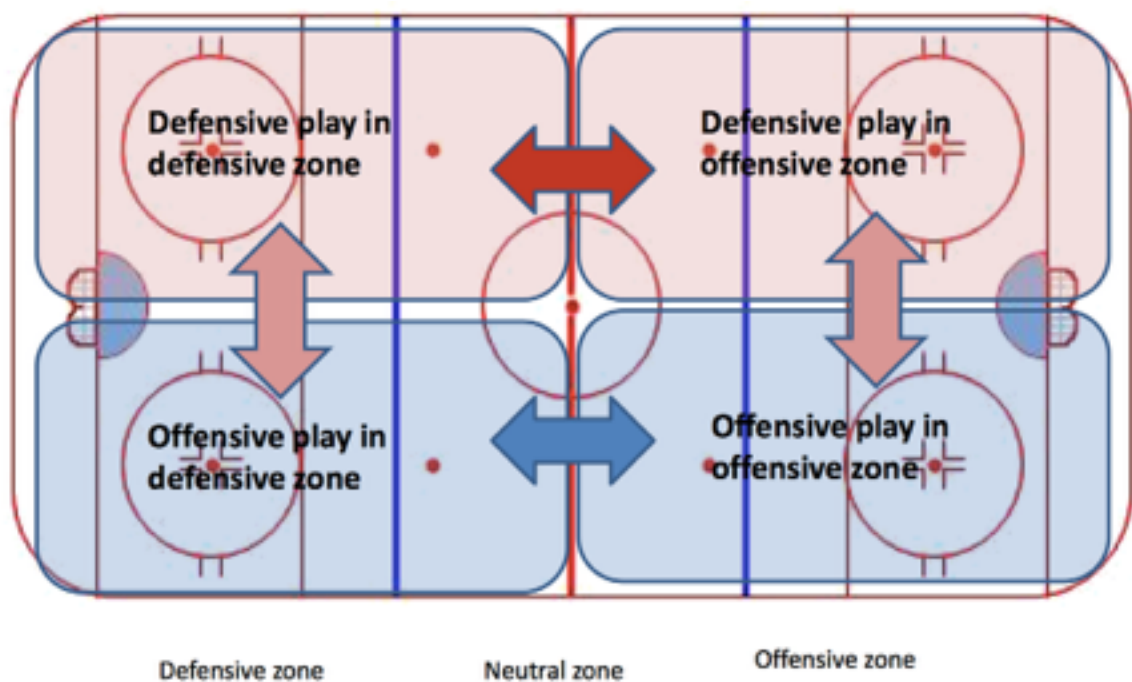
The teams use different kinds of tactics to score the goal and to maintain the puck positioning to be able to get a good scoring chance. The defending team will try to steal the puck by breaking a pass, body checking or taking it from them with their stick. Goalkeepers use their pads, glove or stick to prevent the opponents from scoring. (IIHF, 2016.)

A player who breaks the rules in Ice hockey, is given a penalty. When the team gets a penalty, the player that broke the rules have to go to the penalty box, and the opponent will get a power play. The minor penalty time is two minutes. When the one team outnumbers the other, it has a better chance of scoring a goal. If they do score, the defending teams player gets out of the penalty box, and the teams will play with even strength. (IIHF, 2016.)

Players on the ice can be changed at any time of the play of an other player by his/ hers own teammates. The game goes on for three periods, each one lasting for twenty minutes. At the end of the game, the team with more scored goals wins. If the game is tied, there will be a sudden death overtime. If they still are tied after that, there will be shootout. (IIHF, 2016.)

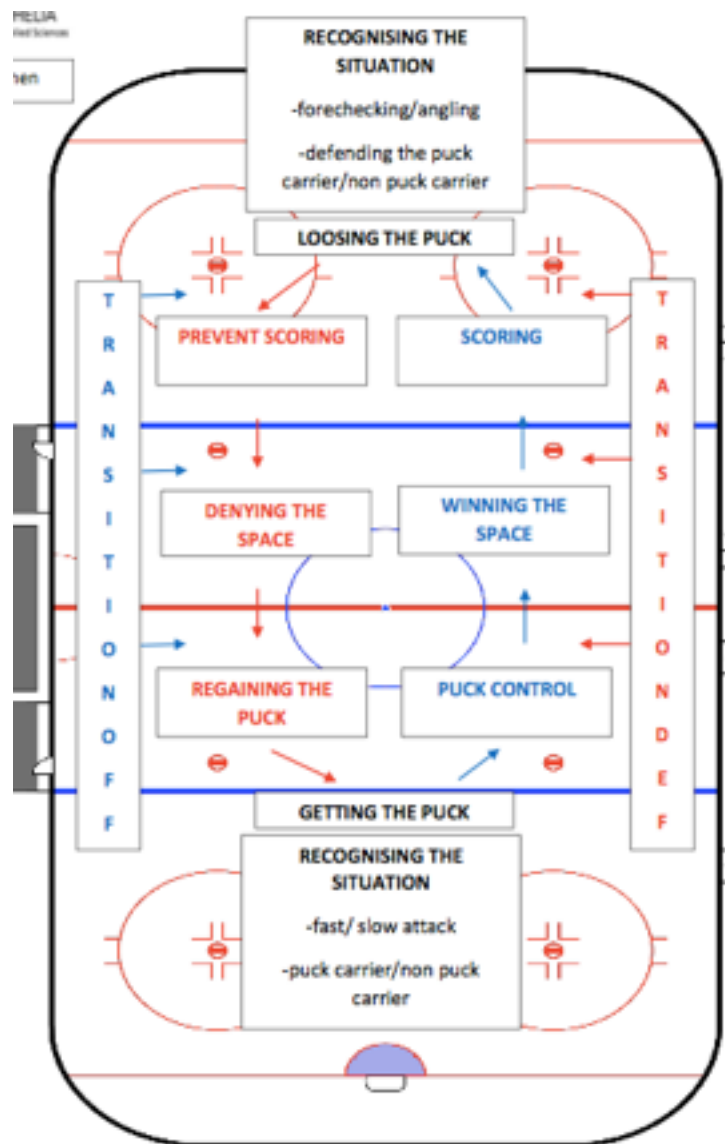
2.1 Player Game skills

According to Kari Savolainen, ice hockey players have five game skills that are important for an ice hockey player. Those skills are game sense, technical-, psychological-, physical- and social skills. The teams performance will cooperate with the players skills in offensive play and defensive play (Savolainen, 2016.) There are four main responsibilities a hockey player should be aware about on the ice. The picture below (Picture 1) shows the four different types of situations. The players do have to be able to play defensive game both in the offensive zone and in the defensive zone. The players should also be able to play both offensive play in the offensive zone and in the defensive zone. The transition from these roles can change at any time in an ice hockey game.



Picture 1. Offensive and defensive play (Mustonen, 2016. Sport specific tactical skills.)

Picture 2 shows what happens in the game. The red colored text tells what the players should do when their team has lost the puck. The Blue color shows what to do when your team has regained the puck.



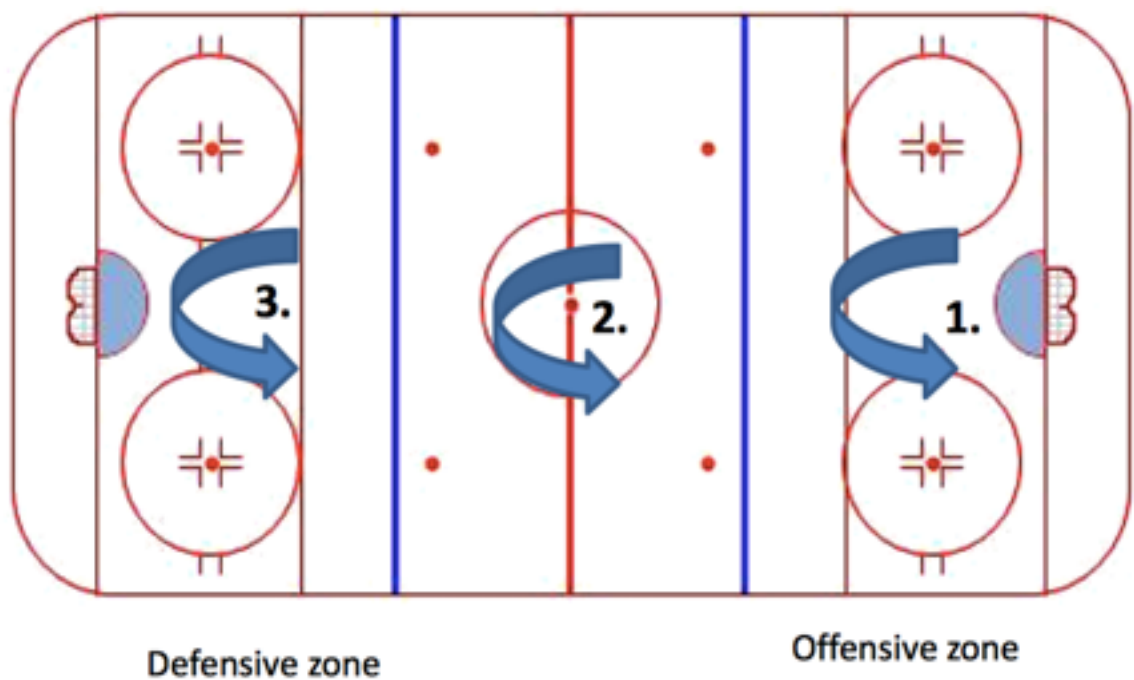
Picture 2. Game skills in offensive and defensive play (Savolainen, 2016)

2.3 Offensive play

The main goal of the offensive play is trying to score. That will happen by winning the space and keeping the puck control. The offensive team has to be ready to transition to defense at all time. (Savolainen, 2016.)

The closer from the opponent`s net you start the breakout or transition the better chances you have to score. The offensive team will always try to attack against unorganized defense (versus d-d-weak side -passes). The offensive team will try to get to the middle with all their five players together on ice. The key element of scoring is to skate to the scoring area. (Mustonen, 2016.)

The game skills required for the puck carrier are quality of the shot, passing as a game skill and puck control+ change of the rhythm. The game skills required for the non puck carrier are skating to the offensive net, becoming an passing option, support in the offense. (Suomen jääkiekkoliitto, 2016.)

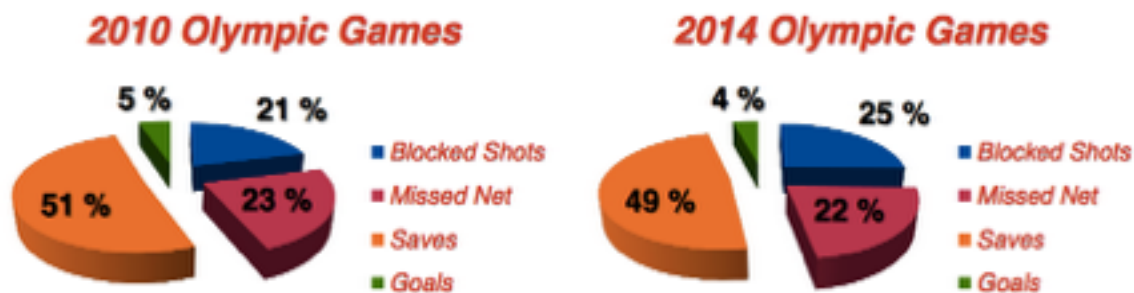


Picture 4. Areas to start the offensive play (Mustonen, 2016)

2.4 Goal analysis

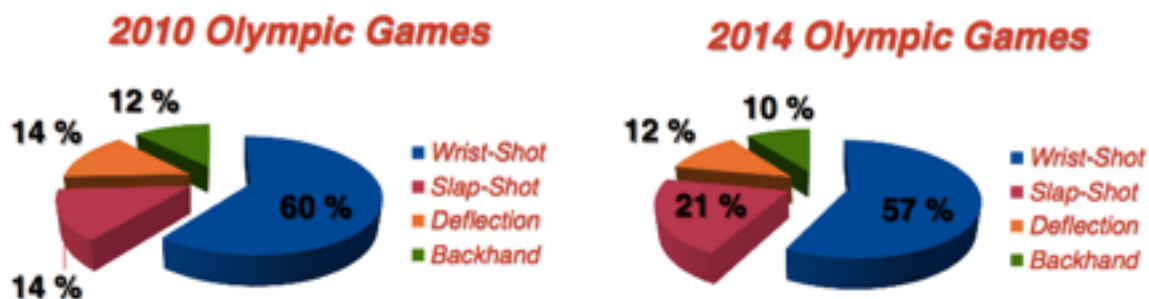
The goal analysis is done based on the 2010 & 2014 olympic games in ice hockey. The study took approximately 360 hours, done by video analysis. (IIHF, 2014)

Average amount of attempted shots per game in the 2010 olympics were 108.08. The average amount of attempted shots per game in the 2014 olympics were 106.31. Counting these two olympic games together you get a total average of 107.9. (IIHF, 2014.)



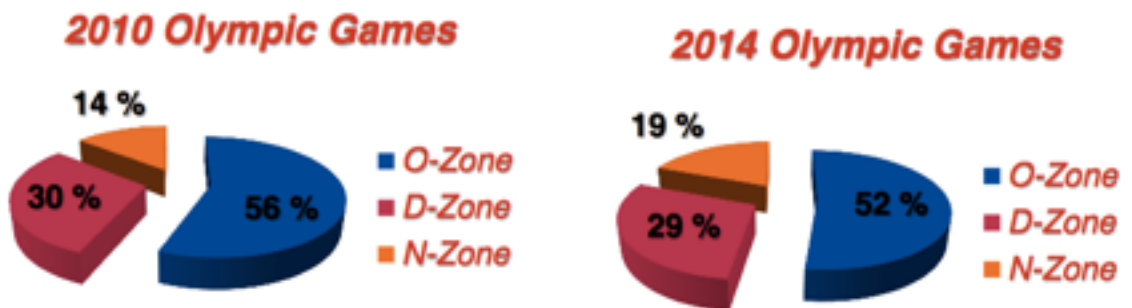
Picture 5. Percentage of shots in the olympics. (IIHF, 2014)

There is a significant increase (4%) of the blocked shots from 2010 to 2014. (IIHF, 2014)



Picture 6. The way goals were scored in the Olympics (IIHF, 2014)

The picture 6. shows how the goal scoring changes. The backhanded goals dropped by 2%, goals scored by deflection dropped by 2%, slap-shot goals increased with 7% and wrist shots dropped by 3%. (IIHF, 2014.)

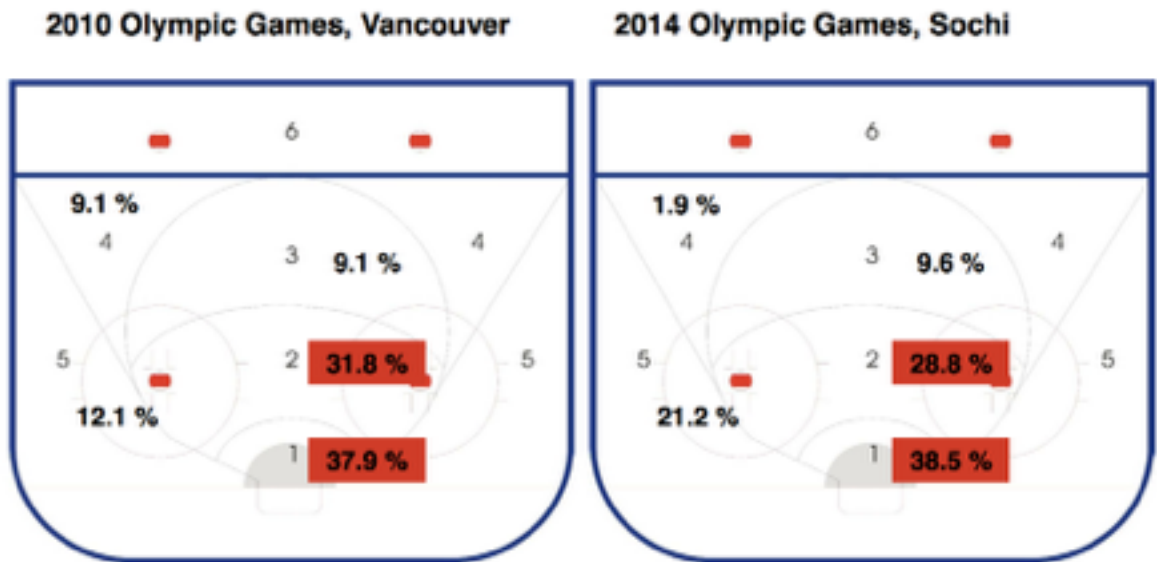


Picture 7. Where the goal scoring started (IIHF, 2014)

Picture 7 shows where the team that scored gained possession of the puck before they scored (Offensive-Zone, Defensive-Zone or Neutral-Zone). The Neutral-zone increased by 5%, the defensive-zone dropped by 1% and the offensive-zone dropped by 4%. (IIHF, 2014.)

In the 2010 olympic games 33% of the goals were scored by carrying the puck from the defensive zone or neutral zone. 67% of the goals were scored by gaining the puck possession in the offensive zone, 44% were from a loose puck, 18% from a take away, 5% from face-offs. (IIHF, 2014.)

In the 2014 olympic games 46% of the goals were scored by carrying the puck from the defensive zone or neutral zone. 67% of the goals were scored by gaining the puck possession in the offensive zone. 42% were from a loose puck, 8% from a take away, 4% from face-offs. (IIHF, 2014.)



Picture 8. Goal scoring zones (IIHF, 2014)

The goal scoring zones in the offensive zone from the olympics have been counted. The Scoring percentage from sector 1 dropped with 0,6%, the scoring percentage from sector 2 dropped with 3%, the scoring percentage from sector 3 increased by 0,5%, the scoring percentage from sector 4 dropped by 7,2%, the scoring percentage from sector 5 increased by 9,1%. (IIHF, 2014.)

3. HIFK

Idrottsföreningen kamraterna, Helsingfors (HIFK) was founded in October 1897. The sports HIFK represented back then were skiing, “hitting the ball”, track and field, cycling and camping. The sports HIFK represents nowadays are for example bandy, rinkball, football, handball, floorball, bowling, track and field, orienteering and E-sports. The first ice hockey game HIFK played was 17.1.1929. (HIFK, 2018.)

HIFK Juniors first U20 team was founded back in late of the year 1946, on Väinämöisen field. And they celebrated their 70th birthday last season 2016-2017. (Kollijojo, 2016.)

The men’s team for HIFK plays in the finish top league, Liiga. The home arena of HIFK is Helsingin jäähalli. The company that runs HIFK Hockey is HIFK-Hockey Ab. (Wikipedia, 2018.)

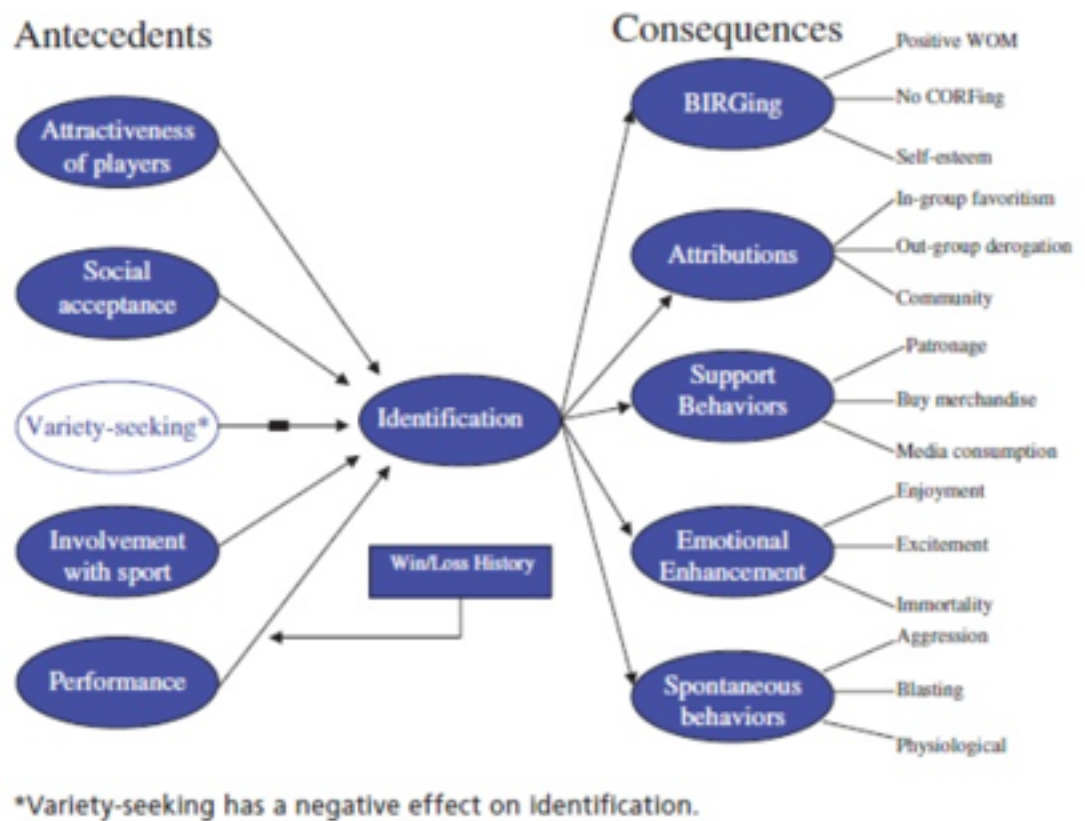
In the future HIFK will play in a new arena called Helsinki Garden. It is designed to be one of the world’s most modern event arena with a large scale of ancillary services. The arena would service sports enthusiasts all around the year in downtown Helsinki. (Helsinki Garden, 2018.)

HIFK Juniors have six (6) umbrella clubs. The clubs are Gr. IFK, Kirkkonummen Salammat, HJK, Kiekko-tiikerit, Sipoon Wolf and Red Wings. (HIFK Jr Hockey rf., 2018.)

HIFK U20,U18 and U16 teams play in the Finnish league, SM sarja. All these age groups have a common goal, to get as many players to play for the Liiga team and even in better leagues than Liiga. (Hämäläinen, 9 Oct 2018.)

3.1 Building an identity of a club

The identity of a club is very important for the club to survive. Even if the club has a great history and has won a lot of awards, the sponsors would not invest their money, or the club would not sell tickets, if the fans would not come and see the games. It's important for the manager to create a model or identification to get the fans to come. Being able to succeed in this you need to get the attractiveness of players, involvement with the sport and performance. (Jinga, 2016.)



Picture 9. Building the identity of a club (Jinga, 2016)

The picture shows multiple factors that do affect on building a clubs identity. All the aspect that affect and is needed for the identification of the club, and what the identification of the club will give out. (Jinga, 2016.)

3.2 Attractiveness of players

For HIFK an attractive player is a player who has been born and raised in Helsinki. To bring the attractiveness of an player is quite simple. He is a player, who has played his whole career in one and the same club, all the way from the juniors to the men's team. And that is also HIFK Juniors main goal, to develop more players from the juniors to the men's team. This does not mean that HIFK Juniors will bring a good player to the club for his last junior years. It means that the process will start from the grass root level. (Hämäläinen, 9 Oct 2018.)

Success is a way to become an attractive player for the fans. If a team is performing poorly, attractive players can still get the fans to come to the games and protect their self-esteem. Personal contact with the players is an important factor as well. If the fans get to meet the player they will become more familiar with the player. This will bring an higher likelihood that the fans also want to follow this player's development and how his games are going. The more the club will put effort on putting the players out to meet their fans, to sign autographs and to take pictures, the more the fans will identify themselves with the player and also the club. (Jinga, 2016.)

3.2.1 Importance of individual players

A great example of a player's development and growth, is when a player can not see his or hers full potential and the games are not going that great at the time. This is when the coach steps in and helps the player to reach his/ hers full potential by taking away all the obstacles from the player's development. The coach's role in this situation is to motivate the player to keep up the good work, and demand the good work from the player. Sooner or later the player will finally burst out again with his/hers full potential. This message is important to give to the player in front of the whole team. This way it is also a message to the rest of the team that any one of them can do the exact same thing. The player might be quite surprised too about how well things are going, and at this point I as a coach, have to tell the player how good he or she is and what the work and practice has been able to do to the player. He has won his fear and found the trust in himself again and can now play on his own level. (Hämäläinen, 2012.)

Each individual player have their own path when reaching for their goal. One player matures faster than another. He will learn the thing fast and is willing for cooperation and is committed to the common goal. An other player might be harder to cooperate with, and resists the coaching and wants to do thing in his own phase. Both of these players are really important for the team. Both players have their own strengths that the team will need. A wise coach can spot these differences and and can respect the without trying to force the players into one model. Individual discussions with the players are important to get to know the players better. The importance of the individual work is that a team is always built on individuals. When the individuals have a true feeling that the coach and the rest of the coaching staff cares about them comprehensively, they will commit to the team and to the training. (Hämäläinen, 2012.)

3.3 Involvement with sports

You make the clubs identity with the style of game that you do play. The style that HIFK is known for, is a hard working tough team that plays fast. And this has also created the identity for HIFK. This kind of a play demands great physical condition to the players to be able to play. (Hämäläinen, 2018.)

Unless the fans can't understand the game or something about it, they can not identify themselves with the team. The sports marketers can increase the amount of fans participating to the games. (Jinga, 2016.)

3.4 Performance

There are a lot of studies that proves the fact that winning increases team identification and attendance. The team's history does also play a big role in this.

Many times you can also hear the fans saying the following things when the games aren't going that well:

- We're better than last year
- At least we beat the number 1 team
- We've got the talent: we just haven't put it together yet
- Looking at how small our budget is in the league we do pretty well compared to other teams
- We've got the best players in the league we just need one more (some player for a certain role)
- Wait and see next year

(Jinga, 2016.)

HIFK juniors has done an explendid job during the last ten years. HIFK juniors have made 32 players during the last ten years that plays or have played in the finish top league, Liiga. Currently there are 17 players playing for HIFK liiga team during the season 2017-2018, who represented HIFK U20 juniors. In the last ten years HIFK has also managed to bring out nine NHL drafts. HIFK juniors are also represented in the national teams in the last ten years, the players from HIFK juniors have represented in all the Finnish national teams all the way from U16-Mens national team. (Fahler, 2018.)

There are currently 44 players playing in the Finnish top league, Liiga, that have an background from HIFK juniors. It is a shame that the common belief about HIFK's junior development is still quite bad.

(Riihinen, 2017.)

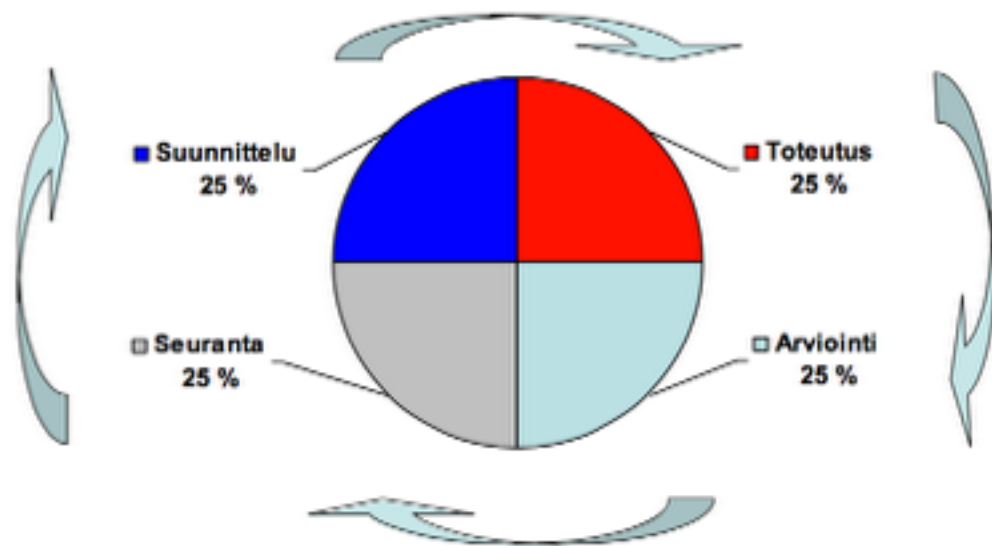
4. Practicing Ice Hockey

A top hockey players practice consists of physical training, on ice training and games all around the year. The summer is the most crucial time of the practice season, when the player can concentrate on his or hers weaknesses off the ice with physical training. During the summer period the players are often divided into groups based on the area they need to improve. In the past years some Liiga teams have used a full individual practice plan for the players for the physical practices. (Huovinen, 2008.)

Typically the ice hockey teams training programme tries to develop the player no matter his/hers playing position or background. The training programmes will develop the players skills, speed, strength and endurance. Too much focus on a certain area takes away time from other crucial areas that also need to be improved. The coach needs to think of practices that will develop as many skills as possible at ones. (Westerlund, 1997.)

An other challenge for the coach is to develop the individual players needs at the same time as the coach needs to focus on the whole team, and to get the team to succeed. In the junior stage the focus on winning can slow down the progress of the individuals development. (Westerlund, 1997.)

According to Suomen Jääkiekkoliitto, 25% of the practice actually consists of planning the practice itself. All these four stages are equally important for a good practice. This way the development of the player will also be maximized. (Suomen Jääkiekkoliitto, 2016.)



Picture 10. What how and why (SJL, 2016)

The picture above (picture 9) shows the different stages of executing a well prepared practice. The blue color represents the planning phase which should be 25%. The red colour represents the practice itself 25%. The light blue colour represent the evaluation of the practice 25%. The grey colour represents the follow up of the practice. (Suomen Jääkiekkoliitto, 2016.)

4.1 Planning a practice

Planning a systematic practice is one of the key elements for a good practice. When planning the practice you can build up a plan for the near future or even for a longer time. The Finnish football association points out that the practices should be designed to make the individual players skills better. You can find the exact same idea in the Finnish ice hockey. The areas that the Finnish football association wants the coaches to focus on are wide, and reaches to all kinds of areas, technical and tactical, physical, social, ways to communicate and interaction. (Lipponen, 2014.)

When planning a practice, the coach should always consider the following things: what are we doing, why are we doing it, and how should we do it. You have to make sure that the drill you are running has a connection to develop the individual player's individual skills, game skills, to the goal you try to achieve or to the tactical aspects of the game. The coach should make sure that the players do follow these things in the practice and the coach should also demand these things from the players. (SJL, 2016.)

The planning phase should also consist of the following things: Consistency:

- Go thru the practices organization and how it will run smoothly.
- Teach the emphasized things in the practice
- supervise and demand the emphasized things and the quality

The progress of the practice:

- plan the phase how the practices will go from one practice to another
- take the skills that have been taught to the players into game like situations.

Repeating the theme:

- have the theme clear to the players and make sure that you can find them in the practice. (SJL, 2016.)

”I plan my practices according to what the team needs. I have made a season plan and I do also follow that. I try to plan one week at a time. Of course the fatigue of the players has to be taken into consideration when planning a practice. The injury situation is also one aspective you have to take into consideration, some times you don’t have much time to react when it comes to changing the practices, and you have to start the planning again. It takes me about 3-5h a week to plan practices.” (Töykkälä, 2018)

”I plan my practices in the long run. Still one day at a time considering the load the players have gotten during that time and their condition. I plan practices in my head all the time.” (Hämäläinen, 9 Oct 2018)

”Planning the practices is quite a big thing for me. I do start by building up the season plan for the team. From there I start making plans for one month at a time. After that I plan one week at a time. The players do also get the weekly plan in the beginning of the week. And as the last part I plan one day at a time, depending on the load that the players have gotten. Of course the plans might change. The last game we played do also play a big role for the planning for the next practice session. The planning starts right after the last game. There might of course become changes that will affect the time spent on planning. I do plan practices all the time in my head. ” (Kalto, 9 Oct 2018)

4.2 Off-Ice training in hockey

Ice hockey is an unique game, if you look at the metabolism. It is physically a hard game and you need to have a well trained aerobic and anaerobic level. It does not only require a good level of glycolytic features but also a strong aerobic condition. The game also requires enough of mass and an exceptional muscular strength. (Laaksonen, 2011). Ice hockey is a high intensity, full contact sport which requires high levels of strength, power and endurance. (Nightingale, 2013.)

The players are not in the weight room to become a better weight lifter, they are in the weight room to become a better hockey player. Two very different things which require two very different approaches. The reasons why it is so important to do strength training in ice hockey are the following ones: Improves strength, improves flexibility, improves speed, decrease of injury, improves agility, improves acceleration, improves

mobility, improves explosiveness, decrease time of fatigue, improve structural balance, improve balance and improve body composition. (Hollingdrake, 2015.)

The reason why these are so important for ice hockey players to practice are:

- You will be able to maintain the playing position better
- Shoot harder
- Maintaining the balance in battling situations and when changing the direction
- It will most likely give you a longer and healthier playing career (Barisik, 2017.)

Barisik says that you will find these people that believe only that big capital movements like deadlifts and squats. These people believe in heavy lifting will increase the core at the same time. Of course you will need good core muscles to be able to lift big weights. But is it enough in a sport where most of the movements happens on one leg on a narrow blade on the ice which needs a totally different control of the core. The opposite way of thinking laughs to people spending their time with heavy lifting. They prefer spending all the time doing only a few movements during their practice session. For an ice hockey player to be ready for the game and for what it takes, you have to prepare his core for dynamic changing happenings. These situations will automatically come in the game several times, when he/she shoots, passes, hits, and changes the direction. (Barisik, 2017.)

4.3 Ice training

On ice training is the most essential part of training in ice hockey. For building up the skills of playing ice hockey, on ice training is the primary way of practicing. Finnish ice hockey teams playing in the top league practiced on ice six to seven times a week. On ice you try to improve the individual skills and the team's tactical game with different types of games and drills. The juniors and the adults practices focus should be on game like situations and with the line. The kids practices should consist more of individual skills and small area games. With on ice training you can also increase the physical elements essential to ice hockey. Especially muscle endurance, anaerobic and aerobic capacity. (Huovinen, 2009.)

Joukkueharjoitteet	F	E-D	C-B-A	
Lajitekniikat ja -taidot	30-40	30-40	20-30	%
Pelitulanteet	0	10-20	40-60	%
Pelit	60-70	40-50	20-30	%
Maalivahdit	0	5-10	10-20	%

Table 1. (SJL, 2016) (attachment 2)

The table shows how you should plan your practice in different age groups, and the percentage of how much the focus should be on which area.

4.4 Importance of practicing on your own

For some reason the Finnish junior coaches have failed to justify to the players about practicing on their own time. It would be important to justify the importance of it so that the players would start practicing more on their own time. (Valla, 2012.)

Everyday practicing with a friend, or games on your own time, will develop the ball handling skills physical demands and the physical capacity. For a child it is really important that he or she practices general ability and ball handling skills. The teams prac-

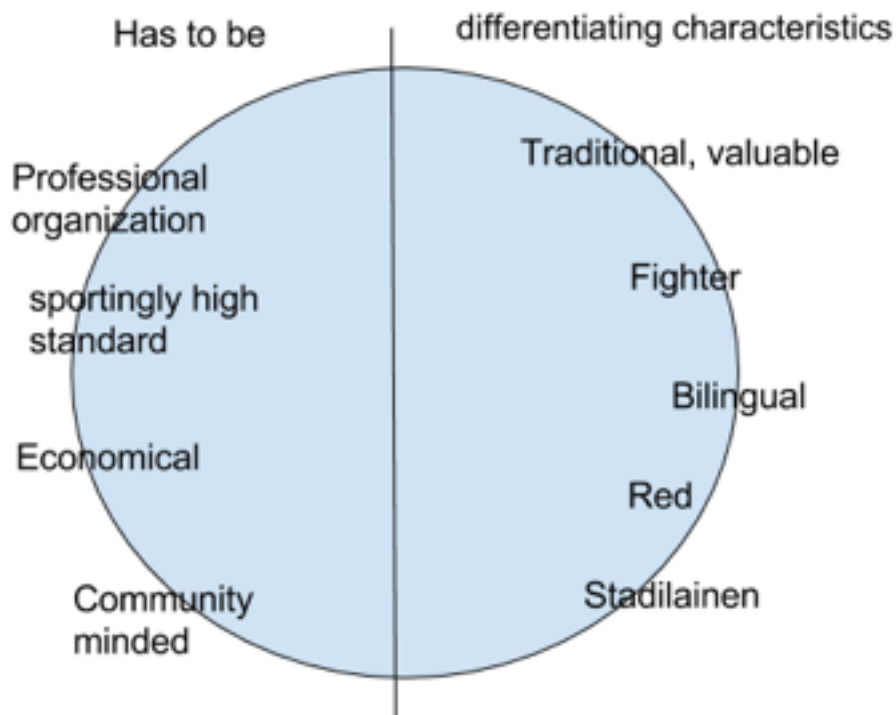
tices should have a clear continuum of the own time practicing and also the other way around. (Suomen palloliitto, 2017.)

Practicing on your own is a discordant topic especially in team sports. People do talk about practicing on your own time and the importance of it. To rarely there is actually time for the players to practice on their spare time. For some coaches practicing on your own time is a sign of motivation, eager and desire for the sport and the development for an individual player. For some other coaches it's actually a bad sign. The athlete should have a saying in his or hers training routines and this should be a part of the athletes career already starting from a really young age. This way the athlete will learn the benefits and importance of practicing on your own time. This will also increase the motivation for the sport and the understanding of what it takes to become a better player. (Haanpää, 2016.)

Players who have reached the national teams have been practicing more on their own time than the players who have just been practicing with the rest of the team. Practicing on your own time will also increase the amount of time spent on practicing. (Innanen, 2007.)

The material bank built for HIFK will help the coaches build up practice plans for the players so that they can practice even more efficiently on their own time and develop their individual skills. (Kalto, 9 Oct 2018.)

4.5 Core values for physical training in HIFK



Picture 11. Values of HIFK

The picture shows the values HIFK has for their players and their whole organization.

The core value for physical training in HIFK is quite simple. The players need to be in a great shape to be able to play the game. More than that, if the players are in good shape we can process their development, the players will be able to practice with higher quality more often which then will lead to greater development. We have a couple of basic tests that we want the players to get a certain result out of. The first one is that the players Vo2 max has to be +/- 60 . The second one is that the player has to be able to back squat 3 times their weight x 2. These both things do go hand in hand. It won't be enough if the player can squat the amount that we want him to if his Vo2 max level isn't even close to 60. The same thing stands the other way around, if the players Vo2 max level is good but he won't even come close to the squat results that we are looking for. In these cases the player won't be able to play that kind of a game that we want him to. Of course in these type of situation we as coaches do all we can to help the player to increase his results. This does also mean that we are looking at the players in an individual way, all the players might have quite different result but are still able to play the game that we are looking for. The material bank consists of material provided

to help the players to reach their goals. The material bank will help preparing an individual program. (Hämäläinen, 9 Oct 2017.)

5. The aims of the project

There are many different aims in this project, however the goal what Hämäläinen had for this project was to build up the identity of HIFK Juniors and to bring out the values of the club. There are several things that effect on these factors.

The material bank will provide the coaches with more practices. The practices on the material bank will give coaches new ideas of practices. It will make their own practice bank larger. Some of the practices are probably already familiar to the coaches, but the material bank will have both on and off-ice practices that will increase the coaches material banks they already have in their own head. For new coaches this tool will help them to get a really good start with planning their practices if they do run out of ideas. It's very important and handy for the coaches. There are a lot of drills and this way we can make sure that we do save them all so that we can remember them in the future as well.

The players will have more practices they can do on their own time both during the summer and during the season as well. It might become boring always doing the same exercises, the material bank will provide the players with more exercises similar to the ones they are already doing. As Kari Kalto said in his interview when asked how he would use the material bank: "When planning the summer practicing plans for the players the videos will make it easier for the players to understand and they don't have to guess the movements any more. I would also share the material bank to the players so they can practice the practices the material bank offers."

You can also divide the players to groups with practice plans that will support the individual player's needs. The material bank will help the every day life of the coaches. As most of the coaches have faced during their coaching time is the struggle with time. The everyday life will give coaches hard times when it comes to planning their practices. The material bank will provide the coaches with a good setup of practices all categorised. This will help the coaches to find the right practices to fit into their theme of the practice. As Joni töykkälä said in his interview when asked if he has ever felt a need of a material bank: "Yes. The amount of time spent on planning a practice is to high. If there is a lot of injuries all of a sudden you need to plan your practice all over again. This takes time. The material bank will come in handy in situations like this."

It is important to make sure that the practices done in the club will be saved and documented for the coaches to come. When a coach changes the club he/she is working for the coach usually takes all of his ideas and practices with him, leaving the club with nothing. This material bank consists of all the practices done in HIFK during the 2016-2018 seasons. And we wanted to make sure that these practices will stay in the club.

6. Project planning

The project planning began in the summer of 2017. The idea behind this kind of a material bank built for HIFK, came from Tommi Hämäläinen the head of coaching for HIFK Juniors. He wanted to have all of the practices in one place where they could easily be found and well organized. Hämäläinen brought up his own ideas and opinions on the material bank. The ideas were not that specific at that time yet. He shortly introduced the idea behind this kind of a material bank and how he thinks it could be done in the best way. He presented the categories he wanted the material bank to consist of. The main things were off-ice practices and on-ice practices with saved as videos, pictures or drawings of the movements or drills done. One of the key elements of this was that it had to be easily shared between us coaches, that's why the material bank is built on google sheets. This provides us to share the material bank to the coaches who want it or need it in their daily coaching. I had free hands to start building on the material bank, and make it in my own way. The material bank had to be easy to use and the outlook of it had to be clear and simple so that all the coaches will be able to handle the material bank in an easy way.

The coaches in HIFK knew what Hockey Centre is. But none of the coaches did use it. The reasons for this was that some certain practices are quite hard to find and they aren't categorized well enough. HIFK wanted a place where the coaches can easily find a drill that goes along with the tactical game HIFK plays. All the practices in the material bank had to be practices HIFK actually is using to develop the players.

Before the material bank all of the practices were just on paper in a large box and it was hard to find a specific drill that you were looking for when it wasn't well organized. In the planning phase I knew that the material bank had to be a solution for this. The material bank had to be easily accessible and easy for everyone to use.

HIFK hired coaches outside the club to run practices to the players during the summer training season. They were all professional coaches from other sports. The sports they were specialized in were running, stretching, weight lifting and mobility. HIFK wanted to save the knowledge and practices they have an use in their sports. The idea behind this was that all the coaches in HIFK can learn from the as well. And have the knowledge to run these drills during the season to the players.

Tommi Hämäläinen said that he is in a need of a material bank "daily, for inspiration and motivation for different/new practices." Kari Kalto, the head coach of HIFK U20 team, said that he has been in a need of a material bank "especially when he started coaching." Joni Töykkälä, the head coach for HIFK U16 told me in an intervju that a material bank will help him out in stressful situations when you need to change the practice plan fast because of illnesses for an example."

I knew already in the beginning of this project that the material bank will never be finished, it will keep growing and being updated all of the time. As new coaches come to the club with new knowledge or as the coaches learn and get more knowledge. When planning the project I knew that the material bank had to be something everyone can update and have their own copy of it.

I contacted the teachers in my school about this project and asked them for further information on a project like this. It was quite hard for me to find material on a material bank. There aren't that many material banks out on the internet that are free to use. The teaches were sent me some good literature for the thesis and the material bank that I was able to work with.

7. The implementation of the project

To start of the project I had to gather all the data I could find. This means I had to start taking videos/pictures/drawing of the practices HIFK was using. I started with filming the off-ice drills done during the summer of 2017 and saving them to youtube on my own private channel. The videos are only accessible if you get the link or the material bank. The practices during the summer was coached by both coaches from HIFK and coaches hired from other sports to help in the coaching process. I have filmed the practices both with HIFK's video camera and with my own phone.

Hämäläinen had saved almost all of their practices done on-ice during the season of 2016-2017 with the U20 team. They were in the large box drawn on paper. I started by drawing the practices on hockey share to get a clear picture of what is going on in the practice and saving them to my computer and on google sheets where the material bank is made. When I started to build up on the material bank I was surprised of the amount of different practices we did use in our day to day coaching. When the practice was drawn on hockey share I downloaded the practice to my own google drive and from there i got the link i could download into the material bank. The process took me a couple of weeks to get all the practices from the season 2016-2017 done.

The practices we have used during the season of 2017-2018 have been modified during the season and we have come up with new practices that we have started to use. I have received a lot of help from the rest of the coaching staff during the whole season with ideas of practices that their teams have used so that I have been able to add these practices into the material bank. The material bank only covers practices HIFK Juniors teams have actually done. The practices done in the season of 2017-2018 was saved right away. Always when there was a new practice in use that was either modified from an older one or a totally new practice I saved it. I drew it on a white board and took a picture of the drill. The reason behind this was so that I would not forget the practice.

Later I downloaded it to google drive and got the link from there to add into the material bank. I also took pictures of some practices and downloaded them straight to my google drive and added them into the material bank.

The players have also been really helpful with the material bank during the whole season. I was mostly working with the U16 team. So I didn't spend that much time in the gym with the players of the U20 team. For me to get more material of the gym practices two players from the U20 team offered to help me. We went to the gym and they started to show me different practices they have done during the season when I have not been around and I filmed the practices and added them into the material bank.

When there was enough of material I started to build on the material bank itself. The practices were put into categories. There are 8 different categories in the material bank right now. These categories are "Calendar" the calendar is for the coaches when they need to make training programmes. "Warm-up" the warm-up category contains of practices HIFK uses for warm-ups. Running the running category contains of running practices. These practices was held by a professional running coach. Mobility this category contains of one video. This one video is 7minutes and 15 seconds long. The video contains of a lot of mobility movements. The mobility practice was coached by a professional coach outside HIFK.

"Strength" the strength category contains different strength practices. These strength practices have been coached both by coaches from HIFK and from professional strength coaches. "Ice practices" this category contains different drills for the on ice training. The practices in the ice practices category are done by the coaches of HIFK. "Research" category has some research of sports that HIFK has sent out to the coaches during the season of 2017-2018. "Training programmes" contains of a few example training programmes that the coaches can take examples of. The training programmes are from HIFK U18. Within these eight categories there are also more categories to make it easier to find the right practices.

Once the practice is in the right category I put it in an alphabetic order so that they would be easily found. This project didn't have any deadline set from HIFK. I set the deadline for the material bank to be finished before the end of the season. The material bank is updated every time there comes up something that is new and still missing from the material bank. Of course there might be some practices still missing from the material bank that some team has only used a couple of times.

I interviewed three coaches working in HIFK to get even further knowledge about what the material bank should consist and why it is important for the club. The coaches I interviewed were Tommi Hämäläinen, Kari Kalto and Joni Töykkälä. The interviews can be found in the attachments.

When the material bank wasn't finished yet I used to send it in to Hämäläinen so that he could have a look at the material bank and comment on it, what there was missing what needed to be changed and how to make it clearer and better according to him. The finished version of the material bank has been sent to the head coaches of HIFK U20-U16. They can now also edit on it and add their own practices in there if they want to do so

8. Results of the project

The results of the project became exactly as planned. The Material bank is clear and easy to use. It can easily be shared forward to new coaches. It contains all the practices that has been used. And only the practices that HIFK Juniors used. There are of course some small details missing from some of the practices when the coaches have modified them. This has happened during the season. Most of the modifications are still in the material bank. The head of coaching was happy with the outcome of this project when he had a look at it for the last time.

When you look at the practices in the material bank you can find a clear red line. The practices follow the same style of play. This is exactly what I was striving for. With the help of the material bank, the identity and the values of the club will stay for a long time. HIFK Juniors style of play requires the players to be in good shape both on and off the ice. The tempo on the ice is high and requires the players to have a good endurance level, a good speed endurance level and strength. The players do also need to be talented players on the ice, their individual skills develop all the time. The practices in the material bank are all designed for the players to develop to become better. At the same time the practices do follow the tactical aspects of the game that HIFK Juniors play. The game HIFK Juniors play shows the values and the identity that HIFK Juniors have.

The material bank will never be finished. I will keep on working on it for myself as my coaching career goes along. It became a really helpful tool for all coaches, both new and more experienced coaches. At this point the material bank will be better for new coaches. It will provide the new coaches with ideas from the past, and give the coaches a small understanding of the identity of hick juniors. The material bank can still be a lot bigger. But if you want to expand it even further you can build more categories into the material bank to keep it simple and clean. This way you can also find the practices a lot easier when needed. It provides the basics right now and a little bit further, but every single coach can update the material bank into their own, still having the identity and the values of HIFK Juniors.

There are no practices specially designed for younger age groups in the material bank. There are practices that the younger age groups can use of course. The expanding to the younger age groups are the next crucial step for the material bank. This way even more coaches can use the material bank and the whole junior side of the club can provide from it.

Still at this point the material bank is at its beginning phase. So the look and the design of the material bank is not that good. It is simple to use and contains the information that was needed and planned.

9. Discussion

The material bank became larger than what I expected it to become. It covers a lot of the things related to coaching done in HIFK Juniors. During the seasons of 2016-2018. I am happy with all the practices the material bank consists of. The material bank consists of a lot of practices designed for the age groups between U16-U20. However the material bank can be used for both younger and older age groups. The practices are there to give ideas to the coaches. All of the practices can be developed by any coach to fit in more to each teams tactical aspects of the game. When building the material bank, I got the understanding of the importance of it and why HIFK needed it. Building the material bank helped me out a lot with designing practices.

The material bank is a tool for the coaches. This won't make you a good coach right away. But it will help you when it comes to planing a practice and getting ideas. And it is also a really helpful tool for all coaches. For coaches with more experience it will provide ideas and new angles to look at. For new coaches it will give a wide idea of practices and how to plan a good practice. What was important for me already in the beginning is that it has to be easily modified by each coach. Google drive system can provide this.

The purposes of Hockey centre are goals, combine research and sport development specifically targeted at ice hockey, develop the game of ice hockey through research and education, mission, make predictions on how ice hockey is developing in the future and plan accordingly, support different functions of the Finnish Ice Hockey Association, function as the centre of international ice hockey training and development. (www.vierumaki.fi) When the project I have been building on for HIFK Juniors does not cover that much. It just contains the necessary things for HIFK Juniors. The hockey centre is an awesome tool for coaches. But it consists of too many practices in my opinion. This material bank is specially made for HIFK Juniors and to their style of playing the game. The material bank can be used in many different ways. You can use it to save time, when you are in a rush, when you need to change the practice plan all of a sudden. It can be used to get new ideas, inspiration and variation of the practice plan. The material bank will never be finished and I will keep on building it during my coaching career. To make it even better I have to add practices designed for younger age groups to help out coaches in the younger stages as well.

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Attachments

Interviews with the coaches

Attachment 1

Kari Kalto

Why do HIFK need a material bank?

It's very important and handy for the coaches. There are a lot of drills and this way we can make sure that we do save them all so that we can remember them in the future as well.

The material bank will make everyone's lives easier and it will save time.

During the summer for the players self practicing time we can make sure that the players do get the right movements with videos supporting the material when we are planning their summer practice sessions. This will make the players practicing during the summer a lot easier.

Have you ever felt a need of an material bank?

Yes, especially when I started coaching. Back then I did use Hockey center from time to time. When I was studying to become a coach this material bank would have helped me out a lot. Nowadays I do have all my material saved in one place. But the material bank built for HIFK will support my own material bank and the videos will give much more value to it. The videos will make all the movements much more clearer and the players doesn't have to guess what move the coach has written down. If they forget how the movement was supposed to be done the videos will instruct them.

Would you use the material bank? If you would how and why would you use it?

Yes I would. When planning the summer practicing plans for the players the videos will make it easier for the players to understand and they don't have to guess the movements any more.

I would also share the material bank to the players so they can practice the practices the materialbank offers.

You can also divide the players to groups with practice plans that will support the individual player's needs.

How would the material bank affect your coaching?

It would make my everyday coaching easier.

As earlier mentioned the planning of the summer period will become easier.

The players would also learn much faster when they can see the movement done on video.

Would you be willing to share your practices with other coaches?

Yes.

Most of my practices can be found in the material bank already.

How do you plan your practices?

It's a quite big project for me. I do start by building up the season plan for the team. From there I start making plans for one month at a time. After that I plan one week at a time. The players do also get the weekly plan in the beginning of the week. And as the last part I plan one day at a time, depending on the load that the players have gotten. Of course the plans might change. The last game we played do also play a big role for the planning for the next practice session.

How long does it take for you to plan a practice?

The planning starts right after the last game. There might of course become changes that will affect the time spent on planning. But I do plan practices all the time, so there isn't any exact time that I do use.

How long before the practice session do you plan your practice?

As earlier mentioned I do plan one week at a time. So a week before the practice sessions I have the first plans made.

Tommi Hämäläinen

Why do HIFK need a material bank?

All the material will be saved in one place and easily accessible. We can easily share material to both players and coaches.

The material bank can also be used for ranking the practices. Some of the practices are more functional than the others. The material bank is a living concept where you can see what we have done and what we are currently doing and hopefully what we will do in the future.

Have you ever felt a need of an material bank?

Daily.

For inspiration and for variation of the practices.

Would you use the material bank? If you would how and why would you use it?

Yes.

For schooling both players and coaches. To help individual development. The material bank will help preparing an individual program.

How would the material bank affect your coaching?

It would improve the use of time.

Would you be willing to share your practices with other coaches?

This is the main idea of the material bank. Sure, we would especially share the practices to the players. All the coaches should have the same tools and practices that we've experienced to be good when coaching.

How do you plan your practices?

In the long run. Still one day at a time considering the load the players have gotten during that time and their condition.

How long does it take for you to plan a practice?

I do plan them all the time. So there isn't any exact time that I can give for that question.

Joni Töykkälä

Why do HIFK need a material bank?

The amount of time spent on planning a practice is too long and too stressful. The material bank would help with these, make it less stressful and less time consuming.

Have you ever felt a need of an material bank?

Yes, In situations when you need to change the practice. When players are sick and you have to plan the practice all over again. The material bank will give you ideas right away that you can use.

Would you use the material bank? If you would how and why would you use it?

When you have the theme ready for the practice. The material bank will offer variation to the practices.

How would the material bank affect your coaching?

It would save time to do other things related to coaching.

Would you be willing to share your practices with other coaches?

Yes!

How do you plan your practices?

According to what the team needs and what I have written in the season plan. The health situation of the team and the fatigue of the team are factors you have to take into consideration.

How long does it take for you to plan a practice?

About 3-5 hours each week.

How long before the practice session do you plan your practice?

One week at a time.

Attachment 2 Game skills

Lajitekniikat ja - taidot (individual skills)

Pelitilanteet (game situations)

Pelit (games)

Maalivahdit (goalkeepers)