

- the diving ability has improved significantly to the experiment group thus contributing to the feeling of being safe in the water;
- the water accommodation of preschool children from the experiment group has been done quickly, pleasantly and more efficiently than the one done through the classical method;
- learning to breath in the initiation cycle has been done much easier and more correct in the experiment group;
- the height from which they jumped in the water has been considerably higher to the experiment group thus proving that through games they have developed their moral and willed qualities;
- the number of children that have swam in broth proceedings has been greater in the experiment group.

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## **ICE HOCKEY: IMPORTANCE OF FACE-OFF**

**Gabriel Gheorghiu**

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**Summary.** *This paper presents some considerations on the importance of faceoff to play ice hockey; they may take place in all areas of land in numerical superiority and inferiority.*

*Keywords: Ice Hockey, faceoff play.*

**PURPOSE OF THE PAPER.** This study comes to demonstrate the major role that hockey is the game is restarted after a commitment in the areas of attack or defense of the land. Gaining a commitment leads to an immediate superiority especially when playing five four (numerical superiority)

**ASSUMPTION OF THE PAPER.** If by positioning and better management and proper commitment to the game of ice hockey may be situations brains numerical superiority.

#### **POSITIONING IMPORTANCE TO OF FACEOFF**

- Normal position
- Position of strength
- Placing - Posture

#### **TACTICS FACEOFF**

- power
- The attack on the opponent's stick
- Gripping the club opponent
- Hitting the puck
- Hand down over
- Slight top or side impact
- "Sweeping" on forehand

#### **PLACEMENT OF LINES TO FACEOFF**

- Defensive Zone
- Neutral Zone - Center field
- Faceoff neutral zone
- Faceoff area attack

#### **INTRODUCTION IMPORTANCE OF FACEOFF**

- Possession puck - is the "name game".
  - A team that is formidable faceoff has special mental tone. It is more secure and confident.
  - Teams that dominate faceoff increase their chances of winning.
  - There are about 50-80 match faceoff. A good percentage of faceoff wins is 55 -65%.
  - Faceoff won "clean" are only part of the success of a team faceoff.
- When possession of the puck is gained in the defensive zone, the defenseman must know immediately what options he has. His responsibility is to move quickly - skate with the puck or look to move it quickly - make a quick pass, a wheel, a reverse - any quick breakout option. In order for this to happen, his teammates must make themselves available. Everyone must be on the same page to take advantage of moving the puck quickly and going on the attack.

#### **Regroups/Transition**

Transition is an important aspect of offensive hockey. Transition is created through coming back hard. Once the puck is turned over on offence, there must be a commitment from all to come back hard as a unit of five. Track back hard through the middle and look to outnumber the opposition at our blue line to force a turnover.

When the puck is regained, look to create the opportunity to go back on offence. The transition game consists of both a quick counterattack and the composure to be patient when it is necessary to buy some time. Once puck possession is gained, keep it and do something with it. Embrace this philosophy of puck control - maintain a puck control game as much as possible.

Take advantage of what the opponent gives you - do not force plays. If the opposition has their defensemen standing up, chip the puck behind them and skate onto it. If the defensemen sag off from the blueline, attack the space in front of them.

## FUNDAMENTAL TECHNIQS

- For a team to win faceoff, players must learn the fundamental techniques, which include the basic position of the feet, hands and body, etc.
- Placing the body creates a basic position, gaining the necessary commitment.
- There are two positions effective for gaining commitment: normal position and the position of strength.



Head tilted slight Normal handposition Torso slightly bent

### Normal Stance

- Provides maximum body rotation
- Allows easy last second adjustment in tactics while maintaining balance
- Higher centre of gravity limits pulling power

### STANCE- BODY POSITION

Positioning the body is a combination of feet placement, degree of knee bend, hand position, etc. to support the chosen tactic.

- Feet equal distance apart and parallel

**NORMAL STANCE** - Knees slightly bent



- Hands in a normal grip
- Head tilted

## TACTICS OF FACEOFF

- Faceoffs is a combination of power, timing and anticipation.
- In all the faceoff, the terms "in battle" and "1,2,3 jam" are essential.
- Centers must "read" opponents alignment, line value adverse to lay his teammates and ensure that they are ready and careful.

### Attack on Opponent Crosse

- The moment the puck touches the ice is different from the moment he is discarded. There is a chance for a player to be changed from commitment because they moved too early.
- Quick putter opponent and drive it towards the outside of the point of engagement, leaving the puck free.

### Opponents pinch Crosse

- When the puck is dropped, lift the putter, put it over the opponents to block and then driving it over the blade and to the puck opponent.
- The effect is twofold - catch your opponent and directs blade putter own puck sticks to. It is a good technique, especially when centers are on the same side / hand.

### Hit the puck

- When the puck is dropped, raise your putter opponent turn back toward him and then hit the puck to a teammate

### Hand over the lower opponent Crosse

- It is a force which is effective tactic to overcome a power difference. You expose any disability movement but neutralized by force.

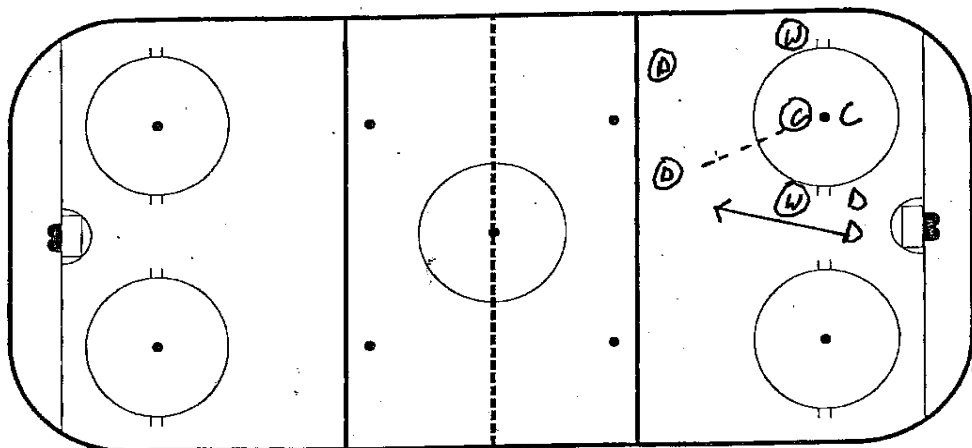
### Quick impactor top or side

- It's a tactic anticipation by the player strikes the puck to a particular place. The result is usually a faceoff, to win or lose "clean".

### "Swept ice" to forehand

- This tactic is used when you want to shoot the puck to the normal stick (forehand).
- The player must move his legs back than usual when it sits down to faceoff. Place hands on the stick below to ice and will have a darker angle when the putter touches the puck. Tactic is to push the stick forward, and then swept the puck under the stick toward the skillful opponent, to back.

## 3 ON 5, LOSE FACEOFF, OPTION 2



## CONCLUSIONS

1. Players must be responsible for all faceoff.
2. To operate after a plan - and you win and you lose a faceoff.
3. Always cover the central contingent engagements defensive zone.
4. Practice in training faceoff reactions.
5. To have two centers (employers) ready.
6. Be creative in choosing alignment to faceoff.
7. Choose a strategy to prepare shot all faceoff in offensive zone.

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### **REFINING THE PHYSICAL PREPARATION SPECIFIC TO THE ICE HOCKEY FORWARDS (YOUTH LEVEL)**

**Gabriel Gheorghiu**  
**Marius Trandafir**

*Summary: The setup and the preparation for an ice hockey team became a business, a professional work, proper to the sport-commercial companies, especially the private ones.*

*In this new organizational circumstance, the preparation of a team and of the high performance players still occupies a central position that receives new charges and issues, in the same manner the staff asked to solve them diversify and expand with new specialists, with new professionals.*

*Currently, in the contemporary high performance sport, the problem that faces us is to identify talents, to fetch the most talented teenagers at a certain age, which, through a sane forecast of the biological development and a proper rational training process, scientifically managed, the today teenager to become the future pro.*

*In conclusion, only the talent – without the second element (high level sport preparation) doesn't lead to high performance results, the same way that an optimal scientific preparation, without talent, without biological capability, could not lead to the athletic glory heights.*

**Keywords:** *physical preparation, ice hockey, youth*

**Working Assumption** We assumed that, through a well balanced readjustment of the preparation means, it's possible to shape patterns of the ice hockey forwards from the somatic and physical preparation point of view.

**The Goal** of the current work is to issue some templates (somatic and physical preparation) in order to refine the trial and the training in the juvenile ice hockey

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