Many coaches working in children's and youthful hockey, are set by questions: how it is necessary to construct training and educational process to prepare highly skilled, professional sportsmen? What it is necessary to take into account in psychological, functional and technical and tactical training that during transition in professional hockey players were ready to new conditions and requirements?

Certainly, that the main conditions which are necessary for achievement of this purpose, are: presence of the system approach in preparation of young hockey players in this or that country, a level of «hockey education» players, ability, serviceability and motivation of young sportsmen.

But there are also other aspects of preparation of the professional hockey players, based on experience of leading children's coaches which we have tried to unit in this report, including: experience of the best hockey schools of Russia.

What qualities and how is it necessary to develop at young players that process of adaptation has passed to professional hockey maximum without serious consequences?

1. Education of professionalism.

Modern hockey makes special demands to professionalism of players. And to pay special attention to education of this quality it is necessary not only during transition in "adult" hockey, but also during all career of the young hockey player.

Process of formation of the professional attitude to hockey should include all aspects of activity in professional sports, including:

- Formation of the diligent approach to performance of all game and training tasks and requirements of the coach;
- Education of the conscious attitude to the analysis and independent work above the weaknesses of hockey education;
- Creation of conditions for mastering by the player by terminology and the theory of hockey;
- Knowledge of "thin" places of the organism, education of the professional attitude of young hockey players to the organism, a mode and a meal;
- The explanation in the simple and accessible form of biochemical and physiological processes which occur in an organism during practice, game loading and during restoration, what effect gives the pupils practice influence of this or that orientation.
2. Education of «the hockey personality».

Coaches of children's and youthful teams dream, that their pupils of steel not simply professionals, but also leaders of the future adult teams, could difficult minutes of a match take game on itself and solve outcomes of duels. But, as it is paradoxical, frequently coaches make much that it has not taken place. As a rule, the majority of coaches aspire to show high competitive result and for this purpose form forward line and defensive pairing which some seasons train in sweaters of identical color and play in one line. And thus achieve good results due to excellent different mutual understanding and teamwork of partners.

But it is necessary to understand, that on 99 % they will not play together in adult hockey and the period when they will get in other environment of interaction with other partners, will proceed for them very painfully.

For this reason it is necessary to bring up at players of ability to adaptation for game in any line, with any partners and against any contender.

As well in the game often there are situations when as a result of traumas, illness, us penalty of partners or bad line change to the player it is necessary to be on ice with other players.

Use in training process of jerseys of two colors and constant rotation of lines is good way for education of ability to adaptation.

Serious aspect in education of «the hockey personality» is also education of non-standard, individual qualities of the separate player. In training process and in game it is necessary not only to work above bases of "classical" techniques, but also to encourage illogical actions of the players, to stimulate, mark and encourage non-standard decisions, actions, feints, throws, game « on a situation », etc.

In the analyses of past games it is very important to the coaches positively to respond about non-standard actions of the players even if as a result of which, there was no netted or there was a tactical mistake.
3. Creation in a team of the competitive environment.

On the one hand, the rallied and amicable collective solves competitive tasks more easy and faster achieves success due to mutual assistance and support each other in complex game situations. But, on the other hand, it is necessary to prepare for young players for not comfortable conditions of professional sports where for a place in line-up constant rigid struggle is necessary. And in the game the conflict where game assumes not friendly attitudes and heavy opposition of characters and «war of vanities» is incorporated.

To the coaches it is necessary not only to operate conflicts and disagreements in a team, but at times and to initiate intense conditions in collective, to develop at players "immunity" to conflicts and skill adequately to position itself in a complex situation and to leave it.

As examples of creation by the coach of intense conditions the following steps can serve:

- Association in one line of conflicting players;
- Purpose of unplanned training;
- A cancellation during last moment of a game part of training;
- "Unfair" redistribution of game time;
- In the period when teenagers possess the aggravated feeling of validity, it is necessary to learn for their skill to bear undesirable situations and abilities to adapt to them.

My teacher, famous coach Anatoly Tarasov spoke: «Game is elements and it is very difficult to subordinate it to myself, but there is an exit - to organize training process competently and to control it».

It is very important, that to transition in professional hockey of training situations modelled will be which develop on a rink during game. It is necessary for coaches to understand that adult hockey will make more hard demands to technics and tactics of players.

As a rule, in game situations the defending have numerical advantage, it is not possible to attack a collar without hindrances and resistance, the majority of goals is rippled the mesh after screen shots, deflects, follow ups, putback, rebounds, crowdings the crease or scrum. The majority of passes, is carried out from under active forechecks of trustees shadow’s. The organisation of an exit from a breakout demands accurate and timely pass and not less accurate and timely opening. The patterned offence can be successful only at active movings of attacking players, non-standard actions and accurate passes, ability to leave with a puck from corners of a rink and aiming at goal.
Accordingly and training employment should have other character which is distinct from practice which was in youthful hockey.

We consider that in a transition period overall objectives are:

1. Perfection of individual technics taking into account demands of professional hockey.
   It is necessary to develop daily technical abilities of players, to enlarge their technical arsenal. To pay attention to precision and, especially, force of passes, on ability to hide the intentions at shots on goal and passes, on perfection and learning bread-and-butter move.

2. Training and perfection of individual, group and team tactics.
   Special attention pay to ability correctly and in due time to pick one’s spots, to do pass, to co-operate with partners in offensive, defensive actions and at conducting power struggle, to choose an effective place in attacking and defending zones. During this period to players the basic concepts about team tactics and strategy are put, various tactical schemes, affected combinations set play style of a team where the certain role is offered to each player is formed, and accurate problems on game speak.

Before coaches of junior teams constantly there is a dilemma: how to bring up tactical skills at players of the team that they adapted in professional hockey easier? To strum combinations, schemes, standard situations for achievement of team result? Or to lay the foundation for junior team tactical formation without gauges and stereotypes, on the basis of individual skill, intuition and game thinking? That is, to go on the way when schemes which the coaches of puts teams did not become dogma and did not disturb to process of adaptation of the player to other, adult hockey, to game vision by other coach, to new tactical priorities.

We are firmly convinced that there is no necessity actively to "exhaust" young players in tactical schemes, standards and game arrangements. But, on the other hand, players, able to show the better qualities in any game situation, in any team and in any scheme is difficult, but very serious purpose of training process at a stage of preparation for professional hockey.

«A modelling method».

In professional hockey advantage is received by the players capable immediately to estimate a situation on a rink, to make adequate decisions and effectively to realize them. For this reason we recommend to include in training employment difficult exercises and single combats on the limited sites of a field and in the conditions modeling game. We assume that the more in training exercise will be put game elements with its unpredictability and variability; it will be more effective training employment. Such tasks train mastery, game thinking, and techniques of driving and possession of a stick at players.
As example of a method of modeling of game any classical exercise with addition of elements of resistance and hindrances can serve. For example, an exit from a zone through wing attacking "half-boards".

The puck is thrown in a facial board to which start: the defender from a circle of a throw-in and attacking from a dark blue line. The problem of the defender is quickly to seize a puck and to do pass on near half-boards to the attacking. Attacking the contender is designated by pressure in another's zone and prevents to do pass. Then it is switched on extreme attacking and prevents to make to it a pass to a centre forward. The defender does acceleration to a near dark blue line.

The trainer regulates resistance of the player who is putting pressure in another's zone. The special attention should be turned on synchronism of actions of the players leaving a zone, timeliness and accuracy of passes.

One more exercise. Attacking and the defender combat in an angle for a puck within 8-10 seconds.
On a whistle the attacking picks up a puck and runs along a facial board behind goal and attacks it in a near angle, the defender is rolled away by a back forward to a dark blue line, receives a washer from other defender and attacks goal. Attacking corrects a puck and finishes jumped aside puck. He continues struggle against the defender in other angle, on a whistle also attacks goal, but already in a far corner and corrects and finishes a puck after a throw of the defender. This exercise is very useful for players of all lines and, including, for goalkeepers. In it the sharpness of moving, game on exits, game with a hindrance and with following up is fulfilled. The duration of such exercise is 30-35 seconds.

There is one important point which is necessary for remembering to coaches of juniors; Players should carry out meaningly and honesty the exercises modeling game, and the coach needs to underline the importance of such tasks for preparation for professional hockey. It is important in dialogue with players constantly to underline a serious detail: any game moment demands the maximum self-return and ALWAYS has continuation: in such episode or another. For this reason it is necessary to finish all game pieces up to the end and "not to be switched off" till a whistle of the referee.
It is possible to notice that we often speak about psychological aspects of tactical preparation of young hockey players. And it is not casual. We are deeply convinced that any exercise should have bright emotional colouring that, undoubtedly, too models game and allows players to get used to thought: to become successful in hockey only talent and work not probably, it is necessary to learn to play with heart.

Preparation of young hockey players for professional hockey assumes use a plenty of special means and several techniques in technical tactical preparation. However the format of my today’s report does not provide an opportunity to open all volume of the information, and I shall be limited to that I shall list some methods which we recommend to use even in preparation for "adult" hockey.

Method of "variability"

This method has something in common with a method of "modeling" and also takes into account specificity of modern hockey: first of all fast changes and unpredictability of situations which develop on a rink. For example, game 4*4 in one zone across a rink with the shifted goals in the centre of a zone and one goalkeeper.
One change lasts 30-40 seconds and, at the command of the coach, there is a change of structures and the goalkeeper. In the first variant three forwards attacks and try to amaze another's goal, and the defender participates in protection of the goal, but does not cross "line" of it and all time remains on their half of platform, i.e. game passes all time with numerical advantage of the defending.

The defender is in the second variant only on another's half of rink and attacks goal of the contender, without crossing "line" of goal. Game passes in this variant with advantage of the attacking.

Under the arrangement the coach can on a whistle or the lifted arm:
- To change to commands;
- To change on a course of game the 1st for the 2nd variant of conducting game;
- To spend change of line-ups or one of teams on an oral command;
- To enter on command a condition to play only into one-touch pass;
- To enter on command a condition to play only back hand pass;

It is possible to complicate this exercise, having added in teams 1 player and to play two pucks with two goalkeepers.

The primary goal of exercise is not the quantity of the thrown pucks, and active movement of players, change of rhythms, the timely and hided passes, ability to operate in non-standard situations.

In a basis of this method there are the following approaches:
- Modification during performance of exercises on techniques or tactics on a team of the coach;
- Application of different variants of tactical construction in one exercise on a signal of the coach (for example: imitation of failure of long attack and repeated short attack with transition in item attack);
- Use of various variants of tactical circuits on a situation at: an output(exit) from a zone, passage of an average zone, an input(entrance) to a zone, item attack.

Method of "adaptability".
We already spoke about this method. Its sense is in formation at young players of ability to adapt for any partners, contenders and any game situations. It is recommended to apply the following approaches:

- A constant and at times unreasonable rotation of game combinations, lines and pairs defenders;
- Inclusion in one line of conflicting players and the players conducting struggle for leadership in a team;
- Inclusion in a "weak" part of the leader of a team;
- Application of a plenty of exercises with advantage protected;
- Unreasonable and unfair distribution of game time among players.
Conclusions and recommendations

1. Preparation for professional hockey should have system character, pass during all career of the young hockey player and include all aspects of professional sports.
2. It is necessary for coaches of young sportsmen to give a close attention to education to «the hockey person ».
3. In a team it is necessary to create the competitive environment for adaptation of players to professional work.
4. Perfection of individual techniques and team tactics should pass in view of requirements of professional hockey.
5. It is necessary for young players to pawn bases of tactical formation without patterns and stereotypes.
6. Use of methods is recommended: "Modeling", "Variability" and "Adaptability".